JARRYD WALLACE
LOSING A LEG, REGAINING A LIFE

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On the Cover: Jarryd Wallace, two-time Paralympian, is now a member of Atlanta Track Club Elite. Photo by Growl Bros.
FINISH WITH FANFARE AT THE 50-YARD LINE

THE ONLY 5K WITH A POST-RACE PARTY ON THE FIELD

MERCEDES-BENZ STADIUM
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NOVEMBER 9 - REGISTER AT ATLANTATRACKCLUB.ORG
In the winter of 2014, I stepped into my current role here at Atlanta Track Club. That first month was a bit of a blur, but two meetings remain clear in my head.

The first was a get-together with Julia Emmons, the woman who shepherded the Club and the AJC Peachtree Road Race from adolescence into adulthood as executive director from 1985-2006. The second was with the founders of Black Girls RUN, Toni Carey and Ashley Hicks. These three women helped me better understand the history of the Atlanta Track Club, what the Peachtree has meant to this community for decades, and the need to maintain the growing momentum toward racial, age, fitness, talent and geographic inclusiveness in the running community of Atlanta.

Almost six years later, I am proud of the continued progress that Atlanta’s running and walking community has made in the area of diversity and inclusiveness. To be clear, the Club is but one organization involved in this conversation – other key players include, in addition to Black Girls RUN, the Shepherd Center, Pease Foundation, Front Runners Atlanta, South Fulton Running Partners, Black Men Run and Atlanta Public Schools, to name a few. But the belief that the sport should be universally accessible is a constant of Atlanta Track Club as we plan, market and operate dozens of events and programs annually. I hope that historically underrepresented groups in the running space find Atlanta to be a leader in this area.

From parity in bonus money for wheelchair athletes at the Peachtree – giving that division the biggest payday anywhere in its history – to the addition of a triple jumper and a Paralympic sprinter to its Elite Team, Atlanta Track Club is focused on doing its part.

We not only recognize that “running” means something different to everyone, we celebrate that difference.

Rich Kenah
Executive Director of Atlanta Track Club

In honor of Halloween, we asked our staff: What’s the best costume you ever wore in a race?

**Joshua Deaton**  
*Manager, Youth Running*

I used to organize races that awarded a year’s worth of Chick-fil-A to the speed and spirit winners. We had plenty of staff at one of them, so I showed up in a cow-spotted tuxedo and handed out chicken biscuits on a silver platter in an attempt to win both awards at once.

**Chris Hollis**  
*Project Manager*

There was a bet made that I couldn’t break 30 minutes in a race while wearing this costume the whole time. It was 80+ degrees that day and the course was pretty hilly. I won the bet, but potentially lost a couple of years of my life.
IN RUNNING CITY USA, WE RACE ON THANKSGIVING DAY

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November 28
Georgia State Stadium
Register at atlantatrackclub.org
Register for all events online at atlantatrackclub.org. Grand Prix registration opens one month prior to each event.
2019
The Year Of COFFEE
Get Social

This month:
As Halloween approaches, we asked our readers to tell us about favorite costumes they’ve worn in races. Here are just a few of the many creative ideas!

Julia Stewart
“The theme for the 2016 Disneyland 10K was “Dynamic Duos” and it was my daughter Tori’s first 10K. We decided to pay tribute to her favorite Disney movie and dress up as Princess Jasmine and the adorable street rat, Aladdin!”

Amy Bartholomew Koepp
“The family as a reindeer, a sleigh packed with elves, and the jolly soul himself! Local Jingle Jog 5K”

Angelina Stasulis
“My husband and I dressed as Wile E. Coyote and the Road Runner for a Halloween 10K.”

Kyle Pease Foundation
“Over the last four years, some of the women from ITL Coaching and Performance have pushed Katy Freeseman in the Publix Atlanta Half Marathon. Each year they come up with a theme, like the mermaids. The spectators and runners always cheer and make uplifting comments about their costume.”

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LOSING A LEG, REGAINING A LIFE
When he was 19, Jarryd Wallace told doctors to cut off his leg. The high school track star wanted to live a normal life, he told them. He wanted to throw the football with his son one day. After years of surgeries, pain, trial, error and hopelessness, a once-drastic measure now seemed like the only move Wallace could make.

Nine years later, Wallace, a four-time world record-holder, three-time world champion, two-time Paralympian and new member of Atlanta Track Club Elite, is getting ready to go work out. He kisses his wife, Lea; pats his Vizla, Luna, on the head; and tosses his gym bag and prosthetic running blade into the back of his Toyota Tundra. On the 20-minute drive from his home in Watkinsville to the University of Georgia campus in Athens, he waves to a police officer he passes every day and talks about building a home and family in the community in which he grew up – where his parents are legends and where he now is, too.

A Once-Promising Distance Runner
Wallace made it to the finals of the 800 meters and 3200 meters at the state championship meet his sophomore year at Oconee High School. During the next cross country season, a pain in his right leg was diagnosed as a stress reaction. By outdoor track season, the pain was gone and Wallace won state titles in the 800 and 1600.

But just as he was getting invited to major national meets, the pain came back. Again, the diagnosis was a stress reaction. Wallace and his parents Jeff, a national champion tennis coach at UGA for the past 34 years and Sabina, a former standout runner for the Bulldogs, sought a second opinion. This time, the diagnosis was compartment syndrome, a buildup of pressure inside the muscle that restricts the flow of blood and oxygen to muscle cells. It’s a relatively common overuse injury in runners and one his mother had dealt with during her days as a competitive athlete.

Wallace worked with his doctors and coaches through the summer to manage the syndrome, and he won the regional cross country meet the following fall. But he struggled to a disappointing 10th at the state meet, seven spots lower than the year before. He had surgery to release the pressure 19 days later. “It was a very quick, easy surgery,” Wallace recalled. He assured himself that he would start training in February and be able to train twice as hard because he would be pain-free and able to defend his state titles.

At an athletic facility lined with the names and photos of national, world and Olympic champions, everyone knows Jarryd Wallace. It has nothing to do with his missing leg. “It’s because he is a good dude,” said Josh Rucci, a strength and conditioning coach at UGA who has trained and been friends with Wallace since before the amputation. “There is nothing beyond that.”

Wallace does his nearly 45-minute pre-run routine near the entrance of the weight room. It might be a 30-minute routine if not for the conversation he has with every person who walks in the door. When he leaves to go to the rehab room some 400 meters away, he stops to talk to the UGA distance coach, Pat Cunniff. He gets an update from Keenon Laine, an All-America Bulldogs high jumper. And he checks in with a member of the janitorial staff, asking him how his pregnant wife is feeling. Finally inside, he puts on his competition blade and steps onto an anti-gravity treadmill. His Achilles tendon has been bothering him and his coach, Althea Thomas (who is also UGAs sprint/hurdles and relay coach), has prescribed a workout at 75 percent of his body weight. He removes his shirt, much to the chagrin of a staff member who reminds him of the room’s policy but then doesn’t enforce it. As the treadmill speeds up to 14 miles an hour, it’s hard to read the...
tattoo on the side of his torso: 12 words or phrases and all. One for each of his surgeries.

**Removing the Bandages**

Four days after the surgery to remove the pressure, Wallace had his bandages taken off. Within minutes, it was clear something was wrong. His leg was black and blue. He was in tremendous pain; pain he just assumed was a normal part of the recovery process. That night, he was in emergency surgery in Atlanta. His suture had come undone and blood had seeped into his leg, destroying 60 percent of his muscle from the knee down. He was in the hospital for 17 days, just the beginning of a painful ordeal that would last nearly two years.

His soleus, gastrocnemius and anterior tibialis were dead. Wallace, who had an athletic scholarship to run cross country and track at UGA, was likely never going to run again. There were blood transfusions, skin grafts and a metal cage Wallace wore around his right leg to move his foot back into its natural position. He wore it for six months, continuing to visit the weight room and rehab facility at UGA and working with Rucci to do whatever he could to stay in shape. When the cage came off, the foot was still off-kilter. He had no sensation in it. He developed a pressure sore and, somewhere along the way, he started to give up.

“I was just tired,” Wallace said. “I was tired of being strong. I was tired of being OK.”

Wallace, who considers himself deeply faithful, walked away from God and turned to drugs and alcohol to mask the pain. For more than a year, he vanished from both the weight room and church. “Part of it was hiding the pain,” he said. “Part of it was just trying to get drunk or high enough to have the pain go away and distract my mind from the reality of the world, because I didn't like my reality at that time.”

Wallace moves through the intervals of his workout, adding two additional reps for good measure. It's early September and he won't compete again until November, at the World Para Athletics Championships in Dubai. He has his sights set on his fourth gold medal in the T-44 category for below the leg amputees. After graduating from UGA with a degree in communications last May, his full time job is to chase his dreams. Wallace's world records in the 100 and 200 have since been broken and he wants them back. Most importantly, he wants to be in the best shape of his life for the 2020 Paralympic Games in Tokyo. In his previous Paralympic appearances in 2012 and 2016, he placed sixth and fifth respectively. That's not good enough for him.

“I always tell people 'don't set your goal below where you want to be,’” Wallace said. “If you want to win a medal, don't say 'I want to go to the Olympics.' Say you want to win a freaking medal.”

**Take Off My Leg**

The depression and despair didn't go away, but eventually Wallace did go back to his faith.

“I was doing all the things that the world says will fix your
problems and coming up empty,” he said. “So, I was like ‘all right God. I’ve had my time. I’ve tried on my own. I’m going to give you a shot.”

Wallace met with a doctor in Wisconsin, who first mentioned the idea of amputation. Pointing to the U.S. Olympic Team Trials – Track & Field shirt Wallace was wearing from a trip to Eugene, the doctor told Wallace that his best shot, his only shot, of being an athlete again was to do it without his right leg.

After the appointment, Wallace went on the internet in the hotel business center and watched videos of amputees waterskiing, doing flips and of course, running. He went back to his parents and told them he wanted to go through with the surgery. "It took us a little longer to wrap our heads around it," said his father.

At peace with the decision, Wallace, less than four years removed from being a state champion middle distance runner, returned to the weight room at UGA to begin the process of becoming a world-class amputee athlete even though he wasn’t yet an amputee. He asked Rucci to help him get his strength back. "Dude, are you telling me you are going to cut your leg off?" Rucci recalled asking. "That’s [expletive] crazy. Whatever you want to do after that, I’ll help you with it, but let’s make sure you have this figured out.”

"As in shape as a crippled guy can be," Wallace drove with his family from Athens to Indianapolis. On June 22, 2010, six weeks after his 20th birthday, doctors removed his right leg from the knee down. The night before the surgery, a group of his friends got together, called Wallace and said prayers with him. The next day, he prayed with his parents, and then with the operating staff. He recalled being so calm that when the nurse came to collect him from the waiting room, she assumed she had the wrong person.

"It should have been the hardest day of my life," he said. “But I was so at peace, I can’t even explain it.”

Hours after the surgery, Wallace woke up to see his mom sitting at the end of the bed. "Mom!" He yelled. "You just sat on my leg!" With that joke, Wallace set the tone for his week of recovery in Indianapolis and drove back to Athens ready to literally hit the ground running.

Over a post-workout lunch and beer at The Royal Peasant, his favorite pub in Athens – where, not surprisingly, he knows the owner – Wallace lights up talking about his recent trip to Japan, his 13th since the rebirth of his athletic career. He’s working with a company called XiBorg to accomplish two moonshot goals: to create the fastest running blade in the world for the fastest athletes in the world, and to use the same technology to create a blade that’s accessible to any amputee who wants to run again. He points to his network of support before, during and after his amputation as his inspiration: his family, the athletic department at UGA and a Buford, Georgia-based prosthetic company called ProCare that heard about his goals and gave him his first blade at no charge.

"I have never gotten anywhere on my own," he said. "The times I’ve tried, I’ve gotten nowhere.”

Often costing more than $15,000, running blades are unaffordable for most people. Wallace and XiBorg hope to create blade libraries in major cities around the world where runners can rent blades at an hourly rate. The first library of its kind is serving runners every day Tokyo. “We want to give people opportunities that they have never had before to realize they can do something they never thought they could do,” he said.

A film crew is documenting the project. Wallace is working to secure funding to market and distribute the final product, “Race to Tokyo.”

Immediate Success

Just three months after surgery, Wallace ran for the first time in nearly four years and started to train his new body to go fast. “When he gets into something, he’s freaking in it," said Rucci. "He’s in knee-deep and he’s gung-ho." The UGA rehab staff worked to turn a cross country kid into a sprint champion. “You have a kid come in and they are complaining about an ankle sprain, or Achilles pain,” said Mike Dew, director of rehabilitation. "And they see Jarryd over there and it’s like ‘yeah, Continues on Page 13
NEW HIGH PERFORMANCE DEPARTMENT IS FOR EVERYONE
By Eric Heintz

This spring, Atlanta Track Club announced the formation of a High Performance Department, to be led by veteran coach Eric Heintz. As Atlanta Track Club’s elite athletes compete on the world stage this fall; its youth programs wrap up a successful season of running, throwing and jumping; and the Club’s In-Training participants prepare to run half marathons and marathons here in Atlanta and around the world, we asked Heintz to explain the philosophy, goals and mission of the new department.

In 2014, Atlanta Track Club recognized the importance of further developing the programs that support runners and walkers of all abilities on their journey to the finish line and invested in staff coaches – Olympian Amy Begley and Andrew Begley – to lead the Club’s In-Training programs and Olympic Development, youth and masters teams. Over the past five years, those programs have experienced robust growth.

Then last year, Atlanta Track Club partnered with Atlanta Public Schools’ cross country and track and field teams and coaches to redevelop the curriculum of our flagship youth program, Kilometer Kids.

Administration of the programs had been scattered among various departments but, as we enter the next phase of program reform and strategic planning, Atlanta Track Club recognized the need to unite its training programs and competitive teams under a single umbrella. From this, the High Performance Department was born.

Atlanta Track Club’s High Performance Department focuses on individual development through training programs and competitive teams while conducting and utilizing evidence-based research to become the most-trusted resource for coaches and athletes.

To achieve this vision, consistent growth in the programming’s size, reach and influence in the Atlanta community and beyond is necessary. Additionally, growth must combine with continued performance improvements from all of our competitive teams to push Atlanta Track Club to the forefront of running, walking and fitness organizations.

The High Performance Department will achieve these goals by supporting all participants and competitors from any stage of the runner’s lifecycle – from first-time runners in Kilometer Kids to competitive octogenarians and everyone in between – with research-based, trusted programming to help them reach their goals. The department believes that everyone can benefit from coaching: not only when you aim to win your age group, an Olympic medal, or to set a personal record, but also when you are trying to maintain your fitness or improve your general health.

High Performance is not about being fast, it is about getting faster. It is not about just being healthy, it is about getting healthier.

In order to identify areas for both growth and success, comprehensive data analysis will inform decision-making and support every department of Atlanta Track Club. Leveraging current partnerships and forging new relationships, High Performance will engage in public health and exercise science research while collecting and synthesizing best practices into a library of resources tailored to all levels of experience and expertise. This model, focused on data-driven decision-making for incremental growth combined with accessible resources, defines the department’s approach to all of its work.

Regardless of where you are in your personal running and walking journey, we can all be faster or healthier and High Performance is there to support you in that process.

ATLANTA TRACK CLUB VS. THE WORLD

Two Atlanta Track Club athletes are taking on the world at the IAAF World Athletics Championships in Doha, Qatar.

Atlanta Track Club Elite’s Yolanda Ngarambe will represent Sweden in the 1500 meters. Ngarambe had a breakout season winning the Swedish title in the 1500 and winning the 3000 meters at the European Team Championships. She headed to Doha ranked 25th in the world in the 1500 with a personal best of 4:05.18. Competition for her event kicks off on October 2.

Keturah Orji, the U.S. champion in the triple jump, opens her competition on October 3. Orji placed fourth at the Diamond League Final in Paris with a new personal best of 14.72 meters. She goes into the championship meet ranked fifth in the world.
Atlanta Track Club also recently welcomed three standout middle distance runners to Atlanta Track Club Elite.

**Allie Wilson** is the most-decorated athlete in Monmouth University history. She owns the Hawks school records in the indoor 800 meters (2:02.65), mile (4:41.48) and 3000 (9:37.59) and outdoor 800 (2:02.56) and 1500 (4:15.56). In May, Wilson placed fourth in the 800 at the NCAA Division 1 Outdoor Track & Field Championships. That strong performance followed up her fifth place finish in the 800 at the indoor championships in March. At Monmouth, Wilson won 13 individual and relay Metro Atlantic Athletic Conference titles and was twice a first team All-American, the only female athlete in school history with that distinction. “I am beyond excited for the opportunity to continue my running career with Atlanta Track Club,” said Wilson. “I have so much left to accomplish and so many more goals to reach. I am grateful this is going to be the place where all these dreams and goals come true.”

**Brianna Stratz**, Wilson’s Monmouth teammate, also joins Atlanta Track Club this fall. Stratz was an eight-time MAAC champion, with a personal best of 2:05.97 in the 800. “The way Atlanta Track Club is able to bring the community together and inspire others through the power of running is something I want to be a part of,” said Stratz.

**Rachael Walters** comes to Atlanta from Grand Valley State University in Michigan. She holds the Lakers’ records in the indoor and outdoor 800 (2:05.09/2:04.15) and the 600 (1:28.84) indoors and was runner-up in the 800 at the 2019 NCAA DII Championships indoors and outdoors. “Atlanta is cultivating a group of really great middle distance runners and I am looking forward to being a part of the growth of the women’s team,” said Walters. “It is definitely a place I see myself being successful.”

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Continued from Page 11

my problem is not quite as big as I thought it was.”

On June 22, 2011, on the one-year anniversary of the amputation, Wallace lined up to race for the first time at a track meet in Oklahoma. He won the 100 and the 200 and qualified for the national championships.

That fall, he won a gold medal at the ParaPan American Games and ran the fastest time in the world in 2011 for the 100 meters.

At the 2013 World Championships in Lyon, France Wallace won gold in the 400 and the 4x100. In 2017, he picked up a third World Championship gold in the 200 in London.

As his success on the track turned heads, so did his story, charisma, charm and good looks. He signed with track and field agent Hawi Keflezighi and began to do speaking gigs and promotional appearances. He picked up sponsorships from Toyota, Mizuno and Atlanta Track Club. “For the first time in my career, I can say that I don’t have to worry about anything but running,” he said.

“Every day I run now is a gift,” said Wallace. “To lose that for three or four years and think I’m never going to be able to do that again and then to be able to do it with a prosthetic on the world stage … it’s crazy.”

There is no place Wallace would rather be than where he’s always been. In Watkinsville, he can go golfing with his dad, host a weekly Bible study for UGA student-athletes and spend time in his custom-built home with Lea, a Teach for America administrator who he married in October of 2016. The couple is expecting their first child, a boy, in late October. It’s the son he told doctors he wanted to throw the football with when he made the biggest decision of his life, nearly a decade ago.

Looking back, Wallace says he’s grateful for the dozen surgeries and the 18 months of unknowns that preceded it. “If I would have lost the leg after the first surgery, I would have seen amputation as a negative,” he said. “I got to go into this situation seeing that amputation was how God was going to do more with my life. Losing my leg was a second chance.”
THREE FIRST-TIMERS, ONE GOAL:
THE TRIPLE PEACH

By Natalie Cabanas

When Atlanta Track Club members Kelly Miller, Stephanie Hoopaugh and Sharon Strickland decided to take on the 2019 Triple Peach Race Series presented by Mizuno, all three were taking on an even-bigger challenge: None had ever run any of the race distances before.

So far, they’ve all checked off the AJC Peachtree Road Race. Next up is the PNC Atlanta 10 Miler, on October 20, before they wrap up the task they set for themselves with the Invesco QQQ Thanksgiving Day Half Marathon.

How – and why – did these three women embark on such mysterious new territory?

Miller, the mother of two teenage girls, started running after a trip up Kennesaw Mountain in the spring of 2016 proved to be the wake-up call she needed. “I had to stop eight times because I couldn’t breathe. I didn’t even make it to the top,” said Miller. “We were just enjoying a Saturday afternoon – it was a real shock to me to be that out of shape. I knew if I continued on that path, my daughters would be left with no one.”

Miller’s husband, Jeffery, passed away in November 2014, leaving her to care for daughters Caitlyn and Rachel, now 15 and 16. “I want to inspire them to be healthy and live a longer life,” she said.

With a little convincing from her younger brother Chris, a marathoner, Miller decided to get out of her comfort zone and start running, doing a 5K every month. Among the groups she joined up with was Atlanta Track Club’s monthly run at the Mizuno Experience Center at The Battery Atlanta.

“I told myself I just have to commit to do this,” she said. Making nutritional changes as well, she soon dropped a whopping total of 70 pounds.

Miller decided to run the Peachtree at the urging of her brother. At first, “I told him a 10K is SO FAR,” she said. “But the more I thought about it and the Triple Peach, it made sense as a rational progression.” By July 4, she’d worked her way up to doing five miles, and on race day the adrenaline helped carry her through. She and Chris, who also ran, met at the finish line to celebrate their accomplishment.

Like Miller, Hoopaugh has followed the trend of doing a 5K every month, since the start of this year. She began running in May of 2018 to lose weight. “The small things in life, like sitting on an airplane and riding a roller coaster, just didn’t come easy anymore,” she said. “Things had to change.”

The pounds began to drop after she started eating healthier and walking. Her first 5K was with best friend Christy Hoops in January. “That lit my fire,” said Hoopaugh. She’s gotten faster in every 5K since, dropping her finishing time from 53 minutes to 32 minutes. “I actually hate running,” she said, laughing. “It wiggles and it jiggles! But the best part is the end and the feeling of accomplishment.”

She didn’t follow any particular training plan for the Peachtree (“I just get out there and tell myself, ‘Girl you better do this!’”) Working two jobs, she squeezed in her runs whenever she could, upping her mileage as race day approached.

It all paid off. “The race was so moving and full of energy, I
didn't even feel like I completed six miles!” said Hoopaugh. “It felt like a red carpet at the end, especially because it was the 50th Running.” Her goal was to finish in 2:00, but she came in at 1:21.57.

“I always would say, ‘Who is crazy enough to get up that early and go run?’ and now look – I was one of them this year!”

To date, she’s lost 77 pounds.

Strickland’s journey toward the Triple Peach began a bit differently. She'd always been active and, raising four boys, on the go. It wasn't until she underwent surgery last fall that she needed something to help her gain back her confidence and strength. She had always enjoyed watching the Peachtree on TV, and decided that was the challenge she needed.

“Mostly when I watched I thought those folks were crazy,” she said. “I had to see what the race was all about.” Using an “In-Training for Peachtree” article from Wingfoot as her guide, she started training – but not alone. Her son and her husband, Phil, supported her 100 percent, always biking along on her runs. “I call them my Secret Service,” said Strickland. “I never go by myself.”

She soon toyed with the idea of taking on the Triple Peach. “A month before the Peachtree I told her, ‘You feel great, why not keep going?’” said Phil. Strickland signed up.

Now, all three women are training for the next race in the series, the PNC Atlanta 10 Miler. None knows what to expect.

“It’s hard because I don’t have anything to compare it to,” said Strickland, who finished Peachtree in just over an hour. “You just have to trust your training.”

Hoopaugh admitted that she’s a bit nervous. Although not following a specific training plan, she knows she has to get her mileage up before race day, and plans include a few runs around the base of Stone Mountain. Her goal time for the 10 Miler is 2:30.

Miller’s goal? “I just can’t wait to say that I did it. Just knowing that I was able to accomplish that is something special.”

So far, with the new challenge of the 10 Miler looming, thoughts about the Thanksgiving Day Half Marathon have focused more on family plans for the holiday than on conquering another new distance.

Miller’s daughters will cook Thanksgiving dinner while she takes on her first 13.1 miles. Strickland’s mother “is a huge supporter of my journey and she had no problem changing things around,” with mealtime set for 1 p.m. so she can finish her Triple Peach.

Hoopaugh and her family celebrate Thanksgiving the Saturday before the holiday, so not much will change for her in that regard, but she’s hoping that all the hard work she’s been putting in will be noticed.

“I come from a family that really doesn’t exercise,” she said, "so being the only member getting fit, my daily prayer is I will inspire my family and they will start moving with me.”
As if to make a point, the most prominent LGBTQ running club in the world has at least three different versions of its name. And it doesn’t seem to care which you use. They are Front Runners. Or FrontRunners. Or Frontrunners.

“Congratulations to all the Front Runner clubs, no matter how you spell your name,” reads the website for International Front Runners.

Some of the club’s 100-plus chapters — about half of them are in the U.S. — have hundreds of members, others only a few. Some have more walkers than runners. Some are highly organized, others much less so.

“We’ve thrown around the slogan that we’re ‘the least intimidating running group in the city,’” said Thomas Barker, 30, president of Front Runners Atlanta for the past year. “You don’t have to be gay to be part of this group. Just come with a good heart and an open mind.”

Friendliness was in large supply at a recent group run in Piedmont Park, and that’s what Barker, a longtime runner, has appreciated about Front Runners since he moved to Atlanta in 2015 from his native Chattanooga, Tennessee. About 20 were gathered at Orpheus Brewing for a midweek run that takes place in a different location each time but usually with food or libations afterward.

On Saturday mornings, the club convenes for another run at John Howell Memorial Park in the city’s Virginia-Highland neighborhood, followed by brunch. The run’s meeting place has meaning: Howell, a social worker, activist and Virginia-Highland resident, died from HIV complications in 1988 at age 54.

Under Barker’s leadership, Front Runners Atlanta has grown and is on its way to becoming a philanthropic force in the community. In June, through its annual Pride Run 5K, the club raised a record $21,000 for Joining Hearts, an organization dedicated to raising awareness and funds for those impacted by HIV/AIDS. Participation in the 2019 event was capped at 600 runners and walkers, an increase of 250 over the previous year.

The club, which has more than 80 members, also planned to turn out in force for the AIDS Walk and Music Festival (which includes a 5K) on Sept. 29 and is gearing up for the Pride Festival (which has a costume-themed run) Oct. 11-13.

Pride Month falls in June across most of the country, in recognition of the June 28 anniversary of the 1969 Stonewall uprising in New York City. But Atlanta’s Pride Run and Pride Festival became separated on the calendar because of a drought in 2008 that necessitated moving the festival from Piedmont Park – the same conditions that forced the AJC Peachtree Road Race to move its finish line outside of the park that year. The festival moved permanently to October about 10 years ago.
The focus on health-related issues in the LGBTQ community is a natural expression of Front Runners’ fitness and wellness orientation, Barker said.

“One of the reasons the club was established,” he said, “was that all we had (in the LGBTQ community) were bars and clubs. Front Runners is a healthier social meeting point. Combining my love of running with a supportive community is really big to me. “Our mission is to be a positive impact in the running and LGBTQ communities. Our niche is building friendships.”

The international club traces its origins to 1973 in San Francisco, where a gay group began a free newspaper and named it Lavender U, featuring a listing of inexpensive learning opportunities. Soon, a “learn to jog” class became known as the Lavender U Joggers, and for many participants it was the first gay group they had ever joined. The group’s first official run was in January 1974.

However, by mid-1978 the newspaper had ceased publication and the Lavender U Joggers — by now numbering a few dozen — needed a new way to promote their runs. A new name was in order, and Front Runners was chosen, inspired by the late Patricia Nell Warren’s 1974 novel “The Front Runner.” The story, about a running coach and his star athlete, is considered the first contemporary gay novel to achieve mainstream success.

Atlanta’s chapter of Front Runners is believed to have been one of the first to organize outside of San Francisco, New York and Los Angeles, forming around 1990. It attracts newbies, seasoned runners and those in between. Membership is $30 a year.

Atlanta native Paul Forte, 34, found the group through social media last year while on the way to shedding 80 pounds.

“You’ve heard of couch to 5K? I tell people I went from couch to 50K,” says Forte, who once tipped the scales north of 250 but is now a lean, 170-pound ultra-marathoner.

Forte said he started paying attention to activity and diet when he weighed 250, but he was mostly a walker until he hit 190. When that grew boring, he said, he turned to trail running. In November 2018, after six months of training and with 12K as his previous longest race, he completed his first 50K in Sky Valley, Georgia.

“At one time, if you had told me that I would be running ultras and eating fruits and veggies, I would have laughed at you with potato chips falling out of my mouth,” Forte said, adding that he has lost so much weight that “my own mother didn’t recognize me at one point.”

His called his affiliation with Front Runners a natural.

“We already have things in common: running and being LGBTQ,” he said of the group. “We stay active together. It has been good for me. This was one of my first experiences with the gay community, as well. We’re a fun group.”

For its more competitive members, Front Runners Atlanta tallies points based on age-graded performances in Atlanta Track Club’s Triple Peach series (AJC Peachtree Road Race, PNC Atlanta 10 Miler and Invesco QQQ Thanksgiving Day Half Marathon). To be eligible, members also must be involved in the Pride Run as a volunteer or participant.

Veteran runners such as John VanVlack, 56, a member of Front Runners Atlanta since 1994, acknowledge they stay for the fitness and social aspects. But the club’s commitment to the community is a point of pride.

“The highlight of the past year for me was the $21,000 we raised from the Pride Run,” VanVlack said. “That’s by far the most we’ve ever donated. We had a lot of sponsorships, and the level of corporate interest in what we do has grown tremendously.”

The need for assistance is out there. According to the Centers for Disease Control and Prevention, Georgia was the No. 1 state in new HIV diagnoses in 2017, the most recent year for which statistics are available.

HIV is “hitting more communities than people imagine,” said Claire Nicolas, a spokesperson for AIDS Walk Atlanta. “The biggest issue in Georgia now is shared needles by drug users, not unprotected sex.”

Said Forte of Front Runners’ fund-raising efforts: “Anything we can do to give back, we try to get involved and have a presence. We like to say we go the extra mile.”

For more information about Front Runners Atlanta, go to www.frontrunnersatlanta.org.
# 2020 Events Calendar

## January
1. Resolution Run 5K, Mile & Dash
11. Jerome Scales Southside 12K presented by Delta
26. PV-ATL event

## February
1. Hearts & Soles 5K
27-29. America’s Marathon Weekend Experience
29. U.S. Olympic Team Trials - Marathon
29. Publix Atlanta Kids Marathon

## March
1. Publix Atlanta Marathon, Half Marathon & 5K
24. Midweek Mile & Dash
TBD. Atlanta Hawks Fast Break 5K presented by Sharecare

## April
11. Northside Hospital Atlanta Women’s 5K
14. Midweek Mile & Dash
25. Singleton 4 Miler
28. Midweek Mile & Dash

## May
5. All Comers Track & Field Meet
12. All Comers Track & Field Meet
19. All Comers Track & Field Meet
26. All Comers Track & Field Meet

## June
2. All Comers Track & Field Meet
3. Powerade All-Metro Track & Field Banquet
6. Braves Country 5K & Dash presented by Mizuno
9. All Comers Track & Field Meet
16. All Comers Track & Field Meet

## July
2 & 3. Peachtree Health & Fitness Expo
3. Peachtree Junior
4. AJC Peachtree Road Race
TBD. Atlanta Track Club XC Camp

## August
1. Decatur DeKalb 4 Miler
15. Atlanta’s Finest 5K, Mile & Dash

## September
18-19. Wingfoot XC Classic
TBD. Midweek Mile & Dash
TBD. Mercedes-Benz Stadium 5K/Walk Like MADD

## October
18. PNC Atlanta 10 Miler & 5K
TBD. Midweek Mile & Dash

## November
TBD. Midweek Mile & Dash
26. Invesco QQQ Thanksgiving Day Half Marathon, 5K, Mile & Dash

## December
1. Powerade All-Metro Cross Country Banquet
5. Grand Prix Finale & Volunteer Awards Banquet

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January - Resolution Run 5K* & Mile*
January – Jerome Scales Southside 12K presented by Delta - FREE
February - Hearts & Soles 5K - FREE
April - Singleton 4 Miler - FREE
May-June - Timed/Scored Track & Field Event(s) - FREE
August - Decatur Dekalb 4 Miler - FREE
August - Atlanta’s Finest 5K*
September - Wingfoot XC Classic - FREE
October - PNC Atlanta 10 Miler & 5K*
December - Grand Prix Finale & Volunteer Awards Banquet

* = pay event
“BECAUSE OF HIM, YOU WANT TO BE BETTER”

By Marcus Budline

For a former cross country runner, fall is a time full of nostalgia. Recollections of brutal, early-morning workouts that left legs feeling gelatinous; the feeling of the weather changing day-by-day, run-by-run, mile-by-mile; the unparalleled experience of bonding through pain – it all comes flooding back, accompanied by a romantic sense of pure running and friendship.

Venturing to a Grady High School cross country practice takes the nostalgia to another level. Groups of wiry, sweaty runners make their way to the finish of a morning training run, pushing to the end just a little harder than they probably should. Between gulps of water, they chat, stretch, and recap the run, displaying the virtues and benefits of working hard together as a group every day.

Although they talk among themselves, each runner seems more eager to get in a few words with coach Jeff Cramer, the man who’s directing their efforts. Cramer makes his rounds to each group, asking about the workout, their various minor injuries and the runners still finishing up – slowly developing the relationships needed to make it through a grueling season.

Magnetic and relaxed, Cramer has been perfecting this fall rhythm for more than four decades as a coach, the last 20 of which have been at Grady. A lifer in the Atlanta running community, Cramer was an Atlanta Track Club member in the early 1970s, ran his first AJC Peachtree Road Race in 1974 and was one of Jeff Galloway’s first customers at Phidippides. Over those decades, Cramer has honed a philosophy and attitude that works to spread his love of running.

“I want them all to feel as if they are valued,” Cramer said. “I want them all to improve. I want a team philosophy over an individual philosophy. … It’s all about getting the kids to buy into feeling as if they want to improve themselves.”

The students can feel the philosophy in the moment and its effects on their running, as well as their lives in general.

“He has a really good teaching style,” junior Emily Sam said. “He’s not going to force you to do anything but because of him you want to be better. He’s encouraging everyone to run together and make it more of a team than an individual thing, and I’m just more motivated to come to practice.”

Sophomore Ellie Spears echoed: “I’ve definitely learned how to push myself … We have to be able to push ourselves to make sure we’re the best we can be.

As pleased as he is when his athletes do well at Grady, he is even more excited when they go on to become runners outside of high school, whether at the collegiate level or just continuing to get in the solo miles on their own time. Perhaps the defining example has been the success of Gracie Griffith, who joined the Grady team on a whim, fell in love with running, won the 2019 Publix Atlanta Marathon as a 20-year-old and is a walk-on this season at Clemson University.

As he heads into his 22nd season at Grady, Cramer is coaching both the boys and girls teams as they embark on a new campaign to achieve their yearly goal: securing a podium spot at the state championships. Since opening the season with a victory at the first Atlanta Public Schools cross country meet, the team has been out every morning and afternoon in Piedmont Park, getting in the hills, speed work and miles and battling the woes of shin splints. And they keep coming back, day after day, year after year. Asked why, junior Mackenzie York summed it up neatly:

“Because of Mr. Cramer, obviously.”
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In April, at an Earth Day celebration at the Singleton 4 Miler, Atlanta Track Club launched its Green Initiative, a multifaceted plan to reduce and reuse waste and materials at Club events and programs. Led by the Club’s Sustainability Committee, the initiative is headed up by marketing team member Natalie Cabanas, who has managed the effort to increase recycling opportunities at events and programs, and to reuse or repurpose signage from races. Just as crucial to the success of the initiative, however, has been the person who taught Cabanas to recycle: her mom. Below, get to know Suzanne Porada, who heads up the Green Team, a group of volunteers dedicated to improving sustainability at the Club’s events.

**What was the first event at which you volunteered?**
The 2018 Decatur DeKalb 4 Miler, where I was a general volunteer at a water station.

**What’s been the evolution of you getting into the Green Team?**
I’d always been interested in recycling from way back when I was in college, when I took a trip to some landfills. Over the years, I’ve always been involved in that, and when Natalie was starting the Green Team I wanted to be involved.

**Could you give some background on the Green Team? How did it come to be and who is on it?**
We saw at races that there was a lot of waste, not only the plastic bottles but the plastic the shirts come in, the cardboard boxes, etc. So we were looking for a way to reduce that and create a team of volunteers to be involved. The Club has been really good at finding people who are interested in that — not everybody likes to dig in the trash, so you have to have a passion behind it. The volunteers all have the same mindset to try to reduce the waste and reuse it, and every one of them has dug in the trash to get that one plastic bottle that bothers them.

**What does race day and cleanup look like for you?**
We take a look at where to place the trash and recycle bins, then try to catch people who are aiming for the trash when it’s a plastic bottle. The Monday after, we go through everything and try to make sure the recycling is really clean and then get rid of any food waste or other kind of trash.

**What are some tips for readers on how to help?**
Just to be aware that we do have the option now. We always have a recycle bin and hopefully a compost bin right next to the trash and it doesn’t take extra energy to put it in the right one. We have people who can help you and steer you to the right place.

**What are your goals going forward? And what have been some successes thus far?**
They’ve just expanded with every race. The last couple of races we did some recycling with the vendors, making a trip to their tents and seeing if they have recyclables. It really is pretty amazing – we weighed [Atlanta’s Finest 5K’s] cardboard and it was over 100 pounds. [Ed’s note: At the AJC Peachtree Road Race, more than 2,000 pounds of recycling was collected.]

What’s really nice, too, is that people actually thank us for recycling. It’s nice to have people recognize that we’re making the effort and that the Club is making the effort. I feel like we’re really making a contribution.
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From specialty coffee drinks to muffins, granola bars and yogurt, the arrival of pumpkin-flavored foods and beverages has come to signal the beginning of fall. And it seems to start earlier every year!

While some of these seasonal products are less healthy than others, the fruit itself – luckily for pumpkin fans – is both delicious and nutritious.

Like other orange-pigmented fruits and vegetables, pumpkins are rich in beta carotene, a powerful antioxidant that supports healthy vision and lowers risk for cancer and other diseases. Pumpkins are high in dietary fiber, which promotes fullness and helps regulate blood sugar and cholesterol levels. Pumpkins and their seeds also contain immune-boosting nutrients, vitamin C and zinc that runners needs to stay healthy.

Pumpkins are versatile and easy to incorporate into your diet. Here are some of my favorite ways to enjoy and reap the health benefits of pumpkin all season long.

**Soups and stews:**
Pumpkin makes an excellent base for both. Puree with olive oil, garlic and a touch of milk or cream for a simple, smooth soup, or add chicken, beans and other veggies for a heartier stew.

**Baked goods:**
Add a nutrient boost to traditional baked goods by subbing some of the fat in the recipe with canned or pureed pumpkin. Simply replace some or all of the butter or oil in your favorite muffin or brownie recipe to create moist and flavorful baked goods that even those who aren’t pumpkin fans are sure to love. One of my favorite pumpkin hacks is this high protein, microwavable brownie (perfect for your late-night sweet tooth).

**Pumpkin Protein Mug Cake:**
- 1 scoop vanilla or chocolate protein powder (I recommend a whey/casein blend or plant-based)
- 2 Tbsp. cocoa
- ½ cup canned pumpkin
- 1 Tbsp. sweetener of choice (such as stevia)

**Smoothies:**
Give your morning or post-workout smoothie an antioxidant boost by incorporating pumpkin. Whether fresh or canned, pumpkin offers a rich texture and blends well with other traditional smoothie ingredients such as banana, yogurt and frozen fruit. Or you can highlight its seasonal flavor by trying the recipe below.

**Pumpkin Pie Smoothie:**
- 1/2 banana
- 3/4 cup pumpkin (fresh or canned)
- ½ tsp vanilla
- 1 cup milk of choice (soy, dairy or unsweetened nut milk)
- ½ cup plain or vanilla Greek yogurt
- ½ tsp cinnamon
- ½ tsp ginger or nutmeg
- 5 pitted dates (or 1 Tbsp. maple syrup)
- 1 cup ice

**Toast the seeds:**
Toasted pumpkin seeds make a nutrient-packed snack. Grab a handful midafternoon, top oatmeal or yogurt for an added crunch and dose of healthy fats and fiber, or use in a homemade trail mix. Make them savory by toasting with olive oil, salt and a pinch of cayenne pepper or curry powder; make them sweet by tossing with cinnamon and a little brown sugar.
Tripp Hurt, 26, is the reigning USATF 1 Mile Road Champion. He trains under one of the hottest coaches in the sport as part of a group that includes Emma Coburn, the 2017 IAAF World Champion in the 3000-meter steeplechase. He finished third at the 2019 USATF Indoor Championships in the 2 Mile and hopes to make the 2020 Olympic team at 1500 meters.

And then he will likely retire.

Or maybe he’ll compete until 2021, when the World Championships will be held in Eugene, Oregon. Given that he lived and trained there for a few years after college, it would be a nice, organic end to a career that has always run alongside, but never in front of, Hurt’s academic and professional goals – despite the success that he’s recently found on the pro circuit.

A three-time Georgia Class AA state champion out of North Oconee High School in Bogart (1600 meters in 2010, 1600 and 3200 meters in 2011), Hurt headed to Furman University to study physics on a coveted James B. Duke Scholarship, typically awarded to no more than 2 percent of applicants. Running track at a Division 1 school, although a goal, was largely “just something fun to do.” By the time he was named the 2015 Male Athlete of the Year as a senior, he had become the first Furman runner to win four consecutive All-Conference honors in cross country and the first to qualify for the NCAA Championships on the track.

On the way, James Warren Hurt III – called Tripp since a child – earned the 2014 title bestowed by Runner’s World as the “Best Name in Running,” and has embraced the irony with social media handles @tripp_and_get_hurt (Instagram) and @TrippHurtFall (Twitter).

“You’ve got to lean into the skid at some point,” he said. In July, when sports business reporter and running fan Darren Rovell tweeted a moniker shout-out to his 2.1 million followers, Hurt saw fit to resurrect his dormant account to re-tweet it. (“I don’t feel I have enough interesting things to say all the time,” he explained).

Despite never gaining All-American status in college, Hurt wasn’t done with what he termed “the long game.” So after graduation, he joined Team Run Eugene, still competing in the steeplechase (while working for a Dick’s Sporting Goods) and qualifying for the final at the USATF Outdoors Championships in 2017.

Soon after that, he departed for the University of Colorado in pursuit of a PhD (“I flunked out”) that instead became a quest for a master’s degree in mechanical engineering. He’s currently working on his thesis, on how cycling-shoe stiffness affects the biomechanics of sprint cycling, and has an internship with a small Boulder startup.

In the midst of his studies, Hurt began working out with some pro runners – a path that eventually led to coach Joe Bosshard’s group – and in April won the Grand Blue Mile in Des Moines, Iowa, to become a national champion.

“That was fun,” he said. “Unexpected. I always feel I underperform when I race, so to win something meaningful was really satisfying.”

It was just this summer that Hurt turned his focus away from the steeple to the 1500, believing that his ceiling in the latter is higher and chances of making the 2020 Olympic team better. He’s had a good summer, following up his road mile title with podium finishes at both the Camel City Invitational and the Aetna Falmouth Elite Mile and a victory at the Martin Richard Memorial Mile in Boston.

Regardless, the future beckons.

“I’ll probably be done in the next year or two at a super-competitive level,” said Hurt, a young man of many interests (traveling, camping, career as a running-shoe designer). “I don’t want to spend all the time it takes, to make all the sacrifices I have to make for the rest of my life. I run because I like it, I enjoy it.”
What are the benefits of running as a stress reliever?  
Exercises such as running increase your overall health and your sense of well-being. Staying active during stressful moments actually helps you experience stress less severely and leads to you surviving the situation in a much better physical and mental health space.

Running is like meditation in motion. After running, one will often find that they have forgotten the day’s irritations. Feeling physically exhausted while running can peel away the nonsense found in life, leading to feeling more balanced, strong and whole.

Does running boost your energy?  
Doing regular exercise can improve your energy levels and may get you motivated to run more. Any activity — from running and walking to other forms of cardiovascular exercise — can help your body release “good feeling” hormones such as endorphins. These type of hormones may even boost your energy hours later.

How does running affect your mood?  
Regular running improves your mood and increases self-confidence while decreasing depression and anxiety as well as improving your sleep. Some research has found that a 30-minute walk or run on a treadmill can have the ability to uplift your mood. If you are stressed, running can increase the amount of norepinephrine, which is a chemical that moderates the brain’s response to stress.

Some changes that may be noticed from jogging or running include: less tension, less depression, less fatigue and less confusion. Running gives you something that you can focus on, rather than just focusing on the things that may depress you.

There are also some behavioral factors that can contribute to emotional benefits of running. As you watch your waistline shrink and feel your stamina increase, you’ll notice that your self-image will improve. You’ll gain a sense of mastery and control of your pride and self-confidence.

Is there a certain time of day that I should consider running?  
You should consider running whenever you think you have a moment to do so. If you have an hour-long lunch break, then you could take 20 to 30 minutes to go for a quick run. If you are an early-morning riser, then consider waking up about an hour earlier than normal. Exercising in the morning is beneficial for many people because it gets you active and ready for the day ahead. If mornings don’t work well for you, then you can opt to go for a run after work to clear your mind. Have a dog? Then instead of those daily walks, maybe you can consider a slow jog if your dog can keep up with you.

Nikeisha Whatley is the manager of Behavioral Health Services at Northside Hospital. For more information visit northside.com/behavioralhealth.
With record participation expected and after receiving feedback from America’s best marathoners and coaches, Atlanta Track Club and USATF have announced adjustments to the 2020 U.S. Olympic Team Trials – Marathon course, replacing a six-mile-loop with an eight-mile-loop, which the athletes will run three times.

The change will decrease the number of turns and reduce overall elevation gain on the course, and features an additional mile of Peachtree Street, in the heart of Atlanta. Eliminated was a loop around the Margaret Mitchell House and onto 10th Street, which included four turns on narrow roads in the span of less than one-tenth of a mile.

The changes to the course come after a test race in March and several subsequent course tours with qualified athletes. These opportunities provided race organizers with feedback on potential bottlenecks related to overlap, with a field of an estimated 600 qualified athletes. As of August 28, 341 women and 181 men have qualified for the Trials, for a total of 522, with qualifying open until January 19. By comparison, 457 athletes qualified for the 2016 Trials in Los Angeles and 437 for the 2012 Trials in Houston.

“The changes are in keeping with integrity of the race,” said Ed Eyestone, a two-time Olympic marathoner who now coaches 2016 Olympian Jared Ward. “The first priority is safety, and these changes show a respect for that with both the men’s and women’s races.”

“This shows that Atlanta Track Club is trying to make a course that is athlete friendly and spectator friendly and leaving no stone unturned,” said Ben Rosario, coach of Hoka One One Northern Arizona Elite. “Having run the course, I’d say this change makes it better.”

The 2020 U.S. Olympic Team Trials – Marathon will be held in Atlanta on Saturday, February 29, 2020 as part of America’s Marathon Weekend.

**High School Events Will Be Part Of America’s Marathon Weekend**

With an eye toward metro Atlanta’s next generation of Olympic hopefuls, America’s Marathon Weekend will include three marquee events for high school athletes.

Atlanta Track Club, in partnership with Pope High School and Starr’s Mill High School, recently announced The Atlanta Relays: a track and field meet, 4x1 Mile Relay and an indoor high jump and shot put competition. The coaching staffs of those schools will direct the events.

Atlanta Track Club’s bid to host the Trials was built around not only Atlanta’s Olympic legacy, but also its Olympic future” said Rich Kenah, executive director of Atlanta Track Club, which is serving as the Local Organizing Committee for the Trials. “That not only refers to the six athletes who will stamp their ticket to the Tokyo Games on February 29, but also the outstanding high school track and field talent across the state of Georgia.”

The track and field meet will be held on Friday evening, February 28, at Lakewood Stadium; the 4x1 Mile will take place on the Trials course on Saturday morning before the marathon; and the field events will be contested at the America’s Marathon Weekend Experience at the Georgia World Congress Center.

“We are taking the best of the Coaches Invitational, great relays, great competition, and a great venue and bringing that to The Atlanta Relays,” said Cathi Monk, head coach at Pope. “The Panther Relays is known for top distance events, relays and sprinting events,” said Chad Walker, head coach at Starr’s Mills. “When you combine what we have done with what Pope has done, we are going to have something special for all the athletes and coaches.”

Teams competing in the Atlanta Relays will also have the opportunity to take part in an athlete draft, choosing Olympic hopefuls to support during the athlete’s final build-up to the Trials and leading cheer stations for them on race day.

Registration for The Atlanta Relays will open on MileSplit GA on November 1 and close January 1, or when the meet reaches capacity.
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If you’re looking for a great recovery tool and have the time and money, there’s professional massage. But you might also consider foam rolling, an affordable replacement for massage that boosts circulation and reduces stiffness and soreness while breaking up fibrous tissue.

Foam rolling can be done before running to warm up the muscles, or after running to lengthen tired tissue and muscles, and is a great recovery tool after races or hard workouts.

There are a variety of foam rollers available; specialty running stores will usually have a few on display for you to try. In general, the harder the foam roller, the more intense, deeper and concentrated the stretch will be. Fat rollers apply even pressure along the entire length of a muscle, while tension rollers have bumps and knobs that more closely target trigger points, a.k.a. knots.

To foam roll for tension relief:

- Lie on the foam roller and roll slowly in both directions up and down the muscle.
- Once you find a tender spot, hold that position for 5-10 seconds and then repeat rolling up and down on that muscle 3-5 times.
- You can adjust the pressure of the foam roller by how much weight you take off or add with balancing or leaning into it.
- Adding stretching between different muscle groups will also help to lengthen and release the muscles.

When foam rolling, do not put pressure on the joints like the back of the knee, neck or side of the knee. And, don’t try to foam roll a serious injury. It’s OK to feel discomfort, but not serious pain.

A few examples of areas of the body to foam roll:

- Quad. These can be done by rolling on top of the foam roller (face down). You can do both at once or one at a time. Adjust the pressure by how much weight you take on your hands or feet.
- IT band. This roll is done on your side, going the entire length of the leg, except NOT over the side of the knee.
- Hamstrings. With one or both legs on the foam roller (on your back, facing up), go the entire length of the muscles, except NOT over the back of the knee.
- Calves. Either individually or both at the same time.

Adding foam rolling is just one more way to take responsibility for your recovery routine. For our video demonstrations of technique, see “In Training: Foam Rolling” and “Grand Prix Series Presented by Piedmont Health Care Recovery Tips: Foam Rolling” on YouTube.com.