A DECADE OF FITNESS IN RUNNING CITY USA

6 DIET TRENDS GET A CLOSER LOOK

1996 MEDALISTS SEEK NEW OLYMPIC-SIZED CHALLENGE
Today, we acknowledge all the work you put in to get here.

In running and in life, there’s only one day you’re in control of: today. We’re proud to support Atlanta Track Club as they work to make it one to remember.

pnc.com
Looking Back at a Decade of Fitness in Running City USA
Two 1996 Medalists Take on New Olympic-Sized Challenge
Jerome Scales Would Be “Smiling Ear to Ear” Over Southside 12K Honor
Resolution Run: Anything is Possible

Word from the Director
Get Social
The Starting Line: Our 2019 Powerade All-Metro Cross Country Team
Greetings from Running City USA

On the Cover: Celebrating a decade of fitness and more to come. Photo by Adam Hagy
START A NEW DECADE WITH ATLANTA TRACK CLUB
MOVE FORWARD INTO 2020 IN

Don't miss out on free races, member discounts, and guaranteed entry into the 2020 AJC Peachtree Road Race.

Renew at atlantatrackclub.org
Word from the Director

Did you know that the city of Atlanta was already a leader in the sport before the 70s’ running boom made running for fitness an acceptable, albeit slightly weird, thing to do? And that Atlanta led the way for the growth of women’s running with a women-only marathon in 1978, possibly the first ever? That Peachtree was one of the first road races in America to drug test its winners? That the South Fulton Running Partners, which just turned 40, is the oldest African-American running group in the country? That when the Shepherd Center’s wheelchair race began almost four decades ago at the Peachtree, it was one of the first wheelchair divisions in any race on the planet?

I know what you Gen Xers and Millennials are thinking: “OK, Boomer. Let’s focus on the current century here.” But stick with me, people – there’s a point to my look back at the sport’s history and Atlanta’s role in it.

It’s true that all roads (and tracks) have gone through the unofficial capital of the South. But unlike our railroad past, running is here to stay and our best training and racing days are ahead. As our calendar flips to a new decade and we proudly lean into our identity as Running City USA, you young’uns are asked to remember that our proverbial Rome of running wasn’t built in a day. We must all pause to appreciate our past as we celebrate a bright future.

It is true that the growth of Atlanta over the last decade has fueled our progress as a city that regards running and walking as a worthwhile endeavor. But there is still much work to be done to spread the movement of moving forward to everyone in the community. You have my word that Atlanta Track Club will stay true to its vision of making Atlanta a model for healthy cities through running and walking. We will continue to invest in the running community, embrace camaraderie between and among the clubs, teams, schools and other organizations with which we engage, and shamelessly promote aerobic competition as a lever toward self and city improvement.

Although it’s only our longtime, open-to-everyone meets in the spring that carry the official name of All Comers, we enthusiastically welcome all comers to join us in the joyous quest for health and fitness at this starting line of 2020.

Happy New Year – and New Decade.

Rich Kenah
Executive Director of Atlanta Track Club

PS. In this space last January, I committed our staff and board to covering 50,000 miles on the roads, track and trails of Georgia in 2019. I’m proud to say that we crushed our goal, hitting 50,000 miles during Thanksgiving week. Did someone say 60,000 in 2020?
YOUR FAVORITE ALL-WOMEN RACE

Register by January 7 for the lowest price of the year. Registration includes a women's-cut Mizuno shirt and elegant medal. Receive a long-stemmed rose at the finish line.

Register at atlantatrackclub.org

ALL THE EXCITEMENT OF THE SEASON IN A 5K

March 14
State Farm Arena

Appearances by Harry the Hawk, the Flight Crew, ATL Dancers, ATL BOOM and 404 Crew!

Registration includes:
- FREE race day parking
- $20 ticket voucher for a Hawks game
- $10 food voucher for the game

Register at atlantatrackclub.org
UPCOMING EVENTS

1 WEDNESDAY JANUARY
RESOLUTION RUN 5K, MILE & DASH
9:45 a.m., Piedmont Park
- Toe the first start line of a new decade
- Part of the Grand Prix Series presented by Piedmont Healthcare
- Kids 14 and under run the Mile and Dash for free; ages 15 and older, $10

11 SATURDAY JANUARY
JEROME SCALES SOUTHSIDE 12K PRESENTED BY DELTA AIR LINES
8:00 a.m., Wolf Creek Amphitheater, College Park
- FREE for Atlanta Track Club members, only $10 for nonmembers
- Untimed 7K loop also offered
- Part of the Grand Prix Series presented by Piedmont Healthcare
- Event celebrates the life of Atlanta Track Club board member and dedicated runner Jerome Scales, who passed away in June 2019

1 SATURDAY FEBRUARY
HEARTS & SOLES 5K
8:00 a.m., Georgia State University/Perimeter College, Decatur
- FREE for members, $10 for nonmembers
- Part of the Grand Prix Series presented by Piedmont Healthcare
- Fast course provides opportunity to clock a great qualifying time for the 2020 AJC Peachtree Road Race

Register for all events online at atlantatrackclub.org. Grand Prix registration opens one month prior to each event.
This month:
With the start of a new decade, we asked our readers to look back at the health and fitness goals they were proud to achieve in the past 10 years. Plus we found a great bonus post on Instagram!

Michael Polk
Loved weightlifting, hated running my whole life. Found out about the Mercedes-Benz Stadium 5K/Walk Like MADD on a random FB post in 2017. I’m a huge football fan and I thought that would be a great way to see the new dome. I loved the pre-/post-race atmosphere. Here we are 26 months later and I’ve done 19 5Ks and one 10K. I completed 10 5Ks this year and my goal for 2020 is to do one every month. (Did I mention I hated running?)

Julie Marshall Wyngaert
I went from on-the-couch nonrunner to beginner runner in 2014 to marathon-er. 34 half marathons later, not slowing down. Working on my 50 states (10 down) and completing two marathons, including the Dopey Challenge [5K, 10K, half marathon and marathon over four days] next month. I’ve come so far from the fat girl I was who honestly got a doctor’s to note to get out of running in gym class in high school.

Hooyer Dillingham
WOW. In Jan 2012 [+60 pounds ago] I could not run one lap around a track without stopping in a huff and puff. Now I am an eight-time Ironman, consistently placed in wave A for my races and on the verge of busting through [600-something 2019] the top 500 Peachtree barrier. I’m 54 and still getting faster. One way or another, Atlanta Track Club finds a way.

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“Running City USA” is one audacious proclamation. Atlanta Track Club made that pronouncement on July 2, 2018, two days before the 49th running of the Club’s signature event, the AJC Peachtree Road Race. And while runners in places such as Eugene, Oregon, and Boulder, Colorado, might have shaken their heads at its sheer chutzpah, Atlantans claimed it immediately.

“We have the heat, we have the hills and we have the humidity, and we run through that all year long, so tell me who’s better than us,” said Tes Sobomehin Marshall, founder of the group runningnerds and a fixture on Atlanta’s running scene.

Those challenges make Atlantans unique, but Running City USA wouldn’t be what it is without hard evidence of widespread participation across the metro region. Yes, 60,000 people running and walking 6.2 miles down Peachtree every Fourth of July is a great example – the largest 10K in the world celebrated its 50th Running in 2019. But events and programs throughout the year cater to a variety of fitness activities, from cycling to soccer.

We’re Running City USA, and so much more.

With the start of the 2020s upon us, let’s look back at 10 ways Atlanta became more fit in the past decade — and then take a peek at what might be on the horizon. In no particular order, here are 10 examples from the past 10 years of how Atlanta is becoming a healthier city every day.

Atlanta Track Club Triples in Membership

Atlanta Track Club, the second-largest running club in the country behind New York Road Runners, is now approaching 34,000 members – triple what it had in 2010 – and counts about 150,000 participants annually in various events and programs. Membership ($35 individual, $60 dual, $75 family) includes guaranteed entry into the AJC Peachtree Road Race (no
lottery required), free entry into select Club events, training programs, a host of discounts and a subscription to this magazine. The Club puts on more than 30 events and programs throughout the year.

In the near future, expect the Club to create a more user-friendly registration process and member portal, and to continue its recent efforts to increase access to all Atlantans.

Also, watch for a competitive one-mile road race to be added in the next year or so. The mile is the fastest-growing road race distance in the U.S., with about two dozen new road miles launching annually. The most prominent, New York City’s Fifth Avenue Mile, began in 1981 and draws about 9,000 runners each September.

Marathon Gets a Reboot

The Publix Atlanta Marathon, acquired by Atlanta Track Club in late 2015 and given a new name and new course for its 2019 running, is 30 percent ahead in registrations for 2020 compared to 2019. The event recently has attracted about 7,000 for the half marathon, 2,000 for the marathon and 2,000 for the 5K.

The Club’s goal is to grow the marathon into a top-tier destination event each spring. Although the marathon traditionally has been held on the third Sunday in March, the 2020 edition will be paired on America’s Marathon Weekend (Feb. 29 and March 1) with the U.S. Olympic Team Trials – Marathon, bringing increased national and international exposure to the city’s running community.

Tending to the Grassroots

Atlanta Track Club may be best known for big races that attract thousands, but in recent years the Club also has been more intentional about programs at the grassroots level that promote both fitness and community.

Weekly Club Nights at Piedmont Park’s Active Oval provide workouts designed to fit into anyone's training plan. Monthly group runs based at The Battery (near the Braves’ SunTrust Park) and Tucker Brewing Company are touchstones for runners outside the perimeter. A 16-week training program to prepare runners and walkers of all abilities for the Publix Atlanta Half Marathon is currently underway.

A joint venture with Atlanta BeltLine Partnership also has proved successful. The group Run.Walk.Go! has met monthly at different locations along the BeltLine, convening at popular eateries and heading out for a two- or four-mile run, then returning for discounted food and beverages. The program has been so popular that it will be offered weekly in 2020 (See details in ATCetera, Page 29).

Niche Meetups Proliferate

The past decade saw a number of niche running and workout groups get going – and keep going – throughout Atlanta.

For instance, Marshall founded runningnerds in 2012 with little more than a Facebook page, a few friends and 20 T-shirts. After five years of staging races, she noticed that runners liked to hang around afterward at cool places such as Monday Night Brewing and Urban Tree Cidery and in neighborhoods such as Castleberry Hill. The Run Social Race Series was born, and in 2019 it included eight events.

Run Social led to a collaboration with other groups on The Race Atlanta, a half marathon and 5K in October that celebrates the African American community. The Race launched with 1,400 participants in 2018 and expects 2,000-plus in 2020.

November Project Atlanta had a similarly organic startup. The workout group, popular in other cities, started in October 2017 when Christian Lopez was surprised to learn that it wasn’t here already. It meets on Wednesdays and Fridays at 6:27 a.m. As Alexa Lampasona, one of the regulars, puts it: “Who is actually doing something important that early?
There are fewer excuses.” The Friday workouts at Grady High School’s stadium are intense.

November Project plans to be visible at the Trials (two-time Olympian and 2018 Boston Marathon winner Des Linden is a fan). The group’s cheer station is hard to miss at the Publix Atlanta Marathon and AJC Peachtree Road Race. It features a chicken with a sign reading, “I’m just trying to cross the road!”

The BeltLine Gets a Workout

If you’ve been in Atlanta for more than a minute, you’ve heard of the BeltLine and probably been on it. Since opening in 2008, its parks and trails have become ultra-popular with runners, walkers and anyone else seeking fresh-air exercise. In 2018 alone, the Eastside Trail attracted 2.2 million users and its Westside counterpart 220,000.

What you might not know: Atlanta BeltLine Partnership offers the city’s largest free fitness-class program, ranging from yoga to Zumba, from meditation to boot camps, from riding a bicycle to riding a skateboard. Also, there are three BeltLine road races annually: the Northside 5K (April), the Westside 5K/8K/13K (July) and the Eastside 10K (December) that drew a total of nearly 3,500 participants in 2019.

John Becker, engagement coordinator for Atlanta BeltLine Partnership, says to look for more free classes in 2020 and for more races as additional sections of BeltLine trail become open to the public.

In mid-2019, the 4.5-mile Southside Interim Trail, linking the Eastside and Westside trails, opened as a hiking trail.

In the coming months, eyes will be on the first phase of Westside Park at Bellwood Quarry, a transformational, $26.5 million project. When completed, the sprawling park will represent the largest greenspace in the city at 280 acres – nearly 100 acres larger than Piedmont Park – and will house the city’s largest reservoir, holding 2.4 billion gallons of water. Future phases of the BeltLine will connect to the park.

Near the end of 2019, about one-third of a planned 33 miles of paved, multiuse trails had been completed. The next decade of BeltLine redevelopment stands to shape Atlanta for generations.

Trail Running Grabs a Foothold

Unusual names such as Dirty Spokes Productions and GUTS (Georgia Ultrarunning and Trailrunning Society) provide a clue: Trail running is different altogether from its asphalt counterpart. Perhaps that’s why it has come into its own in the past decade, with weary road warriors heading for places such as Kennesaw Mountain, the Chattahoochee River and Sweetwater State Park.

“I think once people get off the roads, they find comfort and enjoyment in our local trails,” said Tim Schroer, whose Dirty Spokes puts on two highly regarded trail running series during the year for all levels of experience. “They get the opportunity
to embrace the outdoors and nature. People have become more educated on what to expect from trail running."

Schroer loves the away-from-it-all aesthetic. In April 2020, for the third year, he will stage a run at the Road Atlanta Trail System in Braselton, near the sports car raceway. It’s the only opportunity all year for the public to run an otherwise private trail, and it’s capped at 325 runners.

Schroer credits Georgia’s city and state parks with being attentive to trail maintenance and Atlanta’s run-specialty stores with helping to educate the public on trail running. In the coming years, he said, he expects to see even more park land open up for trail runners’ use.

Janice Anderson, a veteran trail runner who is the founder and president of GUTS, has watched her club grow from 50 members in 2004 to 500-plus. She also has seen an increase in the variety of trail runners – initially, it was mostly men in their early 40s – and in the number and quality of events during the year.

Social media has played an important role.

“When I was second in the Western States 100 (in 1997), I went to a pay phone to call my husband about it,” Anderson said. “Now it’s so much easier to track runners and follow the sport. I think trail running and ultrarunning will have a similar trajectory to road racing, with more competition on a national scale, sponsors and super-fast people switching to it (from roads).”

Birth of Wingfoot XC Classic, Partnership with APS

Only five years old, the Atlanta Track Club-organized Wingfoot XC Classic in Cartersville is Georgia’s largest cross country meet, featuring the state’s best high school and middle school distance runners. In September 2019, more than 5,000 runners participated, including more than 100 high school teams and more than 30 middle school teams.

The Club’s commitment to high school athletes is also evident in its new Wingfoot Night of Champions meet coming in May, which will bring together the top track and field competitors from throughout the state, regardless of school size and classification.

A partnership between the Club and Atlanta Public Schools is entering its third year, providing free entry for APS teams to the Wingfoot XC meet, working with local media to spotlight APS athletes, supplying professional timing for meets and communicating regularly with coaches about resources and strategies.

“We believe track and field and cross country can be a life-changing agent [for youth],” said Jay Holder, the Club’s director of marketing and communications.

City Gets Serious About Cycling

You knew Atlanta meant business about bicycles when it named Becky Katz its first chief bicycle officer (or “bike czar”) in 2015, thanks to a grant from the Atlanta Falcons Youth Foundation. The next year, the city made Bicycle Magazine’s list of Best Bike Cities for the first time.

Also in 2016, Relay Bike Share, a public bicycle sharing system, launched in the city. And through an Action Plan for Safer Streets, announced by Mayor Keisha Lance Bottoms in September 2019, the city has made safety a priority and is expanding its network of protected bike lanes.

VeloCity Atlanta, an annual bike festival with rides ranging up to 100 miles that raises funds for Grady Hospital, began in May 2018 and aspires to become local cycling’s version of the AJC Peachtree Road Race. All four VeloCity routes start and finish at Mercedes-Benz Stadium.

Cary Bearn, Katz’s successor as bike czar, sees a golden age coming for Atlanta cyclists.

Continues on Page 13
FREE RACES FOR ATLANTA TRACK CLUB MEMBERS THIS WINTER

Jerome Scales Southside 12K
presented by Delta Air Lines
January 11
Wolf Creek Amphitheater

Hearts & Soles 5K
February 1
Georgia State University/Perimeter College

PRESENTED BY
Piedmont

Only $10 for nonmembers. Register at atlantatrackclub.org

GEAR UP FOR WINTER WITH ATLANTA TRACK CLUB BREATH THERMO

Shop at store.atlantatrackclub.org
"I expect more people to be making choices about transportation," Bearn said. "Fewer people may own cars. Shared transportation options will likely increase. And I expect a number of new micro-mobility devices that don’t go over 30 mph. Bikes will continue to rise in popularity throughout all the newness, technology and change."

Taking it to the Streets
Atlanta Streets Alive, an initiative begun by Atlanta Bicycle Coalition, wants to “inspire Atlantans to re-envision and reclaim our city streets as public spaces for people,” according to Heather Luyk, the coalition's program manager.

The initiative is part of an international open-streets movement that originated in Bogota, Colombia, in the 1970s. Every Sunday and holiday, Bogota (population 7.1 million) opens up a major street as a “people park” – and more than 1 million turn out. In 2015, an Open Streets National Summit was held in Atlanta by the Alliance for Biking and Walking, a coalition of more than 200 groups throughout North America.

Atlanta Streets Alive started as a modest pilot program on Edgewood Avenue in 2010 and has grown exponentially. In 2019, it drew a total of 300,000-plus participants to some of the city’s most familiar streets on April 7 (central), June 9 (cross-city) and Sept. 29 (southwest).

For those who participated in April, the joyous vibe along a stretch of car-less Peachtree Street, from south downtown to 16th Street, was refreshing and energizing. A Midtown exhibit reimagined a three-block segment, from Margaret Mitchell Square to Baker Street, as a “shared street” for pedestrians, cyclists and autos.

With the city expected to double in population over the next 25 years, active exploration of such options can’t wait. The coalition, founded in 1991 as a grassroots organization with a bike-centric focus, has broadened its scope to advocate for ease of mobility for all Atlantans.

“We hope to increase the frequency (of Atlanta Streets Alive) to align more with our overall priorities at Atlanta Bicycle Coalition,” Luyk said. "Streets Alive is a culture-shifting experience, and it’s one of our largest tools to get people to think differently about who is served by street design and how we use streets."

Next Stop: StationSoccer
The arrival of the MLS expansion Atlanta United in 2017 to unprecedented and wildly enthusiastic crowds isn’t the only soccer news of the decade.

A year earlier, recreational players first got the opportunity to compete on a new, artificial-turf field at a MARTA rail station. That’s StationSoccer, an acclaimed initiative by the local not-for-profit organization Soccer in the Streets designed to level the playing field for underserved youth in metro Atlanta.

The first field opened in 2016 on the street level at the Five Points MARTA station, and the program has since expanded to include fields at the West End (2018) and East Point (2019) stations. Long-term plans call for 10 fields connected by transit throughout the region, comprising a “League of Stations.” Fields at the Bankhead, Civic Center, Doraville, East Lake, H.E. Holmes, Kensington and Lindbergh rail stops are in the works.

Partners in StationSoccer include the Atlanta United Foundation, MARTA and the City of Atlanta.
YOUR AMERICA'S MARATHON WEEKEND SCHEDULE OF EVENTS

AMERICA'S MARATHON WEEKEND EXPERIENCE
FEBRUARY 27-29
GEORGIA WORLD CONGRESS CENTER

SEE THE LEGENDS
FEBRUARY 29

BE THE LEGACY
MARCH 1

FEBRUARY 29
WATCH YOUR CHILD BE THE FIRST TO CROSS THE U.S. OLYMPIC TEAM TRIALS - MARATHON FINISH LINE

TEAMUSA.ORG
1996 MEDALISTS TO RETURN
FOR NEW OLYMPIC CHALLENGE

By Marcus Budline

On America’s Marathon Weekend, two 1996 Olympic medalists will return to Centennial Olympic Park for a celebration of Atlanta’s Olympic legacy and its Olympic future.

Then, they’ll run a half marathon.

A piece of cake for elite athletes who stood on the podium here in 1996 after defeating the best athletes in the world, right? Maybe not, considering one of them was a shot putter and the other a sprinter and hurdler.

So when you see John Godina and Gail Devers out there on the Publix Atlanta Half Marathon course on March 1, you’ll be watching two greats taking on a challenge they never dreamed of, one that might be more confounding to their bodies than training for the Olympic Games.

But both were looking for an opportunity to take on something new at the same time that Rich Kenah, executive director of Atlanta Track Club, was looking to showcase the 2020 U.S. Olympic Team Trials – Marathon on February 29 and Publix Atlanta Marathon, Half Marathon & 5K the next day as America’s Marathon Weekend, where every aspect of Running City USA and its Olympic legacy will come together.

Here in Atlanta in 1996, Godina won a silver medal in the shot put, while Devers took gold in the 100-meter dash, earning a second gold in the 4x100-meter relay and finishing fourth in the 100-meter hurdles. Overall in their careers, Godina is a three-time World Champion and two-time Olympic medalist; Devers is a three-time Olympic gold medalist and five-time World Champion.

“John and Gail are both new to distance running, but not new to hard work and dedication to achieving their goals,” said Begley. “Just like all participants, the goal will be for them to patiently work up to the mileage, and we’ll have to make sure that these elite athletes don’t push it too hard when they need to take it slow.”

Godina is training at his home in Arizona; Devers, on the other hand, will be at the Club’s office every Saturday morning to put in the miles alongside the program’s other participants.

“It’s cool to get back there,” Godina said of Atlanta. “I’ll get to see [the Trials], get inspired by those folks, and then give it a try myself.”

“Follow their journeys on Instagram, @johngodina and @imgaildevers.”
A trip to Hawaii for their 10th anniversary was the perfect motivator for Jerome and Richie Scales to get in shape. They made a bet: Whoever lost the most weight had to buy the winner a new outfit to wear on the vacation. “I remember thinking I had the win in the bag hands down,” said Richie. “He was an easy 190 pounds.”

Little did she know this friendly fitness competition would end up changing her husband’s life forever. Scales started running on a treadmill, but “once he hit the pavement he never looked back,” she said. He won the bet, losing over 30 pounds compared to Richie’s 10.

“At the end of our wager, I knew running was becoming an integral part of his life – it meant that much to him,” said his wife. Within a decade, Scales had become a fixture in the Atlanta running community, spreading his love for running to everyone he met. He became a certified running coach. He wrote a blog, “Big Rome Running.” (“In college he was on the heavier side and guys nicknamed him Big Rome,” explained Richie.) He set his sights on running all six of the World Marathon Majors races, and completed three of them – including Boston twice.

Even after he was diagnosed with tonsil cancer in 2016, he never let the disease deter him from running or from influencing others to do the same. He adopted the motto “one mile at a time,” and focused on finding joy in the journey of running regardless of how far or how fast.

A member of Atlanta Track Club who served on its board of directors for seven years, Scales passed away on June 20, 2019, at the age of 48. In addition to Richie, he left three daughters – Andrea, Simone and Jordan – and two grandchildren, Ari and Mason.

When news of his passing was posted on Atlanta Track Club’s Facebook page, it was shared 119 times and received 124 comments. Among those offering their remembrances was Merhawi Keflezighi, the brother and manager of 2014 Boston Marathon winner Meb Keflezighi.

“I had the pleasure of interacting with Jerome a few times at [Atlanta Track Club] functions,” he wrote. “His big smile and positive energy were contagious.”

Kalpana Patel wrote: “Jerome inspired so many of us to run and keep running with when it was 1 mile at a time. Prayers to the Scales family. Thank you for sharing him. He made a positive impact on all that knew him.”

Thus was born the idea to rename the Southside 12K. “When Jerome passed, my thoughts immediately went to finding a way to honor his memory as a guy who made beginners to the sport feel welcome,” said Rich Kenah, executive director of Atlanta Track Club. “As an organization that is 55 years old with as many members and volunteers as we’ve had, it’s impossible to recognize all those who have had an impact on...”
the Club and the running community after they are gone. But Jerome’s impact was such that it feels like the right thing to do.”

The Club decided to honor his memory by renaming their newest event the Jerome Scales Southside 12K presented by Delta Air Lines.

“We chose this race because Jerome advocated to create it when he was a member of the board,” said Kenah. “Jerome recognized the importance of the Club creating programming in neighborhoods where we have historically not been.”

“At work he was quiet, but in the running community he was a social butterfly,” said Richie; Scales was also a part of the Delta Dusters, Atlanta Southside Runners (ASR) and Revolution Running. “If you didn’t know him, he’d find a way to get to know you. After he passed, I realized there were so many people he impacted that I didn’t even know about. That’s why I started Big Rome Running, to have his spirit live on through running with all those people that love him.”

Big Rome Running is a pending registered 501(c)(3) nonprofit with a mission to inspire personal growth and healthy living through running.

The dedication of the Southside 12K to Scales was made during the Delta Runway to the World VIP Dinner in July, the night before the 50th Running of the AJC Peachtree Road Race. Scales was a longtime employee of Delta and after hearing about his impact on the Club, community and employees, the collaboration to become the presenting partner of the race fell into place.

In honor of Scales and in collaboration with Big Rome Running, the Club will also create an annual six-week internship position, May through July, for student-athletes with a personal connection to running who are interested in sports marketing and the event industry.

“Jerome was a big proponent of education. He liked the saying, ‘They can’t take [education] away from you,’ and he felt similarly about the transformative power of running,” said Sue Payne, the Club’s director of community development. “The internship felt like the perfect way to honor Jerome’s impact on the Atlanta running community by providing the opportunity to pay it forward to the next generation.”

Potential candidates are rising high school seniors through college students from Atlanta who demonstrate strong student leadership, community service and success in high school track and field or cross country.

“I can’t wait for race day,” said Richie, of the race on January 11 now honoring her late husband. “I know we’ll have all of the Atlanta Track Club community and all the running friends Jerome made along his way – the best of both worlds. If he were here, he’d be smiling from ear to ear thinking, ‘I can’t believe they have a race for little old me.’”
WHEREVER YOU GO
NORTHSIDE IS THERE
EVERY STEP OF THE WAY

Northside Hospital
A Lifetime of Care
northside.com/peachtree
As the new decade kicks off, so does the 2020 New Year’s resolution of Brittany Cooper: to keep off the 132 pounds she lost in 2019. The Resolution Run Mile at 10 a.m. on January 1 will get her off on the right foot.

Being a stay-at-home mom to Kielie, 13; Cohen, 11; and Bentley, 9, took a toll on Cooper’s waistline over the years. Always putting others first, she gained weight easily but had a difficult time trying to lose it. Diets didn’t seem to work. She made resolutions but failed to keep them.

“My health had gotten to the point where I couldn’t climb the stairs without using my inhaler,” the Canton woman said.

Frustrated and losing hope of getting fit and healthy, she visited her doctor, who suggested gastric sleeve surgery. “I was tired of the feet, knee and back pain and I knew I was unhealthy,” she said. “I wanted to be there, and be healthy for my kids.” In September 2018, she underwent the procedure.

After the surgery, Cooper changed her eating habits, cut out sugar and made a 2019 New Year’s resolution to become a runner.

Fear of failure held her back until August. It was a friend, Carly Dawson, who made the difference. “I just kept peer pressuring her to just get out there and do it!” Dawson said.

Dawson, an avid obstacle course racer who also has three children, convinced Cooper to sign up for a Savage Race in October 2019, and they scheduled training sessions together to keep each other accountable. “We made training a fun and inclusive thing,” said Dawson. “The kids would come along and it was good motivation for all of us to get out there and get moving.”

If Dawson couldn’t make a training run, Cooper’s husband and “No. 1 supporter,” Justin, would step in. Justin had long been interested in running, but hesitated to take it up because his wife couldn’t join him. Now the two regularly tackle races together, including the Invesco QQQ Thanksgiving Day 5K.

“Running makes me powerful,” Cooper said. “I’m actually doing what I said I’ve always wanted to do!”

Knowing there’s another race coming up, Justin said, “pushes her to keep running and to be ready. We knew the surgery would only do so much. I’m so proud she has actively committed to a healthier lifestyle and she is taking the steps necessary to maintain her weight loss.”

The entire Cooper family has joined Atlanta Track Club, and their 2020 family resolution is to participate in events together so the children will see from a young age how important it is to be active and healthy. Justin has to work New Year’s morning, but Cooper and all three kids will be running.

So will Dawson. “Brittany is my inspiration and I just adore her,” she said. “She hasn’t even begun to process the power of her own determination.”

Cooper has her eye on a 2020 that’s chock full of races. “I still can’t believe how far I’ve come,” she said. “The change I’ve made is just proof that anything is possible as long as you put your mind to it.”
On December 3, Atlanta Track Club recognized the 56th edition of its Powerade All-Metro Cross Country Team, with 42 runners from the metro Atlanta area named first-, second-, and third-team. Honored with the Ray Buckley Award as girls’ Runners of the Year was Hannah Minnitti of Blessed Trinity Catholic School, while Sully Shelton of Harrison High School took home the Jeff Benton Award as boys’ Runner of the Year.

Minnitti, a junior at Blessed Trinity, won the 4A GHSA State Championship earlier this month, completing a season that saw her dominate the Georgia cross country scene this fall. She also picked up a win at the Wingfoot XC Classic. “I definitely didn’t expect it,” Minnitti said after receiving the award. “There are so many amazing runners here, I just couldn’t even imagine.”

Shelton, also a junior, enjoyed a season that included a 6A GHSA State Championship and wins at the Coach Wood Invitational and Cobb County Championship. “I was super stoked to know I won it,” Shelton said. “I loved my season as a whole and we got a big team win at state, so it was a great season. I hope to come back next year and win it again.”

The athletes named to the team represent 11 counties and 28 schools in the metro Atlanta area, and were part of a night that also included a celebration of the top five moments of the 2019 cross country season.

The Moment of the Year, which received more than 26,000 votes via a poll on 11Alive.com, went to the boys of Walton High School, who won their first state championship since 1986.

“We’re incredibly proud to honor these young runners and add them to the storied history of All-Metro Cross Country teams,” said Rich Kenah, Atlanta Track Club’s executive director. “From the time Atlanta Track Club was born, we’ve been inspired by the performances of Running City USA’s best high school runners, and this year is no exception. I’m looking forward to seeing what these young athletes continue to achieve.”

Eleven state championship-winning coaches were also honored. Greg Johnson of Blessed Trinity Catholic received the Paul Kosheva Coaches Dedication Award, which goes to an outstanding girls’ coach, while Dan McCauley of Paideia School received the Jerry Frasier Coaches Dedication Award for outstanding boys’ coach.

**POWERADE ALL-METRO CROSS COUNTRY**

**First Team**
- Mary Brady, St. Pius X;
- Madelyinne Cadeau, South Forsyth HS;
- Erin Fegans, Landmark Christian School;
- Makena Gates, Creekview HS;
- Hannah Minnitti, Blessed Trinity Catholic HS;
- June Mwaniki, Marietta HS;
- Ashley Sechrest, Cambridge HS;
- Morgan Vaden, St. Pius X;
- Myles Collins, Archer HS;
- Noah Hayes, Hillgrove HS;
- Cole Heron, Pope HS;
- Kamari Miller, Marietta HS;
- Sully Shelton, Harrison HS;
- Zack Truitt, Landmark Christian School;
- Devin Wade, Whitefield Academy

**Second Team**
- Catherine Breault, St. Pius X;
- McKenna Croft, Douglas County HS;
- Grace Ellsworth, Hillgrove HS;
- Kathleen Schellman, Marist School;
- Mira Srinivasa, Westminster School;
- Kelly Ann Sutterfield, Blessed Trinity Catholic HS;
- Cooper Bocko, Lambert HS;
- Brennan Bower, South Forsyth HS;
- William Brown, Pope HS;
- Christian Gonzalez, Decatur HS;
- Domonic Macias, Union Grove HS;
- Connor Old, Walton HS;
- Zachary Roe, Westminster School

**Third Team**
- Brooke Browning, Hebron Christian Academy;
- Sarah Burwell, Walton HS;
- Nyah Hernandez, Milton HS;
- Cara Joyce, Atlanta International School;
- Emily Little, Marist School;
- Reagan Mahoney, Atlanta International School;
- Elle Mezzio, Riverwood International Charter School;
- George Adams, Pace Academy;
- Jackson Borden, Lovett School;
- Noah Connelly, Harrison HS;
- Kyle Harkabus, East Coweta HS;
- Collin Jones, Carrollton HS;
- Mikias Mekonen, Lakewood HS;
- Zac Shaffer, Walton HS
After 30 years in the military, George Fields had developed not only a love and passion for running but also an excitement around always having a challenge in his life. So when he retired from being a colonel in the U.S. Army and serving around the world, he needed a new pursuit. Enter Atlanta Track Club. Nearly a decade later, Fields is an avid runner (and Atlanta Track Club Ambassador). Even more, he is passing on that love of running to the students in his Creekside High School Junior ROTC running club.

What role did running serve you in the military and how did you become a Club member?
Well, fitness is part of our ethos in the military, and when I [was] a colonel I had to set the standard for the larger organization. So I wanted to be at my peak fitness, even though I was running with guys who are sometimes 30 years junior. When I came back to Atlanta shortly after I retired, I wanted something that would continue to challenge me, so the AJC Peachtree Road race has become my annual fitness test, where I train and prepare for it.

Have your Peachtree times improved?
Over the years, my time has gone down but I still haven’t cracked that sub-60. But I’m getting closer to it. For me it has been a gradual reduction as I’ve dealt with 30 years of wear and tear on the body in the military.

What role does running serve in your Junior ROTC program?
One of the reasons I wanted to be an Ambassador and one of the reasons I’ve gotten involved with the club is because I want to expand Atlanta Track Club’s footprint. My plan was to establish a foothold down [in South Fulton] using my JROTC program. So last year we started a running club as a means of promoting Atlanta Track Club and the JROTC program. It makes a good conditioning program, especially for some of my seniors that are maybe heading onto basic training after they graduate, and we need to get them in the mindset of some of the rigors that they have to look forward to.

Have they developed a love for running?
They’ve got appreciation for it. Some of them. When we started, the [unusually hot] conditions were not optimal, but they acquired the taste for it and the challenge of doing it, and I’ve got more kids wanting to participate this year.

What made you want to take this on?
I just think as a society, we’re allowing our kids to become more sedentary. We’re not challenging them with all the different things outside as opposed to, as I say, their thumbs and gums – thumbs on the phone, gums to the receiver. Running is a great way to get them back to the natural environment; to get our kids back up and engaged.

And what do you want to inspire in these kids?
First of all, health. Good health. Good health is a lifestyle, so we’ll talk about running. We’ll talk about eating and health, good nutrition and, the biggest one of all, discipline. Disciplining yourself to do things consistently. You have to be disciplined in what you do if you’re going to be successful in life.
Developed in the 1920s to manage epilepsy, the ketogenic diet has recently exploded in popularity for weight loss, diabetes management and cancer prevention. The basis of the diet is consuming the majority of calories (60 to 90 percent) from fat, while restricting carbs to less than 5 percent. This forces the body to run on ketones instead of its preferred fuel source, glucose. In practice, this means eating mainly high-fat foods such as cheese, cream, butter and meat while limiting carb-rich fruit, grains, beans and starchy vegetables.

Should you try it?
Not unless you have a medical condition for which it is warranted. High saturated fat and limited fiber intake may lead to elevated LDL-cholesterol, constipation and brain fog. Furthermore, for runners, exercise performance may be impaired by low carb availability.

GLUTEN-FREE
Eliminating gluten, the protein found in wheat, barley and rye, is an evidence-based dietary strategy for people dealing with celiac disease. In the last decade, this style of eating has been widely adopted for reasons ranging from reducing inflammation to weight loss. There is limited research supporting a gluten-free diet outside of celiac disease, and many gluten-free carb alternatives are lower in fiber and more heavily processed than their gluten-containing counterparts, so read your labels!

Should you try it?
If you have celiac disease, or are otherwise sensitive to gluten, go for it. Runners following a gluten-free diet should make sure to consume enough grains and other carb-rich foods that are naturally gluten-free, such as rice, quinoa, buckwheat, millet, amaranth, teff, sorghum, oats, potatoes, corn, peas and fruit. That said, for most people eliminating gluten is not necessary or beneficial for health.

PALEO
Based on the foods our ancestors ate during the Paleolithic era, the paleo diet encourages high intakes of protein through meat, seafood and other animal products, plus nonstarchy vegetables and fruits, while restricting “inflammatory” grains, legumes and dairy. The main benefits come from consuming fewer processed and more fresh foods. Unfortunately, scientific evidence to support the paleo style of eating is lacking, and we have limited knowledge into the types of food available or the health status of those who lived during that time.

Should you try it?
Maybe. Paleo’s focus on high-quality protein and fresh fruits and vegetables is consistent with a health-promoting diet. But to thrive, not just survive, most of us (especially runners) benefit from incorporating carb-rich whole grains, potatoes, beans and lentils. Choose lean animal protein sources to reduce saturated fat and protect cardiovascular health.
VEGAN

On the opposite end of the spectrum from keto and paleo, plant-based eating has become increasingly popular – including its strictest form, a vegan diet, which restricts all animal products (meat, poultry, fish, eggs and dairy.) If it focuses on nutrient-dense whole foods, a plant-based diet can positively impact health, particularly cardiovascular and cancer risk. But a vegan diet is NOT synonymous with a healthy diet, as there are plenty of vegan foods with little to no nutritional benefit (think cookies, chips, French fries …)

Should you try it?

Maybe. Plant-based eating can be a health-promoting dietary strategy, but it doesn’t need to be practiced in the extreme form to reap the benefits. Try eating more plant foods without completely eliminating animal protein. If adhering to a strict vegan diet, runners especially may need to supplement vitamin B12 and iron.

INTERMITTENT FASTING

Not a diet per se, in that it prescribes when to eat rather than what to eat, intermittent fasting (IF) refers to various timing protocols, including alternate-day fasting, 5-2 (five days of normal eating and two days of severe calorie restriction) and time-restricted feeding. The latter, and most common, form limits the hours a person can eat each day to a window of 4 to 12 hours. Research suggests it can be an effective tool for fat loss, primarily by restricting calorie intake. In other words, by limiting the number of available hours to eat in the day, people may end up eating less overall. On the other hand, going long periods of time without food could lead to excessive hunger and binge-eating, undoing the calorie deficit that is the crux of all successful weight loss diets.

Should you try it?

It depends. Whether IF promotes health depends on which food you choose to eat. The duration and timing of the feeding window will determine how practical and sustainable it is for your lifestyle. It’s the opposite of intuitive eating, the practice of tuning into your body’s natural hunger and satiety cues, which has been associated with long-term health and weight management. People with diabetes should avoid fasting protocols since eating at regular intervals throughout the day is key to managing blood glucose. Runners and other athletes would benefit from exercising during their feeding window to ensure adequate energy and prevent muscle breakdown.

MEDITERRANEAN

Perhaps most loved for including dark chocolate and red wine, the Mediterranean diet is less of a “diet” and more of a healthy eating pattern based on foods traditionally consumed in Greece and Italy. Backed by a plethora of research, this style of eating is associated with heart-health and longevity, among other benefits. It emphasizes plenty of fresh fruits and vegetables, beans and legumes, unsaturated fats from fish, olive oil and nuts, and small amounts of poultry and dairy. It also includes lifestyle-related recommendations, such as savoring your food and sharing meals with others.

Should you try it?

Yes. The Mediterranean style of eating promotes long-term health, is sustainable and flexible, and provides ample nutrients that runners need for energy, performance and recovery.

THE TAKEAWAY:

Remember that while nutrition is a science, it’s also highly individualized. There is no “one size fits all” approach to healthy eating that works for everyone. Before you choose to adopt a new eating style, consider carefully whether it fits your lifestyle, preference and goals. Ultimately, following any type of dietary rules long-term is not realistic for most people. Instead, seek out a pattern of eating that allows you to feel and perform your best, eat foods you enjoy and is sustainable.

Alissa is a registered dietitian nutritionist and certified personal trainer dedicated to helping people achieve their health and fitness goals. A veggie lover and avid runner, she believes the best form of exercise is the one you enjoy and the best nutrition plan is one that fits into your lifestyle. For health tips, inspiration and information about individual nutrition counseling, follow her on Twitter at @alissapalladino or email her at apalladinordn@gmail.com
TOGETHER WE RUN, TOGETHER WE REMEMBER

JEROME SCALES SOUTHSIDE 12K
Presented by Delta Air Lines

WHEN:
Jan. 11 at 8 a.m.

WHERE:
Wolf Creek Amphitheater
3025 Merk Rd SW
College Park, GA 30349
Physicians and scientists are always trying to find new and better ways to help us live our lives without pain. One of the most significant advances in our lifetime has been the development of hip and knee replacement. Older age was once characterized by painful, deformed joints but now, as we age, we can expect to maintain a healthy, active lifestyle.

For years, the focus on joint replacement surgery had been centered around the design of the implants. How do we make a “good enough” hip and knee that a patient can return to the activities they enjoyed before developing osteoarthritis? Thankfully, many of these issues have been solved. The mechanics of hips and knees are better understood. There are improved techniques for fixation to bone, and the concern of longevity has largely been solved. Now when surgeons perform a hip or knee replacement there is a real expectation that the new joint could last 20-40 years, perhaps even longer.

More recently, however, a different question is being asked: How do we do a better job restoring each individual person's anatomy?

While restoring a patient's anatomy makes obvious sense, it has only been within the past five years that surgeons have been able to utilize computers and digital technology to accomplish this objective in hip replacement. In the past, surgeons typically would feel the patient’s hip and leg to determine if the changes they were making were “good enough.”

The anterior hip replacement was developed because it allowed a quicker recovery after surgery. But the procedure’s most important contribution has been the ability for surgeons to analyze what they are doing during the surgery. Since the surgery is performed with the patient lying on their back, the surgeon can take X-rays during the procedure to actually see the changes they are making.

That ability to see eventually led to the ability to analyze. A technology company called JointPoint recognized the need for a digital solution. JointPoint is a computer program that can analyze X-rays to give the surgeon feedback. Instead of guessing, surgeons are able to measure changes within one millimeter. As a result, surgeons are now equipped to do better than make the new hip “good enough.” The new goal for every hip replacement should be to restore the anatomy perfectly.

Knee replacement surgery is currently undergoing a similar transition. Traditionally, surgeons would use what is known as Mechanical Alignment to make the cuts for a knee, with the goal of giving every patient the same knee and then to change the soft tissues so that the knee would be balanced. While Mechanical Alignment is “good enough” in many patients, it does not work for all. Newer studies are showing us that only about one-third of people normally fit into the parameters of Mechanical Alignment.

So, some surgeons are starting to utilize a technique called Patient Specific Alignment, or Kinematic Alignment, with a goal to recreate the alignment of the knee before the patient developed osteoarthritis. In other words, to customize the placement of the knee to restore the patient’s normal anatomy. The idea is that if anatomy is restored, then the knee replacement will feel more normal. As the new alignment technique gains favor, more surgeons will switch. Eventually a digital solution will be developed for Patient Specific Alignment, as well.

In hip and knee replacement, implant development over the last 30 years was useful for making the procedure “good enough.” The future of hip and knee replacement over the next 10 years, though, will be the development of digital solutions that will enable the surgeon to make the new joint anatomically perfect.

Dr. Jeremy Statton is a board-certified orthopedic surgeon at Northside Hospital and Arthritis & Total Joint Specialists in Midtown Atlanta and Sandy Springs. He specializes in minimally invasive hip and knee replacement for patients suffering from chronic joint pain and arthritis. For more information, visit: northside.com/orthopedic.
As a part of the coaching staff at Atlanta Track Club, I work primarily with middle-school athletes – and I enjoy every minute of it. But to make the training more enjoyable for young people takes more patience, compromise and effort than working with adults. Since some of you, too, might be coaching the next generation, or perhaps aspire to get involved, here is what I think are the five most important things to remember.

1. They are not adults. Coaching young people is so different from coaching grownups. You can’t have the same expectations. You might set a certain distance for them to run but realize they’ve come back too soon or sense that they ran some other workout entirely. Don’t get angry or frustrated with them; rather, show appreciation for what they DID do.

2. Compromise is key. I come to practice every day with a plan, but I always expect there will be some changes. Whether it’s just one less rep or an entirely different workout, I’m usually open to some changes as the session goes along. It’s important to give the kids a chance to enjoy what they’re doing, and if you come to practice every day and treat them like they’re supposed to be the most serious of athletes they will lose their sense of enjoyment for the sport.

3. Make it fun. Running is hard, and to be good at it takes the ability to deal with pain. As a runner and coach I understand that these kids will learn this on their own, and my job is to teach them to enjoy the progression. Not every workout or run is fun, but the kids should be able to enjoy coming to practice. They should look forward to seeing their friends, coming to talk to you, and getting to know you as much as you enjoy getting to know them. Practice should be about enjoying the hard work, savoring the friendships and getting better without pressure.

4. Less is more. As a coach, I’ve seen the attitude that running more miles will make you a better runner trickle down to younger athletes. This attitude is something I don’t agree with: Yes, the kids will run faster immediately, but at the cost of their long-term development. Be cautious with the volume of running. Instead, just get them to work out harder in less mileage.

5. Be supportive. My most important suggestion is not to expect certain performance metrics, but to support the effort. Young people need the support of adults and mentors to build belief in themselves and to want to continue to develop as athletes. Expectations lead to too much pressure. Coaching youth is about molding them into athletes, not pressuring them into performances.

If coaching youth is something that interests you, take the time to know the young athletes, treat them as kids and help them as they grow. It’s a difficult task, but at the same time so rewarding.

Beginning this month, “Coach’s Corner” becomes “High Performance,” which will offer a broader look at training techniques and innovations. This month’s author, Patrick Peterson, is a member of Atlanta Track Club Elite, an all-American out of Iowa State and an 800-meter finalist at the 2016 USATF Indoor Championships.
TRIPLE PEACH: BELIEVING IN THEMSELVES, TIMES THREE

By Natalie Cabanas

Stephanie Hoopaugh, Kelly Miller and Sharon Strickland all set themselves a challenge for 2019: complete the Triple Peach Race Series presented by Mizuno: three events of distances none of them had ever raced before.

Five months, three races and a total of 74.8 miles later, Hoopaugh and Miller reached their goals, while Strickland accomplished something just as valuable.

Last time we checked in with these women, they had just completed the AJC Peachtree Road Race but still had to take on the PNC Atlanta 10 Miler and Invesco QQQ Thanksgiving Day Half Marathon. This year marked the sixth year of the Triple Peach, with more than 3,300 participants completing the challenge. Participants can sign up for the series during Peachtree registration in March or until late August.

**Stephanie Hoopaugh**

Peachtree recap: After managing to build up her mileage despite working two jobs, the Lawrenceville woman finished in 1:21:57

10 Miler: On October 20, nerves overwhelmed Hoopaugh to the point of tears as she toed the start line. “With each mile I had different emotions hit me,” she said. “I had only been running since February 2019 and now look at me: I’m running a 10-mile race.” She beat her goal time by over 30 minutes, coming in at 1:55:35.

Half Marathon: On Thanksgiving Day, some self-doubt crept into her thoughts. “I was like, ‘what did I sign up for? There is no way I’m going to be able to do 13.1 miles!” But the support of cheering spectators and even from other runners got her to the finish line in 3:19:08, a full hour faster than the 42-year-old’s goal time. “I think I was more excited about completing the Triple Peach than I was about finishing 13.1 miles,” she said.

Kelly Miller

Peachtree recap: Miller ran with her younger brother, Chris, who celebrated with her at the finish. Her time was 1:35:56.

10 Miler: Since the October race was her first 10 miler, the 52-year-old from Acworth celebrated “an instant personal best” of 2:29:52. Her favorite part? Running through the Botanical Gardens and Piedmont Park. She beat her goal time by 32 seconds.

Half Marathon: As a single parent of two young daughters, the last couple weeks of training before Thanksgiving were a challenge, so Miller tossed out her goal time. “Crossing the finish line (in 3:19:08) was an amazing feeling!” she said. “Just knowing that I was able to accomplish something that I never thought I would even attempt gave me so much hope for the future.”

**Sharon Strickland**

Peachtree recap:

Strickland, 48, completed the Peachtree in 1:02:51, contributing her success to training with her husband and son riding alongside on bicycle.

10 Miler: The week before the race, she ran a 10K and knew something was wrong with her left leg. Thinking it was shin splints, she stuck with the plan to run the 10 Miler in quest of her Triple Peach, but at the finish line realized the pain had gotten worse. A week before Thanksgiving, her doctor confirmed that she had a stress fracture and could not do the race.

“I’ve learned a lot about myself over the past 10 months, and one thing I did learn was that I’m not a quitter,” the Gainesville woman said. She plans to renew her Atlanta Track Club membership and tackle the Triple Peach again in 2020. “Hopefully, [in 2020] that Triple Peach medal will be around my neck on Thanksgiving Day.”

Miller and Hoopaugh plan to follow suit.

“I want everyone to know if you put your mind to [something], you can do it!” said Hoopaugh, whose original impetus for undertaking the Triple Peach was to lose weight. Now 85 pounds lighter, she added: “I hope and pray that my story will motivate at least one person to give running a try. Take it from an overweight girl that’s trying to get fit and live a healthier life: If you believe in yourself, all things are possible.”
AJC Peachtree Road Race T-Shirt Contest Opens
By Jay Holder

Graphic designers, amateur artists and creative minds looking to have their work appear on Atlanta's most famous T-shirt are invited to submit designs for the 2020 AJC Peachtree Road Race T-Shirt Contest. Submissions are being accepted at atlantatrackclub.org.

The theme of this year's AJC Peachtree Road Race is "Move Forward with Atlanta." Submissions should illustrate the way in which the event continues to shape and reflect growth and change in Atlanta.

"Following an unforgettable celebration of its 50th Running, the AJC Peachtree Road Race moves forward into the next 50 years of the iconic event," said Rich Kenah, race director and executive director of Atlanta Track Club. "The artist who wins this year's contest will be a major storyline of the Peachtree's new chapter."

Artists can submit up to three designs until February 3, 2020. A panel of judges from Atlanta Track Club, The Atlanta Journal-Constitution and the running community will choose five finalists. The public will vote in March, with the winning design being revealed at the finish line of the 51st Running of the AJC Peachtree Road Race on July 4, 2020. The artist will win $1,000, and their work will forever be part of Peachtree history.

The AJC Peachtree Road Race T-shirt contest has been a beloved tradition at the world's largest 10K since 1995. Emily Giffin, a New York Times best-selling author, was last year's winner in a special celebrity edition of the contest. “Lucky Bib,” the design she submitted with local artist and runner Tina Tait, received the most votes in the history of the contest.

Vote for Board of Directors Through January 7

Voting for the nominees to Atlanta Track Club's Board of Directors is open through January 7, 2020. Seven candidates have been selected by the Board's nominating committee and confirmed by the full Board to fill the seven open positions. Three of the candidates are current members: Kara Finley, Dr. Reginald Mason and Kerry Parker. Four candidates are seeking their first term: Da'Rel Patterson, Dr. Aisha Wright-Burke, Stuart Wilkinson and Philip Finlay.

Atlanta Track Club's Board currently consists of 16 members. Atlanta Track Club members received a ballot via email in
early December on which they may vote for seven candidates. There is an option for write-in candidates. Online votes must be cast by January 7 or may be cast at the annual meeting that evening.

Charity Partnership Program is Launched
Charitable organizations can now raise funds around entries to the Publix Atlanta Marathon and the AJC Peachtree Road Race. Under Atlanta Track Club's Official Charity Partner Program, charities are invited to purchase entries to the event and use them for raising funds and awareness for their causes. Charities interested in participating in the program should email Sue Payne, director of development, at spayne@atlantatrackclub.org. Runners interested in supporting a charitable cause can find information at atlantatrackclub.org on the registration pages for both the events.

Weekly Runs on the BeltLine
Atlanta Track Club is expanding its partnership with the Atlanta Beltline. Starting this month, the Club's weekly group run/walks will meet at rotating sections of the BeltLine. The run/walks take place every Thursday night, with runners gathering at 6:30 p.m. and departing for a two- to four-mile run or walk at 6:45. The monthly schedule:
First Thursday of the month: New Realm Brewing on the East Side Trail
Second Thursday of the month: Monday Night Garage OR Lean Draft House on the West Side Trail
Third Thursday of the month: TBD on the North Side Trail
Fourth Thursday of the month: Eventide Brewing on the South Side Trail
The run/walks are free and open to all paces. Prize raffles are conducted after each run.

Information on route and weekly food and beverage specials can be found on the Facebook event page for the weekly runs.

Next Up: A Special “America’s Marathon Weekend” Edition of the Magazine
Instead of the regular February and March issues of Wingfoot, look for a special double issue celebrating “America’s Marathon Weekend” to arrive sometime around February 20. The issue will offer an in-depth look at one of the most exciting weekends ever in Running City USA: news, course maps, details on the America’s Marathon Weekend Experience at the Georgia World Congress Center and feature stories on athletes competing in the 2020 Olympic Team Trials – Marathon on February 29 and on runners in the Publix Atlanta Marathon, Half Marathon & 5K on March 1.
SMOOTH STABILITY
WAVE INSPIRE 16
plus WAVEKNIT™ option

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