

WINGFOOT

JULY/AUGUST 2017

PASSES OTHERS
WITHOUT
WARNING

RUNNING
PET
PEEVES

ALWAYS
WEARS
HEADPHONES

THE BLURRED LINES OF
CHEATING

GEAR TO BEAT
THE HEAT

BE
GREAT AT
GROUP **RUNS**



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— TWO GREAT ENERGY FOODS COMING TOGETHER —

ORGANIC | NON-GMO | LOW GLYCEMIC





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On the Cover: Staff members Joshua Deaton and Jennifer Akor cope with their running pet peeves just like the rest of us. Photo by Leigh Moyer.



A Word from the Director

The running, track and field, and walking communities tend to be very supportive and accepting of everyone regardless of age, gender or relative speed of foot. We are, in my mind, one large, happy family. But even the tightest knit families can get under each other's skin from time to time - so I guess it should not have surprised me that when we asked about your running pet peeves for this month's Get Social topic, we had a record number of responses. Most of them were related to interactions with others on the road, track, trails and sidewalks of Atlanta.

The most common themes can easily be addressed as follows:

- Think of driving rules when you're on a run. Stay left for the fast lane or for passing and move to the right if you are moving slower or being passed.
- Turn your headphones down a bit so you know what is going on around you in races or on training runs. This helps you become more aware of others around you and can help keep you safe.
- Be honest with yourself when you self-seed. Faster participants should avoid starting in later waves to avoid weaving around others. Slower participants should find their appropriate wave as well and not be unrealistically ambitious in wave choice.

What I find satisfying though is that Atlanta Track Club's family can have this conversation in a respectful tone that recognizes everyone in the runner life cycle is equally welcome. This makes this family something special. And if we all take a moment to think about all of the other people out there on the roads, tracks, trails and sidewalks, it will bring this community that much closer together.

Rich Kenah

Race Director

We asked our staff: What is your running pet peeve?



Jennifer Akor

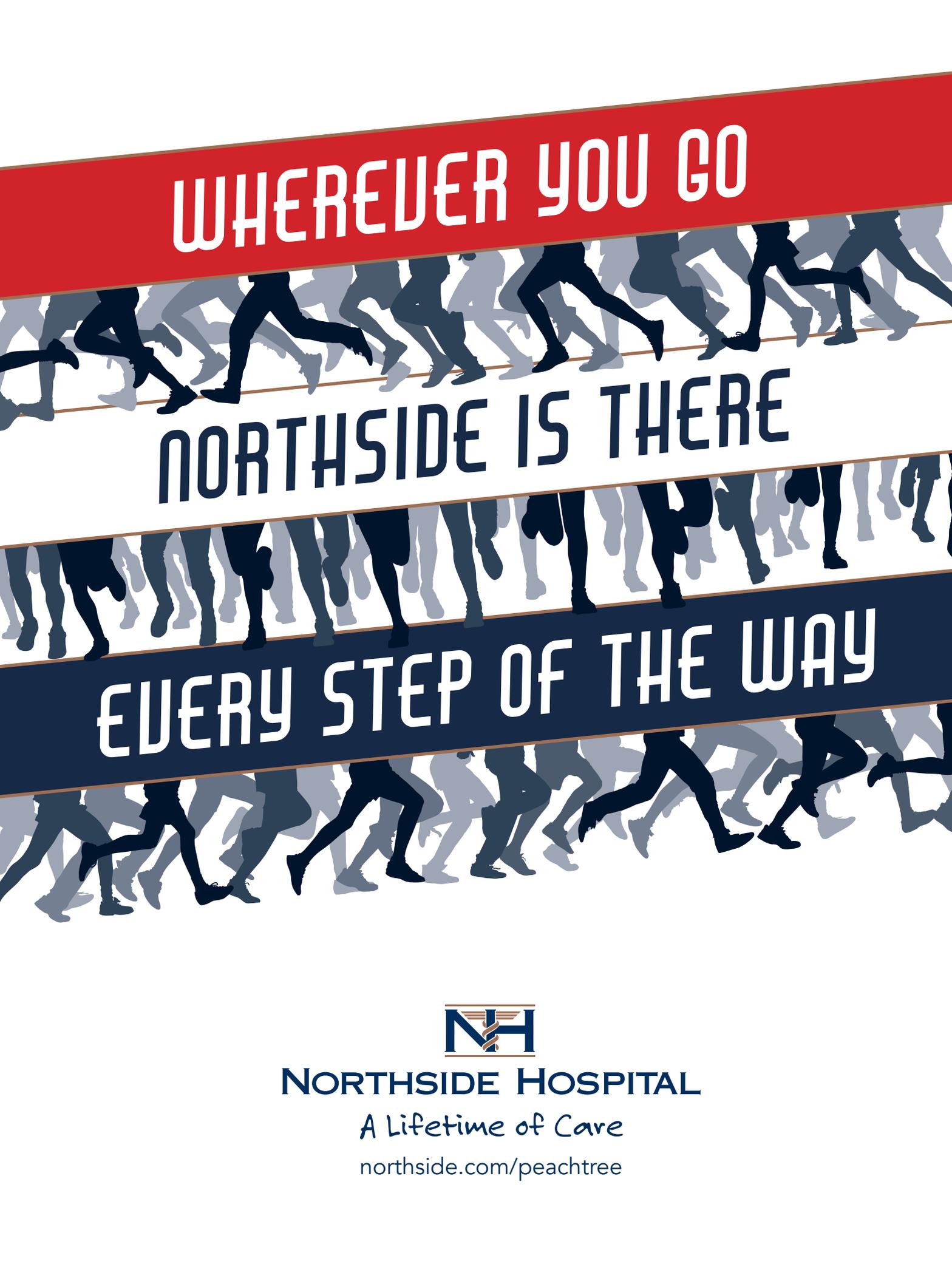
Coordinator, Volunteer Services

Runners passing me without saying anything. An 'on your left' would be nice.

Joshua Deaton

Manager, Youth Running

Passing people wearing headphones.



WHEREVER YOU GO

NORTHSIDE IS THERE

EVERY STEP OF THE WAY



NORTHSIDE HOSPITAL

A Lifetime of Care

northside.com/peachtree

Get Social

This month we asked:
What is your running pet peeve?



Chasity Holstick

My running pet peeve has got to be LONG BATHROOM LINES!!! The last thing you want is to be late to the start line because you need to pottie!



Matt Bass

Other runners who don't say hello or wave back. We're a community, people!



Jeff Stebar

Well-meaning course volunteers who yell, "Keep going! You're almost there!" at Mile 20 of a marathon. I love their enthusiasm, but until I can see the finish line I'm not "almost there".



Jan Ferrara

Slower runners who don't stay to the RIGHT. It's like driving; the slow lane is on the right!

Next Issue's Get Social Question:

What running or field event were you most nervous about trying?

Look for this question on our Facebook page, or send your answer and a photo to stories@atlantatrackclub.org. You could be featured in the next issue of *Wingfoot!*

Connect with Atlanta Track Club

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-  [atltrackclub](https://www.snapchat.com/add/atltrackclub)

RUNNING FRIENDS

MAKE LONG RUNS BETTER AND HARDER RUNS EASIER



Prepare for your fall goals with Atlanta Track Club's
Fall Marathon In-Training or
In-Training for Thanksgiving Day Half Marathon



"I experienced true friendship and couldn't have accomplished what I did without my training family. I will always remember their help and kindness."

- 2016 participant

Training begins: June 6 (Full) & August 12 (Half)



Register at atlantatrackclub.org



UPCOMING EVENTS

15 JULY SATURDAY



DECATUR DEKALB 4 MILER
7:30 a.m., Decatur Family YMCA, Decatur
– 4 miler
– Part of Grand Prix Series presented by Piedmont Healthcare



5 AUGUST SATURDAY



TAILGATE 5K
7:30 a.m., Chastain Park, Atlanta
– 5K
– Part of Grand Prix Series presented by Piedmont Healthcare

19 AUGUST SATURDAY



ATLANTA'S FINEST 5K
7:30 a.m., Pemberton Place, Atlanta
– 5K, One Mile, 50m Dash
– Proceeds benefit Crime Stoppers Atlanta
– Check out squad cars, motorcycles and the Mobile Command Unit
– Part of Grand Prix Series presented by Piedmont Healthcare

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

Photo credits: Joaquin Lara



IT'S
ATLANTA'S
MOMENT.
GO!

The AJC Peachtree Road Race.

The largest 10K in the world.
The biggest moment that brings Atlanta together.
And the proudest milestone for thousands of runners.

AJC **The Atlanta
Journal-Constitution**

ANOTHER RECORD FOR MEMBER BETTY LINDBERG

By Amanda Kowaleski



Lindberg also set a world and American record at a 2016 All Comers Meet at Emory University.



Betty Lindberg setting an American record in the 400m at Buck Godfrey Stadium.

She's done it again. Atlanta Track Club member Betty Lindberg set another American record, this time in the 400 meters.

The 92-year-old showed up at the Club's first All Comers Track and Field Meet of the season on May 9 to participate in the 400-meter event as part of the Grand Prix Series presented by Piedmont Healthcare. Lindberg finished in 3:05.01 – a USATF national record for the women's 90+ division. The record is pending ratification by the USATF.

"I'm very pleased with what I did," said Lindberg via phone the morning after the event, where she received a standing ovation during her final stretch. "I sort of heard people yelling, but I was concentrating so hard to keep going those last 100 meters."

This accomplishment came less than a year after Lindberg set a world record and USATF national record at 800 meters at an All Comers Meet last season with a time of 6:57.56 (the world record is still pending ratification by World Master's Athletics). Going into last year's race, Lindberg had no idea what the record for her age group was – or that there even was a record in the first place.

"It was a lot more pressure this year," admitted Lindberg. "This year I knew what the record was. It seemed everyone knew what the record was. My daughter, my son and my son-in-law were there. My personal trainer showed up. And you guys at the Club knew, too. So there was a little bit of pressure."

This track performance shattered a 21-year record. Bertha Holt previously held the 400-meter American record with her time of 3:45.62 set in June of 1996.

Lindberg decided to skip the Grand Prix shot put event since she's been dealing with a sore shoulder. Instead she focused on training hard for an annual tradition – the AJC Peachtree Road Race.

"The minute you guys put out the notice for members to sign up [for Peachtree], I knew I had to do it again. My son, daughter-in-law and two grandsons will be doing it with me," said Lindberg.

Around the time she registered for Peachtree, Lindberg met a personal trainer in her neighborhood. She now works out with Brian Krainson of Raw Fitness three days a week, focusing on strength and endurance.

For now, Lindberg is happy with another strong age group performance on the track. "It's an inspiration!"

ATLANTA'S ONLY MARATHON



The marathon sold out in 2017!
A coveted Atlanta tradition, you can't miss
this year's celebration.

Register today to guarantee you'll be there.
March 18, 2018

Register at atlantatrackclub.org

GET THE MOST OUT OF YOUR MEMBERSHIP



MIZUNO PRESENTS

TRIPLE PEACH
RACE SERIES

AJC

PEACHTREE
ROAD RACE

PNC

ATLANTA

10
MILER

THANKSGIVING DAY

HALF
MARATHON

7.4.17

10.22.17

11.23.17

Why sign up for each race when you can save more by signing up all at once? Take advantage of your member discount and reap the rewards from your races and your membership!

Register at atlantatrackclub.org



ATLANTA'S
FINEST
5K

FIND OUT WHY IT'S THE FINEST 5K IN THE CITY

August 19 - Pemberton Place
Proceeds benefit the Crime Stoppers

Register at atlantatrackclub.org



BE GREAT AT GROUP RUNS

By Blais Hickey

When I moved to Atlanta after college, I needed to find a group to run with. For the last four years, I had met my friends at 5:00 p.m. at the top of the school track 6-7 times a week. It was a daily staple, and it kept me sane. But how was I going to find that in a big city like Atlanta?

Despite my running background and outgoing personality, group runs terrified me. I pried myself off the couch each week to attend. I'd nervously make my way into the store about a minute before the run started, avoiding the small talk. Once we got going, though, the dread abated. I met some wonderful people, ran in beautiful places, and began to feel like a part of the Atlanta running community.

If you have similar anxiety about group runs, here are my five tips to make the most of it.



1. Leave the headphones at home

This is a chance to meet new people with similar interests. You'll never know what funny stories, new routes, training tips or future friends you'll miss if you're blasting music. Wear headphones (safely) the rest of the week, but use the energy of the group to motivate you through the run.

2. Don't use a group run as your workout

Running with faster people will help you improve. Letting others set the pace and carrying on a conversation can distract you from doubting yourself. On the other hand, don't expect to do your big workout of the week at a group run. The probable stoplights and unpredictable pace could keep you from hitting your times, causing unnecessary frustration and animosity towards others. Attend a group run on your recovery day and take full advantage of the social aspect.

3. Introduce yourself to at least three new people

Showing up to a group run alone can be challenging and awkward. Confront it head on and introduce yourself to at least three new people. You have a dependable talking point (ex. Are you running the PNC Atlanta 10 Miler?), and chances are they're looking to make friends, too.

4. Try different groups

Be Goldilocks. Try different runs until you find the one that's just right. With many great options in Atlanta each week, be choosy and find the one that fits your needs, commute and schedule best.

5. Partake in the post-run festivities

Enjoy post-run Netflix any other day of the week. Take full advantage of the group run and stay for the dinner, drinks, ice cream, etc. Most of us have interests and lives outside of running, and taking time to get to know people off of the course can be great fun.

Bonus tip #6:

Just show up. This is the hardest part. Tips 1-5 are easy.

Atlanta Track Club hosts a free group run the third Thursday of every month. Follow us on Facebook or Twitter to get the most up-to-date information about our upcoming runs and RSVP!



FINDING THE FINE LINE OF CHEATING

By Theoden Janes



John Stanton didn't run a legitimate qualifying time, didn't raise money for a charity that would have rewarded him with access, didn't have some job working for the event's presenting sponsor that would have given him preferential treatment in the form of an entry.

But several years ago – a couple days after celebrating his 48th birthday – Stanton pinned an official bib to his shirt and ran the Boston Marathon.

Long story short: Stanton was planning to be in Boston that weekend to visit his son; Stanton's friend, Matt Hall, found out earlier in the year that he'd be unable to run; so Hall offered his spot to Stanton, and Stanton took it. "Because I'll never qualify, and I wanted to experience it. For me, it was a once-in-a-lifetime opportunity."

There's no question where a race director stands on this type of activity, and the most principled of runners would certainly frown upon what Stanton and Hall did. But many runners seem to share the view that, as long as they're not cutting courses or unfairly earning cash or valuable prizes, breaking the rules isn't really that big of a deal – despite what sites like MarathonInvestigation.com are doing to popularize public disdain for cheaters.

Take Denise Walser. She was sick the day of the half marathon she'd intended to use to qualify for the 2015 New York City Marathon, so her friend Mindy Harrington ran as Walser and got the time she needed. Walser said she's fast enough to run what she needed fairly easily; Harrington, she said, didn't collect the overall award she'd won under Walser's name. "No, I don't consider it cheating," Walser said. "I've run the time before, I had run it recently, just not in the window."

Or Gary Regan. Last year, he wore his friend Blake Berger's bib at an event last year that combined the times of two races held back to back, and ended up winning first overall. Regan did collect the award, which hangs on the medal rack in his house. "I know I broke race rules," Regan said. "By definition it was wrong. But, morally, do I feel like I stole from anybody, or I'm an awful person? No. Maybe I'm awful for not feeling awful, but we weren't cheating for the sake of making the Olympic team, or qualifying for Boston."

Even if there are not big stakes on the line on race day, using someone else's bib is a safety issue for race directors. Each bib is linked to a specific person in the event's registration database, which can easily allow race staff to find information such as the participant's emergency contact should something go wrong. Additionally, online registrations include waivers to

make participants aware of the risks associated with the event and protect the organizers from liability issues.

Exposing Bad Behavior

Still, Stanton and Walser and Regan (those aren't their real names, by the way – all of the rule-breakers we talked to for this story agreed to be interviewed only if we concealed their identities) are the types of runners whose offenses MarathonInvestigation.com's Derek Murphy might like to expose.

Murphy created the website in 2015 in the wake of the saga of Mike Rossi, who became a hero for publicly blasting the principal of his kids' school after the administrator scolded him for making them miss classes so they could watch him run the Boston Marathon ... then became a zero when Internet sleuths discovered evidence that he cut the Lehigh Valley Marathon course to earn his Boston spot.

"I'm thinking, 'Well, why are we spending so much time on this guy? Yeah, he's a jerk, but how many more people do this?'" Murphy said. "The idea from the beginning was to bring awareness and try to be a little bit of a deterrent. If people knew that I was looking at them and knew they might be profiled on the site, then they might think twice."

Murphy uses online race results, finish line photos and video, anonymous tips and an algorithm to catch cheats, and his focus is on runners who have gained access to the Boston Marathon without earning it. But there's been collateral damage along the way – most famously: In February, he

helped get the second-place female at the Fort Lauderdale AIA Half Marathon disqualified after noticing suspicious splits but also by enlarging a post-race photo that showed her Garmin had clocked just 11.65 miles.

For her crimes, Jane Seo's face wound up splashed across the pages of news sites from The Washington Post to the U.K.'s Daily Mail, and took one of the harshest beatings on the Internet since ... well, since Mike Rossi.

"I think *runners* were more up in arms over it than I was," said Matt Lorraine, race director for the Fort Lauderdale Half. "It came to a point where I just wanted to wrap it up and move on."

His stance on lesser infractions? "While I'm not happy with it, what it comes down to is, 'What can I do about it?' There's really limited action you can take."

Meanwhile, here in Atlanta, Rich Kenah – who took over as

"The rules are the rules. What if everybody was to say they don't apply to me? What if everybody was like, 'Well, so what? It's just one person?'"
- Roxy Pinson, Atlanta Track Club member

10th ANNUAL A1A GEORGIA MARATHON & HALF MARATHON



Atlanta Track Club executive director and race director of the AJC Peachtree Road Race three years ago – said he and his staff spend a fair amount of time in the planning process addressing how to handle and minimize cheaters.

This, he said, is in response to the fact that “a good number” of the race’s 60,000 participants try to obtain its coveted finisher’s T-shirt without actually completing the full 10 kilometers.

To try to reduce that number, three years ago, organizers started disqualifying runners from the official results if their bibs didn’t show they’d crossed both the start and finish lines; last year, they added a 5K mat and now will eliminate anyone who doesn’t hit all three mats.

“If for some reason we missed a read, we can go back and add you back in,” Kenah said. “But we’ve found that those who cheat typically don’t try to get back into the results.”

When there is a suspicious runner, they investigate the way Derek Murphy might – by using the mats; previous race results, which could tell them whether a runner is capable of the time he/she put up; and evidence from photography vendor MarathonFoto, which would allow them to cross-reference a runner’s position at a given point in the race with that of nearby runners’ eventual results.

(That’s how Peachtree organizers caught a masters runner who cut a course and wound up finishing well enough to earn prize money a few years ago.)

Kenah also shares another sentiment with Murphy: “One of the tools in our toolbox to fight against cheating is that public shame. It’s a little bit of a stretch, I guess, of a comparison, but it’s not unlike someone caught using performance-enhancing drugs. Their sentence is made very public, so that people can see the sanction and see the repercussions of cheating.”

How Far is Too Far?

The question, on both sides, is where do you draw the line?

Obviously, infractions like Jane Seo’s are egregious, and therefore, banning her from future Fort Lauderdale A1A Half Marathons and revocation of her running team membership would probably seem fair to most rational people (especially when you consider her trip, from New York, was partially sponsored by a Fort Lauderdale tourism website). But read through the meanest comments on the LetsRun.com message board about her and consider whether she deserves all that.

And, at the other end of the spectrum, you’ve got runners who jump into portions of non-major races to pace friends without ever using aid stations or crossing the finish lines. Still cheating, technically, but even Lorraine admitted: “It’s wasted energy for me to get hot and bothered about that.”

Then there are the various offenses in between. Denise Walser, who had a friend help her earn a New York City Marathon

In addition to the start and finish line timing mats, Atlanta Track Club uses mats at certain points along the courses of its signature events to ensure participants complete the full course.



Volunteers at the Peachtree Health & Fitness Expo check race number confirmations and a form of ID to verify each participant's identity.

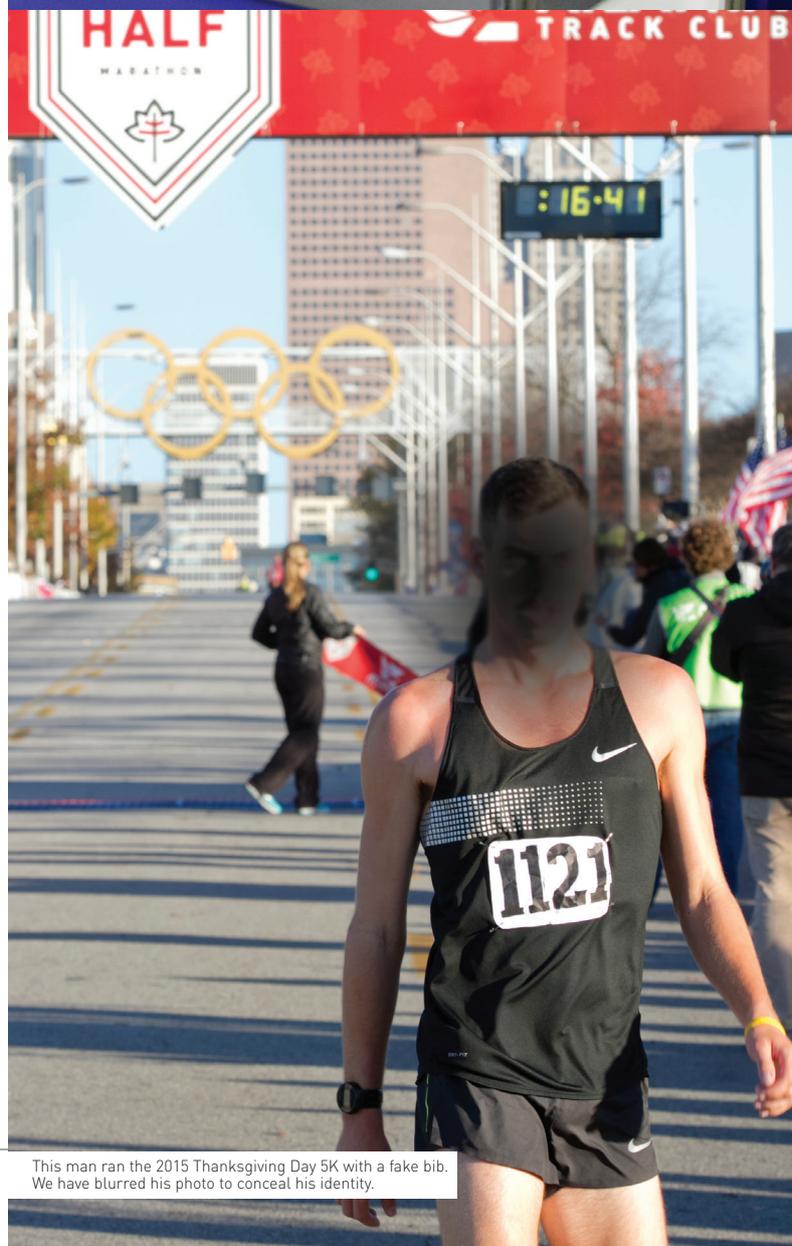
spot because she was laid up sick in bed. Gary Regan, who won a race he didn't pay for under a friend's name – and kept the medal. John Stanton, who took his friend's bib and ran Boston knowing he'd probably never be able to qualify on his own.

"I'm really comfortable in my own skin with it," Stanton said. "I know some people aren't, and that's fine. I don't try to convince them that they're wrong. But I think the shaming part of it, the righteousness of that, the judgment and all of that – I don't know. I think that's a little extreme. Essentially, we're talking about a race here."

Added Regan, when asked if he felt any remorse about taking the first-place medal from another runner: "In hindsight, now that you say that, I guess that sucks a little bit for whoever potentially could have (won it). Then again, it's just semantics, really. It's whatever's on paper. Yeah, the bib wasn't in my name. But I still won."

Of course, in the end, on a runner-to-runner level, down in the trenches, there are as many who won't buy those arguments as there are who make them.

"The rules are the rules," said Roxy Pinson, 44, of Flowery Branch, Georgia, who was the first to react to a recent Atlanta Track Club Facebook post about the subject. (Her online comment: "Bandits and cheaters suck.") "What if everybody was to say they don't apply to me? What if everybody was like, 'Well, so what? It's just one person?'"



This man ran the 2015 Thanksgiving Day 5K with a fake bib. We have blurred his photo to conceal his identity.

WHAT CAN YOU BUY TO BEAT THE HEAT?

By Jay Holder

Everyone has their trick to keep cool on summer runs. For Jessica Stautberg, a marathon runner in steamy Galveston, Texas, it's freezing half of a water bottle the night before her run and then filling the rest with water in the morning. "My water stays cold the whole time," she says. Sam Winn, a runner in suburban Chicago stays hydrated by using the tube of a bicycle tire to hold onto his water bottle. "My goal was to make it easily-removable, adjustable, comfortable and easy to hold onto," he says. And for Brian Foster, a half-marathoner in Kansas City where the average temperature in July nears 90 degrees, the best way to stay cool is easy. "Beer," he says between sips of his favorite post-run brew.

With summer and its associated running challenges popping up at the same time every year, you might think someone had come up with a gadget or a gizmo to keep us cool as the

temperatures climb. But, the high-tech answer to heat and humidity hasn't been easy to find. "There's really nothing magic," says Jeff Dengate, shoe and gear editor for *Runner's World*. "It's so hard to do and be able to scientifically prove."

That doesn't mean companies aren't trying. DhamaSPORT, an India-based technology firm, has developed a wristband that through patented technology claims it lowers core temperature. It's been used by elite runners like Sam Chelanga, winner of the 2016 Thanksgiving Day 5K in Atlanta, after his coach, Scott Simmons, began looking for a way to keep his athletes from overheating on the race course. "I did feel it cooling," Chelanga told LetsRun.com. "Sometimes I think some of it is in your head, psychological. But I think it worked."



But Dengate says the answer often lies in the low-tech and it's not always obvious. Take for example, Tucson-based triathlete Emily Hansen, who puts on arm sleeves before heading out for a long run or ride in the desert. "It's a super light-weight fabric that keeps the sun off you and when you wet it, it actually turns cool so it keeps your body temperature down," says Hansen. "I discovered this when I started competing in triathlons because typically the run portion is at the hottest part of the day," she says.

Dengate can explain. He says he's beginning to see some athletic gear manufacturers use xylitol in their fabrics. You are probably used to seeing xylitol listed on the package of your favorite chewing gum. It's a sugar alcohol commonly used a sweetener. But when it comes in contact with moisture like water or sweat, it becomes a cooling agent.

In fact, when it comes to keeping your cool, literally, Dengate warns against the common approach of shedding the shirt, saying more fabric is actually better. "It's counterintuitive," he admits, "but good fabrics move moisture really well." Which is to say, stay away from cotton.

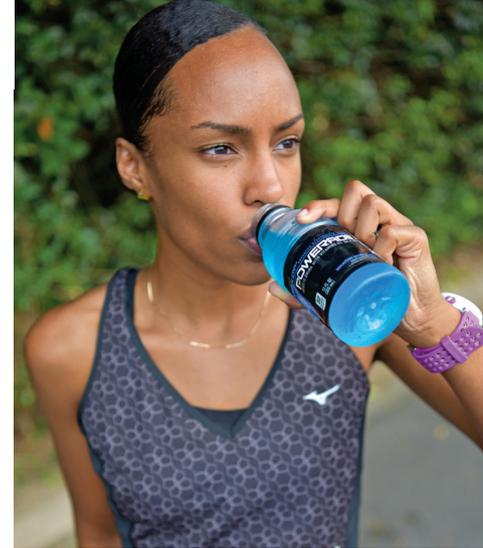
For some runners, the answer is adding moisture to their fabric. Jamaar Valentine, an ultra marathoner in Charlotte, North Carolina, puts a wet bandana in the freezer overnight. "It's the method uses for some of the world's most grueling ultras," he says. "But no one makes money off these fancy bandanas," he jokes. "I have one of those cooling towels



The DhamaSPORT cooling wristband, which claims to lower your core body temperature.

wrapped around the back of my neck that I re-wet at every water stop," says Kathryn Haag of Atlanta. "I've also stuck a wet sponge in my sports bra that I wet and wring at water stops."

Dengate reminds runners that with all these devices, store-bought and those conceived at home, come with only incremental results. "When it's hot, it's hot. The common sense approach is often the best one. Run fewer miles or run earlier in the day."





Stella Christoforu - Petersburg, VA



Cindy McCauley & Scott Hummel - Greensboro, NC



Sherry Banker
Stone Mountain, GA



6 a.m. Run
Atlanta



Alex Miller - Limerick, Ireland



Mike DuBose - Sparta, NC



Gena Major
Cancun, Mexico





Caitlyn Moyer - Milwaukee, WI



Atlanta Track Club Elite
Flagstaff, AZ



Noon Run - Atlanta



Midnight Run - Atlanta



Aubrey Armento - Golden, CO

Global Running Day Begins in Atlanta

By Amanda Kowaleski

Atlanta Track Club celebrates running each and every day. But on one day each year, the world comes together to celebrate our sport.

Global Running Day took place on June 7. Atlanta Track Club challenged its members, participants and the greater Atlanta running community to “run across America” by going for a run no matter where they were that day and then sharing their photos. Additionally, the Club organized several

group runs including the nation’s first run of Global Running Day at midnight. The public was also invited to group runs throughout the day.

Check out some of the photos from Atlanta Track Club’s members and participants from across the country and around the world! They’re proof that even though we all have our running pet peeves, we love our sport and fellow runners.



HOW YOU CAN HELP ATLANTA TRACK CLUB KEEP MOVING FORWARD

By Amanda Kowaleski

Without you, there is no Atlanta Track Club. Our members and volunteers are the lifeblood of the Club. And right now, we're looking for a special group of our members to help us as we plan for the future of this organization.

We are recruiting new members for our board of directors, a group of community leaders who volunteer their time to further the mission of Atlanta Track Club. If you would like

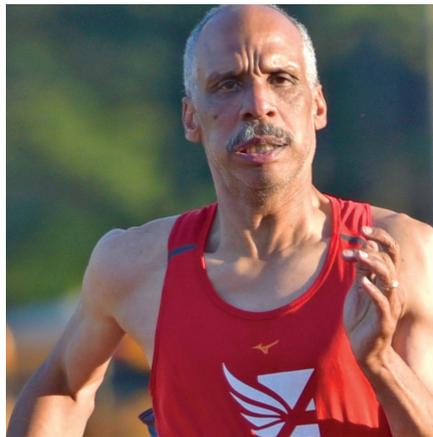
to combine your passion for the Club with your professional skills and volunteer experience, apply! Or if you know someone who wants to positively impact the Atlanta running community, nominate them.

Want to know what it's like to serve on the board? Read what some current board members have to say about their role below.



I enjoy serving as a member of the board truly because the Club impacts the health and well-being of our members and larger community. By providing quality experiences, whether through a race, training program or as a volunteer, Atlanta Track Club inspires our community to healthier outcomes.

- Katie Kirkpatrick



My board experience has been an enjoyable and eye-opening experience because, while the board members come from a tremendous variety of backgrounds, we all share a passion for being active and for the well-being of Atlantans.

- Dr. Reginald Mason



I have enjoyed being part of the board - with always wanting to understand the complexities of the AJC Peachtree Road Race and the details behind the largest 10K in the world. Being around running fanatics like me a few times a month at board or sub-committee meetings keeps my "running" energy at high levels.

- Brian Frank

How to Nominate:

Qualified Club members should submit a resume and letter of intent explaining their interest as well as skills and experience they believe would contribute to the Club's achievement of its mission. All resumes and letters of intent should be emailed to boardnominations@atlantatrackclub.org no later than September 8. We also invite you to encourage other members you believe to be qualified to apply, or nominate them yourself by sending an email with a brief description of the proposed applicant to boardnominations@atlantatrackclub.org.



United Way of
Greater Atlanta



You've flown over it. You've driven under it. Now run on it!

THE MAYOR'S 5K

ATL

ON THE 5TH RUNWAY

Saturday
September

30
2017

Race proceeds benefit UWGA and its partners
throughout metro Atlanta

Registration opens June 2017
<http://5k.atl.com>

Sponsored by  **DELTA**



THE STARTING LINE:

CELEBRATING THE FUTURE OF TRACK AND FIELD

By Amanda Kowaleski

The future of track and field is bright if Georgia's student athletes are any indication of what's to come. Atlanta Track Club honored 49 of the best runners, jumpers and throwers in the state on June 7 at its 53rd annual All-Metro High School Track and Field Banquet. This season 31 of the student athletes had a top-15 performance in the nation.

The All-Metro athletes were selected based on criteria including performance at the state meet, season bests and head-to-head competition. The coaches and the community then voted for one male and one female to be named Most Outstanding Track Athlete and Most Outstanding Field Athlete. Those athletes were announced at the banquet, where they received a \$1,500 scholarship.



Photo credits: Paul McPherson, Paul Ward, Enrique James

MOST OUTSTANDING TRACK ATHLETES



Brian Herron

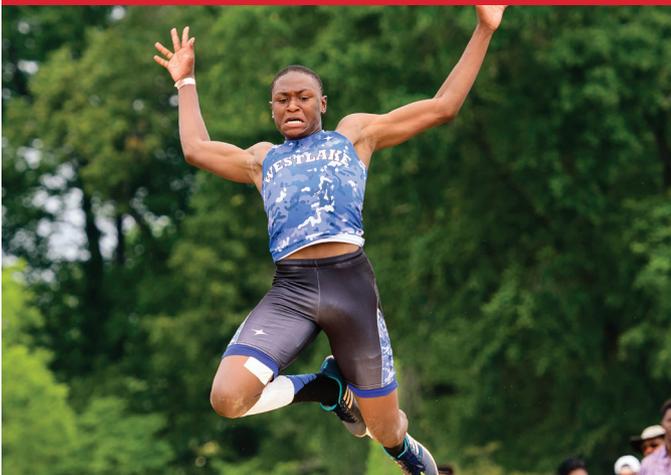
Lakeside High School
10th Grade
7A State Runner-up – 400m Dash
Season Best: 46.15



Kennedy Simon

Westlake High School
11th Grade
7A State Champion – 400m Dash
U.S. #3 – 52.94

MOST OUTSTANDING FIELD ATHLETES



Cameron Murray

Westlake High School
11th Grade
7A State Champion – Long Jump
Season Best: 24'5.5"



Victoria Agyin

McEachern High School
11th Grade
7A State Champion – Triple Jump
U.S. #9 – 40'9"

“As someone who has covered Olympic Track and Field for more than 20 years, it is an honor to be surrounded by the future of this sport – many of whom I am sure I will see again on the national stage,” said Lewis Johnson, event emcee and Olympic Track and Field analyst for NBC Sports.

Two coaches were also acknowledged for their outstanding dedication to the sport of track and field. Coach Chris Carter of Brookwood High School received the Hawthorne Wesley Award for his work with the girls track and field team, while Coach Tim Hamling of Woodward Academy’s boys track and field team was the recipient of the Judo Brown Award.

In addition to awards, two \$2,500 scholarships were presented by Atlanta Track Club and The Atlanta Track Club Foundation to local track and field seniors who excelled on and off the field of plane during their high school career. The 8th Annual Patty Foell Scholarship Award was presented to Marie Repasy of Milton High School. Jay Judge of Walton High School was awarded the 4th Annual Hawthorne Wesley Scholarship Award.

To view a full list of the 2017 All-Metro High School Track and Field Team athletes, visit atlantatrackclub.org.

CREW CHIEF SCOTT TAYLOR

Scott Taylor is a start wave crew chief for the AJC Peachtree Road Race. He has been an Atlanta Track Club member, volunteer and Peachtree participant for decades. “The dedication that Scott’s volunteer team has is a testament to his own dedication to Peachtree, allegiance to his fellow volunteers and his knowledge and expertise,” says Atlanta Track Club Volunteer Services Manager Caryn Lamphier. “It’s an honor and a pleasure to work with him every July!”

How many AJC Peachtree Road Races have you run?

This year was my 38th Peachtree. The times have slowed down, and the T-shirt size has gotten little bigger, but every race has been a terrific experience and a great way to start off the July 4th holiday!

How many times have you volunteered at Peachtree?

2017 marked 34 consecutive years of volunteering for the Peachtree. Volunteering is a big part of my personal Fourth of July holiday tradition.

What is your role at Peachtree?

I am the crew chief for start wave A. I started off as a member of the volunteer crew for Time Group 3 (as the waves were called way back when) and I moved up to leader of that group, then eventually became the crew chief for wave A. I’ve done that job for at least 15 years now. Most of my volunteers are “regulars” that have been with me for many years. They are a great group and they are tremendous fun to work with on race day.

What made you want to volunteer at Peachtree in addition to running?

The logistics of putting on the race are incredible. I wanted to be more a part of it and to help make the race happen without giving up the opportunity to run it. Volunteering at the start is the perfect combination. I have really enjoyed working with the thousands of people who are committed to making the Peachtree a fantastic event!

What is your favorite memory from volunteering at Peachtree?

I have several. One is when the big American flag is raised up over the start line. It makes me incredibly proud to be an American and to be part of the largest and best-organized 10K in the world!

Another special memory is running the race with my daughter Jennifer several years now. Also, the many people that I have met through my years of Peachtrees. Some I only see on July 4th every year, but it’s always great catching up with everyone! Lastly, my wife Carol had a quilt made for me from many of my past Peachtree finisher’s and volunteer shirts. It’s really an awesome reminder of the race throughout the year. I almost have enough shirts for another one!

What is the one thing you want people to know about Atlanta Track Club?

Atlanta Track Club is a great organization and a vital part of the metro Atlanta community. Great people and great events. I’m very proud to be a part of it!





THE PERFECT 10, THE PERFECT DISTANCE

A great race distance, the event is a unique challenge with a one-of-a-kind course, awesome race swag and immense course support!

PNC Atlanta 10 Miler & 5K - 10.22.17 - Atlanta Station



Register at atlantatrackclub.org



RUN TOGETHER NOW. EAT TOGETHER LATER.

Earn your turkey with the ones that mean the most this holiday.

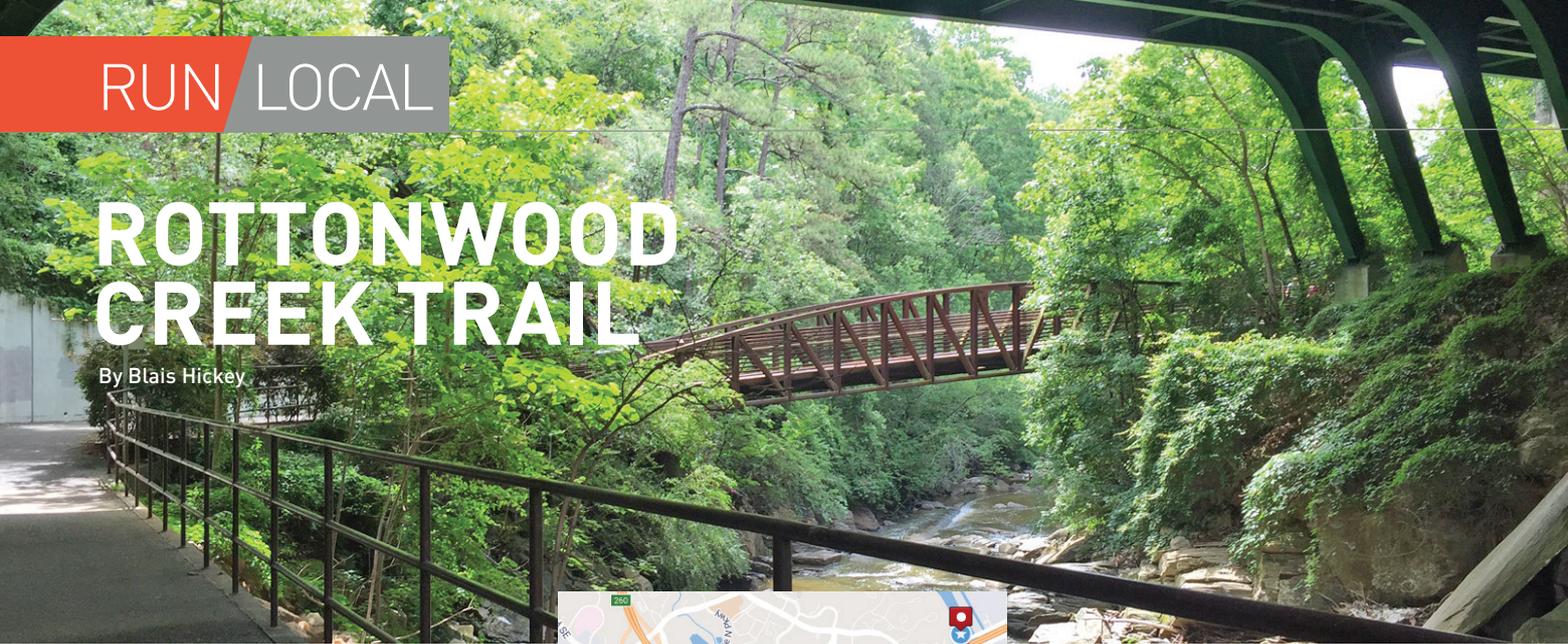
Half Marathon, 5K, One Mile & 50m Dash
November 23

Register at atlantatrackclub.org



ROTTONWOOD CREEK TRAIL

By Blais Hickey



Many Atlanta runners have looped around Cochran Shoals enough times to know the location of every dip, turn, and mile marker with their eyes closed. If you're looking to switch it up and don't mind hitting the pavement for a few miles, try the Rottonwood Creek Trail. It's undeniably satisfying to cruise past idling cars on I-285 before dipping into the oasis of this verdant, shady path.

Course Highlights:

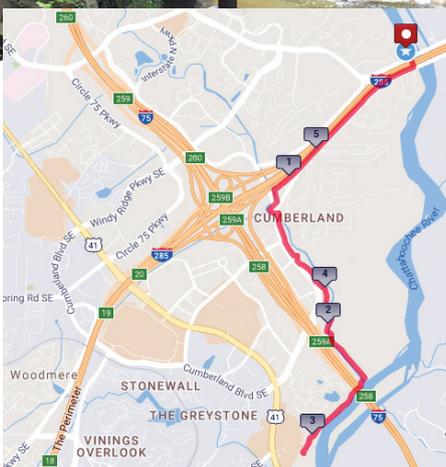
- Scenic and shaded route along Rottonwood Creek and the Chattahoochee River
- Designated walking and running path off the road
- Multiple water fountains available along the route

Course Notes:

- 5.8-mile out-and-back route
- Relatively hilly with one steep hill
- Combination of sidewalk and trail

Directions:

- Start in the Cochran Shoals parking lot
- At the south end of the parking lot near the Interstate North Parkway Bridge, get on the paved Akers Mill East Trail (the river will be on your left)
- Go under the bridge and turn right to stay on the trail along Powers Ferry Road and Akers Mill (I-285 will be on your right)



Map My Run
Connect with Atlanta Track Club on Map My Run to find this and other routes in the metro Atlanta area.



- The path veers right from the road and descends behind Strayer University; at the fork, turn left to join the Rottonwood Creek Trail
- Stay on this trail for about 1.5 miles
- At the fork, turn right, keeping the river on your left
- The path ends at the Paces Mill parking lot. Turn around and take the same route back.

Add Distance By:

This is a great route for a long run, but we recommend doing the above portion first since it is hilly. Additional distance options include:

- Adding the Cochran Shoals loop (+3.1 miles).
- Running out and back on Columns Drive from Cochran Shoals (+8 miles)
- When the path dead ends at the river, turn left instead of right - this will take you on the Palisades West and Akers Mill trails (additional distance varies by trail)

Parking:

- Park at the Chattahoochee River National Recreation Area - Cochran Shoals or the Paces Mill parking lot and run in reverse. (Cochran Shoals: 1956 Eugene Gunby Rd, Marietta, GA 30067)
- Parking is \$3 for the day or \$35 for a year-long pass

RUN INTO THE BRAND NEW MERCEDES-BENZ STADIUM

By Jay Holder

Runners and walkers will get a rare opportunity to run through the player tunnel and onto the field at the brand new Mercedes-Benz Stadium this fall. Registration is open now for the Mercedes-Benz Stadium 5K/Walk Like MADD on Saturday, September 30. Formerly Rise Up and Run 5K/Walk Like MADD, the renamed event not only allows fans to celebrate running, walking and fitness with the NFC Champion Atlanta Falcons, but also hails the wildly successful inaugural season of Atlanta United FC, the Major League Soccer team that also calls Mercedes-Benz Stadium home.

Like it did in 2016, the event will also raise money and awareness for Mothers Against Drunk Driving here in Georgia, an organization that works with the Falcons and Atlanta United through event co-chair Angie Blank, wife of Arthur Blank who owns the two sports franchises. "With the combined forces of the Atlanta Falcons, Atlanta United FC, Atlanta Track Club and MADD Georgia, the 2017 event provides a wonderful opportunity to share our message of No More Victims due to drunk and drugged driving," says Debbie Day, state executive director of MADD Georgia.

Fans will line up at Falcons Landing on race morning for a pre-race celebration and ceremony before taking off on a 3.1-mile journey through the streets of Atlanta's downtown



Karen Richardson finishes inside the Georgia Dome at the final Atlanta Track Club event inside the stadium.



Atlanta Track Club and MADD Georgia staff visit the Mercedes-Benz stadium in early June.



What:
Mercedes-Benz Stadium
5K/Walk Like MADD

When:
Saturday, September 30, 2017

Where:
Mercedes-Benz Stadium,
Atlanta, GA

Register at atlantatrackclub.org

and west side. A one-mile race will also be held and open to wheeled conveyances as well as a 50m dash for children six and under.

The finish line will be on the field, which will be set up for Sunday's Falcons game against the Buffalo Bills. Finishers will receive their medal and have a chance to marvel at the brand new 83,000-seat stadium which will be home to the 2018 College Football Championship and 2019 Super Bowl.

Along with their unforgettable experience, all participants will receive a Mizuno T-Shirt and finisher's medal. Donations to MADD can be made during registration.



PROPER RUNNING ETIQUETTE FOR ALL OCCASIONS

By Amy Begley

Running can be a social or solitary sport. Trails, sidewalks and races can be crowded due to the popularity of running, so you are often surrounded by people. The best way to make it enjoyable for everyone is to follow proper running etiquette. Here are some tips to keep you in the good graces of your fellow runners or walkers.

On a Trail or Path

- Run or walk on the right.
- If you are doing run/walk intervals, raise your hand or verbally say you are slowing down. Then move to the far right to walk.
- When running in a group, do not run in a line across the path.
- I advise not wearing headphones so you can hear people or bikes coming.
- If running with a dog, use a 6-foot leash (non-retractable) and keep the dog in your control.

In a Road Race

- Place yourself in the proper start wave.
- If you are doing run/walk intervals, raise your hand or verbally say you are slowing down. Then move to the far right to walk.
- Do not stop at the water stops; grab your cup and keep moving.
- If you need to spit, throw up or just take a break, move to the side of the road to avoid getting in the way of others.

On a Track

- Check the posted rules and open times.
- Counter-clockwise is the direction to run around the track, unless posted otherwise.
- If you prefer to run the opposite direction, only do so in the outer lanes.
- If there are people running or walking faster for a workout, use the outer lanes and allow them to use the inner lanes.
- Do not spit on the track.

If everyone is considerate of the rules and each other, it will make for a better experience for everyone. Remember, Atlanta has a big running community!

A SOFT RIDE
EVERY STRIDE



WAVE SKY

Admit it. You want it all. Well, meet it. The brand new **WAVE SKY**. Engineered atop our new cloudwave technology, you'll get a plush, cushy ride that stays amazingly snappy too. With that combo of softness and responsiveness in every stride, the sky is no limit.



THE PICTURE OF HEALTH

There are so many different ways to stay healthy. And everyone has their own routine. But one thing that's important for all of us is making sure you look at the "whole" you, connecting all the parts to stay fit and strong.

That's the idea behind Blue Cross and Blue Shield of Georgia's Whole Health ConnectionSM. Our medical plans work hand-in-hand with our pharmacy, mental health, dental, vision, life and disability plans. By coordinating the efforts of doctors and specialists who can share information and resources, we help them see the "whole you" to make sure that everything you're doing to stay healthy works well together. And that makes it simpler for everyone.

bcbsga.com/specialty

**We support all
AJC Peachtree Road Race
runners! Congratulations
on finishing the race!**

