FIND YOUR PACK

KILOMETER KIDS TURNS 10

QUIZ: ARE YOU A SOCIAL RUNNER?

THE PROS & CONS OF PACE GROUPS
People Drive Us.

It’s not just a tag line. It’s who we are and what we’re made of. People. Our own staff, driven to excel and exceed. And, of course our customers, you, our advocates. We appreciate your business and loyalty. And, thank you for Driving Us.

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Frank Shorter, one of the leaders of the 1970s running boom, coined the term “enclave effect” when referring to the benefits of running with others. While his comments were focused on that 1% - the gifted, singular-focused, elite, Olympic-caliber athlete, the concept applies to all of us. Its impact can be seen in training groups around the world as well as right here at Atlanta Track Club with our In-Training programs.

Each season, our Club’s programs bring together runners at all stages of the runner life cycle, group them based on relative goals and speed, and deliver an athletic and social experience that is, in this guy’s less-than-objective opinion, second to none. And while our In-Training participants aren’t chasing Olympic glory like Frank and his teammates from the Florida Track Club back in the day, that enclave impact is just as evident as we review the progress of the participants each week and the goals they check off at many of our larger events.

As I’ve tried to recalibrate my running goals these last few years, I look for the right combination of enclave effect from group running and along time through solitary runs. In recent years I’ve found solo runs provide the best opportunity for strategic thought and reflection, but the group runs keep me socially connected to the running community while forcing me to push myself to faster times.

Whether it’s that relative quiet of running alone or the fun of a group environment, Atlanta Track Club is here to support your journey. If there is a running solution you are looking for that you can’t seem to find in our offerings, just let us know. We’ll do our best to provide an answer. After all, you are Atlanta Track Club.

Rich Kenah

Race Director

We asked our staff: Do you prefer to run solo or with others?

**Chris Dierkes**
*Director, Finance*

I have always preferred the solitude of a run – time to reflect on the day ahead, enjoy some time alone with my thoughts and just listen to my surroundings.

**Holly Ortlund**
*Expo Coordinator*

Always with others - it’s great group therapy!

**Enrique Tomas**
*Manager, Grassroots Running*

Running with others is the best way to run. In a group, the miles seem to fly by, and you are able to push yourself to a new level when you have someone right next to you pushing the pace.
3, 2, 1...TAKE OFF
AFTER HARRY THE HAWK

Event Swag Includes:
- Mizuno Shirt
- Hawks Winter Beanie
- Game Ticket
- Food Voucher

February 4
Philips Arena

Register at atlantatrackclub.org
Get Social

This month we asked:
Do you prefer to run solo or with others?

Michelle Morris Vail
I tend to like both. I work in an office and the opportunity to be outside is spiritual. On the other hand, catching up with a friend can make the run seem shorter.

Troy Phillips
Solo at 5K pace, with others at half marathon pace.

James Goforth
Always better with others.

Heather Karlin
I prefer to run with a friend for any distance. It keeps me accountable that I’ll do the miles and pushes me to run my best.

Next Issue’s Get Social Question:
What is your favorite piece of race swag that you have received?

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!

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NUTRITION FOR SUSTAINED ENERGY®
MADE WITH ORGANIC ROLLED OATS.
UPCOMING EVENTS

4 FEBRUARY SATURDAY

ATLANTA HAWKS FAST BREAK 5K
8:00 a.m., Philips Arena
- 5K
- All participants receive ticket to a Hawks game, $10 food voucher, Mizuno shirt. Beanie for first 1,500 to register
- Meet Harry the Hawk, the Flight Crew and the Atlanta Hawks Cheerleaders

10 FEBRUARY FRIDAY

AJC PEACHTREE ROAD RACE T-SHIRT DESIGN CONTEST
Submission Deadline
- All designs must be submitted by 11:59 p.m.
- Winning design to be featured on the Peachtree finisher’s T-shirt
- For rules and submission form, visit atlantatrackclub.org

11 FEBRUARY SATURDAY

HEARTS & SOLES 5K
8:00 a.m., Georgia Perimeter College, Decatur
- 5K
- Part of Grand Prix Series presented by Piedmont Healthcare
- Fast course provides a perfect opportunity for a personal best

22 FEBRUARY WEDNESDAY

VOTING OPENS
AJC Peachtree Road Race T-shirt Design Contest
- Five finalists to choose from
- Winning design revealed at the finish line on Tuesday, July 4
- Vote once daily at AJC.com/peachtree through Wednesday, March 22

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

MARCH 1-14

AJC PEACHTREE ROAD RACE
MEMBER REGISTRATION

Learn more at atlantatrackclub.org
WHEN A RACE SPEAKS TO YOU, LISTEN

By Barbara Huebner
Like art (Botticelli? Picasso? Cindy Sherman?) or music (Chopin? Billie Holiday? Jimmy Buffett?), road races have different styles and rhythms that draw people to them and bring them back again and again. Whether it's a locale or a theme or a friend who inspires you, something compels you and soon you realize that you've found your niche race.

Even elite runners feel the pull. Amby Burfoot, winner of the 1968 Boston Marathon and longtime editor of Runner's World magazine, grew up in Groton, CT, and has run the nearby 4.748-mile Manchester Road Race every Thanksgiving for the past 54 years. As a 17-year-old in 1963, it was the first road race he ever ran, and just before his 50th Manchester in 2012 he told Race Results Weekly that the streak is better than his Boston victory.

“It's a different achievement as we all know,” said Burfoot, who also won Manchester nine times. “In my mind, it is a greater achievement. I think one could say that there are more Boston Marathon winners than there are runners who have run the same road race 50 years in a row… To me the spirit and ethic of endurance running is not just doing it one day, but doing it for a lifetime.”

That's about how long Nick Arciniaga hopes to run the Star Wars Half Marathon-The Light Side at Disneyland. For Arciniaga, who finished 10th in the 2016 U.S. Olympic Marathon Trials and was the 2013 USA Marathon Champion, the appeal is as obvious as the Death Star cookie jar over his fridge and the Boba Fett toilet seat in the guest bathroom. Arciniaga won the inaugural race in 2015, came back last year in a Star Wars-themed singlet to break the tape with a light saber, and ran again last month. “This will be the race where I want to have a streak,” said Arciniaga before defending last year's title. “It speaks to me more than anything else.”

And that, more than anything, explains the lure of that one special race for so many of us, including the four runners profiled below.

### The Falmouth Five

After the finish of the first Falmouth Road Race on a rainy, windswept day in 1973, Brian Salzberg was among those who adjourned directly to the Brothers Four to find the great Johnny Kelley—a two-time winner of the Boston Marathon who would go on to run Boston a record 61 times—already “looking fresh as a daisy in a Hawaiian shirt, jitterbugging with his wife. We were impressed.”

Impressed enough that Salzberg has run every year since, crossing the finish line for the 40th consecutive year last August.

“From the second year of the race, you were able to compete together with the best runners in the world,” he said. “The camaraderie, the small-town atmosphere… I don't have that same association with other races.”

Now a professor of neuroscience and physiology at the University of Pennsylvania's School of Medicine, Salzberg in 1973 was a post-doctoral student at the Woods Hole Oceanographic Institution, where he was inspired by a running colleague, Mike Bennett. When word of a new “bar
race” started circulating around the lab, they both decided to give it a try. (The New Balance Falmouth Road Race still begins at the Captain Kidd in Woods Hole, MA; the Brothers Four in Falmouth Heights no longer exists.) After about 10 years, the men who’d run every race “realized there was something unusual about this” and began celebrating together; by the race’s 25th anniversary the group was down to six. When Kelley retired, the “Falmouth Five”—which still includes Bennett, too—was born, and carries on to this day.

Although he moved to Philadelphia in 1975, Salzberg maintained a lab in Woods Hole until 1995 and spent summers on Cape Cod. Since then he has made the yearly pilgrimage from Philly, but that’s hardly the biggest obstacle he’s faced: In 2008, he completed the race on crutches after spraining a ligament in his left foot, and two years later walked it after surgery for a benign brain tumor earlier that summer. And in 1978, he shared a post-race room in Falmouth Hospital with Alberto Salazar after they both suffered heat stroke.

Salzberg will be 75 when Falmouth marks its 45th running this year, and he’s looking forward to it.

“It’s a real happening,” he said.

**Low-Key Queen of the Dutchess County Classic**

Marisa Sutera Strange has won the Dutchess County Classic 5K 23 times, including 17 consecutive victories. Those totals give her the most total wins and most consecutive wins in history, anywhere in the world, male or female, at the same race.

“I never kept track,” said Sutera Strange, 53. “I just went for the enjoyment of it. A lot of times you go to races to see the people. Then eventually someone said to me, ‘Do you realize you’re getting close to some world record?’”

It was just this September that Sutera Strange, who has also won “about 20” U.S. age-group championships and holds the U.S. 50-54 record for 3000 meters indoors, broke the overall world record for most consecutive wins at a road race. Her 17th-straight Classic victory vaulted her past two men, a Brit and a South African, who were tied at 16.

But don’t expect her to recite too many facts, figures or dates. She isn’t kidding when she says she doesn’t keep track, which is one reason that her astonishing records aren’t better known in the running community. That, and the fact that she encourages her local newspaper to write about other runners “with better stories.”

A two-time All-American 400-meter hurdler while at Ithaca College, Sutera Strange was living in Saratoga Springs, NY, when she decided to come home for race weekend in 1989. After soon moving back to the area, doing the Classic every year “was easy because it was local—especially with kids.”

One of the things she loves most about the race, she says, is that it’s an out-and-back.

“That’s really wonderful,” she says. “I’ll yell for a few people, and they’ll yell for me. I’m really grateful that at 53 I’m still able to win it, but if it doesn’t happen next year, oh well. At my age I’m glad to be able to get to the starting line and run.”

Sutera Strange almost skipped the Classic a few years ago to watch her son, Sibby, run a cross country meet for North Carolina State, but then decided to fly back in time so that he wouldn’t be disappointed that she missed it.

“I hope he gets the same joy from running that I’ve gotten,” she says of the son who stood cheering at many a Classic.

**Her One Annual Race: Tufts Health Plan 10K for Women**

“I’m a runner with a very small “r” now,” says Kathy Sastavickas. “I race once a year, and that’s the Tufts 10K.”

Sastavickas, 66, is one of 13 women who have completed every Tufts Health Plan 10K for Women in Boston. Despite battling two arthritic knees, she finished the 40th edition of the race last October and headed straight to the medical tent to get iced.

“I know it’s coming and I don’t mind,” she says of the pain. “My goal used to be time: under 50 minutes, under an hour. Now I want to run it without any additional injuries.” To get ready for the race, she jogs and kicks laps in a pool, running outside “maybe twice.”

The race began in 1977 as the Bonne Bell Mini Marathon, part of a 12-race series of women-only races held across the country. Sastavickas was 26, trying to maintain her weight
after recently having quit smoking; her first “training run” took her as far as a nearby dumpster. Her most-vivid memories of that first race are running up a set of stairs on the course and the presence of what she recalls as only three porta-potties for over 2,000 women. (Race organizers were expecting perhaps 200.) But she finished the race, and after five years went by realized that she had created a tradition for herself.

The winner of that first race, 17-year-old Lynn Jennings, soon created a tradition for herself, as well, going on to notch six victories and five runner-up finishes. In 1990, she told the Boston Globe that other than the Olympics or the World Cross Country Championships, Tufts was her favorite race in the world.

Over the decades, Sastavickas—a retired human resources manager from Ashland, MA, who is now a bartender and involved in CASA, which assists abused and neglected children—has run the race with a temperature of 103 degrees and walked it with a broken collarbone. From 1994 to 2008, while living in California, she planned family visits to coincide with race weekend.

“It was part of my fabric,” she says. “I think it was because it was my first. I liked that it was all women—I can remember being outraged about women not being allowed to run the Boston Marathon [before 1972]. Women didn’t always have the chance to feel good about themselves as athletes. Now I get excited about the first- and second-year runners because I imagine that it’s the start of something for them.”

**Running for Two at Peachtree**

Relationships have put Bill Harkins on the starting line of the AJC Peachtree Road Race for 40 consecutive years.

In 1977, a friend and former Rhodes College teammate named Mark Edwards convinced Harkins that he could keep running even after his collegiate career as a 400-meter runner ended. “We’re running Peachtree”, said Edwards. "I’ll be your coach.” A yearly tradition was born.

It’s not the only relationship that has kept Harkins lining up every July 4.

“IT’s fascinating how the race has become part of the tapestry of my professional life,” said Harkins, an Episcopal priest and a marriage and family therapist.

At about 2 miles, the race runs right past the Cathedral of St. Philip, at which Harkins is a priest associate, where Dean Sam Candler blesses the runners with holy water and Harkins can count on being greeted by friends and parishioners. Further down Peachtree Road, he passes by the Brookwood Exchange Building, where he has supervised doctoral students every Friday for many years. Harkins has run Peachtree—and even auctioned himself off as a coach—to raise funds for professional causes, and has begun to run on behalf of Atlanta Track Club’s Kilometer Kids.

“That has been huge, to be a part of contributing to getting kids, especially from the city schools, interested in running,” he said.

In February of 1992, the college teammate who started it all was diagnosed with melanoma. In early December, in a final conversation at a favorite hangout, Edwards asked Harkins to keep running Peachtree every year for both of them. Edwards died later that month.

“In the early years, I was excited about the growing number of people who were doing it, and the top athletes like Frank Shorter and Bill Rodgers [who finished 1-2 in 1977, Harkins’ first year],” Harkins says of the race. “I was young, and they had free beer in Piedmont Park at the end of the race. My reasons for running have changed, but they have added, not detracted.”

Running Peachtree every year, he said, “has taken on a life of its own.”
What could get you out of bed for a run when conditions aren’t perfect? When it’s before sunrise, raining, cold, too hot, or you stayed up a little too late the night before, what would motivate you enough to get your shoes on and pound out a 10K before work? For a group of Atlanta Track Club runners, it’s a hashtag.

#10KTuesday originated in early 2015, when my training partner Brandi Cantrell and I had a six mile workout on our schedule. Like most runners, we couldn’t stand the thought of being so close to the next milestone, and opted to run a bit farther to get in a full 6.2 miles. We made the route a regular part of our training, and #10KTuesday was born.

Giving the workout a name was motivation. It wasn’t just a training run anymore, it was an event. Soon other runners asked about “#10KTuesday” and wanted to join in on the early morning runs. Jody Hudmon, Courtney Strosnider, and Birgit Noel were the next to join in. Harley Eisenberg brought the term back to his early morning running group in Dunwoody, introducing Katie Rosenberg and Jodi Scially to the sensation.

Kyle Klenke, Brad Blitz, Bob Wells and Kathleen Di Rosato joined the Roswell location in 2016. Now there are three regular #10KTuesday locations: Roswell, Dunwoody and a “satellite” location in Greenville, South Carolina.

Asked about the draw of the group, every member said something about accountability. “FOMO (fear of missing out) definitely kicks in,” Hudmon says. Even when a different training plan took her away from the group on Tuesdays, she always checked in with the message thread afterwards for accountability. Cantrell has the record for most consecutive #10KTuesdays, nearly 100, and wants to keep the streak going as long as possible.

Klenke was originally intimidated by the pace of the group, but felt it was good way for him to work on his speed. #10KTuesday runs range in pace and purpose – tempo, progression, out-and-back, intervals, easy; but, no matter the pace, the group always waits for the last runner at the halfway point. #10KTuesday leaves no one behind.
“It does not matter how fast you are, what you are training for or when you are doing it. It is this common thing that you do every week,” explains Noel. Noel and I continued to run #10KTuesdays throughout our recent pregnancies with renewed support from the group, even as we slowed or had to split up the 10K into two 5Ks in one day.

Most of the #10KTuesday crew is so dedicated that work travel isn’t a reason to skip their run. Instead they see it as an opportunity to participate from afar and prove they are committed even without the company of their running partners. Once they’ve completed their 10K, they update the group by adding a pin to a shared Google Map. The group has a total of 39 pinned locations, covering 19 states and three countries. The farthest pin is from Dubai, United Arab Emirates, contributed by Brad Blitz while attending a conference.

“#10KTuesday is for anyone, anywhere,” Strosnider says. “There are only two requirements you complete a 10K, and you do it on a Tuesday.” Injuries and other setbacks creep in from time-to-time, so the group has some creative modifications they employ to “earn their hashtag” including: walking a 10K, breaking the mileage up into two 5Ks, or even getting 10,000 steps in throughout the course of the day.

The group is already looking forward to the largest #10KTuesday participation rate yet thanks to the world’s largest 10K. The AJC Peachtree Road Race falls on a Tuesday this year, which means 60,000 people will complete the distance, including those in the group.

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#10KTuesday Fast Facts
- First running of the route: Dec. 23, 2014
- First use of the term: Jan. 13, 2015
- First use of the hashtag: Apr. 7, 2015
- Furthest 10KTuesday location: Dubai, UAE
- Number of continents included: 3
- Furthest Regular 10KTuesday Runner: Beth Trenor, Greenville, SC
- Biggest 10KTuesday group run: 9
YOU SHOULD BE HERE.

Publix Georgia Marathon & Half Marathon
March 19, 2017

Register at atlantatrackclub.org
YOUR PACE OR MINE? A NON-SCIENTIFIC QUIZ TO DETERMINE YOUR RUNNING TYPE

By Blais Hickey

1. What motivates you to get off the couch and run?
   a. Myself – goals won’t achieve themselves!
   b. My BRF (best running friend)
   c. Hanging out with friends and seeing a new area of town
   d. Nothing.

2. Your schedule is:
   a. Not “normal.” I finish my runs before most people wake up.
   b. Consistent, yet flexible.
   c. Crazy. I pack as much into one week as possible and am often out of town.
   d. Structured. Consistency is key.

3. Your running goals for 2017 are to:
   a. Improve upon 2016. I have all my workouts and target races planned.
   b. Finish my first marathon with my running buddy.
   c. Run more consistently and make more running friends.
   d. Reach a new milestone and become a more knowledgeable runner/walker.

4. Running with others makes you:
   a. Angry. I hate listening to other people breathe, and they never go the same pace as me.
   b. Happy, but I prefer a smaller group.
   c. Energized. I need other people to run.
   d. Motivated. They hold me accountable.

5. Trying to come up with a running plan makes you feel:
   a. ☑️
   b. 🙅‍♀️
   c. ☹️
   d. 😞

If you answered mostly As: You prefer running alone, and that’s okay! Running is your sanctuary, you’ve got an internal drive and you know what training works for your body. If you ever want to switch it up, join us at one of our “Third Thursday” group runs! We promise, you won’t be forced to talk.

If you answered mostly Bs: You prefer logging miles with a buddy and you’ve set goals to finish races together. They’ve seen you at your best and worst, and they know what that weird stomach rumble means. You don’t always run together, but it’s better when you do.

If you answered mostly Cs: Group runs were made for you. You’re juggling a lot of commitments, but you like being part of the running community and meeting others. You love ending a run with food and/or drinks, and by the end of the night you’ve met everyone there. Our “Third Thursday” runs are going to be your jam in 2017.

If you answered mostly Ds: You’re new to running or looking to take a big leap to the next level. Our In-Training programs are designed to make that jump more fun, less scary and incredibly rewarding. With guidance on training, nutrition, injury prevention and more, we’re here to make you a better runner or walker. Plus, weekly long runs and workouts will hold you accountable to your goals.

No matter which type of runner you are, join us at one of our upcoming, non-race events:
- February 16: “Third Thursday” group run at Taco Mac, Virginia Highlands
- March 16: “Third Thursday” group run at Taco Mac, Midtown
- April 9-15: In-Training for Peachtree kickoff
AN ALL-STAR CELEBRATION

By Amanda Kowaleski

Atlanta Track Club’s volunteers are the heart and “sole” of our organization. Without them, our events and programs simply could not exist. The Club’s volunteers help us with a multitude of tasks before, during and after each event in vital roles that are both seen and unseen.

There is an especially dedicated group among our 21,000+ active volunteers: the All-Star Volunteers. To be considered an All-Star, one must volunteer with Atlanta Track Club 10 or more times in a year. A total of 229 individuals met the criteria in 2016 – nearly a 19% increase from the number of All-Stars in 2015.

“Atlanta Track Club’s All-Stars have the biggest hearts,” said Caryn Lamphier, Atlanta Track Club’s volunteer services coordinator. “They are the key to our success and the cornerstone of our future. Everything we dream to do becomes possible because of our All-Stars.”

The All-Star Volunteers were honored at the Grand Prix Finale & Volunteer Awards Breakfast on December 3, 2016. Additionally, six volunteers were named as the 2016 Volunteers of the Year. These individuals go above and beyond to help Atlanta Track Club as well as share their talents with the community.

Jerry Dubner
Clarence W. May Jr. Community Service Award
- Was a volunteer and event participant for 35+ years
- Finish line marshal crew chief at the AJC Peachtree Road Race
- Pace team leader
- Helped with Girls on the Run, volunteered with Atlanta Community Food Bank and served as a blood donor for the American Red Cross
- Just a few weeks after he was awarded this honor, Dubner passed away after a long battle with cancer. He was able to participate in the 2016 Thanksgiving Day Half Marathon thanks to the help of his friends, who pushed his wheelchair over the course. Our thoughts are with his family.
Amy Malcom
Road Race Volunteer of the Year
- Has volunteered with the Club for nine years
- Volunteered 60+ times over the last two years
- Also volunteers weekly at the Atlanta Humane Society

Edward Husband (front, right)
Track & Field Volunteer of the Year
- Serves as a finish line timer at our All Comers Track & Field Meets
- Also a crew chief at the Publix Georgia Marathon & Half Marathon, AJC Peachtree Road Race, PNC Atlanta 10 Miler & 5K and Thanksgiving Day Half Marathon & 5K

Bob Wells (front, right)
Youth Volunteer of the Year
- Helped coach a Kilometer Kids program with 100+ participants per season
- Volunteered at Kilometer Kids Fun Runs
- Also a fundraiser for Kilometer Kids, ambassador and run lead for In-Training programs

Deborah Chensvold
Ambassador of the Year
- Served as a 2015/2016 ambassador
- Volunteered more than 10 times in 2016
- Served as crew chief for two of the Club’s premier events and a run lead for In-Training programs

TJ Hadley
Run Lead of the Year
- Helped create and support the “Party in the Back” crew
- Spent 50 days with the In-Training programs in 2016
- Also volunteered with race bibs, expos and start corrals
In December, Atlanta Track Club celebrated the nearly six thousand participants of the Grand Prix Series presented by Piedmont Healthcare. The Grand Prix Series provides a great way to experience Atlanta Track Club’s three core values: community, camaraderie and competition. It also gives Club members more incentive to take advantage of all that membership offers.

Race Often, Save Big
The 2017 Grand Prix calendar features 11 events plus the Grand Prix Finale & Volunteer Awards Banquet. Eight of the 11 races are free to Atlanta Track Club members and $10 for nonmembers. However, if you want to show a friend or family member what the Club is all about, each membership includes two guest passes per year for the select free events.

Explore Your Community
With a variety of locations, the Grand Prix Series presented by Piedmont Healthcare allows participants to run or walk in areas where they may not usually log miles. The events also feature a variety of distances on the roads as well as two timed track events and a cross country event.
Enjoy Camaraderie
Whether you bring a friend with your guest pass or meet new people at the start line, there is a lot of camaraderie among Grand Prix participants. Since there are events throughout the year, it’s easy to find your place during the series.

Thrive through Competition
The Grand Prix Series offers plenty of opportunities to challenge yourself and compete with friends and family. Participants earn points in two categories throughout the year: Performance and participation. The points are tracked, compiled and posted after each event, and awards are given out at the Grand Prix Finale in December. A total of 63 people received the David Jordan Award in 2016 for completing all 10 events.

To learn more about the Grand Prix Series presented by Piedmont Healthcare, visit atlantatrackclub.org.

FAST FACTS

44,637 Grand Prix miles run
5,754 participants
63 completed all 10 events
Go to a Kilometer Kids Fun Run or a one mile or 50 meter dash at an Atlanta Track Club event and you will likely see a crowd of big smiles proudly sporting their brightly colored “ICS” T-shirts. Those shirts and smiles have been a mainstay in the Kilometer Kids program from the very beginning thanks to the International Community School’s Dawn Jones. She champions the program in their school year after year and continually recruits volunteers to help organize their after-school running club.

The International Community School (ICS) is one of the schools that first teamed up with Kilometer Kids back in 2007 at the program’s inception. Like many who first join the running community, the ICS program didn’t take long to gain speed. Jones remembers having 200 or so children running in those first few seasons, which was almost half the school! The school had an after-school program and a late bus to go along with it, and Kilometer Kids is free. Without any barriers to entry, the children signed up wholeheartedly.

Having Kilometer Kids at ICS has been great for the children. “Anyone can do running because they don’t need special equipment or money or talent. It doesn’t matter if you are fast or slow,” says Jones. “It is good for their health and for making friends; but the kids don’t know as much about how it is good for their health, they just enjoy earning the prizes and running with friends!”

Fetsum Tadesse, now a 10th grader at Paideia, and her younger brother Sisay were some of those children who started with Jones in that inaugural year of Kilometer Kids. Tadesse remembers seeing many of her classmates participate in both the morning and afternoon Kilometer Kids sessions. Her fellow students also showed up for Atlanta Track Club’s off-site events like the Kilometer Kids Fun Run & Dash in Grant Park and the Thanksgiving Day One Mile.

“It was fun, and it was a community building thing because everyone was doing it,” she says of the program. Asked why she went on to run in middle and high school, with Paideia’s coach Dan McCauley, who just happens to also volunteer...
regularly with Kilometer Kids and Atlanta Track Club, she said, "I had done running for such a long time and just wanted to continue. I loved getting to go to the All Comers Track & Field Meets at Emory and still like going to races and seeing Ms. Dawn and all the people from ICS."

Continuing on with the sport after participating in Kilometer Kids is becoming a bit of a tradition. Nejat Omardin, now a 6th grader and graduate of ICS, got her start in Kilometer Kids after her older brother Gezai started the trend. Moving on to middle school did nothing to dampen her love for being active; she was back running at the Thanksgiving Day One Mile with her little sister Jamila this fall and plans to come to the All Comers meets in the spring as well. That is a Kilometer Kids tradition Club staff members are excited to see grow over the next 10 years.

More than 200 program sites have hosted Kilometer Kids so far, and the program now impacts more than 8,000 children annually. As Atlanta Track Club looks towards the next 10 years, we hope to hear even more people echo Tadesse’s sentiments about their particular program or coach. “Without Ms. Dawn I would never have known about running and all the big races like Peachtree Junior and the All Comers meets. She really impacted my lifestyle. I have met so many people and I wouldn’t have run without her.”

Kilometer Kids Spring Season
Are you interested in registering your child for Kilometer Kids? The 2017 spring season starts soon – and it’s easy for individuals or families to participate. Registration is open through March 10 at atlantatrackclub.org/kilometer-kids.
Christy Sharp is a member who is a regular at Club events. Sharp has been a Club ambassador as well as a participant and run lead for our In-Training programs, where she met her now-fiancé, Jeff. Coach Amy Begley describes her as “a positive and enthusiastic cheerleader” who brings fun to everything she does.

How long have you been an Atlanta Track Club member? Two years.

Why did you join? I ran the Peachtree for the first time in 2014 but didn’t really have any running friends. I joined the In-Training for Fall Half Marathon program - and also Atlanta Track Club - to try and meet people who ran.

What do you enjoy most about our In-Training programs? The camaraderie and support. It does not matter if you run or walk or how fast you are. The run leads and participants support and encourage everyone. It is not about one person meeting their goal. It is about working to get everyone to achieve their goals.

Additionally, my fiancé Jeff and I met at 5:45 a.m. on a Wednesday morning. A group of us started a “rogue” morning speed workout. That group continues today in a variety of forms. Jeff and I would meet for runs during the week. When you run for an hour, there isn’t much else to do besides talk. We got to know each other while running. You can learn a lot about a person that way.

What is your favorite Atlanta Track Club event? The AJC Peachtree Road Race!!! I love Atlanta, and it is one of the “must do” Atlanta events. My father ran the race when I was in the third grade. At that time, I promised myself I would run it one day, too.

What is your favorite memory from running with the Club? In 2015, I set a goal to run a sub-60 10K. I tried to do it at the Peachtree that year and missed it. Later that year, I accomplished the goal at the Big Peach Sizzler in August. What was memorable? Two friends paced me - Brad Blitz and Bob Wells. It is honestly the hardest physical thing I’ve ever done. I wanted to quit and actually stopped and walked for about three steps. They would not let me stop. When we came to the finish line many of our other friends were cheering me on. I didn’t turn my watch on so I didn’t know if I’d made it. I just burst into tears at the finish. They both gave me big hugs and then told me I’d made it. I couldn’t believe it! This is my favorite memory because it shows so well what the Club and the In-Training programs are all about. We support each other. You may be running alongside someone pushing and pulling them to their goal, or you may be cheering them from the finish line.

What is the one thing you want people to know about Atlanta Track Club? You don’t have to consider yourself a “runner” to get involved. We have something for everyone. If you think you want to start running or walking, join us. We have something for you!
Medals are always earned.
3K, 1/2K & 50m Dash
May 13 - Piedmont Park
Register at atlantatrackclub.org

EVERY SUMMER HAS ITS STORY
Discover Yours at Atlanta Track Club Cross Country Camp

 Berry College - July 23-28
• Get Coached by an Olympian
• Run through Berry College Trails
• Learn Proper Form & Team Building

Learn more at atlantatrackclub.org
Take to the Paths of Peachtree City

By Leigh Moyer

Peachtree City and its 90 miles of multi-use paths make for not only a great place to run or walk, but a safer alternative to busy streets. Lake Peachtree is a great looped route that is just under four miles long. Enjoy the first flat half with scenic lake views and be challenged on the back stretch through the hilly neighborhood of Hip Pocket.

Course Highlights:
• Paved paths made for only recreational use
• Lake views

Course Notes:
• 3.55 mile loop
• Water fountains at the library
• Stroller and pet friendly

Directions:
• Start at the Peachtree City Library
• Head east on the path running parallel to Highway 54 and over the bridge
• Make a right and continue down the path along the lake
• Cross over the bridge by Battery Way Park & Boat Ramp
• Make a right before McIntosh Trail
• Cross over Kelly Drive by the community garden
• Turn right to cross back over Kelly Drive
• Continue on Hip Pocket Road
• Turn right at Willowbend Road
• Turn right into the Peachtree City Library parking lot

Add distance by:
• Running the loop again

Parking:
• Parking is available at the Peachtree City Library, just off of Highway 54 on Willowbend Road
• Be sure to check out the map located next to Drake Field to familiarize yourself with the paths

Map My Run
To find this and other routes in metro Atlanta, connect with Atlanta Track Club on Map My Run.
I only like to run – why is it important to cross-train?

There are multiple reasons to cross-train. If you ask most runners, they will tell you that the importance of cross-training is to enhance overall performance, mainly by using muscles and energy systems that are less specifically targeted during running. Cross-training also addresses strength imbalances such as weak hamstrings, flexibility issues such as tight hamstrings, and endurance. Research shows that cross-training improves your running economy, meaning you’ll go faster, longer and use oxygen more efficiently. Cross-training can even help to rehabilitate injuries (under physician guidance) and to rejuvenate the mind and the body by giving yourself breaks from formal training. If you’re pregnant, you can still exercise, but it is very important for you to check with your obstetrician and primary care doctor before doing so. Certain exercises should be avoided during pregnancy.

What kind of cross-training exercises are best for runners?

The most useful exercises are the ones that are closest to running in terms of muscles used and aerobic systems tackled. Try elliptical trainers, stationary bikes, swimming, water running, and cross-country ski machines. Use the rower machine at the gym in addition to the step machine. Try activities that improve your upper body or core tone and strengthening. Yoga and Pilates can be helpful as well.

Are there any sort of cross-training exercises runners should avoid?

Avoid activities which involve a lot of impact to the legs. Check with your doctor regarding appropriate exercises if you are injured as excessive or inappropriate cross-training can leave you hurting and can even end up hampering your return back to running. Also, make sure you’ve got the right shoes during your cross training exercises. Watch for signs of excess body stress such as elevated resting heart rate, increased fatigue, repeated illness/injuries, or severe or persistent muscle soreness.

How often should I cross-train?

Variety is the spice of life when it comes to cross-training. Every runner will have to listen to what their body is saying. I recommend once or twice weekly. Use cross training to replace part of your weekly mileage. The key is to make sure you are not overtraining and make sure you are taking 1-2 full rest days per week.

Atlanta Track Club’s pioneering former Executive Director Julia Emmons has been named to the Atlanta Sports Hall of Fame Class of 2017. Emmons, who led the Club from 1985-2006, is one of five new members who will be honored at a ceremony on February 17.

“Whenever you talk to someone about Atlanta, they always talk about the AJC Peachtree Road Race,” says Larry Winter, President of the Atlanta Sports Hall of Fame. In addition to being executive director, Emmons served as race director of the Peachtree as it grew from 25,000 to 55,000 runners. It was during Emmons’ tenure that Atlanta Track Club launched the now-popular AJC Peachtree Road Race T-shirt Design Contest and the annual Blue Cross Blue Shield of Georgia Peachtree Junior event in Piedmont Park.

“I was just surprised and flattered that I was remembered in this way,” Emmons says. She says the honor is not just hers, but a reflection of the entire Atlanta Track Club organization. “If I had one ability, it was to surround myself with good people; good staff and good volunteers,” she explains. “Everything I got credit for was because of their hard work. Every honor then and now should be shared with the entire Club.”

Emmons, who is already a member of the National Distance Running Hall of Fame, also served as the race director of the men’s and women’s marathon at the 1996 Olympic Games. She served as chair of the Women’s Long Distance Running Committee from 1990-1996 and followed that post with a term on the Atlanta City Council. “She helped put Atlanta on the national and international map,” says Winter.

Ten years after retirement, Emmons still follows the growth and progress of Atlanta Track Club. “That sense of service to the community instead of from the community is still predominant,” she says. “The way we do things has obviously changed,” she says recalling how the Club used to have one “beat-up truck” and now has a fleet of branded vehicles. “But I don’t think the reason we do things has changed.”

Along with Emmons, this year’s Atlanta Sports Hall of Fame Class includes former Atlanta Falcons Linebacker Keith Brooking, former Atlanta Hawks and Georgia State University Basketball Coach Bob Reinhart and NBA broadcasters Steve Holman and Craig Sager. Sager, who passed away last month, will be honored posthumously.

Previous inductees include Hank Aaron, Evander Holyfield, Dominique Wilkins and Gayle Baron, winner of the first AJC Peachtree Road Race.

The Atlanta Sports Hall of Fame Awards and Induction Ceremony will be held Friday, February 17 at the Buckhead Theater. Tickets are available at AtlantaSportsHallofFame.com.
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How to Decide Whether a Pace Group Is for You

By Amy Begley

Like race cars, professional runners have pacers for track races from 800m to 10,000m. However, you don’t have to be a professional or Olympic runner to have a pacer. Many big races, including Atlanta Track Club’s Publix Georgia Marathon & Half Marathon and Thanksgiving Day Half Marathon, have pace groups to help you achieve your goals.

Benefits of a Pace Team

Jessica Rudd, a volunteer run lead for Atlanta Track Club’s In-Training programs, has paced marathons and half marathons. She says there are many benefits of using a pacer:

• Joining a pace team helps runners go out more conservatively. Many tend to get excited and start too fast.

• Following a pacer takes out the guesswork and allows you to focus on the race, not your watch.

• Pace groups add a social element to the race. Everyone in the group is going after the same goal.

Things to Consider

Rudd also mentioned a few things to keep in mind before joining a pace group.

• Pace groups can’t accommodate every single strategy, so they may not align with how you trained.

• Pacers are not perfect. They are volunteers, so be prepared to adjust during the race if necessary.

Rudd also recommends talking to the lead pacer before the race. Most events have a pacing team booth at the expo where you can sign up to join the pace team and meet the pacers. If you get a chance, Rudd suggests asking the following questions so you can be prepared:

• What’s your strategy? Will you do run/walk intervals?

• Will you stop at all of the water stops?

• Will you run even splits or try to “bank” time?

• Which parts of the course will be slower due to hills? How will we adjust for that?

• If I’m feeling good, what mile do you suggest I start pushing ahead of the group?

What to Expect on Race Day

The first mile is usually crowded and choppy. It is suggested that you stay with your pace team and strategy for at least the first 5K unless the pace is too fast. If you reach the 5K point and are not happy with how the race is going, you will need to adjust. If the pace is too slow, gradually pick up the pace until you have reached your race pace. If the pace is too fast and the pace leader is not adjusting, take a break at a water stop or restroom to regroup and then head out at your pace.

At the end of the day, have fun and know that the volunteer pacers are doing their best to help you reach your goals.
RUNNING IS HARD
RIDING IS SMOOTH

THE NEWLY REFINED
WAVE RIDER 20

Now available for purchase at your local Atlanta run specialty retailer and mizunousa.com.
Inner peace is easier with a strong heart.

If you want peace of mind, take care of your body. Knowing you are doing everything you can to take care of your heart will help you feel healthier and may even extend your life. That will make you breathe a lot easier.