

The Boll Weevil

The Official Running Publication of the Delta Dusters

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Message from the President - "A successful Spring"

By Gregg Davis
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I'm pleased to report that Spring 2007 has been a great success for the Dusters! We kicked it off with our Spring Social which was attended by about 30 of our members. I want to thank to Adeline Craig for making all of the party arrangements and Julie Duggan and Kim Davis for rounding up door prizes for everyone. I also want to thank Bill Brown of RunFit Sports for donating the Grand Prizes of two pair of professionally fit running shoes.

Spring is also the time when the attention of Atlanta runners turns to qualifying (and entry) for the Peachtree Road Race. By my count we've had at least a dozen Dusters turn in Peachtree Qualifying times which entitle them to front group positions at the start of the race. They'll also get to

wear timing chips and compete for the coveted Top 1000 Finisher Mugs. Once again Delta will be sponsoring a finish line hospitality tent complete with food, beverages and massage tables for the almost 700 Delta runners competing. If you're not running that day, but still want to be part of the fun, we'll be looking for some volunteers to help out at the tent. Send us an e-mail at Running-Club.Delta@delta.com if you're interested.

We had a great crowd at the inaugural ING Georgia Marathon and Half Marathon. Thirteen Dusters completed the marathon and eight completed the half marathon. Congratulations to all who completed the grueling course in the unseasonably warm temperature. Of the ten marathons I've competed in, this one

was by far the toughest course and the worst weather. As with any inaugural event, this one has some areas that need improvement. I'd like to compile some suggestions from our members and forward them on to the race director. If you'd like to contribute, you can go to our website (www.deltadusters.com), click on the

(continued on page 10.)



"Wisdom from Wes" - Track workouts - Speed and More....

By Wes Wessely

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If you're ready to turn the page and go on to the next article because you have no interest in this topic, please read on. No matter what your pace, 6 min/mile or 9 min/mile you may benefit up to 1 min/mile by doing speed work.

Before I go on with details, some housekeeping details have to be addressed. They are called track etiquette. Naturally the owners of the facility have first rights whether they adhere to etiquette or not. A competitive event always takes priority over workouts. Everyone should run counter clockwise and yield to faster runners in Lane 1. A polite "Track" should be used to get other runners' attention and yield to an inside pass. When running alone or for teammates I like to change direction to avoid overuse injuries. During a recent

workout I was faced with a visiting coach and pupils running the wrong way and not yielding the lane. It interfered with our workout and led to a somewhat heated discussion. Use common sense and be polite; it works!

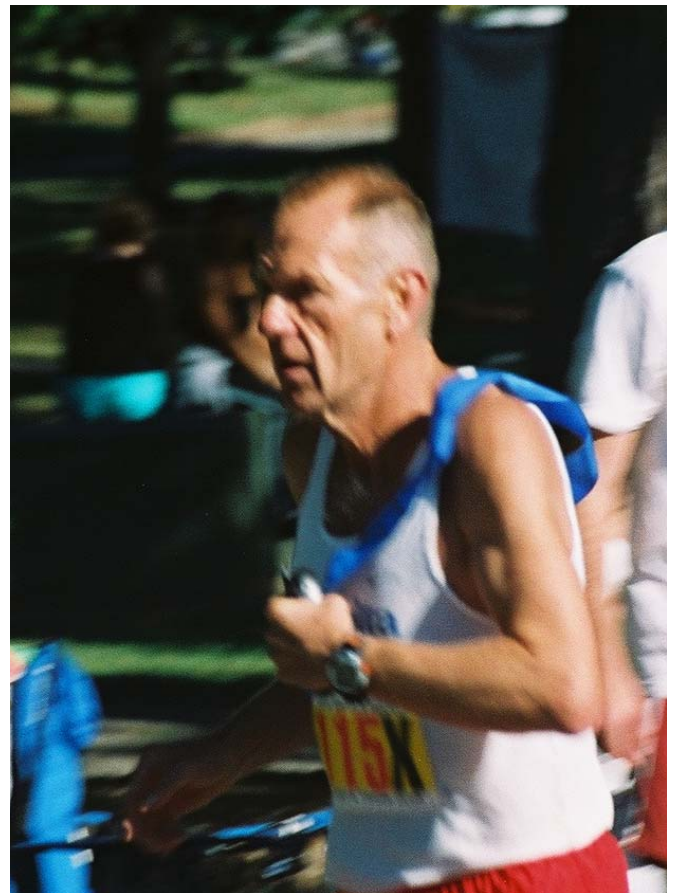
Now for the "why" go the track. It's a never ending measured distance which lets every runner achieve their optimal training pace with uninterrupted controlled repetitions of effort and rest. Where normal daily runs are 1 ½ minutes slower than race pace, track workouts are done as sharpening training at or below race pace. Rest or recovery jogging may be just as important to success as the speed portion of your workout. Try to schedule your workouts when rested and mentally focused. Tuesdays are the most popular because they still let younger folks compete the following Saturday and runners feel to be recovered from weekend activities.

To determine anyone's particular pace you can refer to numerous charts available in books and on the internet. Various fac-

tors go into this formula and need to be age and effort based.

Before beginning speed work and benefit from the workouts one must establish a solid base of LSD (long slow distance) training. The winter months always seem to be a watershed for my establishing a solid base. That may include 10 weeks

off



50+ miles and weekly runs over ten miles. You may be able to meet your goals with 25-30 miles and run over

Duster Staff :

President: Gregg Davis

Website Coordinator: William Pantin

Treasurer: Eric Elbel

Newsletter: Kimberly Davis

Uniforms: Steve Duer

WARR Coordinator: Julie Duggan and Janet Hawkes.

Race Committee: Julie Duggan, Adeline Craig, Carolyn Bowen, Dave Fritsch.

To contact us, email us at "runningclub.delta@delta.com. Or to Gregg Davis at 355 Burch Rd, Fayetteville, GA, 30215.

We welcome race results, pictures, stories or suggested races. Newsletter is published quarterly, so send in future race ideas 4 to 6 months ahead of entry deadlines.

"I think when I work 14 hours a day, seven days a week, I get lucky."

-- Armand Hammer, Industrialist

“Wisdom from Wes” - Con’t:

6 miles. Once spring hits I am ready for true speed work although I do tempo repeats during the winter on my favorite soft track. I divide workouts into three categories. 1 ½ to 2 miles for early season or race week workouts. 2 ½ to 3 is a solid building block workout. Over 3 miles is reserved for peaking or not doing a race for a couple of weeks well into competitive season. My repeats consist of 400m (1 lap) to 1200m (3 laps) with 200m or 400m recovery jog. If your rest period becomes much more than two minutes the workout will lose some of its effectiveness. My minimum workout is what I call a short six pack of six times 400m with 200m rest. Harder six packs might be one 1200m, two 800m, three 400m with 400m rest on the first three and 200m thereafter. Pyramid workout similar to that, take the monotony away. When I really get serious I take that

same workout and start with a 1600m. I call that seven steps to heaven and if you're really looking for advanced punishment, you reverse the order and call it seven steps to hell after the famous WWII armored division. By now you're saying that I am crazy but the intensity of these workouts determine the level and the resulting success. Even if you do these workouts at your desired race pace, the return will surely surprise and please you.

If you have limited time and only 15 minutes not counting warm up and cool down I suggest the 40/20 40 seconds below 5K race pace 20 second recovery doing 15 sets. Caution is advised here; the real workout does not start until 10 repeats and is completed by few.

Now that I have completely scared you away from the track let me remind you to be fastidious about your warm up, don't stretch until your blood is flowing. Don't forget a long cool down to avoid stiffness from lactic acid two days later. The discomfort in your gut heals quickly and is soon replaced with a feeling of accomplishment.

Happy Roads and Trails,
Wes

(Wes Wessely is a long time runner, two time Atlanta marathon winner and a long time Duster member.)



Kith Burkingstock's review of the Berlin 1/2 Marathon

I didn't not win the Berlin half marathon :(I should have done better in the time, perhaps it was the bier/bierra/beer/cervesa on Sat night ? or the stress of getting there the day before and not two days before as planned but we had a good time. I will return to crush the record !! It was a perfect day weather wise and the course

was run through the center of Berlin. It is very flat. The Kenyan's time was 58:55. Two seconds off the world record. My pace sucked (1:58) !!

A funny thing, at the water stops they had tea as well as water. At the second stop I thought, gee, tea, that sounds good so I grabbed one to go. Arggh, it

was hot tea. It reminded me of the Sienfeld episode when the Kenyan runner grabbed Georges hot coffee, thinking it was water and thus lost the NYC marathon.

Kith

Duster Race Results – January 13 2007 thru April 1 2007

Nookachamps Winter Run 10K – January 13, 2007 – Mt. Vernon, WA

Michael Beauchamp 43:57

Polar Bear Run 5K– January 21, 2007 – Marietta, GA

Debbie King 33:30

ING Miami Half Marathon – January 28, 2007 – Miami, FL

Mimi Oliveira 2:11:13 2nd in age group

Pensacola Double Bridge Run 15K – February 3, 2007 – Pensacola, FL

Debbie King 1:36:56

Chattahoochee Challenge 10K – February 10, 2007 – Roswell, GA

Greg Fullenkamp 52:13
Ed Hullender 1:02:20

Mercedes Half Marathon – February 11, 2007 – Birmingham, AL

Kristin Carney 1:53:47

Myrtle Beach Marathon – Feb 17, 2007 – Myrtle Beach, SC

Jeffrey Robinson 3:46:30
Diane Robinson 4:53:55

LASAA Mug Run Series, Lenox 10K – Feb 17, 2007 – Alondra Park, CA

Susie Montgomery 47:28

Run the Reagan 10K – February 17, 2007 – Snellville, GA

Terry Anderson 44:31 1st in age group
Fox Ferrel 55:30 2nd in age group

Run the Reagan Half Marathon – February 17, 2007 – Snellville, GA

Greg Fullenkamp 1:57:13
Debbie King 2:52:08

Palm Springs Half Marathon – February 18, 2007 – Palm Springs, CA

Susie Montgomery 1:46:44

Charles Harris Run for Leukemia – February 24, 2007 – Tucker, GA

Wes Wessely 38:56 2nd in age group
Barbara Chandler 42:41 2nd Masters
Greg Fullenkamp 51:28
Fox Ferrel 52:57
Tracy Bellamy 54:11

Mardi Gras Marathon 5K – February 25, 2007 – New Orleans, LA

Karen Johnson 24:58 3rd Masters

Mardi Gras Marathon – February 25, 2007 – New Orleans, LA

Russ Johnson 4:02:29

Chattahoochee Road Runners 10K – March 3, 2007 – Sandy Springs, GA

Christian Primas 34:27 3rd in age group
Gregg Davis 40:47 personal best
Don Hamel 42:35
Greg Fullenkamp 50:53
Fox Ferrel 54:56 2nd in age group
Richard Evelyn 55:01
Julie Duggan 58:16 personal best
Sharon Balfanz 1:09:11
Ed Hullender 1:10:29

GEICO Road Race 12K – March 3, 2007 – Macon, GA

Teri Chiong 1:06:47
1st in age group

Alpharetta Half Marathon – March 4, 2007 – Alpharetta, GA

Tracy Bellamy 2:04:44

Seaside Half Marathon – March 4, 2007 – Seaside, FL

Kimberly Davis 2:38:50

Silver Comet 10K – March 10, 2007 – Mableton, GA

Russ Johnson 46:17
Andy Lyons 47:09
Tracy Bellamy 54:07
Karen Johnson 55:51
Josh Maxwell 1:17:36

Gate River Run 15K – March 10, 2007 – Jacksonville, FL

Amy Leiter 1:47:30

Jog for a Cause 5K – March 10, 2007 – Alpharetta, GA

Teri Chiong 25:27 1st in age group

Duster Race Results – Cont'd:

ShamRock-n-Roll 5K – March 11, 2007 – Atlanta, GA

Teri Chiong 25:00 2nd in age group

Emerald Across the Bay 12K – March 18, 2007 –

San Francisco, CA

Stan Yasuhara 1:02:38

Redding Half Marathon – March 25, 2007 – Redding, UK

Christian Primas 1:12:45 personal best

ING Georgia Half Marathon – March 25, 2007 – Atlanta, GA

Barbara Chandler 1:31:23
3rd in age group; 13th overall

Susie Montgomery 1:52:25
Teri Chiong 2:05:51
Karen Johnson 2:08:20
Debbie King 2:25:16
Julie Duggan 2:36:00
Amy Lieter 2:37:16

ING Georgia Marathon – March 25, 2007 – Atlanta, GA

Dave Fritsch 3:38:16
Gregg Davis 3:41:33
Russ Johnson 4:01:57

Carolyn Bowen 4:17:45
Brian Farmer 4:26:07
Elaine Tyson 4:37:39
Joe Toczek 4:41:50
Kristin Carney 4:42:09
Greg Fullenkamp 4:49:40
Eric Harvison 4:50:28
Andy Lyons 4:53:28
Chuck Brower 5:10:09
Tracy Bellamy 6:09:35

Berlin Half Marathon – April 1, 2007 – Berlin, Germany

Kith Burkingstock 1:58:10

Cuxhaven Marathon – April 1, 2007 – Cuxhaven, Germany

Christian Primas 2:42:50 1st Overall

Are your results missing? Send us an e-mail at Running-Club.Delta@delta.com or gregg.davis@delta.com and tell us about your race. Be sure to let us know if you won an award and if it's your best time ever for the distance !



WARR Down Under! - Sydney, Australia

WARR 2007 Information:

Many of you are asking about hotel and air options for WARR Down Under. This year's WARR will be in Sydney, Australia! Please continue to check the WARR 2007 website for the latest updates. You can reach that website from our Duster WARR page at www.deltadusters.com, or from the WARR website at www.worldairlineroadrace.org. In addition, the WARR t-shirt design is scheduled to be ready by the end of May and an order form will be sent to you so we can get requests for quantities and sizes. This year's shirt will be short-sleeved so we hope the price will be more affordable. Please feel free to contact Julie Duggan (Julie Duggan - 404-715-2628) Julie.m.duggan@delta.com or Janet Hawkes (404-691-0223, Jhawkes1@aol.com) with any questions you may have regarding WARR.

Delta - WARR Information Air Transportation (From the U.S.A.)

Airline	Port	Fare options*	Eligibility	Comments
Qantas (QF)	LAX/SFO/HNL	ID 90 – Y2 or YHOX fare Min \$30 ow/\$60rt	Em- ployee/spouse/dependant (21 years or less)/retiree & spouse; Parents not eligi- ble	Some flights do not operate every day; check online website for de- tails
Air Canada (AC)	YVR/HNL	ID90 – lowest unre- stricted Y fare; ID75 – parents	Em- ployee/spouse/dependant (21 years or less)/retiree & spouse; Parents – ID75 only	To list you must call 800-413- 1113
United (UA)	LAX/SFO	ID90 – YUA lowest unrestricted fare ID75 - parents	Em- ployee/spouse/dependant (21 years or less)/retiree & spouse; Parents ID75 only	You must list with UA at least 24 hours prior to departure. For international travel call 800- 241-6522
Hawaiian (HA)	HNL	ID90 - Y/YOX fare – economy class ID75 – J/JOX busi- ness class fare for international travel ID 75 – parents	Em- ployee/spouse/dependant (21 years or less)/retiree & spouse; Parents – ID 75 only	Do NOT call HA Reservations to List – List at counter on day of travel
Jetstar	HNL	Low fare carrier of Qantas – confirmed rates start at \$915 roundtrip from HNL		Visit www.jetstar.com For rates

*Fares are subject to all taxes and fees and will vary depending upon the date you purchase the ticket

On 4/15/07, the average ID 90 rates ranged from \$700 - \$775 roundtrip from HNL, LAX or SFO

Australia, Oct 25—28, 2007

WARR 2007 Information, Cont.

Hotel Information:

Hotel	Rates	Comments
Accor Hotels Host Hotel – Novotel **** rating Other Accor hotels in close proximity: o Mercure *** rating Ibis ** rating	WARR rates: Company Accor ID Code: SCP161482 Contract Number: 470266 Delta employee rates: Company Accor ID Code: SC0069224872 Contract Number: 32474	The difference between the WARR and Delta Accor rates is very small but you can check out both to see if there is a difference in rates and availability. Visit www.accorhotels.com for rates and reservation information. On the main page, check the box under the reservation section that references “Company with a contract or a travel agency”
Other hotel options: o Accor Sofitel o Marriott Sydney Harbour Crowne Plaza Darling Harbour		Websites for hotel reservations: o Priceline.com o Sidestep.com o Kayak.com o Travelzoo.com o Hotwire.com o Tripadvisor.com o Travel.Yahoo.com o Hotels.com

Required Travel Documents

In addition to a passport, you will need to secure an ETA (Electronic Travel Authority) to enter Australia. An ETA is equivalent to a VISA but there is no stamp or label in your passport and there is no need to visit an Australian diplomatic office to submit an application. If you are eligible, the ETA is issued electronically by a computer system for the Department of Immigration in Australia. **You must have an ETA issued prior to travel to Australia.** Cost is approximately \$15USD.

Visit www.eta.immi.gov.au for more information. The ETA is valid for 12 months, with stays of up to 3 months on each visit.

WARR Down Under! - Sydney, Australia

WARR 2007 Information:

Hello All,

Hope you are all keeping well and getting ready for one of the best WARR's ever. After meeting with the host committee and seeing what they have planned, I know that this is going to be a WARR that will be talked about for a long time and setting standards for future WARR's.

A couple of things for you to look at and advise your team members about:

1. WARR 2006 photos on the web. You can view and remember the good times had by all by going to: http://worldairlineroadrace.org/warr2006_photos.html
2. The HQ Hotel has been selected and will be the NOVOTEL, it is one of three that are side by side in Darling Harbour where all the WARR functions are going to take place. All three hotels look out over the Harbour and the WARR HQ hotel is open for business, so it is time for you and your team to make your reservations not to miss out on an exciting WARR down under: http://worldairlineroadrace.org/hotel_021807.html
3. Finally some evidence that a meeting Down Under did take place and that a lot of information and ideas were exchanged, with all indications that this will be a WARR not to miss. Picture 1 is the meeting and planning session, No. 2. Locals attending the meeting, 3 Shane preparing some local delicacies and finally WARR'07.

That's it for now,

Rgds, Barry



Australia, Oct 25—28, 2007



Message from the President:

Continued from page 1:

Dusters Blog tab at the top of the page and make an entry. Don't hold back; let me know the good, the bad and the ugly.

You may notice our race results page has been greatly expanded thanks to Andy Lyons. Andy turned me on to www.athlinks.com, which is a website devoted to compiling race results from across the country. It's not all inclusive, so I hope you'll still keep sending in results, but it does give us the chance to enhance our reporting of results from outside of Georgia. And speaking of results, a couple of our runners have posted phenomenal performances that deserve special mention. First, Barbara Chandler ran an impressive 1:31:23 in the ING Georgia Half Marathon and finished 13th overall and 3rd Masters in a very competitive field. Not to be left out, defending WARR champion Christian Primas has been on a tear lately. He ran a half marathon personal best (and best by any Duster in several years) of 1:12:45 in the Redding (UK) Half Marathon and followed that up only eight days later with an overall victory in the Cuxhaven, Germany Marathon with a time of 2:42:50.

I look forward to seeing all of you at the Peachtree finish line. Until then, keep running and showing your Delta pride !

Happy running,

Gregg

Duster Birthdays for April!

Bob Ott	Apr 04	186/ATG
Susan Grissom	Apr 10	RET/ATL
John Kasper	Apr 11	031/ATL
Janet Hawkes	Apr 14	RET/ATL
Kimberly Davis	Apr 24	579/ATL
Debra King	Apr 24	Spouse
Malori Harmon	Apr 26	Family
Karen Johnson	Apr 26	Spouse
Kristin Carney	May 08	550/ATG
Thomas Jones	May 08	RET/DFW
Teresa Duncan-Elbel	May 10	611/ATL
Helene Gannon	May 12	Spouse
Larry Mayse	May 12	RET/ATL
Vickie Kovalski	May 13	Spouse/ATG
Daniel Usalis	May 22	RET/ORD
Judy Ott	May 23	Spouse
Carolyn Bowen	May 26	665/ATG
Julie Duggan	May 29	790/ATG
Steve McLeod	May 29	RET/ATG
Michael Beauchamp	May 31	030/SLC

Happy Birthday to all of our Duster friends!!!



Duster Race and Events Planner

(Duster promoted events are in **bold**.)

April 2007

- 28 - Ekiden 26.2M relay – Gainesville, GA
- 29 - Sprint for Cancer at Atlantic Station 5K & 10K – Atlanta, GA; www.sprintforcancer.com

May 2007

- 6 - Cincinnati Flying Pig Marathon – Cincinnati, OH; www.flyingpigmarathon.com
- 6 - Long Island Marathon, Half Marathon & 10K – East Meadow, NY; www.thelimarathon.com
- 19 - ATC In-Training for Peachtree 5K – Piedmont Park, Atlanta, GA; www.atlantatrackclub.org
- 20 - Bay-to-Breakers 12K – San Francisco, CA; www.ingbaytobreakers.com
- 20 - Green Bay Marathon & Half Marathon – Green Bay, WI; www.cellcomgreenbaymarathon.com
- 27 - Vermont City Marathon – Burlington, VT; www.runvermont.org

June 2007

- 2 - Virginia-Highland Summerfest 5K – Atlanta, GA; www.americans4fitness.com
- 5 - Peachtree City Summer Track Series (Tuesdays thru July) – Peachtree City, GA; www.ptcrc.com
- 16 - Army Hooah 5K/10K – East Point, GA – www.armyhooahrace.army.mil
- 16 - Robi Run 5K – Newnan, GA – www.fightbraintumors.org

July 2007

- 4 - **Peachtree Road Race – Atlanta, GA;**
www.atlantatrackclub.org
(Delta sponsored finish line tent in Piedmont Park following the race)

(Got a race you want to submit? Email us at "runningclub.delta@delta.com".)



Delta Dusters

355 Burch Rd
Fayetteville, GA 30215

Website: www.deltadusters.com
E-mail: RunningClub.Delta@Delta.com



We're looking for Volunteers!

Upcoming events like the Peachtree Road Race, the Corporate Challenge and the ING Marathon don't happen by themselves! A majority of the coordination is done by the Duster executive committee, however some events need more people to help it run smoothly.

Every year we need 6 to 8 people to volunteer to set up the food and refreshments at the Peachtree Road Race. Similar needs arise around the Peachtree City Classic in the fall. The Ekiden marathon relay runs more smoothly if we have volunteers to queue runners

up when it is their turn. So if you are not running this year due to an injury, or if your spouse is not a runner but wants to support you and your healthy hobby, send an email to ["runningclub.delta@delta.com"](mailto:runningclub.delta@delta.com).

From all of the runners that benefit from your efforts - Thanks!

