

The Boll Weevil

The Official Running Publication of the Delta Dusters

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Message from the President

By Gregg Davis
gregg.davis@delta.com

The Peachtree Road Race was once again a huge success ! There were almost 700 members of the Delta family who stopped by the company's finish line tent. I'd like to thank Barbara Henlon, Tracy Bellamy, Eric Elbel, Kim Davis and Bob Ott for their help at the finish. I'd also like to thank Julie Duggan, Adeline Craig and Janet Hawkes for helping at the Pasta lunch the previous Friday.

Now that Peachtree is over, you may be taking a break from the heat before picking your next race; but don't break too long. For me, fall is the best time of year to run, and we've got some great events lined up. First up is the KP Corporate Run/Walk 5K on Thursday, September 21st at Turner Field in Atlanta. This is a great event for serious and not-so serious runners and we need a good turnout to show that "other" Atlanta airline who really runs this town. Next is the 25th World Airline Road Race (WARR) in Amsterdam on September 23rd. There will be over 1000 runners from airlines all over the world competing. Our own Christian Primas (LON) is sure to be one of

the contenders for the individual title.

If you can't make it to WARR this year, perhaps you can make it as far as Piedmont Park in Atlanta for the Atlanta

Track Club Ekiden Relay on Sunday, September 24th. Last year the Dusters won both the Women's and Men's Corporate Division and we're looking for another sweep this year. If you don't feel up to running, come on out to the park anyway, enjoy the beautiful fall weather, and cheer your fellow Dusters on.

Rounding out the fall schedule is the popular Peachtree City Classic 5K and 15K on Saturday, October 21st. This race promises perfect weather, a fantastic course on the cart paths of Peachtree City, and always has the best finisher shirt of the year. We'll also have our own finish line spread afterward (with a few frosty adult beverages).

Details and links for all of these races can be found inside this issue. If you're really ambitious, we've also got some other suggestions on the Race Planner page. And remember, wherever you run, make sure you



wear your Delta colors proudly ! (and send us your race results....)

Happy Running,

Gregg



"Wisdom from Wes" - Peachtree, Heat and More ...

By Wes Wessely
wwessely@bellsouth.net

As I ran my 25+ Peachtree Road Race, I actually started to wonder why. With the temperature near eighty degrees and my recent history of not doing well in hot races, I conceded racing to just running. Realizing that it was easier to say yes to the frequently asked question "Did you run ..." than explaining why not.

Let me regress here back to the seventies. Peachtree was growing along with the running boom. The 55 minute T-shirt clock was enforced and those earning it held it high and proud. An international field came and brought prestige and eventually prize money. Runners then started to jump into the race with less than a mile to go in order to get the coveted T-shirt. Runners would show up in results whose name

you never found in a race result beating out local talent. That brought the advent of the chip, which now seems to be passed around freely as with a 63-year-old man who had his son run with two chips gaining a top seed for next year.

Furman Bisher wrote a very good article a week after Peachtree about how Peachtree was stolen from the amateurs. There is no headline in Kenya or Ethiopia that one of their runners has won the largest 10k. Bisher guessed that two percent of runners knew the winner's name, a safe bet. With director changes at the Track Club maybe this is the time for some positive changes and alignment at this 10k race.



The heat will always be at Peachtree and that brings me to my next opinion. As we age and are part of the demographic shift at road races, we find it increasingly difficult to cope with the

effects of heat. Some local competitive runners I know refuse to race in July and August. Having raced for 30 years, I am suddenly noticing a two minute slowdown on 10k's during summer heat. I perspire so much now that I can pour water out of my shoes. With that much energy devoted to cooling you can see how performance will suffer.. Electrolyte replacement becomes critical endangering yourself or affecting

future workouts. I try to do mostly morning runs to reduce fluid turnover and onset of longterm fatigue. Run safe and drink a lot – see you in the Fall.

Wes

P.S. My reward for slow Peachtree was a dry fit Nike shirt and visiting old Delta friends.

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

Duster Staff :

President: Gregg Davis

Website Coordinator: Carolyn Bowen

Treasurer: Eric Elbel

Newsletter: Kimberly Davis

Uniforms: Steve Duer

WARR Coordinator: Janet Hawkes

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

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.

"If you can't accept losing, you can't win."

--Vince Lombardi, National Football League coach

Peachtree Road Race 2006



John Laugher.



Larry Mayse.



Kristin Carney and her husband, Steve.

**Dusters
enjoyed
the PTRR !**



Gregg Davis.

Cool Running Website!!

By Dave Fritsch

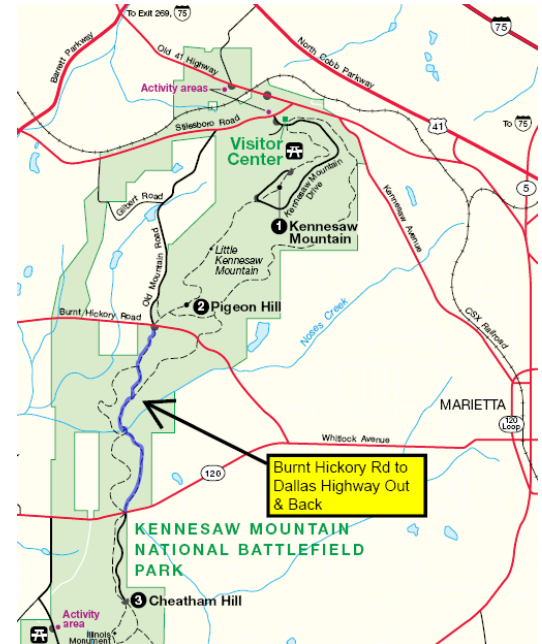
chrisndave91@bellsouth.net

Cool running website:

<http://www.gmap-pedometer.com/>

This web site called GMAPS pedometer. This is a cool website that lets you trace out your running route and provides an accumulated distance and will place mile markers appropriately. It also as an elevation function which seems to be a little spotty.

At some locations for whatever reason, the function doesn't work properly and returns an elevation of 0 from the database so the elevation charts are skewed. The other neat thing is that you can save your routes and then forward the link to share with friends.



Duster Race Results – May 20 thru July, 2006

Hartsfield Jackson Atlanta Airport 5th Runway 5K– May 20, 2006 – Atlanta, GA

Wes Wessely	18:26
(2 nd masters; 8 th overall)	
Pete Newell	18:49
(12 th overall)	
Gregg Davis	20:15
Dave Fritsch	22:21
Chuck Brower	23:32
Eric Harvison	23:57
Andy Lyons	24:09
Arnold Binder	24:30
Tracy Bellamy	24:41
Dick Evelyn	26:14
Julie Duggan	30:05
Josh Maxwell	31:55

Army Hooah Run 10K – June 10, 2006 – College Park, GA

Barnett Smith	50:33
Jenny Buckalew	51:20

Atlanta Track Club Master Track Meet 5K – June 10, 2006 – Atlanta, GA

Pete Newell	19:26
(2 nd in age group)	
Gregg Davis	21:12

Robi Run 5K – June 17, 2006 – Newnan, GA

Bill Buckalew	21:28
Andy Lyons	24:53
Teri Chiong	25:48
(3 rd in age group)	

Atlanta Track Club Father's Day 4M – June 18, 2006 – Atlanta, GA

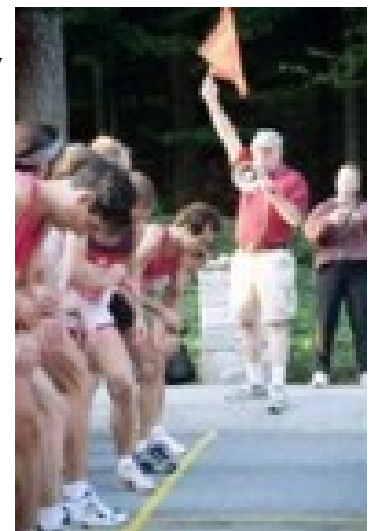
Gregg Davis	27:37
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Magnolia Run 4M – June 24, 2006 – Atlanta, GA

Teri Chiong	34:32
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Are your results missing ? Send us an e-mail at RunningClub.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 !



And don't miss the annual Fall Corporate Challenge!!!



Join the **Delta Air Lines** Corporate team for the **Kaiser Permanente Corporate 5K Run/Walk** on **Thursday, September 21, 2006**. The run/walk will take place at 7:00 p.m. at Turner Field in downtown Atlanta!

Delta, Delta Technology, and Delta Connection Inc. employees can register TODAY to be a part of the team. Family and friends are also welcome to register and be a part of the team, too!

Come celebrate with us at an outdoor company picnic. Food and drink will be provided, and Delta will host a hospitality tent for the event! Each walker/runner must register individually on the Kaiser Permanente official website under the **Delta Air Lines** Team. The cost is **\$15 for advance registration** until August 21st. **IMPORTANT: You must redeem the discount coupon code "delp8"** to receive the \$15 rate. After August 21st 5 p.m., the cost is \$25.00. Please note: credit cards and debit cards are the only form of payment accepted online.

Ready to get started? Register at <http://www.kpcorporaterunwalk.com/>.

All team members will receive:

- Free 8-week training membership to Crunch & Bally Fitness locations in Atlanta, July 31 through September 21, 2006 with the use of their facilities.
- "Get in Shape" program, including emails and newsletters that are distributed to registered participants promoting a healthy lifestyle, regardless of fitness level.
- Opportunity to enjoy fitness, food and fun with other team members!

For questions, please contact **Delta Team Captain, Shirley Orndorff**, at 404.715.0948 or via email at Shirley.orndorff@delta.com.

What are you waiting for?

Register today and we'll see you on September 21st!

WARR 2006

25TH ANNUAL WORLD AIRLINE ROAD RACE

WARR 2006

Amsterdam, The Netherlands

SEPTEMBER 20 - 23, 2006



WARR'06 - [Amsterdam](#) - "Running with Rembrandt" - [23 September 2006](#)

WARR 2006 - Amsterdam -- Sept 20th to 23th REINSTATED

World Airline Road Race - <http://worldairlineroadrace.org>

KLM site - <http://www.klmrunner.nl/warr-index.htm>

Delta Air Lines Running Club Link - www.deltadusters.com

WARR 2007 - Sydney, Australia -- Oct 28th weekend

I know some of you might be frustrated with the WARR being on again and off again, however, it is on and I hope you will join in! This year is WARR's 25th anniversary!! I would like to, with your support and WARR commitment, make it a very special WARR with a large number of attendance including all employees and family members of Delta Air Lines, Delta Technology, Worldspan, and Comair, Song, ASA, Chautauqua and all Delta affiliates past and present. Please join other running clubs from airlines all over the world who get together once a year for the annual "World Airline Road Race" (WARR)! This year's race will be held in Amsterdam on September 23rd. Our SkyTeam partner KLM is this year's host airline and this year's theme is "Running with Rembrandt" to commemorate the 400th birthday of Rembrandt.

I've listed below the specifics for the race:

Air travel:

Delta has Non-stop service to AMS from
ATL/ JFK/ CVG

ID96 available on KLM for employees, eligible pass riders (see rules for eligibility)

The airport is very close to Amsterdam centre. There are trains day and night, seven times an hour through the day, hourly in the dead of night, and which take about 15 minutes.

Hotel Accommodations:

WARR Host Hotel: NH Grand Hotel Krasnapolsky – Dam 9 - Amsterdam, Netherlands NL-1012 JS

Note: I think this hotel maybe full and it is quite expensive. September, tourism is very high in Amsterdam. Some of our teams' runners are staying at the Museum Hotel, one of the other NH Host hotel's partners.

All WARR activities (with the exception of the race) will be conveniently held the Host hotel located right in the middle of downtown Amsterdam at the main "Dam" square. Bookings of the HQ hotel or one of the other NH Hotels can be done via the WARR website.

Additional Hotel information: I think the hotel maybe full and it is quite expensive. September, tourism is very high in Amsterdam. Some of our teams' runners are staying at the Museum Hotel, one of the other NH Host hotel's partners and other locations around the city.

I am staying at an apartment nearby and their website is: Hotel Hoksbergen - Singel 301 - 1012 WH Amsterdam - Tel: ++.31.20.6266043 Email: info@hotelhoksbergen.nl ---- www.hotelhoksbergen.nl

You can Google Amsterdam hotels, but here are some discount websites:

www.priceline.com

<http://www.amstelbotel.com>

<http://www.amsterdamescape.com/apartments.html>

<http://worldinabag.com/>

http://www.all-hotels.com/europe/netherlands/north_holland/amsterdam/amsterdam_e4.htm

Welcome Party: Thursday, September 21, 2006 Heineken will host a "Welcome to Amsterdam" party at the host hotel – NH Grand Hotel Krasnapolsky

T-shirt Party: Friday, September 22, 2006

The T-shirt competition will be held on Friday night at the Hotel Krasnapolsky in the Winter Garden. This is a must attend event at every WARR and our Delta Shirt is ALWAYS a hot item to trade! Again this year, we will have a long sleeved T-shirt for sale for the price of \$15.00. (see above photo of the front of our shirt). Use the order form to request your sizes so you will not be disappointed.

Email Janet at Jhawkes1@aol.com with your order request before mailing your check. Please order extras to trade and to keep for yourself! I will try to deliver most by the 1st of September.

Other helpful information:

Situated on Dam Square, in Amsterdam's historic centre, the NH Grand Hotel Krasnapolsky is conveniently located close to the large department stores and museums. The Central Railway Station is at just a five minutes walking distance. The airport is very close to Amsterdam centre. There are trains day and night, seven times an hour through the day, hourly in the dead of night, and which take about 15 minutes. When in Amsterdam, Warriors may consider buying a multi-day public transport pass at the transport centre just outside the central railway station. This will give access to the excellent public transport system (bus, tram and metro). Please be aware that in the city centre there is a major construction project going on for a new metro line. This will not affect public transport or other means of transportation. However, pedestrians may have to cross a road a few times more to avoid the construction works. We do not advise renting a car for driving in the Amsterdam. Finding a parking spot is difficult and the city centre is not large. Please use the public transport system, walk or bike. If you are familiar with biking in a busy city, renting a bike may be an option at "rent a bike Damstraat". Open 09h00 - 18h00. Damstraat 20 Amsterdam tel +31 20 625 50 29. For all Amsterdam related information please visit <http://www.visitamsterdam.nl/>.

Take a canal boat tour opposite to the Central railway station.

WARR 2006



This will be my 17^h WARR in a row and I have been the TEAM Captain for maybe the past 5 years or so. Julie Duggan has accepted the Team Captain task for 2007. I will continue to assist with WARR! Thanks Julie!!

Just so you know, I am now retired from Delta and doing various contract jobs and still live part of the year in Argentina.

Send me an email if you have any questions. Please put WARR in your email subject so I will open it. If you are going, drop me

The city is also well connected to the rest of Europe by long-distance bus. <http://www.eurolines.com>. There is also extensive and great Rail Service www.raileurope.com. I use the rail site for times, but generally buy the tickets at the local stations.

Delta Hospitality: Once in Amsterdam, please watch the WARRtering hole message board for Delta "hospitality" gathering. I plan to be in the WARRtering Hole for a team beer/ wine gathering sometime Friday afternoon. Like WARR in Prague, since we are so spread out, I won't have the hospitality in my hotel room this year. I will also post the time on the Delta Registration page where you pick up your packets.

Registration for WARR: If you chose to mail your registration form, it must be postmarked by August 15th. However, you will be able to register during the posted open times. You

a note so I can include you in future updates. I will get back to you as soon as I can.

Jhawkes1@aol.com

Home phone 404-691-0223, Cell – 404-316-0483

Hope to see you at WARR 2006!

Janet Hawkes

Jhawkes1@aol.com



WARR T-Shirt Front Design



WARR T-Shirt Back Design

Mail checks to Janet Hawkes 5927 Brookside Dr. Mableton, GA. 30126

Questions: jhawkes1@aol.com – Please email Janet with your order request as soon as possible with number and sizes. and we can arrange delivery. These shirts will GO fast! Please don't miss out and be disappointed.



WARR 2006 – 25th Anniversary Amsterdam T-Shirt Order Form

NAME: _____ email address: --- _____

ADDRESS: _____ (Use Station/Dept if active)

CITY: _____ STATE: _____ ZIP: _____

STATION: _____ DEPARTMENT: _____ BLDG Loc./Locker _____

PHONE: _____ work _____ Home/cell _____

SIZES / QUANTITY **TOTAL**

Make Checks payable to:

LONG Sleeved:

X-Large _____ @ \$15 each _____

Large _____ @ \$15 each _____

Medium _____ @ \$15 each _____

Small _____ @ \$15 each _____

Postage if mailed** @ \$4.00 (up to 2) _____

Grand Total _____

The Delta Running Club

Every effort will be made to hand deliver. Prefer to NOT use company Mail... we have had problems in the past. **For additional Duster news, go to www.deltadusters.com Janet will try to deliver as many as possible before August 30th. We hope to have the shirts by 8/15/06. I hope to have them all sold before AMS.

WARR 2006

Calling call WARR Veterans:

Awards are given to WARRiors who have completed 10, 15, 20 and will be doing anniversary WARR 25. To enable us to check and verify, we need the following information from you as the your team. If you are a WARR veteran, Email Janet Hawkes (Jhawkes1@aol.com) with your name, address, and years run,).

Looking for WARR Stories:

As mentioned this will be the 25th anniversary of the World Airline Road Race, if you or your team members have any interesting or funny WARR stories that have happened during the 25 year history of our event, we would like to hear them. This can be anything from traveling to WARR, being at WARR, remember the train from Johannesburg to Durban and the WARR paint combined, with John Denver's Grandma's Old Feather Bed, the train staff and WARRiors singing Shosholoz. Any WARR related happenings that can be shared, enjoyed and appreciated by the rest of the WARRiors can be included.

Something to think about — your memories made and are WARR. You helped to make, and are part of the proud 25 year history of WARR your event.

If you have a WARR story you would like to share, email it to Janet Hawkes (Jhawkes1@aol.com)!.

ING Marathon—March 2006 !

The ING Marathon and Half Marathon will be March 27, 2007. ING plans on making this an annual event, much like the New York City Marathon or the Chicago Marathon! This should be a big event!

Never thought about running a marathon or half marathon? Consider it! If you can run 3 miles, 3 times a week, you can build your mileage and run a half marathon or marathon in March! We'll show you how in future Duster articles!

Early Entry Fee Registration Deadline is August 31st !

Hurry up, register now, and save! The ING Georgia Marathon & Half Marathon will cut off registration at 15,000 total participants. Don't miss out on being a part of this amazing inaugural event.

The Inaugural ING Georgia Marathon Will 'Paint the Town Orange!' The vision for the ING Georgia Marathon is to showcase Atlanta, show the world our unity through our diversity and our community of support and commitment to a healthy lifestyle.

For registration and more information, go to <http://www.georgiamarathon.com/site3.aspx>

"The gun goes off and everything changes ... the world changes ... and nothing else really matters."
Patti Sue Plummer

Duster Birthdays!

Adeline Craig	Aug 02	665/ATG
Don Brim	Aug 15	RET/ATL
Debbie Shaw-Tarver	Aug 18	665/ATL
Jean Burrell	Aug 19	
Carol Brim	Aug 23	
Emily Barnett	Aug 25	611/ATL
Dorothy Walthall	Aug 29	
Eric Harvison	Sep 05	777/ATG
Percy Molette	Sep 06	311/ATL
Priscilla Martin	Sep 09	953/ATL
Bill Britton	Sep 10	
Tom Francis	Sep 14	
Brian Farmer	Sep 19	222/ATG
Linda Mayse	Sep 20	
John Harry	Sep 22	
Jim McNiff	Sep 22	
Scott Gilbert	Sep 25	712/ATG
Rick Winstel	Sep 27	810/ATL
Brian Martin	Sep 28	
Diane Staska	Sep 29	611/ATL

Happy Birthday to all of our Duster friends!!!



Route Reviews -- Kennesaw National Battlefield

By Dave Fritsch

chrisndave91@bellsouth.net

This is a roller coaster of a run along the Confederate defensive lines against the Union assault on the Kennesaw Mountain area.

The Route: (<http://www.gmap-pedometer.com/?r=274681>)

From the trailhead on Burnt Hickory Road the course runs south to Dallas Highway. At Dallas Highway turn around and return the way you came. The distance on this out and back route is 2.8 miles.

Don't be fooled by the winding dirt road leading across the gently rolling pastoral fields and into the tree line, there is very little flat terrain on this run. But don't let this put you off; this is a relaxing if challenging run through a popular and mostly shaded section of the park.

From the gate at the trailhead, head out on the winding dirt road up a slight incline. When you get to the peak there's a brief downhill followed by a winding climb past a meadow on the left. Once you top the ridge, you'll begin an easy downhill passing a trail cutoff to the right for the West trail (the West trail is hardcore trail running on single track). Stay left on the main trail which will soon skirt a large meadow to the right before reentering the tree line and crossing a trench line from the 1864 battle. As you cross the trench line there is another single track trail leading off uphill to the left (the East Trail which leads back towards Burnt Hickory Road and ultimately the park Visitor Center). Stay with the main trail as it then turns to the right, paralleling the trenches across rolling terrain leading to long downhill towards Noses Creek. At Noses Creek, the West trail rejoins the main trail as it crosses the creek via a rustic bridge. The bridge across the creek gets bouncy with a running stride; you may have to adjust your gait to ride the bounce. Once across the bridge there will be another trail cutoff to the right for the southern portion of the West trail (another hardcore single track which will ultimately meet up with the main trail at Dallas highway). Stay on the main trail as it begins a long incline through the woods cresting a few hundred yards from Dallas Highway. The trail will undulate over the remainder of its course to Dallas Highway. Turnaround at Dallas Highway and head back the way you came.

The trail surface is mostly dirt or crushed gravel to Noses Creek and mostly egg sized stone and crushed gravel from the creek to Dallas Highway. Sections of the trail have exposed roots and rocks requiring a little bit of attention to your foot placement. This shouldn't cause you any problems and

you will actually benefit from the uneven surface which will strengthen your ankles and lower legs. This would be a rough ride for the jogger stroller.

Variations:

Since there are approximately 16 miles of trails at Kennesaw it's very easy to expand on this route.

The most obvious variation is to extend the out and back by about 2 miles by continuing across Dallas Highway following the rolling trail to the Illinois Monument at Cheatham Hill, an area of intense fighting during the battle. Use caution when crossing the two lanes of Dallas Highway which is the major thoroughfare between Marietta and West Cobb and Paulding.

Explore the single track trails which separate from and loop back to the main trail or lead off towards the Visitor Center.

Getting There:

Take I-75N to Highway 5 Spur South (Exit 267B) heading towards Highway 41 and Marietta. Exit at Highway 41 and go north to Bell's Ferry Road (second light). Turn Left onto Bell's Ferry Road. Turn Right onto Old 41 Highway (first light). Turn Left onto Stilesboro Road (second light) and pass the Visitor Center parking area. Turn Left at the next intersection onto Old Mountain Road. Old Mountain Road will dead end at Burnt Hickory Road. The trailhead will be across the intersection. Turn right or left to find parking along Burnt Hickory Road.

Parking:

Parking is along Burnt Hickory Road adjacent to the fields. As with much of the access to Kennesaw National Battlefield finding a parking spot at the Burnt Hickory Road access on the weekends can be a challenge. On the weekends, the best bets here are early in the morning or late afternoon / early evening.

Restrooms:

No restrooms are available at this location. There are restrooms available at the Visitor Center located at Old Highway 41 and Stilesboro Rd. a short drive away.

(Continued next page.)

Route Reviews, Con't:

Water:

A water fountain can be found at the trailhead.

Don't Miss:

- The multiple history markers at the trailhead and alongside Burnt Hickory Road detailing the Union and Confederate actions in this area during the battle in June of 1864.

- The emu, llama, peacocks, goats and pony roaming the fields at the residence across Burnt Hickory Road from the park.

Deer, fox, rabbits and other wildlife especially on early morning or early evening runs.

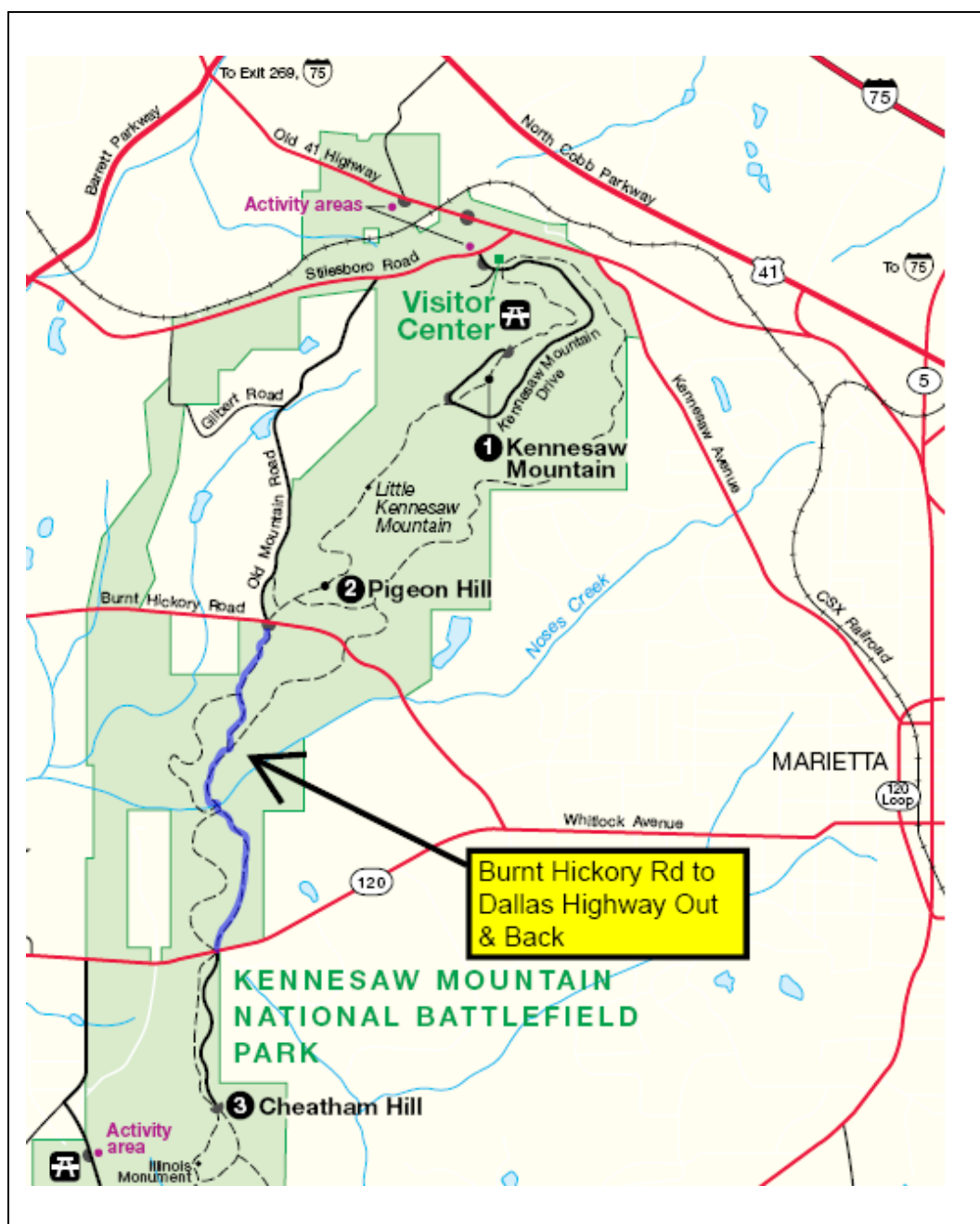
A Word of Caution:

This section of the trail is well traveled; I have never experienced any problems here. As with any run though, it's always safest to run with a partner or to at least let someone know your route and when you should be expected back. Carry some form of ID (a dog tag works from me) and leave the headphones home, enjoy the sounds of nature.

You may encounter horseback riders on this specific section of trail (and most of Kennesaw). If you do, stop and step off the trail giving the horse the right of way – they're way bigger than you are and you wouldn't want to be on the receiving end of a hoof from a horse spooked by a sweaty body running by.

On the web:

<http://www.nps.gov/applications/parks/kemo/ppMaps/KEMO%20trail%20map.pdf>



Race Review — The Peachtree City Summer Track Series

By Gregg Davis
gregg.davis@delta.com

Distance – 100m / 200m / 400m / 800m / Mile / 2Mile / 5K

When - Tuesday Nights @ 6:30pm starting in mid-June thru mid-July

Where – Riley Athletic Field, Peachtree City, GA

Cost – FREE !!!!

Something cool – It's low key so just show up and run whatever race(s) you want

Link – www.ptcrc.com

slower heats.

Best of all, thanks to our friends at the Peachtree City Running Club (PTCRC), the whole series is free ! All you have to do is sign a waiver (the usual stuff, like running can be hazardous, blah blah blah) and you're set to run any event for the rest of the series. I was at each meet this summer and typically tried to run the 800m and either the Mile or 5K. One night I went temporarily insane and ran all three !

The folks at PTCRC do a great job organizing and keeping the meets running on a tight schedule. There's lots of fan support too. And one other thing, you can and should bring the kids ! They even have a special 50m dash for kids as young as age 3.

Ever feel like testing yourself on the track, but you'd be out there all by yourself ? Want to try out some shorter distances that you can't race on the road ? If so, the Peachtree City Summer Track Series is the perfect venue for you.

Every Tuesday evening, from mid-June to mid-July, runners of all ages and abilities converge in Peachtree City to test themselves on the track. Distances range from 100m to 5K and the order of events allows runners to easily run more than one distance. There are multiple heats for each event and it's all self seeded so you can challenge yourself in a faster heat or try to go for the victory in one of the



"Pretend that every single person you meet has a sign around his or her neck that says, 'Make me feel important..'"

--Mary Kay Ash, founder, Mary Kay Cosmetics

Duster Race Planner

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

September 2006

- 2 - Sunrise on the Square 5K and 10K - 8:00am – Newnan, GA – www.mainstreetnewnan.com
- 4 - US 10K, 7:45am – Smyrna, GA – www.us10K.com
- 4 - Macon Labor Day Races, 5K - 7:15am, 10K – 7:45am – Macon, GA – www.macontracks.org
- 16 - ATC Singleton 5M and 10M – 8:00am – Stone Mountain, GA – www.atlantatrackclub.org
- 21 - **KP Corporate Run/Walk 5K – 7:00pm – Atlanta, GA - www.kpcorporaterunwalk.com**
- 23 - **World Airline Road Race, 10K – 9:00am, 5K – 10:30am - www.klmrunner.nl/warr-index.htm**
- 24 - **ATC Ekiden Relay – 8:00am – Atlanta, GA – www.atlantatrackclub.org**
- 30 - Buckhead Sizzler 10K – 8:00am – Chamblee, GA – www.buckheadsizzler10k.com

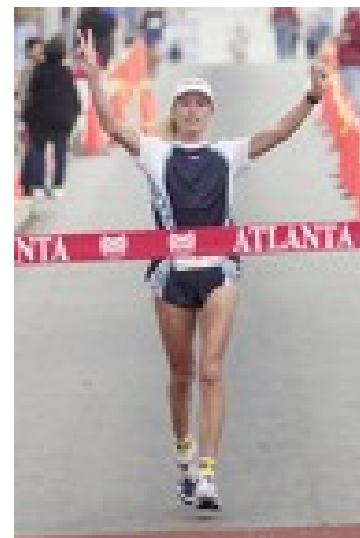
October 2006

- 7 - ATC Cartersville 10K – 8:00am – Cartersville, GA – www.atlantatrackclub.org
- 21 **Peachtree City Classic, Men's 5K – 8:50am, Women's 5K – 9:00am, Open 15K – 9:10am – Peachtree City, GA – www.ptcrc.com**
- 28 - Silver Comet Half Marathon – 7:45am – Mableton, GA – www.silvercomet10k.com

November 2006

- 11 - Chickamauga Battlefield Marathon and 10M – 7:30am – Chickamauga, GA – www.chattanoogaatracclub.org
- 23 - Atlanta Marathon and Half Marathon – Atlanta, GA – www.atlantatrackclub.org

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



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 Ekiden Marathon Relay and the Corporate Challenge don't happen by themselves! A majority of the coordination is done by the Duster executive committee, however some events before the during the race need more people.

Every year we need 4 to 6 people to volunteer to set up the food and refreshments at the Corporate Challenge. 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!

