

The Boll Weevil

The Official Running Publication of the Delta Dusters

Inside this issue:

Message from the President	1
Wisdom from Wes	2
Race Review—Peachtree RR	3
Race Results	4
Corp Challenge	5
WARR	6-9
Pres Letter, con't.	10
Delta Birthdays	10
Race Planner	11
We're Looking for Volunteers	12

Message from the President - "Fall is coming!"

By Gregg Davis
gregg.davis@delta.com

As I write this the temperature in Atlanta is 97F and the heat index is 103. According to the National Weather Service, it's the hottest stretch of weather we've seen here in seven years. Hopefully you're all running a little slower, a little earlier and hunting for shade wherever you can, but there's really no escape. Fortunately the end is in sight and once fall arrives there are some great opportunities for some fun races.

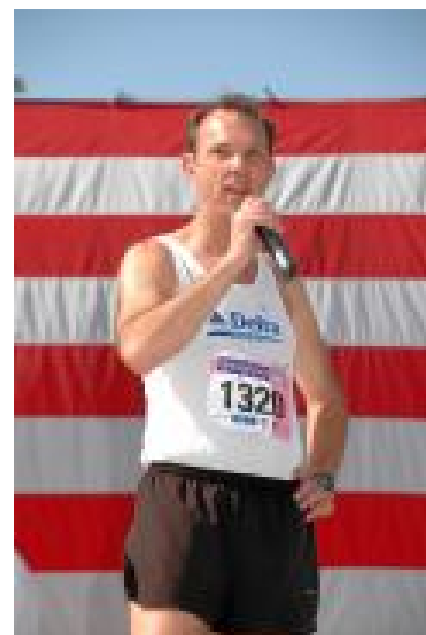
First up is the US 10K on Labor Day in Marietta. This race has one of the best finish areas and your entry fee includes admission into the Whitewater water park. Delta is the official airline of the race so it's a great chance to wear your Delta colors.

A little later in the month, on Sunday September 23rd is the Atlanta Ekiden Relay in Piedmont Park. This great Duster tradition promises to be another fun event, with hopefully as many as four or five Duster teams participating. If you want to join the fun, contact Dave Fritsch (dave.fritsch@delta.com), this year's Team Captain. Last issue I mentioned that there may be a "Duster Legends" team appearing this year – as we speak Wes Wessely is twisting arms to get that squad together and I'm betting they'll be even better than the Atlanta Track Club legends team!

The following week is the always popular KP Corporate Challenge on Thursday evening, September 27th at Turner Field in Atlanta. This is a great event for runners and walkers alike and the

best part is the party afterwards! We'll have a scaled down version of the Peachtree finish tent complete with food and drink (and frosty adult beverages). If you sign up by August 27th, you get a \$5 discount off of the normal entry fee. See the flyer included in this issue or contact this year's Team Captain, Shirley Orndorff (shirley.orndorff@delta.com) for all of the details.

Con't on page 10...



“Wisdom from Wes” - Dealing with Down Time

By Wes Wessely
wwessely@bellsouth.net

If you train consistently and run a fair amount of races, you will inevitably have to deal with down time.

By definition most athletes can expect to have peak performances for a period of eight to ten weeks. That is not to say that you can't run races the rest of the time. I have found that twice a year it becomes necessary to rest the body from training intensity and emotional drain.

Some of the signs indicating the onset of that period may include elevated pulse, noticeable fatigue, weight gain, desire to race and even onset of colds, flu, injury, etc. No matter how hard you try, only time will get you

back on track for serious training and competition. The magic number also seems to be eight to ten weeks. If you have to race during that period, be under trained and plan on a much longer recovery. For me the Peachtree always falls into that period and my body feels like it did a hard half-marathon. I then chill my efforts into August and start anew in September.

In my younger years I noticed a drop of somewhere below five percent in performance. Now that my time has slipped by almost ten minutes in a 10k, that number has gotten much bigger. Because my training mileage has been reduced by fifty percent since the young years, the amount of training tempo and mileage really suffers. I turn more to bicycling where the efforts are harder to quantify.

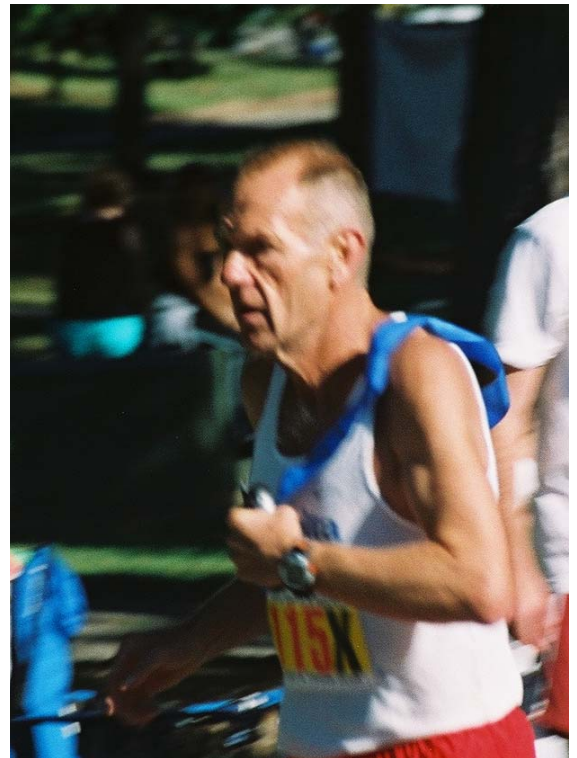
The emotional challenge, at times, can be more difficult to deal with. If you're preparing for a fall race like the Ekiden or WARR, your emotions are playing ping-pong. You know that you need the training, yet those first steps are ever so difficult. This is where I lean on my summer cross-country kids who I do not want to disappoint. If a teenager can show up at 7:45 most weekday mornings,

surely I can make myself get off the sofa and get my butt in gear.

The best advice I can give you at this point is to share your frustration with a running buddy and look to better running days ahead.

One step at a time,
Wes

(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: 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.

"Inside every older person is a younger person wondering what the hell happened."

-- Caro Harvey Armstrong, gospel singler

Race Review - Peachtree Road Race

The 38th annual Peachtree Road Race went off without a hitch on July 4th and as always, the Dusters were well represented. This year's edition featured (relatively) cool temperatures in the upper 60s at the start as well as lower than normal humidity – the best weather we've seen in about 10 years! As a result there were some pretty fast times posted and several Dusters had their best ever Peachtree effort.

As usual, Wes Wessely was the first Duster to cross the line, finishing in 40:03 which was good for fourth in the Men's 55-59 age group. Barbara Chandler was the top Duster Female, finishing in 41:29, 75th overall and 8th in the Masters Division.

(I had the pleasure of starting the race with both Wes and Barbara, but only managed to stay with them for about 10 meters!) Top 1000 finishes, good enough to claim a special finisher's mug, were also turned in by Tripp Hullender (42:13), Don Hamel (43:39), and Gregg Davis (44:20).

Once again the best part of the race was the finish area. Over 600 Delta employees and family members enjoyed food, drink, massage tables, and much needed shade at the top of the Piedmont Park meadow. As always a big Thank You is due our partners at **ignition** led by Marianna Popp for their hard work in setting up and staffing the Delta finish tent.

(Have you run a unique race that you'd like to share with other Dusters? Send us your review at RunningClub.Delta@delta.com)

Duster Rule -- If you can run 5 miles, you're not old.

My husband and I have a rule. If you can run 5 miles the week of your birthday, you're not "old". And you get to add the weekends on either side of your birthday, because you may have a busy schedule that week. If you've only been running 5k's, then you might need to build up a bit, but it is worth it!

My Duster friend recommended a corollary to go along with that rule. That you get to subtract 1 year for every mile over 5 that you ran in the last 6 months. I like that rule! I ran a half-marathon last month, so by that rule I'm 24 years old this year!

What new rule can you think of? Send your suggestions to RunningClub.Delta@delta.com, and we'll pick one winner from all of the entries. The winner will receive a free Duster T-shirt!



Duster Race Results — May 27 2007 thru July 31 2007

Vermont City Marathon — May 27, 2007 — Burlington

Debbie King 5:37:00

Ace & TJ's 5K — June 2, 2007 — Charlotte, NC

Jeffrey Robinson 21:22

Diane Robinson 28:20

Ridge Runners Marathon — June 2, 2007 — North Bend, WV

Debbie King 6:41:00

Georgia 400 4M — June 9, 2007 — Atlanta, GA

Teri Chiong 33:29

ATC Father's Day 4M — June 17, 2007 — Atlanta, GA

Rico Dorsey 35:43

Woodstock Freedom Run 5K — July 4, 2007, Woodstock, GA

Teresa Elbel 31:41

Peachtree Road Race 10K — July 4, 2007 — Atlanta

Wes Wessely 40:03 4th in age group

Barbara Chandler 41:29 8th Masters

Tripp Hullender 42:13

Don Hamel 43:39

Gregg Davis 44:20

Brian Farmer 46:53

Dave Fritsch 47:16

Russ Johnson 47:35

Karen Johnson 50:31

Carolyn Bowen 51:04

Kith Burkingstock 52:00

Kristin Carney 53:27

Teri Chiong 53:35

Eric Harvison 57:05

ATC DeKalb / Decatur YMCA 4M — July 14, 2007 — Decatur, GA

Wes Wessely 25:35 1st in age group

Rico Dorsey 34:58

ChelanMan 5K — July 21, 2007 — Chelan, WA

Michael Beauchamp 20:22 1st in age group

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! Have you run a unique race? Share your experience with all the Dusters and submit a Race Review!



"There are so many people out there who will tell you that you can't. What you've got to do is turn around and say 'I can, watch me.'"

-- Layne Beachley, Australian champion surfer



Join the Delta Air Lines Corporate team for the **Kaiser Permanente Corporate 5K Run/Walk** on **Thursday, September 27, 2007**. The run/walk will take place at 7:00 p.m. at Turner Field in downtown Atlanta!

Benefits the Boys & Girls Club of Metro Atlanta and the Atlanta Braves Foundation

Delta, Delta Technology, Delta Connection Inc. employees can register TODAY to be a part of the team. Family and friends are welcome to be 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 27th**. **IMPORTANT: You must use the discount coupon code: Delta1**

to receive the \$15 rate. After entering the discount code – be sure to click the “REDEEM” button. There are several places on the registration form for passwords. Caution - The discount code is NOT a password.

After August 27th 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:

https://www.active.com/register/index.cfm?event_id=1433282&site=header

All team members will receive:

Free 8-week training membership to Bally Fitness locations in Atlanta, from August 2 through September 27, 2007 with the use of their facilities.

"Get Active Atlanta!" 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 27th!

WARR Down Under! - Sydney, Au

WARR 2007 Information:

It's just under 100 days till the WARR Down Under! This year's event promises to be one of the best. Contact Julie Duggan – julie.m.duggan@delta.com or Janet Hawkes – jhawkes1@aol.com for any questions or additional information. Visit the WARR link at www.deltadusters.com for additional updates and information. Here are some of the latest updates for this year's WARR:

Registration and Race Course

Registration is now open at [WARR 2007 Registration](#). We encourage you to register as soon as possible online and plan to attend the WARR Awards Gala. Here are the links to view the race course –

The map of the Race Course and location of the other venues Sydney 2007, are on the World Airline Road Race web page: <http://worldairlineroadrace.org/racecourse.html>

Hotel

Host Hotel – Novotel, Darling Harbour

WARR rates:

Company Accor ID Code: SCP161482

Contract Number: 470266

Delta employee rates: (current employees only)

Company Accor ID Code: SC006924872

Contract Number: 32474

Note: 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.

Additional hotels in the vicinity:

- o Ibis, Darling Harbour
- o Grand Mercure, Darling Harbour – apartment hotel
- o Accor Sofitel
- o Marriott Sydney Harbour
- Crowne Plaza Darling Harbour

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”

Australia, Oct 25—28, 2007

WARR 2007 Information, Cont.

Air Transportation

Delta employees and retirees can take advantage of ID90 interline agreement with Qantas, Air Canada and United. JetStar, Qantas' low fare carrier, has confirmed discounted rates from Honolulu. Check www.jetstar.com for current rates.

There is also an option on Korean Air from Norita and Seoul. DL employees and retirees are eligible for an ID96 on Korean. Delta has non-stop service from Atlanta to both Norita and Seoul. As of 8/6/07, a sample roundtrip ID96 from Seoul to Sydney was \$478.68 and from Norita to Sydney was \$522 – these both included taxes and applicable fees.

Qantas has provided a special WARR space available airfare applicable for those who do not qualify for interline discounts with Qantas and have registered for WARR. You must purchase this special fare through Qantas. For complete information, visit the Qantas WARR page at <http://members.iinet.net.au/~nortona/index.html> and click on the Airfares link.

WARR Veterans

If you have attended 10, 15, 20 or 25 WARRs, please send me your name and the list of the WARRs you have attended so we can honor you at the 2007 WARR. Contact Julie Duggan or Janet Hawkes if you have any questions.

WARR T-Shirt

We have a great t-shirt this year!! Please contact Julie Duggan to view the shirt design and obtain an order form. **Note:** We are not placing the creative in this newsletter since it will become public on the Duster website and we do not want our competitors to view our shirt online prior to WARR!!

Please contact Janet Hawkes or myself for any questions about WARR. Hope to see you at WARR!

Julie Duggan

julie.m.duggan@delta.com

w- 404-715-2628

h – 770-984-2402

Janet Hawkes

jhawkes1@aol.com

h – 404-691-0223



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	Employee/spouse/dependant (21 years or less)/retiree & spouse; Parents not eligible	Some flights do not operate every day; check online website for details
Air Canada (AC)	YVR/HNL	ID90 – lowest unrestricted Y fare;	Employee/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	Employee/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 business class fare for international travel ID 75 – parents	Employee/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		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.

Message from the President:

Continued from page 1:

In October there are two races worth considering. First on October 20th is the Peachtree City Classic 15K & 5K. Our friends at the Peachtree City Running Club always do an outstanding job of putting on this race – it really is deserving of the name “classic”.

The second October race is WARR, which is the highlight of every Duster season. As you all should know by now, this year’s version will be run down under in Sydney and our friends at Qantas promise to put on a great show. I know it’s a long trip, but if you’ve never been it is well worth the effort. Our Team Captain, Julie Duggan, has been working tirelessly to get all of the details in order – she has included an update in this issue which contains some new information on hotel and non-revving options – and has once again produced an outstanding shirt which will no doubt contend for the top t-shirt prize.

In the last couple of newsletters I’ve mentioned the great race result website www.athlinks.com. A few of you have signed up and I’ve tried to link everyone into my “Dusters” group. If you haven’t had a chance yet, I encourage all of you to check it out and register (it’s free). Once you’ve signed up, shoot me an email and I’ll link you in.

Happy running,

Gregg



Duster Birthdays for June & July!

Adeline Craig	Aug 02	665/ATG
William Pantin	Aug 06	611/ATL
Kith Burkingstock	Aug 08	579/ATL
Allison Hicks	Aug 13	
Don Brim	Aug 15	RET/ATL
Elaine Tyson	Aug 15	882/ATG
Debbie Shaw-Tarver	Aug 18	654/ATL
Jean Burrell	Aug 19	
Carol Brim	Aug 23	
Emily Barnett	Aug 25	611/ATL
Andrews Amanda	Aug 29	585/ATL
Eric Harvison	Sep 05	735/ATG
Sharon Balfanz	Sep 06	
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	710/ATL
Brian Martin	Sep 28	
Diane Staska	Sep 29	611/ATL

Happy Birthday to all of our Duster friends!!!



Duster Race and Events Planner

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

September 2007

- 1 - Sunrise on the Square 5K & 10K – Newnan, GA; www.mainstreetnewnan.com
- 3 - US 10K – Marietta, GA; www.us10K.org
- 15- ATC Singleton 5M & 10M Races – Stone Mountain, GA; www.atlantatrackclub.org
- 23 - Atlanta Ekiden Team Relay – Atlanta, GA; www.atlantatrackclub.org**
- 27 - KP Corporate Challenge 5K – Atlanta, GA; www.kpcorporaterunwalk.com**

October 2007

- 7 - Chicago Marathon – Chicago, IL; www.chicagomarathon.com
- 20 - Peachtree City Classic 5K & 15K – Peachtree City, GA; www.ptcrc.com
- 27 - World Airline Road Race 5K & 10K – Sydney, Australia; www.worldairlineroadrace.org**
- 27 - Silver Comet Half Marathon – Mableton, GA; www.silvercomet10k.com

November 2007

- 4 - ING New York City Marathon – New York, NY;
www.nycmarathon.org
- 10 - Chickamauga Battlefield Marathon & 10M – Chickamauga, GA; www.chattanoogaatracclub.org
- 17 - CARE 5k. More info to come.
- 22 - Atlanta Marathon and Half Marathon – Atlanta, GA;
www.atlantatrackclub.org

(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 Ekiden team race and the Corporate Challenge 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 people to volunteer to help coordinate snacks and to set up tables for the Corporate Challenge. 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".

From all of the runners that bene-

fit from your efforts - Thanks!

