

The Boll Weevil

The Official Running Publication of the Delta Dusters

Inside this issue:

Message from the President	1
Ekiden Race Preview	2
Race Results	3
Route Review	4
WARR	6-9
Pres Letter, con't.	10
Delta Birthdays	10
Race Planner	11
We're Looking for Volunteers	12

Message from the President - "Moving into the Fall"

By Gregg Davis
gregg.davis@delta.com

I've heard from many of you how disappointed you were with the lack of a Delta hospitality tent at this year's Peachtree Road Race. I want to start this month's message by personally apologizing for the lateness of our communication and also explaining what happened and what our plans are going forward. You may or may not know that the extensive finish line amenities that we've enjoyed the past few Peachtree's were almost exclusively funded out of Delta's Consumer Marketing budget. The Duster contribution has been limited to paying for alcoholic beverages and providing a few volunteers. This year, the corporate budget was eliminated;

however that decision was not communicated to the Duster Executive Committee until about a week before the race. With such a short time-frame to react, and realizing that the revised race course would make the finish area chaotic for everyone, we made the difficult decision not to have an organized finish tent. We're making every effort to ensure that doesn't happen again next year. I've already met with both Consumer Marketing and Hu-

man Resources to try to secure funding with the understanding that the will be communicated when Peachtree applications become available next March. If corporate funding isn't an option, that will give us plenty of time to put together a Duster funded (albeit less extensive) finish line tent like we did before Delta sponsored the race. If you've got any questions or comments about Peachtree, I'd love to hear from you (gregg.davis@delta.com)

Fortunately we're moving on to fall, which I think is by far the best time of year to run. I hope you'll consider joining us for one or more of our three September events. It's not too late to sign up for World Airline Road Race in Ottawa, Canada on September 6th – the deadline is August 28th. If you have any questions about events or lodging, contact our Team Captain, Adeline Craig at adeline.craig@delta.com. Transportation



Ekiden Relay Race Preview:

Ekiden (e-key-den) – a strange word for a relay race. The Ekiden takes its roots from a Japanese form of the Pony Express, wherein runners (instead of riders on horse-back) transported important documents. Instead of a baton typical of track and field relays, Ekiden runners carry and exchange a sash, symbolic of the pouches which held those important documents over a course divided into six legs. Similar to track and field relays, there is an exchange zone and teams are penalized for exchanges outside the exchange zone.

The Atlanta Track Club hosts an Ekiden each year. The Dusters have made this event a fall tradition, typically fielding at least two teams. This year the Ekiden will be

held at Piedmont Park on the morning of Sunday September 21st beginning at 3 a.m. The Ekiden will be 32.8 kilometers with each leg being 3.4 miles long starting in the park and looping around via 10th St., Piedmont, Monroe, 10th and back into the park.



2007 Ekiden Race team.

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.

The fun of the Ekiden is the team aspect. Typically our running is an individual effort void of being part of a larger competitive unit. The Ekiden offers the opportunity to break out of that mold for a morning and experience that "team spirit".

Sound interesting? Please join us, runners of all speeds are welcome and encouraged to take part.

Want to sign up, need more information? Contact Dave Fritsch – dave.fritsch@delta.com

In order to meet the entry deadline, the Dusters will need to finalize our entries by September 8, 2008 so if you'd like to join us please sign up by then.

Additional details are also available from the Atlanta Track Club website:

<http://www.atlantatrackclub.org/at04002.htm>

"The most challenging phase of the race is the one which gets you to the starting line."

Duster Race Results — May 24 2008 thru July 19 2008

Salute 5K – May 24 - Arlington Heights, IL

Dan Usalis 23:22 3rd in age group

Save Our Skin 5K – May 24, 2008 – Atlanta, GA

Teri Chiong 28:21

Celebrate America 5K – May 26 – Alpharetta, GA

Wayne Lauzon 20:26

Teri Chiong 27:03

Harris Jacobs Dream Run 4M– June 1 – Atlanta, GA

Wayne Lauzon 26:58 3rd in age group

Teri Chiong 35:18

Torture Trail 10K – June 7, 2008 – Eatonton, GA

Wayne Lauzon 43:39 3rd in age group

Army Hooah 5K – June 14, 2008 – College Park, GA

Priscialla Martin 27:54 1st in age group

Army Hooah 10K – June 14 – College Park, GA

Rico Dorsey 52:33

Georgia 400 4M – June 14, 2008 – Atlanta, GA

Matthew Grzeck 31:53

Teri Chiong 37:29

Salute to Freedom 5K – June 14, 2008 – Macon, GA

Wayne Lauzon 19:48 2nd in age group

ATC Father's Day 4M – June 15, 2008 – Atlanta, GA

Wes Wessely 25:52 1st in age group

Rico Dorsey 32:54

Possum Trot 10K – June 21, 2008 – Roswell, GA

Wayne Lauzon 42:29

City Lights 5K – June 28, 2008 – Commerce, GA

Wayne Lauzon 20:22 1st in age group

Peachtree Road Race – July 4, 2008 – Atlanta, GA

Wes Wessely 41:36

Wayne Lauzon 43:45

Don Hamel 45:14

Gregg Davis 46:46

Brian Farmer 47:16

Carolyn Bowen 51:00

Kith Burkingstock 52:01

Matthew Grzeck 53:16

Rico Dorsey 55:31

Eric Harvison 57:05

Teri Chiong 1:00:39

Woodbridge Village 5K – July 4 – Irvine, CA

Kevin MacDonnell 20:29

Woodstock Freedom 5K – July 4 – Woodstock, GA

Eric Elbel 20:55 1st in age group

Teresa Elbel 31:47

5 Alarm 5K – July 12, 2008 – Grayson, GA

Wayne Lauzon 20:24 1st in age group

Valle de Silencia 12K Cross Country – July 19 – Mexico City, MX

Rodrigo Heredia 1:17:28

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!

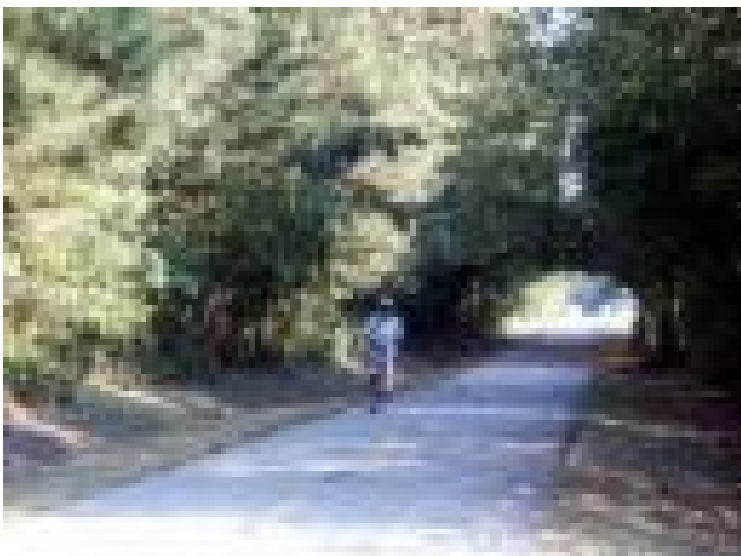
Route Review - Silver Comet Trail

With the fall marathon season rapidly approaching, its time to start thinking about getting those long runs in. One of my favorite places to get that 10, 15, 20 miler in is the Silver Comet trail. Starting in south Cobb not too far from I-285, the Comet is the converted rail bed previously used by the Silver Comet train that ran along this route from 1947-1968. The trail runs nearly 60 miles west to the Alabama border and is a shining example of the fine work of the PATH organization in conjunction with Cobb, Polk and Paulding counties, the Georgia DOT, and Georgia State Parks.

The Routes:

Nothing real complicated here. Starting at the Mavell Rd. trail head, head west for a simple out and back of whatever distance suits your fancy. Since this is an old rail line, the running is relatively flat and the inclines sedate. The trail in Cobb is an asphalt surface which is a little more friendly than the concrete used on the trail in counties to the west. There are interesting views of the Nickajack Creek from the trestle at about mile 2.6, an old rail tunnel just past mile 3 and a panoramic view of a golf course from the trestle out near mile 7.

Now some will say the Comet can be mind-numbing for its relatively straight and plain routing.



For me the magic of the Comet can be found in two things.

First, there's the markings. The trail has been marked every 1/4 mile for at least 7 miles beginning at the west edge of the trail intersection behind the bathroom building. Markings are a white spray painted dash with 1 dot above for the line for each 1/4 mile and numbered at each whole mile. Look for these markings on the north edge of the pavement. These markings really allow you to focus on pacing without having to run circles at the neighborhood track.

Second is the minimal automobile traffic. The only contact with motor vehicle traffic happens at the grade crossings which don't begin until Hicks Rd at about mile 3.75, and then about 1/2-3/4 miles thereafter. All these crossing have pedestrian signals. Not having to worry about getting run down by a car allows you to get lost in your run or alternately to focus on your run with the distraction of having to look out for cars.

Variations:

Drop down into Heritage Park at about mile 2.4 and run along the Nickjack Creek trail back to the Heritage Park parking lot and return. Out and back from Mavell Rd, this is about 8.1 miles.

Getting There:

From I-285:

Exit at South Cobb Drive (Exit 15) and go north. Turn Left at Cooper Lake Rd. (Next traffic light after the East-West Connector / Cumberland Parkway).

Turn Left at Mavell Rd. (First left past the Lake on the right).

Proceed past the elementary school to the Mavell Rd. trailhead parking lot.

Route Review - Silver Comet Trail, Con't:

Parking:

Parking is available at the Mavell Rd trailhead. On busy week-ends, parking at the trailhead will be difficult after about 8 a.m. The elementary school parking lot serves as an overflow.

Another option is the Publix parking lot at the intersection of the East-West Connector and South Cobb drive. From here pick up the Silver Comet Connector trail which fronts the Publix parking lot and follow it west (away from South Cobb Dr.) for approximately 1 mile to get to the Mavell Rd. trailhead.

Other trailheads to the west of the Mavell Rd. trailhead with parking are at Fontaine Rd., Concord Rd., and Floyd Rd.

Parking at the trail heads is free.



Restrooms:

Restrooms are available at the trail heads at Mavell Rd. (mile 0), Concord Rd (mile 2.6), Floyd Rd (mile 4.2) and further west along the trail.

Water:

Water fountains can be also be found at each of the trail heads mentioned above, as well as the other trail heads along the Comet.

The Bike Depot at Floyd Rd. sells various –Ades, and energy bars/gels (as well as ice cream and other treats).

A Word of Caution:

The Comet is an extremely popular trail, especially on week-

ends over those first 5-7 miles west from the Mavell Rd. trail head. As the trail progresses further west, the crowds thin and the trail leaves the suburban neighborhoods.

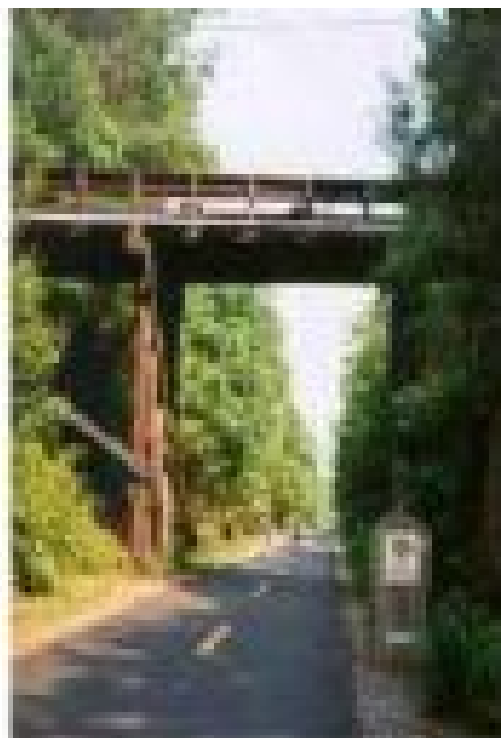
Remember the trail etiquette as you run. You can find it posted at each of the trail heads.

As with any run, 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. Its also a good idea to secure your valuables in your trunk or glove compartment before you arrive at the park and leave as much of it as you can at home.

On the web:

<http://www.pathfoundation.org/index.cfm?event=showSilverComet>

http://www.trailexpress.com/index.php?trail_id=1





OTTAWA CANADA
SEPT 3-6 2008

WORLD AIRLINE PARTY

www.worldairlineroadrace.org

Canada calls: Come run the Rideau

The 27th annual **WORLD AIRLINE ROAD RACE**, will take place September 3-6, 2008 in spectacular Ottawa, Canada, where the sites are beautiful, the people are friendly and the selection of tourist attractions and activities is endless. Of course, the famous WARR Events, including the WARRtering Hole, The T-Shirt Swap Party and the Awards Dinner/Gala will all be part of the venue. Don't miss this exceptional annual event - this year featuring a great Canadian Experience!

For details of the 2008 World Airline Road Race, check out the WARR website at www.worldairlineroadrace.org See you in Ottawa!



RACE DAY
Saturday, Sept 6, 2008

10K: 09.00 a.m. & 5K: 10.45 a.m.
Queen Elizabeth Drive along the Historic Rideau Canal

MAJOR SPONSORS OF WARR















va, Canada, Sept 3—6

WARR 2008 Schedule of Events:

World Airline Road Race
2008 Schedule of Events
 Headquarters: Crowne Plaza Hotel

Wednesday, September 3

1100-1700 hrs	WARRtering Hole	
1730 -???? hrs	Rideau Canal Cruise & Dinner	Rideau Canal

Thursday Friday, September 4

0900-1100 hrs	Team Captain Meeting	Crowne Plaza
1100-1200 hrs	Future WARR's Meeting	Crowne Plaza
1000-1200 hrs	Registration	Crowne Plaza
1100-1700 hrs	WARRtering Hole	Crowne Plaza
1400-1600 hrs	Mayor's Reception	City Hall
1400-1600 hrs	Registration	Crowne Plaza
1900- 0001hrs	Meet and Greet	Crowne Plaza

Friday, September 5

1000-1200 hrs	Registration
1000-1100 hrs	T-Shirt Judging
1100-1700 hrs	WARRtering Hole
1400-1600 hrs	Registration
1800-2300 hrs	T-Shirt Swap Party
2100-2200 hrs	Registration

Saturday, September 6

0900 hrs	Start of 10K	Queen Elizabeth Dr, on Historic Rideau Canal
1045 hrs	Start of 5K	Queen Elizabeth Dr, on Historic Rideau Canal
1200-1500 hrs	WARRtering Hole	
1800-0130 hrs	Awards Dinner/Dance	

“The WARRtering Hole” Hospitality Room will be open for 4 days at the Crowne Plaza Hotel, Café 101 Lounge

If you need help making hotel reservations or choosing your flights, contact Adeline Craig (adeline.craig@delta.com), or Janet Hawkes (Jhawkes1@aol.com). See you in YOW!

(Mark your Calendars -**WARR 2009 - September 10th - 15th. Hangzhou China!!**)

WARR 2008 Information:

Calling all Delta employees, friends and family! Join us for the 27th Annual World Airlines Road Race in Ottawa, Canada. This year's race will take place from September 3 – 6. Visit www.worldairlineroadrace.org for complete details. Partner airlines fly into Ottawa and Delta employees/retirees are eligible to purchase ZED fares. Please help spread the word!

Our new team Captain this year is Adeline Craig (adeline.craig@delta.com), and Janet Hawkes (Jhawkes1@aol.com) is helping where she can. The Delta team will again have a hospitality in at the Crown Plaza - the dates and times will be posted on the board at the WARRtering hole. We hope you can stop by to say hi to old friends and meet new ones. We are providing an overview of the week, so you can plan accordingly - please refer to the web site for any and all updates. **World Airline Road Race** - <http://worldairlineroadrace.org>

Here are some of the Delta gang that made it to Australia in 2007!



Canada, Sept 3—6

2008 WARR T-Shirt Order

Mail checks to Adeline Craig, 982 Trestle Dr, Austell, Ga 30106,,

Questions: adeline.craig@delta.com – Please email Adeline 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 2008 - Running the Rideau – Ottawa, Canada T-Shirt Order Form

NAME: _____ EMAIL ADDRESS: --- _____

ADDRESS: _____ (Use Station/Dept if active)

CITY: _____ STATE: _____ ZIP: _____

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

PHONE: (home) _____ (work) _____ (cell) _____

Short Sleeve Shirts:

SIZE / QUANTITY	TOTAL
X-Large _____ @ \$12each _____	
Large _____ @ \$12 each _____	
Medium _____ @ \$12 each _____	
Small _____ @ \$12 each _____	
Postage if mailed** @ \$5.00 (up to 2) _____	
@ \$8.00 (up to 5) _____	
Grand Total _____	

Make Checks payable to: **The Delta Running Club**

Every effort will be made to hand deliver or arrange to pick up. **Prefer to NOT use company Mail. We have had problems in the past. For additional Duster news, go to www.deltadusters.com. Adeline will try to deliver as many as possible before August 31st.



Message from the President:

Continued from page 1:

shouldn't be a problem – even though Delta will discontinue direct service to Ottawa at the end of August, it's an easy two hour drive from Montreal and you can also get a ZED fare on Air Canada from several cities including Montreal and Toronto. Later in September (the 21st) we'll be fielding teams for the Atlanta Ekiden Relay in Piedmont Park and we'll attempt to defend our Corporate title. Once again our Team Captain will be Dave Fritsch (dave.fritsch@delta.com) – let Dave know if you want to join the fun and run a leg (or you can just come and cheer the teams on).

On September 25th at 7pm, we'll be taking part in the KP Corporate Challenge 5K at Turner Field in Atlanta. This event is billed as the area's "largest office party" and we're working on post race arrangements right now. The folks at Galloway Productions have been kind enough to extend a \$5 discount to all Delta runners who sign up prior to August 25th. Simply go to http://www.active.com/framed/event_detail.cfm?EVENT_ID=1526882, select "Delta Air Lines" as your team and enter coupon code "kp5115" (it's case sensitive). More details are forthcoming so stay tuned.

Finally, on October 18th, is my favorite race of the year, the Peachtree City Classic 5K and 15K. Nothing beats running the beautiful cart paths of Peachtree City on a crisp cool fall morning, and this year the Peachtree City Running Club is making several enhancements to the race, including dri-fit shirts for all finishers. If you have any questions about the PTC Classic, drop a note to Carolyn Bowen (carolyn.bowen@delta.com) who is our race coordinator.

As always, happy running,

Gregg

Duster Birthdays for July & August!

Don Hamel	Jul 02	587/ATL
Christopher Nagy	Jul 09	
Tracey Coleman	Jul 10	824/ATL
Denise Kasper	Jul 11	
Nancy Abbott	Jul 16	
Pete Newell	Jul 16	661/ATG
Wanda Hullender	Jul 17	WSP HDQ/ATL
David Abbott	Jul 18	
Jeff Sanborn	Jul 19	RET/ATL
Thomas Stuart	Jul 19	125/LIT
Bill Titus	Jul 19	RET/FAT
Heidi Martin	Jul 20	610/ATL
Marge Gerrity	Jul 25	
Mike Manatrizio	Jul 26	709/ATL
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	
Joshua Barkey	Aug 20	390/ATG
Kimberly Davis	Aug 22	483/ATG
Carol Brim	Aug 23	
Emily Barnett	Aug 25	611/ATL
Andrews Amanda	Aug 29	585/ATL

Happy Birthday to all of our Duster friends!!!

Duster Race and Events Planner

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

August 2008

- 9 – Georgetown-to-Idaho Springs Half Marathon – Georgetown, CO; www.gtishalf.org
- 15 - (thru 24th) Olympic Games Track & Field – Beijing, China; www.iaaf.org
- 30 - Sunrise on the Square 5K – Newnan, GA; www.mainstreetnewnan.com

September 2008

- 1 - US 10K Classic – Smyrna, GA; www.us10k.org
- 6 - **World Airline Road Race 5K & 10K – Ottawa, Canada;**
www.worldairlineroadrace.org
- 13 - ATC Singleton 5M / 10M – Stone Mountain, GA; www.atlantatrackclub.org
- 21 - **Atlanta Ekiden Relay – Atlanta, GA; www.atlantatrackclub.org**
- 25 - **KP Corporate Challenge – Atlanta, GA; www.kpcorporaterunwalk.com**

October 2008

- 12 - Chicago Marathon – Chicago, IL; www.chicagomarathon.com
- 18 - **Peachtree City Classic 5K & 15K – Peachtree City, GA; www.ptcrc.com**
- 26 - Marine Corps Marathon – Washington, DC; www.marinemarathon.com

November 2008

- 1 - Monumental Marathon & Half-Marathon – Indianapolis, IN:
www.monumentalmarathon.com
- 2 - ING New York City Marathon – New York, NY; www.nycmarathon.org
- 27 - Atlanta Marathon & Half Marathon – Atlanta, GA; www.atlantatrackclub.org

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



Delta Dusters

1227 No. Peachtree Parkway
#124
Peachtree City, GA 30269

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 benefit from your efforts - Thanks!

