

The Boll Weevil

The Official Running Publication of the Delta Dusters

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Message from the President

By Gregg Davis
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2006 is just about over and the end of the year provides us with the opportunity to reflect on the accomplishments of the past year and plan our goals for next year. My running results were mixed in 2006; I didn't run any PRs this year, nor did I qualify for Boston or achieve a sub-seeded Peachtree time, but I did manage to stay injury free, run a record mileage for the year, and I placed second in my age group in the Atlanta Track Club Grand Prix series. My goals for next year will be similar and hopefully I'll get to Boston someday.

The Peachtree qualifier is a goal I'm going to focus on during the first couple of months in 2007 and it's one that I'd like to suggest for all of you who plan to run the Peachtree Road Race, because it will make your race much more enjoyable. There are several levels of qualifying times that can be used for Peachtree seeding (details can be found at www.atlantatrackclub.org). A time better than 55:00 will qualify you for Time Group 1, which means you get to start when the gun fires. And even if 55:00 is a bit ambitious, **any** certified time that you submit with your Peachtree application ensures placement no

worse than Time Group 3. That means you'll get to the park before 75% of the field and make it to the Delta area before the beer runs out! To help as many Dusters as possible achieve a certified qualifying time, we've selected the Chattahoochee Road Runners 10K (www.crrclub.com) on March 3rd, 2007 as our sponsored spring race. The course is the fastest in Atlanta with a long downhill finish and results are posted in plenty of time to allow submission with your Peachtree application. Stay tuned for more details on this event.

In addition to personal running goals, I have some for the Dusters as well. First, I hope to see great participation in club sponsored events this year, especially at the ING Marathon and WARR in Sydney. Second, I'd like to see our membership continue to grow. We added about 15% to our rolls in 2006 and I think we can do the same in 2007. I'm sure there are some more avid Delta runners out there, so if you know one, encourage

them to join us. And last, especially in light of current events surrounding Delta's future, I hope that everyone will show their pride every time they race by wearing their Delta colors.



Whatever your personal goals are for 2007, I wish you the best in your pursuit of them.

Happy Running,

Gregg



"Wisdom from Wes" - 100 Excuses

By Wes Wessely
wwessely@bellsouth.net

AS I SIT HERE, TWO DAYS BEFORE THE ATLANTA HALF, GATHERING THOUGHTS AND MOTIVATION FOR THIS ARTICLE AND THE COLD 7 A.M. START, LONG-TERM GOALS ARE GREAT BUT SEEM HARD TO BRING INTO FOCUS FOR SHORT-TERM MOTIVATION AND THE RESULTING ACHIEVEMENT.

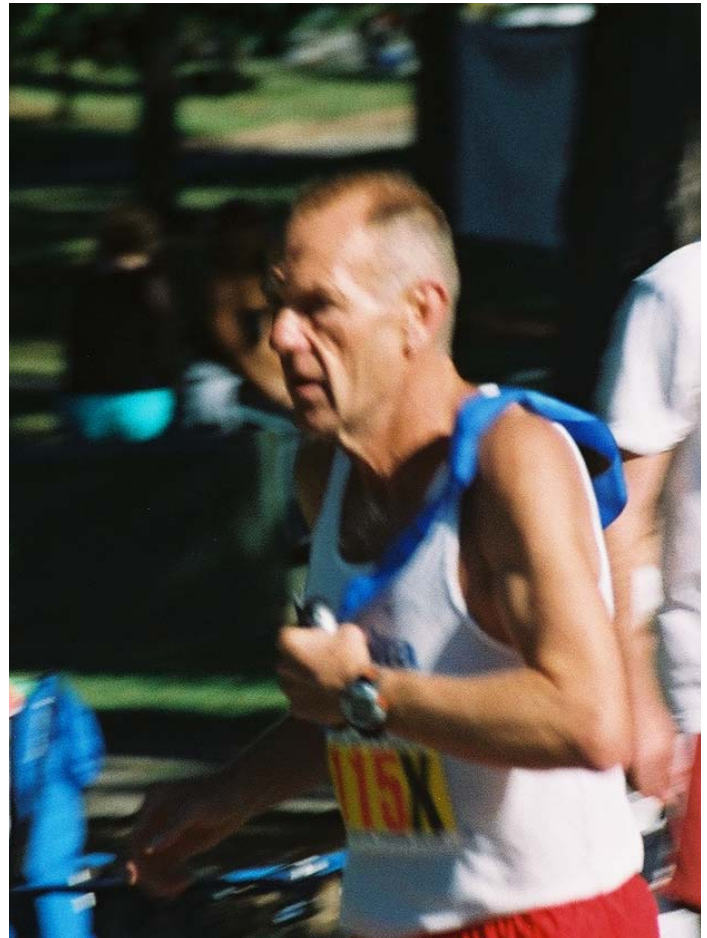
MANY OF US ARE NOT BORN WITH THE GENES TO HAVE THAT SLIM AND IDEAL RUNNER'S BUILD. I WOULD LOVE TO HAVE A DOLLAR FOR EVERY TIME I WAS TOLD, "I BET YOU CAN EAT ANYTHING YOU WANT," AS MUCH AS I TRAIN. NEVER MIND THAT MY PARENTS ARE NOT SLIM, I HAVE A GREAT FONDNESS FOR PIES AND

chocolate, BESIDES MY WIFE BEING A DARN GOOD COOK, SINCE I TOOK MY FIRST TRAINING STEP 30 YEARS AGO AT 193 POUNDS, KEEPING THE WEIGHT DOWN HAS BEEN A CONSTANT STRUGGLE. HAVING TRIED EVERYTHING FROM VEGETARIANISM TO FASTING, I HAVE COME TO A DOABLE SYSTEM.

THERE SEEMS TO BE SOMETHING TO THE BIBLICAL 40 DAYS OF FASTING OR LENT THAT SEEMS TO BE THE LENGTH OF TIME I AM ABLE TO FOCUS ON REDUCING MY caloric INTAKE. I TRY TO EAT SENSIBLE YEAR-ROUND AND MAINTAIN A REASONABLE RUNNING WEIGHT. TO COMPETE AT A HIGH level, I HAVE TO SHED FROM FIVE TO EIGHT POUNDS AND WHEN YOU ARE THIN, THAT IS NEVER EASY.

I START BY SELECTING a SERIES OF RACES WITH ONE OR TWO THAT ARE IMPORTANT TO ME COMING AT THE END. IN THIS CASE, IT IS THE ATLANTA

HALF AND THE CROSS-COUNTRY NATIONALS TWO WEEKS LATER. THEN THE HOUSEHOLD GETS NOTICE THAT I AM dieting AND THAT THERE WILL BE NO CAKES AND PIES SIT-



TING AROUND. AS WITH ANYTHING, NONE IS EASIER TO DEFINE THAN SOME, MEANING NO CHOCOLATE.

OCCASIONALLY DURING THAT

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're not prepared, it's not pressure you feel, it's fear."

-- Bruce Bochy, Major League Baseball Manager

“Wisdom from Wes” - Con’t:

TIME I ALLOW MYSELF A REPRIEVE WHEN WITH FRIENDS OR FAMILY, BUT NO BINGE ANYTHING TO BLOW WEEKS OF HARD WORK. BEING RETIRED AND NEVER FAR FROM THE REFRIGERATOR MAKES THIS PERIOD EVEN MORE DIFFICULT. AGING ALSO COMES INTO PLAY AS THE FAT AND MUSCLE RATIO AND PLACEMENT ON THE BODY CHANGES.

THE ASSOCIATED TRAINING REGIMEN ALSO HAS TO CHANGE TO HELP YOU PINPOINT YOUR FOCUS. I CALL THE PROCESS TURNING UP THE THERMOSTAT WHICH HAS TO BE DONE CAUTIOUSLY AND ONLY A FEW DEGREES AT A TIME. AS WEIGHT DECREASES, TRAINING INTENSITY INCREASES, REWARD FEEDBACK FROM TRACK TIMES AND LOW-KEY RACES REINFORCE MOTIVATION TO CONTINUE PROGRESS. ANY SIGNS OF OVERTRAINING OR INJURY MUST BE ADDRESSED QUICKLY AS THAT DOWN TIME WILL BE A MAJOR HURDLE IN YOUR PHYSICAL AND PSYCHOLOGICAL PROGRESS.

SPECIAL ATTENTION MUST BE PAID TO CONTRIBUTING TRAINING FACTORS SUCH AS REST, CROSS TRAINING, STRETCHING, AND A STRESSLESS ENVIRONMENT. WHEN ONE OF THOSE CONDITIONS CHANGES, QUICKLY ADJUST GOALS AND CONTINUE ON YOUR PATH. A SOUNDING BOARD COACH, TRAINING PARTNER OR SPOUSE CAN BE VERY USEFUL IN ASSESSING YOUR PROGRESS. NOW GET STARTED. SPRING

WILL BE HERE BEFORE YOU KNOW IT.

RUN STRONG,
WES

P.S. AS I WRITE THIS AFTER THE ATLANTA HALF, I CAN TELL YOU THAT MURPHY'S LAW IS ALIVE AND WELL. MY TROUBLE STARTED WHEN I USED A TOKEN FOR THE TRANSIT TRAIN THAT IS NO LONGER ACCEPTED. AFTER SNEAKING IN AND WAITING WITH MANY OTHER PARTICIPANTS, THE TRAIN WAS LONG IN COMING. ARRIVING AT THE START WITH ONE MINUTE TO SPARE AND NO BATHROOM STOP DIDN'T HELP MATTERS IMPROVE. EARLY SLUGGISHNESS PROBABLY THE RESULT OF ALL THAT PRESTART TENSION SHOWED. BY SIX MILES I HAD TO MAKE A POTTY STOP AND WATCHED AS MY

COMPETITION SPED AWAY. GEARING BACK UP, I NEVER COULD FIND MY RHYTHM AND FINISHED OVER A MINUTE BACK IN SECOND PLACE. TO ADD INSULT TO INJURY, MY HORSE KICKED ME IN THE KNEE THE NEXT MORNING. GOOD LUCK.

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



Duster Race Results – October and November, 2006

Peachtree City Classic 15K – October 21, 2006 – Peachtree City, GA

Christian Primas	53:03 5 th overall, 1 st in age group
Barbara Chandler	1:04:51 5 th overall, 2 nd in age group
Gregg Davis	1:05:15
William Pantin	1:09:36
Dave Fritsch	1:14:59

Peachtree City Classic 5K – October 21, 2006 – Peachtree City, GA

Carolyn Bowen	25:08
Julie Duggan	28:00
Adeline Craig	34:59
Diane Staska	42:03

Henry County XC Varsity Girls Championships, 5000 meter, Oct 21

Malori Harmon	21.24
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Big Red Apple 5K – October 21, 2006 – Cornelia, GA

Wes Wessely	19:32 1 st in age group
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Inaugural Girl Scout Celebration 5K – October 28, 2006 – Cumming, GA

Teri Chiong	27:14 1 st overall
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Silver Comet Half-Marathon – October 28, 2006 – Mableton, GA

Andy Lyons	1:51:53
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Marine Corps Marathon – October 29, 2006 – Washington, DC

Russ Johnson	4:12:58
Karen Johnson	4:14:38

Atlanta Track Club Run Around the Rock 10M – November 4, 2006 – Stone Mountain, GA

Barbara Chandler	1:09:57 1 st in age group
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GATFXC Girls 5000 mtr, Nov 4

Malori Harmon	20.13.8
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Strong Legs 10K – November 11, 2006 – Atlanta, GA

Barbara Chandler	45:40 3 rd in age group
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Gobble Jog 10K – November 23, 2006 – Marietta, GA

Andy Lyons	58:28
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Atlanta Half Marathon – November 23, 2006 – Atlanta, GA

Wes Wessely	1:28:53 2 nd in age group
Chuck Brower	1:54:02
Richard Evelyn	2:15:22 12 th 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 !



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>

“If wining isn’t everything, why do we keep score?”

- - Vince Lombardi,
Professional Football Coach

Duster Birthdays!

David Palmer	Dec 03	220/ATG
Joseph Toczek	Dec 21	507/ATG
David Fritsch	Dec 22	578/ATG
Barbara Chandler	Dec 23	610/ATL
Charles King	Dec 24	382/ATG
Glenn Miller	Dec 24	214/DFW
Ed Suttner	Dec 24	707/ATG
Lloyd Boone	Jan 02	
Tom Gannon	Jan 04	RET/ATL
Fox Ferrel	Jan 06	
Kathleen Hurley-Bolinder	Jan 11	611/ATL
Michelle Luis	Jan 11	654/ATL
Terry Anderson	Jan 19	RET/ATL
Kay O'Neal	Jan 20	
Stan Yasuhara	Jan 20	
Michael Quiello	Jan 29	725/ATG

Happy Birthday to all of our Duster friends!!!



Pictures from the Peachtree City Classic!





Pictures from the Peachtree City Classic!

It was a beautiful day for a race. About a dozen Delta Dusters showed up to run, with several more for cheering and support. Christian Primas flew in from London for the race and won first place in his age group! Barbara Chandler won second in her age group! Congrats Christian and Barbara! Gregg Davis pointed out that the picture on the trophy was from the 2005 starting line, and he's in the picture! Kimberly Davis was presented with the annual Duke Award. The Dusters give the Duke Award each year to someone who has contributed significantly in supporting the Dusters and local running. Big thanks to Kim.

ING GA Marathon and Half-Marathon Update:

This week, ING Georgia Marathon & Half Marathon announced that one-third of the available registration spots for the inaugural March 25, 2007 race have been taken. Five thousand runners have signed up to participate in either the half marathon or full marathon; the event is limited to 15,000 participants and is expected to sell out.

ING Georgia Marathon & Half Marathon race representatives attended this week's Atlanta Marathon and Half Marathon Expo to promote the event to runners participating in the Atlanta Track Clubs' traditional Thanksgiving day race. Sharing the news, Victoria Seahorn, race director, said, "This is quite a milestone. We've designed this race to show off the best of the city of Atlanta, city of Decatur and our neighborhoods, and we're thrilled that so many runners have committed this early to what will be a world class event."

Georgia's first neighborhood-based marathon will travel through 26.2 miles of the metro Atlanta area's most interesting and historic areas including the Sweet Auburn District, Inman Park, Decatur, midtown and downtown. Along the way, it will pass landmarks including the King Center, Carter Center, Margaret Mitchell House and finish at Underground Atlanta. The ING Georgia Marathon & Half Marathon includes a marathon, half-marathon and wheelchair events. Runners and race-day volunteers can get more information or sign up at: www.inggeorgiamarathon.com.



Duster Spring Social!

Mark your calendar! The annual Duster Spring social will be held February 15th. It's a great way to catch up with your Duster friends and make new friends. Watch your email for more announcement!

"Champions aren't made in the gyms. Champions are made from something they have deep inside them - - a desire, a dream, a vision"

-- Muhammad Ali

Duster Race and Events Planner

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

January 2006

- 1 – ATC Resolution Run – 5K / 10K – Marietta, GA; www.atlantatrackclub.org
- 13 – Museum of Aviation Marathon & Half Marathon – Warner Robbins, GA;
www.robinspacers.org
- 20 – ATC Peachtree City 5K / 10K – Peachtree City, GA; www.atlantatrackclub.org

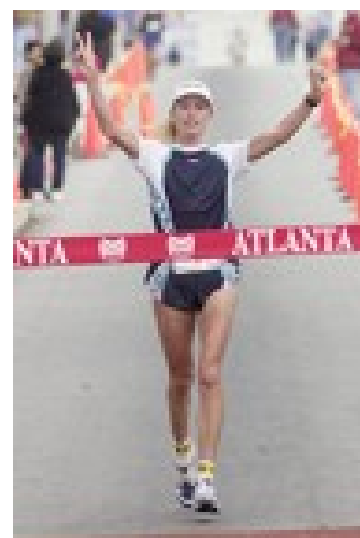
February 2006

- 3 – Pensacola Double Brige Run – 15K – Pensacola, FL; www.doublebridgerun.com
- 10 – ATC Track Day – One Hour Run – Decatur, GA; www.atlantatrackclub.org
- 11 – Mercedes Marathon & Half-Marathon – Birmingham, AL; www.mercedesmarathon.com
- 15 – Duster Social! Social will be held in Manchester Arms (located in College Park.)
- 17 – ATC Hearts & Soles 5K - Atlanta, GA; www.atlantatrackclub.org
- 17 – Gasparilla Distance Classic – 15K – Tampa, FL; www.tampabayrun.com
- 24 – Charles Harris 10K – Tucker, GA; www.active.com

March 2006

- 3 - **Chattahoochee Road Runners 10K – Sandy Springs, GA;**
www.crrclub.com
- 10 - Silver Comet 10K – Mableton, GA; www.silvercomet10K.com
- 24 - ATC Atlanta Womens 5K – Atlanta, GA; www.atlantatrackclub.org
- 25 - **ING Georgia Marathon & Half Marathon – Atlanta, GA;**
www.inggeorgiamarathon.com

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



Delta Dusters

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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!

