

The Boll Weevil

The Official Running Publication of the Delta Dusters

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Message from the President - "It's Time to Celebrate!"

By Gregg Davis
gregg.davis@delta.com

Our timing just couldn't be better. We've spent the last couple of months planning the 2007 Spring Social and now we really have something to celebrate! Yep, thanks to over 100,000 employees, retirees, family and friends of Delta, none of us will have to log any miles in the unbearably hot and nasty Arizona summer (since Atlanta summers are bad enough)! So come join us on Thursday, February 15th at the Manchester Arms on Virginia Ave (about one mile west of the G.O.) for snacks, drinks, and some great prizes. We'll have a special drawing just for Dusters who bring along a friend to join the club. The fun starts at 5pm and lasts 'till 9pm.

The next race on the docket is the Chattahoochee Road Runners 10K on March 3rd. As I mentioned before, this is the absolute fastest course in Atlanta and is perfect for getting a Peachtree Qualifier and maybe even a PR. It will also be a great opportunity to thank Atlanta for their support by wearing your Delta colors. If you think you might be running, send us an email. We'll try to get a team photo before

the race starts.

Finally in March, we've got a great group signed up for the first ever ING Georgia Marathon & Half Marathon, right here in Atlanta. Delta is the official airline for this event, and will be providing a finish line tent for employees and family members to enjoy after the race (similar to the one we've had for years at Peachtree). There's also talk of the company providing shirts for all of the runners to race in. Stay tuned for more on that. By the time this issue goes to press, the race may be sold out, but I know of at least

20 Dusters who will be running, most of them in the Marathon (yep, I'm one of them). If you don't want to run, come on out and cheer us on. Also, Delta will be looking for volunteers to staff at least one water stop, if you're interested in doing more than just cheering.

Have you checked out the website lately? Will Pantin has worked tirelessly on its renovation and it loads fast and looks great! We have up date information, Boll Weevil archives, a WARR page and link, Duster photos and more. Thanks Will!

Membership renewal forms have all been mailed, so if you haven't received one yet, please let me know. If you want to save a stamp, you can bring your renewal to the Spring Social.

The stage is set for a great spring. I hope that you will all show how proud we are that we "kept Delta our Delta" by wearing your Delta colors every time you race!

Happy Running,

Gregg



"Wisdom from Wes" - If You Remember Last Month

By Wes Wessely
wwessely@bellsouth.net

If you remember last month's column where I wrote about my limited success at the Atlanta Half, I knew then that it was time for a break from hard training. One learns over the years that if you don't take a break regularly, the body will take one for you through injury or illness.

Having followed my own advice, I joined a friend for a short road ride two days before Christmas, two hours before a dinner party at our house. In the winter months I equip one mountain bike with street tires to slow me down for the nippy temperatures. That turned out to be a blessing that day. About one and a half miles from my house down an often traveled gritty asphalt road, I warned my friend about a large puppy dog coming out of the woods. The dog made it past him but not me. I laid the bike down and skidded across the pavement.

Duster Staff :

President: Gregg Davis

Website Coordinator: William Pantin

Treasurer: Eric Elbel

Newsletter: Kimberly Davis

Uniforms: Steve Duer

WARR Coordinator: Julie Duggan

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

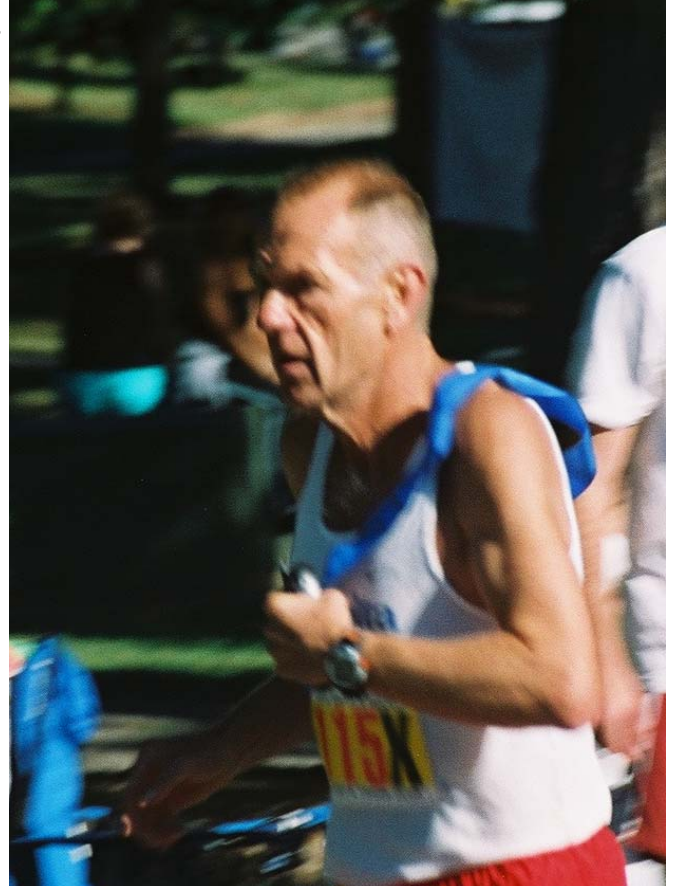
To contact us, email us at "runningclub.delta@delta.com. Or to Kimberly Davis at 355 Burch Rd, Fayetteville, GA, 30215.

We welcome race results, pictures, stories or suggested races. Newsletter is published every other month, so send in future race ideas 1 to 2 months ahead of entry deadlines.

After collecting my broken sunglasses and confirming no broken bike or bones, I got back on the bike and rode home. The fall hurt but the cleanup was worse. I had four holes punched from the chain ring, a cantaloupe sized swelling on the side of my hip and road rash head to toe. Next thought, will I be able to run tomorrow? Not for the next four days anyway. Pedaling on the trainer in the basement was not too bad; keeping relatives and friends from hugging me during the holidays, impossible.

Due to the holidays it was hard to get therapeutic help but I did soak and ice often. My shuffle turned into a nine-minute jog within ten days but swelling and discoloration were pretty bad. When I finally saw a doctor, he said I was recuperating well and to keep doing the same thing. I also included aspirin and ibuprofen treatment. After four weeks I was back to speed work and planning my first 5k of the New Year. As luck would have it, three days before that race I took a large scrape on my calf muscle slowing me down again. I went to the race anyway, and managed to run about one minute slower than normal. The competition also took off for the holidays and ended up in arrears. Lesson this month ends up being the same as last month. Plan well, train well, and Murphy's Law is sure to intervene.

Hope you have a good spring season and I hope to report the same next time.



Happy Roads and Trails,
Wes

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

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

-- Armand Hammer, Industrialist

WARR Down Under – Sydney, Australia

The World Airline Road Race (WARR) will be hosted by Qantas Airways on October 25-28, 2007, in Sydney, NSW, Australia. What better way to see Down Under than with some Aussie hosts! For those that are new to WARR, it is a fun event that brings airline employees from all over the world together for four days of fun and camaraderie. This year will be the 26th year for this event which includes a 5k and 10k race. In the next few issues of the Boll Weevil we will provide additional information about WARR hotels, tours, events and activities. Registration for WARR will begin in April. Please visit the WARR website for the most current information: www.worldairlineroadrace.org.

WARR Agenda

The Watering Hole: (open throughout the entire WARR)

This is a designated meeting place to enjoy a quite drink and meet up with Warriors from all over. You can get advice from the local Qantas Running Club Hosts about sight-seeing, dining and where to get the shopping bargains. Location for this year's Watering Hole will be announced soon.

Thursday, October 25

Warriors gather in Sydney at Darling Harbour. This is a good time to enjoy the sights!

Friday, October, 26

○ **Registration:** 10:00 - 12:00; 14:00 - 16:00

Meet and Greet Party: Time/Place - TBD

This is where you meet friends and runners from past WARRS and greet the first timers. You may wish to wander off and share a meal at one of the many Sydney restaurants overlooking the harbour or party the night away in a city that like to think it is party central.

Saturday, October 27

○ **Registration:** 10:00 - 12:00; 14:00 - 16:00; 21:00 - 22:00

T-shirt Swap Party: Time/Place TBD

We always have an early start to the infamous T-shirt swap party where everyone swaps their own shirts for other airlines. Each airline designs a special t-shirt for the event. Three awards are given for the best t-shirt design. Delta has been known to design a winning shirt in the past several years.

Sunday, October 28 – Race Day

○ The 10km race is run first. Race course TBD.

The 5km race is a great race for those who may not want to “go the distance” or for those who wish to walk – Race course TBD.

Gala Dinner and Awards Presentation

○ Over 180 awards are presented during a gala dinner followed by dancing.



Duster Race Results – December 2006 and January 2007

Rocket City Marathon – December 9, 2006 – Huntsville, AL

Kristin Carney 4:03:26

USATF National Cross Country Championships – December 9, 2006 – San Francisco, CA

Wes Wessely 41:23
7th in age group

Atlanta Track Club Resolution Run – January 1, 2007 – Kennesaw, GA

Gregg Davis 43:08
Richard Evelyn 56:45

Arizona Half Marathon – January 14, 2007 – Phoenix, AZ

Christian Primas 1:21:29

Atlanta Track Club Peachtree City 10K – January 20, 2007 – Peachtree City, GA

Gregg Davis 42:23
3rd in age group

Atlanta Track Club Peachtree City 5K – January 20, 2007 – Peachtree City, GA

Wanda Hullander 29:12
3rd in age group

Miami Marathon – January 28, 2007 – Miami, FL

Carolyn Bowen 4:35:34



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 2007 !

The ING Marathon and Half Marathon will be March 25, 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!

Hurry up, register now! 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!

Corrine Hofstetter	Feb 07	611/ATL
Jeanette Nagy	Feb 09	
Donald Colby	Feb 12	
Trevor Brading	Feb 23	
Tracy Bellamy	Feb 24	299/ATG
Andrew Lyons	Feb 25	587/ATL
Lawrence Allen	Feb 27	
Insoon Kwon	Mar 03	611/ATG
Debi Cziok	Mar 11	
Gregory Fullenkamp	Mar 12	311/ATG
Charlie Mills	Mar 14	RET/ATL
Josh Maxwell	Mar 18	102/ATG
Gregg Davis	Mar 20	661/ATG
Wes Wessely	Mar 26	RET/ATL
Barbara Allen	Mar 28	

Happy Birthday to all of our Duster friends!!!



Triathlon News - Duster Participation and Rankings

A lot of retired Dusters have gotten into the sport of triathlons. USA Triathlon, our national governing body, just announced their 2006 rankings for the sport of triathlon & duathlon.

Errol Lassiter was given All American (top 5%) status & was ranked # 1 out of 77 men in the USA in triathlon. Larry Mayse was given Honorable Mention (top 10%) status being ranked # 50 in a field of 849 guys. Great job guys!



Pictured here is our Wednesday Brick Training Group which includes Larry Mayse (far left), Linda Mayse (2nd from left), Karen O'Riordan (3rd from left), Eric Elbel (red hat in middle), Ron Baker (on Eric's right), Errol Lassiter (far right), Linda Lamm (next to Errol) & Roy Lamm (3rd from right). Currently, Ron Baker is the only Deltoid still working. He is age 50 and a 737-800 captain in ATL. Jon Pillow, who also trains with us, was not present at this photo op. (Larry Mayse has just taken on the job as head triathlon & swim coach at the new Life Fitness center in Alpharetta.)

Triathlon News - "The Plunge"

Jon Pillow organized a 7 mile trail run at Red Top Mountain State Park followed by a swim in the lake on New Year's Day. We had 23 folks show up to run, and 10 actually took "the Plunge."

We came...we saw...we conquered!
Who says 48F is really all that cold?

Four Dusters - Linda Lamm, Jon Pillow, Fox Ferrel & Karen O'Riordan (starting from 3rd from left).

(For more triathlon information, contact Fox Ferrel, 610 Clubwood Court, Marietta, GA, 30068-4026. Phone: (770) 971-2614 Email: tri-fox@bellsouth.net)



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. Social will be held in "Manchester Arms" (located in College Park), 5pm to 9pm! Great prizes this year too!



"I say luck is when an opportunity comes along, and you're prepared for it."

-- Denzel Washington, Actor.

Duster Race and Events Planner

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

February 2007

- 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 (College Park, GA.);**
www.themanchesterarms.com
- 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 2007

- 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

April 2007

- 14 - Chickamauga Chase 5k and 15K—Chickamauga, GA; www.chickchase.org
- 16 - Boston Marathon - Boston, MA; www.bostonmarathon.org
- 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
- 27 - Vermont City Marathon – Burlington, VT;
www.runvermont.org

(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 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!

