

The Boll Weevil

The Official Running Publication of the Delta Dusters

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Message from the President - "Summer is Here !"

By Gregg Davis
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According to the calendar it's not official, but for those of us running in Atlanta, summer is here ! My run today was in 85 degree heat with the heat index well over 90. I guess that's good training for the Peachtree Road Race, where we always expect tough conditions, but usually not quite that hot. Hopefully by the time you get this issue, you will have received your Peachtree number, and you'll be ready to run a great race. Remember to drink lots of fluids along the way and meet us at the Delta finish line tent where you can have even more fluids (frosty adult beverages if you like) as well as food and a massage. If you're not running that day, but still want to be part of the fun, we'll be looking for some volunteers to help out at the tent. Send me an e-mail at gregg.davis@delta.com if you're interested. There are also volunteer opportunities available thru the Atlanta Track Club – contact Lisa Tanner at

vol@atlantatrackclub.org,

I hope the heat won't keep you from training and thinking about fall events. As always we're planning on fielding several teams for the Atlanta Ekiden Relay in September. This has become a great Duster tradition over the past few years, with Duster teams bringing home awards every year since 2002. If you want to join the fun, contact Dave Fritsch

(dave.fritsch@delta.com) who has agreed to help with the role of Team Captain this year. If you don't want to run, it's a great spectator event and there's a rumor that a "Duster Legends" team might make an appearance this year, which you won't want to miss ! Also on the fall calendar is a trip down under to Sydney for WARR. Defending WARR champ Christian Primas is determined to repeat his victory and is looking for some help this year to bring the Team Title to Delta as well. Julie Duggan (julie.m.duggan@delta.com)

(julie.m.duggan@delta.com) is this year's Captain and has all of the details.

If you're looking for a summer race to beat the heat, Susie Montgomery tells me there's a great race in Huntington Beach, CA in August (check the race planner page for a link). They have both five and ten milers, and you can't beat the flat fast course and ZERO humidity of Southern California. I'm going to give the ten miler a try this year.

Con't on page 6...



“Wisdom from Wes” - Sticking to a Routine

By Wes Wessely

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Sticking to a routine has always worked best for me. It does not matter whether it is training, racing or looking after our five horses. As in the animal world, routine seems to work best for creatures of habit.

As most races around the country are held on Saturday (except for California), I have generally followed the same routine prior to racing. Taking two weeks between races has proven to work better as recovery and aging begin to take their toll. I usually don't do speedwork Monday if the race is the next Saturday, as performance can be iffy with the shorter recovery. You can stack on more short races but generally one day recovery for each mile raced is the rule. That leaves very little time for buildup if you race often.

Then there are those pesky holiday races that are on Monday or

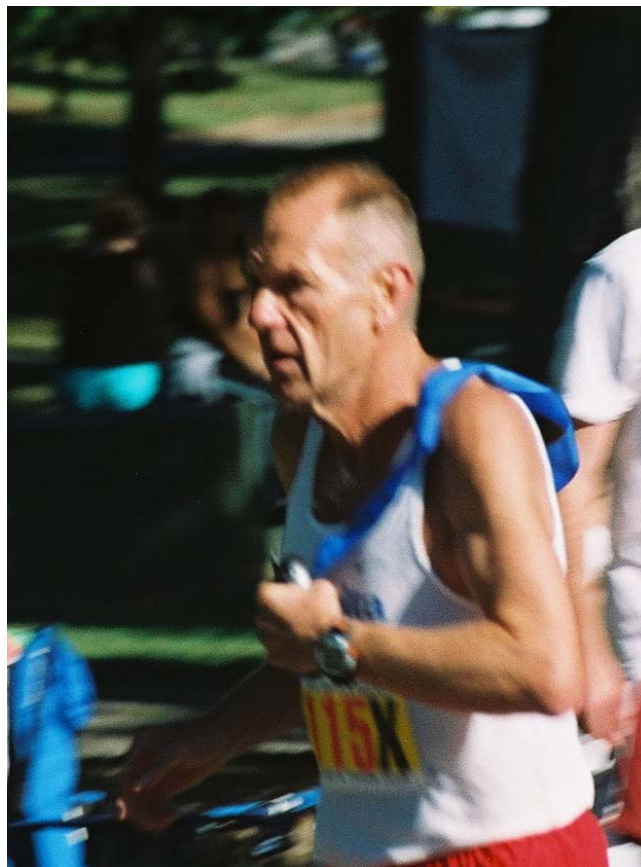
Peachtree which this year falls on Wednesday. For this last Memorial Day 10k I did my last hard workout on Wednesday. On Sunday morning I was still not 100% and glad to have another day. This is where weekend routine starts to come into play. The girls wanted to go on a trail ride, which we did in about two hours and I felt that I could recover with two Advil's and some stationary bike time. Well, I forgot the Advil and felt it the next morning. An extra long warm-up was in order to work out all the kinks. As many casual runners were still pulling into the parking lot, I was heading for the starting line. The morning was cool and a couple of miles into the race the legs loosened up and saved me with a decent race. Once again, I was amazed that at my age running a 39ish 10K I would place 14th out of a large field that combined with the 5k had to be a thousand. Talking to runners at the awards I learned that some also raced Saturday, partied over the weekend and had just lost track of their running routine. If you want to be successful, make a plan and follow it if possible. As you get ready for Peachtree train some in the heat but don't overdo it the weekend before. If you are just a recreational runner coming to town, don't be tempted to run the

course the Sunday before.

If you have not noticed or live elsewhere, we have a lot of wildfire smoke covering the state. My learned friends at CDC have told me running in these conditions, especially hard, can lead to emphysema or other serious lung damage.

Be safe, run smart

Wes



Duster Staff :

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Website Coordinator: William Pantin

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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.

"To me, old age is always 15 years older than I am now.

-- Bernard Baruch, Presidential advisor

Cincinnati Flying Pig Marathon Race Review

Russ Johnson

(Who ran and PR'd this race last month!)

I had heard great things about the Cincinnati Flying Pig Marathon so I wanted to experience it for myself. The plan was to arrive in Cincinnati on Friday night, spend some time at the expo Saturday, then run the race on Sunday well-rested. Since I work for an airline I should have known better! As it turned out, after 22 hours flying in from Narita, Japan to Atlanta, then Cincinnati, I finally arrived at my hotel at midnight on Saturday for a 6:30 Sunday start. Fortunately a friend had picked up my race packet and left it at the hotel. By the time I got to my room, settled in, and got everything ready for the morning, it was almost 1:30. After 4 hours sleep I woke, gulped down some instant coffee and walked down to the start, expecting a hard race.

At the start area there was a brisk breeze, the crowd was friendly and cheerful, and there was none of the crush of bodies that you usually get at a large race. I patted a beautiful Doberman that was wearing "Flying Pig" wings. I have two Dobs who are my running partners and I considered this good luck. I felt good and was starting to think that, considering the circumstances, the run might not be so bad after all.

Once the gun went off with a loud BOOM! it took very little time for the pack to spread out so that we could run unimpeded, without having to dodge packs of slower runners/walkers. We ran east along the Ohio River, crossed over a bridge into Newport, KY, turned west through Covington then back over the Ohio River into Cincinnati. There was light but enthusiastic crowd support in Kentucky and

the sunrise views on the two river crossings were great. Once in Cincinnati again we began to realize how well-supported this race is. There were large crowds cheering and plenty of high-fives from children and even a yellow Labrador! Water stations were frequent, about every two miles, with water and Gatorade, and they were well-staffed and not too crowded. This was a nice improvement over the ING Georgia Marathon. Bands entertained us every two miles or so.

The section from mile 5 to 9 is the toughest part of the course, as it is a steady climb to the highest point of the route. The climb didn't seem too hard, as the crowds and the high-fiving dog provided an energy boost. Anyone who lives and trains in North Georgia should not have a problem with this hill. Our reward for climbing the hill was a beautiful panoramic view of the Ohio River valley in Eden Park. From then on it is a very gradual, rolling descent through nice residential neighborhoods back to the river.

The next 10 miles were quite enjoyable. The cool breeze kept us comfortable, and each neighborhood had cheering sections lined up along the route, yelling, cheering, clapping and singing, seemingly trying to outdo each other with local pride. There were race clocks every mile and many of them had volunteers calling out our per-mile pace and projected finishing time as we passed. That was a nice touch. Around mile 12 I saw my lucky Dobe with Pig wings again, a good

sign. There were many bands along this section which provided additional motivation. Even the residents of senior citizen's homes were out cheering us. The fun lasted until about mile 19 when we entered a desolate stretch of highway then continued through an

industrial district. I kept expecting to pay for my quick pace with a bonk here but it never happened. Finally, with a mile to go, I could see Great American Ballpark and knew that the finish line was just around the bend. This last mile was again lined with cheering spectators and they helped me sustain

my pace, finishing in 3:39:14, a PR by over 5 minutes on a day when I had expected a very difficult race.

The Cincinnati Flying Pig Marathon is now one of my very favorite races. It is big enough to have great community support but not so big that you get lost in a huge crowd. The local citizens really seem to enjoy the race and so did I. The words "enjoy" and "marathon" do not normally belong together, but I really did enjoy this marathon. It has a full weekend of activities including the marathon, half marathon, 10k, 5k, and Piglet Fun Run for the kids. Anyone looking for a fun, active weekend for the entire family, regardless of how far or fast you want to run, will have a good time at the Flying Pig. And if you are looking for a fast marathon time or PR, once you top the hill at mile 9 it's all downhill. Do the Pig!



Duster Race Results – March 31 2007 thru May 31 2007

Springtime 10K – March 31, 2007 – Tallahassee, FL

Kerri Murray 1:02:49

Crescent City Classic 10K – April 7, 2007 – New Orleans, LA

Debbie King 1:07:00

Skagit Valley Tulip Run 5M – April 7, 2007 Burlington, WA

Michael Beauchamp 34:35

Chickamauga Chase 5K – April 14, 2007 – Chickamauga, GA

Karen Johnson 23:53 1st Masters

Chickamauga Chase 15K – April 14, 2007 – Chickamauga, GA

Russ Johnson 1:12:26

Cherios Challenge 5K – April 21, 2007 – Covington, GA

Terry Anderson 22:07 1st in age group

San Bernardino Search and Rescue 10K – April 28, 2007 – San Bernardino, CA

Susie Montgomery 53:26 1st in age group; 3rd overall

Kentucky Derby Marathon – April 28, 2007 – Louisville, KY

Debbie King 5:47:43

Jonquil Jog – April 28, 2007 – Smyrna, GA

Teri Chiong 25:27

Big Peach 5K – May 5, 2007 – Atlanta, GA

Barbara Chandler 20:06 1st Masters; 2nd overall

Patsy Burnette 28:41

Toad Suck 5K – May 5, 2007 – Conway, AR

Heidi Martin 24:48 2nd in age group

Flying Pig Marathon – May 6, 2007 – Cincinnati, OH

Russ Johnson 3:39:14 personal best

Woodley 10K – May 13, 2007 – Woodley, UK

Christian Primas 33:42 1st in age group; 2nd overall; personal best

Calloway Gardens 5K – May 13, 2007 – Pine Mountain, GA

Chuck Brower 24:03 1st in age group

Let It Be Foundation 4M – May 19, 2007 – Chino Hills, CA

Susie Montgomery 29:18 1st in age group; 3rd overall

Atlanta Track Club In-Training for Peachtree 5K – May 19, 2007 – Atlanta, GA

Wes Wessely 19:04 1st in age group

Rico Dorsey 26:06

Twisted Ankle Trail Half Marathon – May 19, 2007 – Summerville, GA

Russ Johnson 2:07:40

Green Bay Half Marathon – May 20, 2007 – Green Bay, WI

Gregg Davis 1:33:38

Green Bay Marathon – May 20, 2007 – Green Bay, WI

Christian Primas 2:48:08 2nd in age group

Saddleback Memorial Half Marathon – May 28, 2007 – Laguna Hills, CA

Susie Montgomery 1:52:04

Celebrate America 5K – May 28, 2007 – Alpharetta, GA

Teri Chiong 24:34 2nd in age group

Celebrate America 10K – May 28, 2007 – Alpharetta, GA

Wes Wessely 39:10 1st in age group

Andy Lyons 48:45

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 !

Twisted Ankle Marathon Race Review

RussJohnson

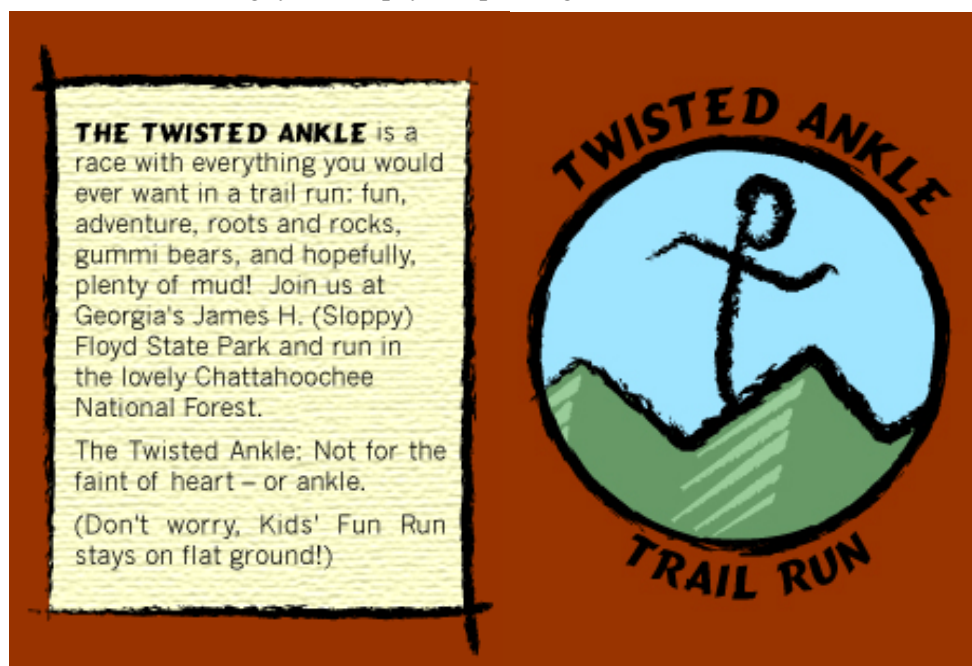
(Who ran and PR'd this race last month!)

The appropriately named Twisted Ankle Trail Marathon/Half Marathon is a tough trail race mostly along the Pinhoti Trail atop Taylor Ridge near Summerville in northwest Georgia. 150 runners are accepted into each race for a total of 300, and it fills up early. The weather can be unpredictable--this year the weather was perfect--cool and dry with a nice breeze, unlike last year when it was quite hot and humid and caused a number of DNF's.

The race starts with a circuit around a small lake, slowly climbs up a hiking trail approaching Taylor Ridge, then in mile 3 climbs a very steep hiking trail up to the top of the ridge. Parts of this climb are so steep that it has steps cut into it. It's like starting off your trail race by climbing a 30-story staircase. This infamous section is known as "Becky's Bluff", named after the sadistic RD ;) who designed the course. Once atop the ridge it runs north-south along the Pinhoti Trail, which runs along the ridgetop. Half-marathoners turn north while marathoners run an out-and-back route to the south then rejoin the half-marathon route. This middle part of the course is a challenging but enjoyable out-and-back along a partly overgrown jeep road, quite rooted

and rocky in parts, with continuous climbs and descents. If you are not experienced at trail running, you will pay

placing in the top three in their category. Additional incentive to do your best! Support is great--four aid stations (on the half



the price here when you trip and fall, probably more than once. The last three miles or so descend back down off the ridge to the lake along a steep, rocky jeep road, back around the lake and finish across a beautiful wooden footbridge. This is the best race finish ever!

Finisher's medals are unique, handmade ceramic medallions with the race logo, but are only given to those

marathon course) with plenty of water, sportsdrink, gummi bears, pretzels, and other good stuff. It is a good idea to carry a water bottle, especially if it's a hot day since you may go about 4 miles between aid stations. It is certainly not an easy course, this year's winner has run 2:55 road marathons and he won the Twisted Ankle in a time of 3:26.

"The ones who are successful are the ones who really want it. You have to have that inner drive otherwise it's not going to work out."

-- Kerri Strung, Gymnastics Olympic Gold

Message from the President:

Continued from page 1:

Russ Johnson has been racing everywhere it seems (I've lost count of the number of marathons he's done) and has contributed a couple of race reviews to tell us about his adventures. Thanks Russ. If you've run an interesting race, please let us know about it – your review can be a paragraph or a whole page.

Last newsletter I mentioned the great race result website www.athlinks.com. Hopefully you've had a chance to visit it and see which of your results are included. I encourage all of you to register (it's free) and I'll set up a Duster group on the site so that we can all easily see what other Dusters are up to.

I look forward to seeing all of you at the Peachtree finish line. Until then, keep hydrated and injury free !

Happy running,

Gregg

Duster Birthdays for June & July!

John Laughter	Jun 04	223/ATG
Kelly Holmes	Jun 06	426/ATG
Diane Robinson	Jun 18	610/ATL
Lew Valero	Jun 19	
Steve Pass	Jun 29	
Don Hamel	Jul 02	587/ATL
Christopher Nagy	Jul 09	
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	
Anne Anderson	Jul 19	Spouse/ATL
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

Happy Birthday to all of our Duster friends!!!



Duster Race and Events Planner

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

June 2007

- 12 – Peachtree City Summer Track Series (Tuesdays thru July) – Peachtree City, GA; www.ptcrc.com
- 16 – Army Hooah 5K/10K – East Point, GA – www.armyhooahrace.army.mil
- 16 – Robi Run 5K – Newnan, GA – www.fightbraintumors.org

July 2007

- 4 – Peachtree Road Race – Atlanta, GA; www.atlantatrackclub.org**
(Delta sponsored finish line tent in Piedmont Park following the race)
- 28 – Atlanta's Finest 5K – Atlanta, GA; www.atlantatrackclub.org
(to benefit the Atlanta Police Foundation)

August 2007

- 4 – Run for Life 5K/10K – Kennesaw, GA;
www.atlantatrackclub.org
- 18 – Huntington Beach Distance Derby 5M/10M – Huntington Beach, CA,
<http://surfcityusa.com/plan/events/0000000413/view.php>

September 2007

- 3 – US 10K – Marietta, GA; www.us10K.org
- 23 – Atlanta Ekiden Team Relay – Atlanta, GA;
www.atlantatrackclub.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!

