

# The Boll Weevil

The Official Running Publication of the Delta Dusters

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## Message from the President - "Are you ready for PTRR?"

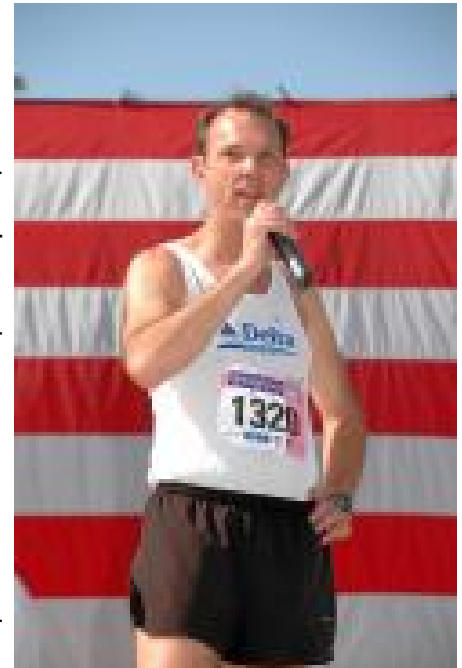
**By Gregg Davis**  
gregg.davis@delta.com

Are you ready for Peachtree? The Atlanta Track Club has begun mailing numbers so if you were one of the almost 700 Delta runners who signed up, check your mailbox, your number should be arriving soon. I've heard from several runners who missed the entry deadline, so if you find you can't use your number this year, let me know and I'll try to help get it to someone who can use it. Hopefully you've heard by now that this year's course will be slightly different than in recent years, due to the drought conditions affecting Piedmont Park. Instead of finishing on 10<sup>th</sup> Street at the park, the course turns right onto Juniper and will finish at the intersection of Juniper and Ponce de Leon. From there it's about a 3 block walk to the Civic Center

parking lot where water, t-shirts and the sponsor tents will be located. Once again Delta will be sponsoring a finish line tent for employees and family members – details are still being finalized for the new location so stay tuned. If you're not running 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](mailto: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](mailto:vol@atlantatrackclub.org).

Even though summer hasn't quite officially begun, it's not too early to start thinking about our fall events. This year's WARR will be held in Ottawa,



Canada and since we have twice daily service from ATL, we're hoping to have a large contingent. This year our Team Captain will be Adeline Craig, so if you have any questions about events or lodging, contact her at [adeline.craig@delta.com](mailto:adeline.craig@delta.com). As always we're planning on fielding teams for the Atlanta Ekiden

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## “Wisdom from Wes” - The Five Year Cycle.

By Wes Wessely  
wwessely@bellsouth.net

If you remember one of my past articles, I stressed the importance of periodic numbers in running. Some of those numbers are one-day recovery for every mile raced, three-day recovery from a slight strain, ten weeks of holding a peak and more.

Today I want to discuss one of the longest periods runners need to be attentive to. It's no accident that most races have five-year age groups. All of us have seen the improvement or decline in performance in a five-year period. My assumption

here will be that the person has applied the same amount of training in their schedule.

As I embark on my seventh of such cycles, some glaring facts have become apparent. First off, the repetitive five-year peaking cycle most likely will not match your change of age groups. Some competitors struggle with the three off years in that cycle and virtually disappear from results only to rise like a phoenix when they are on a high again. It took me a couple of cycles to figure out what was happening since at that stage of my running career I was still improving. One tends to run personal bests in the first year, then slowly decline and eventually struggle with training or injury/illness.

As I started to get interested in various Grand Prix race series, I noticed the same declining pattern in many local and regional runners. Based on that, I now participate in these series races in the first year of age group change. My five-year peak

actually starts one year early, which allows me to prepare for the new age group by increasing my mileage and intensity. Once your racing cycle starts, you can prolong the peak by keeping your racing schedule to a minimum.

I guess that gets me to my next training session to get ready for my fifth year WARR race.



### 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.

**"Laziness is nothing more than the habit of resting before you get tired."**

-- Jules Renard, French author

## Race Review - Dubai Marathon

Submitted by Russ Johnson.

Dubai is a small but exceedingly wealthy Emirate on the Persian Gulf. It has the finest hotel in the world, the tallest building, the biggest hotel (soon), the richest horse race and golf tournaments, and a slew of massive upscale malls (one complete with an indoor ski slope and bobsled run!). Skyscrapers spring up seemingly overnight and they are currently building the world's largest sports venue. Everything in Dubai has to be the best.

So it figured that the Standard Chartered Dubai Marathon would be the richest marathon ever, with \$250,000 to the winners and a \$1 million bonus to a runner (male or female) who broke the world record. This attracted a number of elites, notably Haile Gebrselassie, the current world record-holder in the marathon. If he could beat his own record of 2:04:26 he would collect the million.

I am currently on the 777 and when I saw that we would have a 4-day Dubai layover, which would allow me to pick up my packet and run the race, with a couple more days to recuperate, I jumped at it. I registered at the last moment due to chronic problems with my foot. When would I ever have another chance to run Dubai and see Geb? Not to mention a guaranteed seat on the plane and free hotel! A friend from India had warned that many marathons in Asia cater exclusively to the elites, and slower runners might find themselves without aid station support and arrive at

a deserted finish line. This was not the case in Dubai.

Packet pickup was just that--no expo or other booths at all except for the *Marathon de Monaco et des Riviera*. A marathon in Monaco, France and Italy along the Cote d'Azur? There's another one for my list.

We dodged a bullet--the four days before the race Dubai had torrential rain, an almost unheard-of event in the desert. The day of the race was ideal, 55°F with a light breeze. It isn't easy to find a cab at 6 a.m. in Dubai but when it finally arrived it was, like everything else there--new, clean, and comfortable.



## Race Review - Dubai Marathon Con't:

Arriving at the start area I was surprised to see there were just two portajohns for roughly 600 runners and the bag drop was nowhere to be found. I waited in the slow line and gave my drop bag to a friend who had come along to watch Geb. I finally got through the line 5 minutes before the start and off we went.

The only fans out in force were Geb's Ethiopians, who were quite vocal. Dubai's population is only 20% local. The other 80% are foreign workers, many Ethiopian, and they were out to cheer for their national hero.

After about 1 km a woman runner leapt over a barricade and squatted down behind it to do her business. When you gotta go...good thing those barricades were there!

The pack was about 600 for the marathon (many more for the 10k and 4k later), and I heard many languages and accents, and saw a lot of T-shirts from all over the world. I did not see many runners who were natives of Dubai, but many foreign contract workers who live and work there--Aussies, Europeans, and Americans mostly. One woman was dressed in full-length black tracksuit and a headscarf.

The course runs toward the Persian Gulf for 5km then along the Jumeirah Road on the coast to the turnaround near the aforementioned finest (and tallest) hotel in the world and Tiger Woods tee, the world-famous, sailboat-inspired

still growing at about a floor per week, eclipsed the sun. All along the way were the Ethiopians cheering. I wanted to run a good, even pace here and tried to maintain steady 8:50 miles, which I felt I could sustain given my lack of



Burj Al Arab, where rooms run from \$2000 to \$28,000/night:

We passed mosques, palaces, the Dubai Zoo, fine hotels, upscale malls, and "public housing" for citizens that looked more like upscale Buckhead condos. The Gulf was only occasionally visible due to buildings along the Jumeirah Road, but soon we could see the famous Burj Al-Arab far in the distance. It was quite a nice running tour of the city. At one point the Burj Dubai, the tallest building in the world and

training and the foot, which was actually behaving itself for a change. I had a few conversations with some Americans who work in Abu Dhabi and a guy from Prague. I had figured that I would cross paths with Geb at roughly 14km (27 km for him) on the out-and-back and could tell he was approaching by watching the TV helicopter. Soon enough he passed, I said goodbye to Prague and paused to take a picture:

**Continued next page.**



## Race Review - Dubai Marathon Con't:

Soon after that the elite women passed. Lornah Kiplagat, previous world-record holder, was supposed to be running but I did not see her and later learned that she DNF'ed. By 16 km the highlight was over and I just cruised the rest of the way to the turnaround and started back:

### Turnaround with Burj Al Arab and Royal Palace in the background

Support was great throughout, with plenty of water and Gatorade all the way, plus orange and banana slices if I wished.

Water was passed out in 500ml bottles, which was kind of wasteful-after all, who drinks half a liter of water at an aid station? Most of it was tossed aside. I passed the dreaded 26km marker, which I really hate in a km-marked race (tease!), and despite

the usual heart rate creep and slowly increasing headwind, managed to keep a more or less steady pace to the finish. Along the way I passed some of the runners who had left me behind earlier, including Prague, so I felt I was running a tactically good race. At the finish I collected a very nice, big, bronze medal and a banana. There weren't enough volunteers there to collect chips so I had to untie my own, which is no fun at all after running a marathon!

I also located the portajohns and bag drop that I couldn't find before the start.

I learned that Geb had passed the halfway mark in a too-fast 61:27 and missed his \$1 million payday by a mere 30 seconds, still the second-fastest time ever. Well, even a world champion can go out too fast. I feel better.

All in all, it was a memorable race. Now about that Monaco Marathon...

(Russ is a Delta Duster and runs races all over the world.)



## Duster Race Results — Feb 2 2008 thru May 17 2008

### Surf City Half Marathon – February 3, 2008 – Huntington Beach, CA

Helen Tallon 1:50:13

Wayne Lauzon 21:30 3<sup>rd</sup> overall

### Angel's House 10K – Feb 9, 2008 – Newnan, GA

Kith Burkingstock 49:18 1<sup>st</sup> in age group

### Brookhaven Rotary 5K – March 29 – Atlanta, GA

Wayne Lauzon 20:08 2<sup>nd</sup> in age group

### ATC Hearts and Soles – Feb 16, 2008 – Atlanta, GA

Roy Lamm 25:10 3<sup>rd</sup> in age group

### ING Georgia Half Marathon – March 30, 2008 – Atlanta, GA

Brian Farmer 1:48:53

Andy Lyons 1:55:38

Karen Johnson 2:07:40

Teri Chiong 2:12:18

Russ Johnson 2:35:23

### Charles Harris Run for Leukemia 10K – February 23, 2008 – Tucker, GA

Wes Wessely 39:30 1<sup>st</sup> in age group

Wayne Lauzon 41:45 personal best

### Carrera Atletica MVS 10K – February 24, 2008 – Mexico City, Mexico

Rodrigo Heredia 55:23 personal best

### ING Georgia Marathon – March 30, 2008 – Atlanta, GA

Mathew Grzeck 4:11:40

Patsy Burnette 5:34:39

Rico Dorsey 5:43:39

### Chattahoochee Road Runners 10K – March 1, 2008 – Sandy Springs, GA

Terry Anderson 46:04 3<sup>rd</sup> in age group

Mathew Grzeck 49:48

Rico Dorsey 49:59

Teri Chiong 54:39

### Skagit Valley Tulip Run 5M – April 5, 2008 – Burlington, WA

Michael Beauchamp 34:20

### Berry Half Marathon – March 1, 2008 – Rome, GA

Linda Lamm 2:17:23 1<sup>st</sup> in age group

### Cherry Blossom 10M – April 6 – Washington, DC

Wes Wessely 1:05:11 1<sup>st</sup> in age group

### Silver Comet 10K – March 8, 2008 – Mableton, GA

Andy Lyons 48:55

### Carlsbad 5000 – April 6, 2008 – Carlsbad, CA

Kevin MacDonnell 19:15

Helen Tallon 23:43

### Ocean Drive 5K – March 8, 2008 – Miami Beach, FL

Mimi Oliveira 28:02 1<sup>st</sup> in age group

### Shamrock Run 5K – March 15, 2008 – Newnan, GA

"One day of practice is like one day of clean living. It doesn't do you any good."

-- Abe Lemmons, former college basketball coach

## Duster Race Results, Cont:

### **Dogwood Festival 5K – April 12, 2008 – Perry, GA**

Wayne Lauzon 20:24 3<sup>rd</sup> in age group

### **Chickamauga Chase 15K – April 19, 2008 – Chickamauga, GA**

Russ Johnson 1:18:49

### **Cherios Challenge 5K – April 19, 2008 – Covington,**

Terry Anderson 22:18 1<sup>st</sup> in age group

### **Peachtree Park 5K – April 19, 2008 – Atlanta, GA**

Gregg Davis 22:55 2<sup>nd</sup> masters

### **Race for Riley 5K – April 26, 2008 – Palmetto, GA**

Wayne Lauzon 20:24 3<sup>rd</sup> in age group

### **Nader Parman 10K – May 3, 2008 – Marietta, GA**

Wayne Lauzon 41:44 1<sup>st</sup> overall

### **Big Peach 5K – May 3, 2008 – Atlanta, CA**

Mathew Grzeck 24:10

Teri Chiong 27:49

### **Run through Redlands 10K – May 4, 2008 – Redlands, CA**

Susie Montgomery 54:14

### **Atlanta's Finest 5K – May 17, 2008 – Atlanta, GA**

Mathew Grzeck 23:34

Roy Lamm 25:19 1<sup>st</sup> in age group

Linda Lamm 29:

Are your results missing? Send us an e-mail at [RunningClub.Delta@delta.com](mailto:RunningClub.Delta@delta.com) or [gregg.davis@delta.com](mailto: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!

## Late Breaking PTRR News !

Due the escalating cost of jet fuel and Delta's efforts to trim costs wherever possible, we've been informed that Delta will NOT be hosting a finish line tent at this year's Peachtree Road Race. Unfortunately the late timing of this decision, coupled with the logistics of the new finish area at the Civic Center, have made it impossible for the Dusters to come up with alternative arrangement for this year's race. We are hopeful that we can have some form of hospitality area at the 2009 race. If you were planning to meet friends and family at the Delta tent, please remember that the Atlanta Track Club provides a family meeting area. Details are included in your race number packet.



## Pictures from the Annual Duster Social



The Annual Duster Social was held Thursday, February 21. Everyone shared old pictures, old stories, and new races. Great event!



## Pictures from the Annual Duster Social



## Message from the President:

Continued from page 1:

Relay in September and we'll attempt to defend our Corporate title. If you want to join the fun, contact Dave Fritsch ([dave.fritsch@delta.com](mailto:dave.fritsch@delta.com)) who once again has agreed to serve as Team Captain. Also you might consider coming to Peachtree City in October to run the Classic 5K or 15K. Our friends at the Peachtree City Running Club always put on a great race and this year will feature high quality dri-fit shirts (which are replacing the sweat shirts from years past) and well as great post race food and awards.

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 Spring!

Bob Ott	Apr 04	186/ATG
Mathew Grzeck	Apr 07	RET/ATL
Susan Grissom	Apr 10	
John Kasper	Apr 11	031/ATL
Janet Hawkes	Apr 14	
Kimberly Davis	Apr 24	579/ATL
Debra King	Apr 24	
Malori Harmon	Apr 26	
Karen Johnson	Apr 26	
Christian Primas	Apr 29	774/LON
Kristin Carney	May 08	550/ATG
Thomas Jones	May 08	RET/DFW
Teresa Duncan-Elbel	May 10	611/ATL
Helene Gannon	May 12	
Larry Mayse	May 12	
Vickie Kovaleski	May 13	Spouse/ATG
Patsy Burnette	May 17	
Daniel Usalis	May 22	RET/ORD
Judy Ott	May 23	
Carolyn Bowen	May 26	665/ATG
Julie Duggan	May 29	790/ATG
Steve McLeod	May 29	RET/ATG
Julie Rozzo	May 29	610/NYC
Michael Beauchamp	May 31	030/SLC
Al Harmon	May 31	595/atg
John Laughter	Jun 04	223/ATG
Kelly Holmes	Jun 06	426/ATG
Wayne Lauzon	Jun 07	288/ATL
Diane Robinson	Jun 18	610/ATL
Lew Valero	Jun 19	
Steve Pass	Jun 29	
Donald Douglas	Jun 30	488/ATG

Happy Birthday to all of our Duster friends!!!

"You are never really playing an opponent. You are playing yourself, your own highest standards, and when you reach your limits, that is real joy."

-- Arthur Ashe,  
American Tennis Player

## Duster Race and Events Planner

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

### June 2008

- 15 - ATC Father's Day 4M – Atlanta, GA; [www.atlantatrackclub.org](http://www.atlantatrackclub.org)
- 27 - (thru July 6) US Olympic Track & Field Trials – Eugene, OR; [www.usatf.org](http://www.usatf.org)

### July 2008

- 4 - **Peachtree Road Race 10K – Atlanta, GA; [www.atlantatrackclub.org](http://www.atlantatrackclub.org)**
- 26 - Run for Life 5K & 10K – Kennesaw, GA; [www.georgiagames.org](http://www.georgiagames.org)

### August 2008

- 9 - Georgetown-to-Idaho Springs Half Marathon – Georgetown, CO; [www.gtishalf.org](http://www.gtishalf.org)
- 15 - (thru 24<sup>th</sup>) Olympic Games Track & Field – Beijing, China; [www.iaaf.org](http://www.iaaf.org)

### September 2008

- 1 - US 10K Classic – Smyrna, GA; [www.us10k.org](http://www.us10k.org)
- 6 - **World Airline Road Race 5K & 10K – Ottawa, Canada; [www.worldairlineroadrace.org](http://www.worldairlineroadrace.org)**
- 21 - **Atlanta Ekiden Relay – Atlanta, GA; [www.atlantatrackclub.org](http://www.atlantatrackclub.org)**
- 25 - KP Corporate Challenge – Atlanta, GA; [www.kpcorporaterunwalk.com](http://www.kpcorporaterunwalk.com)

### October 2008

- 12 - Chicago Marathon – Chicago, [www.chicagomarathon.com](http://www.chicagomarathon.com)
- 18 - **Peachtree City Classic 5K & 15K – Peachtree City, GA; [www.ptcrc.com](http://www.ptcrc.com)**
- 26 - Marine Corps Marathon – Washington, DC; [www.marinemarathon.com](http://www.marinemarathon.com)

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



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## Delta Dusters

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

Website: [www.deltadusters.com](http://www.deltadusters.com)

E-mail: [RunningClub.Delta@Delta.com](mailto:RunningClub.Delta@Delta.com)

