

The Boll Weevil

The Official Running Publication of the Delta Dusters

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Message from the President

By Gregg Davis
gregg.davis@delta.com

Fall arrived on schedule and we're three quarters of the way through our great fall race line-up. The Corporate Challenge was a big success, with over 100 Delta runners participating in ATL and another 30 in MSY. Big thanks are due for Team Captain Shirley Orndorff and her crew of volunteers: Brian Farmer, Kim Davis and Dot Gillespie. They pulled off this event without a hitch and with very limited resources.

WARR in AMS proved to be a great event as well. Our Skyteam partners at KLM put on an outstanding event which was attended by over 30 Dusters. The highlight of the weekend's festivities had to be the amazing performance of our own Christian Primas (LON) who won the 10K overall title and finished second in the 5K, duplicating Wes Wessely's feat at the 1982 WARR in SFO. Another standout performance was turned in by the Men's Masters team of Kevin MacDonnell, Larry Mayse and Mark Costello, who finished third in the 5K. Thanks to Janet Hawkes for her tireless efforts as Team Captain.

Dusters finished with an award winning effort for a fifth consecutive year. All of the details from this race can be found inside this edition of the Boll Weevil.

We've still got one more race on the calendar for the fall; the popular Peachtree City Classic 5K and 15K on October 21st. The weather is always perfect for this race and we'll have a Duster finish area with some goodies for after the race. There's still time to sign up (www.ptcrc.com), and even if you don't want to run it's worth a trip to PTC to enjoy the day and cheer on your fellow Dusters.

I've spoken with many of you about the ING Georgia Marathon which is coming up on March 25th. While the details of Delta's involvement are still not finalized, it's clear that many Dusters will be running either the half or full marathon. Dave Fritsch has contributed an article for this issue providing some great ideas for setting up and achieving a marathon goal. I hope to set up a "Marathon 101" seminar sometime in the near future for Dusters and their friends and family

who are interested in tackling the Georgia Marathon. Stay tuned for more details; it's gonna be a great event !



As always, keep sending us your comments, suggestions, and race results. And remember, whenever and wherever you race, wear your Delta colors proudly !

Happy Running,

Gregg



In the Ekiden Relay, the

“Wisdom from Wes” - Fall Running.

By Wes Wessely

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Well, looks like we survived another summer. After 30 years of running, heat seemed to affect me more than ever. Then I find out that North Georgia had the warmest summer in 50 years. That is according to the Fish Hatchery which lost thousands of trout, and they are water cooled.

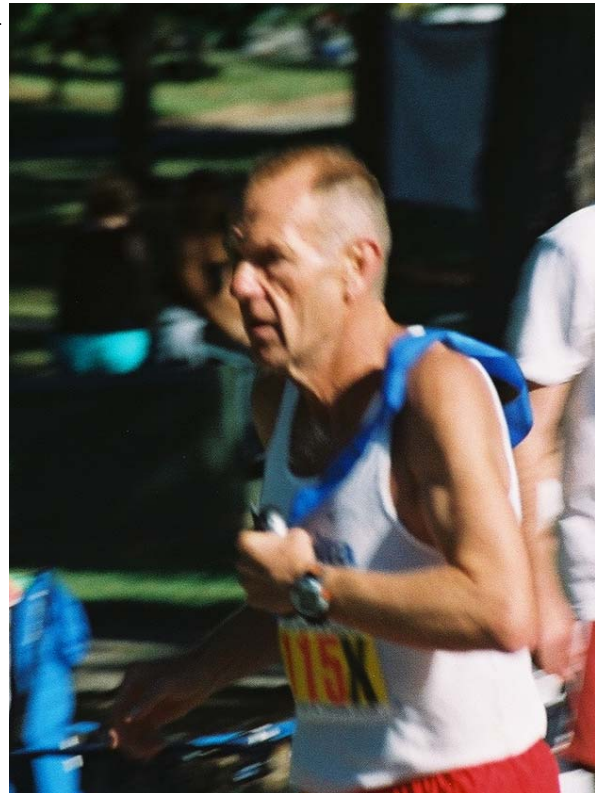
On the serious side, Fall is the best time for outdoor jogging. Pollen is not as much a factor and temperatures remain mild during daylight hours. That brings me to the topic of night running which I have always disliked. If you have no choice keep in mind some issues that came out of the Patty Foil tragedy. (Patty was killed in an early morning accident in the Emory area.) Run totally defensive, don't count on being seen, step on the sidewalk or into the grass when you sense a vehicle coming even if you risk minor injury. Wearing reflective clothing is

recommended but seems to me is useless if a driver is inattentive or coming around a curve. Run with a group if possible to provide safety in numbers. Although very boring, I see more people at school tracks walking and jogging at pre-dawn and after sunset. Change direction often and even include the parking lot to reduce the monotony. Never use headphones unless you are in a car-less and secure environment. Serious exercisers should consider finding softer surfaces to reduce impact related injuries. Remember, asphalt is 10 times softer than concrete or stone and cinder paths and quality tracks a multitude softer than that. Having run for almost 150 thousand miles virtually injury free can be attributed to taking as many steps on soft ground as my running course will allow. During the warmer months, I also follow the advice of Jack Foster (NZ runner who ran a 2:11 marathon at 40) to cool down my muscles with a garden hose after most workouts. I am also never very far from an ice bag at any sign of unusual strain or pain.

Cross training such as biking, swimming, aerobics, yoga, etc. can't hurt. Stretching is somewhat overrated but recommended after some kind of warm-up or easy half mile jog. Judging from my high school cross country team, most of the stretching is done too violently and incorrectly. Sit-ups have always been part of my running routine and I do about 100 to warm up an hour before I venture out on a run. Running statistics show morning runners have a higher incidence of injuries.

If you have a treadmill or exercise bike, Nordic track, orbital trainer or stair stepper, you should use them to

warm up in the morning or hide from night and inclement weather. Before you spend a lot of money, try an inexpensive model until you are sure you can adapt to the boredom of indoor training – the world is littered with



little-used expensive dust collectors. Spinning classes at health clubs are becoming more popular and offer challenges as well as camaraderie. In order to stay motivated to whatever your workout goals may be, reinforce your desire to stay fit by signing up for an occasional charity run with friends. It always helps when you're able to share with your peers how fast you ran or how much weight you lost.

Keep on trucking - Wes

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

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.

Are you Ready? - For your first marathon or half-marathon?

Ever dreamed of running a marathon? Have you been dreaming of running another marathon? If you haven't maybe you should. Now is the perfect time to set you feet in motion for a spring marathon.

Among the many fine spring marathons, this spring will bring a unique marathoning opportunity to Atlanta with the inaugural running of the ING Georgia Marathon (<http://www.inggeorgiamarathon.com/site3.aspx>) in Delta's hometown. To be held March 25, 2007, this race promises to explore many fine Atlanta neighborhoods and pass many of Atlanta's prominent sights.

So you ask "What will it take to get to the marathon finish line?" Like any major undertaking you'll need to be motivated, you'll need to be committed to achieving your goal and you'll need a plan to define the way to achieve that goal.

Take a moment to think about why you dream of running a marathon. This is your motivation. For some, their motivation comes in the form of being part of something "big". With some marathons attracting 30000+ participants and a million or more spectators (ala the New York City or Chicago Marathons), marathons can certainly be big events. For others, their motivation lies in achieving a personal record (PR) or the more elusive Boston Marathon qualifying time. Some run marathons as part of a charity team to raise money for leukemia or arthritis research among others. Some may run for the camaraderie, for the sheer pleasure, for a "running tour" of a particular city or locale, or just to be able to say that they've run a marathon. Still others will run a marathon as a way of recognizing a life event – turning 40(or 30 or 50), getting out of a bad marriage, or starting out a new relationship. While you will likely share the same motivation with other runners on race day, determining what motivates you is an entirely individual decision. No one can tell you what your motivation is or should be.

Making your dream of running a marathon come true won't happen on its own. You've got to make it happen. This is your commitment. Make no mistake about it, without your full commitment; achieving your goal will be difficult if not impossible. In many ways making and keeping the commitment is more difficult than the physical aspects of training. This commitment will require a good portion of time. It will require patience and understanding from family members. For some paying their race entry fee far in advance of the race is a way of signifying their commitment. Others will broadcast their intentions to any and all who will listen as a way of signifying their commitment.

No one can make the commitment for you, it's yours to make alone. Your commitment to your goal is what will get you out the door for your long run on cold wet mornings and ultimately to the starting line, through the wall and past the finish line.

What do you want to get out of this marathon experience? This is your goal. With the marathon and the time you will invest in training in preparation for the event it is best to set both a primary goal and a fall back goal. Since many random things (weather, job, illnesses, etc) can have a direct bearing on your performance on race day, a fall back goal will serve to ensure that you don't finish the event completely frustrated if something should go awry. Your goal can be as simple as having fun or as challenging as achieving that previously mentioned Boston qualifier. It doesn't necessarily have to be about you, many run a marathon with the goal of raising some amount of money for a charitable cause. Thinking about your motivation will help you define your goal.

mitment to completing a marathon and you've set a goal. Now you need a plan. Every successful undertaking has a plan as its foundation. The marathon is no different. A good training plan will get you to the marathon starting line both physically and mentally prepared for the 26.2 mile task at hand. There are many different marathon training plans. You can join up with a running group and let the group decide the plan for you or you can do a little research and define your plan yourself. The right plan for you will depend on your prior running history and your goal for marathon day. If you'll be choosing your own plan, you've probably given thought to what your goals for the marathon will be. With these goals in mind, the following web sites have model training programs which are good places to start defining your plan.

<http://www.nycmarathon.org/training/trainingschedule.php>
<http://www.runnersworld.com/article/0.7120.s6-238-244-255-6946-0.00.html>



All the training programs will be similar in that you'll run one long run each week. That long run will generally increase in distance to a typical maximum of 20-22 miles. You'll run this distance two or three times, with the final time usually about 3-4 weeks before the big race. After that is a slow reduction in mileage known as the taper which will make sure you've got fresh legs for race day. The more hardcore your goal, the more hardcore your training program – more mileage, speed workouts, hill workouts, and tempo runs.

Motivation commands commitment which drives a need for a plan to successfully achieve a goal – running a marathon. Start thinking about why you want to run a marathon and make a commitment to act on that motivation. Seek out a plan that best suits your goals and make that dream of running a marathon a reality.

So you're motivated, you've made a com-

See you at the finish line!

Duster Race Results – August 16 thru September 24, 2006

Etowah River Run 5K – July 29, 2006 – Canton, GA

Teri Chiong 25:44

Georgetown-to-Idaho Springs Half Marathon – August 12, 2006 – Georgetown, CO

Gregg Davis 1:38:20

Atlanta Track Club Grand Prix Finale – August 19, 2006 – Atlanta, GA

Wes Wessely 19:46

(1st in age group)

Pete Newell 19:54

Gregg Davis 21:21

Sunrise on the Square 10K – Sep- tember 2, 2006 – Newnan, GA

Gregg Davis 45:40

(1st in age group)



Sunrise on the Square 5K – Septem- ber 2, 2006 – Newnan, GA

Barbara Chandler 20:40

(1st masters, 3rd overall)



Lightning 10K – Sep- tember 16, 2006 – Sandy Springs, GA

Don Hamel 43:48

World Airline Road Race 10K – September 23, 2006 – Amsterdam

Christian Primas
34:04 (1st overall; per-
sonal best)

Robert Farmer
41:18 (1st in age group)

Mark Costello 41:52

Mike Manatrizio
46:42

William Pantin
48:32

Miguel Mateos
53:27

John Byrd 57:17

Hilda Byrd 58:41

Julie Duggan 1:01:07

Melanie Jensen
1:03:31

John Jensen 1:03:31

Are your results missing ?
Send us an e-mail at [Run-](mailto:Run-ningClub.Delta@delta.com)

[ningClub.Delta@delta.com](mailto:Run-ningClub.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 !

Clara Bowl 2006 – September 2, 2006 – Baerry College, GA

Malori Harmon 22.37

US10K – September 4, 2006 – Mari- etta, GA

Teri Chiong 59:02

Marist High School – Sep- tember 9, 2006 – Atlanta, GA

Malori Harmon 22.51

“The gun goes off and everything changes
... the world changes ... and nothing else
really matters.” Patti Sue Plummer

Ekiden 2006 Race Results!!!

For the 5th consecutive year a Duster team brought home the coveted "Ekiden Mugs", this time in the Masters Mixed division. The 2006 edition of the Atlanta Track Club Ekiden Relay saw a new configuration of Duster teams. Due to the conflicting date with WARR and many runners heading to AMS instead of Piedmont Park, the Dusters entered teams in the Masters Mixed and the Open Mixed divisions. Conditions were challenging with



warmer than normal temperatures and very high humidity.

The Open Mixed team finished 31st of 91 teams overall and 11th of 33



teams in the division. The top performer this year was Jason Hanlin with great efforts turned in by Ekiden veterans Kristin Carney, Perry Slaughter, Carolyn Bowen, and Brian Martin and Ekiden rookie Tracy Bellamy. Tracy was also setting the pace in style this year with his "glow in the dark" Nikes !

The Masters Mixed team finished 34th overall and 2nd of 5 teams in the division. The ageless Wes Wessely once again set the pace followed closely by Duster Ekiden newcomers Barbara Chandler, Don Hamel, and Arnold Binder, and veterans Heidi Martin and Gregg Davis.

Results by leg (3.22 miles per leg):
Open Mixed

Kristin Carney	25:45	(7:59 pace)
Perry Slaughter	20:30	(6:21 pace)



Carolyn Bowen	27:13	(8:27 pace)
Tracy Bellamy	27:02	(8:23 pace)
Jason Hanlin	19:32	(6:04 pace)
Brian Martin	21:19	(6:37 pace)
TOTAL	2:21:21	(7:19 pace)

Masters Mixed

Barbara Chandler	21:48	(6:46 pace)
Heidi Martin	29:31	(9:10 pace)
Arnold Binder	26:43	(8:17 pace)
Don Hamel	21:57	(6:49 pace)
Gregg Davis	22:30	(6:59 pace)
Wes Wessely	20:59	(6:31 pace)
TOTAL	2:23:28	(7:25 pace)

Corporate Challenge - Atlanta and New Orleans!

This is the 24th annual event that Delta, Delta Technology, and employees of Delta wholly-owned subsidiaries have attended. We had 130 Delta participants registered for 2006. Our Delta tent was positioned with high visibility among the other ATL-based corporate tents. Approx. 20,000 corporate attendees participated in 2006.

This year was marked by a supporting 5K Run/Walk with a Delta Team in New Orleans. Global Sales & Distribution had several participants enrolled to participate in Atlanta but they could not attend due to a change in the Sales Conference schedule. The Sales Conference was held in New Orleans

over Sep. 21st to support a community effort to assist with Katrina victims. Our Sales Director, Chris Phillips, organized a local 5K



run with 30 Delta employees during the same time frame as the event in Atlanta. When Exec. Producer of the KP Event, Jeff Galloway, heard the news of our New Orleans Delta Team, they immediately wanted to provide some media coverage to promote our efforts.

We have 2 Delta Team pictures, one in Atlanta and one in New Orleans. In addition, the Delta Dusters participated for the 24th year. Feedback was received after the event from many participants that enjoyed the camaraderie and health and fitness benefits that this annual event provides.

Corporate Challenge Con't:



Duster Birthdays

Mimi Oliveira	Oct 07		Kevin M. MacDonnell	Nov 03	030/LAX
Russ Johnson	Oct 09	031/ATL	Dan Flaherty	Nov 04	
Charlie Nordstrom	Oct 16	RET/BOS	Teri Chiong	Nov 06	578/ATG
Donald Fisher	Oct 17	250/BOS	Steve Duer	Nov 09	260/ATL
Lane Holmes	Oct 18		Janet Adams	Nov 13	RET/ATG
Jeffrey Robinson	Oct 18		Peter LaPresto	Nov 14	030/CVG
Eric Elbel	Oct 19	RET/ATL	Bob O'Neal	Nov 14	
Barbara Henlon	Oct 26	665/ATL	Lou Budler	Nov 17	118/CVG
Rick Kovaleski	Oct 27	RET/ATG	Joel Cziok	Nov 20	033/ATG
Dick Evelyn	Oct 28	RET/ATL	Susanne Pass	Nov 25	611/ATL
Kelly Ryan	Oct 30	611/ATL	Frank Wright	Nov 26	RET/ATL
Edward Smith	Nov 02	RET/ATL	Ed Hullender	Nov 27	

WARR 2006

Delta Duster Wins 1st Place

At the 25TH ANNUAL
WORLD AIRLINE ROAD RACE

WARR 2006

Amsterdam, The Netherlands
SEPTEMBER 20 - 23, 2006



WARR'06 - [Amsterdam](#) - "Running with Rembrandt" - [23 September 2006](#)

The 25th annual World Airline Road Race was held in Amsterdam this year. Our Skyteam partner KLM was the host of this race. The race started 25 years ago, and was founded by retired Delta pilot John Jensen, to promote camaraderie among airline employees worldwide. It was especially fitting this year, that Christian Primas, a Delta Employee and Delta Duster from our London office won the race. Christain completed the race with his PB – Personal Best time of 34:04:90in the 10K race.

Our team won other individual awards by Linda and Larry Mayse and Kevin MacDonnel. Robert Farmer – A first time participant won 1st in his age category with 41:18:05. Eric Elbel, got 3rd in 60+ age group. Larry Mayse, Mark Costello and Kevin MacDonnel were the winners of the 3rd place masters award.. The other individual awards will be included on the web site and forwarded on as soon as they are published on the WARR web site.

Delta had about 40 participants competing the in 10K and 5K Races. We were in company of approximately 1,000 other airline employees.

Our T-shirt (front above) also won 3rd place in a tough competition. Qantas who will be hosting next years race in Sydney, Australia won 1st and Malaysia Airlines won 2nd.

Amsterdam is a fun city to visit and has much to offer for sightseeing. Some of us rented bicycles and took a riding tour outside the city to a cheese and Clog shoe factory and we went past a windmill. We also walked many kilometers in the city, took canal boat rides and toured the Heineken brewery.

WARR is a great way to meet and keep friends' world wide. The Qantas team is planning a huge race down under and hopes that many of us will come for the WARR and extend our vacations to see their beautiful country.

As I mentioned before the race, this was my last WARR as team captain for our Delta Running Club. Julie

Duggan has accepted the Team Captain task for 2007. This was my 17^h WARR in a row as a walker. I will continue to assist Julie with WARR! Send me an email if you have any questions. Please put WARR in your email subject so I will open it. Jhawkes1@aol.com
Thanks Julie!!

Mark your Calendar's!!

395 days until the

26TH ANNUAL
WORLD AIRLINE ROAD RACE
WARR 2007
SYDNEY, AUSTRALIA
OCTOBER 28, 2007

Above is the Preliminary drawing for the WARR logo for 2007! The WARR Website for the Qantas team is listed below, so please check back periodically for more information.

Paul de Mott, one of the Qantas Runners, is trying to stir up a little interest for WARR fringe events (before 25th & after 28th Oct)

His site below, is looking good. He hopes to link it to the WARR site.

<http://www.runningdownunder.moonfruit.com/>

Here is the date and the WARR Web sites!

WARR 2007 - Sydney, Australia -- Oct 25th - 28th
Qantas site for 2007 <http://members.iinet.net.au/~nortona/>
World Airline Road Race - <http://worldairlineroadrace.org>
WARR 2008 - Singapore - hosted by Singapore Airlines.
Date to be determined.
Delta Air Lines Running Club Link - www.deltadusters.com



WARR 2006

John Jenson, the father
of WARR, on the left!

WARR 2006 Results:

PLACE	Name	Info	Time
	5K Airline Men Overall	Individual	
2	Primas Christian	Delta Air Lines	00:16:49.95
	5K Airline Men 45 to 49	Individual	
3	MacDonnell Kevin	Delta Air Lines	00:19:30.50
	5K Airline Men 60 to 64	Individual	
3	Elbel Eric	Delta Air Lines	00:22:49.40
	5K Airline Women 55 to 59	Individual	
1	Mayse Linda	Delta Air Lines	00:24:46.65
	10K Airline Men Overall	Individual	
1	Primas Christian	Delta Air Lines	00:34:04.90
	10K Airline Men 24 and Under	Individual	
1	Farmer Robert	Delta Air Lines	00:41:18.05
	5K Airline Men Master	Team	
3	Delta Air Lines	DL	
	Team included:		
	Mark Costello, Larry Mayse and Kevin MacDonnell		
	T- Shirt Contest		
3	Delta		

Delta Duster Primas
Christian wins first
place for the 10k!.





The Delta gang in Amsterdam, 2006.



Kevin, Christian, Linda, Eric.



WARR 2006

More WARR pictures!:



Partial Delta Team



Partial Delta Team





The KLM group as
Rembrandt!



Our Mexico team
and Janet!



Barbara Henlon and
Kelly Ryan have fun
in Amsterdam!

Route Reviews -- Kennesaw Visitor Center to Marietta Square

By Dave Fritsch

chrisndave91@bellsouth.net

With its length and hills this is a great run to put you in a Peachtree Road Race frame of mind.

The Route: (<http://www.gmap-pedometer.com/?r=274660>)

From the Visitor Center parking lot entrance this route runs to the Gone with the Wind Museum at the rail crossing on Whitlock Avenue off the Marietta Square. At the museum turn around and return the way you came. The distance on this out and back route is 6.1 miles.

Start at the activity path trailhead just outside the parking lot entrance using the vehicle barricade posts as a start/finish line. Follow the path out to Old 41 Highway and turn right for a gentle incline towards Kennesaw Avenue. Take in the sight of the mountain looming over the meadow to your right. At Kennesaw Avenue the path will turn right and get significantly steeper. You'll crest this hill about $\frac{3}{4}$ of a mile into the run. As you begin the $\frac{3}{4}$ mile downhill to the footbridge over Noses Creek you'll pass a gated entrance to the trail around the base of Kennesaw. The first mile is marked by the Marietta City Limit / 35 MPH speed limit sign near the southern end of the long brick wall paralleling the trail in this area. There are intersections at regular intervals along the next 2 miles to the turnaround so be aware of turning and crossing traffic.

At the traffic light for Tower Road the activity path turns left. Ultimately when completed the path will make its way to Church Street on the east side of the railroad tracks where it will then parallel the train line through Marietta. Since it's not complete yet, stay on Kennesaw Avenue taking advantage of its sidewalk.

Crossing Noses Creek on the sturdy footbridge (1.5 mile mark), begin a $\frac{1}{2}$ mile climb to a section of historic antebellum houses – the oldest I've noticed dates to 1840. Mile 2 comes at the chain link fence two houses past the townhome community at Chowning Place. At this point Kennesaw Avenue parallels the railroad tracks. 2.5 miles is at the church parking lot entrance just before the overpass over the North Marietta Parkway (120 Loop). Cross the overpass and the railroad grade crossing and turn right onto Church Street. This will take you to the historic Marietta Square at which point the road changes names to West Park Square. This $\frac{1}{2}$ mile or so is relatively flat as you approach the center of Marietta. Turn right at Whitlock Avenue (3 miles) and head west for a short stretch. Turn around at the Station Walk in front of the Gone with the Wind Museum just before the train tracks

and head back the way you came. Mile 4 comes up at the second driveway north of Atwood Drive. Mile 5 comes up at the Park Manor subdivision sign, and call 6 miles at the rectangular traffic sign just before the Stilesboro Road intersection (it's a speed limit sign for oncoming traffic). Take advantage of the long downhill finish!

The entire route is segregated from traffic with the exception of the intersections. The trail surface is asphalt and concrete along the activity path. The sidewalks are concrete with curb cuts at most intersections. This would be a smooth ride for a jogger stroller.

Variations:

There are numerous quiet neighborhoods to the west of Kennesaw Avenue in addition to an access point to the trails around the base of Kennesaw Mountain which provide opportunities to tack mileage onto this run. If you're looking for something shorter you can always turn back early.

Turn off at Maple Avenue and explore the neighborhood. The streets are laid out in a grid pattern so it's easy to make loops of varying lengths. For those of you who may recall the Marietta Meander 5K, it used to be held back in this neighborhood about 10 years ago finishing on Maple Avenue at what is now the middle school parking lot.

Try running it in reverse – start at the southeast corner of the Square and turn around at the trail end at the Visitor Center. Weekend morning parking is easier around the Marietta Square.

Getting There:

Take I-75N to Highway 5 Spur South (Exit 267B) heading towards Highway 41 and Marietta. Exit at Highway 41 and go north to Bell's Ferry Road (second light). Turn Left onto Bell's Ferry Road. Turn Right onto Old 41 Highway (first light). Turn Left onto Stilesboro Road (second light). The Visitor Center parking area will be ahead on the left.

Parking:

Parking is available at the Battlefield Visitor Center. The parking lot is open at times which vary with the seasons – in the summer it opens at 7:30 AM. I think it shifts to 8:00 AM in the winter. Times are posted on a sign just inside the gate. Overflow parking is available alongside Old 41 Highway west of the Stilesboro Road intersection.

(Continued next page.)

Route Reviews, Con't:

As with much of the access to Kennesaw National Battlefield finding a parking spot at the Visitor Center on the weekends is extremely challenging. On the weekends, the best bets here are early in the morning (before 8 AM) or late afternoon / early evening. Or just concede defeat up front and find a spot on Old 41 Highway, with the caveat that at peak times later in the morning or early in the afternoon you may be quite a way from the Visitor Center.

Restrooms:

Restrooms are available at Park Visitor Center and the Marietta Visitor Center during operating hours.

Water:

Water fountains can be found in and behind the Visitor Center and in Glover Park on the Marietta Square. There are also sports drinks in the vending machines inside the Visitor Center.

Don't Miss:

- The history markers along Kennesaw Avenue pointing out properties and their significance during the battles in this area in the summer of 1864.
- The historic houses along Kennesaw Avenue as you approach Church Street and the 100+ year old churches along Church Street approaching the Square.
- The sight of frequent passing freight trains where the tracks parallel Kennesaw Avenue about 2 miles in. Do **TRY** to miss getting stuck by the passing freight trains at the grade crossing near the end of Kennesaw Avenue. Racing the train to the crossing makes for an interesting fartlek opportunity, but don't be stupid about it.
- Marietta Square with its shops, History Museum, Gone with the Wind Museum and Marietta Visitor Center.

The Battlefield Museum located inside the Kennesaw Park Visitor Center.

A Word of Caution:

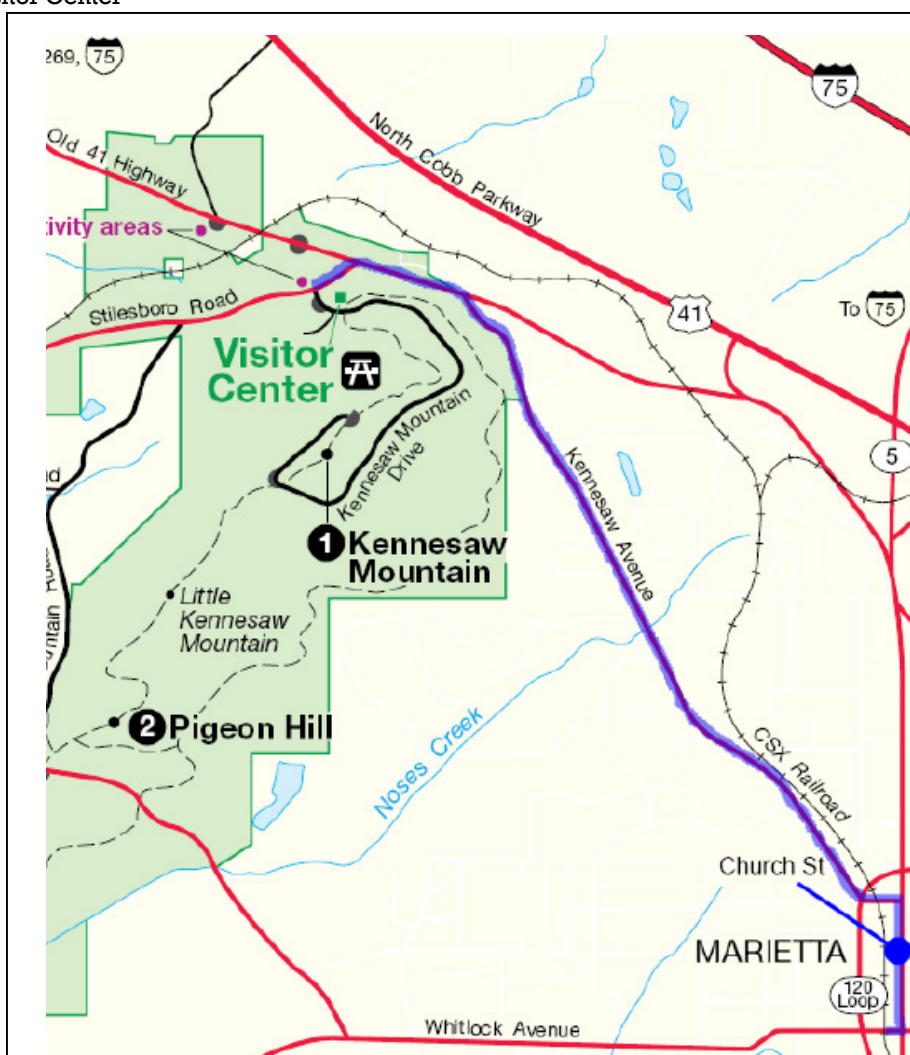
This run is alongside well traveled roads with minimal cross traffic until you approach the Square on Church Street. All the busy intersections have pedestrian signals and the rail crossing is signaled / gated. The closest I've come to any kind of a problem along this route was a pair of loose

dogs one time that didn't pay any attention to me as I ran by on the other side of the street. And I have gotten stuck by the train twice.

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). Leave the headphones home so you can hear traffic. Since this route is along the road, wear reflective gear for any pre-dawn / post-dusk runs.

On the web:

<http://www.nps.gov/applications/parks/kemo/ppMaps/KEMO%20trail%20map.pdf>



Race Review — The Georgetown-to-Idaho Springs Half Marathon

By Gregg Davis
gregg.davis@delta.com

Distance – Half Marathon

When - August 11, 2007, 8:00am.

Where – Riley Athletic Field, Peachtree City, GA

Cost – \$25

What's unique? – Running in the Rocky Mountains and it's ALL downhill

Link – www.active.com

When a friend in Denver first invited me to run the Georgetown-to-Idaho Springs Half Marathon, I politely declined. After all, I'm a flat-lander and would need an oxygen cylinder to run at 8000 feet of elevation. Plus, all that downhill would kill my quads, right?

Well I finally caved in to the pressure in 2004 and gave this race a try and in the process discovered how wrong I had been. I had such a good time, I ran it for the second time this year. Here's the deal:

The race starts in Georgetown, Colorado (elevation 8512 feet) and ends at Idaho Springs, Colorado (elevation 7524 feet), hence the name. The first two miles are a scenic loop of the historic mining town of Georgetown. Sure the elevation is a bit of a factor, but I found

that if you're in decent shape, running on a flat course at 8000 feet will only slow you down about 30 seconds per mile. Once you finish the loop of Georgetown, the fun begins. Almost the entire final 11 miles is downhill. But not a quad-destroyingly steep downhill. Except for a couple of short stretches, the grade is a gentle -1.5% which allows you to float your way down the canyon at near sea-level speed. Along the way you'll enjoy cool temperatures with low humidity, clear blue skies, beautiful mountain scenery, and even a stretch of trail running. Once you get to Idaho Springs at mile 12, the crowds have gathered to cheer you to

the race logo. After the race, be sure to head to Beau Jean's Pizza on the main street for one of their trademark "mountain pies". You won't be sorry.

Logistics for the race are pretty easy. You can park in Idaho Springs, just a few blocks from the finish and ride a shuttle to the start. (You can also park at the start, but you'll have to find your own ride back after the race). Of course there's plenty of lodging in Denver and it's only about 40mins from downtown to the finish area. If you're planning to stay in Colorado for awhile, you might consider staying in one

of the Summit County resort areas, which are only about 45 mins away and would give you the opportunity to get acclimated to the elevation a bit better. Non-revving to DEN in the summer can sometimes be a bit tricky, but I usually go a day early to beat the Friday traffic.



the finish, where you're rewarded with another historic town and a great finish party at the local high school football field. To commemorate the mining heritage of the area, award winners are presented with engraved gold pans bearing

(Have you run a unique race that you'd like to share with other Dusters? Send us your review at RunningClub.Delta@delta.com)

Duster Race Planner

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

October 2006

21 Peachtree City Classic, Men's 5K – 8:50am, Women's 5K – 9:00am, Open 15K – 9:10am – Peachtree City, GA – www.ptcrc.com

28 - Silver Comet Half Marathon – 7:45am – Mableton, GA – www.silvercomet10k.com

November 2006

11 - Chickamauga Battlefield Marathon and 10M – 7:30am – Chickamauga, GA – www.chattanoogatrackclub.org

18 Runners CARE 5K—Atlanta, GA; www.care.org

23 - Atlanta Marathon and Half Marathon – Atlanta, GA – www.atlantatrackclub.org

December 2006

2 - ATC Cross Country 5K – Marietta, GA; www.atlantatrackclub.org

9 - Jingle Bell Trail 5K – Peachtree City, GA

9 - Rocket City Marathon – Huntsville, AL; www.runrocketcity.com

23 - Virginia Highland Christmas 5K – Atlanta, GA

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



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Fayetteville, GA 30215

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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!

