

The Boll Weevil

The Official Running Publication of the Delta Dusters

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Message from the President - "Building a Better Club"

By Gregg Davis
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The year is just about up and I'd like to take this opportunity to review where we've been and where I'd like to see us go. 2008 saw its share of ups and downs as did the club. I know many of you were disappointed with the absence of any post-Peachtree Road Race festivities and our showing at WARR, while enthusiastic, was a bit sparse compared to years past. On the positive side, we had great showings at the Corporate Challenge and the Duster Social, and our newsletter and web-site are getting better all the time. We've got a good foundation to build on, and here are my goals for 2009.

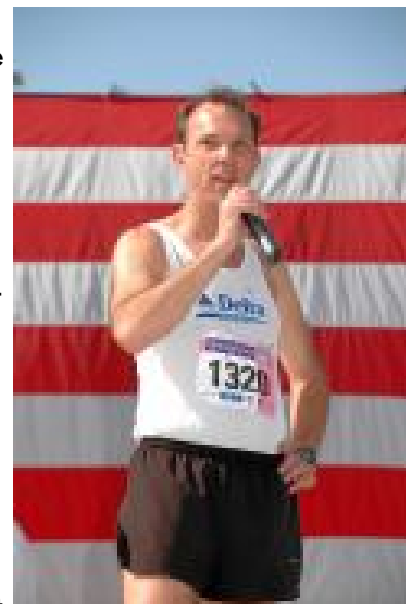
1 - Increase participation in club promoted races - we'll keep you up to date with email blasts on upcoming Duster events. The races we pick are perfect for any level of runner, from walkers all the way up to seasoned

competitors. The first race of the new year will be on the cart paths of Peachtree City on January 17th (see Race Preview for more details).

2 - Start a weekly social run - this is something I've wanted to do for the past couple of years and we're finally going to do it! We'll meet somewhere near the General Offices every Thursday evening beginning January 8th for a low-key, easy paced three to five mile run. No pressure, just come on out and enjoy the company.

3 - Add a couple of "non-ATL" race to the calendar - With the exception of WARR, our race schedule has always been heavily weighted towards Atlanta events. This

year we'll be adding the Gate River Run 15K in Jacksonville. Beth Franco has volunteered to be our "local Captain" for this great event. If you have a favorite race in your home-



town that you'd like to see the Dusters come for, please drop me a line. I think there's room for a summer event some place that's not as hot and humid as ATL (California ?? Minnesota ??)

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"Wisdom from Wes" - Fall running.

By Wes Wessely

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It's Fall and we're seeing the first frost in North Georgia. Every running magazine you pick up writes about Fall marathons and long winter runs. You may have noticed that I have not mentioned marathons in any article in recent time. The best answer to that question is that I have not trained for or complete one in several years.

Fast forward to today and my attempt to win the Running Journal Grand Prix. The series has one marathon with double points earned. If you remember I spoke of my early Fall tribulations with injury after being run over by a fellow competitor. This led to two third place finishes and a major point

deficit in the series. I made amends by placing first at the next race but am well behind in the point standings. All of this explanation just to lead me to talk about the marathon I am now training for.

To start with you have to decide what your goal might be. Just complete the distance, run strong and finish around your peers or make a solid effort to run your best marathon ever. If it's the last one you have plenty of time to get started for next Fall. If it's the others I may be able to give you some ideas in following my approach.

Long runs at a snail's pace is the usual prescription. That approach takes time and often leads to overuse injuries. Tinkering with running pace and combined weekly mileage can work almost as well and be less stressful and time-consuming.

In my case I have so far only run a little over two hours and race day, December 13, is fast approaching. Since my training pace these days is so much slower, twenty milers would take well in excess of three hours, almost a half day!

Since one seems to have less available time in retirement I now use a different approach. My weekly mileage has increased by 25 percent along with some cross-training. The cooler temperatures permit this increase without much additional stress. My long runs (10 miles

or more) are targeted at goal pace for the marathon and there might be two in a week. By pushing the pace and going into your next long run not quite rested the training effect increases. The pounding on the body is reduced and you don't have to plan for a whole day of running and recovery. Mix that formula with an occasional race or tempo run to maintain some anaerobic capacity and you should be on the way to a successful marathon, I hope. If this doesn't work I will be checking on these words at twenty miles December 13.

(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: William Pantin

Treasurer: Eric Elbel

Newsletter: Kimberly Davis

Uniforms: Steve Duer

WARR Coordinator: Adeline Craig, .

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.

"Resolve never to quit, never to give up, no matter what the situation."

Jack Nicklaus, American golfer

Race Preview - PTC City 5k & 10k

When: January 17th, 2009 – 8AM

Where: Glenloch Recreation Center, Peachtree City, Ga. (45 minute travel time from downtown Atlanta)

Cost: Free for Atlanta Track Club or Peachtree City Running Club Members, \$5 for all others – Race Day Registration only

Directions: From ATL airport take I-85 South to exit 61 (Hwy 74); go south on Hwy 74 approximately 10 miles; turn left on Hwy 54; go to third traffic light and turn right onto Peachtree Parkway. Go one block, turn left on Bridlepath Lane; go one block and follow signs to ATC race parking. Allow approximately 30 minutes travel time from ATL airport.

Link: <http://maps.google.com/maps?ie=UTF8&hl=en&ll=33.405257,-84.565051&spn=0.007326,0.013561&z=16>

The Peachtree City 5K & 10K is a small but very well organized race right in our backyard hosted as a collaborative effort by the Atlanta Track Club and the Peachtree City Running Club. It's one of the ATC's low key events, so there's only race day registration, there are no tee-shirts (like you needed another anyway) and the fee is only \$5 (free if you also happen to be a ATC or PTCRC member).

The course is mostly on the golf cart paths of Peachtree City and, as you might expect, is flat and reasonably fast. The two races start together and the 5K peels off just before the two mile mark. Race time temperatures are generally in the mid 40s, and there's no wind on the paths, so you have an excellent chance to run a fast time.

After the race, awards, refreshments (and warmth) are available inside the Rec Center building. This is a great race to pick up an award – usually the field is a little thinner in the 5K.

Duster Birthdays for Dec and Jan!

David Palmer	Dec 03	526/ATG
Rodrigo Heredia	Dec 09	834/MEX
Joseph Toczec	Dec 21	507/ATG
David Fritsch	Dec 22	578/ATG
Charles King	Dec 24	382/ATG
Ed Suttner	Dec 24	707/ATG
Bo Hatch	Dec 30	
Lloyd Boone	Jan 02	
Tom Gannon	Jan 04	RET/ATL
Fox Ferrel	Jan 06	
Kathleen Hurley-Bolinder	Jan 11	611/ATL
Linda Lamm	Jan 16	
Hilda Burnett	Jan 18	654/ATL
Terry Anderson	Jan 19	RET/ATL
Anne Anderson	Jan 19	Spouse/ATL
Kay O'Neal	Jan 20	
Stan Yasuhara	Jan 20	
Rico Dorsey	Jan 23	287/ATG
Joe Tarver	Jan 26	
Michael Quiello	Jan 29	725/ATG

Happy Birthday to all of our Duster friends!!!

"A man grows most tired when standing still."

Chinese proverb

Duster Race Results - October 1 2008 thru November 22 2008

USA Masters 5K Cross Country Championships – October 12, 2008 – Greensboro, NC

Wes Wessely 20:27

Long Beach Marathon – October 12, 2008 – Long Beach, CA

Helen Tallon 4:07:19

Peachtree City Classic 15K – October 18, 2008 – Peachtree City, GA

Wayne Lauzon 1:04:35 personal best

Gregg Davis 1:07:26

Rico Dorsey 1:13:57 personal best

Patsy Burnette 1:40:03

Peachtree City Classic 5K – October 18, 2008 – Peachtree City, GA

Carolyn Bowen 23:57 2nd masters

Priscilla Martin 29:30

Diane Staska 57:33

Big Peach Fall 5 Miler – Oct 18, 2008 – Marietta, GA

Teri Chiong 42:26

Patty Foell Memorial 5K – October 19, 2008 – Atlanta, GA

Lloyd Boone 20:21 1st in age group

Silver Comet Half Marathon – October 25, 2008 – Mableton, GA

Andy Lyons 1:50:01

Marine Corps Marathon – October 26, 2008 – Washington, DC

Carolyn Bowen 4:03:58

Vulcan Run 10K – Nov 1, 2008 – Birmingham, AL

Wes Wessely 40:02 1st in age group

William's Run 10K – November 1, 2008 – Alpharetta, GA

Larry Mayse 44:16 1st in age group

William's Run 5K – Nov 1, 2008 – Alpharetta, GA

Teri Chiong 24:22 3rd in age group

Monumental Half Marathon – November 1, 2008 – Indianapolis, IN

Gregg Davis 1:35:41

TPSF Dinosaur Dash 5K – November 2, 2008 – Tustin, GA

Kevin MacDonnell 20:34

Mission Inn 5K – November 9, 2008 – Riverside, CA

Susie Montgomery 26:05

San Antonio Marathon – November 16, 2008 – San Antonio, TX

Andy Lyons 4:31:19

Are your results missing ? Send us an e-mail at RunningClub.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 ! Have you run a unique race ? Share your experience with all the Dusters and submit a Race Review.

"If you don't have butterflies, it's because you know you have no chance"

Paul Azinger, professional golfer

Duster Race and Events Planner

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

December 2008

- 13 – Sleigh bells on the Square 5K – Marietta, GA; www.georgiarunner.com
- 20 – Virginia Highland Christmas 5K – Atlanta, GA; www.running4fitness.com

January 2009

- 1 – ATC Resolution Run 5K & 10K – Kennesaw, GA; www.atlantatrackclub.org
- 17 – ATC Peachtree City 5K & 10K – Peachtree City, GA; www.atlantatrackclub.org**

February 2009

- 7 – Pensacola Double Bridge Run 15K – Pensacola, FL; www.doublebridgerun.com
- 21 – Charles Harris 10K – Tucker, GA; www.charlesharrisrun.com
- 28 – Jeanne's Memorial Run 5K & 10K – Atlanta, GA; www.jeannebodytech.com

March 2009

- 7 – Chattahoochee Road Runners 10K – Sandy Springs, GA; www.ccrclub.com
- 7 – Snicker's Marathon & Half Marathon – Albany, GA; www.albanymarathon.com
- 14 – Gate River Run 15K – Jacksonville, FL; www.gate-riverrun.com**
- 29 – 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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Message from the President, continued:

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4 – Resume our tradition of post-Peachtree festivities

– I've heard from HR and, unfortunately they won't be funding any employee events after Peachtree this year. However, we do have access to a finish line tent through our sponsorship agreement with the Atlanta Track Club and we have plenty of time to make plans, so we WILL be doing something in 2009. It'll take volunteers, but I know we can pull it off as we have in the past. I'd like to hear your comments about what

the post-Peachtree event needs to include, so drop me a line if you'd like to help.

Finally, I'm always looking for fresh ideas and new faces to help with events. I'll be scheduling Executive Committee Meeting for early January and will send an email to everyone inviting you to attend. We'll be discussing next year's events and how we can implement the goals I've outlined here. I hope to see some of you there.

As always, happy running,

Gregg

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