

The Boll Weevil

The Official Running Publication of the Delta Dusters

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Message from the President - "Time to Party!"

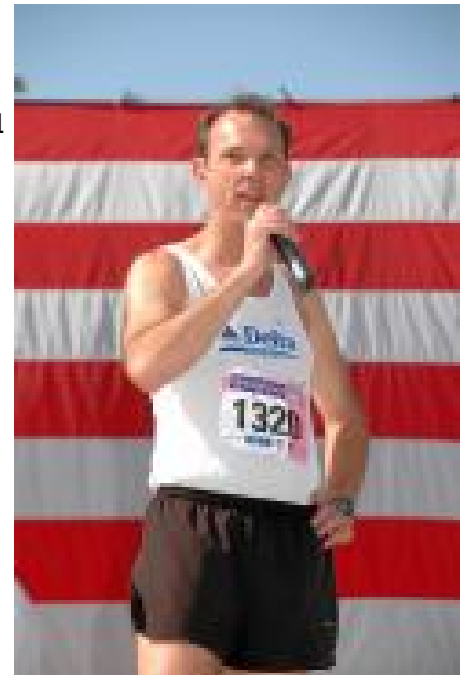
By Gregg Davis
gregg.davis@delta.com

As I'm sure you all know by now, it's almost time for our annual Spring Social! This year it will be held on Thursday, February 21st from 5:30pm-7:30pm at the Academy Grill on Virginia Ave in College Park (just two blocks west of I-85 and about three quarters of a mile from the GO). We'll have food and drinks provided by the club, so all you need to do is show up. This year is the 30th anniversary of the Dusters, so if you have some memorabilia or stories to share, be sure to bring them too. Feel free to bring guests and prospective new members. We'll also have some valuable door prizes provided by our good friend (and fellow Duster) Bill Brown of RunFit Sports in Peachtree City. For those of you who don't know Bill, he works in TechOps and runs the

store with the help of his sons and he's been a big supporter of the club over the years. RunFit stocks high quality running gear and specializes in custom shoe fitting, so it might be worth a trip to visit Bill and his crew.

As you'll see from the Race Results page, the Dusters have been busy running races all over the world (especially Russ Johnson - I've lost track of how many marathons he did last year). This year's first event will be the ING Georgia Marathon in late March and Delta is once again a major sponsor. Plans are still being finalized for employee services so stay tuned. Later in July, we'll be experiencing a different version of the Peachtree Road Race. As most of you probably know, Atlanta is experiencing a severe drought and Atlanta

officials have ruled Piedmont Park off limits this year to try and protect the grass. I've spoken with the At-



lanta Track Club and they are hard at work developing a plan B, but assure me that other than the finish location, the race will go on as planned. Once again Delta is a corporate sponsor and we'll

Con't on page 8...



“Wisdom from Wes” - As snowflakes fall, I sit in front of the fire

By Wes Wessely
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As I sit at home in front of a warm fire while the ever rarer snowflakes are falling outside, I am contemplating the effects of climate and weather conditions on the training regimen of runners.

For years I had wondered how the New Englanders managed to do so well at Boston in early spring when they had to suffer through harsh winter training. Maybe they were just Yankee tough and snow running improved their aerobic conditioning. At the same time I noticed that quite a few local runners in our more temperate climate seem to be battling injuries. I have adjusted my own training to what is the age factor for a work-

out regimen. To get me through the worst of the heat and the few inclement winter days, I now add the weather factor. This past summer we dealt with hot temperatures and high ozone levels which impacted my long runs and thus total mileage. That reduction in base left me three minutes slower in the same 10 mile race from the previous year. Allowing 1 ½ minutes for the aging factor left me with a 1 ½ minute slowdown that was not apparent in shorter races. It was obvious the reduction in base training had reared its ugly head. The silver lining to all of this bloviating is that I was not bothered with a recurring calf muscle pull that seems unavoidable in early fall.

Healthy and feeling strong, I am now trying to avoid increasing my total mileage too quickly. This is where the weather factor is helpful. On days of freezing cold or uncomfortably wet, I take my training inside at a very reduced level. If I end up doing a distance speed workout on a 50 degree day, I won't mind spinning my bike in the basement the next day. The net effect being that I am avoiding bad weather and overuse injuries while staying in good shape for a

strong spring campaign.

Bottom line is, New Englanders run good spring marathons because they are avoiding overtraining during those short, cold winter days.

Happy trails, 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: 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



Join us for the second running of the ING Georgia Marathon on March 30, 2008. Register as a Delta Employee and receive a guaranteed entry for 2008.

The Delta Dusters just received official word that the ING Marathon is offering a special Delta employee discount for the 2008 races! The discount is good all the way until March 19, 2008 (just 11 days before the race)! The discount means that all Delta Employees are guaranteed entrance at \$45 for the half-marathon and \$65 for the marathon. Delta employees would need to use the following promo code "DELTADASH08". Register at www.inggeorgiamarathon.com. (Note that in order to allow time to process registrations with your "Name" on the race bib, all employees must register before March 19, 2008.)

We look forward to seeing you at the Start Line!

Duster Race Results — October 1 2007 thru January 31 2008

ATC Cartersville 10K — October 6, 2007 — Cartersville, GA

Rico Dorsey 52:29

Buford Dam 5K — October 6, 2007 — Buford, GA

Wes Wessely 19:31 1st Masters; 3rd Overall
Teri Chiong 25:41
Susanne Pass 33:28
Steve Pass 36:49

Chicago Marathon — October 7, 2007 — Chicago, IL

Carolyn Bowen 3:59:43 personal best
Mike Manatrizio 5:46:01

Peachtree City Classic 5K — Oct 20, 2007 — Peachtree City, GA

Priscilla Martin 28:09 3rd in age group

Peachtree City Classic 15K — Oct 20, 2007 — Peachtree City, GA

Gregg Davis 1:07:19
Carolyn Bowen 1:12:39 2nd in age group; personal best
Rico Dorsey 1:22:52
Patsy Burnette 1:37:53
Bo Hatch 1:42:48
Ed Suttner 1:46:04

Prison Break 10K — October 27, 2007 — Boise, ID

Lou Budler 1:03:48

Patty Foell Memorial 5K — October 27, 2007 — Atlanta, GA

Lloyd Boone 19:22 1st in age group

Goblin Run 5K — October 27, 2007 — Newnan, GA

Wayne Lauzon 20:45 2nd in age group
Barbara Chandler 21:00 1st Masters
Gregg Davis 21:31 3rd in age group
Teri Chiong 26:27 3rd in age group

Silver Comet Half Marathon — October 27, 2007 — Mableton, GA

Russ Johnson 1:41:09 personal best
Joe Toczek 1:57:17
Andy Lyons 2:09:11

ATC October Cross Country 5K — Oct 28, 2007 — Canton, GA

Wes Wessely 19:37 1st in age group
Mathew Grzeck 24:43

World Airline Road Race 5K — Oct 28, 2007 — Sydney, Australia

Kevin MacDonnell 19:34
Larry Mayse 19:50 2nd in age group
Eric Elbel 22:44 1st in age group
Mike Manatrizio 26:00
Linda Mayse 26:14 1st in age group
Julie Duggan 31:33
Mimi Oliveira 32:59 2nd in age group
Kelly Ryan 34:08
Adeline Craig 36:20
Teresa Elbel 37:03
Barbara Henlon 41:28
Janet Hawkes 49:11

World Airline Road Race 10K — Oct 28, 2007 — Sydney, Australia

Mike Manitrizio 47:27
Mimi Oliveira 1:00:24 1st in age group

ATC Run Around the Rock 10M — Nov 3, 2007 — Stone Mountain, GA

Mathew Grzeck 1:23:22

Santa Clarita Marathon 5K — Nov 4, 2007 — Santa Clarita, CA

Susie Montgomery 25:12

New York City Marathon — Nov 4, 2007 — New York, NY

Barbara Chandler 3:55:12

Strong Legs 10K — November 10, 2007 — Atlanta, GA

Wayne Lauzon 43:21
Mathew Grzeck 49:34
Joe Toczek 54:05

Chickamauga Battlefield 10M, Nov 10, 2007 — Chickamauga, GA

Russ Johnson 1:14:35

Darkside 25K — November 11, 2007 — Peachtree City, GA

Rico Dorsey 2:57:20

Race for Research 5K — November 11, 2007 — Atlanta, GA

Teri Chiong 24:20 1st Masters

Race 2 Recycle — November 17, 2007 — Atlanta, GA

Wayne Lauzon 20:38 1st Masters; 3rd overall
Rico Dorsey 23:41 3rd in age group
Teri Chiong 24:20 1st Masters
Tracy Bellamy 26:10 2nd in age group
Andy Lyons 30:21

Flying Monkey Marathon — November 18, 2007 — Nashville, TN

Russ Johnson 3:52:34

Gobble Jog 10K — November 22, 2007 — Marietta, GA

Wayne Lauzon 42:44

Dana Point Turkey Trot — November 22, 2007 — Dana Point, CA

Helen Tallon 52:35

Huntington Thanksgiving 4M — Nov 22, 2007 — Huntington, NY

Kevin MacDonnell 26:29

Dallas YMCA Turkey Trot 8M — November 22, 2007 — Dallas, TX

Glenn Miller 1:16:12

Atlanta Half Marathon — November 22, 2007 — Atlanta, GA

Wes Wessely 1:31:14 1st in age group
Barbara Chandler 1:36:35 3rd in age group
Russ Johnson 1:48:06
Mathew Grzeck 1:52:36
Rico Dorsey 2:08:31
Patsy Burnette 2:14:30

Duster Race Results Con't:

Cincinnati Thanksgiving 10K – Nov 22, 2007 – CVG, OH

Susie Montgomery 53:41

Oconee Heritage Half Marathon Trail Run – Nov 25, 2007 – Farmington, GA

Teri Chiong 2:42:43rd in age group

Savannah River Bridge Run 10K – Dec 1, 2007 – Savannah, GA

Priscilla Martin 1:03:28

Sweet Tomatoes 5K – December 1, 2007 – Kennesaw, GA

Wayne Lauzon 19:37 2nd in age group

Teri Chiong 25:19

ATC December Cross Country – Dec 1, 2007 – Marietta, GA

Wes Wessely 19:45 1st in age group

Mathew Grzeck 25:05

Rico Dorsey 25:11

St. Jude Memphis Marathon 5K – Dec 1, 2007 – Memphis, GA

Ed Hullender 32:08

Wanda Hullender 33:56

Tucson Marathon – December 2, 2007 – Tucson, AZ

Russ Johnson 3:37:38

Las Vegas Marathon – December 2, 2007 – Las Vegas, NV

Carolyn Bowen 3:58:37 personal best

Carpet Capital 10M – December 8, 2007 – Dalton, GA

Wes Wessely 31:59 1st in age group

Christmas Lane Dash 5K – December 8, 2007 – Thomaston, GA

Wayne Lauzon 20:20 2nd Masters

Thunder Road 5K – December 8, 2007 – Charlotte, NC

Jeffery Robinson 21:02

Thunder Road Half Marathon – Dec 8, 2007 – Charlotte, NC

Diane Robinson 2:17:29

Change Your World Today 5K – Dec 9, 2007 – Temple, GA

Wayne Lauzon 20:33 1st in age group

Santa Stroll 8K – December 15, 2007 – Bishop, GA

Wes Wessely 31:59 1st in age group

Wayne Lauzon 33:33 3rd in age group

Jacksonville Marathon – December 16, 2007 – Jacksonville, FL

Russ Johnson 4:15:52

New Year's Day 10K – January 1, 2008 – London, UK

Christian Primas 35:35 9th overall

ATC Resolution Run 5K – January 1, 2008 – Kennesaw, GA

Wes Wessely 19:13 1st in age group

Wanda Hullender 33:49

ATC Resolution Run 10K – January 1, 2008 – Kennesaw, GA

Barbara Chandler 43:07 1st Masters

Rico Dorsey 56:31

Dick Evelyn 58:42

OC Marathon 5K – January 6, 2008 – Newport Beach, CA

Kevin MacDonnell 19:22

Fat Ass 50K – January 7, 2008 – Marietta, GA

Rico Dorsey 7:15:50

Winterville 5M – January 12, 2008 – Winterville, GA

Wayne Lauzon 33:42

Standard Chartered Dubai Marathon – January 18, 2008 – Dubai, UAE

Russ Johnson 3:53:54

ATC Peachtree City 5K – January 19, 2008 – Peachtree City, GA

Mathew Grzeck 24:42

Brass Monkey Half Marathon – January 20, 2008 – Yorks, UK

Christian Primas 1:16:41

Polar Bear Run 5K – January 26, 2008 – Marietta, GA

Wayne Lauzon 20:38

Barbara Chandler 20:39 3rd Masters

Eric Elbel 23:05 3rd in age group

Teri Chiong 25:40

Dick Evelyn 27:38

Teresa Elbel 35:33

Karen Johnson 35:35

ING Miami Half Marathon – January 27, 2008 – Miami, FL

Mimi Oliveira 2:14:02

Calloway Gardens Half Marathon – January 27, 2008 – Pine Mountain, GA

Karen Johnson 2:21:51

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! Have you run a unique race? Share your experience with all the Dusters and submit a Race Review!

Route Review - Chattahoochee Nat'l Park / Paces Mill Unit - Rottenwood Creek

By Dave Fritsh

chrisndave91@bellsouth.net

This run is along the recently constructed Rottenwood Creek Multiuse Trail and Bob Callan Trail and combines a flat run along the Hootch with the challenging inclines and fast downhill along the top of the Rottenwood Creek gorge. The many turns as the trail parallels Rottenwood Creek, each bend offers a sense of intrigue to the run.

The Routes: (<http://www.gmap-pedometer.com/?r=1587749>)

This time around it's a 4.1 run in the heart of the Cumberland / Galleria area. The trails follows the Chattahoochee to Rottenwood Creek, turning to follow the creek crossing it three times over pedestrian bridges ranging in length from 84 feet to 137 feet. The trails also include two sections of elevated boardwalks totaling nearly 500 feet. There are numerous seating areas with views of the creek and the river.

The out and back route starts with the Rottenwood Creek Multiuse Trail which begins along the northwest edge of the Paces Mill parking lot. The trail skirts along the edge of the activity field and progresses into the wooded area alongside the Chattahoochee. The trail here is a rice krispie concrete mix intended as a pervious surface. At about 0.5 miles, you'll pass under I-75, and continue past a pleasant seating area with a nice view of the confluence of Rottenwood Creek and the Hootch. Here you'll cross the first of the three bridges over Rottenwood Creek along this run.

After crossing the first bridge, turn left following the trail as it parallels Rottenwood Creek heading northwest. Here in the gorge, I-75 and the exit ramp to Cumberland Blvd loom high over to the left. About 0.3 miles from the first bridge comes the first elevated boardwalk which leads to a left turn and the second bridge crossing the creek. Then it's a hard right turn and over a small wooden bridge crossing a small gully. The trail continues to parallel the creek on its winding course for about another 0.2 miles at which point the nice flat trail separates from the creek and begins its climb out of the creek gorge. Mark 1 mile where the rice krispie concrete turns to the more familiar smooth concrete.

From here this run gets challenging with a steep climb to the top of the gorge where it's a rolling hilly run with some switchbacks to make it a little less daunting of a climb. Down to the right are some impressive views into the gorge which give you a good feel for how high you've come from the creek.

At about 1.6 miles comes the third bridge over the creek. This also marks the boundary of the NPS property and the start of the Bob Callan trail. The trail descends back to the creek level as it turns to the left, going under Cumberland Blvd and following the bend in the creek. Then its back under Cumberland Blvd and on

to the second elevated boardwalk section of the trail.

From here the trail begins a series of short climbs as it goes under I-285 and its ramps and Interstate North Parkway. After emerging from under the Interstate North Parkway overpass, following the trail to the left as it crosses the old Interstate North Parkway bridge (call 2 miles at the start of this bridge) to the Bob Callan Trailhead parking area. Turn around at the vehicle barricade at the north end of the bridge (almost 2.1 miles) and head back to the start.

I've noticed running this trail that the mileage markers posted seem to be off by about 0.15 from GMAPS and my GPS.

Variations:

At the Bob Callan Trailhead at the north end of this route, you can continue east along Interstate North Parkway to the Cochran Shoals unit which is about 1 mile away. Interstate North Parkway has a sidewalk from the trailhead to Powers Ferry Rd. East of Powers Ferry, there is no sidewalk, but there is a wide grassy shoulder separated from the roadway by a curb. At Cochran Shoals you can run the fitness loop trail and Columns Drive as described in a previous review. This could get you about 14-15 miles if you went out and back from Paces Mill to the Columns Drive / Johnson Ferry Road intersection.

If you're into trail running, you can leave the Rottenwood Creek multiuse trail a few hundred yards north of the southernmost bridge over Rottenwood Creek where a dirt trail forks off to the right of the concrete trail.

This trail climbs slowly at first, then rapidly out of the Rottenwood Creek gorge leading to the trails to the Akers Mill parking area. Another trail continues along the Chattahoochee after you cross this southernmost bridge. After about a third of a mile, this trail gets a little gnarly as it rounds the bend in the river (which is as far as I've gone in recent years). See the Park Service trail maps for more details.



Rottenwood Creek Multiuse Trail/Bob Callan Trail

Eventually, the Bob Callan trail will be a segment of a trail network in the Cumberland / Galleria area which is planned to connect to the Silver Comet Trail, and trails leading to Marietta and East Cobb. Lets hope these plans come to fruition. (<http://www.commuterclub.com/pdf/trails-in-cobb-cumberland-galleria-area-2007.pdf>)



Getting There:

To the Paces Mill unit:

Traveling South on I-75:

Exit - 258 Cumberland Blvd.
Turn Right onto Cumberland Blvd.
Turn Left onto Highway 41

South on Highway 41 to the park entrance on the right just before the bridge over the Chattahoochee.

Traveling North on I-75:

Exit - 258 Cumberland Blvd.
Turn Left onto Cumberland Blvd.

Continue as above.

To the Bob Callan Trailhead:

Traveling South on I-75:

Exit - 258 Cumberland Blvd.
Turn Left onto Cumberland Blvd., 0.4 miles
Cumberland Blvd. becomes Akers Mill Rd., 0.1 miles
Akers Mill Rd. becomes Interstate N. Pkwy., 0.4 miles
Trail Entrance and parking will be on your Right.

Traveling North on I-75:

Exit - 258 Cumberland Blvd.
Turn Right onto Cumberland Blvd., 0.5 miles
Continue as above.

Parking:

Parking is available at 2 lots – one is at the Paces Mill unit, the other at the Bob Callan Trail head. The Paces Mill lot is the better option here. The lot is large, spaces are usually available and there are facilities. The Bob Callan lot is small (maybe 10 spots), and there are no facilities at this time.

There is a \$3.00 per day parking fee to park at the Paces Mill unit. An annual parking pass (valid for 12 months from date of purchase) is also available for \$25.00 and is valid for all of the parking areas in the Chattahoochee River National Recreation Area. Parking at the Bob Callan Trail head is free.

Restrooms:

Restrooms are available at Paces Mill unit parking lot area.

Water:

Water fountains can be found at the Paces Mill restroom building.

Don't Miss:

The great blue heron that seems to frequent the riverbank opposite the mouth of Rottenwood Creek.
The views down into the Rottenwood Creek gorge.

A Word of Caution:

The Rottenwood Creek trail portion along the Hootch is a fairly popular trail. As the trail progresses further north along Rottenwood Creek to the Bob Callan trail it seems a little less traveled. Most likely this is due to this segment of the trail being fairly new and the terrain being a bit more challenging. I have not had any problems the few times I've run or walked here. 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 for me) and leave the headphones home, enjoy the sounds of nature. It's also a good idea to secure your valuables in your trunk or glove compartment before you arrive at the park and leave as much of it as you can at home.

On the web:

<http://www.nps.gov/chat/planyourvisit/pacesmill.htm>
<http://www.commuterclub.com/multi.htm>
<http://www.commuterclub.com/documents/WebsiteDirections.pdf>

Message from the Pres., Cont':

Continued from page 1:

have the opportunity for early registration for employees and family members. Look for an announcement on the DeltaNet in the next couple of weeks with information for registering for the world's largest 10K.

Speaking of world's largest events – Adeline Craig has suggested that the Dusters travel to San Francisco this May to take part in the world's largest road race – the ING Bay-to-Breakers 12K. This race is so big that it's mostly run just for fun and the spectacle. If you're interested in joining us, send an email to runnigclub.delta@delta.com. Rumor has it that some of our Aussie friends who hosted WARR last year will be coming up as well.

As always, if you have any suggestions for races to run or any results from your races, send 'em in !

In the meantime, keep running, stay healthy and I hope to see you all at the Spring Social !

Gregg

PS – A note on membership – renewal forms are on the way and you should have them by the time you receive this newsletter. If you have any questions about your status, send me an email at gregg.davis@delta.com

Duster Birthdays for Dec-March!

David Palmer	Dec 03	220/ATG
Amy Leiter	Dec 06	754/ATG
Joseph Toczek	Dec 21	507/ATG
David Fritsch	Dec 22	578/ATG
Barbara Chandler	Dec 23	610/ATL
Charles King	Dec 24	382/ATG
Glenn Miller	Dec 24	214/DFW
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
Terry Anderson	Jan 19	RET/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
Corrine Hofstetter	Feb 07	611/ATL
Jeanette Nagy	Feb 09	
Donald Colby	Feb 12	
Michelle Harwell	Feb 21	608/ATG
Trevor Brading	Feb 23	
Tracy Bellamy	Feb 24	299/ATG
Andrew Lyons	Feb 25	587/ATL
Lawrence Allen	Feb 27	
Insoon Kwon-Jones	Mar 03	611/ATG
Kerri Murray	Mar 05	611/ATL
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
Alan Pilling	Mar 22	
Wes Wessely	Mar 26	RET/ATL
Barbara Allen	Mar 28	

Happy Birthday to all of our Duster friends!!!

Duster Race and Events Planner

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

February 2008

- 9 - Run for Angels 5K & 10K – Newnan, GA; www.theangelshouse.org
- 16 - Run the Reagan 10K and Half-Marathon – Snellville, GA; www.runthereagan.com
- 23 - Charles Harris 10K – Tucker, GA; www.active.com

March 2008

- 1 - Chattahoochee Road Runners 10K – Sandy Springs, GA; www.crrclub.com
- 1 - Berry Half Marathon and 5K – Rome, GA ; www.berryhalfmarathon.com
- 8 - Sliver Comet 10K – Mableton, GA; www.silvercomet10k.com
- 16 - Peachtree Road Race Applications published in the Atlanta Journal Constitution
- 22 - Atlanta Women's 5K – Atlanta, GA; www.atlantatrackclub.org
- 30 - ING Atlanta Marathon and Half Marathon – Atlanta, GA; www.inggeorgiamarathon.com**

April 2008

- 5 - Cooper River Bridge Run 10K – Charleston, SC; www.bridgerun.com
- 20- US Women's Olympic Marathon Trials – Boston, MA; www.bostontrials2008.com
- 21- Boston Marathon – Boston, MA; www.bostonmarathon.org

May 2008

- 3 - Indianapolis 500 Festival Half Marathon – Indianapolis, IN; www.500festival.com
- 18 - ING Bay to Breakers 12K – San Francisco, CA; www.ingbaytobreakers.com



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

Special Feature - - "The Delta Du

This year the Dusters are celebrating our 30th anniversary!! To commemorate this special event, we'd like to include stories, events and photos of the early Duster years this year's Newsletter! Our first submission is from Wes Wesley. See if you remember the events he's referring to below!!! (Eric streaks? Does anyone have a picture of that?)

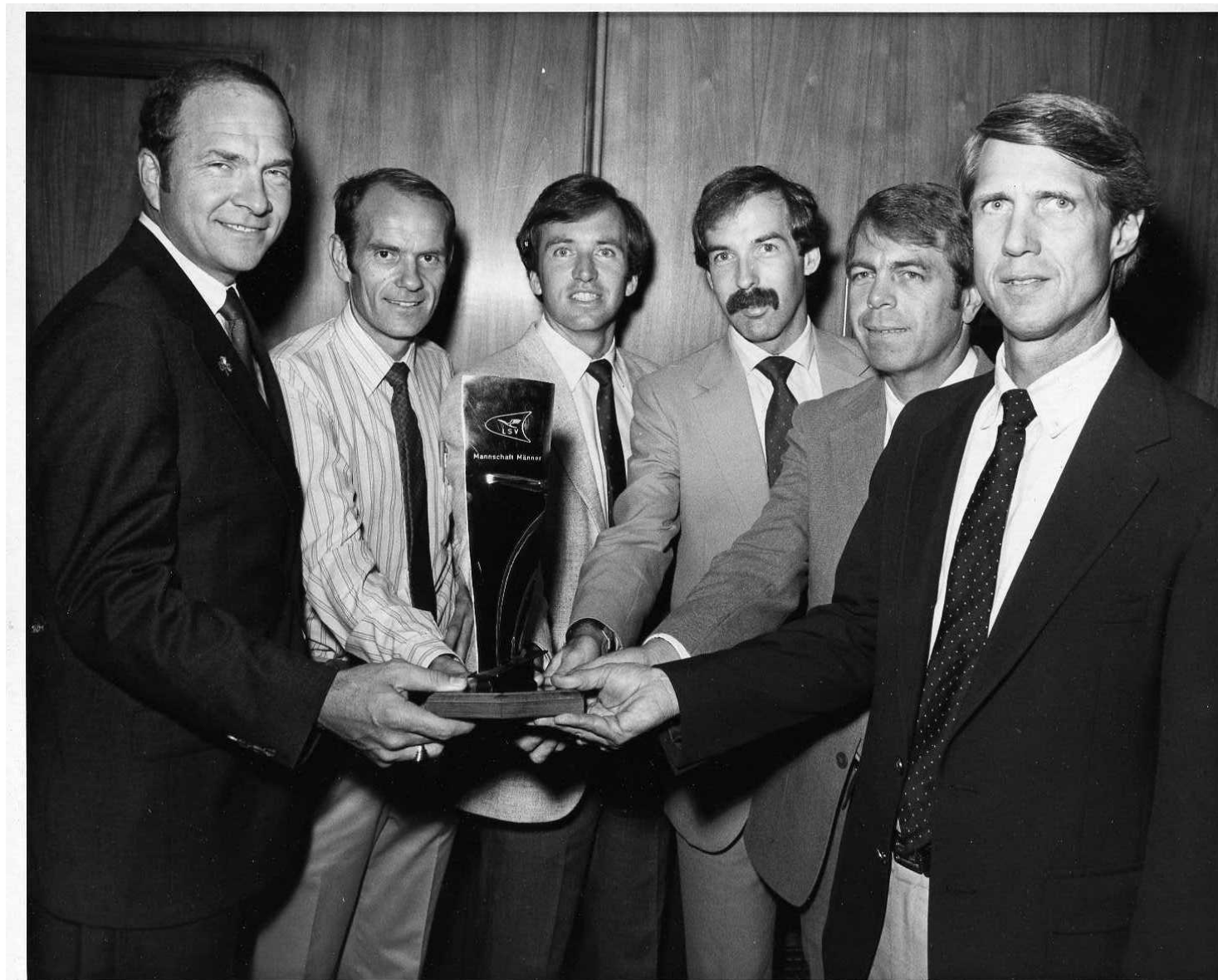
If any other Dusters have stories or photos to share, I'd love to include them in future newsletters. It can be big or small. Little antidotes can be fun. Please send stories to my home email (kimddavis@bellsouth.net) or the group Duster email (RunningClub.Delta@Delta.com). And if you have any pictures, let me know and I'll borrow them and scan them in (I promise to return everything). - - Kimberly Davis, Duster Newsletter Editor.

Wes Wesley remembers

Dean Breest running under the name of Raymond J. Johnston??
 John Uskovich training in the unfinished new terminal tunnel to avoid the heat.
 Ken VanHoy getting lost for 15 miles in Palo Alto before Corporate Cup.
 Wes and Debbie spending their honeymoon sharing a room at Corporate Cup in Berkley.
 Dusters running in daylight at 2 a.m. in Finland.
 Tom O'Connor changing shoes during a marathon.
 Ron Allen, pilot, tossing baton and watch into the stands during relay.
 Team captain Hal Leewenburg looking for his own relay number?
 Sharing a supposed basement suite with two other couples in London WARR.
 Mark Costello's expose on publicity team picture.
 Running and sliding on mud at first DFW Turkey Trot.
 Olga Fuentes picking up a Duster team member at 3 a.m. at San Francisco airport and brought her to Berkley and then she did not even run!
 ATL Jet base Dusters running perimeter road on lunch break.
 Sparse accommodations at Gretchen's during Winnepisake relay.
 Aussie runners getting mugged in SFO during WARR visit.
 Four-day running trip to Sydney for City to Surf race.
 Dusters running on Interstate 20 for 50th Anniversary relay.
 Fox Ferrell making make-up rounds at UCLA.
 Fox Ferrell expose in Barnstable during Cape Cod Relay.
 Wes flying in the morning of Gasparilla 15K.
 Eric Elbel's streak of WARR races.
 John Jensen taking me sailing in the islands days before LAX team marathon.
 Duke Barrett single-handedly organizing 500-mile anniversary relay.
 Derek Clayton (WR marathon) cutting corners because I was catching him.
 Debbie Wessely running 100 yard dash.
 Mary Carol Trombley forced to run ¼ mile on Duster relay team.
 Dusters running on new ATL 5th runway.
 Bob Ott goodwill ambassador to '96 ATL Olympics.
 BA committee negotiating until a.m. for WARR London.

It's been a lot of fun, and a lot of good years!

sters" Celebrate 30th Anniversary ! ! !

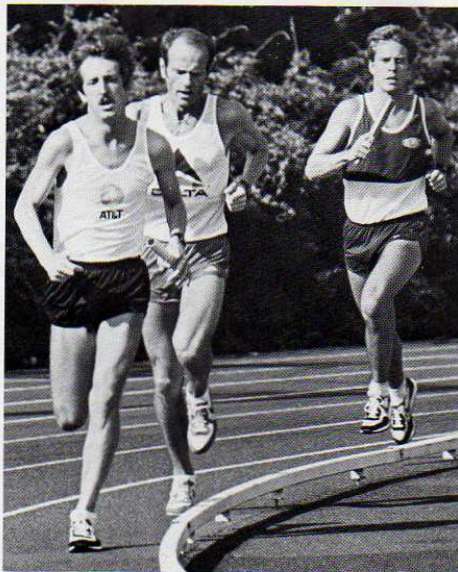


Gosh these guys look handsome! Who are they? Do you know?

(See more happy faces on the next two pages ! ! !)

Special Feature - - "The Delta Du

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Randy Stroud, supervisor-personnel services (above left), pelted to a first-place win in the Men's Open Relay. AT&T Information Systems' Debbie Rowell contributed to the gold medal win for the Pyramid Relay.

Corporate Cup glimmers of gold for AT&T team

More than 80 AT&T athletes grabbed the gold June 22, winning their first regional Corporate Cup competition. Atlanta's Emory University hosted the 7th annual meet, a preliminary for the "olympics" of corporate track and field competition, the U.S. Corporate Track Association national meet in Los Angeles in July.

The all-AT&T Southern Region Running Club fielded two teams which competed in 19 events (15 for the Corporate Cup and an additional four for the USCTA). Jim Sloan, programmer at the data center in Atlanta and coordinator of the company's entries, says the club has some 250 members who compete "in a spirit of fitness and camaraderie." They also compete in a spirit of winning.

AT&T Communications "A-Team" medal winners, all from Atlanta, included the following:

Men's 10K — Phil Baker and Clay Herron led the way to the gold.

Men's Masters 10K — A team of Chuck Speight, Dan Erwin and John Dick won the gold.

Women's Masters 5K — Martha Markwardt led a team to a bronze.

Open Relay — AT&T's team, including Randy Stroud, Phil Baker, Roger Moffat and Clay Herron, brought home the gold.

Pyramid Relay — Randy Stroud was on the gold-winning team.

Women's Relay — Tracy Lehmberg ran with the silver-winning team.

Executive Relay — This team, including Roger Moffat and Johnny Brasell, won a gold.

In the new USCTA events, medal winners were as follows:

Johnny Brasell, Phil Baker and Randy Stroud garnered a gold in the distance relay. Lee Maitland ran on the bronze-winning submasters sprint relay team. And in the combination high and long jump event, Johnny Brasell lead the team to a gold.

Says Sloan: "There were some spectacular individual performances, national qualifying performances. But the important thing is the participation. Everyone who competed is a winner."

sters" Celebrate 30th Anniversary ! ! !



Race Review - "Race 2 Recycle" (sponsored by Mayor Shirley Franklin)

Several hearty Dusters braved the cold temperatures on Saturday, November 17th, to participate in the first Race 2 Recycle 5K sponsored by Atlanta Mayor Shirley Franklin. Even though the mercury was hovering around the freezing point, the Dusters were hot! Leading the way was new club member Wayne Lauzon who ran a personal best time of 20:38 to finish 3rd overall and first in the Men's Masters division. Not to be outdone was Teri Chiong who was the Women's Masters winner in a time of 24:20. Also picking up age group awards were Rico Dorsey, 3rd in his age group with a time of 23:41 and Tracy Bellamy who finished 2nd in his age group with a time of 26:10. The awards ceremony was highlighted by remarks from Mayor Franklin and awards were presented by a member of the Atlanta Thrashers NHL hockey team. Hundreds of retired running shoes were collected by the organizers, to be recycled into material for rubberized track surfaces. As she departed, Mayor Franklin was kind enough to pose for a photo with the award winning Duster team!





WARR Down Under! - Sydney, Australia

2007 WARR Down Under!

It was a great WARR down under in Sydney! Over 30 Delta Dusters attended the annual World Airline Road Race held in Sydney, Australia from October 25-28, 2007. This year's event was hosted by Qantas and they proved to be very hospitable! The host hotel and WARR activities were located in the scenic area of Darling Harbour in Sydney.

With over 1,300 Warriors in attendance, this WARR was one of the most memorable in recent years. All of the WARR festivities were centrally located in the host hotel area which made it extremely easy to attend all events and mingle at the host hotel.

The weather in Sydney was quite warm – even for their spring – average daily temperatures were in the high '70s. The Australian National Maritime Museum was the perfect setting for the t-shirt party on Friday night. While Delta's shirt did not win any awards, it was a popular shirt for trading!

On race day, Sunday, October 28, the temperature was quite warm as we started the 10k race at 6:00am. The scenic course took the 1,000 runners along the harbor and over the Pyrmont Bridge for a finish at the Tumbalong Park located near Darling Harbour. Our own Adeline Craig offered her services as the "warm up queen" since the scheduled aerobics instructor had canceled last minute. The 5K runners were still warming up as the race began a few minutes early - the race to the start was more like the race to the finish line!!

The Dusters did quite well in the 5K event. Our winners included:

Kevin MacDonnell 19:34 – 3rd place – Men's age group 45-49

Larry Mayse 19:50 – 2nd place – Men's age group 55-59

Eric Elbel 22:44 – 1st place – Men's age group 65 and over

Linda Mayse 26:40 – 1st place – Women's age group 55-59

Mimi Oliveira 32:59 – 3rd place – Women's age group 60 and over

Congratulations to all Dusters for their participation in the 2007 WARR Down Under! The location of WARR 2008 is yet to be determined but the date is tentatively set for September 3-7. We will advise everyone of the next WARR location as soon as possible.

Julie Duggan



Australia, Oct 25—28, 2007



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