

The Boll Weevil

The Official Running Publication of the Delta Dusters

Inside this issue:

Message from the President	1
Wisdom from Wes	2
“Get in Gear” Race	3
Race Results	4-5
WARR - London	6-9
Singlet Order Form	10
Pres. Con’t	11
New Members	11
Duster B-days	12
Race Planner	13

Message from the President - “As we move into Spring”

By Gregg Davis
gregg.davis@delta.com

A few thoughts as we move into Spring. Spring has sprung (finally !) here in ATL and I hope it has, or will very soon, wherever this finds you. Spring is my favorite season here because you can run pretty much any time of the day without worrying about being to hot or cold and the humidity won't kick up for another month or so. Here's a few thought as reminders for spring events.

As I write this, I'm getting ready to head to BOS for the Boston Marathon. I'll be a spectator this year since I missed in my attempt to qualify last

fall but I'm hoping the experience will give me the extra motivation I need to make it as a runner next year. In the meantime, I'll be cheering on the several Dusters who are

hitch this week with about 30 Dusters in attendance. A good time was had by all and it was nice to see some of the original Dusters again, as well as some of the newest Dusters.

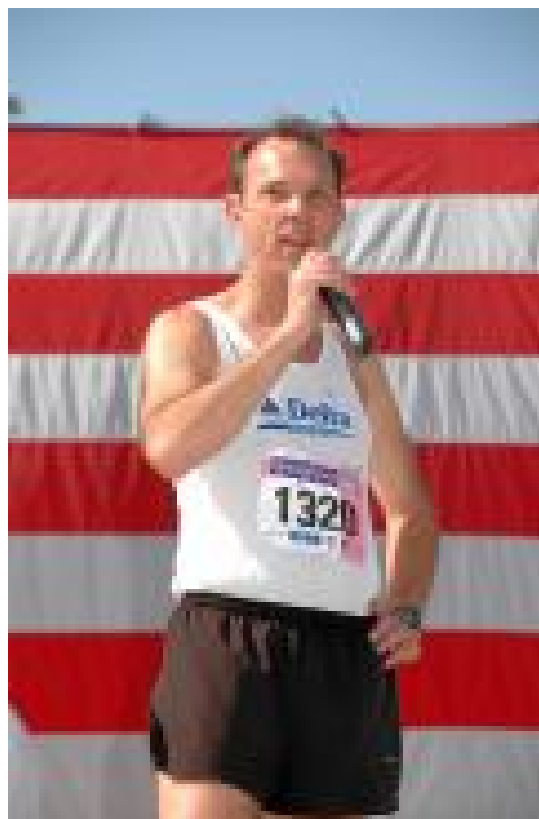
We'll get an event on the schedule for MSP sometime later in the summer – watch for details.

There are still guaranteed entry slots available for Grandma's Marathon and Half Marathon which will be held June 19th in DLH. Registration for the Half is closed to the general public and the Marathon is almost full, but you can still get in either race (or the 5K the night before) using the Delta code. You can find the information on the DeltaNet

under “Employee Info”, then on “Get Involved”. But hurry, our

The ATL Spring Social went off without a

Con't on page 11.



“Wisdom from Wes” - Fair Weather Runners

By Wes Wessely

wwessely@bellsouth.net

As we close one of the wettest and coldest winters in over thirty years I have made some new observations on running performance by my peers and students. It appears that performances by runners of different levels do not parallel weather patterns and training mileage. In my case, having the luxury of a retirement schedule, overall running mileage did not change

Duster Staff :

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To contact us, email us at “runningclub.delta@delta.com. Or to Dusters at 156 Peachtree East Shp. Ctr., Box 126, PTC, GA 30269.

We welcome race results, pictures, stories or suggested races. Newsletter is published every other month, so send in future race ideas 3 to 4 months ahead of entry deadlines.

greatly as a result of miserable weather conditions. Running mileage actually increased due to a reduction of biking mileage which serves as my alternate aerobic base.

The elite high school runners I coach were able to maintain their higher mileage because of self-motivation rather than school practice schedule. Most of the year-round students do their workouts whether practice is cancelled or not. There is little question that the quality of all our workouts had suffered over the winter months. Running with heavy, wet shoes and reduced warm-up and cool downs surely would have an effect on the quality of our base building foundation. For the track competition which distances only go to 3200 meters one

could assume this not to be a big factor. Folks training for longer distances including marathons, reduced mileage usually spells trouble.

You may recall from a previous column that I never could explain why runners from New England did so well at the Boston Marathon after surviving those horrendous northern winters. I can still only guess that it has something to do with over-achievers getting some needed

rest from fall mileage.

Enter the competitive season of my high school runners. After adjusting performances downward for maturing teens I am seeing an unusual trend.

The masses that show up for track practice on fair days, as has always been the case, are faltering on their speed sessions. Their race performances are suffering across the board. I have now often heard, “I ran faster than that last year,” to

which I add, “and you’re a year older.” No mystery there; training well leads to racing well.

My elite runners – I only call them that in this article – have shown a different result pattern. In their speed work they quickly attained or exceeded goal pace,

sometimes surprising themselves. On race day many have attained personal best by large numbers, surprising even their coaches. One can only assume that this pattern has emerged from a more tempered winter schedule.

Maybe we can conclude that harsh winters not only reduce summer bugs but produce better spring track runners.

Happy Trails,
Wes



“Get in Gear” - April 24th, in MSP

The “**Get in Gear**” run as they call it is Minnesota's annual rite of Spring. The Get in Gear run offers a 5K, 10K and the second half marathon. The 10K is the bulk of the runners and starts at Minnehaha Falls in Minneapolis and runs North along the Mississippi river to the Lake street bridge where it crosses over the river and then runs back South along the river to the Ford Parkway bridge where it then crosses back over the river again before it ends where it started at the Falls.

It is a very well organized race and offers something for everybody as it welcomes runners of all abilities and also welcomes walkers to participate along with all family members and friends. Be prepared as the spring weather here in Minnesota can throw all sorts of weather at you as I have run this race in shorts and a t-shirt and also full winter running gear.

People enjoy this race every year because we up here in the great state of Minnesota are very anxious to get back outside and enjoy the many running routes that the Twin Cities metro area has to offer with all of its lakes and many parks and also the Mississippi river close by.

This race also provides contributions to the Second Harvest food shelf as all runners are asked to bring along any canned food and non perishable items to help out.

MSP is organizing and are trying to get as many people as possible to run or even walk this race this



Duster Race Results - January 23, 2010 thru March 27, 2010:

Charlotte Running Co. Trail Run 3.8M – January 23,
2010 – Charlotte, NC

Dan Smith 32:32 2nd in age group; 13th
overall

ING Miami Half Marathon – Jan 31, 2010 – Miami, FL

Mimi Oliveira 2:22:31 1st in age group

Chatahoochee Challenge – Feb 6, 2010 - Marietta, GA

Rico Dorsey 45:03 personal best

Fox Ferrel 55:35 3rd in age group

Pensacola Double Bridge 15K – February 6, 2010 –

Pensacola, FL

Douglas Pierce 1:09:32

Tybee Half Marathon – February 6, 2010 – Tybee Is-
land, GA

Karen Johnson 2:07:13

Surf City Half Marathon – February 7, 2010 – Hunting-
ton Beach, CA

Helen Tallon 1:56:28

Al Toll Masters 15K – February 20, 2010 – Macon, GA

Wayne Lauzon 1:04:51 2nd in age group

Feel the Heat 5K – February 20, 2010 – Suwanee, GA

Wes Wessely 21:56 1st in age group

Resolution Rush 10K – Feb 21, 2010 – Canton, GA

John Kasper 58:44

Charles Harris Run for Leukemia 10K – Feb 27, 2010

Larry Mayse 43:10 3rd in age group

Carolyn Bowen 49:32

Linda Mayse 53:21

Gasparilla 15K – February 27, 2010 – Tampa, FL

Jeff Zickus 52:56 2nd in age group

Heart to Heart 5K – Feb 27, 2010 – Peachtree City, GA

Kith Burkingstock 22:32 2nd in age group

Plano Pacers Bead Run 5K – Feb 27, 2010 – Plano, TX

Ruth Olinger 36:39 1st in age group

Chattahoochee Road Runners 10K – March 6, 2010 –

Sandy Springs, GA

Rico Dorsey 44:59 personal best

Dick Evelyn 58:58

Oak Grove 5K – March 6, 2010 – Peachtree City,
GA

Kith Burkingstock 21:59 personal best

Disney's Princess Half Marathon – March 7, 2010
– Orlando, FL

Jacqueline Conz 2:02:07

Silver Comet 10K – March 13, 2010 – Mableton,
GA

Jeff Clark 40:24 2nd in age group;
personal best

Wayne Lauzon 40:27 2nd in
age group;

personal best

Andy Lyons 52:41

Fox Ferrel 53:07 3rd in age group

Jim Hughey 55:42

(Continued next page.)



Duster Race Results - Cont'd:

River Bound Series Trail Run 5K – March 13, 2010 – Charlotte, NC
Dan Smith 25:52

Shamrock 'n Roll 5K – March 14, 2010 – Atlanta, GA
Daryl Pridgeon 23:15 3rd in age group
Teri Chiong 24:11 1st in age group

Get Lucky 7K – March 20, 2010 – Minneapolis, MN
Clem Czerniak 40:18
Jennifer Deweese 53:34

North Carolina Marathon – March 20, 2010 – High Point, NC
Wayne Rief 4:23:32

ING Georgia Half Marathon – March 21, 10 – ATL, GA
Chuck Brower 1:43:32 personal best
Teri Chiong 1:55:22
Daryl Pridgeon 1:55:22
Paul Skrbec 2:06:12 personal best
David Weigand 2:10:50
Debbie Weigand 2:10:50
Eric Harvison 2:16:04
Chico Harris 2:35:54
ING Georgia Marathon – March 21, 2010 – Atlanta, GA
Mathew Grzeck 4:46:59

Umstead 100M Trail Run – March 27 – Raleigh, NC
Rico Dorsey 22:47:28

Run for Griffin 5K – March 27, 2010 – Griffin, GA
Wayne Lauzon 19:56 1st in age group

Red Bird 5K – March 27, 2010 – Peachtree City, GA
Kith Burkingstock 22:05

Hall of Fame 5K – March 27, 2010 – Plano, TX
Ruth Olinger 38:07 2nd in age group

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.



“The only think that separates successful people from the people who aren’t is the willingness to work very, very hard.”

Helen Gurley Brown
American Author, Publisher and business woman.

WARR 2010

British Airways Athletics Club
World Airline Road Race
London 2010

Newsletter - No 3 – Page 1

April 2010



[!The World Airline Road Race Festival London 2010 is now open for Sign up!!](#)

A note from Willie Walsh

I'm proud that the 29th annual World Airline Road Race festival will be hosted by the British Airways Athletics Club in London in the week of 25th September 2010.

I'm delighted that BA staff are stepping forward to organize an event which not only acts to bring people together in the pursuit of sport and friendship, but has the ultimate goal of raising money for charity.

The event will be raising funds for Dreamflight which each year provides holidays of a lifetime for seriously ill and disabled children. The charity was originally founded by serving British Airways flying staff and remains close to the heart of British Airways.

The World Airline Road Race is the largest event of its kind and offers promotional benefits for any supporting company. The organizing team have my support, and I would hope that they can rely on yours also. Please contact them if you need any further information.

Kind regards,

Willie Walsh
British Airways Chief Executive"

Gold Sponsor:



2010 Festival Chairs:



Other Sponsors and Supporters:



- London

IMPORTANT: All participants must complete the Festival Sign-up prior to their arrival in London. Anyone who has not signed-up will not be able to participate in any of the festival events.

Early booking is strongly recommended as forecasts are exceeding the capacity of the course and Awards Party venue.

Sign-up is managed by the International Committee from the International Website. Please register at the following address for the Festival and Awards Party

www.worldairlineroadrace.org

Please Note – there will be a booking fee and there could be currency conversion costs as the fees are in UK Pounds.

What does it cost?

The 'Early Bird' up until July 23rd:-

Festival fee is £25

Party fee is £35

July 24th onwards:-

Festival fee is £30

Party fee is £40

Festival Fee includes-

- Entry into the 10k race,
- Entry into the 5k race,
- A medal for all finishers,
- A festival T shirt,
- Entry into the Meet & Greet on Thu
- Entry into the T Shirt Party on Fri

Party Fee includes-

- Entry into the Awards Party
- Welcome drink
- 3 course stand-up buffet
- Entertainment

Wednesday 22nd Sep:

- Registration
- The WARRtering Hole - A place to meet up for a beer and a chat with old and new friends.

Thursday 23rd Sep:

- Registration
- WARRtering Hole
- The Meet@Greet at The Fox@ExCeL, An informal evening get together for all Airline WARRiors and their friends

Friday 24th Sep:

- Registration
- WARRtering Hole
- Team Captains' Meeting
- Future WARR Meeting,
- The T Shirt Party - Where teams display and swap shirts that have been especially designed for the event

Race Day - Saturday 25th Sep:

- 10k Race – ExCeL, Royal Victoria Dock
- 5k Race – ExCeL, Royal Victoria Dock.
- Awards Party, Post race celebration

Race and Awards Eligibility

Eligibility for the main individual and team awards are restricted to current and former employees of passenger or freight airlines or companies whose principle business is directly airline transportation related.

Relatives and friends of airline staff and staff of supporting companies are also encouraged to participate.

Even though the event is focused on airline staff, non-airline staff are welcome (subject to availability) but numbers may have to be restricted if we start to reach course or venue constraints.

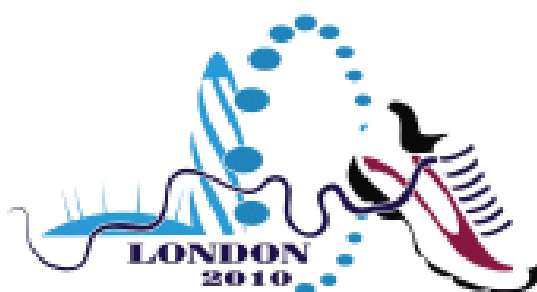
If you are in doubt please contact us to check.
info@warrlondon.com

The following list is the current expectation of the schedule in London. (This is subject to change.)

British Airways Athletics Club
World Airline Road Race
London 2010

Newsletter - No 3 – Page 3

April 2010



Hotels

Festival Headquarters Hotel - Hotel Novotel London ExCeL

The Festival Headquarters for the World Airline Road Race 2010 is the Hotel Novotel London ExCeL.



The Novotel is a new generation + star hotel ideally placed on the race course and adjacent to the ExCeL exhibition and conference centre. The Upper Deck Restaurant and Bar overlooks the Royal Victoria Dock. All rooms offer high speed internet access. A gym, sauna and steam rooms are available as is onsite pay parking. The Festival Headquarters Hotel will be the venue for race registration and other festival events. The Hotel will be a magnet for all Airline WARRiors to gather together to reminisce about past events and plan future engagements.

For full details of all the hotels please visit our website.

All deals are subject to availability so book early to avoid disappointment.

Hotels offering deals	Rating	Rooms From (incl 17.5% VAT)	Details	Booking Link or Process
NOVOTEL LONDON ExCeL	4 ★	£99 single £119 double with breakfast	Early Bird rates to 31st May (rates £115 & £119 thereafter)	Post or fax booking Form to hotel (see form for address)
IBIS	3 ★	£55 (Non refundable)		Website - enter Destination "London excel" and promotional code "crew"
PREMIER INN	2 ★	From £50	Breakfast included until 30 June	e-mail your booking requirements and a contact phone number to reservations.docklandunit@whitbread.com quoting "World Airline Road Race"
RAMADA	4 ★	£99 single £109 double with breakfast (Non refundable)	Rates available to 21st July.	Email reservations@ramadadocklands.co.uk or telephone 00 44 207 540 4820 quoting reference "Airline Race"
Other Hotels	Rating	Rooms From		Website Link
CROWNE PLAZA	4 ★ ★	£170 with breakfast		www.crowneplazadocklands.co.uk
CUSTOM HOUSE	3 ★	Rooms from £55 Apartments from £150		www.customhouse-hotel.co.uk/apartments.html

- London

Discount Fares on British Airways

In the current climate it has not been possible for BA to provide staff travel arrangements for staff and relatives of airlines with which BA does not have existing staff travel agreements.

5% and 10% discounts on commercial fares on BA are available on the BA.COM website using the link provided on the www.warrlondon.com website International Travel page. Further details and terms and conditions are provided on that page.

London has four international airports. London Heathrow/ Gatwick / Stanstead and London City Airport. London City airport is adjacent to the location of this year's World Airline Road Race. The Channel Tunnel links London to France and the rest of Europe.

Useful email addresses and websites

Hotel information

hotel@warrlondon.com

General Information

info@warrlondon.com

World Airline Road Race website

www.worldairlineroadrace.org

London information

<http://www.visitlondon.com>

Festival Signup and Awards Party Fee queries

runmax@yahoo.com

Checklist for WARR - Have you

- Registered online
- Advised any special needs
- Booked flights
- Booked hotel
- Checked visa requirement

Top 6 more Cockney Rhyming Slang

- | | |
|-------------------|-------|
| ➤ Beans and honey | Money |
| ➤ Boat Race | Face |
| ➤ Cherry Chase | Face |
| ➤ China plate | Mate |
| ➤ Dog and bone | Phone |
| ➤ Jam jar | Car |



World Airline Road Race
LONDON 2010



www.deltashop.com

Delta Dusters, have a great
AJC Peachtree Road Race!



July 4th, 2009



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DISTANCE SINGLET**

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1.866.488.4980 P.
1.207.755.2061 F.
webcatalogs@geiger.com E.

Message from the President (from page 1):

entries are only guaranteed thru April 30th. If you have any questions, call me at 404-715-4367 or email at gregg.davis@delta.com. We can also help you with lodging.

We have over 800 DL employees and family members signed up for the Peachtree Road Race on July 4th. Another 150 or so have volunteered to staff a water stop at Mile 1 on the course, so look for them. Just like last year, the Dusters are paying for the post-race refreshments out of club funds so we'll be limiting entrance to the tent to Duster Members and two guests each.

Membership is at a recent high with the latest count standing at 225. Everyone should have received their renewal forms a few weeks ago and I'll be sending reminders next week to those who haven't renewed for 2010. Renewals will close on June 30th so make sure you send in your dues before then. If you can't remember if you paid, send me an email and I'll check on your status.

WARR details are starting to come together. It's in London this year and looks to be an exciting event. Since we're now the biggest airline, we ought to have the biggest contingent! If you have any questions, contact our WARR Captain, Adeline Craig at ade-line.craig@delta.com.

As always, Happy running,

Gregg

Welcome New Dusters Members !!!

Stephen Boalch	989/ATL
Greg Dunn	030/ATL
Duane Ellis	
Sharon Huff	RET/ATL
Peter Lauzon	
Derek Mansur	
Rachel Mansur	
Jason Mansur	
Nicole Mansur	
Mary Pat Swinford	RET/ATL
Wayne Tucek	262/ATG
Rachel Waldera	
David Weigand	030/ATL
Debbie Weigand	
Andrea White	610/NYC



Duster Birthdays for May and June:

Wayne Reif	May 08	030/ATL
Casey Seabright	May 08	027/ATG
Teresa Duncan-Elbel	May 10	611/ATL
Robin Paurus	May 11	499/MSP
Luanne Torblaa	May 11	
Helene Gannon	May 12	
Larry Mayse	May 12	
Vickie Kovaleski	May 13	
Flavia Marin	May 18	656/ATL
Daniel Usalis	May 22	RET/ORD
Judy Ott	May 23	
Carolyn Bowen	May 26	665/ATG
Joyce Harrison	May 26	610/ATL
Julie Duggan	May 29	RET/ATG
Annette Steffke	May 29	
Michael Beauchamp	May 31	030/SLC
John Laughter	Jun 04	223/ATG
Valerie Allen	Jun 07	
Wayne Lauzon	Jun 07	288/ATL
Jim Hughey	Jun 15	RET/ATL
Dave Dickirson	Jun 17	
Jeff Clark	Jun 18	289/ATL
Tom Richards	Jun 19	
Lew Valero	Jun 19	
Adam Sorenson	Jun 26	125/MSP
Leon Lillie	Jun 28	
Steve Pass	Jun 29	
Donald Douglas	Jun 30	488/ATG



Happy Birthday to all of our Duster friends!!!

“The difference between getting somewhere and nowhere is the courage to make an early start. The fellow who sits still and does just what he is told will never be told to do big things.”

Charles Schwab
Entrepreneur

Duster Race and Events Planner

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

April 2010

19 - Boston Marathon – Boston, MA (www.bostonmarathon.org)

24 – Get in Gear 5K, 10K & Half Marathon – Minneapolis, MN (www.getingear10k.com)

June 2010

19 - Grandma’s Marathon & Half Marathon – Duluth, MN (www.grandmasmarathon.com)

July 2010

4 - Peachtree Road Race 10K – Atlanta, GA (www.atlantatrackclub.org)

September 2010

16 - KP Corporate Challenge 5K – Atlanta, GA (www.kpcorporaterunwalk.com)

25 - World Airline Road Race 5K & 10K – London, UK (www.worldairlineroadrace.org)

26 - Atlanta Ekiden Relay – Atlanta, GA (www.atlantatrackclub.org)

October 2010

3 - Twin Cities Marathon & 10M – Minneapolis, MN (www.twincitiesmarathon.org)

16 - Peachtree City Classic 15K & 5K – Peachtree City, GA (www.ptcrc.com)

17 - Detroit Free Press Marathon, Half Marathon & Marathon Relay (www.freepmarathon.com)

November 2010

6 - Monumental Marathon & Half Marathon – Indianapolis, IN
(www.monumentalmarathon.com)

7 - New York City Marathon – New York, NY
(www.nycmarathon.com)

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



Delta Dusters

156 Peachtree East Shp. Ctr.
Box 126
Peachtree City, GA 30269

Website: www.deltadusters.com
E-mail: RunningClub.Delta@Delta.com



We're looking for Volunteers!

Upcoming events like the Peachtree Road Race and Ekiden team race don't happen by themselves! A majority of the coordination is done by the Duster executive committee, however some events need more people to help it run smoothly.

Every year we need people to volunteer to help coordinate snacks and to set up tables for the Peachtree Road Race. 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!

