

The Boll Weevil

Inside this issue:

Message from the President	1
Wisdom from Wes	2
Corporate Challenge	3
City of Lakes Race	6-7
Twin City Marathon	8
MSP Events	8
WARR Updates	10-13
Duster B-days	12
Race Planner	15
Race Results	16

Message from the President-Grandma, Peachtree & Membership

By Gregg Davis
gregg.davis@delta.com

Once again I had the pleasure of attending our two signature summer events, Grandma's Marathon in Duluth, MN and the Peachtree Road Race in Atlanta. As many of you know I've been struggling with tendonitis in my knee this summer (it's finally getting better), so I hacked my way thru the half at Grandma's and skipped running Peachtree in favor of manning the post-race tent.

We had a good turnout at Grandma's, about 15 runners total, especially considering that the MSP Block Party was scheduled for the same day (don't worry - we're taking steps to make sure that doesn't happen again!). The Grandma's staff and fans in Duluth are among the best anywhere, and welcomed the Delta contingent with open arms. The weather was good (especially compared to the ATL heat) with a pretty stiff headwind being the only complaint. The top performances of the race were posted in the half marathon by Jason Mansur

(1:26:20), Alicia Traut (1:31:34) and Ed Waldera (1:43:59) who placed 7th in his age group.

This year's Peachtree saw amazingly favorable temperatures (upper 60s and low humidity) for the second consecutive year resulting in some very fast times. About 80 Dusters completed the annual 10K trek down Peachtree Street to the Piedmont Park finish line. Top Duster finishers were Jeff Zickus (34:37) who finished 129th overall and in the top ten in his age group and Carolyn Bowen (47:15) with what may be a personal best. Our finish area tent was in a great location at the top of the hill overlooking the meadow, except that the race organizers inexplicably placed a row of port-a-johns blocking our view, thus making

the tent harder to locate. I know several of you mentioned that you couldn't find us and I have discussed this with the Atlanta Track Club to make sure it doesn't happen again. I'd like to thank Barb Henlon for helping to staff the tent with me, and



also Cindy & Kevin McNeight, Brian & Sheri Duff, Rich Cerasani and Ann Hultman who helped with tear down and clean-up efforts.

Continued page 15.



“Wisdom from Wes” - Inspiration from Dick Beardsley

By Wes Wessely

wwessely@bellsouth.net

Just as you think the pace of my running related schedule would be on a decline, I faced a couple of the busiest two weeks yet. I have mentioned my involvement with Junior Olympics in previous articles. That venture hit a crescendo as we took a dozen athletes to regionals in Greensboro, NC and managed to get five to nationals at the end of July.

We also got several on the top of the podium that scored personal bests.

Duster Staff :

President: Gregg Davis

Website Coordinator: William Pantin

Treasurer: Eric Elbel

Newsletter: Kimberly Davis

MSP Coordinators: Sue Mansur and Bill Freese

DTW Coordinators: Natalie Foster, Monica George, and Annette Steffke

WARR Captains: Adeline Craig and Debbie Shaw-Tarver

Ekiden Captain: Dave Fritsch

Corporate Challenge Captain: Charlene Butler

Members at Large: Carolyn Bowen, Julie Duggan and Heidi Martin

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.

What more can a coach ask for! By the time you read this we will have returned from Sacramento with some national champions.

After returning home from Junior Olympic regions, I was asked to be a guest coach at a summer running camp at Piedmont College about thirty minutes up the road. What a way to spend your summer, dorm rooms, cafeteria food and a lot of enthusiastic young athletes.

To top things off their celebrity running guest was Dick Beardsley who some of you may remember from the '82 Boston, dubbed the "Duel in the Sun," one of the better running books on the market. I not only listen to his spell-binding talk but had several hours one on one the next day. During his hour and a half talk I did not see a single athlete bored or restless. After a successful racing career with wins at London and Grandma's Marathon he went back to farming. An unfortunate accident turned him into a human sausage.

After months of recovery with a long hospital stay he was back on the roads only to be T-boned by a red-light runner. Mangled he again spent months in recovery and got addicted to pain killers. When prescriptions ran out he began to forge them and drive all over the state to satisfy the craving.

The law caught up with him and he fessed up totally, checking into rehab and served four years of probation. His description of withdrawal made the skin crawl on the back of your neck. No sleep for seven days and such intense pain that he wished death.



He survived and moved to Austin, Texas to start a foundation to aid teenagers with addiction. He has become a motivational speaker and travels across the land to help prevent his fate on others.

Other than knee replacement and back surgery, he seems well on the way to get in running shape and compete in the 55 plus age group. Despite all his accomplishments and tribulations he is firmly grounded and approaches his mission as he did his training of 150 plus miles in the eighties. He seemed perplexed by today's U.S. competitors who race two or three times a year, whereas he did thirty or so quality races a year.

As he limped to the Delta counter, his favorite airline, I am struck by the long shadow he has left in the competitive running world and the race for a better humanity.

See you in London, Wes

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

KP Corporate Challenge Update, ATL — Sept 16

This year's KP Corporate Challenge 5K Run / Walk is fast approaching on Thursday September 16th at 7pm at Turner Field. Once again Delta will be have a post-race tent with food and drink (including frosty adult beverages) for all DL participants. You don't have to be fast to participate - there will be 15,000 folks representing over 100 local companies and they run the gamut from the super competitive to the casual walker and everything in between. Last year we had about a dozen runners from Network (and about 100 overall from DL) and we're hoping to beat that total this year. If you register before August 12th using coupon code "kp44" you'll get a \$5 discount. See registration instructions below. Contact Delta race Captains Gregg Davis (gregg.davis@delta.com) or Charlene Butler (charlene.butler@delta.com) if you have any questions.

How to register for the Delta Team:

1. Start at www.kpcorporaterunwalk.com
2. Click "Registration" on the left column.
3. Click "Register Online Now (this includes Team registration too)".
4. Click "Register now" green button. (Register before August 12th to get the Delta Duster discount -- you get a \$5 discount.)
5. "Join a Team" category. Members must agree to the waiver and agree that they are 13 or older. (The Active.com account log-in info is optional.)
6. Team member then "Selects a Company" = Delta Air Lines
7. Team member should ignore the Company

Password question (leave it blank). (This is NOT where the coupon code goes.)

8. Team member fills out remaining questions.
9. *** On the payment page, the team member needs to enter the coupon code (Duster Coupon Code: kp44 - it is CASE SENSITIVE and confidential), then click REDEEM. This is a very important step. We are unable to give refunds to those registrants who forget to enter the coupon code. Active.com does not process refunds, either. Your registrants need to be sure they enter the coupon code here.
10. A confirmation page will pop up, and an email will be send to the registrant.

Additional Information:

We are excited to announce that LA Fitness is offering a Complimentary Workout pass August 18 - September 15, 2010 to all registered program participants. This will be good at all 26 metro Atlanta locations. Classes and hours may vary, so check the LA Fitness website for the Club you are interested in.

The pass will be emailed to participants with the Active.com registration confirmation. If someone has already registered, the pass will be emailed separately before August 18, 2010. Everyone will need to bring in their emailed pass and a photo ID to get set up at the desired club location (pass may be used at one location only).

"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



Sponsor's Reception after Grandma's Marathon. From left to right: Ed Ed Waldera, Bill Freese, Sue Mansur, Gregg Davis and Paul Skrbec.



Pasta Dinner after Grandma's Marathon. From left to right: (standing) Sue Mansur, Gregg Davis, Bill Freese, Jason Mansur and Alicia Trout; (seated) Matt Campson and Nicole Mansur.



Jeffrey Zickus at the Peachtree Rod Race, showing us his T-shirt.



Tripp Hullender at the Peachtree Rod Race. It was a hot day !

“City of Lakes” 25K, MSP, Sept 13th

There are so many fun and rewarding races in MSP this Fall. This is just one:

CITY OF LAKES 25K, Sunday, September 13, 2009, 8:00 a.m.

The 28th running of this middle distance event created in 1982. Provides a stand alone, middle distance test and/or a perfect training test for those running Twin Cities Marathon or other fall marathons. Selected to be the finale of the 2009 USATF MN Championship Series of six races

START:

8:00 AM Sharp! The start is located at the SW corner of Lake Harriet in south Minneapolis.

Course:

Makes two loops plus around Lakes Calhoun and Harriet in south Mpls. The race finishes at the Lake Harriet Bandshell. The 15.5 mile course is traffic free and run mostly on the parkways surrounding the two inner-city lakes. Each mile is marked and the water is available at least every 5K.

SPLITS:

1M, 5K, 5M, 10K, 13.1M and 15M.

Note: For marathon training purposes an accurately measured half marathon point will display elapsed times digitally. The first one hundred runners will have their half marathon times recorded and published.

FINISHER KEEPSAKE:

All finishers of the 2009 25K event will receive a 28th commemorative, 14 ounce, glass stein.

AGE GROUP AWARDS:

Given to the top male/female finishers in the following brackets: 19-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+.

\$100 cash for any new Minnesota single-age record.

2009 ENTRY INFORMATION:

2009 field limited to 1200 entries. Entries are neither transferable nor refundable after issue.

The 2009 early entry fee is \$30.00 if received on or before September 4th. Early registration is encouraged and rewarded; early entrants will have their race numbers and instructions mailed back to them via first-class mail the week prior to the race.

Entries received after September 4th and by September 11th will be considered late entries. The 2009 late entry fee is \$35.00. Late entries can be picked up on Saturday, September 12th at the Running Room, Inc. retail store located at 2801 Hennepin Ave. So. (in the Uptown area of Minneapolis.) between the hours of 12:00 PM and 3:00 PM; or Sunday, September 13th, at the Lake Harriet Bandshell area between 6:30 AM and 7:30 AM. (The start is over a mile from the Bandshell.)

“City of Lakes” 25K, Con’t:

Should there be any additional slots still available after September 12th , they will be made available for last registration. Last entry cost will be \$36.00.

Note: USATF members indicating their USATF number on their entries will be eligible for a \$2.00 discount off the listed entry fees. MDRA members are also eligible for a \$2.00 discount off the listed entry fees.

REGISTRATION

Click here to register online to go:

http://www.active.com/framed/event_detail.cfm?CHECKSSO=0&EVENT_ID=1749874>

or print out, fill in and mail the registration form, go to

<http://www.raceberryjam.com/entry%20forms/cityoflakesreg.html>

to print your form, complete, and mail to:

City of Lakes 25K

5429 Wooddale Ave.

Edina, MN 55424

2009 TEAM AWARDS:

Cash awards will be presented to the first-place and second-place men's and women's USATF five-person teams. USATF team scoring rules will be used. Note: A team affiliation must be indicated by entrants on their entry at the time of registration to be eligible for inclusion on a USATF team. Details available at the City of Lakes 25K website at: <http://www.runmdra.org/cityoflakes.html> .

2009 CASH AWARDS/INCENTIVES:

Cash awards to the first male and female finisher. Cash awards to the first male and female master finishers. Graded cash incentives awards will be made to males running sub 1:24 and faster and females running sub 1:37 pace and faster. \$100 cash for any new Minnesota single-age record.

Details available at the City of Lakes 25K website at <http://www.runmdra.org/cityoflakes.html> .

Race Day

For your safety, headphones, baby strollers, in-line skates and dogs are not permitted on the course.

More Information

Check out the City of Lakes 25K web site at: <http://www.runmdra.org/cityoflakes.html> or contact the Delta Duster MSP coordinator, Sue Mansur at sue.mansur@delta.com .



Twin Cities Marathon Update, MSP, Oct 3

As part of Delta's corporate sponsorship of the Twin Cities Marathon and 10 Mile, the Dusters are thrilled to announce that we secured guaranteed entry spots for up to 50 runners in the marathon and 100 runners in the 10 Mile race. Both of the races are already sold out to the general public. The entry spots are first come, first served, and each entrant will be responsible for paying the regular entry fee. Registration is open thru 10pm on August 27th, but we suggest you sign up as soon as possible. There are still a limited number of spots available.

The entry links are as follow:

- For the 10M, the link is www.mtcmarathon.org/guaranteedentry and the registration code is: **DELTA10G**.
- For the marathon, the link is www.secure.marathonguide.com/register/TwinCitiesMarathon/index.cfm and the registration code is: **DELTA10MG**

(NOTE: The guaranteed entries are for Delta employ-

ees and their immediate family members only. Please don't share this code with anyone outside of your immediate family. Any abuse of this privilege could jeopardize the guaranteed entry program in future years.)

Anyone who signs up for the marathon is eligible to enter the special Corporate Team Tent in the finish line area. For details, contact Sue Mansur (sue.mansur@delta.com)

Delta is also staffing the water stop at Mile 25 of the marathon and Mile 9 of the 10 miler. If you or your family members are interested in volunteering for the water stop, contact Leslie Parker (leslie.parker@delta.com)

Upcoming races and events in MSP area

There are so many fun races this Fall in the MSP area ! Here is a listing of upcoming races and events in MSP area, so you can plan ahead and mark your calendar:

- Aug 14 - Gopher to Badger Half Marathon and 5K (Stillwater, MN to Hudson, WI)
- Aug 22 - Minneapolis Half Marathon (Minneapolis, MN)
- Sep 11 - Dick Beardsley 1/2 Marathon and 5K (Detroit Lakes, MN)
- Sept 12 - 25k City of Lakes
- Oct 2 - Twin Cities 5k, 10k twin cities family event
- Oct 3 - Twin Cities Marathon, 10 mile
- Oct 30 - 1/2 marathon, 10 mile, 5k
- Nov 27 - 5k turkey trot
- Dec 4 - 5k run and walk, 1k under age 8 run.

Note: Several MSP runners coordinate groups runs every once a week in various locations. If you would like to get emails regarding these runs, contact the Delta Duster MSP coordinator, Sue Mansur at sue.mansur@delta.com .



Adam Sorenson, Bill Freese, Cary Petersen, and Sue Mansur at the “Get in Gear” race. The picture is taken right before the race, while standing in the coral waiting to start.

Delta Duster members Adam and Anna Sorenson, Bill Freese, Sue Mansur, Monty and Nina Fontaine. Delta Mgr Wendy Lauber took us out to Champs for lunch and drinks after the race. Also pictured is Wendy's coworker Darcy and her husband.



**British Airways Athletics
Club**
*World Airline Road Race
London 2010*

Newsletter - No 4

May 2010



Welcome to the 4th WARR London 2010 Newsletter about the 29th World Airline Road Race being held during the week of 25th September 2010. In this edition we are focusing on some of the frequently asked questions we have been receiving.

How do you book the race HQ Hotel?

The early bird rates at the Novotel ExCeL can ONLY be booked using the booking form. It has been included with this Newsletter, but can also be found on our website www.warrlondon.com on the hotels page. This needs to be printed, filled in and sent to the hotel either by post, fax or scanned in and attached to an email. **From June the early bird rates will no longer be available.** After this date you will be able to book rooms through the hotel's website at the normal hotel rates. The race head quarters hotel is the location of Registration and the WARRtering Hole and is convenient for most other festival events.

Am I eligible to run?

Anyone can take part though 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 (such as administrating airports or providing aircraft services).

Can I run both the 5k and 10k races?

Yes, entry into either the 5k or 10k enables you to run in both races for the single fee. Note though that you can only accept one finish medal.

How late can I sign-up?

We have not announced when active.com will stop accepting entries because we believe that the event will sell out, hence any date we publish would be misleading. We will advise team leaders as bookings approach the capacity constraints. If you leave your booking late you risk not being able to join us.

How are the teams organised?

All airlines participating in the World Airline Road Race are represented by a team captain from the airline. The Team Captains are listed on the international website (<http://worldairlineroadrace.org/captains.html>). New captains can be appointed please notify Barry de Kock at bdk@iburst.co.za

Who can help me with the booking forms?

Each airline has a team captain and they should be able to help you entry. Alternatively for the race entry and the awards party contact runmax@yahoo.com and for the hotel bookings contact hotel@warrlondon.com

Can I just turn up and run?

No. All participants need to have signed up through the active.com forms on the International Site before they travel to London (<http://worldairlineroadrace.org/registration.html>).

What is the format of the Awards Event?

The Awards Party has a different format this year with the focus on "Party". Winners will be presented with their awards and food will be provided but this will not be a formal sit down dinner. This has enabled us to keep the price of the Awards Party down to an acceptable level and if successful could be the shape of the awards event in future years.

Will I need an Umbrella?

We are not responsible for the weather. London in September could be wet or dry, warm or cool, windy or still. If it is wet and windy the race course could prove to be exposed so spectators may appreciate raincoats.

Checklist for WARR - Have you

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

Please contact us for general information or suggestions on our email address:

info@warrlondon.com

Weather

Monday 24 May 2010 to Sunday 30 May 2010

As we head into the last week of the month, it looks as if high pressure will keep the weather settled in most areas, especially in southern, central and western parts. It will feel warm and humid, and even quite hot at times where any prolonged sunny spells break through.

- London



**NOVOTEL LONDON EXCEL
BRITISH AIRWAYS
EVENT Dates: 23rd – 25th September 2010**

Novotel London Excel 7 Western Gateway Royal Victoria Dock London E16 1AA	Email H3656-re2@accor.com Fax +44 20 7540 9720 Tel +44 87 0850 4560
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GUEST CONTACT DETAILS

COMPANY NAME			
ADDRESS			
CONTACT NAME	First Name		Last Name
TELEPHONE		FAX	EMAIL

HOTEL ACCOMODATION

(Early Bird Rates apply from 22nd until 25th September 2010 included – only)

THIS BOOKING FORM WILL BE VALID ONLY UNTIL 31.05.10 included

ROOM TYPE

(Please tick as appropriate)

ROOM TYPE Rates are GBP rates	NAME	Please tick in the boxes here below and specify if single (SGL) or double/twin (DBL/TWIN) room required
Wednesday 22 nd September 2010 £99 single - £119 double		
Thursday 23 rd September 2010 £99 single - £119 double		
Friday 24 th September 2010 £99 single - £119 double		
Saturday 25 th September 2010 £99 single - £119 double		

SPECIAL REQUEST or ADDITIONAL NIGHTS REQUEST -

Please indicate below if you have any special requirements i.e. smoking/non smoking room, additional nights requests not booked as per allocation (room and rate request for accommodation outside allocation will be subject to availability)

PAYMENT DETAILS MANDATORY

Credit Card Number:	Expiry Date:
Name On Card:	Issue No: (Switch only)
Billing Address (if different from above):	

Payment Conditions

You may cancel your reservation with no charge up to 72hrs prior to arrival. Full prepayment for your accommodation will be taken from the credit card provided 72 hrs prior to arrival from which point any cancellations will be liable to charges equivalent to the full accommodation cost

I authorise for the payment of accommodation for this booking to be taken from the above credit card 72hrs prior to arrival.

SIGNED:	DATE:
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Terms & Conditions

All reservation requests are to be sent either by email or fax to the address above, your reservation will be confirmed by return of fax or email. All Reservations must be guaranteed by a valid credit card. Cancellation without penalty is 72 hrs prior to arrival. Prepayment for your accommodation will be taken 72 hrs prior to arrival from the credit card provided above; any reservations cancelled or amended after this time will be liable to charges equivalent to the full accommodation cost. Rates quoted are per room per night inclusive of Accommodation, Full English Buffet Breakfast, VAT and Service. **PLEASE SEND THIS FORM BEFORE 31st May 2010. A limited numbers of rooms have been set aside at the above quoted rates. Please book early to avoid disappointment.**

WARR News Updates:

We are in the home stretch with just over a month to go before we all meet in London and catch up with old friends from all corners of the world. So far we have a team of 28 runners signed up for the race!

Friendly reminder, if you plan to go to the WARR you must register before 22SEP, this year there will be no Race weekend registration in London. The only way to register is on-line. On-line registration will be available until September 22nd ONLY if the race has not reached it's limit. As soon as they have reach the maximum number of runners allowed they will turn off registration. I will send a note to everyone to advise that registration has been closed. Please don't wait if you are seriously thinking about coming them sign up now!

Several people have expressed interest in splitting a room with another runner in the group. If you are interested, send an email to adeline.craig@delta.com. I will help interested parties connect so they can make those arrangements.

Also I am in the process of getting our T-shirts together, once the designed has been approved we'll send out a note to pre-register for your shirts. Stay tune more information to come!

If you need any further information on WARR please visit our website <http://worldairlineroadrace.org> or contact adeline.craig@delta.com

Thanks
Adeline

WorldAirline



Road Race Festival



22nd - 25th September 2010



Royal Victoria Dock
ExCeL Exhibition & Conference Centre

Festival headquarters hotel



Novotel
London
ExCeL

Over a thousand airline employees, their families and friends will converge on London in September for the 29th World Airline Road Race Festival. Race day is Saturday 25th with 5k and 10k runs on the traffic-free docksides. Many will run just for the fun of it and others compete for individual and team trophies that are presented at the evening's Awards Party.

Bronze sponsors



LONDON 2010



Full details and booking information

www.warrlondon.com

or your airline team captain

01Apr2010

**For more information contact Adeline Craig (adeline.craig@delta.com)
404.715.3548 or Gregg Davis (gregg.davis@delta.com) 404.715.4367**

Duster B-days for Sept and Oct:

Michelle Fields	Sep 05	654/ATL
Eric Harvison	Sep 05	735/ATG
Neal O'Brien	Sep 05	030/ATL
Cheryl Dodson	Sep 06	610/JFK
Priscilla Martin	Sep 09	953/ATL
Bill Britton	Sep 10	
Jason Mansur	Sep 12	
Anna Maria Barile	Sep 14	
Tom Francis	Sep 14	
Floyd McCloud	Sep 14	284/ATG
Chiaki Takami	Sep 14	611/ATL
Chris Martin	Sep 16	
Brian Farmer	Sep 19	222/ATG
Phillip Lindsey	Sep 20	661/ATG
Linda Mayse	Sep 20	
Roberta Dunn	Sep 22	
John Harry	Sep 22	
Jim McNiff	Sep 22	
Peter Lauzon	Sep 23	
Scott Gilbert	Sep 25	811/ATG
Andrea White	Sep 25	610/NYC
Matt Campson	Sep 26	
Clem Czerniak	Sep 26	3380/MSP
Bethany Zenner	Sep 26	
Liane Edge	Sep 27	
Brian Martin	Sep 28	
Patrick Dunn	Sep 29	215/ATL
Diane Staska	Sep 29	611/ATL
Duane Ellis	Oct 01	
Susan Offord	Oct 04	665/ATG
James Allen	Oct 05	606/ATG
Ruth Olinger	Oct 05	DFW
Nina Fontaine	Oct 06	MSP
Mimi Oliveira	Oct 07	
Russ Johnson	Oct 09	030/ATL
Greg Brown	Oct 18	
Richard Cerasani	Oct 19	661/ATG
Eric Elbel	Oct 19	RET/ATL
Lonita Smithers	Oct 19	
Alan Hicks	Oct 22	031/CVG
Alexandra Douglas	Oct 24	
Debbie Weigand	Oct 24	
Gwenn Larson	Oct 25	5010/MSP
Barbara Henlon	Oct 26	665/ATL
Susie Montgomery	Oct 26	610/LAX
Bill Baldwin	Oct 27	MSP
Rick Kovalski	Oct 27	RET/ATG
Dick Evelyn	Oct 28	RET/ATL
Elisa Frazier	Oct 29	654/ATG
Greg Parker	Oct 29	031/ATL
Helen Tallon	Oct 29	610/LAX

Happy Birthday to all of our Duster friends!!!

President's message, Con't::

Don't forget the fall races coming up – Corporate Challenge (Sept 26th in ATL), WARR (Sept 25th in LON) and Twin Cities (Oct 3rd in MSP). There's still time to sign up for all three. Details are in this issue and if you have any questions, of course drop me a line (gregg.davis@delta.com)

We're in the process of cleaning up the membership roster, so if you haven't paid your 2010 dues, you need to do so now, or this will be your last issue of the newsletter. Remember your dues go to support efforts to promote running at Delta – we get NO corporate funding – and bring you tangible benefits like guaranteed entries to the Peachtree, Grandma's and Twin Cities races. Without the Dusters input, these benefits would be in danger of being dropped from the sponsorship agreements. If you have any questions about your membership status, please let me know. We'll also be sending out a reminder email in the next week or so.

One last note – the last run of Delta singlets is almost gone and we're working with the Stop-Over Store in MSP to get a new order placed. Stay tuned for more details, but we intend to get short and long sleeved shirts in addition to singlets, and also have them available both in MSP and ATL to save on shipping costs.

In the spirit of last month's message, I'll leave you with another quote from my calendar: "Great effort springs naturally from great attitude." - Woody Hayes (Hall of Fame Football Coach)

As always happy running,

Gregg

"Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man."

Benjamin Franklin
politician, inventor and author

Duster Race and Events Planner

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

September 2010

- 6 - Macon Labor Day 5K & 10K – Macon, GA (www.macontracks.org)
- 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)**
- 23 - Huntington Beach Distance Derby 5M & 10M – Huntington Beach, CA (www.active.com)

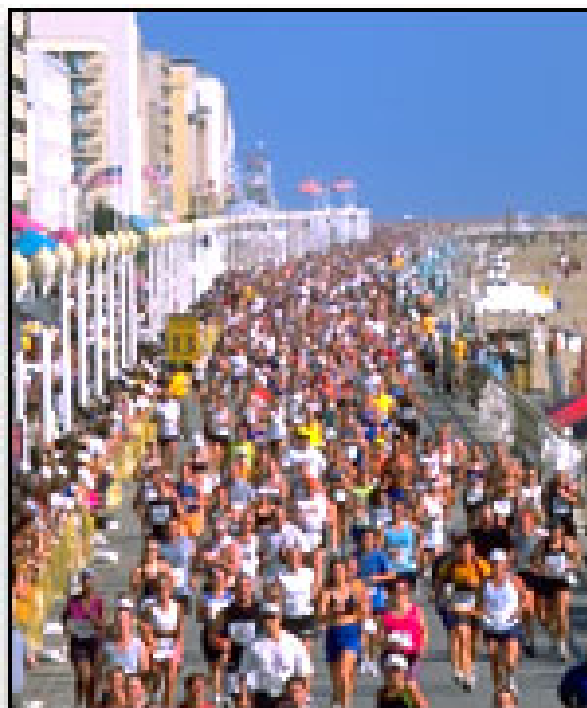
November 2010

- 6 - Monumental Marathon & Half Marathon – Indianapolis, IN (www.monumentalmarathon.com)
- 7 - New York City Marathon – New York, NY (www.nycmarathon.com)
- 14 - Peachtree City 25K & 50K – Peachtree City, GA (www.darksiderunningclub.com)
- 25 - Atlanta Half Marathon – Atlanta, GA
(www.atlantatrackclub.org)

December 2010

- 4 - St. Jude Memphis Marathon & Half Marathon – Memphis, TN (www.stjudemarathon.org)
- 4 - Reindeer Run 5K – Minneapolis, MN
(www.reideerrun.com)

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



Duster Race Results - May 23, 2010 thru July 31, 2010:

All-American 5K – May 29 – Peachtree City, GA

Carolyn Bowen	22:53	1 st in age group
Fox Ferrel	26:08	3 rd in age group

Save Our Skin 5K – May 29, 2010 – Dunwoody, GA

Teri Chiong	24:58	2 nd in age group
Daryl Pridgeon	25:00	

Plano Pacer's Monthly 5K – May 29 – Plano, TX

Ruth Olinger	39:24
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Stillwater 20M – May 30, 2010 – Stillwater, MN

Barry Williamson	2:53:35
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Stillwater Half Marathon – May 30, 2010 – Stillwater, MN

Bethany Zenner	1:55:14
Bill Baldwin	2:05:08

Stillwater Marathon – May 30, 2010 – Stillwater, MN

Leon Lillie	4:52:59
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Celebrate America 5K – May 31 – Alpharetta, GA

Fox Ferrel	57:39
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Minneapolis Half Marathon – June 6 – Minneapolis, MN

Barry Williamson	1:38:26
Robin Paurus	1:45:22

Minneapolis Marathon – June 6, 2010 – Minneapolis, MN

Randy Pool	3:49:22
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Army Hooah 10K – June 12, 2010 – East Point, GA

Jeff Clark	42:28	3 rd in age group
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Army Hooah 5K – June 12, 2010 – East Point, GA

Wayne Lauzon	19:58	1 st in age group
Megan Poplawsky	22:50	2 nd in age group

Possam Trot 10K – June 19, 2010 – Roswell, GA

Greg Romanoski	53:32	
Fox Ferrel	54:59	2 nd in age group

ATC Father's Day 4M – June 19, 2010 – Atlanta, GA

Teri Chiong	37:26
Daryl Pridgeon	37:29

Norman Bird Sanctuary 5K – June 19, 2010 – Mid-

dletown, RI

Mimi Oliviera	30:07	1 st in age group
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Gary Bjorkland Half Marathon – June 19, 2010 – Duluth, MN

Jason Mansur	1:26:20
Alicia Traut	1:31:34
Gregg Davis	1:43:10
Ed Waldera	1:43:59
Sue Mansur	2:01:30
Paul Skrbec	2:07:40
Bill Freese	2:08:42

Grandma's Marathon – June 19, 2010 – Duluth, MN

Matt Campson	4:24:03
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Mayor's Marathon 5M – June 19 – Anchorage, AK

Karen Johnson	46:57	3 rd in age group
Russ Johnson	1:44:16	

Blake Gammill 10.5K (Trail Race) – June 19, 2010 – Douglasville, GA

Wayne Lauzon	47:42	1 st in age group
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Plano Pacer's Millet 5K – June 26, 2010 – Plano, TX

Ruth Olinger	38:08	3 rd in age group
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Liberty 5K – July 3, 2010 – The Colony, TX

Ruth Olinger	38:18
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Peachtree Road Race – July 4, 2010 – Atlanta, GA

Jeff Zickus	34:37
Tripp Hullender	39:06
Jeff Clark	42:01
Wayne Lauzon	42:28
Brian Farmer	45:16
Larry Mayse	45:23
Carolyn Bowen	47:15
Wayne Tucek	47:23
Kith Burkingstock	47:40
Rico Dorsey	48:29
Casey Seabright	48:52
Karen Johnson	50:25
Wayne Reif	50:48
Kim Locher	50:54
Greg Romanoski	51:20
Daryl Pridgeon	51:35
Teri Chiong	52:38
Ed Hullender	54:03

(Continued next page.)

Duster Race Results - Cont'd:

Peachtree Road Race, Con't:

Dale Homire	54:17
Linda Mayse	55:00
Floyd McCloud	55:03
Mathew Grzeck	55:22
Arnold Binder	55:43
Peter Lauzon	57:02
Kenneth Baker	57:18
Annette Baker	57:18
Fox Ferrel	57:50
Jim Hughey	58:44
David Weigand	58:53
Debbie Weigand	58:53
Donnie Douglas	59:04
John Kasper	1:00:15
Kevin Moritz	1:00:21
Dick Evelyn	1:00:42
Rich Cerasani	1:01:05
Eric Harvison	1:02:17
Chico Harris	1:03:01
Rick Kapela	1:03:03
Jon Torblaa	1:03:59
Kevin McNeight	1:04:44
Cindy McNeight	1:04:45
Becky Condon	1:05:49
Michelle Fields	1:07:22
Kelly Hall	1:08:13
Chris Martin	1:08:13
Ken Dodson	1:09:08
Cheryl Dodson	1:09:08
Luann Parker	1:09:12
Craig Johnson	1:09:59
Andrea White	1:11:13
Kaushal Tripathi	1:14:04
Valerie Allen	1:14:19
Greg Dunn	1:15:29
Roberta Dunn	1:15:30
Corrine Hofstetter	1:15:51
John Laughter	1:16:33
Patrick Dunn	1:17:01
Denise Dunn	1:17:01
Luanne Torblaa	1:18:47
Susanne Pass	1:19:17
Steve Pass	1:19:17
Joyce Harrison	1:19:38
Amanda Moncrief	1:19:50
Rick Kovaleski	1:20:01
Juli Moncrief	1:22:00
Alexandra Douglas	1:23:15
Patrick Kearns	1:23:26

Richard Pohl	1:24:19
Nancy Pohl	1:24:20
Brian Duff	1:25:45
Stephen Boalch	1:27:13
Scott Gilbert	1:30:03
Lynn Hardwick	1:32:39
Joel Cziok	1:34:48
Bill Britton	1:41:41
Jim Grady	1:47:43
Helene Gannon	1:51:11
Susan Martin	1:51:16
David Palmer	1:52:15

ATC Decatur / DeKalb YMCA 4M – July 17, 2010 – Decatur, GA

Wes Wessely	29:43
Teri Chiong	33:55
Daryl Pridgeon	33:56

Devil Mtn Half Marathon (Trail Race) – July 17, 2010 – Pagosa Springs, CO

Russ Johnson	2:41:15
Karen Johnson	2:41:15

Tim Frank Memorial 4M – July 22, 2010 – Tonawanda, NY

Wayne Lauzon	25:50	3 rd in age group
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Lumberjack Days 10M – July 24 – Stillwater, MN

Robin Paurus	1:18:06	3 rd in age group
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Etowah River 5K (Trail Run) – July 24 – Canton, GA

Teri Chiong	24:54
Daryl Pridgeon	25:04

Run for Life 10K – July 31, 2010 – Kennesaw, GA

Ben Collier	48:03	personal best
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EAA Runway 5K – July 31, 2010 – Oshkosh, WI

Kevin McNeight	28:12
Cindy McNeight	29:03

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.

Delta Dusters

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Smiling faces from after the Freedom Run 5M in MSP on July 4th. From left to right: Ed Waldera, Barry Williamson, Sue Mansur, Bill Freese and Matt Campson.