

The Boll Weevil

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Message from the President – 2012 Preview

By **Gregg Davis**
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Another new year is upon us. Although we're a year older and a year slower (at least some of us), hopefully we're no less motivated. This year's Duster calendar is filled with more events than we've had in several seasons so you have plenty of opportunities to test yourself. Here's a preview:

In mid May (date is still TBD), we'll be at the second annual Delta Scholarship Fund 5K held in conjunction with the ATL Block Party. The course is fast and flat, the weather should be good and after the race you can head across the street to the block party and enjoy food, games and music. Last year the race raised \$17,000 for the Delta Scholarship Fund and this year we're looking forward to bettering that total.

On June 16th, travel with the Dusters to Duluth, MN for Grandma's Marathon, Half Marathon and 5K. Once again we have guarantee entries

for all races so you don't have to worry about getting a spot via the lottery. Grandma's is the best small town marathon in the country and is followed by the best post-race party anywhere. Delta gets lots of extras along with our sponsorship, so it's an event you don't want to miss.

Later in June (likely



the 23rd) will be the inaugural Delta Scholarship Fund 5K to be held in MSP before the Block Party there. The course is still in work, but will likely be a loop around one of Minneapolis' beautiful in-town lake. This will be a great opportunity for all of our MSP based runners to get out and show their stuff.

As always, July 4th brings the Peachtree Road Race, which is the largest 10K in the US. As a sponsor, Delta has secured guaranteed entries for all employees and immediate family members. Don't let the summer ATL weather scare you, we'll have snacks and cold (adult) beverages at our finish line tent which will make it all worthwhile.

September 9th will see the return of the Dusters to the Atlanta Ekiden Relay after an absence of two years due to conflicts with WARR. Each team consists of five runners who all run the same 3.5 mile course around Piedmont Park. It's a great team event for runners of all abilities. Also in September (date TBD), we'll return to Turner Field in ATL to defend our team titles in both the Men's and Women's divisions at the KP Corporate Challenge 5K.

October provides us with three great team opportunities to close out the year. First, on the 7th,

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“Wisdom from Wes” - Changing is Tough

By Wes Wessely

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“Mensch ist ein gewohnheitstier”.

No, I am not trying to impress you with my German. The phrase often used there saying we are a creature of habit applies doubly to runners. We went to run the same courses, use the same shoe brand and eat the same foods.

Routine is good, it makes goals easier to reach, requires less planning and puts us into comfort range. When those conditions lead to success we feel that we're on the right track to maintain that success.

Duster Staff :

President: Gregg Davis

Website Coordinator: William Pantin

Treasurer: Eric Elbel

Newsletter: Kimberly Davis

MSP Coordinators: Sue Mansur and William (Bill) Freese

DTW Coordinators: Natalie Foster

WARR Captains: Barbara Henlon

Ekiden Captain: Dave Fritsch

Corporate Challenge Captain: TBD

Members at Large: Julie Duggan and Adeline Craig

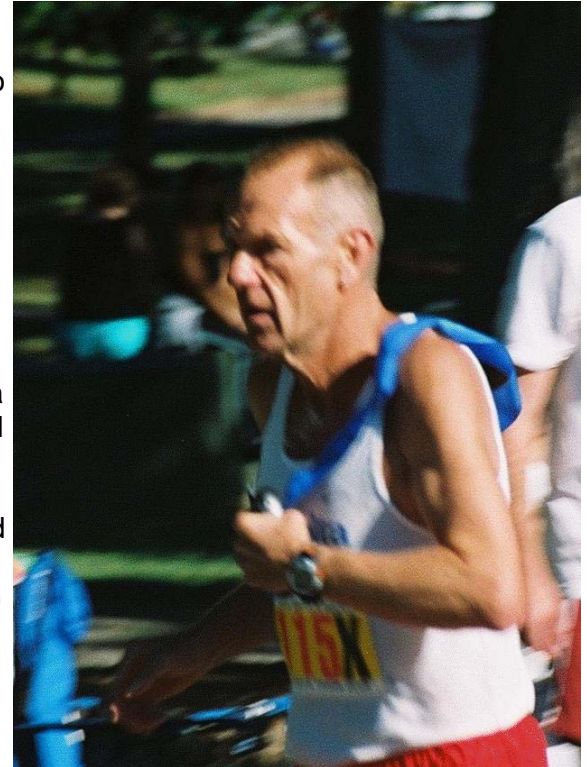
To contact us, email us at “runningclub.delta@delta.com. Or to Dusters at 156 Peachtree East Shp. Ctr., Box 126, PTC, GA 30269.

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.

Enter aging, slowdown, weight gain and injury. We respond by trying to do those same routine things with greater determination. Having gone through such a stage and sharing that struggle with you in articles, I am happy to report that I have turned the corner.

First was the issue of a deteriorating knee that had plagued me for three years. An MRI showed arthritis and signs of an old injury prior to my running days. Always having been accused of limping while walking, I knew that the diagnosis was correct. First line of treatment included restoring the full range of motion with a PT and strengthening supporting muscle groups through routine exercise and stretching. Thirty days of anti-inflammatories and full dose of glucosamine-chondroitin quickly helped the constant discomfort. Modifying foot plant and improved range of motion helped improve pace and workouts. This will hopefully lead to better performances in the spring.

Having run successfully on a diet of high carb foods, I felt good about my nutrition until I listened to a presentation on supplements that also included general nutrition. The news has been full of stories about the U.S. heading into a nation of diabetics. Surely all my running and biking would allow me to eat all that French bread and apple pies. Having had trouble maintaining my weight, a light went off and I modified my diet to a larger portion



of good protein and some fat. That and increased cross-training have shed pounds of fat tissue and reduced pounding stress on an aging body.

Hopefully you have benefited from my tribulations and solved issues that face all runners.

Happy running in the New Year,
Wes

P.S. I plan to accept email compiled and answered in future columns. Send me questions that you would like to see addressed.

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

Race Review - Ragnar Relay

By Randy Pool

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Take a team of 12 runners, add two vans, spend two days and a night alternating running, driving, and sleeping, cover 200 miles, multiple by 300 teams and you have a Ragnar Relay race.

On August 19-20, 2011 I participated in the Ragnar Great River Relay. The Great River Relay is run from Winona, MN to Minneapolis, MN roughly following the Mississippi and St. Croix River valleys. The course begins at Winona and



immediately crosses the Mississippi River into Wisconsin. The next 140-150 miles follow the Mississippi and St. Croix rivers upstream until crossing back into Minnesota at Stillwater. The course finish line lies beside the Mississippi River near the University of Minnesota campus in Minneapolis.

A Ragnar relay team consists of 12 runners divided into two groups of six runners. Runners in Van #1 run legs 1-6, Van #2 legs 7-12, Van #1 legs 13-18, and so on until the finish. The average leg length is 5-6 miles with some shorter and others up to 9 miles in

length. There are men's, women's, high school, mixed, and master's divisions. In addition, there is an ultra-team division consisting of six runners.

Before starting the race, every team attends a mandatory safety and rules briefing and presents their safety equipment. Each van is required to have a minimum of two reflective vests, two head lamps, and two red "tail lights". In addition, any runner outside the van at any point on the course between 6:30pm and 6:30am is required to wear a reflective vest. Another requirement is two or more van occupants must be awake when supporting active runners on the course. Other rules and course etiquette are spelled out in a 23 page "Race Bible"

Ragnar attempts to have teams finish the race in a narrow time band. Therefore, the team start time is based on the estimated average pace of the team. Start times were between 6:00am and 2:00pm based on the team pace estimate. Our team estimate was 9:00 per mile, which gave runner #1 a 7:30am start time.

I was in Van #2 and assigned legs 7, 19, and 31 of the race. Being in Van #2 meant not having to drive to the start line in Winona. Instead we drove directly to Exchange #6 where we attended the safety

briefing and waited for our runner to arrive.

The first stage of the Great River Relay is about 41 miles in length. About 1:15pm, I received the baton from runner #6 and started



my leg and the second stage.

Leg #7 is a 6 mile segment with a hill at mile 2. The "hill" was a 400 ft. climb in half a mile. The good news was I immediately lost the same elevation but over a mile distance. The balance of the leg finished with a flat run to Exchange #7. I was very pleased to finish the leg in just under 48 minutes.

While our van was active on a stage, we typically waited at a mid-point of a leg to offer encouragement and fluids and then proceeded to the next exchange to await arrival of our runner. There were legs or portions of legs where no van support was allowed. This was due to safety concerns as portions of the race were on either narrow or very busy roadways.

(Con't next page 6.)

Is it Peachtree Time Yet?

By **Becky Condon**

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Is it Peachtree time yet? Is it Peachtree time yet?

My 21 year old daughter and I have made this an annual event and I find myself beginning to look forward to it earlier and earlier. It just doesn't get better on the 4th of July than to get up first thing, join the throngs of runners on MARTA, make your way to Lennox, and fall in line for the annual Atlanta Track Club/AJC 10K event of the year. Running it is 6.2 miles of unending entertainment. I would enjoy a longer race because it's just that much fun. Then when it's over, the fun continues - rambling around Piedmont Park, getting arm loads of goodies, standing for photo ops, finding your people, listening to the music, then making your way back to MARTA with your coveted prize - the Peachtree t-shirt. There is no cooler or more plainly spoken fashion statement than a Peachtree t-shirt in Atlanta on the 4th of July. Even though more than 60,000 folks have won the exact same shirt that day, you can still run into folks that say, "Oh! You ran the Peachtree! How cool! That is something I want to do some day."

My college daughter has run with me twice now at Peachtree. The first year, 2010, was a struggle for her. She ran as an element of her fitness training, but it was never her favorite thing. During high school though she was plenty fit and athletic and had the ability to run a 10K if she felt like it. When I talked her into the Peachtree 2 years ago, she found that her conditioning had gone way down while she had been at college, and the race, while do-

able, was not as much fun as it should have been. She saw the potential though. She loved her t-shirt and admired the fun and festivity of the event. She vowed to train harder for 2011. It's not easy for a busy college kid, and lump that in with late-blooming teen girl angst, and you have to hand it to her for getting anything done as far as fitness training. I signed us up for the race last Spring and she trained as best she could. I called her a month or so before the race to discuss travel plans (she continued her studies through summer term), and she goes, "Mom. This year I'm going to go all out for the Peachtree!"

I replied, "That's great, Sweetie! Are you going to beat me? You should, you know. I'm an old woman after all."

She hemmed and hawed a bit and said, "Well...I don't know about that. You run so much. I'm not sure whether I can beat you or not. I might come close. I'll try...but I'm really going to go all out this year."

Um...I thought we'd just been over this. "Going all out" to me meant running performance. I sensed she was talking about something else, so I asked, "What do you mean by 'going all out?'"

She goes, "Oh. I'm making a

red, white, and blue tutu, and I'm dying my hair red, white, and blue to match."

That's my girl.

She was absolutely adorable and she had more fun than ever on a run. There must be thousands of pictures of her floating around. She was asked for hundreds of photo ops and saw people taking pictures of her all morning. I am not the tutu wearing sort, but I did try to color coordinate for the festivity of the day. In other years I'd worn pink or lime green or whatever without too much

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Duster Tech Shirts at MSP “Stop-Over Store”

Delta Duster tech shirts will be in the MSP Stop-Over Store on Monday afternoon and Tuesday afternoon in the DTW location as well as on the website www.stopoverstore.com. “Delta Duster” members get 20% discount on each shirt. If you order online there will be a promo code to receive your discount online. Join the Delta Dusters today to get your discount on the shirts by contacting Gregg Davis at “gregg.davis@delta.com”.

We have the following selection: All styles are 100% microfiber oXymesh. Inherent moisture wicking. Treated with BodyFreshe to inhibit the growth of odor causing bacteria. Breathable. No shrinkage, easy care. Pictures of actual Delta Branded shirts will can be seen on the website. My contact info is at the bottom.

Women’s

Tank: XS-XL Navy and Red with full front Delta Logo in White Ink XS-XL \$15.99
 Long Sleeve: S-2x Black and Red with full front Delta Logo in White Ink S-2XL \$24.99

Men’s

Long Sleeve: Small – 3x Red or Navy with Full Front Delta Logo in White Ink S-2XL \$24.99 3/4X \$31.99
 Singlet: Small – 3X Red or Navy with Full Front Delta Logo in White Ink. S-XL \$ 16.99 2/3X \$22.99

Jennifer Malmberg
 “Stop-Over Store” MSP, (Below Gate 7 on the F concourse)
 612-727-1702



AJ 219



AJ 219



AJ 301



AJ 301

AZ 1003



AJ 901



AJ 901

AW 1050

Ragner Relay, Con't:

Stage #2 of the relay was some 28 miles in length. About 5:30pm, our runner #12 reached the exchange and passed the baton back to Van #1 and runner #1.



The only time we saw the other van and teammates was at the major exchange points (6, 12, 18, 24, and 30) and the finish line. The "off-duty" cycle involved driving to the next major exchange, eating, and sleeping or napping. As the motto for Ragnar says, "Run, Drive, Sleep, Repeat".

Leaving Exchange #12 we proceeded to Exchange #18 to await arrival of Van #1 as they completed a 33 mile stage. The exchange is located at the County Fairgrounds in Ellsworth, Wisconsin. The fairground was transformed into a giant campground with numerous tents and people sleeping under the stars.

I received the baton for leg #19 about 10:15pm. The leg is 4.5 miles with the first mile on a fairly busy road. The course turned onto a dark rural road with

the only light being the headlamp, the occasional passing car, or the yard light from a farmstead. I was quite pleased to complete the leg in 30 minutes.

Running at night is a different experience. I found it difficult to judge my pace. I kept finding myself running at a faster pace than desired. It becomes difficult to judge and ascertain the length and height of a hill in the darkness. The scariest part was the barking dogs as you passed a farmstead. One hoped they were either chained or penned.

Ragnar does an excellent job of marking the course. At every corner or intersection is a course marker indicating which direction the course goes and which side of the street, path, or sidewalk you are expected to run on. The signs are marked with a flashing red light. At night they become beacons to guide you.

Our van reached Exchange #24 at 2:15am and handed off to Van #1 and runner #1 at 2:30am, completing our 35 mile stage.

Exchange #24 is located at

Stillwater Jr. High School. The gym and locker-room facilities were open to the participants. The gym resembled a giant slumber party with people sleeping on mats and sleeping bags. There was constant motion as teams arrived or departed for their next stages. Between 3am and 5am I grabbed some shut-eye and a quick shower before we departed to the start of the final stage.

I received the baton for my final leg (#31) at 6:15am. It was a 6.5 mile segment which I completed in 51 minutes. I did not know what to expect after two hours of "sleep" on a gym floor. It probably helped the time of day matched my normal running schedule and the sun was up.

Our van completed the 30 mile stage and the race at 10:25am. The team time was 26 hours and 50 minutes for an average pace of 8:16 per mile. We were credited time spent waiting for two trains while on the course. Our time placed us 49th out of 283 teams.

The winning team was a master's team with a time of 19:59:52 for an average pace of 6:00/mile. They beat the second place team by 3 minutes which is
(Continued page 11.)



"I have not failed. I've found 10,000 ways that won't work."

Thomas Edison
American inventor and businessman

Is it Peachtree Time Yet, Con't:

thought at all, except for running comfort. Silly me. We learn from the kids. The dress of the day on the 4th of July is red, white, and blue, (tutu optional) followed immediately by your Peachtree t-shirt.

We were in separate start waves and I decided to ditch my daughter who was in a later wave because of the heat of the morning. As it was it got into the 80's during the run - pretty toasty, and as I've pointed out, I'm an old woman after all. She was 18 1/2 minutes behind me and she said she was going to try to catch me! I take about an hour to an hour and 10 minutes for a 10K depending on my mood and the weather. We thought it might be conceivable for a 21 year old to accomplish this if everything went right. It was a real race! I ran as fast as I could go. At about mile 4 as I passed by a radio disc jockey cheering and commenting on the various runners and the costumes, I heard, "Hey! Nice tutu!" It was like I was shot out of a cannon! My competitive stuff came out and tried to not let my daughter catch me.

I got in at 1:06 which is fair for me considering the heat. Apparently the "nice tutu" had not been my daughter. I waited for her and she bounded up to me full of life and energy. She came in at 1:07 so she hadn't beaten me, but a 7 minute bathroom break and about half a dozen stops for photo ops with cheering fans and she certainly would have not only caught

me, but beaten me to the finish line after I'd had an 18 1/2 minute head start! She beat her previous year's 10K times by 15 and 20 minutes! I'd say she was back to her correct level of conditioning and I couldn't have been more proud and pleased and happy to be with my smiling, bouncy, cute, clever, and fit daughter.

Is it Peachtree time yet? Is it Peachtree time yet? I can hardly wait.



Duster Renewal Reminder:

2012 Membership renewals will be mailed by the end of January so you should receive yours by mid-February. Dues will be holding

steady at \$13 for the fifth year in a row. If you have running friends at Delta who aren't in the club, encourage them to download a mem-

bership application from the website (www.deltadusters.com) and join.

Duster B-days for Jan & Feb

Lloyd Boone	Jan 02	
Paul Brent	Jan 03	250/DTW
David Weigand	Jan 03	030/ATL
Heather Bauer	Jan 04	611/ATL
Fox Ferrel	Jan 06	
Kathleen Hurley-	Jan 11	
Terry Anderson	Jan 19	RET/ATL
Anne Anderson	Jan 19	Spouse/ATL
Kay O'Neal	Jan 20	
Stan Yasuhara	Jan 20	
Barry Williamson	Jan 23	5550/MSP
Joe Tarver	Jan 26	
Kelly Hall	Jan 29	611/ATL
Kenneth Baker	Feb 01	292/ATG
Corrine Hofstetter	Feb 07	611/ATL
Stephen Boalch	Feb 09	989/ATL
Zola Faye	Feb 09	654/ATL
Jeanette Nagy	Feb 09	
Donald Colby	Feb 12	RET/DFW
Paul Skrbec	Feb 12	978/ATL
Patrick Acciani	Feb 15	
Suzette Mansur	Feb 18	
Victoria Cambrice	Feb 22	610/ATL

Happy Birthday to all of our Duster friends!!!

President's message, Con't:

is the Twin Cities Marathon and 10M in MSP. Like Grandma's and Peachtree, we have guaranteed entries, so if you want in, you're in! On the 13th, the airlines of the world converge on Qingdao, China for the World Airline Road Race 5K and 10K. And on the 21st, we'll take to the streets of DTW for the Detroit Free Press Marathon Relay. Last year our friends from the DTW station welcomed 14 teams from across the system and we're hoping for even more this year.

We'll also be continuing our weekly runs. ATL runs are on Thursday evenings at Barrett Park in College Park (just two miles from the GO) and MSP runs are on Friday mornings from various scenic locations.

I'm still looking for my replacement. If you're interested or would like to nominate someone, please let me know. You can always contact me at 404.606.0378 or gregg.davis@delta.com. In the meantime.....

Happy running !

Gregg

"There are moments of existence when time and space are more profound, and the awareness of existence is immensely heightened."

**Charles Baudelaire,
French Poet**

Duster Race and Events Planner

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

January 2012

21 - ATC PTC 5K and 10K – Peachtree City, GA (www.atlantatrackclub.org)

February 2012

11 - ATC Hearts & Soles 5K – Atlanta, GA (www.atlantatrackclub.org)

11 - Valentine's Day TC 5K – Minneapolis, MN (www.tcmevents.org)

March 2012

3 - Chattahoochee Road Runners 5K/10K – Sandy Springs, GA (www.crrclub.com)

10 - 100% Irish for a Day TC 5K and 10K – Minneapolis, MN (www.tcmevents.org)

18 - Publix Georgia Marathon and Half Marathon – Atlanta, GA (www.georgiamarathon.com)

April 2012

15 - Boston Marathon – Boston, MA (www.baa.org)

May 2012

TBD - Delta Scholarship Fund 5K – Hapeville, GA

June 2012

16 - **Grandma's Marathon and Half Marathon – Duluth, MN (www.grandmasmarathon.com)**

TBD – Delta Scholarship Fund 5K – Minneapolis, MN

July 2012

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

4 - Red White and Boom TC Half Marathon – Minneapolis, MN (www.tcmevents.org)

September 2012

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

TBD – KP Corporate Challenge Run/Walk 5K – Atlanta, GA (www.kpcorporaterunwalk.com)

October 2012

7 - **Twin Cities Marathon and 10M – Minneapolis, MN (www.tcmevents.org)**

13 - **World Airline Road Race – Qingdao, China (www.worldairlineroadrace.org)**

21 - **Detroit Marathon Relay – Detroit, MI (www.freepmarathon.com)**

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

Duster Race Results - November 1 2011 thru December 31, 2011:

Hot Chocolate 15K – Nov 5, 2011 – Chicago, IL

Dan Usalis :18:55

Savannah Half Marathon – Nov 5 – Savannah, GA

Robin Paurus 1:42:31
Heather Bauer 2:17:38

Savannah Marathon – Nov 5 – Savannah, GA

Victoria Cambrice 5:54:20

Manchester City Half Marathon – November 6, 2011- Manchester, NH

Karen Johnson 2:27:27

Manchester City Marathon – November 6, 2011 – Manchester, NH

Russ Johnson 4:12:01

Hill Country Trail Race 15K – November 12, 2011 – Palmetto, GA

David Weigand 1:15:52
Russ Johnson 1:23:58

Hill Country Trail Race 5K – November 12, 2011 – Palmetto, GA

Karen Johnson 34:27

America's Heroes 5K – November 12, 2011 – The Colony, TX

Ruth Olinger 37:32 2nd in age group

Newport Pell Bridge Run 4.2M – November 13, 2011 – Newport, RI

Mimi Oliveira 41:05 1st in age group

Outer Banks Half Marathon – November 13, 2011 – Nags Head, NC

Jeff Zickus 1:16:57 1st in age group

McKenzie's Run 5K – Nov 19 – Jacksonville, FL

Beth Adair 22:31 1st in age group

Flying Monkey Marathon – November 20, 2011 – Nashville, TN

Russ Johnson 4:10:14

Ten Can Run 10K – Nov 24, 2011 – Savannah, GA

Jason Mansur 35:23 2nd overall

Gobble Jog 10K – Nov 24, 2011 – Marietta, GA

Kevin McNeight 58:35
Cindy McNeight 59:44

Turkey Day 5K – Nov 24, 2011 – McDonough, GA

Woodrow Morgan 23:38

Turkey Run 5K – November 24, 2011 – St. Paul, MN

Robin Paurus 24:36 1st in age group

Atlanta Thanksgiving Day 5K – November 24, 2011 – Atlanta, GA

Chuck Brower 22:41
Karen Johnson 25:25 1st in age group

Dana Point Turkey Trot 5K – November 24, 2011 – Dana Point, CA

Helen Tallon 32:35

Atlanta Half Marathon – Nov 24, 2011 – Atlanta, GA

Russ Johnson 1:50:29
Chico Harris 2:19:11

Savannah River Bridge Run 10K – December 3, 2011 – Savannah, GA

Jason Mansur 39:38
Alicia Traut 43:25 1st in age group

Savannah River Bridge Run 15K – December 3, 2011 – Savannah, GA

Jason Mansur 57:45
Alicia Traut 1:04:16 2nd in age group

Savannah River Bridge Run 5K – December 3, 2011 – Savannah, GA

Jason Mansur 18:07 3rd in age group
Alicia Traut 20:51 2nd in age group

Atlanta Beltline Eastside 10K – December 3, 2011 – Atlanta, GA

Eric Harvison 57:07

Faith Cline Elf Trot 5K – December 3, 2011 – Kenne- saw, GA

Wayne Tucek 22:29

(Continued on next page.)

Race Results, Cont':

Pine Mountain 40M Trail Run – December 4, 2011 – Pine Mountain, GA

Russ Johnson 9:36:43

Carpet Capital 10M – Dec 10, 2011 – Dalton, GA

Russ Johnson 1:21:

Sleighbells on the Square 5K – December 10, 2011 – Marietta, GA

Wayne Tucek 22:54

Carpet Capital 5K – Dec 10, 2011 – Dalton, GA

Karen Johnson 24:31 1st in age group

Kiawah Island Marathon – December 10, 2011 – Kiawah Island, SC

Jason Mansur 2:58:34

Alicia Traut 3:25:18 2nd in age group

Holiday Half Marathon – December 11, 2011 – Portland, OR

Rosemary Padgett 2:03:28

First Descents Half Marathon – December 17, 2011 – Lewes, DE

Karen Johnson 2:17:07 2nd in age group

First Descents Marathon – December 17, 2011 – Lewes, DE

Russ Johnson 3:57:47

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.

Ragner Rely Con't:

less than one second per mile difference over the length of the race.

The finish line party was already in progress when our team completed the race. Race tradition is for all team members



to run the final 100 yards and cross the finish line together. Ragnar does it right by including beer and pizza tokens for use at the finish line party. And the finisher medal doubles as a bottle opener.

My Ragnar experience was 100% positive. I strongly encourage those thinking about creating or joining a team to do so. It is a unique experience and the race format allows for runners of all skill levels to participate.

The Ragnar Relay Series sponsors some 15 or 16 relay races in various locales around the United States. The Ragnar website is www.ragnarrelay.com. The site contains additional information and photos from all the Ragnar Relays.



"If you rest, you rust."

Helen Hayes
American actress

Delta Dusters

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