

The Boll Weevil

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Message from the President - "Some Motivational Thoughts"

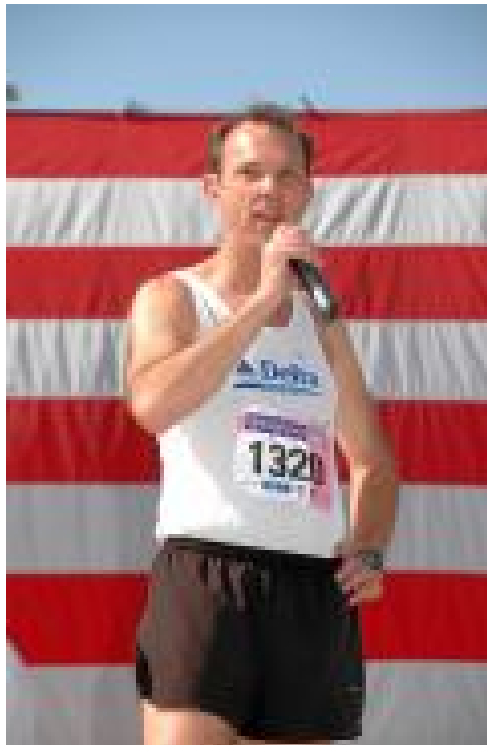
By Gregg Davis
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This past Christmas brought me a gem of a gift from my Mother-in-Law. Hidden amongst the usual stack of gift cards for places like Home Depot and Barnes & Noble was "The Inspired Athlete 365 Day Calendar". Each day on the calendar contains a quote from a famous name in the world of sports – some runners, most not, but all inspiring. As the year has gone by, I've saved a stack of the most meaningful and I thought I would share some with you this month.

six miles at five minutes a mile on good looks and a secret recipe" – Frank Shorter (1972 Olympic Marathon Gold Medalist)

cedes the victory" – Karen Bliss Livingston (American National Cycling Champion)

- "Most people run a race to see who is fastest. I run a race to see who has the most guts" – Steve Prefontaine (American Olympian – 5000m).
- "If you want to win something, run 100 meters. If you want to experience something, run a marathon" - Emil Zatopek (Olympic Gold Medalist 5K, 10K and Marathon)
- "Most people have the will to succeed, few have the will to prepare to succeed" – Bob Knight (Hall of Fame Basketball Coach)
- "You only fail if you don't finish the game. If you finish, you win" – Mike Webster (Hall of Fame Football Player)



- "Just because your muscles start to protest, doesn't mean you have to listen" – Dianne Holum (Olympic Gold Medalist – Speed Skating)
- "The rewards for those who persevere far exceed the pain that pre-

I hope you'll find these quotes as inspiring as I do. Perhaps they'll help motivate you to prepare for our fall events (details in this issue). Enjoy.

As always happy running,

Gregg



“Wisdom from Wes” - One special student in my past.

By Wes Wessely

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In the span of 35 years running I can think of about half a dozen races that really stand out. In that same period I have met about that many runners who left an indelible impression.

This past track season I have had the pleasure and privilege to coach just such a person, in the form of high schooler who is not done yet. This young

Hispanic man comes from a humble, hard-working background. He is holding down two jobs and excels in his studies as a rising senior at a high school with a diverse student body. I call him many names including Manny, which I will use in these lines.

We first met a couple of years ago at the summer XC workouts. He and two of his soccer buddies showed up to stay fit for soccer, the love of their culture. He was the better soccer player but could not stay with his teammates in 5k XC races. He led most speed works and tried to hang with the pack as long as possible. After soccer season he ran the end of track season and managed a 2:15 half at the last meet. I suggested he stay with track during the Junior Olympics season and all-comers meets where he managed a 2:05 at season's end. The following Fall his team did not make it to the state tournament as several

large schools were added to the region.

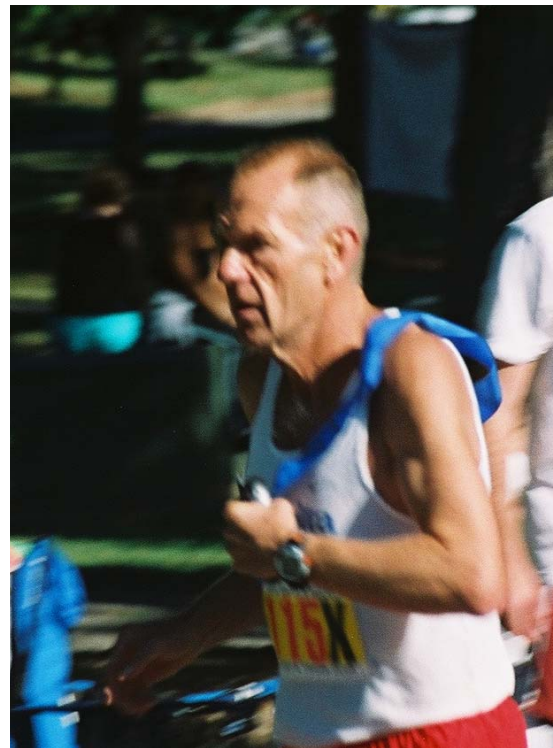
After the Christmas break, I sensed Manny's frustration with the running scene and suggested track versus soccer.

He did a lot of soul searching and discussed it with his circle of friends. With much trepidation he finally bought into the idea and we were running around the soccer field and watched his teammates practice.

Manny had no trouble following his training schedule and

speed workout. His dedication to the sport solidified as the season progressed. Most meets were low-key and easy wins but left me wondering what he really was capable of running. I preached even pacing and smart running which paid off with a 2:04 school record and third place at a large meet. His confidence and mine rose with each sharpening workout but we had little on paper to show for it.

(Continued page 11.)



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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.

How I became a marathon runner

By **Becky Condon**

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I am a marathon runner. Once you have accomplished this goal you get bragging rights to that forever. I get this question a lot, "Why?" 26.2 miles is a long way. Why? Well like the t-shirt I saw at a recent race said, "Because 26.3 would be silly." I was not a born runner, but I have run three marathons now and I am a runner now for sure. I'm 54 years old and my first marathon was last year. I'm just getting started. I'm not fast – never was, never will be. It's ok, though. In marathon running, this is ok. What a wonderful thing. It's all about the competition with yourself. The race is the celebration of your goals, and what a celebration it is!

Running wasn't much fun for me in my younger days, mainly due to a lack of technique and understanding of some simple principles of pace and endurance. I learned little by little about these things and have found running to be a fun and easy method of fitness maintenance for years. I ran a few 10K's and found the racing atmosphere fun and motivating. I wasn't serious about it and only did the neighborhood variety of 10K. I lived in Atlanta for over 20 years before I got around to doing the Peachtree Road Race last year. When the mood struck to run a marathon, I really didn't consider the half-marathon. I didn't know too much about the whole thing and I always was a "take it all" kind of girl. Why do half, when the

whole thing is offered? I trained and succeeded in my first marathon – The Marine Corps Marathon. Before my first marathon was run, I knew I was hooked, so I signed up for the Georgia Marathon. Shortly after that I signed up for the Cincinnati Flying Pig Marathon which is the city of my birth and upbringing. All three marathons have been thrilling, wonderful, and life changing. I have signed up for a couple more for this fall and enjoy laying out the plan for my continued training. Marathon running is amazing and I think everyone ought to try it. I've become a running "pusher." Here is how I got to where I am today:



When I was young, I was not a runner – not at all. Our high school had a track, but it was not attached to the school so we never ran in physical education class. We would choose up teams for Dodge Ball, Kick Ball, and Volley Ball, but we did not otherwise run. I was the kid that was always chosen last. I was normal weight, but freakishly tall and klutzy. I was quickly bested in any sport and did not know how to get anywhere fast. I have one memory of being the odd one out – an odd number of students so the last to be chosen made one of the teams one bigger than the other. The two boys that had been chosen to be Team Captains began a fist fight over who had to take me. I recall the gym teacher (Mr. Reed –

an unforgettably really big, muscled guy) grabbing them both by the back of their pants and holding them off the ground. They continued swinging at each other as the class looked on and howled. I was humiliated to be the subject of this disagreement, but it was a funny sight.

It never even dawned on me to go out for track, so I really never learned how to run. My Dad used to run when I was little, but it wasn't a thing little girls did back then as a rule. The first time I ever really ran anywhere was for the Navy physical fitness test in college when I came in and signed up for Navy Reserve Officer Training Corps. Yikes, was that a shocker. I didn't take to running very well, and it was slow going for me to make the distance in enough time to be respectable and without cutting it too close to the failure mark. The distance was two miles in those days for the girls; the boys did three miles. I was self taught. All I could figure out to do is to run like the Hounds of Hell were after me until I was allowed to quit which was at the end of two miles. This hurt everywhere and was very unpleasant. It did not occur to me to run like this for pleasure. It was simply not pleasurable! I went on like this for a number of years.

It changed for me gradually about 25 years ago when I met this handsome Marine and it was love at first sight. Once the sizzling lightening bolts subsided, we took the time to get to know one another. One of the first things I learned about him was that he was from Oregon (where absolutely everyone runs). Remember Steve Prefontaine, sub-four minute miler in the Olympics in the 70's? He was my husband's freshman dorm corridor-mate at the University of Oregon and they were running buddies. If you're a running history buff then you will remember the track coach there at that time that invented Nikes

(Continued page 9.)

Duster Race Results - March 27, 2010 thru May 22, 2010:

Surf City 5K – Feb 7, 2010 – Huntington Beach, CA

Kevin MacDonnell 21:03 3rd in age group

Cooper River Bridge Run 10K– March 27, 2010 – Charleston, SC

Jeff Zickus 34:47

Fallen Heroes of Georgia 10K – April 10, 2010 – Buford, GA

Fox Ferrel 54:14 2nd in age group

Fred Kurz 10M – April 10, 2010 – Plymouth, MN

Robin Paurus 1:19:19 2nd in age group

Sickle Cell Road Race 7K – April 10, 0 – College Park, GA

Michelle Fields 45:04 3rd in age group

Carlsbad 5000 – April 11, 2010 – Carlsbad, CA

Kevin MacDonnell 20:26

Helen Tallon 23:30

Pi Mile 5K – April 17, 2010 – Atlanta, GA

Jeff Zickus 16:54 3rd overall

Jim Hughey 27:41

Huddleston 5K – April 17, 2010 – Peachtree City, GA

Kith Burkingstock 22:36

Peachtree Park 5K – April 17, 2010 – Atlanta, GA

Gregg Davis 23:11 3rd in age group

Chickamauga Chase 5K – April 17, 2010 – Chickamauga, GA

Karen Johnson 24:23 1st in age group

Dow Live Earth 6K – April 18, 2010 – Atlanta, GA

Teri Chiong 29:21 2nd in age group

Daryl Pridgeon 58:53

Boston Marathon – April 19, 2010 – Boston, MA

Dave Fritsch 3:16:29

Alan Hicks 3:19:50

Barry Williamson 3:20:45

Carolyn Bowen 3:54:16

Get in Gear 10K – April 24, 2010 – Minneapolis, MN

Adam Sorenson 48:15

Ed Waldera 49:19

Sue Mansur 58:32

Bill Freese 58:55

Ann Smith 1:04:13

Get in Gear 5K – April 24, 2010 – Minneapolis, MN

Anna Sorenson 32:18

Nina Fontaine 33:11

Get in Gear Half Marathon – April 24, 2010 – Minneapolis, MN

Randy Pool 1:37:26 personal best

Brian Petersen 1:52:03

Race for Riley 5K – April 24, 2010 – Newnan, GA

Kith Burkingstock 22:57

Jonquil Jog 5K – April 24, 2010 – Smyrna, GA

Cindy McNeight 32:52

London Marathon – April 25, 2010 – London, UK

Casey Seabright 3:52:27

Tri Cities 10K – May 1, 2010 – College Park, GA

Gregg Davis 46:31 2nd in age group

Bloomsday 12K – May 2, 2010 – Spokane, WA

Michael Beauchamp 53:04

(Continued next page.)

Duster Race Results - Cont'd:

Get in Gear Half Marathon – April 24, 2010 – Minneapolis, MN

Randy Pool 1:37:26 personal best
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Casey Seabright 3:52:27

Tri Cities 10K – May 1, 2010 – College Park, GA

Gregg Davis 46:31 2nd in age group

Bloomsday 12K – May 2, 2010 – Spokane, WA

Michael Beauchamp 53:04

Lincoln Half Marathon – May 2, 2010 – Lincoln, NE

Jeff Zickus 1:17:35 2nd in age group

Vancouver Half Marathon – May 2, 2010 – Vancouver, BC

Robin Paurus 1:42:58

Apple Blossom Run – May 16, 2010 – Hastings, MN

Ed Waldera 23:26

Fargo 10K – May 22, 2010 – Fargo, ND

Dan Smith 48:49

Northern Lakes 30K – May 22, 2010 – White Bear Lake, MN

Ann Smith 2:43:53

Flowery Branch 5K – May 22, 2010 – Flowery Branch, GA

Wes Wessely 21:59 1st in age group

Scenic City Trail Half Marathon – May 22, 2010 – Chattanooga, TN

Karen Johnson 2:28:27

Scenic City Trail Marathon – May 22, 2010 – Chattanooga, TN

Russ Johnson 4:56:07

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.

"Patience and perseverance have magical effect before which difficulties disappear and obstacles vanish."

John Quincy Adams
6th U.S. President

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.**

Trail Racing - My new adventure !

By Dan B. Smith

Dan.B.Smith@delta.com

The morning was cool and damp from the previous day's rain. I was looking forward to my first trail race. My friend, who suggested the race, and I were at the U.S. National Whitewater Center in Charlotte, NC, the largest recirculating artificial whitewater river in the world, where they also held the last Summer Olympics U.S. Trials for



whitewater slalom racing. It's along the Catawba River and, along with the whitewater and flatwater kayaking, canoeing, and rafting, the zip lines, the rock climbing walls, and a challenge course, it also has 14 miles of beautiful hiking and mountain biking trails.

Then the race started. They started us a ways from the trailhead starting line, so we'd be disbursed for the narrower single-lane hiking trail. Then the mud started. I was running as fast as I could with my adrenaline throbbing and my feet slipping like I was ice skating back in North Dakota where I grew up. It was like running on ice, with the roots of the trees being the best source of grip for winding through the trails. It was on-the-edge-of-insanity dangerous ... and awesome.

To participate in this insanity, which you can walk if you want, I'd suggest some good quality trail running shoes.

They'll give you more support, a heavier tread pattern, and more protection against the bumpy trails. Also, if the course is truly rugged, don't expect to hold anything in your hands. I'm used to holding a cell phone to keep time (and, besides, you never know when your co-

workers are going to call you in need of support, right?). Don't hold anything; skating through the woods, winding around corners, you'll need both



hands to catch your fall or to grip onto tree trunks, spinning left and right to keep yourself up, stable, and safe.

If you're feeling the itch that I've caught with trail racing, then you can visit Runners-

World.com, with its own section on trails, DirtySpokes.com, and TrailRunnerMag.com.

I may have a skewed vision of trail running at this point, since my first two races were very muddy, but the added danger and thrill of skating in mud around twisting corners, over protruding tree roots, up and down cliffs as I don't think of much else other than "don't twist an ankle so I can go to my son's basketball game and enjoy the rest of the day," I'd have to say that, if



you've tried a regular road race and you'd like to try something with even more nature, better scenery, enhanced thrill, and a good excuse to have a slower time, then you should definitely try a trail race.

Happy Trails!

Dan Smith

How I became a Marathon runner, Continued:

with his wife's waffle iron. So my husband-to-be wasn't just handsome in those knock-me-over Marine Dress Blues, he was a runner. He was pretty fast – generally knocked out his 3 miles for the Marine physical fitness test in a bit over 16 flat, and had completed two marathons. This impressed me greatly. He was not just a runner, he was a real runner, no doubt about it. As we got together one day and were deciding how we should spend our time together, he suggested, "Why don't we go for a run?" I looked at him like he'd just turned purple and said, "...er...that's your idea of a date?" It was nearly an issue to our relationship and reared itself now and then for years and years. I couldn't run as fast as his slowest lope, and he couldn't slow down enough for me without tripping over his own feet. We struggled with this conflict for a long time because the rest of the stuff in our lives together was really good stuff.

One day I was out for a walk/jog trying to get into shape as I ventured into my 40's and he came out to join me. I cried, "No! Go away! I'm doing a program!"

He said, "Ok. I just see how well you're doing. I've let myself get out of shape and you've inspired me to get back into shape."

"No!" I whined, "We'll fight!"

He was hurt and protested that we wouldn't.

I said, "You'll say to go faster, and I'll already be hell bent for leather, and it will tick me off and ... we'll fight!"

He said, "I promise I won't say a word. You set the pace. I won't open my mouth."

"Fine," I grumbled and off we loped.

The next thing I knew, he'd tricked me into conversation and we covered about a mile and a half in the wink of an eye! I hadn't even realized we never did stop for the walking portion of my little program. I got pretty ex-

cited. His first coaching lesson was about running at a pace where you can talk. I'd heard of this but thought it was ludicrous and a myth – I only knew the Hounds of Hell After You Pace. As we began working on this together, he discussed at length the art of changing your pace for different situations: down hill – he taught me to glide - let gravity pull me down while I take advantage of this to stretch my legs out that have been busy contracting for awhile; chop step – get up hills without losing your steam; tired? slow down; feeling good? speed up; hold your arms this way and land on your feet that way. He really did know a lot about running and made all the difference to my enjoyment of this mode of exercise.

This went on until we built up to a solid three miles and when I thought we'd stretch it to three-plus, he asserted, "No. Three miles is enough."

"Enough for what?" I complained. I was feeling great and was motivated to go further.

"If three miles is enough for the Marines, three miles is enough."

I frowned and he continued, "Maximum training, minimum time."

My Dad (who was also a Marine) used to say that arguing with a Marine is like arguing with a stump. How true, how true. The good news is, they are so honest and forthright as a group, that they are generally right! So three miles became our regular routine.

One day we planned a virtual run together where I was on the beach in Daytona and he was at home and planning to run our pastures – two times around made three miles. We had our ear buds and cellular phones on and started out jogging and yakking away like we had come to enjoy together. After a while I heard him close a gate and I went "Whew!" and turned around and headed back to the hotel. I was getting tired on this one! The next minute he began petting the cat.

"What are you doing?" I de-

manded.

"Petting the cat," he replied.

"What for?" I inquired.

"Because she asked me to," he answered bemused by my questions.

"Why did you stop running?" I asked.

"Because I'm finished."

"Why did you only run a mile and a half?" I asked him exasperated by his short answers that didn't answer my question.

"I didn't," he answered, "I ran twice around. Three miles. I'm done."

Suddenly I realized I'd missed his first lap and had kept on going away down the beach for what was very likely close to three miles! Oh my goodness! I was three miles away from the hotel. I began complaining noisily about this communication gap and my husband interrupted me with a gruff, "Hey!"

"What?"

"Are you injured?" he asked urgently.

"No," I retorted in a nasty tone.

He said, "Do you need for me to call for help to come to where you are to give you a ride back to the hotel?"

"...No," I answered, and attempted to begin complaining again, but he cut me off.

"Be a man!" he insisted.

"...but..."

"You're not even breathing hard. Either walk back, or continue jogging, but quit complaining."

Hmph. But wait! Six miles! I'd never gone that far and I was in a flash inspired and amazed at how far I'd come in my running ability. Six miles! I could do a 10K! That would be so neat! I got all excited, jogged the rest of the way back to the hotel, and began working on longer distances from time to time. I got bitten by the bug and have been running ever since.

Mostly we did around three miles for a daily or several times a week workout. We also lift weights, walk the
(Continued next page.)

How I became a Marathon runner, Continued:

dog, and stay generally active with house, garden, and farm work. When I was on the road, I would now and then bump my mileage out a mile or three just for fun. We cruised into our 50's in pretty good shape, considering we were in our 50's.

This last winter my husband happened to fly with a copilot that was getting ready to do the Disney Marathon. The copilot was in his 40's and it was his first marathon. He and my husband talked about marathon training and finishing on the trip and my husband related to me these conversations and his nostalgia for his two finishes that are part and parcel of his identity even all these years later. It's definitely a cool accomplishment; I don't care how old you are. It really impressed me that someone would attempt this for the first time in his 40's and it planted a seed. I did not know that many marathon runners run their first in their 40's, 50's, or even 60's!

Then I flew with a different copilot whose wife had turned 50 the year before and to celebrate she ran the Marine Corps Marathon. She'd been a runner all her life and had done one for her 40th birthday and one other marathon when she was in her 20's. Marine Corps Marathon! I love Marines! I'm 53. Hmm. What a neat way to celebrate your 50th birthday. I wish I'd thought of it. The seed sprouted. I looked it up online and learned when the registration was for the Marine Corps Marathon. I didn't think I wanted to wait until my 60th birthday. The time was now. I told my husband that I wanted to run a marathon, and he immediately came back with, "You are too old. Our marathon running days are over."

Well. That wasn't the support I had been hoping for. On my own I started working on some longer distances and intensified my running schedule. I worked my way up to where I thought I needed to be for a proper marathon training program, and announced to my husband that I was going

to run the Marine Corps Marathon in October. He is a member of the family budget committee after all and would notice the charge for the entry and needed to also note the "chit" for hotel and car for the weekend. When I got my race number on the first day of registration I was so excited and was anxious to let him know I'd accomplished this first goal. I was talking about the route of the marathon, how wonderful, how neat, and how patriotic it was going to be, how this marathon had many first timers because you don't need to qualify for it, and just how enthused and excited I was to be a part of it. He was unable to ignore my enthusiasm and could see that I was serious about my goals. He shared with me then and over the next few months many running tips and pointers. Along with his advice, I read several marathon training programs online. I found many similarities to my husband's simple outlook on the subject of marathon training and was able to formulate a plan. His main piece of marathon training wisdom was, "Just start running and don't stop." While that seemed cheeky at first, I actually found it to be a helpful piece to my overall goals. When put together with any other program you can find, the process seems to be to pick a distance that you can do and do that, and like my husband says, "don't stop." Then don't stop from there. Keep on going with a program of some sort. I have found that one is like the other and all have attributes that a normal person can use in between home and work obligations. Build from your beginning with distance and speed which you can work on specifically on different days of the week. For distance and endurance training, set a distance that you can do and just keep going until you are finished. Remember you are not in a race on a training day; you are working on your endurance. As you get up in mileage, be aware of your need for hydration and nutrition. You will learn a lot about your body and what works best for you. For speed

there are many drills that help. There are many sources online for the type of interval training that would fit your level and skill that will help you improve. It is generally advised to only make three or four runs a week and to fill in on other days with other exercises. My husband strongly recommended core work to help with running, specifically situps, but that general upper body strength training was important to balance the whole program. Never underestimate the importance of rest and recovery after a particularly hard workout. The goal is to arrive at race day ready and then cross the finish line healthy. Have a regular plan of attack to build to the goals of the distance of the race. Lay it all out on a calendar so it will fit in with life and work, and be ready in time for the big race day.

I finished my first marathon in tribute to my Marines (my husband and my Dad), to all Marines (you just gotta love those guys!), to our country as the course of the Marine Corps Marathon winds its way around all the symbols of our history and freedom in Washington, D.C., and to myself and my fitness as I enter the years where some are motivated to slow down and take it easy. I am motivated to move, have fun, and keep on living! With three marathons under my belt now I look forward to many more. It's a smorgasbord of choices out there. My inclination is to try to get one marathon in every state. That's 50 marathons. I'm 54 years old. Maybe that's a lofty goal, but maybe I'll just do it. In either case, doubling up on states doesn't seem to be a good idea, so I have checked off Virginia at the Marine Corps Marathon, Georgia at the Georgia Marathon, and Ohio at the Cincinnati Marathon. I have forty seven more states to choose from and so many opportunities in each state that it's hard to select, but I will definitely collect some more finisher's medals before I call it quits. It's so much fun. See you all on the street! Get your sneakers on and just don't stop!

Wisdom from Wes, Con't

The big break came at region where after qualifying second he made the big jump to 1:58 with a spot to State, an unbelievable six-second personal best and yet another school record. He had achieved his goal of making it to State while working and maintaining good grades.

The State meet would be icing on the cake in a very competitive environment. Once again, Manny's character showed as he calmly went through qualifying.

Finals came on a humid and hot Saturday. Nerves were apparent in both coach and student. Emphasis was repeated about even pacing especially because of the temperature. After the first 200 Manny was dead last but on pace at 29 seconds. The quarter went at high 58 and he started to move through the field. With a final kick and lunge Manny finished fourth with yet another personal best of 1:57. Coach and student were elated and look for better times ahead.

As always, happy running,

Wes

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

"I can accept failure, but I can't accept not trying."

Michael Jordan
American basketball player

Peachtree Road Race Update:

Remember, you're invited to stop by the Duster Hospitality Tent near the finish line to enjoy some post-race refreshments. Once again I want to remind everyone that, just like last year, access to the tent will be limited only to **dues paying Duster members and up to two guests each**. If you haven't paid your dues for this year, make sure you do so soon to ensure you're on the access list. If you're not sure about the status of your membership, send us an email at RunningClub.Delta@delta.com.

Since this year's Hospitality Tent will be produced with no corporate support, we will need a couple of volunteers who aren't running to help with the set-up. We'll also need a few volunteers to help with tent access and teardown, but you can run the race and still help out with this. If you're interested in volunteering, send an email to me at gregg.davis@delta.com.

The tent will be located near the center of Piedmont Park. Turn left after you get your t-shirt and you will see the bank of sponsor tents. Delta and Coca-Cola are right next to each other – furthest from the finish line. Look for the Delta Duster banner!

I've heard from several Dusters who are looking for a Peachtree number. If you have one that you're not using this year, send me an email and I'll try to get you in contact with someone that needs one.

Duster Birthdays for July and Aug:

Ed Waldera	Jul 02	MSP/RET
Charlene Butler	Jul 05	612/ATL
Christopher Nagy	Jul 09	
Jacqueline Conz	Jul 10	5550/DTW
Dale Homire	Jul 11	061/ATL
Denise Kasper	Jul 11	
Debbie Miller	Jul 13	QSA/MSP
Juli Moncrief	Jul 13	RET/ATL
Nancy Abbott	Jul 16	
Wanda Hullender	Jul 17	WSP HDQ/ATL
Mary Kaping	Jul 17	028/ATG
David Abbott	Jul 18	
Jeff Sanborn	Jul 19	RET/ATL
Thomas Stuart	Jul 19	125/LIT
Bill Titus	Jul 19	RET/FAT
Heidi Martin	Jul 20	610/ATL
Marge Gerrity	Jul 25	
Carri Grady	Jul 25	610/MCO
Ryan Russell	Jul 25	905/ATL
Mike Manatrizio	Jul 26	036/ATL
Cindy McNeight	Jul 27	
Adeline Craig	Aug 02	665/ATG
J.D. Edge	Aug 02	181/ATL
Rick Kapela	Aug 03	933/ATG
William Pantin	Aug 06	611/ATL
Kith Burkingstock	Aug 08	579/ATL
Don Burnham	Aug 12	
Allison Hicks	Aug 13	
Don Brim	Aug 15	RET/ATL
Lynn Hardwick	Aug 17	665/ATG
Debbie Shaw-Tarver	Aug 18	654/ATL
Jean Burrell	Aug 19	
Kevin McNeight	Aug 20	
Carol Brim	Aug 23	
Emily Barnett	Aug 25	611/ATL
Rachel Waldera	Aug 31	

Happy Birthday to all of our Duster friends!!!

Twin Cities Marathon Information:

The Dusters are thrilled to announce that with Delta's renewal of our sponsorship of the 2010 Twin Cities Marathon, Delta employees will have access to 50 guaranteed entries in the Marathon and 100 entries in the 10 mile race. Details are still being formulated, but the entries will be available on a first-come first-served basis using a special Delta Air Lines coupon code. Detailed information on how to enter will be posted hopefully by the end of June on the "Get Involved" page of the DLNet website. We'll also send all Duster members an email blast outlining the process. This is a tremendously positive benefit – general registration for the Marathon is already closed and I have heard from many Duster members how hard it has been to get an entry for the 10miler through the lottery process in the past.

The Twin Cities Marathon and 10miler will be held this year on Sunday, October 3rd. Both races start in downtown Minneapolis and finish at the State Capitol Building in St.Paul. As part of our corporate sponsorship, we'll also be staffing the water stop at Mile 25 of the marathon and we'll have a tent in the finish line area. If you've never run these races, it's worth considering. Twin Cities bills itself as "The Most Beautiful Urban Marathon in America". Of the ones that I have run, I would heartily agree, and second place isn't even close !

"Paradise is here or nowhere: You must take your joy with you, or you will never find it.

O.S. Marden
Founder of Success Magazine

Duster Race and Events Planner

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

July 2010

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

August 2010

- 14 - Atlanta Track Club Grand Prix Finale 5K – Atlanta, GA (www.atlantatrackclub.org)

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)

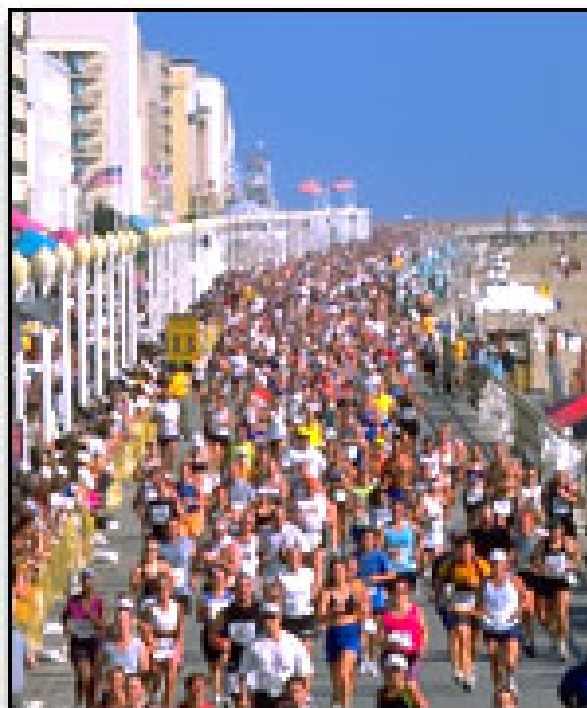
October 2010

- 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.freeppmarathon.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)

(Got a race you want to submit? Email us at
"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".

From all of the runners that benefit from your efforts -
Thanks!

