

# WINGFOOT

FEBRUARY/MARCH 2021



ATLANTA'S  
MARATHON  
WEEKEND

A FAST  
TRACK  
TO FUN

Today, we  
acknowledge all  
the work you put  
in to get here.



In running and in life, there's only one day you're in control of: today. We're proud to support Atlanta Track Club as they work to make it one to remember.

[pnc.com](https://pnc.com)





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Photos: Joaquin Lara, Paul Kim, Courtesy of Daniel Shoy Jr.



# SAVE THE DATES

**In-Person and Virtual** | July 3 - July 4, 2021

Join Atlanta Track Club or renew your membership for 2021 in order to guarantee your entry today. AJC Peachtree Road Race registration will open on March 15.

[atlantatrackclub.org](http://atlantatrackclub.org)



# Word from the Director

Starting this month, we're asking our staff to ponder – and share – their relationship with running.



**Jennie Coakley**  
*Senior Manager, Events*

I became a runner in my 30s after my fellow 5 a.m. boot campers inspired me. Running, though, has never been easy, and although I enjoy run dates with friends or being out on the trails, I just don't love

running. I get pains in my side, and tests show no problem; despite a long line of treatments, my right hamstring always sends me home limping. But every year I try again, and I call myself a runner because I keep trying. But let's be honest: I'm a cyclist. 😊

In my lifetime, I've run the equivalent of roughly 10,000 laps around your standard running track. From old-school cinder tracks in high school to banked indoor ovals to one of the fastest tracks ever built – at the Olympic Stadium right here in Atlanta – plenty of tracks have been tested by my two feet. But they've never tackled a NASCAR oval. Until now.

COVID has taken so much away from all of us. But beneath the carnage of this unforgiving virus, the occasional bright spot shines through, and the forced creative thinking and planning of Atlanta Track Club's Events Team is one of those positives. A wicked cool setting for Atlanta's Marathon Weekend and the addition of the Virtual Publix Atlanta Marathon are two results of this creative effort by the Club's staff.

Atlanta Motor Speedway may not hold as many fans as Bristol or be as well-known as Daytona or Talladega, but its scale is eye-opening and awe-inspiring for this "different kind of track" veteran. As COVID is slowly being reined in, Atlanta Motor Speedway's size is exactly what the doctor ordered for this year's socially distanced, race-by-appointment marathon experience.

Admittedly, I've never witnessed a NASCAR race in full flight and I am not sure it will ever factor into my future. That's OK, though. Instead, I'll take a winner's circle selfie and the satisfaction of standing on the checkered-flag finish line along pit row as fulfillment of my stock car bucket list experience.

Hope to see many of you there as you start your engines and circle the oval at your respective max speeds.

Rich Kenah

Executive Director of Atlanta Track Club



# ATLANTA'S MARATHON WEEKEND



Comes to Atlanta Motor Speedway



*Saturday, February 27:*  
5K Under the Lights!

*Sunday, February 28:*  
13.1 and 26.2 in and around the speedway

*Kids Races All Weekend!*

Race by Appointment **or** virtual  
COVID-19 safety measures strictly enforced

Register at [atlantatrackclub.org](http://atlantatrackclub.org)



# UPCOMING EVENTS

**27/28** SATURDAY SUNDAY FEBRUARY ATLANTA'S MARATHON WEEKEND

**ATLANTA'S MARATHON WEEKEND**  
Atlanta Motor Speedway

- Kids Marathon & Dash available on Saturday and Sunday
- Participate in the 5K on Saturday beneath the lights
- Forget the hills of Atlanta and take on the marathon or half marathon on Sunday on the track, concourse and service roads of Atlanta Motor Speedway
- Race by appointment or participate virtually for each race
- Marathon, half marathon and 5K participants receive a shirt and a medal

**3/4** SATURDAY SUNDAY JULY AJC PEACHTREE ROAD RACE

**AJC PEACHTREE ROAD RACE**

- The Peachtree will return as an in-person two-day event in 2021
- Participants also have the opportunity to participate in the race virtually
- 2021 Atlanta Track Club members receive guaranteed entry
- Registration will begin March 15 and end May 1
- Participants will be asked to choose their preferred day to race: members get first choice
- Member renewals and registration open now
- Strict COVID-19 precautions will be enforced

**8** MONDAY FEBRUARY ATLANTA TRACK CLUB KILOMETER KIDS

**KILOMETER KIDS SPRING SEASON**  
Registration Has Opened

- Free 11-week running program for kids 14 and under
- New look, new logo and new curriculum
- Participate in a site-based program at your school or the at-home virtual program
- Incentives for participants to reach their goals of at least 13.1 and 26.2 total miles
- Midweek Mile & Dash, free and open to the public; March 17, virtual & March 31, location TBD



Register for all events online at [atlantatrackclub.org](http://atlantatrackclub.org). Grand Prix registration opens one month prior to each event.

Photos: Paul McPherson, Justin Gaymon



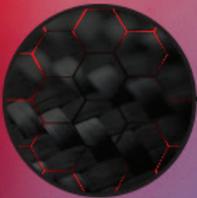
*Yolanda Ngarambe*  
Atlanta Track Club Elite

# STAY WARM ALL WINTER

Shop Mizuno Breath Thermo Apparel  
[store.atlantatrackclub.org](http://store.atlantatrackclub.org)

**B** BREATH THERMO®

BODY WARMING TECHNOLOGY



Breath Thermo® fibres can capture more vapor molecules than wool or polyester, which is why Breath Thermo® keeps you warmer.



REACH BEYOND

# Get Social

## This month:

Participants in the Jerome Scales Southside 10K remember a fixture of Atlanta Track Club, who loved to share his joy in running. Jerome died in 2019 after a long battle with cancer, and the race was renamed for him that year.



### onewomandanceparty

Today was a dream come true! A 10K race win to honor @atlantatrackclub Jerome Scales (channeled my inner @peachrunner26.2 -)



### terminalwanderlust

Volunteer, run, repeat! Jerome Scales Southside 10K yesterday with @mrsabol448. It was definitely a chilly start but the views and people were worth it!



### gsi-of-endigo-runs

Today I ran 6.2 in memory of my friend, Jerome Scales. Jerome was an amazing man that provided so much positivity and knowledge to the Atlanta running community and beyond. He is truly missed.



### whitneyrunstheworld

@atlantatrackclub you always keep a girl on her toes with these new courses and trails! I typically avoid grass and gravel trails so I definitely thought my ankles were going to break. But I made sure to just tread careful and as Jerome Scales once said, run "One Mile at a Time."



### running for riley

Shoutout to Atlanta Track Club for putting on a Covid Safe Live Race today...temperature checks, masks, distanced start and finish with reserved start times...I felt safer today than when I go to the grocery store!



### Connect with Atlanta Track Club

 facebook.com/AtlantaTrackClub

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# PARSING THE PATH TOWARD A TWO-DAY DECISION

By Théoden Janes

Before fixing its sights firmly on offering the AJC Peachtree Road Race over two days of the Fourth of July weekend, Atlanta Track Club kicked around a unique proposition.

*Maybe, someone suggested, we could start the race at midnight.*

In fact, it was a good enough idea that the club's leadership team considered it more than once, for both the 51st Running of the Peachtree in 2020 (which was originally postponed from July 4 to Thanksgiving Day, then shifted to completely virtual) and in early discussions for this year's edition.

"Start at midnight and run it for 11 hours ... for lots of reasons, we thought that was interesting," said Rich Kenah, executive director of Atlanta Track Club. "It would be unique. It would be a great way to kick off, at midnight on the Fourth of July, potentially with a fireworks celebration. It would spread out the experience. But there were safety concerns around people celebrating too much, and we also ultimately recognized that an event through the night would not appeal to everyone."

After months of deliberation and debate, the Club announced on January 19 that the 52nd Running of the AJC Peachtree Road Race will take place on July 3 and 4, in daylight. Although a virtual option will also be available, the race appears to have been the first major running event to announce an in-person return since the COVID-19 pandemic began – and, if deemed safe by July, it could become the first major in-person race to actually be held, as well.

Stretching the event across two days was another idea originally introduced in conversations about 2020, when Kenah and his team tried to pivot as the pandemic worsened. That time, though, it was discarded pretty quickly. Atlanta Track Club successfully put on several in-person events using a "race-by-appointment" format between July and November of last year – including the Publix Summer Series and the PNC Atlanta 10 Miler & 5K – but no one was expecting the world to be comfortable yet with the idea of tens of thousands of runners coming together, whether it was over one day or two, anytime in 2020.

And when Atlanta Track Club leaders met on the Monday after the Thanksgiving Day virtual running of the Peachtree, they initially wondered whether the world would be comfortable with it by July 4, 2021.

So, they started discussing alternate dates later in the year, when the U.S. will hopefully be closer to something resembling normalcy. But even in a significantly scaled-back form, finding a practical date on the calendar for a race the size of the Peachtree (traditionally capped at 60,000 participants) is no small task.

The club felt a holiday was preferable because it would have the least impact on the city, but that left only Labor Day and Thanksgiving. The staff broadened the conversation to include non-holiday weekends but found a variety of reasons why each wouldn't work, usually related to other large annual events

in Atlanta that would also want to return if conditions were safe enough. Also, frankly, they really wanted it to stay in the summer, since the Peachtree is so family-oriented and families have more flexibility to get together in the summer.

“Everything just kept bringing us back to July 4th,” said Lisa Tanner, the Club’s director of events. “The success of the event has shown that people look forward to this being their July 4th tradition, and after they supported us in an off-year we felt it was our responsibility to figure out a way to give them that tradition back.”

“We decided,” Kenah added, “that we were more interested in having a smaller event on the Fourth of July than a larger event on Thanksgiving of 2021.”

In the interest of minimizing risk and maximizing social distancing, they broached the idea of starting the race at midnight and sending runners off over an 11-hour period. Once more, they discarded it. But they didn’t like the idea of sending runners off over 11 hours in daylight, either, because of the heat and the medical concerns it brings.

So, when the idea of spreading the race out over two days came up again – and with July 3 falling on a Saturday and July 4 on a Sunday – this time, it stuck.

And at that point, Atlanta Track Club established the priorities that have guided it throughout the planning process: 1) an in-person event; 2) an in-person event on the weekend of the Fourth of July; and 3) to deliver for runners not the world’s largest 10K, but the world’s safest 10K.

The club also knows it can do all the planning it wants, but that without the support and involvement of the City of Atlanta, the Atlanta Police Department and other agencies involved with oversight and

logistics, there is no event.

Kenah, however, said that all involved “come to every conversation about the Peachtree with an open mind,” and that while many details remain to be ironed out, there is general agreement on a two-day Peachtree. “We’re starting small, and as we see conditions allowing, as we get through the spring, we’ll scale up from there.”

Therein lies the most significant of all external factors: the state of the pandemic.

This past Thanksgiving, Georgia reported 26 deaths and 2,946 new cases, according to the state public health department. On Jan. 19, the day Atlanta Track Club announced its plans for the 2021 Peachtree, the number of deaths was more than six times as high as on Thanksgiving, and the number of new cases was up almost 60 percent.

“A lot depends on where we’re at from an infection standpoint, with spread, numbers of infected, how many people have been vaccinated, and consideration of where testing is at,” said Dr. Jonathan Kim, co-medical director of the Peachtree. “We can’t predict how things are going to change.”

“I mean, obviously, if the race were in March or April,” he continued, “we wouldn’t be able to have it. There’s no way we’re going to conduct this event if we don’t feel comfortable about the safety of everybody involved, from the virus standpoint. ... We really hope that things do evolve in a positive way and, if you listen to public health officials, I think there is the belief that it could. And so you have to go into it from a planning standpoint, moving forward, as if we are going to get there.”

“But this is still a very dynamic and fluid situation.”

As such, there are several unknowns. It’s impossible to say how many runners will sign up

**Rob Rueff** @RobRueff  
Replying to @bryankgreenberg @ajcpr and @therunchat  
Well now that they are having it over 2 days and we deferred from last year hopefully it won't be as crowded  
8:22 PM · 1/24/21 · Twitter for iPhone

**Zack** @zack\_a · 5d  
Interesting. Hope the vaccine situation becomes clearer by then

**ajcpr** @ajcpr · 5d  
Save the Date(s)!  
The AJC Peachtree Road Race will take place over not one, but two days in 2021 to maximize safety precautions. #ajcpr registration opens March 15: bit.ly/3qB4z4E  
Renew your membership to secure your spot on the start line: atlantatrackclub.org/join-now

**sara3684** I'm soooooo excited!!! ❤️❤️  
5d Reply

**dkota819** I can't wait.  
6d Reply

**Nicole Howard Lock** Woo hoo!  
1d Like Reply Message

**Carol Simmons**  
KUDOS on this announcement- I'm looking forward to being there in person this year, after such a rough 2020. Thank you, ATC for getting the word out and doing your best to maintain traditions!

for the Peachtree after registration opens on March 15, how many will want to race in person, or how many will choose the virtual option. It's also impossible to say right now what the cap on participation will be because, said Tanner: "Safety will cap it."

Meanwhile, Tanner and Kenah both assume that more runners will choose July 4 over July 3 when asked their preference during registration and the Club will make every effort to give registrants their first choice – with members getting first dibs. The start time for each day is still to be decided, but waves will again be determined by 5K and 10K performance history.

Atlanta Track Club does know this, however: It wants runners to feel comfortable throughout the process.

That, for instance, is why the registration window will stay open until at least May 1. "We wanted to give people more time," Kenah says, "to see what the reality on the ground in Atlanta and in Georgia likely will be come Fourth of July. And then to think from there on whether they want to be a part of it."

That's also why the club is clearly stating that if the Peachtree is unable to be held on July 3 or 4, it will offer refunds to those registered for the in-person race – an unusual policy in a business not known for giving money back. In some ways, it's also a mea culpa.

Last year, Kenah said, the Club gave people the option for a refund when it pivoted from July 4 to Thanksgiving but not when the race went from in-person on Thanksgiving to virtual only, because by then it had decided to invest those entry fees in, among other things, the traditional T-shirt and a state-of-the-art app so as to deliver the most authentic Peachtree experience possible.

However, he said, "some percentage of the people did not feel that they got enough notice and enough in the way of options to get their money back in 2020. So that's why we want to say, right from jump street, that the Club is offering a refund if the event does not happen in person on the weekend of the Fourth of July. We wanted to rebuild confidence and transparency with the Peachtree faithful."

More than anything, though, Kenah and his staff just want to safely restore an Atlanta tradition to its proper place on the summer calendar.

"I look at myself in the mirror every night and say, 'Am I being real? Am I being optimistic? Am I being idealist? Or am I being negative?' And what I said last year I think continues to stand, which is that our job is to find a way – if possible – to put on Peachtree. If we're not planning now, we can't have it. So we absolutely need to be optimistic, and I think there actually is enough optimism out there with vaccines and with testing and understanding the trajectory of where everything's going to credibly state that we're going to have an event on the Fourth of July. What we can't say is how many people are going to be running in it yet."

## 52nd AJC PEACHTREE ROAD RACE

**Registration:** March 15 – May 1\*

[ajc.com/peachtree](http://ajc.com/peachtree)

**Cost:** Atlanta Track Club Members: \$38.

Atlanta Track Club members get guaranteed entry to the AJC Peachtree Road Race as long as their membership is active at the time of registration.

**Non-Members:** \$45 if selected via the lottery. There is no cost to enter the lottery.

- Preferred race day selected during registration
- Start waves based on submitted 5K or 10K time
- Participants who deferred in 2020 will receive code for free registration
- Refunds available to in-person participants if race cannot be held on July 4 weekend
- Number pickup details to be announced in early spring

\*Registration date may be extended depending on COVID-19 conditions.



# FROM 5K TO 26.2 MILES, EVERYONE'S ON TRACK FOR AN ADVENTURE

By Stephanie Hoppe

In 2020, the Publix Atlanta Marathon took place on March 1, just days before the nation essentially shut down due to COVID-19 and caused many races to be canceled or shifted to virtual. Despite the challenges posed by a global pandemic, the resolve of Atlanta Track Club to innovate and provide runners with opportunities to connect and compete has remained strong.

As part of this commitment, Atlanta Track Club has reimagined the 2021 Atlanta's Marathon Weekend to allow for social distancing and ensure the safety of all participants. The Atlanta Marathon, Half Marathon & 5K courses, which typically traverse the hills of downtown Atlanta, will wind through and around Atlanta Motor Speedway. This newly envisioned race experience is providing a sense of hope and excitement for participants during the ongoing pandemic. Here are some of their stories.



## Joey Hickox

### Marathon

Joey Hickox said he didn't realize his passion for running until he was told he'd likely never walk again.

On December 26, 2016, Hickox was critically injured while serving as a U.S. Marine. He sustained

injuries to his ankle, leg, wrist and lung; had gunshot wounds in his chest and abdomen; and had his kidney, spleen and gall bladder removed.

"I flatlined on three separate occasions," said Hickox, now 40, who also suffered a traumatic brain injury and experienced post-traumatic stress disorder.

He came out of a coma five days later and said he had a feeling of utter hopelessness.

"I didn't know if I wanted to live or die," said Hickox, who served 10 years in the Marines and is now a Salesforce administrator and marketing and sales operations consultant at The Pedowitz Group.

But he didn't give up. Instead, he fought harder.

After five or six months of intensive physical therapy, Hickox said, he started walking with a cane. And in November 2017, after impressing doctors with his rapid recovery, he completed his first race, the Shatterproof 5K, while walking with a cane. He said the race took a huge toll on his body; he was "out of commission" for several days.

But he didn't stop there. In December 2017, after watching "Patriots Day," a movie about the 2013 Boston Marathon bombings, he set an even larger goal: to qualify for the Boston Marathon.

Because Hickox had gained 60-70 pounds after his injury, he focused on nutrition to lose weight, become healthier and recover faster. He also started with small running goals. At first, he aspired to run three continuous miles. That took him three or four months, but he continued to gradually improve.

In November 2019, Hickox ran his first 13.1, the Invesco QQQ Thanksgiving Day Half Marathon, followed by his first 26.2, the Publix Atlanta Marathon last year. With consistent training and recovery, Hickox has gotten down to a 1:34 half marathon. He said he is working with a coach and focusing on nutrition to help him shave off the additional time needed to qualify for Boston (3:10 for his age group).

"I've talked about it for over three years, and most people think I'm insane for attempting it. But every week I usually run into or talk to another veteran suffering from some sort of disability from war. Seeing how my story inspires them in their life keeps me going," Hickox said.

He said that this year's Atlanta Marathon is one step in reaching this goal. He's also excited because of its unique course and the sense of community.

“My mom lives in Atlanta, and I have running friends in Atlanta, too. There’s nothing quite like having family and friends at the finish line. It’s a chance to share my accomplishment,” said Hickox, who lives in East Cobb.



### **Maor Tiyouri**

*Half Marathon*

Maor Tiyouri, 30, is an Israeli Olympian, former national champion and former 5,000-meter national record holder (16:08.83). But after competing in the marathon at the 2016 Olympic Games in Rio,

she ran into a series of injuries.

In March 2020, she was finally recovered, healthy and coming back to racing when COVID-19 canceled all her upcoming races. Nevertheless, she continued training in hopes of an opportunity to qualify for the Olympic Marathon.

And at the end of 2020, it seemed she would do just that. Tiyouri ran a personal best of 1:12:27 in October 2020 at the World Athletics Half Marathon Championships in Poland. After the race, her training continued to improve, and Tiyouri said she was in the best shape of her life. She anticipated a strong performance – and Olympic qualification – at the Marathon Project in December.

Until 10 days before the race, when she learned the news that changed everything. She had tested positive for COVID-19.

“It was devastating. I almost couldn’t believe it. It was like a joke – a really, really, bad joke. I cried a few days, and when I think about it now, I cry,” said Tiyouri, who was forced to withdraw from the race.

Tiyouri said she is lucky that COVID-19 hasn’t affected her lungs and that her symptoms were mild. She self-isolated and followed the guidance of a sports medicine doctor appointed by the Israeli Federation. Tiyouri took two weeks off from running and didn’t start again until her doctor gave her clearance. She is currently increasing her mileage and upping the intensity of her workouts, but it’s a slow progression.

“It’s easy to get into a negative spiral. But I stay positive and believe and trust that this was just a setback and it’s all part of my story. It’s not the end of it, just another stop,” Tiyouri said.

And the Atlanta Half Marathon is the next stop on her journey. Tiyouri said she aspires to run a sub 1:12 in the race.

“I hope the course will be flat and manageable. I understand there will be a couple of ladies from the Hansons Brooks

Team, which will make it competitive and exciting,” said Tiyouri, who lives and trains in Boulder, Colorado.

She said she is excited about the unique nature of the course, too.

“Aside from the opportunity to race, which is exciting on its own these days, what caught my eye about the race was the fact that part of the course is on a motorway. I thought racing on a motorway would be a cool experience,” Tiyouri said.

This will also be Tiyouri’s first time visiting Atlanta and competing in an Atlanta Track Club event.

“I’m excited because of the great reputation Atlanta Track Club has for putting on quality events such as Peachtree and last year’s U.S. Olympic Marathon Trials. I felt like it would be a good opportunity to experience that for myself,” Tiyouri said.



### **William and Christopher Bloor**

*Half Marathon*

Friendly-family competition is the theme of the Atlanta Half Marathon for Christopher Bloor, 56, and his son William Bloor, 20, of Milton, Georgia.

William, who will start the race 10 minutes before his dad, bet his father that he couldn’t catch up. William typically averages a 10:15 pace, and Christopher clocks 9-minute miles, so they anticipate that Christopher should find William by mile 10.

But William still plans to put up a fight.

“We’re still trying to figure out what he’ll wear or do to make sure I find him. And when I race, I don’t listen to music, and he does. So, I told him to watch for me in case I pass him,” Christopher said.

If and when he finds William, Christopher said, the competition will be over. Instead of attempting to cross the finish line first, Christopher plans to run the rest of the half marathon with his son.

“It’s really more about the experience and about having fun together,” Christopher said. “The prize is the story afterwards, to poke fun at each other and have a good time.”

Christopher said that after 2020, they’re excited about the opportunity to race. Because William, a sophomore at Georgia State University, has asthma, the family has been particularly cautious and vigilant about COVID-19.

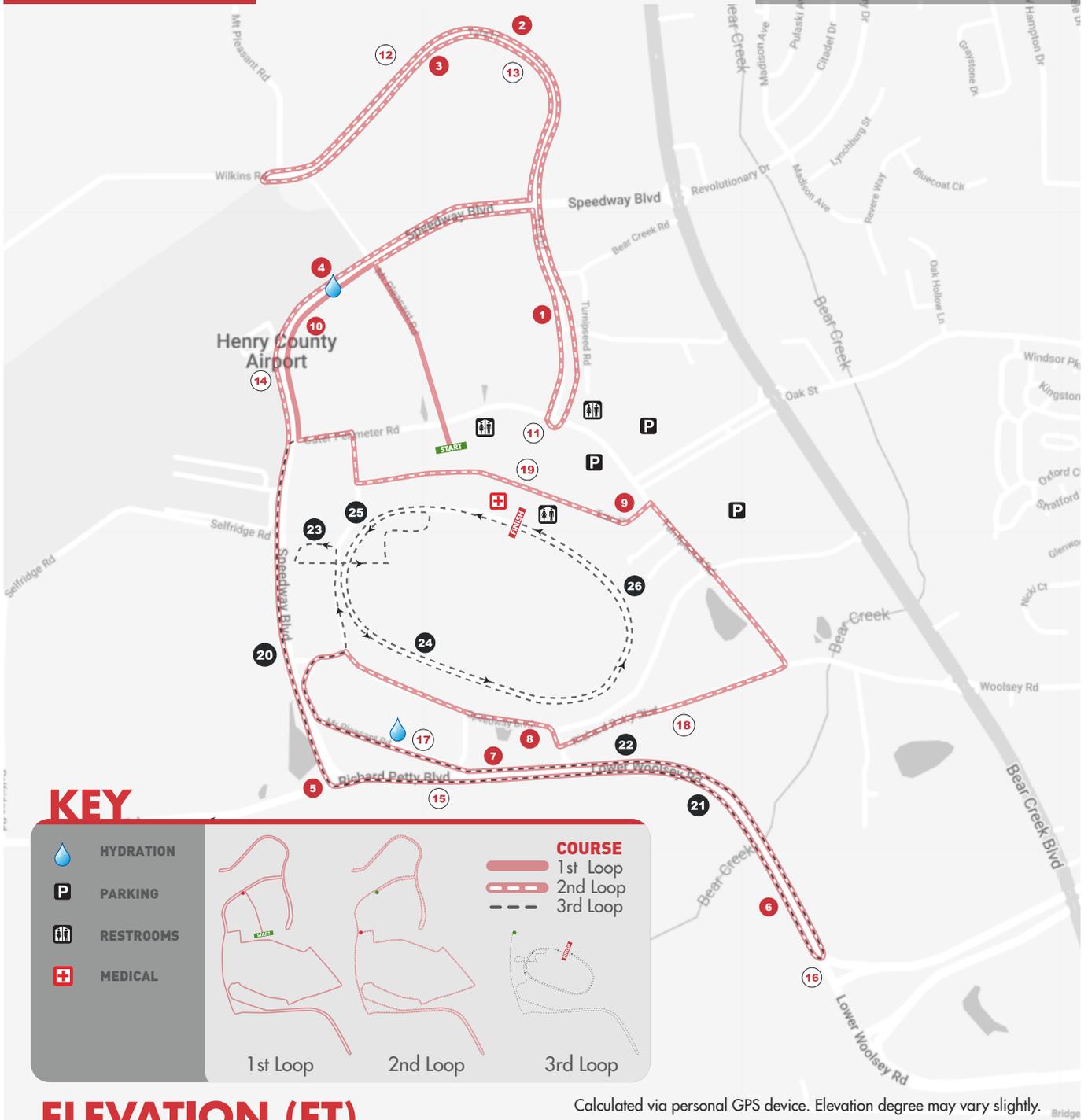
“We’re thrilled about everything that Atlanta Track Club has

# ATLANTA'S MARATHON WEEKEND



## COURSE MAP Atlanta Marathon

Atlanta Motor Speedway  
1500 Tara Pl  
Hampton, GA 30228



### KEY

	HYDRATION		<b>COURSE</b>
	PARKING		1st Loop
	RESTROOMS		2nd Loop
	MEDICAL		3rd Loop

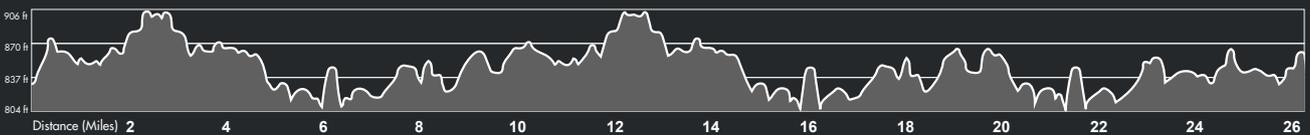
1st Loop

2nd Loop

3rd Loop

### ELEVATION (FT)

Calculated via personal GPS device. Elevation degree may vary slightly.



done to ensure that this is a safe race,” Christopher said.

Both father and son are also thrilled about the course.

“Doing it on the speedway is a unique experience. When else are we going to run on the speedway?” Christopher said.

Although this is their first Atlanta Half Marathon, the duo has a history of doing races together. They have completed four half marathons, including the Canada Army Run, and they typically select races so they can share an adventure.

Christopher said he is motivated by creating memories with his three children, including William.

“My favorite job is being a dad,” said Christopher, who is a federal director supporting the military around cyber security.



### The Rhymer Family 5K

Seven members of the Rhymer family will lace up their running shoes to complete the 5K the night before the Atlanta Marathon and Half Marathon. For Don Rhymer, 47; his wife, Dawn Rhymer, 45; and their five

children (ages 17, 16, 14, 11 and 10), running the 5K is part of a new family tradition.

The Air Force family has always been very active, but Don said they didn't all start running until last year, when they moved to Fayette County, Georgia, from Colorado.

Dawn, who homeschools her children, said that last summer Jared, 17, Helen, 16, and Allie, 10, began running cross country through Chronos Academy, a homeschool supplement program.

Once the cross-country season was over, the family decided to continue running by completing a 5K each month. In early December, Don, Jared and Helen ran their first family 5K, while the other family members cheered from the sidelines. When selecting their 5K for January 2021, the whole family decided to run. They chose Atlanta Track Club's 2021 Resolution Run, with some family members running the 5K and others opting for shorter distances on the 1.3-mile lap course.

“When we find something that brings us together, it's pretty cool. It's been a little bit of an athletic running journey for our family,” said Dawn, who imagines this as a long-term lifestyle change.

Even though the five children have different interests and hobbies, they all enjoy this new tradition, and they have found

## ATLANTA'S MARATHON WEEKEND

February 27 and 28

Atlanta Motor Speedway

- Marathon (ages 18 and older)
- Half Marathon (ages 14 and older)
- 5K (ages 8 and older)
- Virtual options for all distances
- Race shirt and medal to all participants
- Registration cutoff: February 26 at 11:59 p.m.
- More information and registration at [atlantatrackclub.org](http://atlantatrackclub.org)

**Note:** The half marathon runs with the marathon until approximately mile 9.5. There, the marathon runners turn right on Speedway Boulevard while the half marathon runners turn left and then enter the track at mile 10, which is just past Selfridge Road. Miles 11, 12 and 13 are on the track.

**Of Special Interest:** Atlanta's Marathon Weekend will feature an elite and sub-elite competition in the half marathon and marathon. The half marathon will feature women attempting to run times between 1:08 and 1:15; while men will be attempting to run between 1:02 and 1:05. The women's marathon will include several women aiming to run under 2:45 while the men's marathon will include athletes looking to run under 2:15. Stay tuned to Atlanta Track Club's social media channels – some of the top athletes in the U.S. are expected to compete.

ways to encourage and motivate one another.

“We're all so individual in where we're at, so we can't race each other. Instead we celebrate when we share personal bests, and commiserate together on failures,” Dawn said.

The 5K will be the family's fourth, but the first that all members of the family will run.

Don and Dawn are both doing In-Training to prepare for the race. Don said that through this they have virtually met other Atlanta Track Club members and their coaches, but that they're excited to meet members and their coaches in person at the race.

Dawn is also looking forward to running on the Atlanta Motor Speedway, because her dad was an amateur hobby motor racer.

“I remember going to car races and watching my dad race and then knowing of the Atlanta Motor Speedway and then being like ‘what an amazing and unique opportunity,’” Dawn said.



**300,000,000**

*Customers Per Year*

**45,000**

*Associates*

**1,950**

*Locations*

**64**

*Years*

**25**

*States*

**1**

*Family*

**WAF FLE  
H O U S E**

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# COMMON GROUND

When Atlanta Track Club launched its Common Ground initiative last July, it was in response to the death of Ahmaud Arbery, who was shot to death while running through a neighborhood of Brunswick, Georgia.

"Following the murder of Ahmaud Arbery and far too many others, silence and complacency is unacceptable," said Rich Kenah, executive director of Atlanta Track Club, when the initiative got under way. "As runners ourselves, Arbery's death here in Georgia undermines our core belief that no one should fear for their life when they step out the door for run. Today, we commit to being an anti-racist voice and that begins with listening."

So, it's especially fitting that Common Ground, a program designed to educate and inform staff, leadership and membership on issues of social justice and anti-racism, recently featured a discussion between Atlanta Track Club's manager of events marketing, Natalie Cabanas, and Alphonso Whitfield, an editor and producer with WABE. The two attended high school together in Brunswick, and Whitfield recently returned to do a series of video interviews with Brunswick residents about Arbery's death. His findings yielded a few surprises.

A cornerstone of the Common Ground initiative is the Club's gift of benches – made from recycled water

bottles used at the 50th Running the AJC Peachtree Road Race, part of its efforts on environmental stewardship – on which to have conversations about the history and impact of systemic racism in the U.S. and listening to ways in which it can be dismantled.

As the pair from Brunswick chatted from adjacent benches, Whitfield said that seeing the original video of the shooting "made me want to run more and to be more visible. I always kept it on the low ... but now it's become, 'I'm going to run in the neighborhoods, I'm going to run wherever.' If I don't see me out there, then who is out there?"

Other recent listening sessions include discussions with representatives from Atlanta's diverse running community, including members of Black Girls Run, Black Men Run, South Fulton Running Club and Runningnerds; Mike Cosentino, founder of Big Peach Running Company; Christopher Womack, a board member for the National Center for Civil and Human Rights; and C.J. and Kelli Stewart, founders of L.E.A.D. (Launch, Expose, Advise, Direct), whose mission is to empower at-risk black teen-aged boys.

These and the many other Common Ground conversations can be viewed on Atlanta Track Club's YouTube channel or at [atlantatracclub.org/commonground](http://atlantatracclub.org/commonground).



Natalie Cabanas and Alphonso Whitfield of WABE



Rich Kenah with C.J. and Kelli Stewart of L.E.A.D.

# RUNNING JOYFULLY TOWARD CHANGE

By Barbara Huebner

If Danny Shoy doesn't respond to your text until midnight, it's because he's a busy man during these days of COVID-19.

"I feel like I've worked three years in one year to stay afloat as a nonprofit," he explained – in a tone of incongruously good cheer.

As president and CEO of the East Lake Foundation since 2013, Shoy is the linchpin to fulfilling the organization's mission of providing tools for the families in the Villages of East Lake and children in the Charles R. Drew Charter School pipeline to build better lives for themselves and future generations. It's a marathon task that involves disrupting bad policies and broken systems, but by all accounts Shoy meets it every day with not only determination but a disarming positivity.

Which is pretty much describes his approach to running, too.

"It's an equalizer," said the 48-year-old Atlanta Track Club member and self-described running junkie. "As long as you can afford a reasonable pair of shoes, that's all you need."

And sometimes not even that. The son of immigrants from Monserrat, an island in the Caribbean, Daniel Shoy Jr. spent his childhood in a Bronx neighborhood where track and field was huge, and kids on the block would organize themselves – sometimes shod, sometimes barefoot – into sprint races that skirted the shadows of elevated rail tracks. By the time he got to high school in nearby Mount Vernon, he was good enough to make the varsity track team on the first try, and eventually to compete at the 1990 national scholastic indoor championships on the 4x800-meter relay team.

"To wear that Mount Vernon singlet in the national championships is definitely a highlight," he said, adding: "I knew the pride my dad felt when I brought home a medal."

John Courtien, his high school coach, remembers Shoy as straightforward and focused, someone who "came to practice



every day ready to work. I can honestly say he's one of those guys who got the most out of what he had. I wish I had a team full of Danny Shoy's, not just for his athletic ability but for his attitude. He was a very conscientious kid, a team leader."

As if on cue, Shoy requests in an email that four men – Courtien; John White, coach at Hampton University; John Curtin, coach at Emory University; and Winston Lewis, a friend's father to whom he refers as his "track dad" – be acknowledged for the influence they have had on his love for and success in running.

After a brief stint competing at Hampton, Shoy heard Atlanta calling and transferred to Emory, where he started out strong in 1991 cross country before his track career was hampered by an illness that caused a lung to twice collapse.

It was at Emory, however, that the historic Alpha Phi Alpha fraternity, that of the Rev. Martin Luther King Jr. and W.E.B. DuBois, put Shoy on track for a career in community service.

In a 2018 interview with 11Alive, he called it “the single most important factor in me learning about the City of Atlanta and a lot of the inequities across the city.”

(It was also, it must be noted, where he met his first pro track athlete, Gwen Torrence, who occasionally trained on the Emory track; the encouragement he said she offered has stuck with him to this day).

After graduation, Shoy’s interest turned toward education while volunteering at a Decatur elementary school through Outward Bound. After that, he joined “Hands On Atlanta,” an AmericaCorps program where he learned about the Arthur M. Blank Family Foundation. There, he spent almost a decade awarding grants primarily in programs aimed at youth development and access.

In 2010, he joined the East Lake Foundation, which in the past quarter century has helped revitalize a crime-besieged neighborhood through a holistic approach that includes Drew Charter School Senior Academy – winners, Shoy is proud to say, of the 2015 Boys Cross Country Class A Public Division State Championship just a year after the high school was opened.

Yes, running is always just off the shoulder of Shoy’s professional life.

About five years ago, three-time Olympic medalist DeeDee Trotter, who grew up in Decatur, was seeking a venue to host a cancer benefit and relay that offered both an event space and a track. When Shoy got wind of things, he offered the use of Drew Charter.

“He just wanted to help; he just has that nature,” said Trotter, who recently returned to Atlanta after several years of working abroad. “He’s helped me to feel more part of the community. I feel like part of the family – he has that power. He has this glow, this energy ... an electric personality.”

The two have become friends, and early last year Trotter addressed Drew Charter students and donated 1,250 books to the school.

And years before, Shoy ran his first Peachtree while competing on a team for the Blank Foundation while working there. Despite 10K being farther than he had ever raced, he barely prepared, figuring “as long as I finish ahead of Arthur [despite being 30 years his senior, an avid runner], I’m good.” He did, but not without paying a price.

“I was miserably sore for the next week,” he recalled. “I learned my lesson: You never run the Peachtree Road Race without training for it.”

One of Arthur Blank’s favorite expressions? There is no finish line. Along with “the watch doesn’t lie,” two metaphors that Shoy lives by in melding his running and his work in social justice.



In his high school uniform, holding the Olympic torch from 1996 relay, with Drew Charter state champs.

“In running, you can see improvement with training and effort in a short amount of time. We have all the ability to have that here in Atlanta, the home of civil rights. You have to be able to marry the head work and the heart work when you’re running, and it’s the same when we’re working with residents. If someone says ‘I want to go to college but I can’t afford it,’ we tell them ‘we’ll find a way.’ The whole nature of my spirit as a person and my style of leadership is that when someone tells me I can’t do something, I’ll find a way.”

Which suddenly reminds him of Dave Wottle. At the 1972 Olympics, the cap-wearing Wottle was trailing badly in last place halfway through the 800-meter final before he started picking off competitors one by one to upset the favorite by 0.03 seconds and win gold.

As Shoy said brightly of his love for running and dedication to his work: “I can draw all sorts of parallels.”



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# RETURNING TO HER RUNNING ROOTS

By Meredith Parker

Everyone in Atlanta seems to have an AJC Peachtree Road Race moment. Maybe it's the chills during the flyover at your first running, or the year you finished with your best time up Cardiac Hill. For Atlanta Track Club's newest staff member, Madison Hafitz, the "Peachtree moment" dates back to 2002, when she ran Peachtree Junior with her Arbor Montessori second-grade classmates.

"My school started a morning running club where a couple of days a week we would arrive early and run laps around the playgrounds," said the 26-year-old Kilometer Kids and Youth Running program manager, who took over in September. "We participated in an actual race at the end of the year to celebrate all the laps we had run. Turns out my first race was Peachtree Junior."

This positive youth running experience sent Hafitz into a deep dive of sports: "Soccer, tennis, basketball, track and field, cross country, dance, gymnastics, ultimate frisbee – you name it, I probably tried it."

While in middle school, Hafitz ran cross country and track, but it was the soccer field rather than the starting line that stuck with her competitively. After four years of varsity soccer (and two of basketball) at The Paideia School in Druid Hills, she played collegiately for Tufts University while pursuing her B.A. in Community Health and Anthropology.

"Playing at that level is not the path for everyone," she said, "but I know I would not be the person I am today without the values and life lessons I learned on the field, on the court, on the track, etc. at a very young age."

After finishing at Tufts, Hafitz completed two years of National Service with AmeriCorps' City Year Boston program, supporting Boston Public School students. In 2020, she graduated from the University of Michigan with a Masters in Health Behavior and Health Education. To no surprise, in her free time she doesn't sit still; instead, she's traveled to five continents, 22 countries and 38 of the 50 states.

Now she's back in Running City USA to lead Kilometer Kids, a free 11-week afterschool program that gets kids moving every day while promoting lifelong healthy habits.

"Being an athlete is where I found community; it's where I learned about the importance of teamwork, resilience,



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commitment, and truly how to feel confident in myself," Hafitz said. "I am passionate about instilling those same ideals in young kids because I believe in the transformative power of sports and believe everyone should have the experience to grow and learn about themselves."

As a noncompetitive program, Kilometer Kid is not about running the fastest or winning races. Hafitz said her hope for kids who enroll in the program is that they develop a positive relationship with movement, put in their best effort and have fun while doing it.

Hafitz embodies the Club's vision of engaging with the Atlanta community throughout their running and walking lifecycles.

"It's starting to sink in that I have the opportunity to actually work for an organization I already have this amazing connection to," said Hafitz, who ran Peachtree Junior twice more after her debut as a second-grader. "You can't describe it as anything other than full circle. It feels like such a special opportunity."



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# STAY INJURY-FREE WHILE WORKING FROM HOME

Dr. Joseph Powers



As a sports medicine physician, my clinic is usually filled with sprains, strains and fractures. Over the last year, however, the COVID-19 pandemic has caused a shift in injury patterns in many patients and athletes.

The most common injury-inducing culprit now? Working from home.

As the workplace has gone remote, we've been forced to transform our kitchens into classrooms and our bedrooms into boardrooms. The abrupt shift last spring left little time to pay attention to ergonomics and, as a result, many of us have paid the price with sore shoulders, necks and backs. Now almost a year into the pandemic and with work-from-home apparently here to stay, taking a critical look at your workspace can help prevent these injuries and keep you healthy.

Think through your work-from-home day and compare that to your prior workday, before life was disrupted. If you're like many, your day used to have more variety: getting up, moving around, talking with colleagues or just grabbing a cup of coffee. These short, intermittent breaks are important. Humans weren't designed to sit all day.

Now, however, we've been forced into prolonged Zoom calls and sitting hunched over laptops, with wrists poorly balanced on keyboards. The accumulation of these small insults adds up, and the repetitive stresses eventually cause symptoms. Once symptomatic, you'll continue to deal with issues unless you change the underlying causes.

Small changes can go a long way in preventing or treating overuse and ergonomic-related issues. Consider investing in a mouse instead of relying on your computer's trackpad, which can be trickier to use. Additionally, a stand-alone keyboard in place of the less ergonomically friendly laptop may help relieve hand and wrist issues such as tendonitis or carpal tunnel.

A standing desk can be helpful in improving neck and back issues. But you don't need to invest in an expensive option. Try repurposing household items, such as stacking your monitor on books so it's on a more neck-friendly level. Ideally, your monitor

should be at eye level, about an arm's length away from your body. Another easy fix is the use of a document clip attached to the monitor, so your paperwork is also at eye level. This prevents repetitively straining your neck looking back and forth.

If you're like many of my patients, your dining room chair has become your new office chair. This is clearly not an ideal option. If you can't get a dedicated office chair, consider rolling a towel or pillow at the small of your back to provide lumbar support. Additionally, adding in breaks to stretch and walk is a must for all aspects of our health. Change your posture intermittently during the day to use muscle groups differently, which helps to avoid repetitive use, strain and fatigue. Avoiding slumped shoulders and crooked necks, and actively working on your posture, is critical.

And, finally, don't forget your eyes. The muscles that control your eye movement can become fatigued as well. Allowing yourself rest breaks to change your focus away from the computer screen can greatly help prevent fatigue and strain. Lighting, too, plays an important role – too bright fatigues the eyes and causes headaches; too dim causes strain when reading the screen or paperwork.

We all hope that COVID-19 cases will trend downwards, but this new work-from-home lifestyle is here to stay. An investment in ergonomics can really pay off and make our new normal easier and, most importantly, healthier.

*Dr. Joseph Powers is a fellowship-trained sports medicine physician with board certifications in pediatrics and sports medicine.*

## Looking for Answers?

If you have a question for the doctors at Northside Hospital, email [stories@atlantatrackclub.org](mailto:stories@atlantatrackclub.org). We could answer your question in an upcoming issue of *Wingfoot*.



NORTHSIDE HOSPITAL



# HARNESS THE POWER OF SNACKS

By Alissa Palladino MS, RDN, LD, ACSM-CPT

Runners and walkers often find themselves hungry throughout the day. Going too long between meals, especially when doing high-intensity or high-volume training, can leave us feeling depleted and foggy-brained.

Well-planned and well-timed snacks provide energy, manage hunger and prevent blood sugar dips, allowing us to crush our workouts and our workdays. But not all snacks are created equal. Traditional packaged snack foods typically offer plenty of empty calories, but not much in the way of nutrition.

Instead, we want to reframe snacks and view them as opportunities to add key nutrients to our day. Keep the following tips in mind to elevate your snack game and optimize energy, training and recovery.

**Balance:** Including fiber-rich carbs plus protein and/or healthy fat in your snack is the key to staying satisfied and energized. This powerful combination slows digestion, keeping hunger at bay. Fiber-rich carbs such as fruit or whole-grain crackers fill you up, stabilize blood sugar, regulate cholesterol and help with digestion; protein such as hard-boiled eggs or Greek yogurt supports lean muscle mass and metabolism; and healthy fats, such as nuts or avocado, promote satiety and enhance absorption of fat-soluble vitamins A, D, E and K.

**Nutrient Density:** View your snack as an opportunity to add nutrition to your day, rather than take in empty calories. Focus on nutrient-rich, minimally processed foods that offer a host of health benefits, such as fruits, vegetables, whole grains, dairy, nuts, eggs, poultry, beans, and fish/seafood. These foods contain essential vitamins, minerals and other nutrients that play roles in everything from immunity, energy, and bone strength to muscle repair, hormonal health and disease risk.

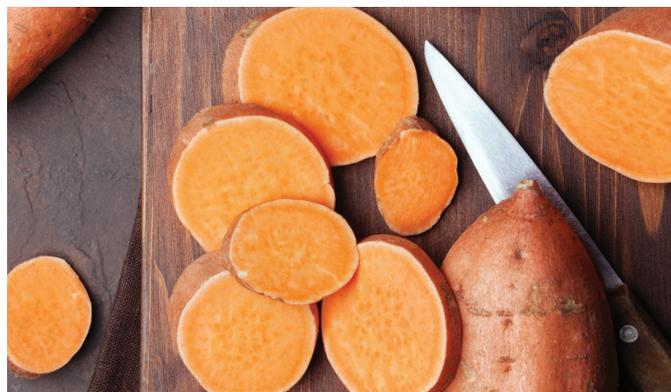
**Portion Size:** This is especially important with energy-dense foods where calories can add up quickly, such as nuts, nut butters, trail mix and hummus. Look for single-serving options. Otherwise, dividing snack foods into baggies or small containers makes it easy to grab the right amount and prevents mindless snacking. Don't forget to read labels to see what the serving size is!

**Timing:** *When we eat snacks is just as important as what we eat.* Any time you find yourself with more than 3 to 4 hours between meals, insert a snack. Eating at regular intervals throughout the day keeps blood sugar and energy levels steady, preventing you from becoming "hangry" and allowing you to make healthy food choices at your next meal.

**Planning and Prep:** Make the healthy choice the easy choice by prepping ahead. For example, wash and cut veggies and fruit and keep them in the front of the fridge so they are readily accessible. Stock up on easy-to-grab protein-rich snacks such as hard-boiled eggs, string cheese, deli meat and individual Greek yogurts. When you're on the go, bring along individual baggies or containers of nonperishable snacks such as nuts, whole-grain crackers, whole-grain cereal or roasted chickpeas.

**Reframe:** Try thinking of your snack as a noun rather than a verb. For example, "I am having a snack" implies an intentional, portion-controlled eating occasion. "I am snacking" often means mindless eating and/or overeating. Place your snack on a plate or bowl, instead of eating directly from the bag or box. If possible, eat it mindfully without distraction, then move on to your next task energized and refueled.

**Exercise Timing:** If it's been several hours since your last meal, eating a carbohydrate-rich pre-workout snack will provide energy, increase endurance and prevent muscle breakdown. The closer you are to your workout, the simpler the carb should be. Try a banana, applesauce, raisins, pretzels, a waffle, instant oatmeal or a grain-based granola bar. After exercise, if it's going to be more than an hour until your next meal, eating a protein-rich snack helps promote muscle repair and recovery. Try Greek yogurt, cottage cheese, hard-boiled eggs, canned tuna, a high-quality protein bar or powder or a glass of milk.



## PRE-RUN SNACK: SWEET POTATO TOAST

*A creative take on a simple pre-run favorite, sweet potato toast provides an extra dose of immune-supporting vitamin A. If eating within an hour of your run, sprinkle with cinnamon and a drizzle of maple syrup for a quick energy boost. If you have more time,*

top toast with avocado and egg or peanut butter for more staying power and lasting energy. Serves 1-2, depending on size of potato.

**Ingredients:**

- 1 large sweet potato

**Instructions:**

- Wash and scrub sweet potato
- Using sharp knife, slice lengthwise into 1/3-inch pieces
- Toast until fork tender but not completely soft (if you don't have a toaster, lay slices on parchment-lined baking sheet and bake in the oven at 400 degrees for about 30 minutes.)



**POST-RUN SNACK: VERY VEGGIE EGG CUPS**

When it comes to high-quality protein for muscle recovery, not to mention cost, nothing beats eggs. These cups are completely customizable – a perfect way to incorporate seasonal veggies or use up whatever you have on hand. Enjoy with whole-grain bread or English muffin to boost carbs and replenish muscle glycogen. Yield: 12 cups

**Ingredients:**

- 8 eggs
- 1 cup milk of choice
- 3/4 cup feta, goat or your favorite cheese, crumbled
- 1/2 cup chopped onions
- 3 cups baby spinach or other leafy green, chopped
- 1 cup diced veggies of choice (such as bell peppers, tomatoes, mushrooms, broccoli)
- 1 Tbsp olive oil
- Salt and pepper to taste
- Non-stick spray
- 12-tin muffin pan

**Instructions:**

- Pre-heat oven to 350 degrees F
- Heat oil in pan over stove on medium. Sauté onions until

fragrant. Then add spinach and veggies. Stir a few minutes until cooked down.

- In separate bowl, whisk together eggs and milk. Add salt and pepper to taste.
- Spray muffin tin and divide sautéed veggies evenly among 12 cups
- Pour egg/milk mixture over veggies
- Top each egg cup with approximately 1 Tbsp cheese
- Bake about 20 minutes or until eggs are set



**ANYTIME SNACK: CUSTOMIZABLE ENERGY BITES**

One of my most requested and frequently recommended recipes, this DIY take on store-bought granola bars will keep you energized and satisfied for hours thanks to the combo of unsaturated fat from the nut butter and heart-healthy fiber from the oats. Customize the recipe by swapping in your favorite ingredients and using up whatever pantry staples you have on hand.

**Ingredients:**

- 1 cup oats (quick or old-fashioned both work)
- ½ cup nut butter (such as peanut, almond or sunflower-seed butter)
- 3 Tbsp. sweetener of choice (such as pure maple syrup or honey)
- 1 cup mix-ins (such as chopped nuts, dried fruit and/or chocolate chips)
- Optional: Add protein powder plus more liquid

**Instructions:**

- Combine nut butter and sweetener. Fold in oats. Add mix-ins and stir to thoroughly combine.
- Roll into bites, wetting hands with water as needed. Alternatively, you can roll dough out flat on a sheet pan and slice into granola bars.
- Store in airtight container in fridge for up to 1 week.

*Alissa is an Atlanta-based registered dietitian nutritionist and certified personal trainer dedicated to helping people optimize health and athletic performance by harnessing the power of nutrition. A veggie lover and avid runner, she believes the optimal nutrition plan is one that is tailored to your unique needs, food preferences, training and lifestyle. Alissa currently offers virtual and in-person nutrition consultations, meal planning services and metabolic testing. To learn more, visit her website [alissapalladinonutrition.squarespace.com](http://alissapalladinonutrition.squarespace.com) contact her at [apalladinordn@gmail.com](mailto:apalladinordn@gmail.com) and follow her on Twitter <https://twitter.com/alissapalladino>*



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## DISTANCE DUO ADDED TO ATLANTA TRACK CLUB ELITE ROSTER

By Jay Holder



Atlanta Track Club Elite's 2021 Olympic Development Team: bottom, Keturah Orji, Yolanda Ngarambe; second row, Abe Alvarado, Allie Wilson; third row: Megan Malasarte, Morgan VanGorder; fourth row, Laurie Knowles; fifth row, Janel Blancett, Avery Bartlett, Jarryd Wallace; sixth row, Eden Meyer, seventh row, Dylan Capwell, Rachael Walters, Brandon Lasater; top, Ricky Romero. Missing: Bridget Belyeu, Wilkerson Given, Rochelle Kanuho, Joanna Stevens.



Stephens

Not only didn't Joanna Stephens let a disappointing performance at the 2020 U.S. Olympic Team Trials – Marathon last February 29 spoil Atlanta for her, she's actually moved here.

Stephens is one of two new women, along with Rochelle Kanuho, who have joined Atlanta Track Club Elite's Olympic Development squad in 2021. She'll focus on distances from 5,000 meters up to the marathon.



Kanuho

The 26-year-old Phoenix native has been running since she was a child. A standout in middle and high school, she ran on a scholarship at the University of South Alabama, where she set the 5000-meter school record. While living in Michigan after college, Stephens was coached by three-time

Olympian Dathan Ritzenhein, who encouraged her to take a shot at the half marathon.

After Stephens ran 1:15 in her first try, the pair immediately set their sights on the marathon. In her debut at the distance, Stephens won the 2019 Bayshore Marathon in Traverse City, Michigan, in 2:43:47, an event record and an Olympic Trials qualifier.

Stephens' second marathon wasn't as successful. She battled stomach issues and started vomiting at mile 16 of the Trials but refused to drop out, hanging on for a 3:01:09 finish. "I made it to the Trials and I'm really stubborn. Unless someone is telling me I need to drop out, I was going to make myself finish," she said.

When Ritzenhein took a high-profile coaching job in Boulder,

Colorado, he recommended that Stephens check out Atlanta Track Club and coaches Amy and Andrew Begley.

"Their training philosophy and everything seemed to fit," she said. So, she and her husband packed up and moved, along with their dog.

Working as a full-time psychiatric nurse in Smyrna, Stephens has adjusted her schedule to ensure that her three 12-hour work shifts don't fall on the same days as team workouts. She plans to run a fall marathon and already has her sights set on 2024. "Since I was 6 years old, I said I was going to be an Olympian," she recalled. "I've been telling everybody since then that's what I wanted to do."

Kanuho, too, will write the next chapter of her running career in Atlanta. The former Northern Arizona University standout competed in the 5,000 and 10,000 meters at the 2016 U.S. Olympic Team Trials – Track & Field and placed 3rd at the 2018 U.S. Half Marathon Championships. She comes to Atlanta from her hometown. "I grew up living at 7,000 feet in Flagstaff and previously lived in Silverton, Colorado, located at 9,300 feet, and I lived in Colorado Springs. So, I wanted to get away from the snow, although I am a bit nervous for the summer," she joked.

Kanuho is preparing for the track Trials next summer, where she hopes to improve upon her 7th-place 10,000-meter finish in 2016. She is also working in Atlanta Track Club's events department, where she looks forward to putting her degree in parks and recreation management to good use. And while Kanuho will focus on the 10,000 meters, with a wide range of teammates to train with she has a goal of setting personal bests in every distance from the 1,500 to the half marathon.

"I've been doing different types of workouts compared to anything I've done in the past, so I'm really looking forward to seeing how my body responds when I get the opportunity to race," she said.

# GREETINGS FROM



By Jay Holder

Dave Jonson, owner of NEWSole Running in McDonough, holds the distinction of having set a state record for the three-legged race as a youngster. From that decorated start, he went on to compete in track and field through high school in northeast Georgia before playing football on scholarship for Western Carolina University. He began running for pleasure after an MCL and ACL injury ended his football career, doing a duathlon just 10 months after surgery. For years afterward – while working as a sales rep, earning a master's degree in ministry and leadership from Luther Rice University, and then teaching and coaching at Strong Rock Christian School in Locust Grove, Georgia – he would occasionally dust off his running shoes to get back in shape, but it wasn't until 2011, the year he opened the store, that he started running consistently to train for races.

### As a parent and business owner, what role does running play in your life?

Having a running store allows you to be the epicenter of the running community. It's always a pleasure to be involved in what others are striving to accomplish and be able to assist them with their goals no matter how big or small. I'm a triathlete, and so running is just one of my passions. I've grown to really enjoy swimming, even though I swim like a boat anchor. Riding has become my favorite because it makes me a stronger runner. And the more I ride, the stronger I become, and the run goes so much better. I love to run but after the knee surgery from the '90s, I must be disciplined about how and when. Pool running, after my swim, has been a game changer with form, strength and cardio.

### What is your most memorable running experience?

My first half marathon, the Publix Georgia Half Marathon



(now Publix Atlanta Half Marathon) in 2013. It was amazing and I learned a lot about myself, my running and training. There's a special place in my heart for this race.

### Where is your favorite place to run and why?

Oddly enough, my neighborhood. There are hills, memories and so many routes it just never gets boring to me.

### What is your bucket list running destination or race?

Full Ironman for sure and I'm just crazy enough to run for 24 hours around a track in November. Yeah, I signed up for it ...

### How has business changed during the pandemic?

With people wanting to get active, it ended being our best year yet. People were looking for a running store that could give them the correct fit and service that they were not going to get online or in a big box store. We have followed and continue to follow and exceed CDC guidelines at our store.

### What do you look forward to most when the pandemic subsides?

More races, run groups and teaching running clinics again. It seems to be difficult to get people engaged again with the clinics, which is what I really enjoy the most. I know it makes a difference if people are willing to do some drills, exercises and make changes to their mentality regarding how they move through space. I had so many people tell me years later how much the running clinic has changed their running. It confirms I did the right thing by opening the store as a natural running store.



By Jay Holder

## Four New Board Members Named

Atlanta Track Club named four new members – Douglas Ander, Simon Angrove, Ryan Briley and Gena Major – to its Board of Directors this month, welcoming them at the Club’s Annual Business Meeting and Town Hall on Tuesday, January 19. Elected to their third terms on the 21-member Board were Brian Frank, Michelle Reid and Terry Ozell, with John Runnion (treasurer) and Leslie Zacks elected to a second term. Club members voted on the positions from December 12 -January 18.



## Youth Team Registration Open

Atlanta Track Club’s Youth Team Track & Field season is under way. Middle-school aged athletes kicked off practice on February 8 and will compete in exhibition meets throughout the Atlanta metro area this scholastic season. A postseason, including the Georgia Middle School State Championship and USATF Youth Championships, will begin on April 24.

Nick Del Guercio will coach the distance runners and O’Neil Wright the sprinters and jumpers. The goals are building bonds, having fun and teaching the fundamentals of track and field. “It builds your courage. It builds your foundation. It builds your core and it builds your camaraderie,” said Coach Wright. “It is something you use across the board. In every sport there is running. In every aspect of life there are challenges you have to overcome, and track and field is a great foundation for that.”

Practices are held Monday and Wednesday evenings at Brook Run Park and Peachtree Middle School and Tuesday and Thursday evenings at Cheney Stadium. All abilities and skill levels are welcome.

“What I enjoy most is getting progressively better at each meet and cheering on my teammates from the sidelines and helping them get to the finish,” said River Bass-Cico, who will return after competing last season.

Registration is available at [atlantatrackclub.org](http://atlantatrackclub.org)



## Deadline for AJC Peachtree Road Race T-Shirt Contest is Fast Approaching

The AJC Peachtree Road Race’s most-celebrated tradition is back. Submissions for the AJC Peachtree Road Race T-Shirt Contest will close on February 19 at 11:59 p.m. Artists can submit

up to three designs. The submissions will be narrowed down to five finalists, which will be voted on in March. The winner gets \$1,000 and his or her design on the coveted AJC Peachtree Road Race finisher’s shirt, which will be revealed at the finish line. Rules and the submission form can be found on the Peachtree section of [atlantatrackclub.org](http://atlantatrackclub.org).

## Emmons Honored

Julia Emmons was honored with the MarathonFoto/Road Race Management Lifetime Achievement Award last month. Emmons led the Club and served as race director of the AJC Peachtree Road Race from 1985 until her retirement in 2006. During that time, she oversaw the race’s growth as it became the largest road race in the United States and largest 10K in the world. Emmons also directed the marathons and race walks at the 1996 Atlanta Olympics and was assistant manager of the 2004 Athens Olympic marathon team that produced two medalists: Meb Keflezighi (silver) and Deena Kastor (bronze).



“Julia Emmons helped define the directing of mass participation road races during the 1980s through the 2000s,” said Phil Stewart, president of Road Race Management. “Her selfless dedication to the sport in both race directing and administrative positions, and service to the city of Atlanta, make her most deserving of this recognition.”

Emmons returned to the Peachtree in 2019 to serve as an honorary starter at the race’s 50th Running. She then completed the race with Bill Thorn, the only person to complete every edition of the Peachtree.



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