

Name: Joy Garmon, 43 years old. I was born in Atlanta and grew up in Alpharetta. I moved to the Gainesville area six years ago and love it here. I'm a Librarian/Assistant Professor at the new Georgia Gwinnett College and I love it there too. I'm single and live with my dog, Frank "Schuey" Schumacher. He is a dachshund, so he is dysfunctional – it is just the way they are but I still love him. (I know Ric and Anne will agree with me on the dysfunctional part.)

Running History: I started running when I was in college, just casually. I suffered a severe burn on my foot and recovery took over a year so I put running on the back burner. I started again after moving to the Gainesville area. I kicked it up a notch after going through the Running/Walking 101 program sponsored by the then Gainesville Road Runners. Bob Sievert was so helpful and encouraged me to keep at it. Even though I was slow (still am) I felt like I was really making great strides and improving so I kept on running.

Running Goals: For some time now my goal has been to break the 30 minute mark in a 5K. (I told you I was slow.) Twice I have come through the chute to see the timing clock click over to 30:04! Twice! Finally, just a few weeks ago I finished the Support Our Troops 5k in 29:25! I was totally pumped, especially since the route included starting on Riverside and finishing on Riverside (up hill both ways.) My next goal is to get through the Peachtree (which I just do for fun with my friends – it is just a party after all) so I'm bumping up my mileage. I then plan to run a Peachtree Qualifier in August so I will be working towards a good time there. I also am planning on doing the Chateau Elan Duathlon in October, so not only will I be putting some miles on my running shoes but also on my road bike. My goal for that is to finish it, since I've never completed one before. (I entered a couple of years ago but experienced a mechanical on my bike and had to drop out.)

Favorite Race: My favorite race is not one that I really do for time or to try to win. It is the Race for the Cure to benefit the Susan G. Koman Foundation. My favorite aunt died from breast cancer in 1990 so I have been running in her memory for the past ten years. My cousin, Tami, was diagnosed four years ago and I ran in celebration of her fight for three years. Sadly this year, I ran in memory of Tami. It was one of the hardest races I've ever run, not because of the hills or the crowd, but because of the emotion involved. My family has this tradition that if you find a coin on the ground it means that someone in heaven is thinking about you and sent you a coin to tell you. I, of course, was thinking of Tami and my aunt while running and when I turned the corner onto 10th Street I saw the ground just strewn with pennies. It took everything I had to keep from crying. I knew that they were sending us strength that day.

Favorite Place to Run: I just moved to a new neighborhood in Flowery Branch and it has a perfect 3 mile loop so I can just step out of my front door and go, which is great! I also like the running trail at Gainesville State (I like trail running the best.) I hope that my school can develop something like that on our land.

Favorite Running Story: Recently I was showing a friend my new pair of Merrill trail running shoes. I was quite excited about their arrival. Who doesn't like to get new shoes?! He looked at them and the box and dryly pointed out, "Your shoes came with instructions." I figure that means I'm pretty hard core now. If your shoes come with instructions you must be a runner!

Favorite Runner: Swiss triathlete Natascha Badman. She has won the Ironman at least five times and is known for her smile, which she flashes throughout the event. How someone can smile while doing something so grueling is just phenomenal to me.

Favorite Saying: My "favorite" changes from time to time but right now tops on my list is, "Impossible is not a fact, it is an opinion." This is a quote from triple amputee, triathlete Cameron Clapp. Quite an incredible young man. He came up with this whenever a doctor told him that because of his accident he wouldn't be able to do certain things. So far he has proved many of them wrong in their predictions.