



The Strider

CRR of Columbus, GA

Feb 2015

President's Message

from Carolee Luther

Features :

Winter Series Celebration

Winter Series Results

Kids Run

Couch to 5K

New Benefits

Summer Series

1200 Mile Club

Wow it is 2015 & the months are running full speed ahead!

Columbus Roadrunners have a PLACE FOR EVERY PACE! Take advantage of our programs from C25K, Next Steps, and 1200 Mile Club along with great benefits and discounts around town. We have several new benefits for 2015, 10% off juices at I Love Juice Bar, 10% on services at CaraVail's Day Spa, and a discount on Yoga at St. Mark. Check out the details in this newsletter!

Winter Series Celebration is almost here (Sunday, March 1st) - come on out & enjoy the festivities! In addition to the Series awards, we will give out 1200 mile Club awards for 2014, Gordie Borkat most miles award and more! You just might win a door prize if you attend!

This newsletter can't be printed without a THANK YOU to all of our sponsors for 2014 and 2015, Board members, volunteers and of course the runners; together we are striving to make a difference in the life of others by promoting a healthy lifestyle and encouraging a lifetime of activity. WE RUN THIS TOWN!

This is your club - share your ideas and be a part of keeping Columbus a Runner Friendly Community!

See you on the roads, rails or riverwalk!
Happy Running!

Carolee





YOU'RE INVITED!

Winter Series Celebration

Sunday, March 1, 2015 4:00 p.m.

**Food, drinks,
awards & more!**



6100 Veterans Pkwy Columbus, Ga



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Laser assisted in-situ keratomileusis (LASIK) can only be performed by a trained physician and is specified for reduction or elimination of myopia, hyperopia, and astigmatism as indicated within the product labeling. Laser refractive surgery is contraindicated for patients: a) with collagen vascular, autoimmune, or immunodeficiency diseases; b) who are pregnant or nursing women; c) with signs of keratoconus or abnormal corneal topography; d) who are taking one or both of the following medications: isotretinoin (Accutane) and Amiodarone hydrochloride (Cordarone). Potential side effects to laser refractive surgery may include glare, dry eye, as well as other visual anomalies. LASIK requires the use of a microkeratome that cuts a flap on the surface of the cornea, potential side effects may include flap related complications. Consult with your eye care professional and Patient Information Booklet regarding the potential risks and benefits for laser refractive surgery, results may vary for each individual patient.

Winter Series Winners 2014-15

<u>Pos</u>	<u>Category</u>	<u>Pts</u>	<u>Pos</u>	<u>Category</u>	<u>Pts</u>
Male			Female		
1	Mike McClay	255	1	Lexi Edwards	205
2	Mark Hhawu	215	2	Traci Martin	170
3	Carlos Salgado	135	3	Chaille Sullivan	150
Masters			Masters		
1	Rob Kindrick	95	1	Lori Gilpatrick	135
Under 14			Under 14		
1	Mason Hargrove	75	1	Taylor Elkins	62
2	John Phillips	65	2	Jaci Edwards	50
3	Dylan Potteiger	34	3	Cassidy Raszkowski	35
15- 19			15- 19		
1	Chance Walker	65	1	Kathryn Barron	50
2	Anthony Owens	51	2	Lace Cobb	43
3	John Lee	40			
20-29			20-29		
1	Chris Grier	60	1	Ashley Russo	75
2	Lawrence Washington	42	2	Zoie Zimmerman	57
3	Jordan Evans	36	3	Amber Williams	35
30-39			30-39		
1	Amos Fox	55	1	Rosa Eshoo	100
2	Jeremy Powers	47	2	Amanda Lawrence	72
3	James Cunningham	44	3	Jenna Martin	42
40-49			40-49		
1	Phil Tranqui	67	1	Janet English	80
2	Scott Gilpatrick	65	2	Rosella Hall	55
3	Doug Colburn	40	3	Anika Colburn	49
50-59			50-59		
1	Ben Branton	77	1	Ladonna Moore	80
2	Warren Bailey	35	2	Margaret Connelly	60
3	David Arrington	30	3	Donna Morgan	34
3	Ward Pyron	30			
60 & Above			60 & Above		
1	Steve Warren	75	1	Kerry Barwick	60
2	Scott Ferguson	40	2	Carol Quaife	47
3	Eric Crenshaw	39	3	Renate Shirley	36





Mark your calendars for Kids Run Columbus. This free training program for kids starts March 8, 2015. It is designed to promote general fitness, create a lifetime of activity, promote a healthy lifestyle, basic nutrition and increase running in the community.

Who? PreK – 8th Grade

When? Kick Off on March 8, 2015 at 4pm

Where? Hardaway High School Track

We will meet each Sunday for training at the Hardaway Track from March 8, 2015 through April 26, 2015.

Goal Races

May 3 – Kids Run Columbus
Lakebottom Park at 4pm

For more information visit www.columbusroadrunners.com
Or email: dutoit26.2@gmail.com



COLUMBUS FOOT & ANKLE, P.C.



TROY ESPIRITU, DPM, FACFAS

NICHOLAS SMITH, DPM, AACFAS

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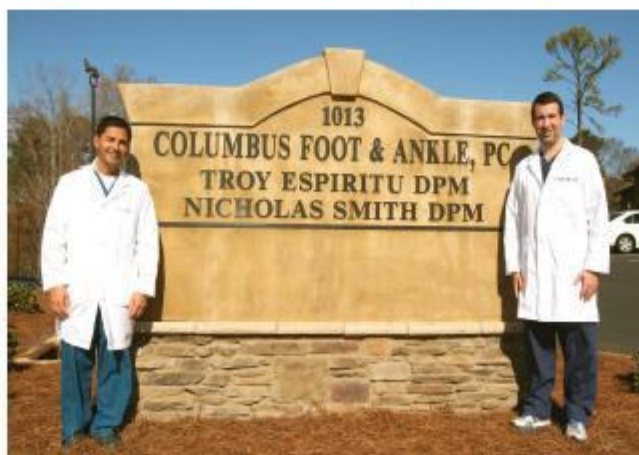
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Couch to 5K

April 21, 2015: 9 week program

- Race: Summer Solstice 5K TBA
- Meets Tues & Thurs nights at 6:30pm @ Cooper Creek

June 23, 2015: 7 week program

- Race: Lakebottom 5K Sat, August 8
- Meets Tues & Thurs nights at 7pm @ Cooper Creek


Sept 1, 2015: 9 week program

- Race: Big Dog Howl 5K Fri, Oct 30
- Meets Tues & Thurs nights at 6:30pm @ Cooper Creek

Oct 27, 2015: 8 week program

- Race: Big Dog Jingle 5K Sat, Dec 19
- Meets Tues & Thurs nights at 6:30pm @ Lakebottom

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CRR Members Have New Benefits!

YOGA

at St Mark UMC

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Columbus, Ga

Monday 7 pm

Tuesday 6pm

Thursday 6pm

Cost: \$5 - CRR members \$3



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I Love Juice Bar is Columbus' newest option for healthy eats and treats! We are vegetarian, gluten-free and organic when possible, and we only use 100% whole fruits and vegetables in our juices, smoothies and food. We have salads, spring rolls, and soups...all made fresh each day, as well as wheatgrass and essential oil shots. We are located

in the lower level of The Landings shopping center next to Kinnuccan's. Our hours of operation are Monday thru Friday 7:00 - 7:00 and Saturday 8:30 - 5:30.

Get Ready For Summer Series 2015



Races to be included in the series:

1. Summer Solstice 5K and 1 Miler - (Date & times TBD)
2. Rails to Trails 5K (near Legacy Chevrolet) - Monday, June 29, 2015, 7:30pm
3. Big Dog Heatwave 5 miler - Saturday, July 11, 2015, 8am
4. Flat Rock Park 5K (Rails to Trails) - Monday, July 27, 2015, 7:30pm
5. Lakebottom Park 5K - Saturday, August 8, 2015, 8am





Congratulations to all of
the participants on
completing the mileage!

Ben Branton	2250.9
Eric Crenshaw	1212.0
Kevin Draws	2016.6
Shelly Driskell-Ragan	1503.8
Scott Ferguson	1324.6
Robin Hammerstone	1396.3
Brandy Hartshorn	1277.6
Brenda Hitz	2416.0
Ed Lopez	1227.0
Carolee Luther	2193.0
Tracy Medina	1409.3
Jason Sanchez	2083.4
K Scheide	1283.0
Jackie Walton	1671.2
Steve Warren	2306.3