

COLUMBUS
ROADRUNNERS

Strider

The President's Letter

Why Do YOU Run?

RUNNING
HAS GIVEN ME
THE COURAGE
TO START
THE DETERMINATION
TO KEEP
TRYING
AND THE CHILDLIKE
SPIRIT TO HAVE FUN
ALONG THE WAY
RUN OFTEN
AND RUN LONG
— BUT —
NEVER OUTRUN
YOUR JOY OF
RUNNING

We are celebrating Running! From what makes it a community to the joy of running a 5K to a Full Marathon and any distance in between. JUST RUN!

Encourage a friend to join us at Porch Dog to Big Dog or sign up for the Summer Series. We have a place for every pace at all events. We have monthly half marathons, and group runs throughout the week.

Columbus Roadrunners believes in supporting our community and our local runners by giving back and encouraging all to find the love of running. CRR has supported several youth organizations throughout the years. We are very proud of the Valley Track Team for their accomplishments last year and will support them again this year. We hope the team will achieve continued success on and off the track. Future CRR stars!

As always, I encourage you to join us at group runs, speed work and all the upcoming races to enjoy this Runner Friendly Community! Take advantage of your member benefits, turn in those miles for the 1200 Mile Club and earn the coveted CRR 1200 Mile Club jacket. When you see a volunteer be sure to say 'Thanks' - for they are the backbone of our organization!

See you on the road, rails or trail!

Run Happy,

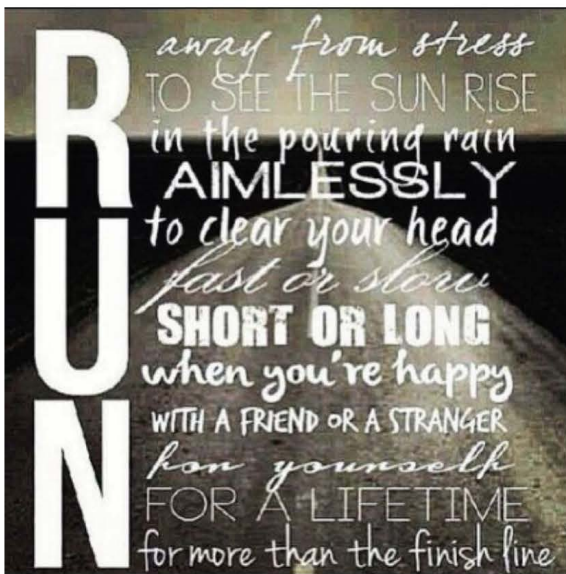
Carolee Luther, CRR President



Membership Benefits

- Group Runs
- Socials & Event Celebrations
- Training Programs
- 1200 Mile Run Club with quarterly incentives & jacket for completion
- Exclusive member discounts on Columbus Roadrunner races: SuperBowl, Lakebottom, Summer Series races and Winter Series races.
- Discounts at local businesses:
Iron Bank Coffee, Brusters, Fountain City Coffee, West Ga Eye Care
- Discount on custom orthotics: Columbus Foot & Ankle
- Discount on Yoga at St Mark UMC \$3 for members
- \$5 off every ½ hour massage - Healing Hands - Joni Biancardi
- Club Newsletter
- As a member of the CRR access to resources with the Road Runners Club of America (RRCA)

“The people who keep Columbus running!”



PORCH DOG TO BIG DOG

Are you or a friend ready to start a running program? We are here to help! At Big Dog Running Company we offer a safe, welcoming environment for you to improve fitness, make friends, and have fun. Our Porch Dog to Big Dog Program will successfully guide you through a 8-10 week structured running program which includes welcoming coaches, weekly group training sessions, a running training plan, weekly health topics and informational newsletters to keep you on track. Email Carolee at pdbd@bigdogfleetfeet.com for more information.

Start dates:

June 10th target race: CRR Lakebottom 5K on August 17th

August 19th target race: Big Dog Howl 5K on October 26th

October 28th target race: Big Dog Jingle 5K on December 21st



CRR 2019 Sponsors:

Lockwood Partners, Kim Mixon Realty, Columbus Hospice,
Don Bowles Builders, Big Dog Fleet Feet, American Work & Behavioral
Health, Aflac, Ragan Insurance, Columbus Foot & Ankle, West Ga Eye,
Living Grace, Wilson Chips & Snacks, B & B Beverage

1200 Mile Club

What is the 1200 Mile Club?

- For any runner that runs 1200 miles in one calendar year.

What do I have to do?

- Must be a member of the club
- Must keep a monthly log of your mileage
- At end of each month send your mileage to Gordie Borkat at gbattchc@aol.com
- Each quarter anyone that meets the quarterly goal of 300, 600 & 900 will receive an incentive along the way.
- Anyone that meets the 1,200 goal at the end of the year receives a CRR jacket.

1200 Mile Club for 2018

Tim Campbell	1,250
Don Cleveland	2,161
* Margaret Connelly	2,045
* Mark Culpepper	1,300
Jennifer Davis	1,210
Patrice Davis	1,226
* Ronda Davis	2,086
Jason Dennis	1,429
Scott Ferguson	1,211
* Brenda Hitz	1,702
* Raymond Jackson	1,804
* Jimmy James	1,784
Charity Keller	1,207
* Scott Lowry	1,661
* Carolee Luther	2,405
Reggie Luther	1,505
* Tracy Medina	1,235
Missy Nolan	1,243
Lyn Ritchie	1,221
Olivia Salgado	1,222
* Kristin Sellers	1,640
Steve Steele	1,396
* Tony Taylor	1,729
Angel Wade	1,200
* Jackie Walton	1,829
* Steve Warren	2,427
David Wilson	1,200
Kelly Wilson	1,254
Zoie Zimmerman	1,687

Gordie Borkat Award Winner

* Repeat 1200 Mile Club Members

The Running Journey of James Adams

Our shoes hit puddle after puddle as we did five 1 mile repeats at a 7:30 pace around the Lakebottom track. About halfway through light rain drops began to fall. They seemed annoying at first, but quickly turned into a cooling miracle. The first two miles I was able to keep up with avid runner James Adams and his running partner Steve Warren, but the next two I lagged by about 10 seconds. Their fully trained bodies were holding up a lot better than my semi-trained one. Did I mention that Steve is 67 years old? And James, age 41, lost 50 pounds last year. He did it all by joining running groups and making a few lifestyle adjustments. He runs 8x per week and is not on a super strict diet. He will still indulge and have a good time but sticks with his running regimen and stays aware of an overall healthy lifestyle.



The moment James decided to make a change was January 2018. He had been doing 3 days per week at the gym but was still gaining weight. He had built core strength, but felt he needed to strengthen his lungs and burn fat.

“I knew deep down inside I was a runner. I was just carrying extra insulation.”

Day 1, he began running with his dog Uli, the Doberman with boundless energy, and by May was completing two miles without walking. He also did a potato fast for a week. For one week you eat nothing but potatoes. Sweet potatoes with cinnamon and white potatoes with hot sauce. Nothing else. No oil, no salt.

“It's a thing. I didn't come up with it. One week, 2 rounds in January and June.”

He counted calories until he started running with his running group in June 2018, then just ate to either recover or fuel a run and lost the desire to eat unhealthily. 90% of what James eats comes from instant pot or Vitamix. He adds that the potato fast helped to reset his taste buds.

“Broccoli tasted amazing and cooked apples tasted like you were cheating.”

James noticed quickly that he enjoys running in groups rather than alone. He once trained for a marathon alone and he admits it wasn't as much fun as running alongside others. In June 2018 he emailed Carolee Luther, president of Columbus Roadrunners, and joined their Tuesday and Thursday evening runs. He hasn't looked back since then and also runs six mornings per week. When he did the Soldier's Marathon last November (pictured above) he had lost 50 pounds in 10 months.

James says that the running groups, Carolee and Reggie Luther, and Steve Warren have been his support system along the way. He adds that the Good Form Running Clinic with John Teeple was a huge game changer as well.

“I learned a lot just by talking to the regulars at the runs, encouraged by slower folks, inspired and pushed by faster folks, distracted by conversations, meeting new people and didn't notice the miles as much.”

As far as struggles go, James has dealt and recovered from plantar fasciitis, IT band syndrome, various aches and pains, and only one point in his life where he was worried that he would have to quit running and it terrified him. Espiritu made him custom orthotics and his physical therapist and trainer Bill Jones fixed everything else.

James' advice to those looking to make a change like he did but not sure how to start...

"Focus on the long term. Don't be afraid to walk. Don't beat yourself up for setbacks and persistence will pay off. It will eventually come together, as weight loss will allow you to run farther, and you will (actually) want to follow the nutritional plan to improve your running, so it all naturally becomes less of a burden."

During the last mile repeat around the track I looked back and forth between the big dark sky and James and Steve's feet as they softly hit the track. I worked to match their steps and found myself pushing a little harder than before inspired by their dedication and focus. We finished, congratulated each other, gave some high-fives, and began some recovery laps. One of those moments thinking, "I can't believe I just did that/I feel amazing right now." We closed off the evening talking about James' next big races - the Snickers and Publix marathons in March. When I asked him if he's looking to set a PR at these, he laughed and said, "No. At this point I'm just out there to keep going, have fun, and cross the finish line."

-Charlotte Gallagher

LOCKWOOD
PARTNERS





Winter Series Celebration & Chili Cook Off

You are invited to our Winter Series Celebration with Chili Cook-off

Date: Sunday March 31st

Time: 2-4 pm

Location: St Mark UMC Gym

6795 Whitesville Road

We need Chili contestants! Cool Awards & Door Prizes

Contact: caroleeluther@gmail.com

Half Marathon of the month dates:

March 16 @ 6 am

April 27 @ 6 am

May 11 @ 6 am

June 29 @ 6 am

Note: dates are subject to change watch Facebook for monthly announcements



Monthly Beer Run:

March 16

April 25

May 23

June 27

July 25

August 22

Sept 26

Oct 24

Dec 19

Thursday evenings, bring ID and wallet, drinking not required, all invited to have fun and hang out with fellow runners



5 Tips for Strength Training for Runners

1. **Lift Year Round, but back off during race season.** During your times of racing you should not be focused on building strength but should continue to lift to stay strong. Build for strength (Maximal power during fall/winter before race season).
2. **Choose Functionally Superior Exercises.** Squats. Deadlifts. Single leg variations. Stay off machines, especially those that isolate movements (Leg extensions; leg curls, etc).
3. **Train With Specific Sets/Reps.** 5 rep range for squats/deadlifts. 8-12 rep range for single leg variations.
4. **Train Ballistic.** With correct form move the weight as quickly as possible.
5. **Train plyometrics.** Jump. Hop. Skip. Make sure if you're jumping onto an object you extend hips fully at top of jump and step down. Only jump down if you are consistently able to squat double your body weight. Jumping off a box while unable to squat double your body weight can put you at risk for knee, hip and ankle pain.



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COLUMBUS FOOT & ANKLE, P.C.



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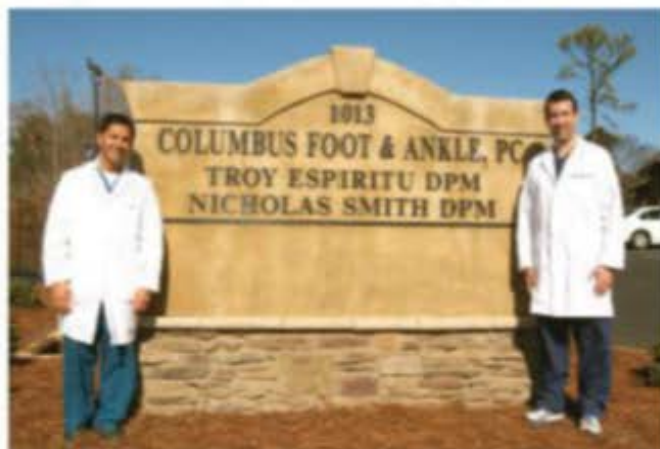
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