

President's Message

from Carolee Luther

Features :

Gordie's Quest

Runner's Story

Team Red, White, & Blue

Galloway Training

It's a scorching hot summer for all of us runners out there! Our annual Summer Series is halfway through with each race having it's own fond summer heat memory. The series began with the hot and hilly Summer Solstice, the second was just a bit steamy, and the third was so warm we called it a Heatwave! So come on out and join in the hot summer fun in the last two races of this Summer Series! Runners, volunteers and cheerleaders are all welcome to come get 'smoking hot'!

Are you aware of all the great running opportunities you have within your club? The Columbus Roadrunners offers many community events that are open to the public: C25K, Next Steps, group runs, speed work, socials and kids programs. Take advantage of all that is offered and get involved by volunteering or participating! Do you have running goals you want to meet but need the help and motivation to get there? We are here to help you. Just take the next step and contact us because we have a PLACE FOR EVERY PACE!

In this newsletter, we continue to highlight Gordie's seven continent run. In honor of Gordie, we are now celebrating our club member's monthly mileage with the Gordie Borkat Mileage Award - so don't forget to take advantage and turn in those miles each month! In this issue, we also hear from one of our runners, Michael Clark, who has made great strides through the C25K program and is now in the Next Step program. His story is amazing, his encouragement to others is uplifting and he is making great strides!

Coming up on the horizon is the Soldier Half & Full Marathon! We have training plans & group runs to help you go the distance. We will also be looking for many volunteers. Sign up to run or volunteer and be involved in our local destination run.

See you on the roads, trails, and hills!

Run Happy!





Gordie's Quest

The Quest is moving forward - Phase 3

Gordie Borkat

For those of you still staying with me and reading this, you have been wondering what our next desired destination was. Now you will know. Of all the marathons we still needed to complete, dealing with a trip to Antarctica required the most planning. So, that was next. Although hard to believe, there are actually 2 marathons each year now, but we only knew of 1 at the time. Marathon Tours had a trip to King George Island the first week of March, the end of summer. And yes, in 2006 we could sign up for the next open trip - in 2009. We did, and Jarrod, Angie, Linda and I were at it again, only this time without little children.

Travel takes forever, particularly when there is a brief stay in Buenos Aires, Argentina. We had to see La Recoleta, the famous cemetery with Evita's vault.



And we visited the most colorful part of the city, Boca. Apparently, when ships were painted, the leftovers were used on houses as available. Then there was the international exhibit of figures in the park, with the United States' Lady Liberty being flanked by Jarrod and Angie.



We finally got to the embarkation point of the true adventure, Ushuaia, Argentina, the “end of the earth” at the tip of South America. Our cruise ship, the white one in the background on the right, was a former Russian explorer vessel, able to take 100 passengers. Needless to say, we did not have the amenities of lavish shows, casinos, or room service. But, it was transportation and geared to this group of adventurers.



Once on board, we had the first good look at the itinerary for the trip, including 2 days across the infamous Drake Passage, purportedly the roughest seas in the world. This was brought home when we saw dining room tables and chairs bolted down.



Fortunately, our 2 days to King George Island, South Shetland Islands were some of the smoothest the ship had ever seen. That made it easy to rest and hydrate in anticipation of a grueling run. And race day was finally here. Every time we left the ship, we had to be prepared for any disaster. We wore bright orange outer wet gear in case we fell overboard or got stranded on land. Then, down the gangway we went, and were helped aboard our Zodiacs.



The temperature was 34 degrees, 4 degrees warmer than the day we left Columbus. We were lucky. A previous group could not get off the ship and had to run their marathon onboard. A brief hike took us to the start and we got a good look at the terrain. At least there was no ice visible.



Over time, we had learned that Antarctica's only human residents were on scientific bases. The marathon started at the Uruguay station, and our extra gear was left in bags. We removed it all later. For environmental reasons, nothing was allowed to be left on shore. We got to know this area well, as the course was out and back, then the other direction out and back, doing it all twice. Once the race started and the crowd thinned out, we saw lots of desolation.



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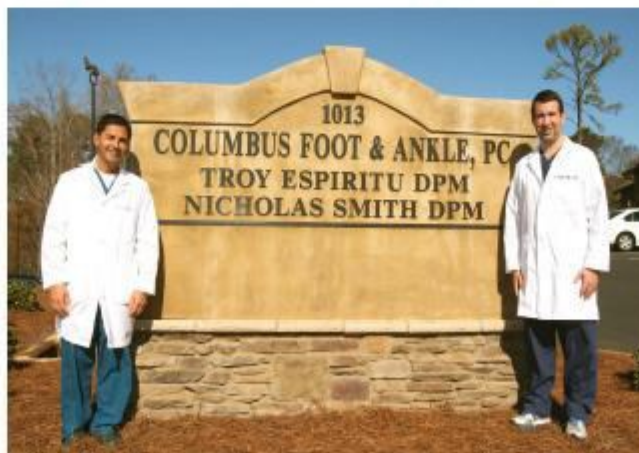
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We finally saw our only ice, a small glacier, and needed our Yaktrax to climb the half mile. I tried it without them, and barely made it to the top. The second time I ran smarter.



The Russian base is in the distance. And finally, a Chinese “resident” stayed until the last runners came through, offering water, sodas and beer. That gentleman was the highlight of Jarrod's run.



After the 2 loops, including stopping for penguins crossing the trail, Jarrod and I had finally finished Marathon #3. While it was all about doing it together, getting the medal was nice. And, as usual, Linda, the Jolly Orange Giant, was there at the finish line.



Now it was time to think about enjoying the sightseeing part of the trip.



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Penguins were at least as curious about us as the other way around. Because we could not interfere with any of the wildlife, Angie had to be patient before she could move.

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We had the opportunity to trek up more glaciers to appreciate the beautiful scenery and see how the rocks had been affected.



We would like to give a shout out to Lockwood Sports for sponsoring our Summer Series and to MidGa Ambulance for providing ambulance service at the races.

There were many more opportunities to see penguins and seals, including a leopard seal playing with the next penguin meal. We spent lots of time on the Zodiacs among the ice floes.




That was not a problem, unless we were close to the humpback whales.



Blue ice formations and contrasting sun, ice and mountains were beautiful.





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A few hearty souls had to swim in Antarctic waters. And then we headed home across a very nasty Drake Passage with waves over the decks to the level of the bridge, 5 decks up. Half the travelers could not eat for 2 days, and we were all glad that the problem was on the way back.



The landfall of South America certainly looked good. Finally, it was time to plan the next adventure.



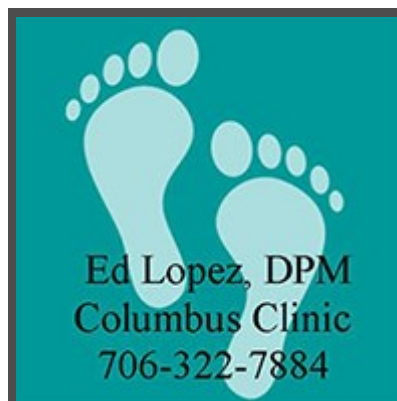
YOU'RE INVITED!

Summer Series Celebration Fun Run & Picnic

Sunday, Sept 21, 2014 4:00 p.m.

Lakebottom Park Bandshelter

Food, drinks, awards & more! We will have a fun run for everyone at 4:00 pm. Awards at 5:30 pm. More details to follow!





Share your story!

Starting on day one, 18 weeks or so ago, I was in a totally different place in my life. In the moment, I thought I was happy...I was truly just getting by day to day though. My weight and physical condition was no way to live life. I'm a young guy and I didn't know what I was missing out on.

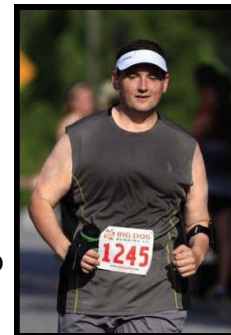


As the weeks of pounding the pavement went by with you, Sue, and Ramona as my guides I of course found it easier and easier to run. My breathing, my pace, my stamina, and my endurance have all improved exponentially. I'm so super proud when I look back and see how far I've come as a runner, but more importantly as a person.

When I started C25K I committed myself to never make an excuse and to always show up. I also committed to doing my weekend runs every week without fail. Essentially this amounts to following the program, and in doing so I reaped its full benefits.

C25K has taken away from me nights of lethargy and laziness and given me something so much more valuable. I have the energy to run, to get out of the house, to live! I'm a new man and I have you guys to thank.

Feel free to share...I would love to help people like myself those few short weeks ago get the encouragement they need to stick with it. Giving up is the worst thing anyone can do and everyone that has the guts to show up owes it to themselves to finish this race towards a better life.



Submitted by Michael "John" Clark

Team Red, White, and Blue



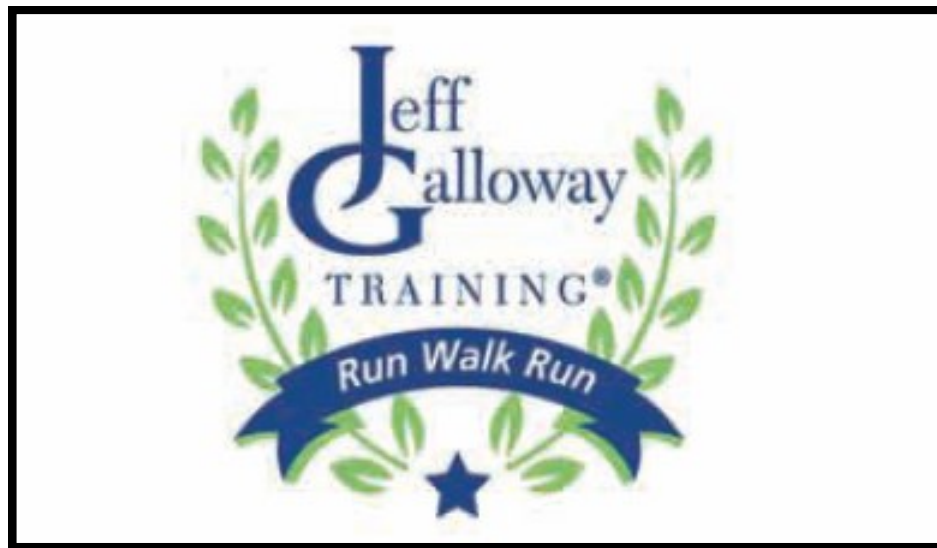
Team Red, White, and Blue's mission is to enrich the lives of America's veterans by connecting them to their community through physical and social activity. It sounds pretty simple, but this is no small task. It is the rare case that a Veteran-wounded or not-returns from a deployment the same as they left, and their families.

Team RWB members embody the grassroots nature of our organization. They are a large component of our fundraising efforts. But of even greater importance is their ability to bring awareness to the cause. Proudly wearing the Team RWB eagle, our athletes will continue step after step, minute after minute, and mile after mile to bring awareness to wounded veteran issues. Whether they walk, run, cycle, swim, do yoga, Cross fit or hike, Team RWB athletes inspire veterans to live an active lifestyle---and use exercise to help ease their transition from the military to civilian world.

In certain locations across the country, Team RWB has chapters of veterans and community members who come together for a weekly exercise event and to participate in local 5K and 10K races. These locations include Atlanta, Houston, Washington (DC), Syracuse (NY), Ann Arbor (MI), Chicago, New York City, Tampa, Daytona, San Diego, Philadelphia, and many other cities and towns.

Columbus is an active and growing community, but not an official chapter yet. We are working diligently to complete all the requirements and will soon be an official chapter. Locally, the team will support and participate in organized races, host group runs, bike rides, and a growing list of other activities to include social events to get to know each other. To sign up and join the Team to both support and inspire our country's Veterans, please visit www.teamrwb.org/get-involved/athletes .

Scott McCranie, Athletic Director
Team RWB Fort Benning Columbus
scott.mccranie@teamrwb.org



Do you want to learn how to achieve your half marathon goal?

Kickoff Meeting - June 22
Training for the Soldier Half Marathon
starts July 26

You can get more information from
Shelly Dinkin at
columbusgallowaytraining@gmail.com