



706.596.9308

# The Strider

CRR of Columbus, GA

Oct 2015

## President's Message

from Carolee Luther

### Features :

### We want you!

### Winter Series

### Upcoming Events

### C25K

### Red Nose

### Kids Run

It is almost Winter Series time! Get signed up so you can make sure you get all the goodies and stay in shape over the winter! One race per month starting in November: HC Turkey Trot, December: Big Dog Jingle, January: MLK 5K and the final race in February: SuperBowl. New this year, you will have the option to run either a 10K or 5K at the HC Turkey Trot! Best deal in town!

Red Nose is coming! Saturday January 9, 2016! 8am - mark the date, sign up and be one of the first 1000 finishers to cross the finish line and earn a Finishers Medal commemorating the 10th Anniversary! Last year we had 800 finishers. Yes, you must cross the finish line to receive this medal!

Take advantage of your CRR membership with its benefits and all it has to offer. By showing your card to local businesses, you can receive special discounts by participating businesses, whose proceeds keep C25K active and helps with our Kids Run Columbus Program too. Also, don't forget about attending socials and getting to know other Columbus runners!

I also want to encourage everyone to see the other side of a race by volunteering. It is an eye opening experience and gives you an appreciation for what it takes to make a race successful. We have many volunteer opportunities on the horizon with the Soldiers Marathon, Red Nose Half Marathon & the Winter Series. We have an awesome Volunteer Rewards program to motivate your participation. Encourage your friends to volunteer, join CRR and help keep Columbus a 'Running Friendly' community. Membership is inexpensive (\$20 for individual & \$25 for families), but it's benefits pays it forward over & over again!

Are you up for a road trip? We invite you to join us for our next CRR Destination: Portland Marathon, Sunday October 9, 2016. This race has a Half & a Full Marathon. Early Bird registration going on now! Check it out at [www.portlandmarathon.org](http://www.portlandmarathon.org).

See you on the roads, rails or trails!

Happy Running,  
Carolee





## Volunteer Opportunities

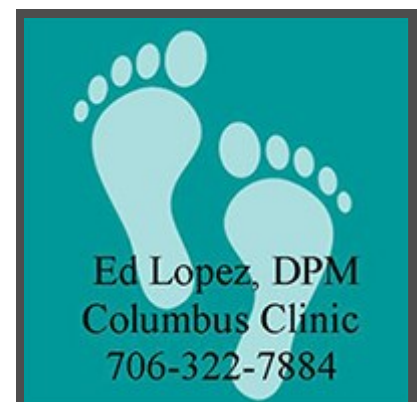
Soldier Marathon  
Friday Nov 6, 2015

Winter Series  
all races

Red Nose Half Marathon  
Saturday Jan 9, 2016

For more information contact either Carolee or Charity

**LOCKWOOD  
SPORTS**  
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# Winter Series 2015 – 2016

## Winter Series

Races include:

- ☐ November 14, 2015 – HC Turkey Trot ☐5K / ☐10K– 9 am
- ☐ December 19, 2015 - Big Dog Jingle 5K – 9 am
- ☐ January 16, 2016 - MLK 5K – 10 am
- ☐ February 6, 2016 - SuperBowl ☐5K / ☐10K –10 am -REQUIRED

*Check the races you plan to run and the distance on the Turkey Trot & SuperBowl race*

**Registration Fees** *(check the box that applies):*      ☐ **\$80 CRR Members**      ☐ **\$95 Nonmember**

**Prices include entry into all races, SHIRTS for all races plus a Winter Series Shirt, chip timing & Awards.**

**Awards:** Runners must run 3 out of 4 of the races (the SuperBowl 5K/10K is required) to be eligible for Series Awards. Series awards will be given at the end of the Series along with a Celebration Party in February. There will be Awards for top 3 overall, Masters, winner in 10 year age groups - all male & female - based on a point system. A medal will be awarded to everyone completing all 5 races.

**Registration:** Register at Big Dog Running Co store, complete this form & mail to the address below, or register online at [www.columbusroadrunners.com](http://www.columbusroadrunners.com).

First name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ ☐ Male ☐ Female Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Shirt Size *(please check one):*

Men:	<input type="checkbox"/> Small	<input type="checkbox"/> Medium	<input type="checkbox"/> Large	<input type="checkbox"/> X-Large	<input type="checkbox"/> XXL
Women:	<input type="checkbox"/> Small	<input type="checkbox"/> Medium	<input type="checkbox"/> Large	<input type="checkbox"/> X-Large	
Youth:	<input type="checkbox"/> Small	<input type="checkbox"/> Medium	<input type="checkbox"/> Large		

### Waiver/Release Statement *(please read and sign below)*

In consideration of acceptance of this entry, I hereby, for myself, my heirs, my executors, and administrators, waive any and all rights and claims for illness, injuries, or damages I may have against the Columbus Roadrunners Club, The Road Runners Club of America and its officers, directors, and members, volunteers, employees, agents, sponsors or race director. None of the above is responsible for loss of personal items, or any form of aggravation in connection with said event. I fully understand that my participation is a completely voluntary undertaking of my own choosing and I fully understand that in doing so I assume full responsibility for all damages or injuries incurred by me in connections with this event. I give permission for the free use of my name or photograph in any broadcast or print account of this event. I am in proper physical condition to participate in this event. I certify that I carefully read this release and know the contents.

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Parent/Guardian Signature if under 18 years old



# UPcoming EVENTS

Kids Run Columbus Race

Sunday Oct 18, 2015

Big Dog Howl & October Social

Friday Oct 30, 2015



Join us for our next “Destination Run”

**PORTLAND MARATHON**  
*The Ultimate Source for Your Marathon Experience*

**OCT 9, 2016**



## COLUMBUS FOOT & ANKLE, P.C.



TROY ESPIRITU, DPM, FACFAS

NICHOLAS SMITH, DPM, AACFAS

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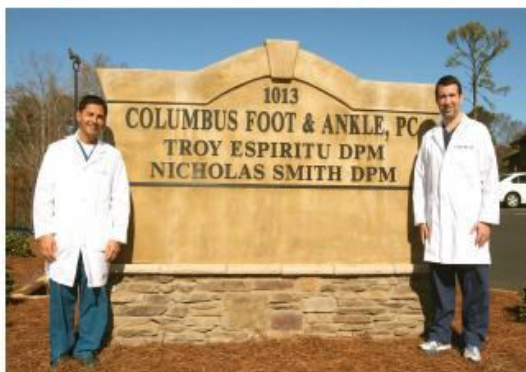
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**1013 CENTRE BROOK COURT COLUMBUS, GA 31904  
(706) 653-5501**



# C25K

Next session begins October 27, 2015

Race: Big Dog Jingle Saturday, December 19

Meets Tues & Thur nights at 6:30 pm @ Lakebottom



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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.



# 10<sup>th</sup> Annual Red Nose Half Marathon Saturday, Jan 9, 2016 8 am

Certification Number: GA14093WC

**Where:** 11<sup>th</sup> & Broadway

**Course:** The 13.1 mile CERTIFIED course starts & finishes at 11<sup>th</sup> & Broadway & follows the scenic Riverwalk

**Cost:** FREE! There is an optional long sleeve technical shirt offered to runners at a cost of \$25

To be guaranteed a shirt must receive payment by Dec 11, extras will be ordered (1<sup>st</sup> come basis)

**Awards:** Top 3 overall, masters – male & female, age group 10 year male & female 1<sup>st</sup> - 3<sup>rd</sup>

**Registration:** Register at Big Dog Running Co store, complete this form & mail, or go online to [www.columbusroadrunners.com](http://www.columbusroadrunners.com)

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Shirt Size (Please check one): Mens: Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large \_\_\_\_\_ XXL \_\_\_\_\_

OR Womens: Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large \_\_\_\_\_

**Waiver/Release Statement (please read and sign below):**

In consideration of acceptance of this entry, I hereby, for myself, my heirs, my executors, and administrators, waive any and all rights and claims for illness, injuries, or damages I may have against the Columbus Roadrunners, and its officers, directors, and members, volunteers, employees, agents, sponsors or race director. None of the above is responsible for loss of personal items, or any form of aggravation in connection with said event. I fully understand that my participation is a completely voluntary undertaking of my own choosing and I fully understand that in doing so I assume full responsibility for all damages or injuries incurred by me in connections with this event. I give permission for the free use of my name or photograph in any broadcast or print account of this event. I am in proper physical condition to participate in this event. I certify that I carefully read this release and know the contents.

Participant's Signature: \_\_\_\_\_

Parent/guardian if participant is under 18 years old: \_\_\_\_\_

**Mail completed & signed entry form with payment to:**  
Columbus Roadrunners  
POB 9734  
Columbus Ga 31908





## Kids Run Columbus 1 & 2 Mile

Sunday, October 18, 2015

1 Mile • 4:00pm • PreK – 5<sup>th</sup> Grade

2 Mile • 4:30pm • 5<sup>th</sup> – 8<sup>th</sup> Grade

*Mail completed & signed entry*

*Form with Payment to:*

*Columbus Roadrunners*

*PO Box 9734*

*Columbus, GA 31908*

**Where?** Lakebottom Park near band shelter in Columbus, GA

**Cost?** \$10 for the 1 or 2 mile

**Race Day Registration?** 2:30pm – 3:45pm at Lakebottom Park  
Cotton shirt guaranteed to runners preregistered by Oct 9, 2015

**Awards:** 1 & 2 mile race participants get a goody bag; top 3 in each age group get a medal  
1 Mile: PreK -1<sup>st</sup>, 2-3 grade; 4-5 Grade • 2 Mile: 5-8<sup>th</sup> grade (5<sup>th</sup> graders have option to run either race)

**Registration?** Register at Big Dog Running Co store, complete this form & mail to the address above, or register online at [www.columbusroadrunners.com](http://www.columbusroadrunners.com)

First name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Grade: \_\_\_\_\_ ☐ Male ☐ Female Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Shirt Size (please check one):    Adult: ☐ Small   ☐ Medium   ☐ Large   ☐ X-Large   ☐ XXL  
   Youth: ☐ Small   ☐ Medium   ☐ Large   ☐ X-Large

### **Waiver/Release Statement (please read and sign below):**

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Participant's Signature

\_\_\_\_\_  
Parent or Guardian's Signature

