



706.596.9308

The Strider

CRR of Columbus, GA

Mar 2016

President's Message

from Carolee Luther

Features :

Summer Series

Distance Series

Big Easy

Winter Series Results

1200 Mile Club

Kids Run

Need for Speed

Porch Dog

What's your passion? What keeps you motivated? Spring is in the air with summer right behind it! We want to keep you motivated all year long. That's why we are introducing a new Series this year! Along with the annual Summer Series, the new CRR Distance Series will help keep you going all year long. The Summer Series will start in June with the Solstice and end with Lakebottom 5K in August. The Lakebottom 5K will also be the kick off for the Distance Series and continue with a race each month starting in August with the 5K, the Big Dog Classic 10K in September, a new race Suck it Up, Buttercup! 15K in October, and finally your choice of either the Soldier Half or Full Marathon in November. Get more information about pricing and how to sign up inside this newsletter. Running is our passion & those medals at the finish line help keep us motivated. Earn your swag right here in Columbus Ga!

Need more motivation? Turn in your miles each month to Gordie for the 1200 Mile Club Award and earn your award this year! Think you have to be fast to be a winner? No, you just need to be consistent! Every running mile counts! Check out the details and keep racking up mileage! We also like to recognize those who strive to go the distance. This year the Gordie Borkat Most Mileage Award goes to Ben Branton. We also like to recognize those that continually make improvements. All it takes is first one foot and then another! This year, the Ed Lopez Most Improved goes to several runners who continually showed improvement in their times throughout the Winter Series - check out their results and say congrats!

We love our running community and like to provide fun, new ways to keep you healthy and fit. Calling all women! Our first ladies event of the season the Self Defense Class coming up March 21st and is hosted by one of our great sponsors: Ragan Insurance. The Kids Run Columbus helps keep our young ones on the right track with training starting March 13 and ending with their very own race May 1st. The Big Dog St Patty's run in March is not the one to miss, as we invite everyone after the race to enjoy cold beverages and pizza. But that's not all! Watch for more events coming your way throughout the year and don't forget to join in on the Challenges each month to take your fitness to the next level!

See you on the road, rails or trail!

Run Happy!

Carolee

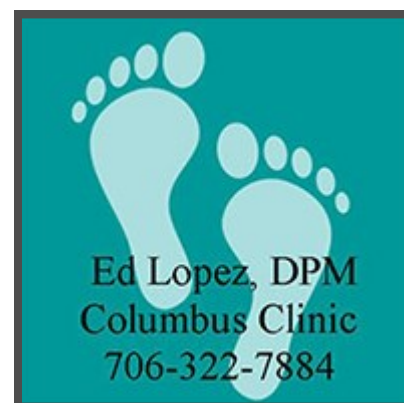


Welcome CRR Board for 2016

Carolee Luther	President
Shane Ragan	Vice President
Olivia Salgado	Secretary
David Payne	Treasurer
Carolee Luther	Membership
Charity Keller	Volunteer Coordinator
Reggie Luther	Races
Gordie Borkat	1200 Mile Club
Renee Bowles	Webmaster/Facebook
Ed Lopez	Past President
Buddy DuToit	Director
Eric Crenshaw	Director
Michael Denny	Director
Megan Foran	Director
Shelly Dinkin	Advisory
Steve Warren	Course Measurer
Gordy Borkat	Elections
David Strickland	Strider Newsletter

LOCKWOOD

PARTNERS



Summer Series 2016

Races include:

- ☐ 1 Friday, June 17, 2016 Summer Solstice 5K 7:30 pm ☐ 1 Mile 7pm
- ☐ 2 Monday, June 27, 2016 Rails to Trails 5K (near Legacy Chevrolet) 7:30pm
- ☐ 3 Saturday, July 9, 2016 Big Dog Heatwave 5 miler 8am (required)
- ☐ 4 Monday, July 25, 2016 Flat Rock Park 5K (Rails to Trails) 7:30pm
- ☐ 5 Saturday, August 20, 2016 Lakebottom Park 5K 8am

Check the races you plan to run.

Must run Heatwave plus 3 of the 5K races to be included in Series Awards.

Want to run both the Summer Series & Distance Series?

Price for both Series

CRR Member:

Summer Series + Distance Half = \$200

Summer Series + Distance Full = \$225

Nonmember:

Summer Series + Distance Half = \$250

Summer Series + Distance Full = \$275

Registration Fee

☐ CRR Member: \$65

☐ Nonmember: \$90

Price includes

Registration fee, Summer Series shirt, race specific swag, and post-race food/drinks

Awards

Summer Series awards will be given at the end of the Series at a Celebration Party TBD. Medal for completing all 5 races for the Summer Series

Categories include: Top 3 Overall, Masters, winner in 10 year age groups - all male & female - based on time.

Registration: Register at Big Dog Running Co store, complete this form & mail to address below, or go online to estartline.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 ☐ Youth: S ☐ M ☐ L ☐

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 it's 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: _____

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

Distance Series 2016

Races Include:

- Sat, Aug 20:** Lakebottom 5K
Mon, Sept 5: Big Dog Classic 10K
Sat, Oct 15: Suck It Up Buttercup 15K
Sat, Nov 12: Soldier Half Marathon
Or Soldier Full Marathon (Circle one)

Registration Fee

- ☐ CRR Member
3 races + Soldier Half = \$150
3 races + Soldier Full = \$175
☐ Nonmember
3 races + Soldier Half = \$175
3 races + Soldier Full = \$200

Price includes

Registration fee, Swag from each race, and post-race food/drinks

Awards

Each individual race will have its own awards + a medal given for completing the Distance Series.

Registration: Register at Big Dog Running Co store, complete this form & mail to address below, or go online to estartline.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 ☐ Youth: S ☐ M ☐ L ☐

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POB 9734
Columbus GA 31908





COLUMBUS FOOT & ANKLE, P.C.



TROY ESPIRITU, DPM, FACFAS

NICHOLAS SMITH, DPM, AACFAS

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ACHILLES TENDONITIS

PLANTAR FASCIITIS

SPORTS MEDICINE

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FLAT FEET

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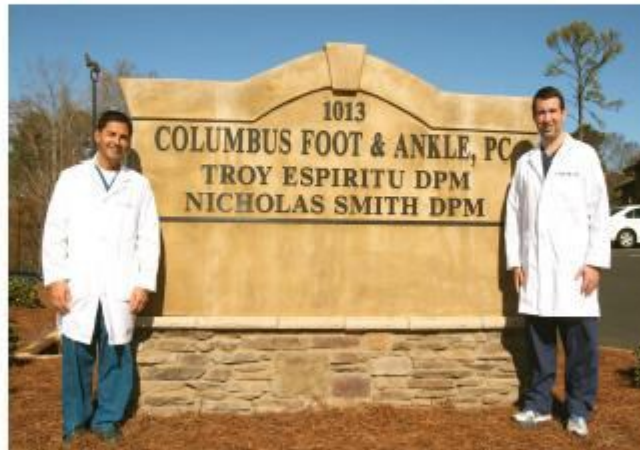
COLUMBUS' #1 SOURCE FOR STATE OF THE ART FOOT & ANKLE CARE

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Here's a "well done" to the local runners who finished at the 2016 Rock 'n' Roll New Orleans!

Marathon

Raymond Jackson	4:16:58
Tony Taylor	4:19:34
Jimmy Brooks	4:47:15
Mary Anne Brocato	5:04:42
Cody Gillies	5:13:47
Cathlina Olmsted	5:35:24
Molly Winter	5:58:23
Scott Morgan	4:33:07
Donna Morgan	5:45:48
Justin Johnson	3:48:20
Tracy Rogers	4:03:55

10K

Chyll Perry	1:27:46
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Half Marathon

Charles Katz	2:00:07	Stephanie Masuoka	2:43:06
Reggie Luther	2:00:24	April Gillies	2:47:41
Cynthia Hightower	2:06:46	Carrie Wilson	2:47:44
Shane Ragan	2:07:34	Renee Bowles	2:49:17
Sharice Lunford	2:08:32	Kim Tharp	2:49:17
Jamie Battles	2:11:51	Michelle Furney	2:49:18
Jon Jon Montesclaros	2:14:36	Tracy Medina	2:51:14
Sandra Barnes	2:14:37	Jenny Payne	2:51:16
Melinda Ragan	2:17:39	Kari Joyner	2:53:00
Pam Astin	2:17:56	Belinda Hughes	2:56:23
David Wilson	2:19:54	Stephen Hughes	2:56:23
Lawrence Washington	2:22:18	Dana Larkin	2:58:26
Britton Devier	2:28:19	Sarah Secoy	3:01:23
Cassidy Stecenko	2:28:19	Harry Jackson	3:03:46
Joelle Daigrepont	2:31:59	Kenya Willis	3:05:36
Robert Wright	2:40:31	Tonya McLain	3:37:36





Winter Series Winners 2015-16

<u>Pos</u>	<u>Category</u>	<u>Pts</u>	<u>Pos</u>	<u>Category</u>	<u>Pts</u>
Men			Women		
1	Aaron Totten Lancaster	165	1	Alina Salgado	220
2	Alex Salgado	150	2	Alison Kroviak	130
3	Vladmir Volodin	120	3	Nikki Thomas	110
	John Philips	120			
Masters			Masters		
1	Adam Weinbaum	80	1	Lynn Salgado	90
	Ben Branton	80			
Under 14			Under 14		
1	Christian Lockhart	42	1	Taylor Elkins	95
2	Brody Norred	30	2	Alexis Lyon	45
3	Ethan George	27	3	Teja Tisdell	35
15- 19			15- 19		
1	Jake Eishen	80	1	Catherine Wulff	60
2	Chase Batchelor	47			
3	Anthony Owens	35			
20-29			20-29		
1	Jessie Wilson	40	1	Sarah Dedo	55
2	Bronson McBride	39	2	Jenna Rassi	52
3	Michael Clark	22	3	Meredith Steggerda	35
30-39			30-39		
1	Andrew Wamer	50	1	Rosa Eshoo	95
2	Jason Walsh	37	2	Robin Hammerstone	60
3	Brian Waddy	37	3	Kelly Andrews	52
40-49			40-49		
1	Duane Patin	75	1	Jennifer Hunter	45
2	Doug Colburn	55	2	Rosella Hall	32
3	Bobby Poer	47	3	Talethia Banks	27
				Marie Fe Godbey	27
50-59			50-59		
1	Steve Steele	40	1	Ladonna Moore	65
2	Ken Banks	39	2	Margaret Connelly	55
3	Peter Parisi	30	3	Janet Crane	34
60 - 69			60 - 69		
1	Steve Warren	60	1	Carol Quaife	50
2	Scott Ferguson	44	2	Patricia Davis	45
3	Eric Crenshaw	40			
70 & Above			70 & Above		
1	William Shirley	55	1	Jackie Phillips	60
			2	Renate Shirley	36

Congrats to Cecil Cheves on his induction into the Chattahoochee Valley Sports Hall of Fame



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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.



Congratulations to all of
the participants on
completing the mileage!

Ben Branton	2500.17
Tony Burkett	1489.57
Eric Crenshaw	1252.00
Kevin Draws	2316.23
Janet English	1249.81
Scott Ferguson	1426.50
Brandy Hartshorn	1885.03
Brenda Hitz	2462.00
Raymond Jackson	1225.90
Charity Keller	1205.29
Ed Lopez	1303.00
Carolee Luther	2283.00
Jenna Martin	1631.20
Tracy Medina	1452.09
Kevin Scheide	1508.00
Tony Taylor	1262.46
Jackie Walton	1507.00
Steve Warren	1728.00



Mark your calendars for Kids Run Columbus. This free training program for kids starts March 13, 2016. 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 13, 2016 at 4pm

Where? Hardaway High School Track

.....
We will meet each Sunday for training at the Hardaway Track from
March 13, 2016 through April 24, 2016.
.....

Goal Races

May 1, 2016 – Kids Run Columbus
Lakebottom Park at 4pm

For more information visit www.columbusroadrunners.com

Or email: caroleeluther@gmail.com



Kids Run Columbus 1 & 2 Mile

Sunday, May 1, 2016

1 Mile • 4:00pm • PreK – 5th Grade

2 Mile • 4:30pm • 5th – 8th 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 April 18, 2016

Awards: 1 & 2 mile race participants get a goody bag; top 3 in each age group get a medal

1 Mile: PreK -1st, 2-3 grade; 4-5 Grade • 2 Mile: 5-8th grade (5th 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.runsignup.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):

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 or Guardian's Signature



Training Opportunities


Speed Work

lead by Steve Warren

We are currently meeting at 6:00 pm on Tuesdays at the Hardaway High Track. The start time will eventually shift to 7:00 pm as the sun starts to set later.

We are currently in the last few weeks of spring marathon training so the sessions are longer and not quite as fast. In March we will start to focus on speed work for the Summer Series. The sessions for 5K training will be shorter and (hopefully) faster. Each week a set of Intervals will be planned such as 4 x 400 meters with a 400 meter rest interval between each. The goal pace for each interval will vary by individual. A recent 5K or 10K time is helpful but not required in setting an individual goal.

A typical session will include one to two miles of easy running to warmup, running the intervals planned for the evening, and then another easy mile to cool down. The interval sessions are a great way to get a little practice at running faster and should translate to improved 5K times.



Kim Mixon, Realtor

Licensed in Ga & Al

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Year of Challenges



Kudos for January Push-Ups

Renee Bowles
John Cooper
Janet English
Richard English
Christine McClung
Kaitlyn Schultz
Pam Steele
Steve Steele



Self Defense for Women

Monday, March 21st at 6pm at Big Dog Running Co

1200 Broadway

Sponsored by Ragan Insurance
and Columbus Roadrunners



Offered at no cost!

Instructor: Billy Mixon



William "Billy" Mixon began his law enforcement career in 1982 with the Columbus, GA Police Department (CPD). He received multiple special assignments including walking beat, traffic and criminal investigations, as well as several under-cover drug and special-ops investigations for which he received commendations.

After completing his master's degree program in 1991, Mixon was recruited to join GPSTC's Columbus Regional Police Academy (RPA). Over the next nine years, Mixon revolutionized training at the academy. Mixon also developed and implemented a formal, hands-on defensive tactics and OC program for the Columbus Police Department's in-service training. This program was later expanded to incorporate the 13 counties assigned to his region. Just some of his certifications include:

Spontaneous Knife Defense Systems Instructor,
PPCT Defensive Tactics Instructor, PPCT management Systems
Strategic Self-Defense and Grappling Tactics Level I & II Instructor
GPSTC-Defensive Tactics Revision Committee, State Certified DT Instructor.



2016 PORCH DOG TO BIG DOG

Porch Dog to Big Dog is a training program to get anyone in shape to run a 5k race. It is designed for people who are currently inactive or new to walking or running. Many people have completed their first 5k with this program. YOU CAN TOO!

2016 Schedule:

January 25, 2016 (Monday & Wednesday) or January 26, 2016 (Tuesday & Thursday)

- Goal race: Big Dog St. Patrick's 5K, Thursday, March 17, 2016
- Monday & Wednesday nights at 6pm. Meet at Big Dog Uptown
- Tuesday & Thursday nights at 6:30pm. Meet at Lakebottom Park.

April 11, 2016 (Monday & Wednesday) or April 12, 2016 (Tuesday & Thursday)

- Goal race: Summer Solstice 5K, Saturday, June 18, 2016.
- Monday & Wednesday nights at 6pm. Meet at Big Dog Uptown
- Tuesday & Thursday nights at 6:30pm. Meet at Cooper Creek Park.

June 20, 2016 (Monday & Wednesday) or June 21, 2016 (Tuesday & Thursday)

- Goal race: Lakebottom 5K, Saturday, August 20, 2016
- Monday & Wednesday nights at 6pm. Meet at Big Dog Uptown
- Tuesday & Thursday nights at 6:30pm. Meet at Cooper Creek Park.

August 22, 2016 (Monday & Wednesday) or August 23, 2016 (Tuesday & Thursday)

- Goal race: Big Dog Howl 5K, Friday, October 28, 2016
- Monday & Wednesday nights at 6pm. Meet at Big Dog Uptown
- Tuesday & Thursday nights at 6:30pm. Meet at Cooper Creek Park.

October 24, 2016 (Monday & Wednesday) or October 25, 2016 (Tuesday & Thursday)

- Goal race: Big Dog Jingle 5K, Saturday, December 17, 2016
- Monday & Wednesday nights at 6pm. Meet at Big Dog Uptown
- Tuesday & Thursday nights at 6:30pm. Meet at Lakebottom Park.

Big Dog Running Uptown
1200 Broadway
Columbus, GA
706-322-2786

Big Dog Running North
5413 Whittlesey Blvd,
Columbus, GA
706-330-1800

