



## The President's Letter

With every new year come new resolutions, in running we call them goals! So what is your goal? A 5K, 10K, Half, Full or beyond? Columbus Roadrunners want to help you achieve that goal. We have group runs, training programs, races, socials and challenges to get you on the right path towards a healthier 2018. Come join us!

Looking for motivation to run your miles? Aim for the 1200 Mile Run Club! Turn in your miles each month to Gordie and earn your award. Think you have to be fast to be a winner? No, you just need to be consistent! Every running mile counts! We will continue this year with quarterly incentives for staying on track to reach the 1200 mile mark. At the end of the year, once those miles are attained you will receive a jacket. We also want to recognize those who strive to go the distance. This year the Gordie Borkat Most Mileage Award goes to Lee L'Oste Brown.

We also want to encourage those just getting started, coming back from injury or just moving toward a healthier you by starting a new program: CRR Walk Club. The Walk Club is for those who walking is their main or only mode of exercise. See the details inside. Come join us anytime we have a group run and walk your way to an incentive just for you.

We are finishing up the Winter Series on Saturday Feb 3 with our annual SuperBowl race - come join the party! 1 mile starts at 930 am, 5K & 10K start at 10 am. Location is Country's on Broad. Then we will have our 2<sup>nd</sup> Run for the Roses race on Saturday, May 5 - race form included. Next up will be our Summer Series of races followed by the Distance Series. Details will be available once all the courses are confirmed. Looking for a fun time join us right here in Columbus Ga!

Check out the benefits of being a member of Columbus Roadrunners - we are a Runner Friendly Community once again nominated for 2017 - 2022. We also appreciate our Sponsors each year and hope you will show the love by visiting their business and saying thanks!

Running is my passion! See you on the rails, trails and roads!

Carolee Luther, CRR President





## Membership Benefits

- Group Runs
- Socials & Event Celebrations
- Training Programs
- 1200 Mile Run Club with quarterly incentives & jacket for completion
- 1000 Mile Walk Club with t-shirt for completion
- Exclusive member discounts on Columbus Roadrunner races: SuperBowl, Run for the Roses, Lakebottom, Summer Series races and Distance Series races.
- Discounts at local businesses: Iron Bank Coffee, Brusters, Fountain City Coffee, West Ga Eye Care
- Discount on custom orthotics: Dr Ed Lopez & Columbus Foot & Ankle
- Discount on Yoga at St Mark UMC \$3 for members
- \$5 off every ½ hour massage – Healing Hands – Joni Biancardi
- Group Workout quarterly at Orangetheory.
- One Free Studio Session at Orangetheory for CRR members 14 years of age & above. Must be pre-booked.
- 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!”*



# 2017 1200 Mile Run Club



## 2017 Gordie Borkat Mileage Award

Lee L'oste-Brown

### 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](mailto: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.



Runner		Mileage
Amanda	Bramley	1,200.17
Ben	Branton	2,784.92
Brennan	Bylsma	1,220.00
Sue	Cockcroft	1,359.81
Margaret	Connelly	1,960.62
Janet	Crane	1,240.00
William	Creech	1,206.20
Mark	Culpepper	1,202.33
Rhonda	Davis	2,034.10
Kevin	Draws	1,769.45
Buddy	DuToit	1,671.41
Jason	Hammett	1,526.20
Brenda	Hitz	2,357.00
Raymond	Jackson	1,700.50
Jimmy	James	1,363.90
Joleasa	Laughlin	1,200.09
<b>Lee</b>	<b>L'oste-Brown</b>	<b>2,789.40</b>
Scott	Lowry	1,267.60
Carolee	Luther	2,040.39
Jenna	Martin	2,283.60
Tracy	Medina	1,257.90
Korrine	O'Brien	1,281.37
Cathlina	Olmsted	1,222.56
Tonja	Parker	1,227.00
Michael	Pixley	1,299.93
Wendy	Ramos	1,331.50
Kara	Sasser	1,257.21
Kevin	Schie	1,202.00
Kristin	Sellers	1,827.00
Megan	Sperry	1,400.38
Jennifer	St John	1,375.80
Tony	Taylor	2,414.66
Jackie	Walton	2,137.00
Steve	Warren	2,281.08



The CRR Walk Club is a program that encourages you to walk

for exercise with co-workers, friends and family.

The Walk Club is designed for those whose walking

is their main or only mode of exercise.

The walking is purposeful exercise

not every day normal activity of daily living step count.

**I want to participate! How do I get started?**

Keep track of the miles you walk, record your mileage,

send mileage at the end of each month

Send miles to [GBattch@aol.com](mailto:GBattch@aol.com) monthly

**How do I accumulate miles?**

The walk program is for purposeful exercise miles.

Walk your dog, walk a race, morning or evening walk

**What is my incentive?**

Reach 1000 miles in 2018

receive a Walk Club shirt

Walking can be your Passport to Healthy Living!

**LOCKWOOD**  
PARTNERS





## Winter Series Celebration & Chili Cook-off

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

Date: Sunday, Feb 18

Time: 2-4 pm

Location: St Mark UMC Gym

6795 Whitesville Rd

## Half Marathon of the Month

Feb 17

March 10

April 14

May 12



## Kids Run Columbus is back!

Who: Kindergarten - 5<sup>th</sup> grade

When: starts Monday, March 5

Meets: Each Monday

Where: Woodruff Park by splash pad

Time: 6 pm

Goal Race: Sunday, April 29 @ 3pm







## Quarterly Class Open to CRR Members

What: Group workout

Date: Saturday March 24

Time: 12:30pm

Who: 1<sup>st</sup> 24 CRR Club Members

Location: The Landings

\*Note: If already member of OT does not take away from your membership, would be additional class



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Contraindications of LASIK include: 1) patients with a history of or current use of isotretinoin (Accutane), 2) patients with a history of or current use of corticosteroids, 3) patients with a history of or current use of anti-viral medications, 4) patients with a history of or current use of anti-inflammatory medications, 5) patients with a history of or current use of anti-hypertensive medications, 6) patients with a history of or current use of anti-diabetic medications, 7) patients with a history of or current use of anti-depressant medications, 8) patients with a history of or current use of anti-anxiety medications, 9) patients with a history of or current use of anti-psychotic medications, 10) patients with a history of or current use of anti-seizure medications, 11) patients with a history of or current use of anti-fungal medications, 12) patients with a history of or current use of anti-parasitic medications, 13) patients with a history of or current use of anti-tubercular 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# Run for the Roses

## Saturday, May 5, 2018

3 races: 7:30 am – 10 furlongs – 1.25 miles  
8:15 am – 11 furlongs – 1.375 miles  
9:00 am – 12 furlongs – 1.50 miles

Total Mileage: 4.125

Medal for completing all 3 races

**Where:** 1200 6<sup>th</sup> Ave – Chamber of Commerce

**Course:** Flat

**Cost:** \$20 for CRR Members, \$25 for nonmembers; Race Day \$30 for all entrants

Runners will receive shirt color based on age group & must wear shirt provided to run.

**Awards:** 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Age Group (combined total of 3 races): under 14, 15-19, 10-year age groups up to 70+; Male / Female in all categories. Medal for completing all 3 races. To be considered for awards must run all 3 races.

**Registration:** Register at Big Dog Running Co store, complete this form & mail, or go online to RunSignUp.com

**Last day to register:** April 26, 2018

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: Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_

Enter the hat contest – 25 entries – each contestant will show off hats between races – most number of votes wins – top 3 win gift certificate from local restaurant 1<sup>st</sup> \$50, 2<sup>nd</sup> \$25, 3<sup>rd</sup> \$10 Enter Hat Contest: \_\_\_\_\_ yes

**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 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 if participant is under 18 years old: \_\_\_\_\_

**Mail completed & signed entry form with payment to:**

Columbus Roadrunners

POB 9734

Columbus Ga 31908