



The President's Letter

Fall is here! Winter is coming! Or at least that is what our calendars tell us! No matter the weather it is always RUN season! The Summer Series was a great success. We hope you will make it to the Celebration on Sunday, September 29 from 3-5 pm at the greenspace behind Big Dog Fleet Feet. All our celebrations are open to all members, series participants and anyone wanting to learn about CRR. At the celebration, enjoy a fun run, food, drink and the opportunity to sign up for our upcoming Winter Series! Every season is RUN season!

This is your club so speak up and let us know what you would like to see in our running community. A new year is just around the corner and we are planning the upcoming events. We have a place for every pace. We have Porch Dog sessions to learn to run a 5K, group runs including the monthly Beer Run, and our free half marathons. Come join us and keep off the winter hibernation pounds. Take advantage of your Runner Friendly Community and CRR!

Running is about Consistency - Fall in love with the process and the results will come.

Running and Life - It's how I start my day, it's when I plan, it's just a natural part of being me.

Running can be for everyone - not one body type defines a runner, you can run alone, with a crowd, fast or slow, morning, noon or night. Just RUN!

A huge shout out to our 2019 sponsors and our volunteers - you are the backbone of our organization by helping us accomplish our goals of providing multiple events to keep us running strong and safe!

See you on the road, rails or trail!

Run Happy,

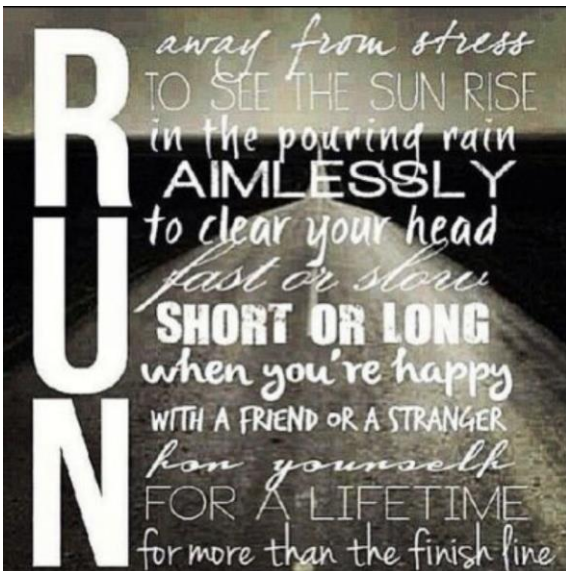
Carolee Luther, CRR President



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.

Last session for 2019:

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 the 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 1200 goal at the end of the year receives a CRR jacket.
- Starts January 2020



Join us as we celebrate our Sizzling Summer Swag Series!

Green space behind Big Dog
1039 1st Avenue

Walking entrance beside Salt Cellar on 1st or beside Big Dog on 11th.
Pick your entrance!

Run Fun activity at 3, food, and awards to follow. Door prizes too.
Winter Series sign up.

See you there!





Oct 24
Dec 19

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

Half Marathon of the month dates:

Oct 26 half & Big Dog Howl (Run both and get a medal)

Nov 14 Soldier Half

Dec (We'll get back to ya)

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

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Winter Series 6 pack 2019 – 2020



Races include:

- ☐ Oct 26, 2019 - Big Dog Howl 5K @ 8 pm
- ☐ Nov 23, 2019 - Beat the Bird 5K @ 9 am
- ☐ December 21, 2019 - Big Dog Jingle 5K @ 9 am
- ☐ January 18, 2020 - MLK 5K @ 10 am
- ☐ February 1, 2020 - SuperBowl 5K or 10K @10 am (circle one)
- ☐ March 14, 2020 - St Paddy's 5K @ 6:30 pm

Check the races you plan to run and the distance on the SuperBowl race

Registration Fees (check the box that applies): ☐ \$150 CRR Members ☐ \$170 Nonmember

Prices include entry into all races, shirt or goodie for races plus a Winter Series Shirt, chip timing & Awards.

Awards: Series awards will be given at the end of the Series along with a Celebration Party in March. There will be Awards for top 3 overall, Masters, winner in 10 year age groups - all male & female - based on a point system. Series participants will receive a pint glass for finishing each individual race. You must run to receive the glass. Glass will be given out at the end of each individual race.

Registration: Register at Big Dog Running Co store, complete this form & mail to the address below, or register online at RunSignUp.com.

First name: _____ Last Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Date of Birth: _____ ☐ Male ☐ Female Phone: _____ Email: _____

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

Women: ☐ Small ☐ Medium ☐ Large ☐ X-Large

Youth: ☐ Small ☐ Medium ☐ 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: _____

Mail completed & signed entry form with payment to:

Parent/guardian if participant is under 18 years old: _____

Columbus Roadrunners POB 9734 Columbus Ga 31908



We had 30 kids complete the program and ran the Lakebottom 1 mile or 5K. There were an additional 30 that participated during the program. The kids and coaches had so much FUN! Watch for the program next Summer. Information will be available in the Spring, so watch your newsletter's or Facebook.



Spotlight on Speedwork

Offered by CRR
Tuesday at Hardaway
Meet at 6:00pm, start by 6:15

We sent some questions to the King of Speedwork, Steve Warren, and here's how he replied.

1. When did you start running? I'm not exactly sure when I started running. I have running logs going back to 1984, but I believe 1982 was when I started running.
2. Favorite place to run? The Riverwalk, Fall Trace Line, and Dragon Fly. It's the most runnable city I've lived in.
3. Favorite race? It's hard to pick a favorite race, but I'll go with the Heatwave 5 Miler.
4. Most memorable running moment? Most memorable running moment was turning the corner onto Boylston Street for the first time and seeing the Boston Marathon finish line in 2012.
5. Next goal? To run the Boston Marathon without blowing up.
6. Why are you a CRR member? I'm a member to support and encourage the running community which in turn supports and encourages my running.

Steve is more than just Speedwork. He is also the Course Measurer when we want a certified course. PLUS, when he races, he often medals in his age group. No matter the group!



LOCKWOOD
PARTNERS

Columbus Roadrunners Spotlight

The James Family

Jimmy and Deven James are an essential part of the Valley Track Team. Jimmy coaches the boy's team to include his own boy's Christian, Logan, and Jesse. The boys had an impressive season. For the 2019 track season, Christian competed in the (9-10) year old group. Christian competed in the 400M, 800M, 1600M, and Long Jump Events. Logan competed with the (7-8) year old group. Logan competed in the 200M, 400M, 800M, and Long Jump. Logan placed 2nd in the 800M event at the Opelika Track Meet and 3rd at the 800M event in Valley. He placed 3rd at the District Track meet in Valley to qualify for the State Track Meet. Logan placed 5th overall in the State for the 800M. Jesse ran in the (5-6) year old age group and competed in the 50M, 100M, and 200M events. At the Phenix Track Meet Jesse placed 2nd in the 200M event. That's awesome!

As a whole, the team came in 2nd at District and at State, the team won 5 Gold, 2 Silver, and 8 Bronze Medals. Nice jobs boys!

Columbus Roadrunners is a proud sponsor of the Valley Track Team by providing team shirts, hydration, and registration fees for district and state. According to Jimmy, there were 46 kids in program during the 2017-2018 season and 60+ during the 2018-2019 season. Our sponsorship has allowed them to grow their program quickly. We can't wait to see what the future holds for the 2019-2020 season!

