



The President's Letter

It's 2020! The beginning of a new year, the time that most set goals, missions or resolutions. As an organization so do we! Our mission is to make a difference in your life and our community by promoting and encouraging a lifetime of activity through running, jogging or walking.

Our 50 Mile Coin Challenge will allow you to have a goal throughout the year to give you a measurable milestone. Our Summer & Winter Series help you meet that goal. The 1200 Mile Club is achievable evidenced by the 34 that completed the miles in 2019. Congratulations!

Our community of Awesome Runners is showed in this newsletter by two of our extraordinary impressive goal achieving members: Jon Carmack & Karri Iten. Check out their stories and be encouraged to set your own personal goal for 2020!

Without our sponsors, it would not be possible to keep our events and races affordable. The Coin Challenge is a free benefit for members. Without our Awesome Runners, we would not be able to make a difference in our community. Grab a friend that is not a member encourage them to join the Columbus Roadrunners and be an AWESOME RUNNER!

See you on the road, rails or trails in 2020!

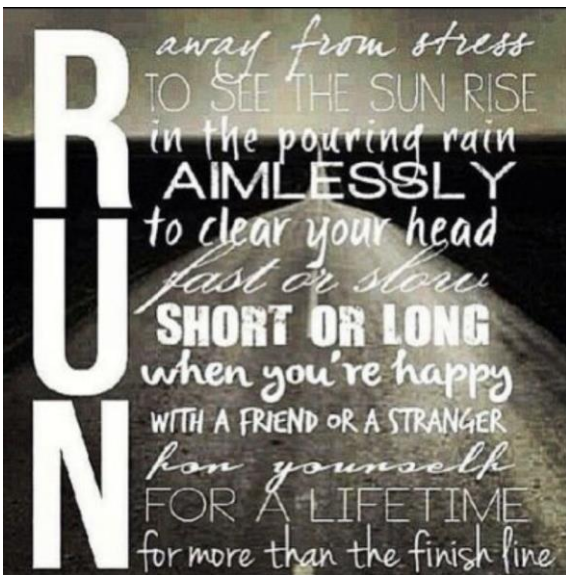
Carolee Luther, CRR President



CRR 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:
10% Iron Bank Coffee, 10% Bruster's (Columbus only), 10% Fountain City Coffee, 10% Columbus Foot & Ankle (custom orthotics), \$5 off every Healing Hands Massage with Joni Biancardi, \$5 off retail services at West Ga Eye Care, 10% Cici's Pizza (Bradley Park and Auburn Ave)
- 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.



CRR 2020 Sponsors:

Kim Mixon Realty, Lockwood Partners, TracSoft, Big Dog Fleet Feet, AFLAC, EMC Engineering, Foot & Ankle of West Georgia, Wilson Chips & Snacks, Don Bowles Builders, American Works & Behavioral Health, Mullin & Callahan, Ragan Insurance, 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

2019 1200 Club Members

Blake Beasley (New)	1249.52	Rhonda Davis	1384.32	Shane Ragan	1301
Joni Biancardi (New)	2442.8	Jason Dennis	1405.55	Olivia Salgado	1547
Robert Bowden (New)	2712.7	Donnie Ellis (New)	1490	Kristin Sellers	1464
Mark Bradford (New)	1416.3	Karri Iten (New)	1202.6	Lisa Shores (New)	1599.8
Tim Campbell	1415.65	Raymond Jackson	2087.7	Tony Taylor	1888.35
Jon Carmack (New)	2152.03	Jimmy James	2101.73	Jackie Walton	1981
Chris Lamb (New)	1206.6	Sue Lockhart (New)	1200.3	Steve Warren	2629.41
Don Cleveland	1930	Ed Lopez	1220	Kelly Wilson	1266.5
Laura Coleman (New)	1208.12	Scott Lowry	2103		
Margaret Connelly	1922.9	Carolee Luther	2519		
Mark Culpepper	1219.13	Jay Mason (New)	1210		
Lisa Danner (New)	2424	Della McDonough (New)	1806.4		
Patrice Davis	1251.45	Ben Peek (New)	1642.6		





Beer Runs:

Generally 4th Thursday of the month. Meet at Iron Bank unless noted otherwise in the event. 6:15PM
Drinking not required, but having FUN is! Bring ID and method of payment.

March 14th w/St Patty's 5K
April 23rd
May 21st

FREE Month:

February 8th

March 14th (run half and St Patty's Day 5K and receive a special medal)

April & May to be determined

June 13th

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

13.1



**COLUMBUS
HOSPICE**
— OF —
GEORGIA & ALABAMA

MEMBER SPOTLIGHT



My name is Karri Iten. I have been an off and on runner for most of my life, but it wasn't until I joined the running community here in Columbus that I really got into running. You've probably seen me at one of the Wednesday night runs or at a race because if I'm not running, I'm probably out there volunteering and cheering! 2019 was a crazy wonderful year of running for me. I took the Live Big Challenge to heart and did 25 different races, everything from a 5K to a 24hr trail relay. There were so many wonderful running moments over the past 12 months that it is hard to pick the highlights.

My biggest accomplishment last year was definitely completing the 1200 mile challenge. That was nearly double my mileage from the previous year. I made that part of my New Year's resolutions last year, and I can honestly say without CRR, I would not have completed it. I had accountability with monthly mileage check-ins. I had multiple weekly group runs, monthly beer runs, & even the occasional track workout to make the miles fun. And, more importantly, I had running partners for my longer mileage days.

Another highlight for me was setting new PRs in every distance I ran. I broke the 2 hour mark at the Red Nose Half Marathon last year. My Last at the Lake relay team (5 Gals & a Guy) busted the previous record with 40 laps & 124 miles. And at my favorite race of the year, Columbus Day Relay, my Perfect 10s (with help from our wonderful crew) broke our previous time by almost an hour. 2020 is already off to a good start, as well, with a new PR at the MLK 5K. I also set my single day mileage records courtesy of Joel's long runs (33 miles at the most recent one).

Columbus Road Runners has been helpful to me in so many ways. They provide tons of opportunities to run. They have fun challenges to motivate you. And, of course, they provide great swag, the best race shirts, and who doesn't love a discount? But most importantly, the Columbus Road Runners gave me a community. The running community in Columbus really is a bunch of Awesome Runners. Everyone here helped make Columbus feel like home. We may be moving out of state soon, but we will never forget our run family. I'm already planning to be back in October for CDR.



FOOT & ANKLE
OF WEST GEORGIA



Our 50 Mile Challenge is underway!

Choose any combination of the following races, register for the challenge, register for the race, run the race, and at the end of the year earn this cool coin.

IT'S FREE TO REGISTER!

RACES

1/4/20 – Red Nose Half Marathon 13.1

1/18/20 – MLK 5K

2/1/20 – Super Bowl 1 mile, 5K, or 10K

2/22/20 - Mardi Gras 5K

3/14/20 – St Paddy 5K

4/11/20 - Campus to Campus 8K

4/18/20 – Midtown Classic 5K

6/6/20 – 3 Bridge Run 5K

7/11/20 – Heatwave 5 Miler

8/22/20 – Lakebottom 5K

8/29/20 - Country's Midnight 5K

9/7/20 – Classic 10K

10/3/20 – Mogadishu Mile 5K

10/31/20 – Big Dog Howl 5K

11/21/20 – Beat the Bird 5K

12/19/20 – Big Dog Jingle 5K

You must be a CRR member to participate.

Register today!

<https://runsignup.com/Race/GA/Columbus/50MileChallenge2020>

MEMBER SPOTLIGHT



My name is Jon Carmack. I started running in 2015 when I was trying to find a better way to stay physically active than just going to the gym. I found the Columbus Roadrunners and started attending group runs followed soon by races (my first race was the Heatwave 5-miler!). During the school year I don't make it to the group runs during the week like I'd like but my favorite thing to do is the 6am Saturday group runs. It sets the tone for my weekend and is how I reset myself after a long week. (It's also a nice excuse for an afternoon nap)

2019 was by far my best year running so far. I completed the 2019 miles challenge with just over 2,300 miles for the year, almost 1,000 more than the previous year. This pushed me to my limit and I couldn't have done it without all the great people in CRR who organize group runs and are even better running companions. I was able to run over 20 races and set a new PR in both the 5k and 10k distances.

In 2020, I've set out to run 2,020 miles and to work on my speed on the shorter distance races to help my pace. Coaching soccer is giving me a great reason and way to work in speed and agility and get a solid start on this goal. Without great running partners I couldn't accomplish half of what I do. Columbus Roadrunners is the best part of living in Columbus for me!





COLUMBUS FOOT & ANKLE, P.C.



TROY ESPIRITU, DPM, FACFAS

NICHOLAS SMITH, DPM, AACFAS

SPECIALIZING IN RUNNING RELATED INJURIES

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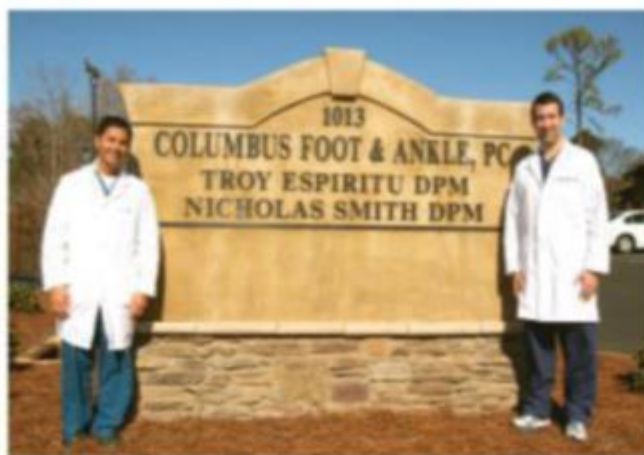
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