



# Strider

April 2021

## President's Letter

It's that time of year, when our new year resolutions continue or go to the wayside. CRR is here to encourage you to keep those resolutions on track. We have group runs (Tues, Thurs & Sat), Porch Dog (next session starts in April), Women in Motion (1st event April 1), and the "coolest" event kicking off this June Summer Series. Join us for one or all!

We have the best sponsors ever! Check out their businesses and see the awesome service they provide to our community! Take a close look and see we have a variety of talent taking us to the next level.

We applaud all of our winners for the Winter Series, the 2020 - 1200 mile club and coin winners. If you participate through running or volunteering then you too are a Winner! Join CRR in congratulating Lisa Shores for being Volunteer of the Year 2020. You are AWESOME!

Let's keep those resolutions in motion!

See you on the rails, trails and roads staying runner friendly in 2021!

Carolee



# Sponsor SPOTLIGHT

## Columbus Foot & Ankle

I support CRR because, as someone who tries to stay active, I truly know what CRR means to our running community. While training for 20+ marathons and ultra-marathons including 100 mile events, CRR provided me with the support system through group events that have led to lifelong friendships. With this experience, I feel I have a unique connection with the runners that I treat on a daily basis. I think it is a blessing to be able to help people continue with their active lifestyle goals. Take care of your feet, you only have two of them!

Troy Espiritu

**COLUMBUS FOOT & ANKLE, P.C.**  
TROY ESPIRITU, DPM, FACFAS    NICHOLAS SMITH, DPM, AACFAS

**SPECIALIZING IN RUNNING RELATED INJURIES**

ACHILLES TENDONITIS	PLANTAR FASCIITIS	SPORTS MEDICINE
CORNS & CALLUSES	DIABETIC FOOT CARE	FLAT FEET
NAIL DISORDERS	HAMMERTOES	FRACTURES
HEEL PAIN	BONE SPURS	STRAINS
BUNIONS	SPRAINS	TRAUMA

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

LASER THERAPY FOR NAIL FUNGUS  
DIAGNOSTIC ULTRASOUND  
ON-SITE THERAPY

**DON'T SUFFER ANY LONGER, CALL TODAY!**



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

Congratulations to our Winter Series Winners!

Winter Series 20/21			
<b>Male</b>			<b>Female</b>
1	Bailey Miller (1139)		1 Megan Guthrie (954)
2	Colin Dixon (1136)		2 Lisa Beasley (953)
3	Chase Miller (1101)		3 Morgan Parks (951)
<b>Masters</b>			<b>Masters</b>
1	Amit Bhavsar (1074)		1 Jennifer Davis (949)
<b>14 &amp; Under</b>			<b>14 &amp; Under</b>
1	Triston Stokes (980)		1 Regan Weaver (715)
2	Emerson Sullivan (919)		2 Julie Payne (688)
3	Logan James (839)		3 Effie Ward (452)
<b>15-19</b>			<b>15-19</b>
1	Jonathan Gaboury (988)		1 Kat Valenta (712)
2	Jaxson Scott (635)		2 Elizabeth Baka (341)
3	Michael Seavers (614)		3
<b>20-29</b>			<b>20-29</b>
1	Andrew Bowles (802)		1 Kristen Ramsey (816)
2			2 Geneva Vezeau (738)
3			3 Greer Cauthen (464)
<b>30-39</b>			<b>30-39</b>
1	Benjamin Dennis (925)		1 Brittany McLeod (941)
2	Ryan Kelton (692)		2 Chaille Sullivan (804)
3	Justin Johnson (492)		3 Jill Brazell (734)
<b>40-49</b>			<b>40-49</b>
1	John Little (1035)		1 Lori Nelson (845)
2	Steven Taylor (869)		2 Adrienne Cox (631)
3	Jimmy James (839)		3 Mendy Lee (612)
<b>50-59</b>			<b>50-59</b>
1	Chris Miller ( 998)		1 Janet Crane (717)
2	Tim Campbell (932)		2 Margaret Connelly (675)
3	Mark Culpepper (868)		3 Maria Fe Godbey (604)
<b>60-69</b>			<b>60-69</b>
1	Jimbo Flowers (695)		1 Shelly Dinkin (468)
2	Stephen Warren (652)		2 Jean Parmer-Crenshaw (134)
3	Warren Bailey (574)		3 Jenny Moore (76)
<b>70 &amp; above</b>			<b>70 &amp; above</b>
1	Chuck Faulner (707)		1 Jackie Phillips (172)
2	Gordon Borkat (323)		2 Carol Quaife (111)
3	William Shirley (36)		3 Renate Shirley (16)



**COLUMBUS  
HOSPICE**  
OF  
GEORGIA & ALABAMA



**FOOT & ANKLE**  
OF WEST GEORGIA

# CRR Membership Benefits

- Group Runs
- Socials & Event Celebrations
- Training Programs
- 1200 Mile Run Club members will receive a jacket for year or long sleeve shirt for year three
- Exclusive member discounts on Columbus Roadrunner races: Summer Series races and Winter Series races.
- Discounts at local businesses:  
10% Iron Bank Coffee, 10% Bruster's (Columbus only), 10% Columbus Foot & Ankle (Custom orthotics), \$5 off every Healing Hands Massage with Joni Biancardi, \$5 off retail services at West Ga Eye Care,
- 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!”



## Women in Motion

- 1) April 1 - Meet at Jarfly for Run/Walk then appetizers - 6pm
- 2) June 27 - Paddleboard/Kayak and Yoga - 3 pm
- 3) Sept 19 - Pine Mountain Hike & Picnic - 3 pm
- 4) Dec 2 - Run/Walk & Ornament Exchange





## 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](mailto:pdbd@bigdogfleetfeet.com) for more information.



### Porch Dog dates for 2021

2nd session: 4/26/21 - 6/9/21 Target Race - 3 Bridge 5K 6/12/21

3rd session: 6/28/21 - 8/18/21 Target Race - Lakebottom 5K 8/21/21

4th Session: 9/8/21 - 10/27/21 Target Race - BD Howl 5K

5th Session: 11/1/21 - 12/15/21 Target Race - BD Jingle 5K

All dates subject to change.

CRR Half  
April 24<sup>th</sup>  
May 15<sup>th</sup>

Beer Run  
4/22  
5/27  
6/24  
7/22  
8/26  
9/13  
10/28  
11/18



# 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](mailto:gbattchc@aol.com)
- Anyone that meets the 1200 goal at the end of the year receives a jacket for year one, a quarter zip for year two, and a long sleeve for year three.

Congratulations to our 2020 members!



# MEMBER SPOTLIGHT



Gail Gentry

**When did you start running?** August 2015

**What's your favorite place to run?** The Riverwalk. Georgia and Alabama side.

**Favorite race?** Big Dog Howl

**Most memorable running moment?** There are so many, but one of my favorites was the first time I crossed the finish line of a race.

**Next goal?** To get my mile under 11, place in a Big Dog sponsored race, and get two new people to join Porch Dog.

**Why are you a CRR member?** I love the FAMILY, motivation, and education given.

**What piece of advice would you give to a new runner?** Just start and don't stop! Keep doing you! You can do it!



**RAGAN**  
INSURANCE AGENCY, INC.





Congratulations to our  
Volunteer of the Year!



Lisa Shores

**LOCKWOOD**  

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**PARTNERS**





## Summer Series 2021

### Races include:

- \_\_\_ 1 Saturday, June 12, 2021 3 Bridge 5K 8 am
- \_\_\_ 2 Saturday, July 3, 2021 Big Dog Heatwave 5 miler 8am
- \_\_\_ 3 Saturday, August 21, 2021 Lakebottom Park 5K 8am
- \_\_\_ 4 Monday, September 6, 2021 BD Labor Day Classic 10K 7:30 am

**Check the races you plan to run. Points based on Series participants overall place in the race. Medal for completing all 4 races.**

**Registration Fees:** circle the one that applies

CRR Member \$95; Nonmember \$115

Price includes entry into all races marked plus Series Shirt

**Awards:** Series awards will be given at the end of the Series along with a Celebration Party TBD  
Awards top 3 overall, Masters, winner in 10 year age groups - male & female - based on points  
Medal for completing all 4 races.

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

### Note:

Lakebottom Shirt is Unisex only please mark size here: Small \_\_\_\_\_ Med \_\_\_\_\_, Large \_\_\_\_\_, XL \_\_\_\_\_, 2XL \_\_\_\_\_

### 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

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

Parent/guardian Signature if under 18: \_\_\_\_\_

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

**Columbus Roadrunners**

**PO Box 9734**

**Columbus GA 31908**