



## Strider

July 2021

### President's Letter

## It's Summer!

The Summer Series has kicked off and next race is Saturday, July 3 at 8 am! It's not too late to sign up! We are now having registration during packet pick up for races. Packet pick up will remain the day before the race.

We have had several Women in Motion events, more events on the horizon! Check out the pictures posted on Facebook. Our goal is to add positive motion for all women in CRR to help connect together, to add inspiration, to improve our mental and physical being. Hope to see all women at our next event!

Let's talk about this summer heat! Running in the summer can be challenging! We have included some tips for summer running to help us all be successful! It's always good to review and remind ourselves to take precautions so we can run for the long haul!

Looking forward to seeing you on the road, riverwalk, rails to trails, and trails! Also remember we can always use more volunteers for races!

Run Happy!

Carolee



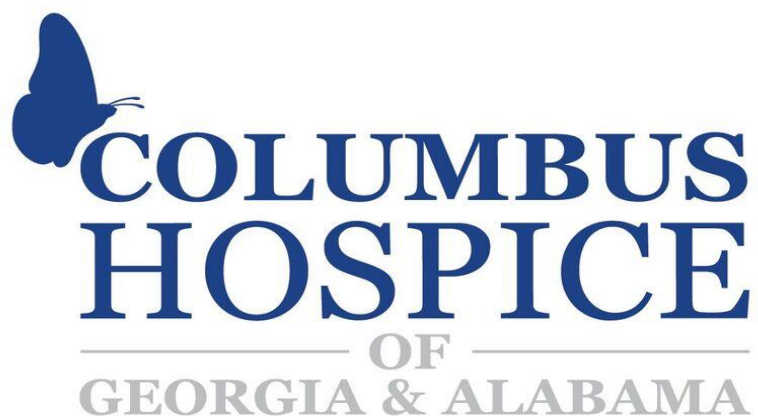
# Sponsor SPOTLIGHT

## Columbus Hospice



"Columbus Roadrunners and Columbus Hospice are both local community organizations invested in supporting people. With sponsorships and volunteers, Columbus Hospice helps Columbus Roadrunners in their mission to promote the fun of running and physical fitness." Donna Morgan

You can often find Donna on a street corner handing out water & snacks for CRR Free Half Marathons and Columbus Hospice employees at the Red Nose Half Marathon finish line handing out medals or water. Thank you for your sponsorship!





## Summertime Tips from Carolee

1. Run your long run / harder workouts on the coolest day of the week. Check the weather report and note the weather for each day of the week. ...
2. Run during the coolest TIME of day. When you're checking the weather also check the fluctuations in the day's temperature AND sunrise/sunset.
3. Hydrate and Fuel Properly BEFORE, During and After. Make hydration and electrolyte balance a priority all the time. Go into every workout well hydrated.
4. Get ready for the sun with sports sunscreen. Getting sunblock in your eyes is the worst!! Prevent sun damage and stinging eyes with these reminders...
5. Visor and Sunglasses. If you can't run in the shade at least give yourself some! Consider wearing a light colored hat or visor and sunglasses.
6. Wear the right gear for the weather. Use sweat-wicking, light colored, properly fitting gear. This isn't about vanity or getting new running clothes.
7. Prep & Plan your hydration & supporting gear. Use a hand-held water bottle, fuel belt or camel back during your runs as needed.
8. Run according to your effort instead of pace or time. Adjust your goals and workout plan as needed.
9. Choose the best route. Opt for running routes with shade and water fountains when possible.
10. Run thru sprinklers, run in the rain, find a shady route.
11. Know the difference between hot and dangerous in other words know when to call it quits. There is no shame in walking!
12. Hydration is key!





## 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 one 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

**Join us Sunday Sept 19 - Pine Mountain Hike & Picnic**

"I have found Women in Motion to be a perfect opportunity for women to build relationships with other health-conscious women through physical activity. We run, walk, paddleboard, do yoga, and other physical activities while getting to know each other. It's the perfect non-competitive environment suited for women of all fitness levels to just be active together." Brooke Conklin



## 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

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.



**FLEET FEET**

### CRR Half

July 10<sup>th</sup>

August 28<sup>th</sup>

### Beer Run

7/22

8/26

9/23

10/28

11/18



**LOCKWOOD**  
**PARTNERS**

# 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!

**2021 is now closed. If you are interested, start preparing for 2022!**

## Looking for a run group?

Tues & Thursday contact [caroleeluther@gmail.com](mailto:caroleeluther@gmail.com) if interested

Wed - 6pm @ Big Dog Fleet Feet

Saturday - 6 am @ Big Dog Fleet Feet

Saturday – 7:30 am @ 10th & Broadway

Another opportunity: Tues thru July 27, 6pm at Harris County Soccer Complex - walk or run 1.5 miles or 5K  
- submit projected time & leave electronic devices behind



# MEMBER SPOTLIGHT #1



Mike Stephens (in blue)  
Fred Dyer (in white)

**This is an awesome post made by Coach Mike back in January and you will definitely enjoy!**

Back in the early 80s I ran with a group of running buddies that included Fred Dyer, Tom Baker, Jerry McCrum, Tommy Barnes, Harvey Anderson, Dan Chelius, Robert Herman, Pete Wiggins, and others who occasionally joined our pack. Member Sandy Denham dubbed our group the Twilight Zone Runners, or the “Zonies” since it seemed like we were always in another dimension.

We would meet at Cooper Creek Park on Sunday mornings for long, hard runs of up to 20 miles throughout a good part of North Columbus during the Fall and Winter marathon season and easier 12 milers when the hot days of summer arrived. Fred, who was among the older members, trained with us younger guys and ran his best marathon (2:54:08) at Callaway in 1983 when he was 45.

This morning Fred invited me to join him for 8.3 miles on his 83rd birthday. He arrived at Lake Heath Park in his 50 year-old Datsun 240z that he bought new in 1971. By alternating 3/4 miles of running with 1/4 mile walking breaks, we covered the 8.3 mile distance in around two hours. Happy Birthday, my friend!



## MEMBER SPOTLIGHT #2



Steven Taylor

**When did you start running?** I hadn't done any physical exercise since 1996. I was 235 lbs and in bad health in 2017. So, February 2017 I started walking an hour each day on a treadmill. By October, my brother who was running at the time, told me I could run a 5K and should run the Soldier Marathon 5K. I had one month to really prepare for this race. After completing it I knew I was hooked.

**What's your favorite place to run?** I enjoy running downtown Columbus. Making different routes through the city is fun. The more turns the better because it makes the run exciting and go by faster.

**Favorite race?** I would have to say my favorite race would be the Red Nose Half Marathon. The first time I ran it was 2020 and it was so much fun. The energy and excitement from all the people participating is amazing. Ok, so there are two more. One is the Columbus Day Relay. Racing with a relay team is so much fun. It's just a day of running and hanging out with everyone. The other is the Lady of the Lake 8hr "trail" race. A mile loop of mixed trail, gravel, and pavement around a beautiful lake at Vogel State Park in North GA.

**Most memorable running moment?** I was in California the first two weeks of 2020 before COVID hit and ran a half marathon in Chico and then ran the Golden Gate bridge the next morning. The run across the bridge is something every runner should experience. I can't put into words the feeling you have running across it.

**Next goal?** As all runners know, your change each year or after you accomplish a certain milestone. I would have to say mine is completing the Southern Fried 50K in August with a specific time I've set for myself.

**Why are you a CRR member?** When I started running I was told there is a running club I could join. Didn't even know one existed in Columbus. When viewing the website, it had information about all the local races, training, and group runs. I couldn't believe there was all this information and the resources available to become a better runner. Being a member puts you in contact with the local running community, not to mention the discounts on races, extra swag during the year, special events, and the people you meet.



**RAGAN**  
INSURANCE AGENCY, INC.





# 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

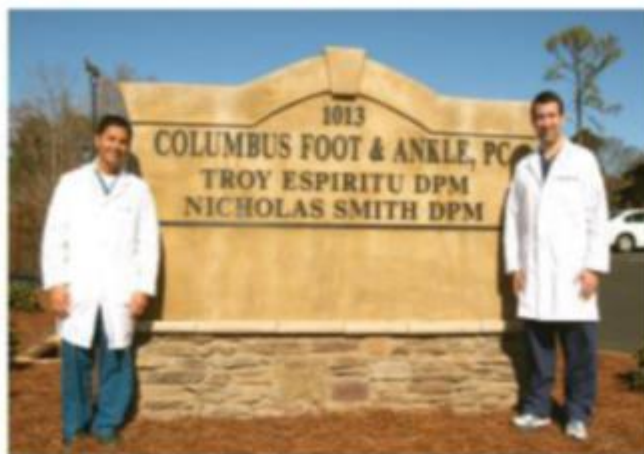
## COLUMBUS' #1 SOURCE FOR STATE OF THE ART FOOT & ANKLE CARE

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



## 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**