



COLUMBUS
ROADRUNNERS

Strider

October 2021

President's Letter

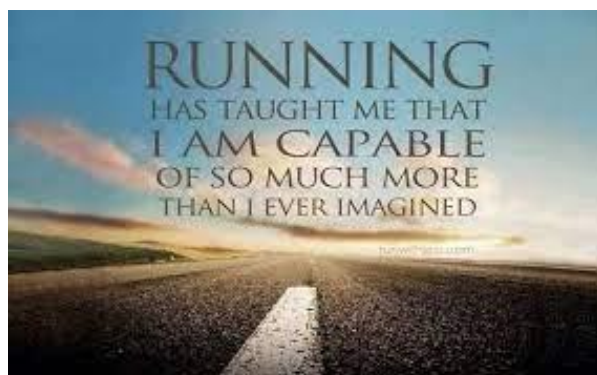
It's Fall Y'all!

Enjoy the bit cooler weather, get out and exercise! Included are some fall tips as an encouragement to stay fit through Fall. To encourage your fitness, we have the Winter Series starting in October with one race per month through March. We plan to end the series with a weekend of Fitness Fun. Watch for more details.

Congratulations to our Summer Series winners! We also want to congratulate those who have set fitness goals and crushed them this summer. Keep up the strong work.

Thank you to our sponsors who keep our runners on the mend to do what we enjoy! Our sponsors are the best!

See you on the road, rails, and trails!
Carolee



Sponsor SPOTLIGHT

Foot & Ankle of West Georgia



Dr. Michael A. Schreck of Foot and Ankle of West Ga supports the Columbus Road Runners, because he values the feeling of community it has brought to the Columbus, Georgia area. "There is nothing like forming lifelong relationships through sport. CRR allows adults and youth to participate in social and family-friendly training events and races that support the overall health and wellness of it's participants."



FOOT & ANKLE
OF WEST GEORGIA



Fall Fitness Tips from Carolee

1. Take advantage of the weather. Fall can be a treat for the senses: the crisp air, apple picking, pumpkin carving, a gorgeous canopy of fall foliage, and the crunch of leaves underfoot. These months are a great time to exercise outdoors and enjoy cooler temperatures. Walking, hiking, and cycling are all awesome in the fall, discover park trails and take in some new scenery. If you're near a lake, try kayaking or canoeing, for an excellent whole-body workout and a great change of pace.

And remember, it doesn't have to seem like exercise to be a great workout.

2. Think outside the run. Fall is a great time to learn something new. Many classes at gyms and elsewhere get started in the fall, so look around and see if something intrigues you. Fall is the perfect time to gain new physical skills because you burn fewer calories when you begin a new activity (thanks to the learning curve). If you learn something new now, by next summer, you'll have mastered the skill -- and you'll burn more calories doing it, just in time for swimsuit season.

3. Be an active TV watcher. Many people get geared up for fall premieres of their favorite television shows. If you're going to sit down and watch hours of TV, get moving, make a date with exercise and TV. While you watch, you can walk or run-in place, do standing lunges, do tricep dips off the couch, or lift weights. During commercials, do push-ups or sit-ups. In a one-hour show, you probably have close to 20 minutes worth of commercial interruption.

4. Integrate exercise into your life. You already know the obvious suggestions: park farther away from your destination; take stairs instead of elevators; take a walk during your lunch break. If you're spending the afternoon taking kids to soccer practice, instead of reading a book or visiting with another parent, why not walk around the outside of the field while they practice? At work - have a walk meeting: go for a walk, brainstorm, and figure out who's going to take what responsibilities.

5. Rejuvenate yourself. Fall is the time to rejuvenate body, mind, and spirit. Get a massage after your run. Learn to meditate. Take an art class. Treat yourself not just with exercise but other activities that promote wellness, so you can feel good physically, mentally, emotionally, and spiritually.

6. Strive for the 3 Cs. commitment, convenience, and consistency

7. Deal with darkness. The best way to enjoy fall is to exercise outdoors. But it is getting darker earlier, and staying dark later in the morning, so be smart and safe, wear a reflective vest and carry a flashlight. When cycling, affix a light to your helmet or bike.

8. Dress in layers. When exercising outside, layer your clothing. Before your body warms up, you may feel chilled, but once the blood gets pumping, you'll feel overdressed.

9. Find your motivation. People are motivated by different things: choose something you'll enjoy doing and will be likely to keep up, whether it's walking or hiking with a friend, working with a trainer, or taking part in a "boot camp" class. Creating a challenge for yourself will motivate you, as will encouragement and accountability. Remember anything worth having takes work.

10. Run Happy! Find your happy pace!

CRR Membership Benefits

- Group Runs
- Socials & Event Celebrations
- Training Programs
- 1200 Mile Run Club members will receive a jacket for year one, quarter zip for year two, long sleeve shirt for year three
- 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% 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
December 2
More details coming soon

Ladies you are invited to:

Big Dog Fleet Feet is hosting Ladies Night Run and Social on Monday, October 4, 2021 @ 6:30 pm
Calling all ladies to join us for an evening of fun, food & fitness with a group run, hors d'oeuvres, sports bra fittings, and yoga. Zoie from Brooks and Charlotte from i.am.charlotte will be there. There will be 20% discount on Brooks Women's apparel all week.





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 an 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.



Porch Dog dates for 2021

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

10/30
11/14



Beer Run

10/21
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
- 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 if interested

Wed - 6pm @ Big Dog Fleet Feet

Saturday - 6 am @ Big Dog Fleet Feet

Saturday – 7:30 am @ 10th & Broadway



Congratulations to our Winners!



Summer Series 2021					
Male Overall			Female Overall		
	Pts			Pts	
1	Cavan Klein	817	1	Kelly Pendleton	768
2	Mason Rickard	814	2	Casey Geringer	758
3	Tyson Morris	804	3	Gena Ochal	664
Master			Master		
1	Michael Keck	770	1	Margaret Connelly	464
14 & under			14 & under		
1	Logan James	587		Morgan Parks	539
2	Oliver Pendleton	489		Effie Ward	521
3	Goose Lockhart	233		Julie Payne	511
15-19			15-19		
1	Chase Miller	783		Kat Valenta	355
2	Evan Rehrauer	648			
3	Bailey Miller	605			
20-29			20-29		
1	Juan O'Neal	718		Melinda Kennedy	355
2	Kris Ramos	637		Rebecca Solomon	225
3	Casey Landrum	349		Ashly Schley	166
30-39			30-39		
1	Benjamin Dennis	603		Kristin Sellers	611
2	William Boynton	592		Julie Melton	529
3	Alahn Woodard	589		Chelsea Stanford	485
40-49			40-49		
1	Bobby Poer	729		Jennifer Davis	436
2	Tommy Cox	626		Lisa Beasley	427
3	David Rossello	605		Michele Shumpert Garcia	341
50-59			50-59		
1	Chris Miller	672		Melissa House	422
2	Rob Kindrick	657		Charlene Eason	327
3	Christopher Lamb	639		Renee Miller	309
60-69			60-69		
1	David Williams	704		Janet Crane	449
2	Stephen Warren	582		Lori Young	225
3	William Floyd	410		Jenny Moore	28
70 & above			70 & above		
1	Chuck Faulkner	410		Jackie Phillips	85
2				Carol Quaife	43
3				Ginny Potter	18

MEMBER SPOTLIGHT



Janet Crane

When did you start running? Started running in 1991 – it was a requirement for a college course to be able to run a mile by the end of the semester. By the end I was running 5 miles

What's your favorite place to run? I love running on the beach with the breeze on my face and watching the sun come up as I run.

Favorite race? My favorite race has always been the Soldier Marathon with Team Jason. It meant so much to be able to run close to home and to run in honor of my son with so many friends and family supporting

Most memorable running moment? My most memorable running moment was finishing the marathon at the end of the Chattanooga Ironman in 2019. Crossing that finish line and hearing “You are an Ironman” is a feeling like no other after months and months of training.

Next goal? I am currently assessing my next goal after just finishing a 70.3 Half Ironman last weekend. I will probably return to more running next year.

Why are you a CRR member? I am a CRR Member because I love supporting anything local and I found CRR when I first moved to Columbus in 2011 and have continued to be a member ever since. I love doing their series races when my training allows. They are always so organized and enjoyable.



RAGAN
INSURANCE AGENCY, INC.





COLUMBUS FOOT & ANKLE, P.C.



TROY ESPIRITU, DPM, FACFAS

NICHOLAS SMITH, DPM, AACFAS

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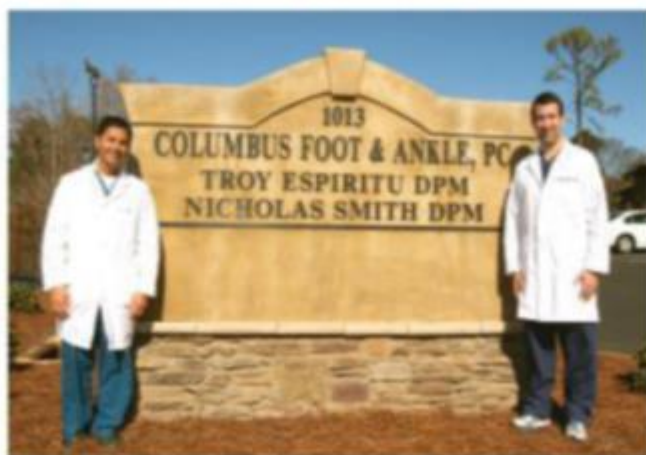
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Winter Series 2021 – 2022

Races include:

- ☐ Oct 30, 2021 - Big Dog Howl 5K @ 7 pm
- ☐ Nov 13, 2021 - Beat the Bird 5K @ 8 am
- ☐ December 18, 2021 - Big Dog Jingle 5K @ 9 am
- ☐ January 15, 2022 - CRR 5K @ 9 am
- ☐ February 12, 2022 - SuperBowl 5K or 10K @ 9 am (circle one)
- ☐ March 18, 2022 - 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 Special Goodie.

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: _____

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

Mail completed & signed entry form with payment to:
 Columbus Roadrunners
 POB 9734
 Columbus Ga 31908