



## Strider

### Presidents Message:

2022 is off to a sprint, lets jump in and enjoy the push! We have the 2022 Run Streak Challenge, 1200 Mile Club, Run for the Roses, Distance Series along with the Fall Five Series of races all on the calendar. Join in the fun! We strive to help our runner community meet their running goals both locally and abroad. Included you will see a list of those runners that met and fulfilled their 2021 challenges – Congratulations on a run well done! Will you take on the 2022 challenge?

Look forward to seeing you on the road, rails & trails!

Carolee, CRR President



## Sponsor SPOTLIGHT

The Columbus Roadrunner races gave me a reason to enjoy running again. Running with such a big group and others from my local community, whatever our reasons for being there, gives me a sense of belonging, fulfillment, and purpose. Since Columbus Roadrunners is already such a big part of my life, I wanted to make Envoy part of theirs, too. - Melinda Kennedy



# 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
  - Run Streak Challenge
  - Exclusive member discounts on Columbus Roadrunner races: SuperBowl, Run for the Roses, Distance Series races and Fall Five 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,
  - Strider 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!”



**FLEET FEET**



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

**1st Session:** 1/24/22 - 3/16/22 Target Race - St Paddy Day 5K 3/18/22

**2nd session:** 3/21/22 – 5/4/22 Target Race – Run for the Roses 5/7/22

**3rd session:** 6/13/22 – 8/17/22 Target Race – Lakebottom 5K 8/20/22

**4th Session:** 9/7/22 – 10/26/22 Target Race – CRR 5K (10/22/22) & BD Howl 5K (10/29/22)

**5th Session:** 11/2/22 – 12/14/22 Target Race – BD Jingle 5K 12/17/22

**All dates subject to change.**



**FOOT & ANKLE**  
OF WEST GEORGIA



## Women in Motion

Treadstone Rock Climbing Event  
**Saturday, 2/19/22 @ 10 am**

We will be able to climb for two hours. Snacks and drinks available.

### Cost:

CRR Member \$10, Nonmember \$15

Location: Treadstone Climbing Gym  
4209 Milgen Rd, Suite 7 Columbus  
GA 31907

Women actively engaging in activities together to promote mental, physical, and social well being.

Next event: April 9 @ 1230 pm Nutwood Winery  
Details coming soon



## 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 2021 members!

Blake Beasley	Scott Ferguson	Lisa Shores
Lisa Beasley	*Jessica Garcia	*Troy Simpson
Joni Biancardi	*Casey Geringer	Megan Sperry
Mark Bradford	Raymond Jackson	Steve Steele
Don Cleveland	Jimmy James	Della Stevenson
*Brooke Conklin	Chris Lamb	Steven Taylor
Margaret Connelly	Carolee Luther	Tony Taylor
Mark Culpepper	*Kelly Pendleton	Jackie Walton
Jennifer Davis	*Bobby Poer	Steve Warren
Rhonda Davis	Evan Rehrauer	Katie Westerfield
Jason Dennis	Olivia Salgado	
Ashla Elam-Bryant	Kevin Schied	

\* denotes 1st year

One run can change your day, Many runs can change your life!



**Run Streak Challenge** is for any Columbus Roadrunner Member.

There are 4 options:

1) **RUN** 365 days per year of a minimum of 1 mile per day 1/1/2022 - 12/31/2022

2) **RUN** each of our monthly half's

3) **RUN** a 5K per month with a minimum of 6 CRR races during the year.

dates of CRR races 1/15/22, 2/12/22, 3/18/22, 5/7/22 (actually 4.125), 7/2/22 (actually 5 miles), 8/20/22, 9/5/21 (actually 6.2), 10/22/22, 10/30/22, 11/19/22, 12/17/22. Sign up for Fall Five Series and you will have 5. For all races you have to have documentation: Strava, Garmin, or in the Lightningsportsracing.com database for the race.

4) **RUN** 50 miles in CRR races for 2022. Jan - March: Winter Series races; Run for the Roses; Heatwave; Sign up for Distance Series (Aug, Sept, Oct, Nov races) or Fall Five Series (August - December races)

The challenge is a **RUNNING** challenge.

Everyone that is a member of CRR and completes one or more of the challenges will receive a cool goodie. Each participant will need to track their progress and be able to show visual data. Send your data to Jimmy James @ [jljames.crr@gmail.com](mailto:jljames.crr@gmail.com)

### Run Streak 2021 Finishers

#### 5K per month:

Christopher Brazell  
Samantha Cato  
Cathlina Cartledge  
Allen Earnest  
Amanda Hicks  
Jimmy James  
Logan James  
Kim King  
Chris lamb  
Goose lockhart  
David Martin  
Kyndall Mattocks  
Jenny Moore  
Bobby Poer  
Erica Witzke

#### Half Marathon per month:

Mark Culpepper  
Jimmy James  
Chris Lamb  
Goose Lockhart  
Carolee Luther  
Steve Steele  
Steven Taylor

#### 365 days per year:

Don Cleveland  
Jason Dennis  
Jessica Garcia  
Goose Lockhart  
Carolee Luther  
Michael Seavers  
Kristin Sellers  
Troy Simpson  
Stephen Warren

You will never know what you  
are capable of until you take the  
first step and just go for it!

Challenge yourself!





## Runner of the Month:

each month vote for the runner of your choice to be

### THE CRR Runner of the Month

criteria: be a member of CRR, run 40 miles per month

send nomination to Jimmy James @ by the 10th of the month

January Runner of Month  
Chris Lamb



#### Top 4 races:

Country's Midnight Express 5K

Beat the Bird 5K

St Paddy's 5K

Columbus Day Relay

5K PR: 22:54 accomplished twice

1/27/2002 & 12/18/2021

Favorite distance: Half Marathon

PR: 1:50:45 on 11/16/2019

Favorite place to run :

Riverwalk

#### **Looking for a run group?**

Tues & Thursday contact [caroleeluther@gmail.com](mailto:caroleeluther@gmail.com) if interested meeting at Lakebottom @ 515 pm until February , moves to Hardaway in March

Wed - 6pm @ Big Dog Fleet Feet

Saturday - 6 am @ Big Dog Fleet Feet

Saturday – 7:30 am @ 10th & Broadway

**LOCKWOOD**  
**PARTNERS**

#### **Monthly Half Dates**

2/5/22

3/19/22

4/23/22

5/14/22

6/25/22

7/16/22

8/13/22

9/17/22

10/29/22

11/19/22



Beer Runs will  
restart in  
April



**ENGINEERING  
SERVICES, INC.**

## March Madness

**St Paddy 5K** - 3/18/22 @ 630 pm

**Hangover Half** - 3/19/22 @ 6 am

**Hockey Game** - River Dragons vs Watertown Wolves @ 730 pm sign up online @ RunSignUp  
Cost is free to members \$5 for nonmembers  
We have 40 tickets, can get more if needed.

**Yoga with Charlotte** - 3/20/22 @ 4 pm location to announced



## Run for the Roses

**Distance:** 4.125  
**Date:** May 7, 2022

**Race Start Time:** '  
**3 races:** 7:30am - 10 furlongs - 1.25 miles  
8:15am - 11 furlongs - 1.375 miles  
9:00am - 12 furlongs - 1.50 miles  
**Total mileage:** 4.125  
**Registration Start Time:** 6:00am

**Cost:** \$25 for CRR Members; \$30 for Nonmembers

**Race Day:** Registrations will not be accepted after April 28th, that means there will be NO race day registration. Each age group will have their own color shirt so we need all t-shirt sizes by Thursday, April 28th.



**MUST WEAR SHIRT DURING RUN!** Each participant runs all 3 races.



**RAGAN**  
INSURANCE AGENCY, INC.

### Distance Series 2022

#### Races include:

Sat, Aug 20: Lakebottom 5K @ 8 am  
Sat, Sept 5: Big Dog Labor Day Classic 10K @ 730 am  
Sat, Oct 22: CRR 15K (there will be a 5K also) @ 8 am  
Sat, Nov 19: Beat the Bird Half Marathon (there will be a 5K also) @ 8 am

#### Registration Fee

##### CRR Member

4 races = \$130 Option to add BD Howl 5K & BD Jingle 5K = \$170

##### Nonmember

4 races = \$150 Option to add BD Howl & BD Jingle 5K = \$190

#### Price includes

Registration fee, Swag from each race, and post-race food/drinks

#### Awards

Each individual race will have its own awards.

A medal and weekend bag given for completing the Distance Series. Must run all 4 races to receive the medal & weekend bag.



## Fall Five Series

Lakebottom 5K 8/20/22 @ 8am

CRR 5K 10/22/22 @ 8 am

BD Howl 5K 10/29/22 @ 7 pm

Beat the Bird 5K 11/19/22 @ 8 am

BD Jingle 5K 12/17/22 @ 9 am

More information coming soon!



### 2022 Calendar

2/5/22 - CRR Free Half

2/12/22 - Winter Series SuperBowl 5 & 10K

3/18/22 - Winter Series St Paddy's 5K

March Madness weekend:

3/19/22 - CRR Free Hangover Half - 6 am

3/19/22 - CRR River Dragons Hockey vs Watertown Wolves 730 pm

3/20/22 - Yoga & Stretching with Charlotte afternoon event

3/21/22 - 2nd Session of Porch Dog start

4/23/22 - CRR Free Half

5/7/22 - Run for the Roses

5/14/22 - CRR Free Half

6/13/22 - 3rd Session of Porch Dog starts

6/25/22 - CRR Free Half

6/30/22 - Kids Program start day

7/2/22 - BD Heatwave 5 Miler

7/16/22 - CRR Free Half

7/23/22 - BD Road to River Challenge

8/13/22 - CRR Free Half

8/20/22 - \*Lakebottom 5K & 1 mile - start of Distance Series &

\*Fall Five Series

9/5/22 - BD Labor Day 10K - 2nd race of Distance Series

9/7/22 - 4th Session of Porch Dog starts

9/17/22 - CRR Free Half

10/8/22 - BD CDR

10/22/22 - \* CRR 5K & 15K - 3rd race of Distance Series

10/29/22 - CRR Halloween Half 6 am and \*BD Howl 5K 7 pm

11/2/22 - 5th Session of Porch Dog starts

11/19/22 - \* Beat the Bird 5K & Half - 4th race of Distance Series

12/3/22 - CRR Holiday Half

12/17/22 \*BD Jingle 5K

Dates subject to change if needed





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