



Strider

Presidents Message:

2023 is almost complete! What will your new challenge be? Do you have goals you want help with completing?

Columbus Roadrunners main purpose is to promote the fun of running and physical fitness throughout Columbus and the surrounding areas. We strive to make our events worth your time and money while also giving back to our community through healthy partnerships. Join us next year as we continue to challenge and support our running community!

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

Carolee, CRR President



Sponsor SPOTLIGHT



KIM MIXON
— REAL ESTATE TEAM —
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“I truly love what I do and can’t imagine myself doing anything else. Real Estate is my calling. I hope you will allow me and my team the privilege of working with you. Allow us the opportunity to be your Realtors.” ~Kim

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, Old Mill Run, Summer Solstice, Beat the Bird and 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!”



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.

In progress now:

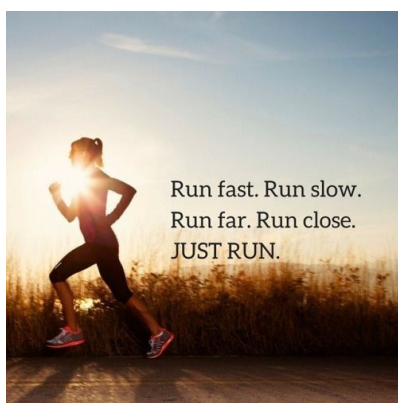
4th Session: 10/30-12/13 Target Race – BD Jingle 5K 12/17/23

Next Session: new schedule coming soon

1/22 - 3/13/24: Target Race St Paddy 5K 3/16/24



FOOT & ANKLE
OF WEST GEORGIA



Women in Motion Holiday Extravaganza

Thursday

December 7, 2023

6-8:30 pm

at Iron Bank Coffee Co



We will meet at Big Dog at 6 pm for an activity then move to Iron Bank Coffee Co at 7 pm for more food, fun and fellowship. We will be collecting items for Columbus Hospice

In place of having a gift exchange, we will be giving back to Columbus Hospice by collecting items needed for patients and/or families.

Here is a list of items needed:

Smoke detectors w/batteries

Medication pill boxes four rows for 7 days

Small sippy cups or small cup w/straw – handles optional

Men & women's no slip bedroom slippers in average size

Men & women socks/footies

Unscented Body Lotion

Men & women's deodorant or antiperspirant

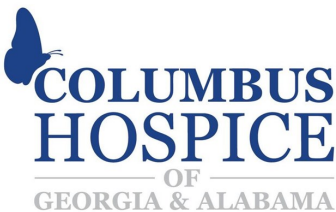
Dinner is covered. Specialty coffees & adult beverages will not.

Please sign up to attend.

Registration will be capped at 75.

Wear comfortable shoes for activity.

All that sign up, attend, and participate in the give back will receive a Sportpack.



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

Event schedule for 2024 will be posted in January 2024

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 gbatchc@aol.com

To be included your miles should be turned into Gordie the 1st time no later than March 10th and then monthly thereafter.

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.

At the end of the year each CRR member who has achieved the 1200 mile mark will have his/her name placed in a drawing for a FREE pair of shoes!

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





Run Streak for 2023 coming to a close—turn in your information to Jimmy James to be eligible for your 2023 goodie

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

New Running Streaks coming for 2024!



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

Challenge yourself!



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ADVANCE
REHABILITATION

PHYSICAL THERAPY

Runner of the Month 2023

Criteria : be CRR member, run 40 miles per month



Janet Crane - Jan



Mark Culpepper - Jan



Charles Danner - Feb



James Adams - March



Harry Loste'Brown - April



Joel Spicer - May



Kevin Schied - June



Logan James - July



Jenny Moore - August



Jose Espinosa - Sept



Randy Murphy - Oct



Melody McCreary - Nov

Don't forget to vote for

Runner of the Month in 2024

Nominate a CRR member that runs a minimum of 40 miles per month

LOCKWOOD
PARTNERS

Congratulations! Tonya Jones Williams

December Runner of the Month



How long have you been running?

30 years but not consistently just a few 5K's a year

I joined a gym 7 years ago and met some women that encouraged and inspired me to start running on a consistent basis

Favorite Local race?

Halloween Howl & Jingle 5K

Favorite Distance?

Both 5K & 10K

PR's:

Just happy to finish, placed in Winter Series last year

Next Goal?

Just finished Beat the Bird Half, possibly another half in Nashville in April

What are you most proud of in your running adventure?

Thankful for the health I have to run and being able to stick to the training schedule for the half

Why are you a member of CRR?

CRR provides so much to our community of runners.. from organizing group runs, races and social activities to passing along knowledge and training programs. CRR enables us a healthy, productive outlet for life.

I appreciate and am grateful to CRR for all the work and time they invest to promote these opportunities for a healthier lifestyle.



RAGAN
INSURANCE AGENCY, INC.

Scholarship Recipients 2023



Andrew McGinnis

&

Evan Rehrauer

**College Scholarship
Recipients 2023**



Trailblazers Cross Country Team

Team Scholarship Recipient

COLUMBUS PEDIATRIC ASSOCIATES



Monthly Half
Dates

12/2/23

More 2024
dates coming
soon!
1/6/24



Red Nose Half
Marathon



Rogue Reindeer
Beer Run

Dec 21, 2023

6 pm

2024 dates
coming soon



October Trick or Treat Beer Run

Drinking not required having fun is!

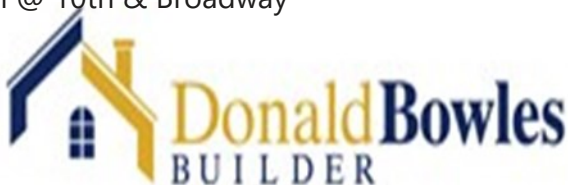
Looking for a run
group?

Tues & Thursday contact caroleeluther@gmail.com if interested meeting
at Lakebottom @ 515 pm through February then moves to Hardaway

Wed - 6pm @ Big Dog Fleet Feet

Saturday - 6 am @ Big Dog Fleet Feet

Saturday - 7:30 am @ 10th & Broadway





COLUMBUS FOOT & ANKLE, P.C.



TROY ESPIRITU, DPM, FACFAS

NICHOLAS SMITH, DPM, AACFAS

SPECIALIZING IN RUNNING RELATED INJURIES

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NAIL DISORDERS

HAMMERTOES

FRACTURES

HEEL PAIN

BONE SPURS

STRAINS

BUNIONS

SPRAINS

TRAUMA

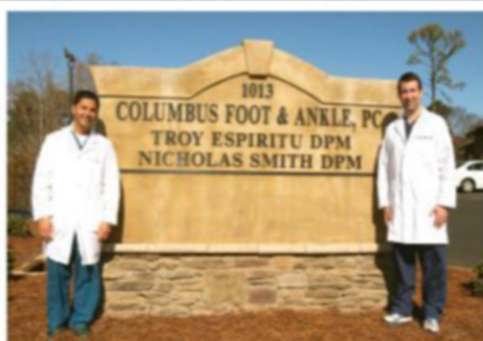
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(706) 653-5501



**ENGINEERING
SERVICES, INC.**



2023 Sponsors: Advance Rehabilitation, Aflac, Big Dog Fleet Feet, Clear Blue IT, Columbus Foot & Ankle, Columbus Hospice, Columbus Pediatric Associates, Don Bowles Builders, Durham Sears Real Estate, EMC Engineering, Foot & Ankle of West Ga, Iron Bank Coffee, Kim Mixon Realty, Lockwood Partners, Old Town Optique, Ragan Insurance, SOML, Staff Zone, Wilson Snacks & Chips, WMC

**Thank you for sponsoring CRR in 2023!
Look what together we accomplished.**