



Presidents Message: **Strider**

2023 is off and running! So are the Columbus Roadrunners!

Run Columbus begins in February with **SuperBowl 5K and 10K**. Are you working on a **Run Streak**? What better way to meet it than by signing up and committing to the **Run Columbus Series** which takes you through to the end of the year. Many of our races have varied distances to meet multiple preferences.

Women in Motion is back and promises to be a fun year with a dedicated sponsor, Staff Zone! We have options for everyone with Porch Dog Program, group runs, free monthly half marathons, hosted beer runs, and of course, races.

Our motto this year is **Better Together!** Together we can achieve more, it gives us a network of support and resources to grow and accomplish goals. Together we can reach more people in Columbus and the surrounding area to promote running and physical fitness. So find a friend, or a group run, and together we can **Run Columbus!**



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

Carolee, CRR President



Sponsor
SPOTLIGHT

*Congratulations Chris Brazell, PE, PLS
Promoted to Chief Operations Officer*



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
 - Runner of the Month
 - Exclusive member discounts on Columbus Roadrunner races: SuperBowl, Old Mill Run, Run Columbus Series.
- 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 Session now:

1/23 - 3/15/23: Target Race St Paddy 5K on 3/17/23

Next Session:

6/12 - 8/9/23: Target Race Lakebottom 5K on 8/12/23

9/6 - 10/25/23: Target Race Big Dog Howl 5K on 10/28/23

10/30 - 12/13/23: Target Race Big Dog Jingle 5K on 12/16/23

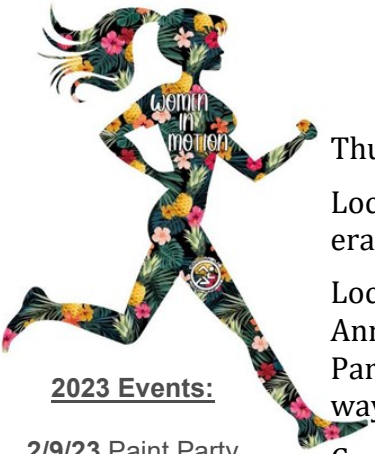
All dates subject to change.



FOOT & ANKLE
OF WEST GEORGIA

Women in Motion

Paint Party



2023 Events:

2/9/23 Paint Party

4/21/23 Friday Night Concert

Dates to be announced:

June: Paddle Board

July: Pool Party

August: Hike & Picnic

September: Danner Farm
Trail Run & Yoga

December: Holiday
Extravaganza

Thursday, 2/9/23 at 6 - 9 pm

Location: Innovative Automotive 901 Veterans Pkwy, Columbus GA 31901

Located on same block/next door to Ruth Ann's Restaurant on Veterans. Please Park inside the gated lot, Veterans Parkway entrance

Cost: Members \$10, Nonmembers \$20 - discount given at final payment

Glory + Grace Art policy is No refunds - all sales are final - in the event you are unable to attend please notify Carolee:

Please be on time, You can come a little early if you want to pick out your seat and paint colors! Think about where you want to hang your painting. Deciding this ahead of time will help you with choosing your colors at the party.

Snacks and drinks will be provided.

Sign up online @ Runsignup

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

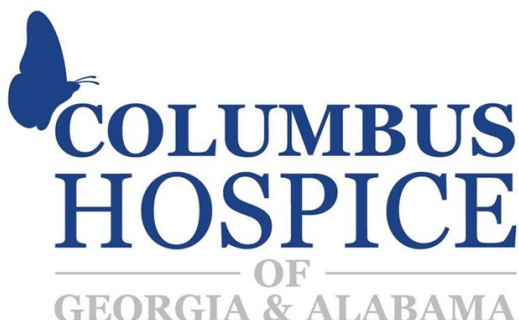


Christmas Extravaganza & Walk

We spent an evening socializing at Cannon Brew Pub and went for a walk down Broadway to enjoy the Christmas lights.

Together we collected:
14 twin sheets
12 Men's PJ sets
17 Men's Sweatsuits
12 Smoke Detectors
11 Twin Blankets
19 Bed Pillows

for Columbus Hospice
Patients





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

Run Streak Challenge is for any Columbus Roadrunner Member.

There are 3 options:

1) **RUN** 365 days per year of a minimum of 1 mile per day 1/1/2023 - 12/31/2023

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

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

dates of races 1/7/23, 2/11/23, 3/17/23, 7/1/23, 7/22/23, 8/12/23, 9/9/23, 10/28/23, 12/16/23. Races can be longer than 5K & count towards goal. For all races you have to have documentation: Strava, Garmin, or in the Runsignup.com results database for the race.

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

Run Streak 2022 Finishers

5K:

Kathy Bolar

Roy Bolar

Christopher Brazell

Jill Brazell

Angela Devouse

Allen Earnest

Tracy Hagan

Logan James

Jenny Moore

David Rossello

Lucy Stone

Erica Witzke

Monthly Half:

Mark Culpepper

365 days/Monthly Half:

Carolee Luther

Monthly Half/5K/50 mile:

Jimmy James

Christopher Lamb

5K/50 Mile:

Bobby Poer

Cathlina Cartledge

365 days:

Janet Crane

Fe Godbey

Goose Lockhart

Kristin Sellers

Stephen Warren





KIM MIXON

— REAL ESTATE TEAM —

A POSITIVE CHOICE. A POSITIVE MOVE.

Don't forget to vote for

Runner of the Month in 2023

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

Congratulations! Charles Danner

January Runner of the Month 2023



Charles Danner

Started running again in August 2022.

My favorite distance - 25K

Favorite place to run in Columbus is
downtown on the riverwalk

Favorite local race - Red Nose Half
Marathon

Next Goal: is to run my first marathon/
ultra 27 miler in March at Lake Martin.

I am a CRR member because it was the
best investment in myself. It leads to new
experiences, challenges, and friends.
Most of all I love the food and beer after
a run. Plus how could I not run? Almost
the whole Danner Clan runs.





Nathan Moore
Overall Male
Fall Five 5K Series



Megan Guthrie
Overall Female
Fall Five 5K Series

Races included:

Lakebottom 5K
Old Mill Run 5K
Big Dog Howl 5K
Beat the Bird 5K
Big Dog Jingle 5K

Fall Five Winners

Male Overall

1	Moore	Nathan	830
2	Rossello	Alexander	734
3	Trawick	Luke	720

Male Master

	Parks	Ryan	611
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14 & under

1	James	Logan	718
2	Stone	Fitz	399

20-29

1	Danner	Charles	574
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40 -49

1	Brazell	Chris	519
2	Gunn	W Scott	440
3	Beasley	Blake	414

50-59

1	Schied	Kevin	550
2	Bolar	Roy	345
3	Gentry	Jeffrey	289

70 & above

1	Barwick	John	275
2	Davis	Aubrey	96

Female Overall

1	Guthrie	Megan	704
2	Inglett	Alexia	680
3	Torres	Erika	676

Female Master

	Stone	Lucy	505
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14 & under

1	Parks	Morgan	557
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20-29

1	Harris	Jillian	345
2	Batchelor	Emily	124
3	Treston	Olivia	113

30-39

1	Wright	Molly	301
2	Colwell	Taylor	259
3	Hamilton	Katherine	117

40-49

1	Moody	Gina	491
2	Davis	Jennifer	469
3	Beasley	Lisa	293

50-59

1	House	Melissa	456
2	Jones	Tonya	373
3	Devouse	Angela	249

60-69

1	Moore	Jenny	81
2	Kirven	Carol	10

70 & above

1	Quaife	Carol	61
2	Davis	Patricia	27



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 g battchc@aol.com. Miles must be started no later than March 2023.

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.

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



RAGAN
INSURANCE AGENCY, INC.

1200 Mile Club - 2022

Zack Adams	Scott Ferguson	Megan Sperry
Blake Beasley	Fe Godbey	Zane Spicer
Joni Biancardi	Kevin Gowen	Lucy Stone
Roy Bolar	Amanda Hicks	Tony Taylor
Robert Bowden	Raymond Jackson	Jackie Walton
Mark Bradford	Jimmy James	Stephen Warren
Liz Brooks	Christopher Lamb	
Don Cleveland	Carolee Luther	
Laura Coleman	Della McDonough	
Brooke Conklin	Chris Miller	
Margaret Connelly	Jennie Miller	
Janet Crane	Bobby Poer	
Mark Culpepper	Evan Rehauer	
Lisa Danner	Olivia Salgado	
Jennifer B. Davis	Kevin Schied	
Jason Dennis	Lisa Shores	



Completed all 4 races
and earned the
Distance Series Bag

Cathlina Cartledge	Christine McClung
Margaret Connelly	Keith McJunkin
Janet Crane	Julie Melton
Mark Culpepper	Gena Ochal
Bethany Donnelly	Michael Phelps
Tim Donnelly	Jackie Phillips
Allen Earnest	Bobby Poer
Jimbo Flowers	David Rossello
Fe Godbey	Tiffany Rupert
Haley Hughes	Joel Spicer
Anne Hughes	Alana Spiece
Jimmy James	Steven Taylor
Christopher Lamb	Stephen Warren





Kids Run Columbus Training Program

Location: Hardaway High School

Time: 6pm

Start Date: Thursday, June 22

Finish Date: Thursday, August 10

Cost: \$20 includes Training, Tshirt, Certificate & \$5 discount on target race

Target Race: Lakebottom 1 mile or 5K Sat August 12

Description: 8 week training session for K- 6th Grade - each session will consist of training for 20- 30 minutes and finish with a run from 1/4 mile working up to a mile or more depending on ability.

COLUMBUS PEDIATRIC ASSOCIATES

Run Columbus

Dates:

2/11/23 SuperBowl
3/17/23 St Paddy's
7/1/23 Heatwave
8/12/23 Lakebottom
9/9/23 Old Mill
10/28/23 Howl
11/11/23 Beat the Bird
12/16/23 Jingle



Beer Run

Dates:

3/23/23
4/13/23
5/4/23
7/20/23
9/21/23
10/26/23
11/16/23
12/21/23

Dates subject to
change due to
weather or as
needed

Monthly Half

Dates

2/4/23
3/18/23
4/1/23
5/13/23
6/17/23
7/8/23
8/26/23
9/16/23
10/28/23
11/11/23
12/2/23



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

LOCKWOOD
PARTNERS





Life-long Friends through Running

Jean Dyer

In the process of cleaning files, I discovered articles I had written for *The Strider* many years ago. I thought I would contribute at least one more.

Running and being a member of the track/road runners club have proved to be ways to gain friends. You share unique and similar experiences. You understand your running colleagues in a different way than you understand your work colleagues or a neighbor. Some of these running colleagues become life-long friends.

My husband, Fred, recently celebrated his 85th birthday. As I well know, he is a dedicated runner, feeling a need to run every morning. Although, on Saturday he will walk with me. Even though he is not as fast as he once was and does not race much anymore, he still challenges himself. He runs in different locations and often combines these runs with birdwatching. After each run, he logs his mileage, times and all the birds he saw. These are solo runs.

On special occasions, Fred runs with someone else. In particular, Mike Stephens, a former track and cross-country coach at Shaw High School, asked Fred to run 8.3 miles with him on Fred's 83rd birthday. Then Mike asked Fred to run 8.5 miles on Fred's 85th birthday. These runs were accomplished at Lake Heath Park – several loops. Actually, these events combined running with walking, with more distance spent in running than walking. What a wonderful thing to do together; two individuals brought together by a sport they can continue throughout their lives.

Another friend who still runs is Steve Hicks, retired from Columbus Tech. Although Fred does not run with Steve often, Fred hears about the running exploits of Steve's grandchildren at Kiwanis meetings. Evidently Steve's grandchildren have inherited his genes, as they are excellent runners- winning or placing near first in almost every competition. Fred also encounters Albert Van Cleave, a retired math professor from Columbus State, biking on "the trace." Due to injuries, Albert no longer runs. He and Fred are similar in age, and the competition between them was strong during their racing days. [Both Mike and Steve are younger than Fred.] Some may remember Albert grading math papers as he waited for presentation of racing awards.

I do not mean to ignore Fred's other friends who trained with him regularly or were in many of the same races in his earlier "hard-core" competition days. Some still run. However, others no longer live in Columbus, are unable to run due to injuries, and/or perhaps have lost interest in running. As expected, the number of individuals who consistently ran or raced with Fred in the past has dwindled over a period of more than 45 years. Yet, the individuals cited in this article demonstrate that running can create life-long friends.

Hope each of you has found life-long friends through running as well.

Better Together



COLUMBUS FOOT & ANKLE, P.C.



TROY ESPIRITU, DPM, FACFAS

NICHOLAS SMITH, DPM, AACFAS

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BUNIONS

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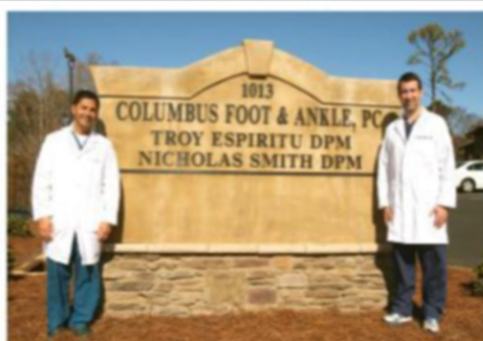
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Thank you for sponsoring CRR in 2023!
Better Together!