



# COLUMBUS ROADRUNNERS

## Strider

Presidents Message:

2022 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







Columbus Hospice serves both Georgia & Alabama.

They are a Non-Profit Service celebrating over 43 years in our community. Their goal is to comfort all patients through compassionate medical care and essential comfort care services.

Their passion is to provide patients with “quality of Life” when it matters most.

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

### In progress now:

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

**All dates subject to change.**

### Next Session:

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



**FOOT & ANKLE**  
OF WEST GEORGIA

## Women in Motion

### Holiday Extravaganza & Walk



**Dinner and festivities followed by walk on Broadway to see Christmas Lights.**

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 to choose from:

\*Twin bed sheets must be XL, Deep Pocket

\*Men's pajama sets

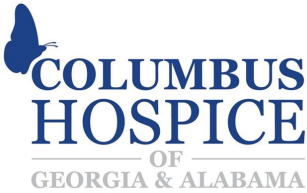
\*Men's sweatpants & sweatshirts (loungewear)

Smoke Detectors

Twin Blankets

Bed Pillows

**Dinner cost is covered, drinks are on your own. Please sign up to attend. Registration will be capped at 50. All that sign up, attend, and participate in the give back will receive a long sleeve shirt. Must be signed up by Dec 7th to be guaranteed shirt**



If unable to attend but want to donate, drop off at Big Dog Fleet Feet by 12/13/22

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

**Event schedule for 2023 will be posted in January 2023**



## 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.

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





**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](mailto:jljames.crr@gmail.com)



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

challenge yourself!



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





# Runner of the Month 2022

Criteria : be CRR member, run 40 miles per month



Chris Lamb - Feb



Steve Taylor - March



Nathan Moore - April



Gordan Borkat - May



Saushia Hathaway - June



Effie Ward - August



Ms Jackie Phillips - Sept



Angela Devouse - Oct



Lee L'Oste Brown - Nov

## Congratulations! Jennifer Davis

### December Runner of the Month



Jennifer Davis -Dec

Started running in 2010. First race was Country's Midnight Express!

**My sweet spot distance** - half marathon with a PR of 1:55:47!

**Favorite place to run in Columbus** is along the riverwalk! You see some interesting things there!

**Favorite local race** - Big Dog Jingle. It's in December - usually cooler weather and my birthday month!

**Favorite other place to race**—Pensacola Florida or Florida in general! I PR'd my half @ Pensacola Beach Run, but I thrive running in Florida (it's flat) LOL.

**Next Goal:** Maybe marathon #2 or faster 5K , goal in progress!

**I am a CRR member** because of the support this group provides for the running community. It's also a great way to meet people who share your interests and make new friends.

# Scholarship Recipients and July Runners of the Month

I have completed five of six races this year far. My first one wasn't my best because I had to adjust from running a 5K to an 8K competitively. But, I came out and have done well in my other races, finishing second for my team one meet and top five for my team in the other races. I have run two meets under 27 minutes with my PR in the 8K being 26:55. I had the opportunity to run against Kaleb in our first meet and our conference meet. My team placed fourth out of 11 in the conference and I am proud to say that I was a scorer in that meet. Although Georgia College & State University is not the biggest or most well-known school, I have a great coach who cares about his runners. My team trains well together, has fun together, and competes strong.

**Evan Rehrauer**

Scholarship Recipient



**Kim Mixon**  
REAL ESTATE TEAM

**A Positive Choice. A Positive Move.**



**Andrew McGinnis**

Scholarship Recipient

2022 SOCON Cross Country Awards

Freshman of the Year

Samford University

8K PR: 25:02

15th @Conference



**RAGAN**  
INSURANCE AGENCY, INC.

Kaleb had a season best of 26:57 in the 8K. Kaleb is ranked 10th on the robust Augusta roster. Augusta men's team swept the top 5 places at the Peach Belt Conference on their way to the Regional Championships. Augusta is primed for a National DII appearance. Kaleb will concede a spot on the National Team and is focused on training averaging 70 miles a week in preparation for the outdoor season in which Kaleb intends to pursue the 5,000 meters on the track.

**Kaleb Ellis**

Scholarship Recipient





Thank You!



Donna Morgan and Kym Harden  
for providing our water stations throughout 2022 for  
our Half Marathon courses



CRR Christmas  
Celebration

@

River Dragons  
Hockey

On Saturday,  
12/17/22

@ 730 pm

Sign up online  
at Runsignup  
Members FREE  
Non members \$5



**Rogue Reindeer  
Beer Run**

**Dec 15, 2022**

**6 pm**

**2023 dates  
coming soon**

**Monthly Half  
Dates**

**12/3/22**

**More 2023  
dates coming  
soon!**

**1/7/23**

**Red Nose Half  
Marathon**



**Looking for a run group?**

Tues & Thursday contact [caroleeluther@gmail.com](mailto: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**





# COLUMBUS FOOT & ANKLE, P.C.



TROY ESPIRITU, DPM, FACFAS

NICHOLAS SMITH, DPM, AACFAS

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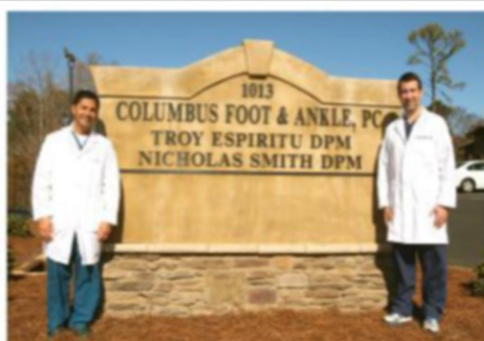
## COLUMBUS' #1 SOURCE FOR STATE OF THE ART FOOT & ANKLE CARE

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SERVICES, INC.**



**2022 Sponsors:** B&B Beverage, Big Dog Fleet Feet, Columbus Foot & Ankle, Columbus Hospice, Don Bowles Builders, Durham Sears Real Estate, EMC Engineering, Envoy Mortgage, Foot & Ankle of West Ga, Iron Bank Coffee, Kim Mixon Realty, Lockwood Partners, Old Town Optique, Orangetheory Fitness, Ragan Insurance, SOML, TracSoft Inc, Wilson Snacks & Chips, WMC

Thank you for sponsoring CRR in 2022!  
Look what together we accomplished.  
Better Together!