

September 2023



Presidents Message:

Strider

Wow! Summer has been a heatwave, hope everyone has practiced safe running! Beside sluggish legs and soaked shirts, cramps are another side effect of elevated heat. Check out the information included on cramps and ways to prevent them.

Is your **Run Streak still going strong?** We have 4 races left in our **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's next event is Sept 24. Details are included in this newsletter. Our other activities are the Porch Dog Program, group runs, free monthly half marathons, hosted beer runs, and of course, races.

Our motto this year continues to be **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



Monday – Thursday 7 am – 9 pm
Friday & Saturday 7 am – 11 pm
Sunday 8 am – 6 pm

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.

Session starting soon:

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

Next Session:

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 Danner Farm 5K & Yoga

Sunday 9/24/23 @ 2 pm

Location: 116-a N Herring Rd Phenix City AL 36870

Run, walk, stroll the 5K and enjoy some relaxing yoga under the skies.

Bring a yoga mat.

Snacks and drinks provided.

Next 2023 Event:

Date to be announced:

December: Holiday
Extravaganza

We will be collecting items from Columbus Hospice wish list for our December event.

See list below:

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



WIM @ Roller Derby
July 2023

WIM @ Friday Night
Concert
April 2023



WIM Paint Party
February 2023

Items collecting for December WIM event:

- Smoke detectors w/batteries
- Medication pill boxes four rows for 7 days
- Small sippy cups or small cup w/straw. Handles optional.
- Men & women nonslip bedroom slippers in average size
- Men & women socks/footies



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

CRR Scholarship



Andrew McGinnis

2nd year

@ Samford University

Evan Rehauer

2nd year

@ Georgia College





KIM MIXON

— REAL ESTATE TEAM —

A POSITIVE CHOICE. A POSITIVE MOVE.

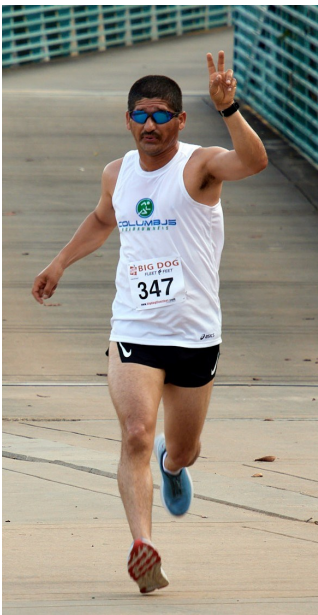
Don't forget to vote for

Runner of the Month in 2023

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

Congratulations! Jose Espinosa

September Runner of the Month 2023



**What is your next
goal?**

To run a
marathon

**Jose joined CRR
this year. He has
often been an
award winner for
races he has run
with us. We look
forward to hearing
about the
marathon he is**



Reasons to join a local running club:

Motivation & Accountability

New Community & Sense of Belonging

Run Father, Run Faster

Have more RUN FUN!



**ADVANCE
REHABILITATION**

PHYSICAL THERAPY

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. Gordie must have miles no later than March 2024 to be in the running for next year.

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

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



RAGAN
INSURANCE AGENCY, INC.



If you are interested
contact Carolee Luther
caroleeluther@gmail.com



We need volunteers for the following races:

9/9/23

10/28/23

11/11/23

Do you have a business or organization that likes to have community involvement and looking for a way to get involved? Contact us and let us help you meet that goal!





Kids Run Columbus Training Program
next session June 2024

Lakebottom 1 mile 2023



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:

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

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 Hardaway @ 515 pm through October then moves to Lakebottom

Wed - 6pm @ Big Dog Fleet Feet

Saturday - 6 am @ Big Dog Fleet Feet

Saturday - 7:30 am @ 10th & Broadway



**LOCKWOOD
PARTNERS**





IF YOU RUN YOU ARE A RUNNER.

It doesn't matter how far
or how fast.

It doesn't matter if today
is your first day or if
you've been running for
twenty years.

There is no test to pass,
no license to earn.

JUST RUN!



Muscle Cramps

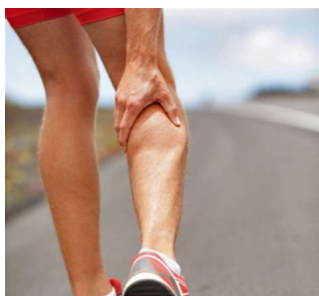
What happens during a muscle cramp?

A muscle cramp is a sudden, painful, and involuntary contraction of a muscle or group of muscles. This condition can last for a few seconds to minutes and is often accompanied by visible deformation or hardening of the affected muscle. Muscle cramps commonly occur in the calves, feet, and thighs, leading to significant discomfort

What prevents muscle cramps?

There are several things you can do to prevent muscle cramps and relieve their symptoms:

- **Stay hydrated:** Make sure you drink enough water, especially during exercise or in hot temperatures. This will prevent dehydration, which can lead to muscle cramps.
- **Balance electrolytes:** Get enough electrolytes such as sodium, potassium and magnesium, either through a balanced diet or by consuming electrolyte-rich drinks or supplements. Electrolytes play an important role in muscle contraction and can counteract cramps.
- **Stretching exercises:** Regular stretching of the affected muscles, especially before and after exercise, can prevent muscle cramps. Focus on stretching exercises for the calves, feet and thigh muscles.
- **Heat and relaxation:** Apply warm compresses to the affected muscles or take a warm bath to improve circulation and promote muscle relaxation.
- **Massage and self-treatment:** Gently massage the affected muscles to relieve tension. Use slow, circular movements and apply light pressure when needed. You can also try self-massage techniques like using a fascia roller.
- **Rest and recovery:** Allow your muscles sufficient time to recover, especially after intense exercise. Ensure adequate sleep and avoid overloading the affected muscles.



**ENGINEERING
SERVICES, INC.**



COLUMBUS FOOT & ANKLE, P.C.



TROY ESPIRITU, DPM, FACFAS

NICHOLAS SMITH, DPM, AACFAS

SPECIALIZING IN RUNNING RELATED INJURIES

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FLAT FEET

NAIL DISORDERS

HAMMERTOES

FRACTURES

HEEL PAIN

BONE SPURS

STRAINS

BUNIONS

SPRAINS

TRAUMA

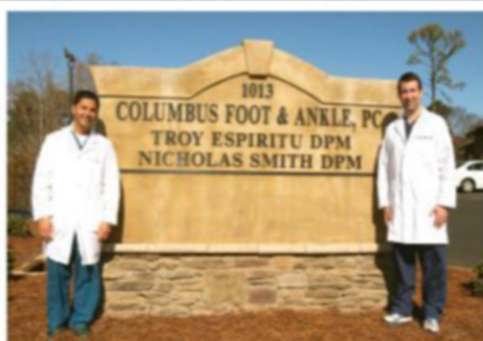
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(706) 653-5501



Better Together

2023 Sponsors: Advance Rehab, 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, WMC

Thank you for sponsoring CRR in 2023!
Better Together!