

Feb 2024



Presidents Message:

**Strider**

2024 is here! The Columbus Roadrunners are off and running catching dreams & making PR's.

We kicked off the running season with our annual Red Nose Half Marathon on January 6, 2024. We had just over 720 finishers! It would be awesome to see all of our races increase in size so there is more competition and more people to encourage all of us along the road.

We changed our **Series** this year to 3 series of 3 races to add a little more bling to our calendar. Sign up for one, two or all 3 of the series and check out the medal you will receive for running all of the races in the Series. The Series are **Classic Series**, **Summer Series** (bringing back the Summer Solstice with an added feature), and the **Holiday Classic Series** (moving the Howl to morning race so hopefully more can participate). Note pictures of medals are being posted on our facebook page.



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

Our motto 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 **grow our races, events and running community!**

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

Carolee, CRR President



*Sponsor*  
**SPOTLIGHT**  
**ESP**  
LAW  
Elizabeth S Pitts,  
Attorney at Law



# 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, Classic Series, Summer Series, Holiday Classic Series, Beat the Bird.
- 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
  - 15% off glasses & annual supply contacts @ Old Town Optique
  - One free week at Blitz Fitness and YMCA (new members only)
  - Strider Club Newsletter
  - As a member of the CRR access to resources with the Road Runners Club of America (RRCA)



## 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 Session now:

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

### Next Session:

6/10 - 7/31/24: Target Race Lakebottom 5K on 8/3/24

9/4 - 10/23/24: Target Race Big Dog Howl 5K on 10/26/24

10/28 - 12/18/24: Target Race Big Dog Jingle 5K on 12/21/24

**All dates subject to change.**



**FOOT & ANKLE**  
OF WEST GEORGIA



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

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) It is your responsibility to send your progress.

## Run Streak 2023 Finishers

### 5K:

Warren Bailey

Kathy Bolar

Roy Bolar

Cathlina Cartledge

Samantha Cato

Don Cleveland

Charles Danner

Lisa Danner

Angela Devouse

Tania Diggs

Lupita Escobar

Jose Espinosa

Tracy Hagan

Jesse James

### 5K continued:

David Martin

Billy McKinley

Joyce McKinley

Jenny Moore

Jackie Phillips

Allyson Porter

Carol Quaife

Jennifer Roberts  
Woodbury

Erika Torres

Erica Witzke

### Monthly Half:

Mark Culpepper

### 365 days/Monthly Half:

Carolee Luther

### Monthly Half/5K

Jimmy James

Logan James

Christopher Lamb

### 365 days:

Stephanie Brookins

Janet Crane

Jason Dennis

Fe Godbey

Kristin Sellers

Lisa Shores

Zane Spicer

Stephen Warren







**What:** 2024 Live Big Community Challenge

**When:** January 2024 - December 2024

Registration opens December 30, 2023 and closes February 8th, 2024.

**Description:** Big Dog, Columbus Roadrunners and Project 42 are partnering together to make your running year a success! The 2024 Live Big Community Challenge is a fun opportunity to keep your running/walking alive all year long! The challenge is to complete 12 races in 12 months. The race can be any distance. It can be here in Columbus, GA or anywhere else in the world but **9** of the races need to be either Big Dog, Columbus Roadrunner or Project 42 races. Those races dates are: 1/6/24, 1/27/24, 2/10/24, 2/11/24, 3/16/24, 3/23/24, 4/13/24, 4/20/24, 6/21/24, 7/6/24, 7/13/24, 8/3/24, 8/17/24, 9/14/24, 9/15/24, 10/5/24, 10/19/24, 10/26/24, 11/9/24, 11/26/24, 12/15/24, 12/21/24. Triathlons count. **Virtual races do not.** Challenge yourself and have fun with it! Choose a distance you've never done before or run a race in a new state or do your first trail race! The point of the challenge is to run and race consistently, not to complete the challenge in a few months. (If you do more than 12 races awesome! - but we won't count it if you do them all in a few months and say I'm done). You have 1 month out of the year to make up for a month you missed (one month you can run two races). Document on social media with the tagline #livebigchallenge @bigdogfleetfeet. You will be required to show proof of races that are not run locally. **Send your progress monthly to Jimmy James @jljames.crr@gmail.com**  
**It is your responsibility to send your progress.**

**Award:** Medal (Picture of medal coming soon!!), shirt, and all those that complete the 12 races will be entered into drawing for FREE pair of shoes.

Columbus Roadrunner races are listed in this Newsletter.

**Contact:** Carolee Luther @ caroleeluther@gmail.com





# KIM MIXON

— REAL ESTATE TEAM —

**A POSITIVE CHOICE. A POSITIVE MOVE.**

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

**Congratulations! Margaret Connelly**

**February Runner of the Month 2024**



**Margaret Connelly**

**How long have you been running?**

At Least 30+ years

**Favorite Local race?**

Red Nose Half Marathon

**Favorite Race Elsewhere?**

Peachtree 10K Atlanta GA

**Favorite Distance?**

10K

**What are you most proud of in your  
running adventure?**

NYC Marathon 2017

**Next Goal?**

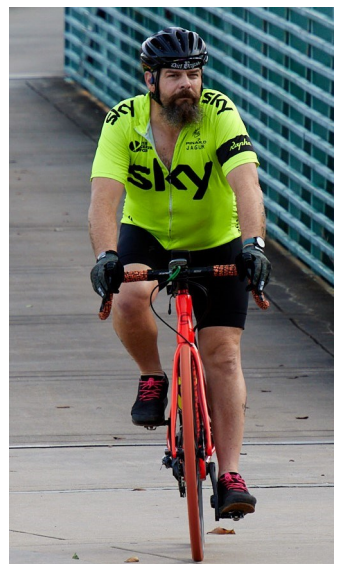
Continue running in 2024

**Why are you a member of CRR?**

Race Challenges and variety of distances



Columbus Roadrunner  
Volunteer of the Year 2023  
**Andy Benicasa**





**Jose Espinosa**  
Overall Male  
Run Columbus Series

**Races included:**  
SuperBowl 5K & 10K  
St Paddy 5K  
Heatwave 5 Miler  
Lakebottom 5K  
Old Mill 5K & 10 Mile  
Big Dog Howl 5K  
Beat the Bird 5K  
Big Dog Jingle 5K

**Kristin Sellers**  
Overall Female  
Run Columbus Series

Run Columbus							
Male Overall				Female Overall			
1	Jose	Espinosa	1471	1	Kristin	Sellers	1188
2	Nathan	Moore	1444	2	Lori	Nelson	916
3	Chris	Lamb	1310	3	Erika	Tores	914
14 & under				14 & under			
1	Logan	James	1260	1	Lucy	Brooks	348
2	Jesse	James	355				
15-19				20-29			
1	Bradley	Brooks	855	1	Shelby	Gilmore	384
20-29				30-39			
1	Charles	Danner	1170	1	Samantha	Cato	910
40 -49				2	Gillian	Brazell	543
1	Jimmy	James	995	3	Cathlina	Cartledge	499
2	Michael	Keck	728	40-49			
3	Chris	Brazell	378	1	Lisa	Danner	798
50-59				2	Erica	Witzke	544
1	David	Martin	1140	3	Gina	Moody	516
2	Jeffrey	Miller	940	50-59			
3	Jeffrey	Gentry	611	1	Fe	Godbey	672
60 –69				2	Renee	Miller	568
1	Mark	Culpepper	993	3	Julie	Legg	558
2	Jimbo	Flowers	483	60-69			
3	Steve	Steele	470	1	Margaret	Connelly	857
70 & above				70 & above			
1	Stephen	Warren	1277	1	Jackie	Phillips	220
2	Chuck	Faulkner	284	2	Carol	Quaife	134
				3	Jenny	Moore	89



ENGINEERING  
SERVICES, INC.



# 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 [gbuttchc@aol.com](mailto:gbuttchc@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. Choice after 3rd year.

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

## 1200 Mile Club - 2023

Blake Beasley  
Lisa Beasley  
Joni Biancardi  
Robert Bowden  
Mark Bradford  
**Bradley Brooks**  
Liz Brooks  
Brooke Conklin  
Margaret Connelly  
Mark Culpepper  
**Charles Danner**  
Lisa Danner  
Jennifer B. Davis  
Jason Dennis  
Angela Devouse  
**Alan George**  
Fe Godbey

John Hester  
**Sheldon Hundley**  
Raymond Jackson  
Jimmy James  
**Logan James**  
**Berton Keith**  
Christopher Lamb  
Carolee Luther  
Della McDonough  
**Larry McQuiston**  
**Randy Murphy**  
**Vince Naman**  
Bobby Poer  
Evan Rehrauer  
Kevin Schied  
Kristin Sellers  
Lisa Shores

Lauren Smith  
Megan Sperry  
Zane Spicer  
Lucy Stone  
**Stephanie Talbott**  
Tony Taylor  
Jackie Walton  
Stephen Warren



Bold = 1st time 1200 mile club members



**RAGAN**  
INSURANCE AGENCY, INC.



Carolee Luther & Steve Warren  
15 years



## Kids Run Columbus Training Program

**Location:** Hardaway High School

**Time:** 6pm

**Start Date:** Thursday, June 13, 2024

**Finish Date:** Thursday, August 1, 2024

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

**Target Race:** Lakebottom 1 mile or 5K Sat August 3, 2024

**Description:** 7 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. No training on 7/4/24.

# COLUMBUS PEDIATRIC ASSOCIATES



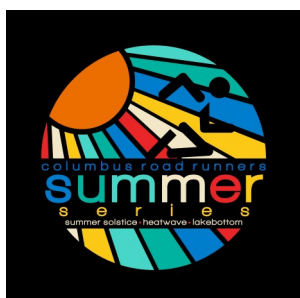
### Classic Series Dates:

2/10/24 SuperBowl 5K & 10K

3/16/24 St Paddy's 5K

4/20/24 Old Mill 5K & 10 Mile

Medal for running all 3 races.



### Summer Series Dates:

6/21/24 Summer Solstice 5K & Yoga

7/6/24 Heatwave 5 Miler

8/3/24 Lakebottom 5K & 1 miler

Medal for running all 3 races.



### Holiday Classic Series Dates:

10/26/24 Howl 5K

11/9/24 Beat the Bird 5K & 10K

12/21/24 Jingle 5K

Medal for running all 3 races.

### 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

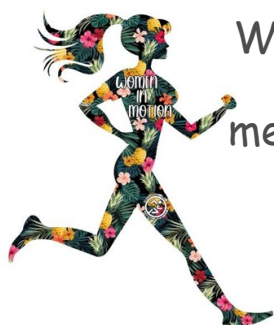
Saturday - 6 am @ Big Dog Fleet Feet

Saturday – 7:30 am @ 10th & Broadway

**LOCKWOOD**  
PARTNERS







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

**Women in Motion**

**2024 Events:**

**February 20**

**630 - 8 pm**

Game night and dinner

**April 21**

Hiking; Providence Canyon  
& Omaha Brew Food trucks

**More event ideas with  
dates to be announced:**

Paddle Board  
Pool Party  
Hike & Picnic  
Trail Run  
Yoga  
Painting  
Cooking Class

**December:**

Holiday Extravaganza

**Beer Run Dates:**

**3/16/24**

**4/18/24**

**5/16/24**

**7/18/24**

**9/19/24**

**11/21/24**

**12/19/24**

**Dates subject to  
change due to  
weather or as  
needed**



**Monthly Half  
Dates**

**2/3/24**

**3/16/24**

**4/13/24**

**5/11/24**

**6/1/24**

**7/13/24**

**8/24/24**

**9/14/24**

**10/27/24**

**11/16/24**

**12/7/24**

Dates subject to  
change as needed

Blitz45 is offering **one free week** to CRR members  
to check out what they have to offer.

Memberships are month to month and  
CRR members will have a special price.

Contact Buddy @ [buddy@blitz45fitness.com](mailto:buddy@blitz45fitness.com)



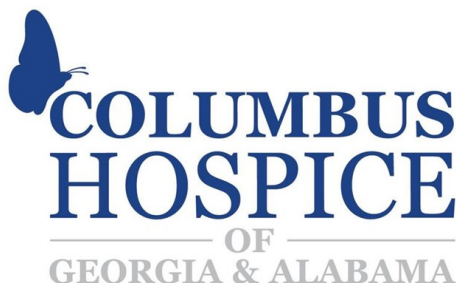
Donation to YMCA from  
Old Mill 5K & 10 Mile 2023

Our race on April 20, 2024  
helps support the  
YMCA programs.



YMCA is offering **one free week** to  
any CRR members who is not a Y  
member to check out what they  
have to offer.

Contact Lori Coffield @





## COLUMBUS FOOT & ANKLE, P.C.



TROY ESPIRITU, DPM, FACFAS

NICHOLAS SMITH, DPM, AACFAS

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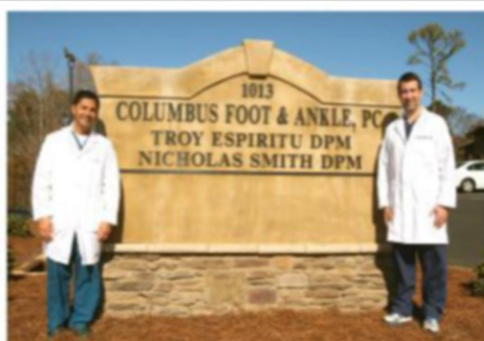
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# DS

## REAL ESTATE



**2024 Sponsors:** 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, ESP Law,  
Foot & Ankle of West Ga, Iron Bank Coffee,  
Kim Mixon Realty, Lockwood Partners, Old Town Optique,  
Ragan Insurance, WMC

**Community Partners:** Blitz 45, YMCA

Thank you for sponsoring CRR in 2024!  
Better Together!