

**In this issue:**

- Letter from our CRR president – Carolee Luther
- Run For The Heroes – Run Across GA
- San Diego Rock 'n' Roll Marathon & Half Marathon
- CRR Summer Series
- 

## President's Message

by Carolee Luther

Hey Columbus Runners,

Wow! This summer the opportunities to train for your next run are *hopping* in Columbus. June 25<sup>th</sup> at Cooper Creek (7pm) kicks off the start to the Couch-to-5K (C25K) program training for Country's Midnight Express, and the Next Steps and Galloway programs training for our local Soldier Marathon & Half Marathon. Joining these programs are not just for these specific races, but are designed for everyone to get involved with group runs that help keep you in shape & give you the motivation and support to stay healthy & fit!

A little competition never hurt either! Our 2nd annual Summer Series is back on with 5 exciting 5K races that provide different running terrains. These races are held on 2 Saturday evenings and 3 different weekdays so you can keep your weekends open for other fun summer activities. You can't beat the price either – \$50 for members & \$70 for non-members! To add to the Summer Series fun, you get a summer-ending Celebration Party to complete the experience.

I specifically want to celebrate the success of some awesome Columbus runners that accomplished unbelievable running goals. From running their 1<sup>st</sup> marathon in San Diego to running clear across the state in the 'Run for the Heroes - Run Across Georgia.' Whatever your goal, we applaud your accomplishments & want to hear about every detail! Send us an article or a picture with your best caption & we will share it on our Facebook page and highlight your best captions in our next newsletter!

We had a great group from Columbus that went to San Diego for our destination 2013 Marathon & Half Marathon. We had so much fun that we plan to make the destination run an annual event and want you to join us! Get your vote in for the running destination of your choice! Some suggestions already thrown in the hat are Seattle, WA in June, Dublin (Ireland!!) in August and Phoenix, AZ in January. As we found out in San Diego this year, running is a great way to experience any city you visit!

Remember to upload your best running photos and captions and to vote for 2014's Destination Marathon and Half-Marathon. As always, don't forget this is your club – all ideas & suggestions appreciated.

Happy Running!

*Carolee*



Running and completing the Run Across Georgia Race is at the top of my running career. Preparation for the race began almost one year before when I began setting my mind on the eventual finish.

This race takes months of preparation physically. I would run 7 to 15 miles 4 days a week and then somewhere between 27 to 35 on Saturday and 25 more on Sunday. I would take one day a week off for recuperation. This process began about 3 months out from the race.

I was fortunate to be able to train some with the Legend himself, John Teeple, and that was a blessing to learn from his experience.

Mentally the challenge is just to understand you are going to hurt. Once you realize that the pain will only be so bad and you just push through then you have made it over a very important hurdle. This is something you cannot train for besides making your mind up beforehand that you will do all you can to finish.

The run itself was grueling. I would suggest running as much as you can in the cool hours of the day. From noon until about 5 o'clock is energy sapping. I still can't believe I finished and I must say I feel very proud of the accomplishment.

As in anything you can have a bad day, but in this race the key was to push through and run to see another one, and another one, and...well you get the idea!

- Kelly Brackin, 1<sup>st</sup> individual female finisher in the 2013 Run Across Georgia



Kelly Brackin, husband Shon, and kids at the finish line!



Brenda Hitz, and Sal Coll in the home stretch of the 2013 Run Across Georgia

**The Strider:** How do you even train for a 260 mile race?

**Brenda Hitz:** With such a huge undertaking it was difficult to know where to start. I knew that I needed to have a solid base mileage of at least 50 miles per week and then build toward 100 mile weeks. I had also run a tough 50 mile trail race in October and I really felt the benefits, an important part of my base building plan. Multiple long run days were scheduled back to back. Some were 3 days back to back to back.

**TS:** Was the heat a factor in your race, and how did you overcome that aspect of it?

**BH:** I decided that I wanted to run the RAG mostly at night to help overcome the expected heat issues so I needed to consider how my body clock would react to that and so planned to incorporate training runs through the night, take short rest and run again. Basically I wanted to teach my body to run with little sleep on tired legs. My work schedule helped me incorporate this and though hectic, and many times exhausting, it was an ideal scenario to rather than say “wow I’m too tired to go run today” I pushed myself past it and I decided to use it as part of my training plan. I figured I would be under this kind of stress during the race. I also quizzed those that had gone before me. I asked about the unexpected challenges they faced what they learned out there and tips in general. This information was invaluable and really shaped the way I trained and what I did during the race.

**TS:** Did you follow a specific plan in your training for this race?

**BH:** Other than the guide above I pretty much made up my own plan. I took one day off running each week and incorporated strength training every day, mostly working on keeping a strong core and feet. The race started May 22<sup>nd</sup> my training intensity really began February 25<sup>th</sup> so I had a solid 11 weeks of high mileage with a week and half taper. I’m not sure if my plan was ideal but I guess it worked. I incorporated my conservative race pace plan I got to the finish line healthy in under 5 days.

**TS:** How do you feel after running across the state of Georgia?!

**BH:** I am feeling pretty awesome despite my extremely swollen feet and legs. I did finish before any of the relay teams started coming in. Total hours between start and finish, just under 105 hours!

*Congratulations to you Brenda, on your amazing finish, and best of luck in your future races!*





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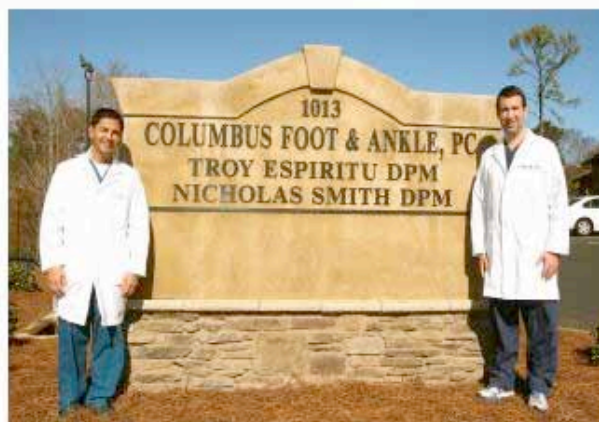
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Congrats to all Columbus Roadrunners who participated in the 2013 Run for the Heroes – Run Across Georgia!

Pictured: The 2013 Team Shagadelics: Kim & Joey Mixon, Reggie & Carolee Luther, Shane & Melinda Ragan, Tina Rust, Steve Warren, Matt Underwood, Andy & Brooke Bolstad, Merisha Johnson, Gary Phillips, Tony Burkett, Joni Biancardi

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#### **Training Up for the 2013 Run for the Heroes/ Run Across Georgia by Team 8 Over 40 in Under 40**

The team started forming around six months prior to the RFTH/RAG. Two members, Dan Bennett and Mark Gerkin, were the only veterans of previous RAG runs. The remainder of the team was all new to this type of running, but were all too willing to do it for the charity. Our two goals going into this run were simply to raise the most money, and to have fun.

The team Captain, Dan Bennett, kicked off the first meeting of the newly formed team with a five mile run. From this point on we decided to run once a week as a team. We varied the runs by distance, worked on speed, ran hills and varied pace. Our runs consisted of short runs of 4 miles up to 14 miles. We even ran a few night runs to give us all a chance to run with headlamps. This proved to be valuable not only in running at night, but also dealing with oncoming traffic. During the week all team members continued to work on their own.

A couple of months out from the RAG the team ran a 130 mile practice run from Columbus through Geneva-Woodbury-LaGrange and finished back in Columbus. This practice run gave all of the inexperienced RAG runners a good example of what the actual RAG may be like. In the final weeks leading up to the RAG we encouraged all team members to run 2-3 times per day several times a week to get used to running multiple legs a day.

The final week we tapered just as you would for a marathon. We tried to replicate the RAG in all aspects as we knew it. It helped us to know what beverage or food we could stomach in such a run. When it came down to it all of the team members were well prepared for the task at hand for the Memorial weekend Run for the Heroes/Run Across Georgia.

May God Bless Our Troops and Veterans!  
- Scott McCranie

## San Diego Rock 'n' Roll Marathon & Half Marathon



Pictured L-R: Reggie & Carolee Luther, Chandler Bahr, David Strickland, Oula Majzoub, Edward, Alexa, Shelly Dinkin, Ricky Moran, Amanda Nelson, Mary Ann Broccato, Don & Clare Bowles



Congratulations on a job well done to Chandler Bahr and David Strickland who completed their first marathon at the 2013 San Diego Rock 'n' Roll Marathon! Chandler and David are both graduates of the Couch to 5K, and Next Steps programs! What a testament to their commitment and training!

Chandler Bahr  
**Finished In:**  
5:06:35

David Strickland  
**Finished In:**  
6:04:28

~ And congrats to Ricky Moran, Carolee Luther, and Amanda Nelson, who PR'd on this course! Amanda even bettered her time by a whole hour! Nice job!





The next C25K session starts Tuesday June 25<sup>th</sup>, and meets Tuesdays and Thursdays at the Cooper Creek Fitness Trail at 7pm. The goal race for this training program is the Country's Midnight Express, held on August 24<sup>th</sup>! Join us for this FREE program, and achieve your goals!

The Next Steps program is for those who have completed Couch to 5K, and are ready for, well, the Next Steps! The program builds from running 1.5mi to completing a 10K (6.2mi). The CRR offers the training for FREE, but if you want a personalized training plan, we ask that you be a member.

- Training for the Big Dog Heat Wave 5 miler, and Soldier half or full marathon will meet at the Cooper Creek fitness trail Tues/Thurs at 6:55pm & Sat. at 6:30am (various locations)







Ed Lopez, DPM  
Columbus Clinic  
706-322-7884

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**Calling All CRR Members!**

- Are you good with managing finances?
- Can you develop and balance a budget?
- Are you interested in becoming more involved with the CRR?

If you answered yes to any of the above questions, please see our president, Carolee Luther, about possibly becoming the new treasurer for 2014! Applicants will start working with current treasurer, Shelly Dinkin, as soon as possible – so don't delay! Email Carolee at [caroleeluther@gmail.com](mailto:caroleeluther@gmail.com) or Shelly at [shelly.g.dinkin@gmail.com](mailto:shelly.g.dinkin@gmail.com)



Columbus Roadrunners  
present  
Summer Series 2013

Check the races you plan to run:

- ☐ 1 June 22 Summer Solstice 8 pm (Brusters Schomburg Rd)  
☐ 2 July 10 Rails to Trails 5k (near Legacy Chevrolet) 7:30 pm  
☐ 3 July 24 Flat Rock Park 5K 7:30 pm (Rails to Trails)  
☐ 4 Aug 7 Rotary Park 5K 7:30 pm (Riverwalk)  
☐ 5 Aug 24 Country's Midnight Express 12 MN

**Registration Fees: Circle the one that applies**

**Series Entry:** CRR member \$50; Nonmember \$70 includes technical shirt; \$80 Race Day for Everyone

Individual 5K Entry: Summer Solstice 5K: CRR Member \$20; Nonmember \$25; \$30 Race Day

One Mile Entry - Summer Solstice only: CRR member \$10; Nonmember \$15 **1 mile** \_\_\_\_\_

July 10, July 24 & Aug 7 5k's: CRR Member \$5; Nonmember \$10

Country's Midnight Express 5K: Must sign special Country's waiver in order to be entered in Country's 5K & receive Country's Midnight Express shirt with special logo—waiver will be available at 1st packet pick up

Shirts received: Summer Series tech shirt, Summer Solstice shirt, Country's Shirt

Race Day registration is from 6:15 to 7:15 pm. for Wed races. No refunds given.

**Awards:** Summer Solstice: **1 mile**: all participants get ribbons; **5K**: top 3 overall; winner in age groups

**5K Series Awards** will be given at the end of the Series on Sept 21, 2013 along with a Celebration Party

Runners must run 4 of the 5 races to be eligible for Series awards including Summer Solstice & Country's Midnight Express. Awards to top three overall, winner in 10 year age groups—all male & female

**Registration: Complete this form & mail to address below or go to Estartline.com:**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

DOB: \_\_\_\_\_ Male: ☐ Female: ☐ Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Shirt size: YOUTH, WOMENS or MENS (circle one) S M L XL XXL (only available in mens) CIRCLE SIZE

**Waiver/Release Statement (please read and sign below):**

In consideration of acceptance of this entry, I hereby, for myself, my heirs, my executors and administrators, waive any and all rights and claims for illness, injuries, or damages I may have against the Columbus Roadrunners Club, the Road Runners Club of America, and it's officers, directors and members, volunteers, employees, agents, sponsors or race director. None of the above is responsible for loss of personal items, nor any form of aggravation in connection with said event. I fully understand that my participation is a completely voluntary undertaking of my own choosing and I fully understand that in doing so I assume full responsibility for all damages or injuries incurred by me in connections with this event. I give permission for the free use of my name or photograph in any broadcast or print account of this event. I am in proper physical condition to participate in this event. I certify that I carefully read this release and know the contents.

Participant's Signature: \_\_\_\_\_

Parent/guardian if participant is under 18 years old: \_\_\_\_\_

**Mail completed & signed entry form  
with any payment to:  
Columbus Roadrunners  
POB 9734  
Columbus, Ga 31908**



Ragan Insurance  
706-323-9521







## 2013 SOLDIER MARATHON Registration Form November 9, 2013 – Columbus, GA



For information email [info@soldiermarathon.com](mailto:info@soldiermarathon.com) or visit [www.soldiermarathon.com](http://www.soldiermarathon.com).  
Make checks payable to Soldier Marathon and mail to P.O. Box 1895, Fortson, GA 31808

Please print your name and contact information (your age and gender are required to be eligible for age group awards.)

Race: Marathon \_\_\_\_\_ Half Marathon \_\_\_\_\_ Relay Marathon \_\_\_\_\_ (Team Name: \_\_\_\_\_)

Kids Marathon \_\_\_\_\_ (ages 6 to 12, or Kids Half Marathon for ages 3 to 6)

Name (First): \_\_\_\_\_ (Middle Initial): \_\_\_\_\_ (Last): \_\_\_\_\_

Gender: M \_\_\_\_\_ F \_\_\_\_\_ Age on race date: \_\_\_\_\_ Date of Birth: (mm/dd/year): \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Country: \_\_\_\_\_

Daytime Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_

### REGISTRATION RATES:

Civilian	Marathon	Half Marathon	Relay*	Kids Marathon**
Thru Jan. 31	\$60	\$45	\$205	\$25
Thru July 31	\$85	\$70	\$215	\$25
Thru Sept. 30	\$95	\$80	\$245	\$25
Thru Nov. 4	\$105	\$90	\$260	\$25
Thru Race Day	\$115	\$95	\$280	\$25
Military***	Marathon	Half Marathon	Relay	Kids Marathon
Thru Jan. 31	\$50	\$40	\$155	\$15
Thru July 31	\$55	\$45	\$165	\$15
Thru Sept. 30	\$65	\$55	\$190	\$15
Thru Nov. 4	\$75	\$65	\$215	\$15
Thru Race Day	\$85	\$75	\$225	\$15

\* Relay: 4-member teams running 10k (6.2m) or 12k (7m) legs

\*\* A marathon race is 26.2 miles.  
A half marathon is 13.1 miles.  
Kids run 25.2 or 12.1 miles to qualify to run the final 1-mile to complete the half or full marathon on Friday, Nov. 8, 2013 at 5:30 p.m.

\*\*\* Military discount for active, retired, spouses or dependents.  
Mail copy of military ID with registration.

Register by October 20, 2013 to be guaranteed finisher's shirt at race. No refund on registration but carryover to next year is allowed. Online registration and mail-in registration close November 4, 2013.

T-Shirt Size: (check) MALE ADULT: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ 2XL \_\_\_\_\_  
FEMALE ADULT: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_  
KIDS: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_

### PAYMENT

Race Registration ..... \$ \_\_\_\_\_  
Pasta Dinner at the National Infantry Museum: \$15 for 1 \_\_\_\_\_, \$25 for 2 \_\_\_\_\_, \$7.50 for kids \_\_\_\_\_ \$ \_\_\_\_\_  
National Infantry Museum donation (optional) ..... \$ \_\_\_\_\_  
House of Heroes donation (optional) ..... \$ \_\_\_\_\_  
Total Amount Enclosed ..... \$ \_\_\_\_\_

### Waiver Must Be Read and Signed Before Mailing:

In consideration of this entry being accepted, I hereby for myself, my heirs, executors, administrators, or any child registered above, waive and release any and all rights and claims for damages I or my child registered above may have or may sustain against the Soldier Marathon and Half Marathon, the Soldier Kids Marathon, Fort Benning, Georgia, Columbus, Georgia, Phenix City, Alabama, USA Track & Field, Columbus Road Runners Club, the race director, all race committee members, all volunteers, and all sponsors, of all claims for damages of any kind arising out of my participation or my child's participation in the Soldier Marathon or Half Marathon or the Soldier Kids Marathon, or while traveling to and from the event. I also for myself and all the above parties covenant not to sue any of the above parties for any of said claims for damages. I give my permission for any photographs of me or my child from the event to be used to publicize this or future marathons.

Signature Required \_\_\_\_\_

Date \_\_\_\_\_

Parent's Signature (if Under 18) \_\_\_\_\_





## Jeff Galloway Training Events:

It's not too late for experienced runners to join in on the marathon training!

Saturday  
July 27, 2013 **Half Marathon Training Begins**  
Big Dog Running Co.  
7:30am

Saturday  
Nov. 9, 2013 **Target Race**  
National Infantry Museum **Soldier Marathon & Half Marathon!**  
8:00am



### For more Information and to Register

[www.active.com](http://www.active.com) (keyword: Columbus, GA Galloway Training Program)  
Contact Shelly at [shelly.g.dinkin@gmail.com](mailto:shelly.g.dinkin@gmail.com)  
or visit [www.bigdogrunning.com](http://www.bigdogrunning.com)  
[www.JeffGalloway.com](http://www.JeffGalloway.com)

*\*It is recommended that you are able to run a minimum of 3 miles to begin this program.*