

UPCOMING
EVENTS:

- Resolution Run, January 1, 2011
- Red Nose Half Marathon, January 8, 2011
- Super Bowl 5K/10K, February 5, 2011
- Snickers Marathon/Half Marathon, March 5, 2011

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The Strider

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Kelly's Midnight Express

My name is Kelly Brackin and I have been running for 6 years. It wasn't until last year that I became really involved with racing and doing speed workouts on the track.

This year has been a very unusual racing year for me. I ran my 2nd marathon 35 minutes faster than my 1st marathon the previous year. I have been working on my speed workouts a lot more which I credit for the good runs and races that I have done.

This past July I started coughing, persistently, which did not help my training at all. It was not easy and I struggled to breathe. I continued coughing and saw multiple doctors to find a treatment for my illness. I was placed on many different medicines for five weeks, until I was finally diagnosed with Pertussis (whooping cough). Even though the

cough was a hindrance, I continued my training, long runs and speed workouts at the track to prepare for the



Kelly Brackin, Age division winner, Country's Midnight Express 5K, 2010.

Country's Midnight Express which I have participated in for the past 5 years. Unbeknownst to me, it was going to be my best 5K yet! I crossed the finish line (whooping cough and all) with a time of 21:54! I won first place in my age division.

At the end of the race, I celebrated with all of my Columbus Roadrunners (CRR) buddies many who

also placed in their age division. We had a good time and took pictures of each other receiving their awards. Of course we did what we all do best following a race—EAT!

I love being part of a terrific group of runners that like to run, and it's part of a good fitness lifestyle. Not only that, but it does become very addicting—running and socializing!

Congrats to all the runners that placed this year, and to those that took the challenge to do it for the first time.

My, you do not know what you have in store for your overall health and well being....

Hope to see you all next year even stronger and faster!

Author—Kelly Brackin

“The race is not always to the swift but to those who keep on running.”

Letter from the President



Dr. Ed Lopez
President
Columbus Road Runners

Dear Columbus Roadrunners, I hope this letter finds you all in good health and enthusiastic about your running in the 2011.

The Columbus Roadrunners (CRR) had a good year in 2010. The CRR Couch to 5K program continued to thrive. As a result all of our club runs were bigger this year. The Red Nose Half and Full Marathon was a great success and had large increase in participants despite a wind chill temperature of 9 degrees at that start time. The Super Bowl Run added a 10K and had as many runners as the 5K. The Summer Solstice was blessed with cool weather and a strong turnout. The highlight of the year for CRR was Inaugural Soldier Marathon (SM) & Half Marathon. There were over 800 finishers in both races. The

reviews received on soldier-marathon.com, marathonguide.com, and other web sites were overwhelmingly positive. Cecil Cheves did a great job especially as a first time marathon race director. The large committee comprised of mostly CRR members put a in tremendous number of hours in producing the race. The Soldier Marathon put Columbus, GA on the not just the Georgia running map but on the National running map as well. We expect the race to grow a lot in the second year. Cecil, the CRR and SM Race Committee learned a lot in producing the race. This experience will help us take the necessary steps in planning and organization to make this an even better event in 2011. So please put November 12th on

your calendar for the 2011 Soldier Marathon. We need your support as a runner, a volunteer and a promoter of this race, the city of Columbus, our Military and our associated charities.

Our Charities in 2010 were The National Infantry Museum, House of Heroes and Honor Flight.

The Strider, the CRR Newsletter, will return on a quarterly basis. Tracy Wooldridge is the new Strider editor. Our Socials will also be quarterly and will be at differently locations, possibly Callaway Gardens, and may include family activities, clinics and other fun events. Our next social in February will also be the CRR Annual Meeting and Club Board Position elections

“Obstacles are what you see when you take your eyes off the goal.” - Luis Escobar

Kelly’s Midnight Express Cont...



Age Division Winners
Front Row L to R: Kelly Brackin, Alice Pate, and Tina Rust.

Back Row L to R: Steve Warren, Randy Hitz, Gordon Borkat, Thomas Pate and Bill Berry.



Celebrating after the race, L to R, Kelly Brackin, Stephanie Burroughs, and Tina Rust



Kelly Brackin and Tracy Fox after the race.

Columbus Runs and Rules



Gordie Borkat with his son Michael Borkat

On a beautiful day in September, many of us drove the short trip to Plains, GA for the Peanut Festival 5K Road Race. Needless to say, we went to run, all with the hopes of getting an award, to be presented by former president Jimmy Carter. So, off we went.

There was a 1 mile fun run, followed by a 5K. The course started in town and headed out and back through the country. It was about as flat as could be,

with very few turns. After the start, support came from friends you passed. In my case, it was usually seeing them headed toward the finish already. The last 0.1K was straight to the finish line with lots of cheering, and then good refreshments, including lots of peanuts, of course.

And we all ran well. Everyone received an award, beginning with Wyn Burroughs, Stephanie's niece in the 1 mile. Age group winners included Tom Pate, Gordon Borkat, Stephanie Burroughs, Tina Rust, and Alice Pate. Tracy Wooldridge would have won her age group also, except that she was out-sprinted

at the end by Alice.

As each award was given, and we shook Jimmy Carter's hand, there was a pause so pictures could be taken. The experience of receiving an award under those circumstances is indescribable. The best I can say is that I was choked up. To be with a former president, recognizing your accomplishment, is one of the most memorable running experiences I have ever had.

That was a great road trip for the Columbus Roadrunners, full of camaraderie and running success. It is one that should be planned for the future. I know that I will try to go back.— Author, Dr. Gordon Borkat

“The will to win means nothing without the will to prepare” -

Juma Ikangaa



“The Soldier”

The Soldier Marathon was a huge success. Several challenges including a couple of course changes and Uptown Columbus activities, nothing could deter the excitement for this event. Thanks to all the planners and volunteers that made this such a great event. Everyone looks forward to next year's race!



Start of the Solider Marathon and Half Marathon



Columbus Roadrunners

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We run this town.

The Columbus Roadrunners Club is a volunteer organization founded to promote the fun of running and physical fitness throughout Columbus and the surrounding areas. Be it road, cross country, track, trail or triathlon, we have something for everyone. The club is a chapter of the Roadrunners Club of America. The Columbus Roadrunners is open to anyone who wants to jog, run, or race regardless of age, sex, or running ability. The CRR offers individual, family, and student membership plans, and each plan receives the club newsletter The Striders. The club holds group runs, provides training programs from beginners to marathoners, conducts monthly meetings with programs on running, fitness-related topics and organizes various racing events in Columbus and the surrounding area. Membership is on an annual basis from the date your application is received.

President's Message Continued...

will be held. This is your club so help us make it better. If you are interested on working on the board or volunteering in planning our events or groups runs please contact me or any current board member. The date, time and location of the CRR Annual Meeting is TBD.

Please look for more info after the first of the year.

In 2011 there will also be a lot more choices for group runs, training programs, clinics, local races and running shoes stores. Please check out columbusroadrunners.com for a listing of these events.

Please join us at the Red Nose Half

Marathon on January 8 at 10th and Broadway and on February 5th for the Super Bowl 5K, 10K and 1 Mile Fun Run at Country's on Broad. Please note that the Red Nose will just be a Half Marathon this year.

Happy Holidays.
Run Healthy, Run Happy,
Dr. Ed
CRR President

