

Jim Parham: Highlights for the year for 2019:

Goals for 2019 were to run and swim MAD. To do that I knew I couldn't hit 1200 miles running. So I retired and thanks to YOU Mandy, I didn't feel too guilty. You have REALLY done a great job and I know the work it takes. THANK YOU!

As I got going, I saw that the running goal was too easy and felt a bit guilty about not hitting 1200 for the first time in as long as I could remember. So I amended the goals to MADx2 for running. As I proceeded, for a few months I thought I wouldn't make it. When I focused on running, I would fall short on swimming; focus on swimming and fall short on running. December put me 50 miles short of running and 30 swimming. But I squeaked in for both with 739 Run and 365.1 swim. Now for 2020. Thinking about repeating but gonna experiment in January and see how it goes.

Kenneth Atchison: 2019 highlights for me would be hitting my goal of 2400+ miles for the year, other highs (and possibly the biggest) was running a 3:03 at the Mercedes Marathon, which was good enough to not only qualify, but get me registered for the 2020 Boston Marathon. I won a couple 5ks, placed in age groups in a couple races that I thought would be impossible to do, and attempted my first Ultra - the Rebecca Mountain 50 miler, which I also experienced my first DNF. My favorite running memories came from the great people I got to share some of my miles with during the year, especially my fellow trail runners! I met some of the most friendly and accepting people on the trails, which make this lifestyle so great!

Brooke Nelson: Highlight: After a major reconstructive knee surgery (non-running related injury) and months of rehab and determination, my highlight for 2019 is being able to run again. My first race back was Woodstock, followed by the Lake Placid Half IRONMAN in September. I have never taken running for granted, but I have a renewed sense of appreciation for the sport that helps me cope with my crazy life.

Marty Wennblom: I finished December with 187 miles. I was able to finish 7th place at the Rocket City Marathon and 21st overall at the Army Ten Miler for highlights. Thanks for helping make 2019 the best running year ever. Our community is a wonderful place to live, work and run!

Chris Mahaffey: I hit 3650+ for 10 a day average for the 2nd year in a row after trying to do it for at least the previous 5 years. I really had no intention of trying to do it again after last year especially after picking up cycling during the summer which I've really enjoyed. I actually took more running days off than I probably have in a few years combined. I do think it helped because I probably got more total cardio in while giving the "running legs" a little break from the pounding, especially since I'm not able to get on the trails much. I also managed to run a PR in the marathon at Indianapolis in November despite less days running.

Becki Jones: This year my main goal was to run my third full marathon. I ended up running 1 4 miler, 5 5k's, 1 8k, 2 10k's, 4 half marathons and 1 full marathon all in 8 states (Alabama, Tennessee, Ohio, Oregon, North Carolina, Indiana, Virginia, and Florida).

Ron Walker: For running~ I set a few PR's and logged more miles in a year than I ever have...Thanks [Dennis Paradeis](#) for pushing me to get a long run in early ☺ most Saturday's.

Brian Mount: Finished the Mississippi Gulf Coast Marathon for my 150th marathon. It was flat course with great views of water. Marathons are hard and not sure how I have did 150 of these. Proud of finishing 150 marathons.

Tim Wade: No particulate highlight to mention. I'm just thankful to be able to run. Every run even down the same path is different but the outcome is always the same. A feeling of accomplishment and gratification. I am so blessed to be able to share my journey with such a wonderful running family. I wish them all miles of enjoyment.