

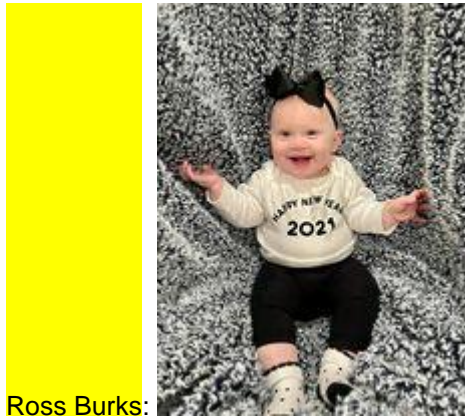
Kenneth Atchison: Highlights for me during 2020 would be the people who I shared some of my miles with, or the ones that have encouraged and supported me during my many misadventures.

Richard Bingel: My goal was altered some, after my medical issues were finished with, and I'm happy to have reached 700 miles total for the year. I hope to continue on with my rehabilitation, and to further improve my overall health and running.

Valerie Burrage: Year in Review

It has been a crazy year with COVID. Races have been postponed and canceled, but training had not. My goal for 2020 was to run Indianapolis Monumental Marathon and Mercedes to Boston qualify. Those plans were changed. I kept training and ran Grayson Highland 50K and Bearly Ultra 27 miler. Both of those races I finished in 1.5 faster than my predicted time. I have enjoyed training with my fellow road and trail runner friends. I did enjoy getting to ride more on the Silver Comet. Another highlight was the Beer Mile that was held at Becki's house.

I think this year maybe my highest mileage ever. I said, "I am going to run 100 miles a month." Well, I surpassed that goal and was less than 100 miles from 3,000 for the year. Enjoy what you do, and your goals will fall in place. Happy running in 2021!



Ross Burks: The birth of his beautiful daughter, Nora!

Brooke Nelson: By far, my highlight for 2020 was pacing my friend, Mike Miller, for his Pinhoti 100 mile race in November. Seeing Mike focus and train for this tremendously hard event, was amazing. He took what he had learned from not completing the event the year before, and applied those lessons to what he needed to finish this time. I was honored that he asked me to pace him, and was so excited to see him complete his goal. Kudos to Mike, and kudos to Kristi, too, for making sure he had all he needed – miles, training, nutrition, pacers, etc. – to ensure he achieved this win. They are a great team! Favorite quote: When I picked up Mike at Porter's Gap (about mile 68) at 2 a.m., I asked if he was ready to "rock and roll?" He had just taken a pretty scary tumble down Blue Hell in the dark, and he replied, "Bless your heart, Brooke. I'm a big old baby." But NO, he was not. He was a FINISHER!

Jim Parham: 2020 will forever be known as the Covid year. The most unusual year in my 74 years for sure.

My running highlight was Feb 29 at a very hilly course in Centre Alabama. Cherokee Chop 10K. Though I didn't know it at the time, the genesis of my highlight occurred at the GRC Banquet where Krysten Gentry announced there would be 2 Divisions for the Grand Prix: A long Division with 10K and above and a shorter 5K division.

I have usually competed in the GRC GP due to the timing of the races since we are in RI for 6 months of the year. The only races I would be able to schedule and meet the required number of races was the long division. As a swimmer (365 miles in 2019;250 this year) and older runner the challenge was daunting. 15K's in trails and half marathons would just be toooo much, but as I trained I could see it was doable. And on Feb 29:
25 Commander Jim Parham 446 73 M 1 70-99 1:05:33.9 1:05:44.3=10:32 Pace.
I thought I was on my way to great running. But then the Pandemic of 2020 ...one race cancellation after another.
And that would be the last race I would run and even in training have not come close to that.
May 2021 bring more races and a return to normalcy.

Patty Wapshott: Highlight: finishing last quarter of 2020 strong and making that 1,200 miles

Mandy Williams: 2020 brought a lot of changes for my family. Not just from COVID-19, but homes, jobs, running routes, commute and routines. Through it all, I logged more miles than I ever had, thanks to our stray Sandy who likes to go for a morning run EVERY morning. According to Strava, I was active 364 out of 366 days in 2020. I'm curious which 2 days we missed! Although, a lot of races got cancelled, I loved to see the resiliency of the running community and the creative ways people came up with to make it interesting and to help struggling businesses. I ran a few virtual races, which I had always found pointless in the past. As summer wore on, I was blessed to start racing at live events again and add 13 more half marathons to my goal of running 100 half marathons before I turn 40 (which happens November, 2021). Only 16 more to go!
I have enjoyed hearing everyone's mileage reports each month. It's been an honor to share the struggles and accomplishments with each of you! As always, the miles are yours, and I appreciate you all sharing them with me each month! I hope everyone is proud of their achievements for 2020 and have new goals in mind for 2021!