

1. Betsy Wright: 2020 brought challenges for everyone, and I was no exception. Injuries and setbacks caused me to have to start fresh in 2021. I set a goal to complete my first Ironman 70.3 and started working towards that goal on day 1 of 2021. Swimming has always been a weakness, so I committed to swim 3 times a week, combining pool and open water training swims. My training schedule was rigorous and packed as I started before daybreak each day to fit my swim, bike, and run workouts in. I chose a triathlon a month, increasing the distance of each as the year progressed and my goal race neared. In August, I completed Rocketman Triathlon, my first Olympic distance triathlon, and my first river swim triathlon. This gave me confidence that I would be able to complete Ironman Augusta 70.3. I continued to train at least two disciplines each morning before work and complete brick workouts each week. On September 26th, 2021, I achieved my goal and completed Ironman Augusta 70.3. Tears ran down my cheeks as my feet hit the red carpet of the finish chute. Never have I poured so much time and hard work into one goal. It was an amazing moment, and I will forever cherish the process. In 2021, I swam approximately 140,000 yards, biked over 1,300 miles, and ran over 1,200 miles. My goals for 2022 are to keep reaching.
2. Ken Brewer: I am happy with 2021 considering I started off January with Covid and then got hit with respiratory crud in November.
3. Ken Atchison: 182 for me during December. I played with the thought of pushing it to break 2000, but I just decided to be happy with whatever I got instead of just chasing numbers. I think this is my lowest mileage year following my first year of running. I quit chasing times and numbers for the most part and have put some of my competitive nature behind me. I've enjoyed the times with my running friends and have made some new friends along the way. Goals still exist, but they are different from the ones I've had in the past. 2021 was a horrible year for my personal life, and my running life reflected some of that. Here's hoping for at least a better running year for 2022.
4. Richie Bingel: My yearly goal, was to double last year's output. I'm now sitting @ 1401 miles total. Mission accomplished!
5. Jim Parham: 2021 was dominated by Covid and was in many ways a continuation of 2020. Races were few; I only ran one ARC race, a 5K in March at Camp Lee. I did meet my goals of MADx2 Run (746) and 1/2 Mad Swim (193) but the seminal event was a 51-year Reunion with my 1970 Auburn Midshipmen Class. We had been Zooming weekly and finally met in the Loveliest Village for Homecoming on Sept 25. While our reunion was replete with laughter and memories--and even a few nostalgic tears, my running Highlight was a 5K race in Columbus Ga that morning. Three shipmates all over 70 ran it in that same place where all of us had gone to basic Parachutist School. A former SEAL and Blackhawk Helo pilot --shipmates for over half century ran the race and earned 1,2,3 for our age group. A 2021 memory I hope to repeat in 2022.



6. Dennis Davis: Woohoo I get to add another patch! Thanks for making me accountable. Now let's get 2022 going!



7. Becki Jones: In February I ran my first Ultra....Mt. Cheaha 50K. In March, I ran Lake Martin 50 miler and came in 3rd overall female. In April I ran the Seven Trails Ultra Festival 100 miles and came in 5th female and 9th overall. This was a big year for me on trails an in ultra running.
8. Landon Delozier: Memories from this year: start with my huge 5k pr at the pancake run where I ran 16:34. Traveling to Chicago and running a 20 minute PR in the marathon was awesome. 3:09
Then my 10k pr at the Plucked Turkey with 35:45. But the memory that takes the cake for this year was traveling to Huntsville for RCM then it got canceled and we ended up traveling to Biloxi to run in the Mississippi Gulf Coast Marathon the next day. I was blessed enough to hit my Boston qualifier and ran 2:52.
9. Jennifer Watwood: I completed my 100th half marathon in Carrollton GA. It's something that I have been working on since I decided to run half marathons back in December of 2015. 6 years, 13 states and over 1300 miles 🤔🤔 I would have

completed this task earlier this year but Covid had other plans. It's been a taxing year and a half but it was all worth it when I crossed that finish line yesterday! I was lucky enough to have a couple of runners from Anniston at the finish line cheering me on and videoing my finish. Thanks again to [Ron Walker](#) and Brian Mount for the shout out and the pics! Thanks so much for everyone that helped me get to where I can post about this today! [Mandy Williams](#) this post is for you! 😄😁😊 thanks so much for the last year!!!

10. Vickie Varnes: 2021 was full of personal challenges for me. I was still rehabbing from 2020 and my plan was to only run the races in 2021 that I had deferred from 2020. Per my physiotherapist orders, I needed to continue to cross train including yoga, strength training and HIIT. Those are things I learned to enjoy and plan to carry into 2022. I really had to dig deep in 2021 and decide "what success really meant to me" so that I could continue to run for many years." I came to the conclusion that running, period (however fast or slow) was my new definition of success and that PR's were a thing of the past. Needless to say, I did PR for the half marathon distance at Ladiga Half in Nov., which was a huge surprise.....but just being able to run that distance was the highlight, not the PR. I am just so thankful to be able to run again...granted it's not pain free, but it is a huge step in the right direction. My only goals for the 2022 year are to continue cross training with yoga and HIIT, continue lifting weights, (and hopefully get stronger), work on my running endurance (not speed) and try my best to remain injury free. The very BEST highlight of 2021 (which was not run related) was the birth of my 1st grandchild, Eli Mason Varnes, on Nov. 4, 2021. :-)



11. Mandy Williams: 1867 miles; 19 half marathons; countless memories and goals achieved! I had hoped to accomplish some other running goals in 2021, but it wasn't to be. The cancellation of the Rocket City Marathon on December 11 stole my running mojo for a while. Next week, I better have it back!! Looking forward to adding some states in 2022. 50 states by 50 years old, I'm coming for ya!! But first, let's get DOPEY!!

