

Jim Parham:

2022 was much like 2021..I did manage to run MADx2 and MAD/2 for swim for the year but few Running races with either ARC or GRC. I did do several swims as fund raisers for our Rhode Island Bay and the Coosa. Lots of 5K's on our beautiful Coosa. Problem was a piriformis issue which I think I have resolved. I do stretches now religiously and hope to run more in 2023, starting with the Half Naked in a few weeks. Goal is to run my age again for the 6.6 miles like I did in 2020. I will need it since this is a variation of the runner challenge to run one's age in minutes for the 10k but this is about .4 longer . This year I get 3 more minutes! 76! Ha!

No matter I look forward to seeing everyone.

Highlight like last year was a run with my shipmates of over half a century. We all met at the home of Naval Aviation in Pensacola for our second in person reunion. 12 of us--SEALS, Aviators, CEC, SUPPO's, Ship drivers and even Marines. We have been meeting on Zoom every Wednesday for over 2 years. All over 70 including wives. Four of us (including me—ha!) medaled for our Age Group. One wife even scored!

It is my Highlight for 2022 and a wonderful memory.



Cade Somers: In a previous year, I joined ARC only to run sporadically and never find a consistent training pattern. After joining this year, I set out to hit 1200 miles and finished with over 1300. Another goal was to finish a 5K in under 20 minutes, a long-lost routine feat of my high school years. I hit 19:45 in March at the Rumpshaker 5K, and came very close to being sub-40:00 at this year's Plucked Turkey. I credit my wife for allowing my time away, my kids for keeping me exposed to CC, and my knowledgeable friend Delo for inspiration and workout ideas.



Daley Speer: For 2022 I got to run (even if for just a short distance) in sixteen (16) states: Alabama, Arkansas, Arizona, California, Colorado, Florida, Indiana, Kentucky, Louisiana, Mississippi, Missouri, Nevada, New Mexico, Oklahoma, Tennessee and Texas.



Becki Jones: This is my second year to complete 1200 miles. I started off the year with a Florida Roots 50k and then Bear Bait Ultra 100k a 6 days later. My award for those races was a torn abductor hallucis (muscle on the bottom of the foot). It left me grounded for a few months. By April, I was able to get back into the game. My races this year included: Race to the Lake 10 mile, Noccalula Falls Spring Trail Run half, Ridge to Blazing Trail Ridge 20 mile, Rebecca Mountain 50 mile, No Business 100 mile, Halloween Havoc 6 mile, Dizzy Fifties 50k, BUTS Bearly Ultra 13.5 and on NYE, I'll be running the Run Undead Ultra Party 100k. This year, I also started race directing and held four races. McClellan Madness in March, Delirium in June, In the Heat of the Night in August and Lake Yalhou in October. I wanted to have some local trail races that might bring more awareness to our beautiful, fun trails. This has been a busy year and I can't wait to continue the madness next year.



Victoria Martin: 2022 was the first year I hit the 1200 mile mark! I made new friends and got to travel to some amazing places like Colorado with Heather Adams and Jennifer Watwood. The biggest goal I accomplished this year was staying consistent with my running no matter the circumstances and even if I had to get out and do it alone. I ran my second marathon (Rocket City Marathon) in Huntsville this December and got my first sub 4 hour. I am looking forward to 2023 and all the miles with friends it will bring.



Kenneth Atchison: 2022 brought with it many opportunities to log my miles throughout the year - an unplanned road marathon, a few ultras, a 24hr timed event, and plenty of training sessions. I was able to share many of my miles with my friends for the year, making memories

that will last a lifetime. Some goals were met, many weren't, and that's OK as long as I'm in the good company of the people I love in this sport.



Jamie Limbaugh:

Pinhoti Trail Series:

Cheaha 50k

Rocking Choccolocco 50k

Rebecca Mountain 50mi

Pinhoti 100

2022 was filled with many running goals met and some goals missed. It was a pleasure to get a second opportunity at the Pinhoti trail series.

The pursuit of physical fitness reveals my strengths and weaknesses. I love strategic planning and training especially with Ryan! I enjoy teamwork with family and friends too! I've learned more about the source of strength in my weakness. Searching for God's grace, patience and wisdom in the weakness has been a blessing too!

2022 was full. I'm excited to see what lessons and opportunities come in 2023!

