

Total Miles For ARC: Around the World?

What follows are a highlights from ARC of 2009 Running Accomplishments. I will tell you that my Highlight has been getting to vicariously experience your triumphs and joys throughout the year. Looking forward to an even better 2010. In alphabetical order, all who submitted:

Dellaine Allen - Completed 5 Half Marathons and her first Full Marathon in 2009 also reaching her 1200 mile goal.

Matt Brass: This one might be a little goofy. But my proudest running accomplishment in 2009 is the understanding that you can grow relationships with friends and family through running. Oddly enough, it took a dismal marathon last month for me to realize this as I had always been focused on running the fastest time possible. On the quantitative front, I've been proud to set a PR every year I've been running (with the lone exception of last year) since I started running in 1998. This year it was a 38:19 10k PR. Since I turn into a master runner in November of 2010 it should be interesting to see how this trend holds up.

Roxanna Conroy: Funny you should ask. I went into labor yesterday and had baby Conroy last night (Dec 3) at 729. His name is Anderson Mitchell Conroy but we call him Mitch. He was born wearing running shoes so I think he enjoyed all those miles. I had the best pregnancy and delivery and I just know staying active throughout the entire pregnancy played a major role in this

JoAnn Fort. I think my proudest moment was setting a PR for the 5k at 20:52 in the Jacksonville Lions Club Ladiga 5k. It was a goal I set (to break 21) and managed to reach in 2009.

Karen Gregg: And my proudest running accomplishment - "participating" in a Half Marathon, with my husband, in costume, in less than 3 1/2 hours. And as he likes to say "over 2000 runners and we came in third - in the costume contest :-)"

Rick Hester: Highlights

(1.) Ran 3:03 (7:00 flat per mile into the wind plus coming off surgery at Boston). (2.) Won age bracket Woodstock (finally beat Vince

Adams from Villa Rica, Ga. by 4 seconds) I sling shotted around his blind, right hand shoulder while making last left hand turn back onto Woodstock and held him off smashing up Woodstock Hill !!!

Missed breaking 19 minutes for first time in my life by 1 second ! But I'll take it since I won my age bracket at National 5k.

(3.) Won 10k Riverfest weekend at Gadsden (by default though since Jason Ayres missed a turn)... However, I had been awake for 28 hours because of me working all night in Pell

(4.) Julie Diener: Missed target of 6 flat per mile by 12 seconds and Matt Brass beat me first time in a while (congrats to him and rats on me! ... LOL) But I'll take that one too since it was the first time I ever broke 19 minutes in 5k.

Beth Howard: My biggest running accomplishment for this year was that I did the longest run I have done in over 5 years - 9.3 miles. This may be nothing for most in the ARC, but it is huge for me! With my medical condition, it is a victory to be able to do 20 minutes of upright exercise.

Rich Lamonica

I think the highlight of my year running in Korea was training with my wife Gwen. She got into running with ARC and especially with Leigh Marsh. When we got here she did not have a partner and I did not have a lot of time due to work. Then I was able to find ways to train with her and was able to be there with her as she conquered her first 10K on a rough course here through the hills.

Jay Lloyd :Most notable for me – Qualifying for Boston on my first marathon.

Raul Magadia 2009 : Ran the Mercedes Marathon in 4hrs, 6secs (could have broken 4 hrs again but my Garmin died on me so didn't realize the time). Ran the Manila Marathon in the Philippines in the middle of summer (4:32).

Leigh Marsh: My resolution was to complete 2 half marathons which was HUGE since I hobbled around for 3 months after my first one in 2008. I

completed 6 Half Marathons this year!! Whoo Hooo!! 4 were in the Rock N Roll Series so I earned 3 extra medals for that. YEA!

Brooke Nelson: My most memorable (and proudest moment) had to be my decision to “make a memory, not a PR” when I lined up with Cole to run the NYC Marathon in November. What an awesome feeling to run the largest marathon in the world with my son. Brooke Nelson

Suzy Spicland My proudest accomplishments:
finishing my first marathon and running over 1200 miles in one year. Wow!
Who'd have thought I could do it?

Angelia Todd: I'm most proud that I completed the Rocket City Marathon and was proud of running 1200 miles until I noticed that I probably finished last w/1200 miles! Next year I hope to run a bit more, but don't plan on giving Ken Brewer too much competition!

Jeff Tucker: My best running memory for 2009 would have to be completing my first marathon (Rocket City) in under 4 hrs (3.55). Looking forward to a great 2010 and thanks for logging our miles.

Will and Bobbie Williams: Here are accomplishments for 2009:

Bobbie - Running over 900 miles for 2009.

Will - 3:36:05 at Rocket City.

