

**Dellaine Allen** Year 2010 was more about blessing than accomplishments. Woodstock- Formed my 1st. team. I had the privilege to introduce 8 newbies to there first 5k. They took to this wonderful sport like fish to water. San Francisco Nike Women's Marathon and my two running ANGEL'S !!!- Thank you Leigh and Mercy. Without you two I would not have gotten there, cross the finish line or found my way back to the hotel. I will always remember that tap on my back and the words " Look Up". I completed 8-5k's, 1-8k, 1-10k, 5-half's and 1 full. I am truly blessed to be part of the Anniston Runners Club,

**Ken Brewer** Highlight for 2010: - Completing Rocket City Marathon in 3:21:07 and a State Age Record for age 69. Fun times were running River to River Relay in Illinois and 200 Mile Bourbon Chase Relay in Kentucky were our team ran it in 23hrs and 49 min.

**Derrick Carver** :For me my best running experience this past year is to have been new in town and welcomed so warmly by so many great people that have really made me feel like I was a part of their community and have also helped me to reach new levels in my distance running.

**Bill Fort** running first half-marathon at Berry College and running Peachtree (A race that everyone needs to do at least once).

**Joann Fort** The year 2010 brought many firsts; from doing my first marathon, duathlon, and metric century, to doing an olympic distance triathlon. My biggest accomplishment was being in faster motion than walking at the finish of Rocket City. Thanks to my family and friends who encourage and support me in all my endeavors.

**Geoff Freeland** I have some holiday pounds that need to come off. Just reading your leader about him {Claudis Hawkins} encouraged me. If he did it at his age I really do not have any excuse. God bless and I hope you have a happy new year.

**Darrell Harden** While I had a good race season, including new PRs in the 5k, 5-miler, 10k, half marathon, and marathon, I think the most significant thing I accomplished this year was moving into coaching. I had the privilege of coaching several first-time half marathoners and marathoners. One of the half marathoners, a 45-year-old female, was convinced she could never be a distance runner and almost quit for good after her first tough hill run; she stuck with it, though, and ran a 2:03 in her first half marathon. The wife of one of the first-time half marathoners told me that, had it not been for running, their marriage would have ended, and her husband would still be an

alcoholic if he were even still alive. Four of the first-time half marathoners in the winter became first-time marathoners in the summer. One first-time marathoner, a mother of 2 in her 30s, missed a BQ by 5 minutes. Being able to help so many runners accomplish things they never thought they could do was truly the highlight of my year in running.

**Lamonica, Richard H SFC MIL USA FORSCOM**

(richard.lamonica1@us.army.mil)

Sent: Thu 1/06/11 5:16 AM

To: James Parham (cdrjimparham@hotmail.com)

Jim, Sorry for being late. We had a bad End of year here. I lost my first guy on the 31st and the last week has been bad.

I had 123.45 miles for December. Most were running on the gravel this time so it was fun. I hope all is well. Have a good one

**Raul Magadia: Ran 3 full marathons (New Orleans, LA-4:15; Louisville, KY-4:09; Columbus, GA-4:19). Did 1st triathlon in 2010 (liked it so much I signed up for a swimming lesson & got me a new tribike).**

**Mary Meyer: My most meaningful running experience of 2010 is my first half marathon. Getting there at 1 hour and 38 minutes at the Chief Ladiga ½ marathon, to beat (unofficially) the state record for my age group. When it came to time run the marathon, I just had to remember to stay in front of my sister Starleltynn and got a great time. It was a very exciting time because I was running the ½ at practice in 1 hour 52 minutes.**

**Starleltynn Meyer: My most meaningful running experience of 2010 is my first half marathon. Getting there at 1 hour and 39 minutes at the Chief Ladiga ½ marathon, to beat (unofficially) the state record for my age group. When it came to time run the marathon, I just followed my sister Mary and got a great time. It was a very exciting time because I was running the ½ at practice in 1 hour 52 minutes.**

**April Meyer: My most meaningful running experience of 2010 is Woodstock when I ran my personal best. It was a great run.**

**Michael Meyer: My most meaningful running experience of 2010 is watching all my girls get out there and run, to have fun doing it. I won some over the year, but the**

best times were being there with my girls and knowing all I had to do was be there for them.

**Brian Mount-** The highlights for 2010 for me was running the Rocket City Marathon and doing twelve half marathons. I am also proud that I did 1200 miles for the year.

**Brooke Nelson** Pacing my running buddy, Jo Ann Fort, to qualify for Boston at the Rocket City Marathon in Huntsville in December 2010! Awesome job by Jo Ann!

**Jim Parham** For me it was meeting Claudis Hawkins and running with this amazing and inspiring man at various races. I had the privilege of chatting with him each month as he reported his Mile A Day data for the month. He would always ask, "How are you doing, Jim? You doing ok?" This was the kind of man Claudis was. Always concerned about others as he inspired just by his presence, showing us age is just a number. I will miss him. ARC will miss him.

**Mercy Pilkington** My proudest running moment happened every single time I bumped into a woman from the runners club who said, "I get your newsletter...I laugh so hard every time!!!"

**Paula Roberson** As far as expectations or hopes for the new year, I just hope to stay healthy and active in running during 2011. My greatest achievement in 2010 was finally getting below 30 minutes for a 5K. I PR'd with 29:47 at the Revelation Run, and I hope in 2011 I can get consistent with below 30:00 5K times.

**2009**

**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.

