

Anthony Blair There are several highlights that come to mind for 2011, especially being new to running. First of all meeting and having new friends through the Anniston Runners Club. Several members of the runners club have helped me out through the year with good advice and encouragement. Ran my first half marathon at Talladega in 1:46:01. Finishing 3rd in my age group at Woodstock 5k with new PR. Overall winner at the Kyle Comfort 5k in 18:25, new PR. And winning the Chief Ladiga Half Marathon in 1:32:04, this was my 2nd half marathon to run. Most of all though I have gotten healthier, lost a total of 70 pounds and went from taking 2 blood pressure pills a day to none at all. God has blessed me in so many ways this year.

Valerie Burrage: The year 2011 brought many firsts; from doing my first 1/2 marathon, first 10K, top 10 in both grand prix and 1200 miles, and new PRs in 5K. My biggest accomplishment was being a race director and increasing my speed. I have added swimming to my weekly routine and looking forward to a healthier 2012 with many miles to run. I have to mention that my son and husband started running 5Ks this year and I am glad we can run as a family.

Bill Fort. In my sixth half-marathon, I broke 2 hours with 1:59:05 at the Subaru Classic Half Marathon in Jacksonville FL on Thanksgiving Day. Nine days later, I ran my second fastest half marathon at Ladiga. I also enjoyed running Mercedes Half Marathon, after being a spectator for the three previous years.

Jo Ann Fort. 2011 - was more about racing longer distances than the shorter races. I completed my first coastal triathlon at the Nature Coast Twilight Triathlon. The swim was a little scary, but the bike and run was fun. This fall was most eventful with being accepted into running the Boston Marathon; running a PR of 1:35:13 for a half-marathon at the Subaru Classic Half Marathon, and a PR of 1:45:18 for a full marathon at Rocket City.

Darrell Harden. The year 2011 was an up-and-down year. My race performances were definitely not quite what I wanted, though I still managed to go out and run several half marathons. The big highlight for me was competing in my first Ragnar Relay. Being part of a great team experience -- and covering 196 miles in just over 31.5 hours -- was so much fun, even if there wasn't much sleeping going on. :-) I regret having missed the Ladiga Half Marathon (again), and I vow to be healthy for that run sometime. Cheers to all my distant running friends in Alabama. I'm hoping to hit the 5k at the Anniston Army Depot in April, so I'm looking forward to seeing you all!

Jay Lloyd: The definite highlight of my year is getting to pace the Rocket City Marathon. The Huntsville Track Club graciously partnered with us and allowed two ARC members, Adam and myself, to go pace the 3:40 and 3:35 groups respectively. It was amazing to give back to the sport like that, and it was rewarding for both of us to help people qualify for Boston for the first time.

Chris Mahaffey :My highlight of 2011 would be after hitting the wall causing an 8+min positive split at my first marathon, Rocket City in 2010, I ran a 2:53 a year later at the same race which was a 17min PR.

Meyer Family: The Meyers had plenty of highlights the biggest one for the three amigos was running Duncan Ridge trail you don't have many races that will change you as a runner but this one did we came back more confident we realized we could do any race after running one mountain peak and two gaps twice. The girls and I breaking a 6:13 at a 32 mile run, we got to run behind Owen Bradley for a little while. For Tommilynn just getting back to running after fracturing both hips and a lumbar strain in her back while she was in the Army, she also had foot surgery but was determined to lose weight and run with us. She has lost 23 pounds so far and her best time at Ladiga half a 1:14 which was far better than the 1:30 she had planned to run. It is the coolest thing to have all your family running together. Next year is going to be even bigger we are going to do a lot of Ultras and one being a 100K. I am proud to have girls out there running Ultras at their age when it seems like no other girls are. I was wondering how the girls would be treated at these events and so far they have been accepted and now that they have done a few they are now respected. This is the family's way of life we realize the health benefit the biggest for us was the weight lost and having the doctor ask if you're a runner because he noticed you had a low heart rate. I have a little saying "Live to run" Run to live"

Brooke Nelson: 2011 Highlights – Would have to be #1) Doing the Rocketman Oly Triathlon for the 11th year in a row with ALL my guys (Tom, Drew, Cole and Graham) doing it, too. #2) Doing Boston again, but this time with my best running buddy Will Williams. #3) Having 43 ARC Tri Team members at Mountain Lakes Triathlon! What a kick!! #4) Will Williams, Jo Ann Fort, and I all qualified for the 2012 NYC Marathon and we're going together! #5) Seeing huge growth in the Trail Junkies group! What a wild bunch of rock&rollers!

Randy Ory:I ran 144.6 miles in December and walked 6.7 miles, for a total of 151.3 miles. Included in that was my first 1/2 marathon! After an up and down year I managed to somehow top 1200 miles, so I'm really looking forward to the January 14th banquet. I'm also curious to see which races were selected for the Grand Prix for 2012. I hope to see you on the 14th. In the meantime, have a great new year!

Jim Parham. Swimming almost surpassed highlights for me in 2011. Numerous 5K swimming events dominated the year but focusing on Running, the highlight for me was the Auburn Half in January. For me it was a return to roots having run much of the course when I was a Midshipman 40 years ago. Following the race, the National Championship celebration for my alma mater capped off the day. Just have to do it again in 2012.

Adam Pruett :2011 was a great running year for me. 6 marathons completed. Mercedes, Georgia, London (what an incredible race!), Chicago, 7 Bridges in Chattanooga, and Spinx Run Rest in SC. I reached silver level in Marathon Maniacs and have 9 states done. 2012 is looking pretty good. Goofy challenge next weekend with Antarctica Marathon in March!

Paula Roberson . On January 1, 2011 the 1200 Mile Club was the farthest thing from my mind. Never once did I ever dream that I could attempt 1200 miles much less complete them. You were the first one that put the thought in my head back in March. Thank you for igniting the spark in my head that I could do it. Thanks to the good Lord, my husband, family, and friends I was able to put forth the time and effort to be a 1200 Miler! I have thoroughly enjoyed running this year, and I feel that I have made significant improvements in my running in 2011. I look forward to more fun miles in 2012.

Happy New Year,

- **Suzy Spiceland**: Highlight of the year: the etiology of my hip injuries. Who would have ever thought I would learn at age 45 that I have scoliosis? So far, since putting the lift in my shoe and doing therapy to appease the abused body parts, I have had little discomfort at all. Yippee! Now, I just have to get back in shape from spending so many miles walking (no running allowed after initial diagnosis) earlier this year. Goal for this year: another full marathon. Maybe hitting 1400 miles?? And, of course, setting more PRs, as always :-)

Erin Thielker: In 2011 I ran more miles than I ever have before. I ran my best 5K time and took my half marathon time down by 22 minutes. In 2011 I was blessed with the best running group ever. They've pushed me to meet goals I never thought I could meet. In 2012 I want to train for and complete my first marathon.

Lori Tippets : As I think back on 2011 there are many thoughts that come to my mind when it comes to running. First of all was the accomplishment of making it into the 1200 mile club. Next, I loved running in the Women's Half Marathon in Nashville where I had a PR and ran one of my best races.

I would have to say that running a 10K in 30 cities across Alabama in the summertime to raise awareness of the lack of funding in our schools will always be a highlight for me. I met so many great people.

In the fall, Christmas came early for me when I was accepted to run in the Boston Marathon. I think about April 16 everyday.

Without doubt, some of the best times I had running this year were with my daughter Michelle, visiting from Puerto Rico. We ran together in her first 10K and then trained for her first half marathon. Unfortunately, the night before we were to run in the Ladiga Half Marathon, our youngest son, Jared became very ill and at 3AM the morning of the race had to have his appendix taken out.

Not wanting Michelle to have trained without the feeling of accomplishment of finishing a half marathon, two weeks later she and I ran the race from Piedmont to Jacksonville by

ourselves. It is a run that I will never forget. What a great time, just she and I! At the finish line my son took pictures and he and my Michelle's husband held some wrapping paper for us to run through!

One last highlight-and that is the friendships that I have made over the past year with my fellow runners in the club. What a great group of people we have! It is a pleasure knowing you!

Jay & Jennifer Worrall: Well, of course this was a big year for me and Jen. We really got into Ultras in a big way. We ran 3x 50ks, 3x 50 milers, 1x 8 hr race, 2x 12 hr races, and of course finishing the Pinhoti 100 together capped off our year! Considering that was just the week before our wedding, and we got married at Bald Rock, the year seemed to make a wonderful story for us. We're already planning another big year in 2012, having signed up for 5 more ultras, so away we go...