

ARC 2013 HIGHLIGHTS –Includes Facebook inputs to Jan 6,2014

**Larry Ballard**

Highlight of the year: My highlight of 2013 was qualifying in points to win the Gran Prix for my age division and winning the Little River Canyon Half Marathon in my age Division.

**Ken Brewer** THREE MARATHONS WITH GOOD TIMES AND NEW STATE RECORD FOR AGE 72. PR DAYS ARE GONE, BUT I TRY TO KEEP THE YOUNGER GROUPS HONEST.

**Derrick Clark** Setting a new pr for a Half Marathon at Chief Ladiga.

**Dennis Dunn** Finishing my third Marine Corps Marathon and realizing my wife had finished before me.

**Nancy Grace**

Finishing the Woodstock !!!!

**Jimmy Green** Just the fact that I'm runnin' for the fun of it....who'da ever thunk it?

I think I'm most proudest of logging over 1000 miles for the year and I still don't know where I'm going.....

**Jennifer Edwards Grissom**

Crossing the finish line at Area 13.1 with **Nicole Smith Knight!** Our first half marathon! What a great feeling!

**Darell Harden**

After spending two months of 2013 on the shelf, the simple act of logging 1,200 miles is an accomplishment for me this year. Beyond that, though, it's been a great year. The summer was devoted to getting ready for my annual Ragnar Relay, because every summer should clearly be marked with a 200-mile overnight relay with 11 of your friends. From September on, the goals were more personal. I wanted to race a 10k in Cleveland at the start of December, and I wanted to set myself up for a great 2014 season. I managed to lose a shade over 40 pounds during the fall (and managed to keep it off at Thanksgiving and Christmas). In no small part due to that, I was able to set PRs in the 5k and 10k during training, set another 10k PR in Cleveland, and -- best of all -- my doctor took me off blood pressure medication. That was a great close to a year that started so poorly.

**Shane Higgins**

My Highlight for 2013: Crossing the finish line at Ironman 70.3 New Orleans and then 2 weeks later at Run For Kids 50K. Two goal distances in 2 weeks. I hurt for a month!

**Leslie Taylor Hunt** After the Jones fracture the week before 'Dega. I was devastated and really wanted volunteered at the ARC aid station. It was hard on my heart to watch everyone running by me and (truthfully yet shamefully) I was angry. I was a day out of the boot for Montgomery Half but still could and gosh am I glad. It reminded me of why I continue to do races... The tears I shed with perfect line for the first time or their best time was just

**Rich LaMonica**

My 2013 was very busy. I was at the end of my rehab in the beginning of the year, so to celebrate that I ran my comeback 1/2 Marathon in Lexington, Ky the Run the Bluegrass 1/2. It was a challenging course but I finished with no pain in my leg. My second highlight was training for running the Savannah Marathon in November with my best running buddy, my wife Gwen. It was an awesome experience to just run and have fun together for 26.2 miles.

**Mark Lentz** Oooh... that is hard. I guess I have 3. Probably in this order: 1) Life long PR at Haley's Twilight 2) PR for the Half at Chief Ladiga & 3) completing my 1200 I have much to be thankful for in 2013 and much to look forward to in 2014.

**Shannon Maddox**

My highlight of 2013 was doing Lori Tippets' "Couch to 5k" training and running the Mardi Gras. I wrote about it here:

<http://iron-diva.blogspot.com/2013/03/celebrating-mardi-gras-during-lent.html>

BTW--are they doing that race again this year? I'm looking forward to this year's race season and hope to have even better times and more opportunities to race this year. Thanks for all you do for ARC. BTW--I'll start reporting my mileage this year.

**Josie Brooke Mangum** doing my first half!

**James Mink** Every race or run I did was a favorite, and every race or run I did was an accomplishment. Sure some of them sucked, but I learned something from each of them. Like the Cheaha 50k, I learned I was very under prepared and undertrained. I knew that going in, but I did it anyway. I also struggled all year to get my 5k time down and I finally did in the last one I ran of the year.... so I will take them all and roll them up into one Favorite, and one Proudest Moment and call it a year. 2014 WILL BE BETTER.....

**Jim Parham**

The Auburn Half Marathon in Jan of 2103 was my highlight for the year. The time was not a PR, not even close. What made it memorable was running with my friend from our Alma Mater. Memories that span almost half a century. I wore my 45 yo Navy Midshipman sweat shirt and we toured our beloved course on many of the same paths we had run so many years ago. A shipmate, War Eagle, and Running.....a very personal highlight.

**Robert Powers** Training for, running and finishing my first marathon in November.

Ronnie Roberson Seeing my wife Paula Brown Roberson finish 2 trail 50k's and also a marathon each moment. Some of other moments for the year that stick out was seeing my trail running partner Wendy finish line at the Cheaha 50k. my good friend Terri Potts Ragsdale coming back from a fractured hip to set traveling. running and spending time with great people who have become like a family to me....the Pinhoti Trail Runners. Oh. and working an aid station at

**Terri Potts Ragsdale** New marathon pr by 39 min!! Didn't walk on step (minus when I had to drink some water and didn't want to choke myself)!! And a new 10k pr at plucked turkey!!

**Christie Shelton**

I was a member for only half the year. I will get it this year! My highlight of the year was completing a 10 mile run on Christmas Day...with very little walking (less than 0.5 miles).

**James Stanton** I would say volunteering at woodstock. There is a lot going on behind the scenes to make these races possible, and it's easy to just show up and run without thinking about it. I'm happy to have the opportunity to help out and give back to a community that gives me so much.

**Becky Strunk:**

My highlight for 2013 was finishing 7 Bridges Marathon in Chattanooga, TN. This was my first full marathon. Before I even left the hotel parking lot. I put a 26.2 sticker on the back of my car :)

**Robyn Caroselli Talley** Running a marathon before the end of the year.

**Erin Thielker** My proudest moment was running my first marathon post injury. There was a point this year that I thought running more than a 5k was a thing of the past. Hoping to find joy in running again in 2014. I seem to have lost it somewhere along the way. Too focused on miles and times I guess.

**Wendy Williamson Turner** Thanks Ronnie Roberson without your inspiration I wouldn't have started nor finished that race. You were a big part of that accomplishment.

**Chris Wells** I ran my first marathon, although it may have been my last but at least it is something I can add to my bucket list of things I thought I would never do but did.

Ken Brewer

Highlight for me in 2012 was Rocket City Marathon with a time of 3:35:57 (chip time) and a new State Record for Age.

Roxana Conroy

I do have a highlight for the year and it would have to be the half marathon at Little River Canyon. I was reluctant to do the race because I normally do not run more than five miles at a time. Also, this course was particularly challenging to me as I tend to avoid hill running. Well, I decided to go for it and was glad I did. What a great run! I have always admired the beauty of this area, but to see it from the perspective of a run was truly remarkable. At the end of the run I felt proud that I had finished, but I was inspired in another way too. It helped me to appreciate the gorgeous backyard we have. How lucky we are to live here. Sometimes I think seeing a place on foot makes all the difference.

On a personal note, I want to recognize Peter (my husband) and all the others that worked tirelessly to make this race a first year success! I hope all of you will mark your calendars now, October 12th and come out and run the Canyon half marathon.

Rich Etter

My highlights for 2012 are running over 2000 miles and considering my first 5K race was 1 and a 1/2 years ago my 5K time has went from 24:26 to 19:45 in 18 months.

**Tom Griffin**

In 2012, I ran well in most races, but fought a groin strain periodically through the year which kept me from training for and running longer races. In August I moved to Cary, NC and was fortunate to place 1st in my age group in the three races I ran here. I have been unable to find a club like the Anniston Runners Club so will join one of the two clubs in the area. None of them are as visible in the community and in races as ARC.

Anniston/Calhoun County is fortunate to have a club that is as active as the Anniston Runners Club and to have officers and members so involved in the community. I greatly miss the races, the Grand Prix and mostly all the great people I met and am friends with at ARC. Keep volunteering and don't ever lose your spirit!

My goal for the year is to run a half marathon in June and if I tolerate it well to run in the Raleigh Marathon in November.

The best for the new year to all my ARC friends!

Run safely and "keep putting one foot in front of the other!"

Chris Mahaffey

My highlights of 2012 would be running 2:50 at Mercedes, breaking 17:30 in a 5k, hitting 100mi in a week, which I did four times, and maybe beating Ken Brewer for most mileage, which I would have never thought I had a chance to do.

Brian Mount

2012 I did 18 marathons and 2 of these was ultras, I also did five halves, Many 5k and 10k races also. Great year of running and learned so much about myself from running. Great year overall in my life. Cannot wait to see what 2013 holds. Happy New Year everybody.

Steve Miles

959 miles for the year. 4 Half Marathons, 1 15k, 4 10k's, 16 5k's, 1 random distance race (Peavine Falls 8.2 miles), and 1 Relay for a total of 27 races. Of the 27 races in which I competed, I finished 1st overall twice, 2nd overall four times, 3rd overall four times, 1st in age five times, 2nd in age four times, and 3rd in age two times. I was most proud of placing in three of my four half marathons and placing in three of my four trail runs. Funny enough, the same race caused that little hiccup, Xterra Oak Mtn Half where I placed 4th in my age group. Woodstock remained elusive yet once again with a 4th place age division finish there. My favorite race of the year was the last one, the Round the Bay Relay in Ft. Walton where I ran with some great friends. We ran for fun not for awards. That was great. Looking forward to another great year of running.

**Jim Parham**

*My highlight for 2012 occurred 2 days ago at Wounded Warrior in Gadsden. On the surface, a 5K in 1:01. Why is it a highlight?*

*Josh Weizel is my friend. We have swum and run together many times. A few years ago, Josh volunteered to defend our country. In the tradition of no easy day, Josh earned his Airborne wings and became a member of the Army Special Forces. On May 31 of this year, while leading his men on patrol in Afghanistan, the enemy's IED took Josh's legs. He has endured countless surgeries progressing from ICU, to hospital bed, to wheel chair, to first steps learning to walk with prosthetics.*

*Paraphrasing his words, "I can choose to endure and be miserable or I can be happy and do my best to inspire others". He has done the latter. On Dec 29 he completed his second 5K and a PR. This is just the beginning.*

*We will swim and run together again. My honor.*

**Kevin Payne**

Proud to say I made 1200. I did 19 yesterday to hit exactly 1200 for the year. I had to do 122 the last 14 days of the year to make it, but I made it! I had a total of 152 for the month. Losing my mom suddenly this month got me even further behind, but I was determined to complete my goal. I think she would be proud I made it also.

**Suzy Spiceland**

This past year marked some immense accomplishments for me! I set PR's at all major distances (5K at Mardi Gras, 10K at Plucked Turkey, Half marathon at Chief Ladiga, and Marathon at Illinois Marathon). This was the first year I ever cracked the hour mark for a 10K, not just once but twice, and the 5:00:00 mark for a full, scoring a 4:49:43. Hot Dog :-)! I joined the Half Fanatics, qualified and joined the Marathon Maniacs, and qualified for the 50 States Club. The number of long distance races I did ballooned. I raced in 7 fulls (up from 1 last year) and 9 halves (up from 2 last year). I did my first trail runs, including the Coldwater Mountain race. I totally loved the trails and intend to more trail running this year if my body will let me. My total miles for the year rose from 1350 to 1462. Perhaps the most fun thing I have done this year is to connect with tons of runners on Facebook. Now when I go to races out of town, I almost always meet a friend!

**Jay Worrall**

Definitely my highlight of the year was getting third at the OperationEndurance 24 hour race in Columbus, GA. I was in 4th place entering the last 30 minutes of the race, and I had to run hard for a couple miles to catch the man in front of me. I couldn't quite catch the guy in second, but at least I finished in the top three. It was fun too because Jen won first for the women, and we were able to run together throughout most of the race.

**Jennifer Worrall**

Jen's highlight was the Delano 12 hour race. She won, running 64 miles total, and in the process also set the Alabama state record 50 mile record for 35 year old women, finishing the first 50 miles (of the 64 she did total) in 8:48:42. Considering that she won the OperationEndurance 24 hr race just a few weeks later, I'd say March was one big highlight! Of course she has had to shut down running big races after that because of the pregnancy, but I know she's looking forward to getting back into Ultras next year!