

2015 Highlights (update Jan13)

Roxana Conroy: I do have a highlight from 2015. My son, Mitch who has recently turned six is an awesome running partner. We ran a few races this year, but the Monster Dash stands out because he ran faster then ever before! He even fell down, but picked himself up and when I asked him if he wanted to walk the rest of the race he said "No way, let's keep running!" He is truly my inspiration!

Ben Dixon: My highlights for 2015...

2015 was an amazing year but it did not start that way. I was injured most of the first six months and had only totaled 477 miles by the end of June. With help from Doug Stautman, I got smarter about my running, trained harder and completed my first ultra (50K) in November. I liked it so much, I did another (BUTS Bearly Ultra) in December. I ended with 1400 miles for the year. Got a few PR's as well in 5K, 15K and shaved 9 minutes (1:37) off of my half marathon. I even placed third in age doing my first Barbarian Challenge. I have grown to love running distance and trails. The best part though is being able to run with friends, new and old. Being part of the Miles Trail Team with Steven, Allison, Derrick and James. Some of the most awesome friends you could ask for. Most importantly...spending the time, doing these events with my wife Anna. Always my biggest highlight is doing something I love with the one I love and who supports me the most!

Ryan Fore: I set a goal of 1250 a few months ago and squeaked by. I was stuck around a 23:00 5k early in the year and everyone told me to lower my time I had to log more miles and do speed work. I could go out and run 1 minute 400m and 3 minute 800m all day, so I was thinking speed work may not help much. The past 6 months I have tried to focus on miles, miles, miles and even put the Mercedes full in February on my list to make sure I push myself. I have dropped 3 minutes off my 5k over the past 3 months and knocked 17 minutes off my Ladiga half time from last year just from adding 10-20 mile training runs in. If I hadn't taken part in the mileage club, I never would have done it.

Darrell Harden : The past year was probably my best as a distance runner. In January, I was fortunate to break the 1:30 mark for the half marathon, finishing the 3M Half Marathon (Austin, TX) in 1:29:22. May was a busy month. I opened the month with half marathons on May 2 and 3 -- the Wisconsin Half Marathon (1:35:26) and the Borgess Run for the Health of It Half Marathon (1:39:19). Two weeks later, a 1:33:26 finish at the Great Lakes Bay Half Marathon in Midland, MI, earned me a first-ever age-group win at that distance (aided by the fact that one of my age-group peers finished second overall) and a top-5 overall finish. The fall saw me run my first marathon in several years; I had never before managed to get through marathon training uninjured, so completing a marathon with my body intact was a big achievement. Above all of that, though, was getting to work as a team leader in Borgess Run Camp again. Getting to help runners achieve their goal of a first-ever half marathon or a half marathon PR is always the highlight of my year, and I'm always grateful to have the opportunity to help other runners achieve their goals.

Kim Jay: **My biggest highlight of 2015 is completing my first half (Ladiga)...finishing 5 mins faster than time I was hoping/wishing for and placing 3rd in age!**

Kathy Kinnison :Highlights: My goal for 2015 was to run 12 half marathons. I ended up running 14 half marathons in 7 different states. It has been a challenge to motivate myself since I moved away from Anniston and the running club. Being a part of the running club

and the accountability of reporting my mileage helps with some motivation. I hope to run my first full marathon this year and stay healthy.

Mark Lentz: 2016... Another great year of running. I always enjoy the friends that we find through this "hobby." I did pick up some significant improvements in the Half Marathon distance this year, allowing me to get a great new PR. It's always fun to set goals and do your homework to make them come to reality.

Jamie Logan: I DID IT!! I made MADX2! I ran a total of 128 miles this month, with a day to spare!! It nearly killed me but I did it. I really don't know how the 1200 mile club people do it. So, December I ran a total of 128 miles. HAPPY NEW YEAR!!!!

Shannon Maddox ;My first try at the Parker Memorial Pancake 5k was the most enjoyable last place finish I've ever had. I encouraged my friend Leah to join me for the YMCA Spring 5k and she placed in her age division! Last year, I finished the MAD challenge by the skin of my teeth. This year, I attempted the two-a-day challenge. Well, I started out strong, but bouts of depression and serious illness derailed my goals. HOWEVER, I am happy to say that I finished 2015 with 434 miles. No, I didn't meet my original goal, but I choke slammed my mileage from 2014. I also quite enjoyed being the balloon lady/sweeper for the Woodstock 5k. Thanks for letting me volunteer. Watch out though. In 2016, I plan to compete in the race.

Mike Michaelson: I ran my first full marathon this year as well as 25 half marathons plus five 5Ks and one 4 miler. I finished the year with 24 states in my quest to do a half marathon in all 50 states. What was most proud of was the consistency of my finish times in the last 13 half marathons that I completed during the year. I am getting even more comfortable with the distance as I go along.

Brooke Nelson My favorite, most meaningful memory of 2015 is hands down that all of my closest running buddies qualified for the 2016 Boston Marathon, the oldest continuous marathon in the world. Will and Bobbie Williams, JoAnn Fort, and Robyn Talley all toed the line at different marathons with Beantown qualifying as their goal. Nothing would deter them from this task, and all accomplished the feat. Congrats to all! Boylston here we come!

Jim Parham. Running a 5K with a Navy Seal on a treadmill while we were at sea. Perhaps the toughest job I have had in my 69 years was serving aboard a U.S. Navy ship in the 70's. I have often dreamed of those days and nights at sea. This year I once again had the chance to ride the U.S.S. Tortuga, just like my ship the USS Ogden. A bucket list item checked off and made special by the joy of running.

Jessica Pontero:My highlights were completing my very first half marathon in September and then going on to finish the Ladiga Half in December. Another highlight was meeting and making several great new friends through ARC.

Paige Powers: Logging the most miles EVER this year – 740 miles!!! I still have a hard time believing I did it. Being able to run/walk after knee surgery is truly a blessing to me. I have really struggled the past 2 years, but am thankful that I am still able to run. My miles this year were slow but were also some of the most fun miles I've had! Being a "back of the pack" runner has its perks -
#ImNotFastJustFabulous

Daley Speer: Highlight for me in 2015: running my 14th straight Mercedes 1/2 Marathon.

Missy Speer: highlights for 2015: finished first 15K (Hot Chocolate in Nashville), PR in the Race for the Cure 5K (42:16) and reaching 2100 miles total for the year.

Becky Strunk: My highlight would be completing the NYC Marathon and meeting my goal of 1300 miles and no less than 100 miles per month in 2015!

Melba White. 2015 highlights are running my first marathon at age 62 on my wedding anniversary on March 7 in Albany Ga and then running my second one at The Marine Corp Marathon in October in addition to running 2 half marathons and several 5k's this year running a total of 1522 miles in 2015. I especially enjoyed running with a very close group of runner friends who encouraged and inspired me all along the way. I look forward to seeing what 2016 holds for me. Melba

Carla Willingham: I guess the only real highlight I had this year, was the Disney Marathon and placing in the triathlon I did in August. Pretty uneventful year, except for the joy of the miles that I did get.

Betsy and Chris Wright: **Highlights for 2015:** We both ran our 1st full marathon this year. We ran Las Vegas Marathon in November. Highlight for Betsy Wright is not only running 1st full marathon but also logging the most miles ever in a year. I earned the 1200 Mile Club in 2013 but I ran my most ever miles in a year this year, 2015.