

2016 HIGHLIGHTS updated Jan 11,2017—latest entry Shannon Maddox

Suzy Michelson :“Suzy’s delightfully quirky personality added to the rich fabric that is our running family. And her sudden passing is a poignant, vivid reminder that we are not promised tomorrow. Our plans are not always God’s plans.”

Ken Brewer: Highlights for me in 2016 was that I was injury free and healthy all year. Finished first in my age group at Rocket City Marathon and set a new state age record with a time of 4:02:06.

Janet Butler-McGhee:

2016....First. ...getting married to Greg at Woodstock. ...2nd...Finishing Soldier Marathon on November 12th ...had not done a full since January of 1999.

Rita Chandler: Always listen to your body and your doctor as they both know best. My goal for 2017 is to do 200 miles a month and do so without any injuries. I plan to stay a part of the 1200 mile club and also get more of my races completed early in the year instead of later in the year for the Grand Prix participation. I am focused and steadfast for 2017.

Tonya Curvin: As most of you know I'm a runner lol. I'm in the Anniston Runners Club and each year my goal is to run 1,200 miles to be in the 1,200 Mile Club. I set a personal goal this year of 1,500 miles. I came up short. Blame it on the weather, work, home responsibilities, whatever. Makes me mad at myself for not cramming in the final miles I needed. I honestly thought I'd have them. But in the big scheme of things I accomplished a lot! I worked a full time physically and mentally demanding job, put two kids through College (one graduates this year), stayed cancer-free, went on a lot of trips, and managed to run 1,489 miles in a year, two full Marathons, lots of Half Marathons, and so on. This year I'm doing Big Things! Sooo close.....smh.....

John DiMartino: Highlight: Personal accomplishment, I ran two half marathons this year (2016) "Magic City Half" and "Chief Ladiga Half" within two weeks. But my true highlight is running into fellow Anniston Runners Club members while running on McClellan throughout the year. Ya'll truly motivate and challenge me!

Amy Ezell : My 2016 running highlight was my first run as Mrs Amy Ezell. The Argo 8k in Montgomery it was the morning after we were married. I don't know many people who would get up and run on the first morning of their honeymoon. I placed 2nd in my age group and Jim placed 1st in his! It is a great memory.

Darrel Harden: After a 2015 that saw me rock out some of my best race times ever, I thought 2016 would be an opportunity to build on that foundation. Instead, it was a time to strip things all the way to the foundation. In preparation to lead Borgess Run Camp, I logged around 200 miles in January, and rolled into training for back-to-back half marathons in May in the best shape of my life. In mid-February, I developed some right foot pain that didn't clear up. Two doctor visits and an MRI later, I was diagnosed with two osteochondral defects in the talus bone in my right ankle. I had a lot of runners that I was helping to train for a spring half marathon (a first half marathon for many of them), so I made the decision to see the training through and run -- but not race -- the races for which I had been training. On May 7, I ran the Wisconsin Half Marathon in 1:37:36 (78th overall), and then ran

the Borgess Half Marathon the next day in 1:38:38 (71st overall). On May 9, my doctor put me in a walking boot that stuck around until my July 19 double microfracture surgery, and then returned in lieu of a cast just three days after surgery. I made an amazing recovery from the surgery (for a 40-year-old, anyway), and ran my first quarter mile just 8 weeks after my surgery. Running went well ... until I managed to develop left knee problems a couple of months later. My doctor and physical therapist determined that my left knee is slipping out of track, that I didn't need additional surgery, and that I had a lot of work to do to get back. Next year is going to be a year of renewal, I hope. I've already opted not to lead a team at Borgess Run Camp, marking the first year since 2009 that I won't be in a leadership role there. Instead, I'll be devoting my year to the process of doing the things I need to do to prepare for a return to racing in 2018. Until then, I'll work hard, and I'll be grateful for the opportunity to run.

Jacob Ivey: 2016 Highlight: This year I had a long run in three world capitals: London, Paris, and Washington D.C. Running from Buckingham Palace to the Thames, Notre Dame to the Eiffel Tower, or the Jefferson Memorial to the White House was a wonderful experience. Though I know I could have walked these distances and seen these sights in other ways, running has given me an opportunity to see these places from a different perspective (usually early in the morning before the hustle and bustle) and with a meaningful sense of accomplishment, satisfaction, and joy.

Mark Lentz (Past President ARC): In retrospect this year has been filled with challenges of sickness and injury. Not the best year of running, but I think the hard times bread something special too. I've gained wisdom and much more refined appreciation of this gift that each of us often take for granted. I was able to frame out the year though. I'm healthy again and that is great. I was able to put together two of highest mileage months I've even done to finish out my 1200 for the year. Not all bad in 2016, but certainly looking forward to 2017.

Shannon Maddox : This was a really good running year for me. This is the year I did my first Canyon Climb (have mercy!), my first 8k (Lion's Club), participated in the Grand Prix (though I finished last), and earned my first 3 pieces of hardware. So, sometimes finishing ahead of everyone on the couch even garners a medal. By the way, I'm still floored by the Skylar Brady Award from Woodstock and all the generosity and encouragement extended to me. Here's to an even greater running year in 2017.

Chris Mahaffey: Highlights of the year include the 3600 as the most I've ever ran. Heads up to anyone they should probably should set a real mileage goal prior to October. I didn't set a PR in 2016 but I did finish 4th at the Mercedes Marathon in a time of 2:42 which was WAY above what I expected even with my 2nd marathon best time by around 30sec. I've been going for sub 2:40 but age is starting to creep up on me so I've got to get it pretty quick, maybe this is the year. I did run two sub 17min 5ks which makes 3 for my career. I was also 4th in Barbarian which is a love hate thing in that I really like OCR races as a change of pace in the summer months but it drives me nuts I get beat by people I can beat in a normal road race. Races are also getting hard to come by with the kids getting older and taking up most Saturday mornings so when I do race I need to make the best of it, which is hard mentally.

Sorry this was so long but if you want to use it hopefully everyone can see us high mileage people do suffer at points and if anyone want to work they can accomplish anything. One of my few regrets in life is that I quite running for 9yrs after High School.

Raul Magadia: Raul's 2016 highlight: Finishing Chattanooga Ironman

Greg McGhee I started 2016, with one goal... to repeat my achievement in the MAD program. However, in April, with an attack of gallstones and removal of my gall bladder; my goal changed. Figuring the milage I needed to stay on course for MAD, I realized that with about 10 extra miles a month, I could be TWICE AS MAD! A special 'Thank You' to my lovely wife for encouraging me to achieve this new goal! The highlight of 2016 was our #Woodstockwedding! A special thanks to the ARC club for allowing this to happen, as well as all our friends that supported us. My last highlight is, that in accomplishing my goal, I did miles in many different states. I kept track of how many states I did my miles in each month. The highest month was September with miles done in 16 different states.

Mike Michelson: How do I send you highlights of what was the worst year of my life? In looking back, the first 4 months were wonderful because I got to share them with Suzy. During that time, I ran in 9 half marathons, 8 of which I can officially claim as having run. During that time, I also ran 2 5K races. After Suzy's death, I ran 11 more half marathons, 1 full marathon, 1 10 miler, 1 15K, and 2 more 5Ks. Some of my highlights were getting to run every step of the last 2 races that Suzy and I traveled to run in with her so we could hold hands across the finish line. She did run in a 5K on the morning of the day she died, but I'm not really counting that. I got to see tributes paid to Suzy at the Buffalo Marathon in May, the Run Under The Stars in June, The Run Around the World in September, and the St Jude races in December. I had many people reach out to me in kindness and love when I was at my worst. And I had the honor and privilege of running in the 10 half marathons and 1 marathon that Suzy had planned for me before her untimely passing. Having been able to keep that promise will be one of the great accomplishments of my life. It was a year which saw me sustain my two worst running injuries ever, one of which is still a problem that I'm not sure will ever be resolved. But I will continue running until I complete 100 total half marathons and one in all 50 states. At that point, I'll reassess my goals and go from there. I currently have run 63 half marathons in 34 states.

I hope things are going well for you and your family and look forward to seeing you at the banquet if not before.

Abby Nunnally Highlights of 2016 was running in the Mercedes half marathon and placing 1st in my age group. Also placing 5th at the 5a cross country state championship. (PS: She also made the 1200!)

Jim Parham: I have two events that stand out for me, one in running, one in swimming.

Running: Throughout most of the year, I have struggled with first a knee then glute-piriformis-hamstring pain to the point I had considered giving up running. Thanks in part to the most joyful runner I know, Zeke Routon, I kept working at it via MRI's, Xrays and PT. Still not totally cured but on Nov 5, I ran a race starting out really slow and found I COULD RUN.....lot slower than I used to run but under 30 minutes and ran an entire 5K. No walking. Won my age group. Followed it up with a Thanksgiving run in California where there were 7 over 70 and I beat them all. Second highlight was a PR in my 11th 2 Mile Save the Bay Swim I do every year. A PR at my age is ALWAYS a Highlight!

Paula Pearl: Highlight of the year was the stress fracture in my foot healed and I am able to run again.

Kim Phillips : Highlights for me was 2 half marathons, 15k which I had my best PR. Auburn finish on the 50 finished 1st place in my age group for the 5k. Finally completed 2 5k's in 26 minutes range. Looking forward to 2017.vHappy New Year and happy running!

Zeke Routon: December miles 183! Highlight was any run I had with this guy!

Speaking for Zeke...I am not sure I would have made the cut without his encouragement.thanks to him publicly from Jim Parham.

Missy Speer: Highlights for the year completing my first half marathon in April the Rock and Roll half in Nashville. Then two weeks later in May I hiked the Grand Canyon. I hiked to the bottom spent the night at Phantom Ranch and hiked back out the next day.

Becky Strunk: My highlight for 2016 was the Run For Kids 50K in May. This was my first 50K and I was very proud to finish.

Eric Rupp: Yearly review: Another year of running finished. 1,485 miles. 2 marathons (1 with a PR), 2 half marathons, 2 10k's, and 1 5k. Luckily injury free. Hopefully 2017 will be just as great.

Daley Speer: Highlight: running the 2016 Rock and Roll 1/2 Marathon in Nashville in April with my son Will and wife Missy.

Steve Spence: While attending my first ARC banquet in January I learned of the 1200 club and told my friend that was my goal for 2016. I was historically a cyclist first, runner second, but wanted to make this year the year of the run. I had some personnel reasons but primarily I wanted to spend time with my running friends. I split my miles between the trail and asphalt and had very little racing experience. The more I ran the more I wanted to run and ended the year well above my original 1200 mile goal and finished 3 50Ks, a 50 miler and a 12 hour race. I also set a couple new PRs on some of the local 5K and 10K races. I never really considered myself a runner but I am now!

Vickie Varnes: highlight of 2016 was running in the Boston Marathon

Mandy Williams: accomplished several running goals this year. My original goal was to run at least 1 half marathon every month. I ended up with 14 half marathons for 2016. I ran 2 in March and 2 in July.

One of my fondest 2016 memories is running the Star Wars 10k in Walt Disney World with my son, Luke. As a training run, we ran the Canyon Climb. The encouragement he received from so many of the ARC that day really boosted his confidence! He ran almost the whole 10k with his arm linked in mine. He doesn't love to run, but I'm so proud of him for setting a goal and working hard to accomplish it. In May I decided to strive for 1200 miles. I changed jobs in August and that threw my schedule upside down. I'm so happy I pushed hard in December to get those miles! In 2017, I'm running the Backyard Challenge at the Biltmore in Asheville, NC, March 11 & 12. Half on Saturday and Full on Sunday. If that turns out well, I'm thinking I might try out a 50k.

Carla Willingham: 2016 was not a memorable year for me in terms of my own running accomplishments with the knee surgeries, but there is definitely a stand out memory that I would like to share.

In November 2016, I was blessed to be part of a support team for Nicole Dieckow as she achieved Ironman status by not only participating in her first Ironman event, but by crushing it!. The atmosphere that surrounded these athletes made me remember why I love the sport. To see people realizing their dreams and knowing the countless hours they put in training was inspiring and that is what I remember most about 2016!.