2017 HIGHLIGHTS

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.

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 stedfast for 2017.

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!

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.

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

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.

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.

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.

2016 Highlights – 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.