

2018 Highlights updated as of Jan 8,2019

Anniston Runners Club lost one of its own in December. A loving husband, father, pastor at Parker Baptist, and dedicated runner, Greg Stone went for one last run, then simply passed away. We are not to question the what or why when God calls us home, but those left behind are comforted to know Greg was a devout Christian, a true man of God. He was also a delightful person to be around. Always upbeat and positive, and always excited about his running journey. Like all of us, he had plans. Plans to do a half marathon. Plans to qualify for Boston. Plans to do so many things in what would've seemed to be a long, healthy life. But our plans are not God's plans, and we are left with the fun and loving memory of a true running buddy.

****Kenneth Atchison:** My highlights for 2018 would probably be completing my first marathon, followed by 2 more during the year. My first was a 3:32, then a 3:15, then finally a 3:09 at Rocket City...both my legs locked up with cramps 16 miles in, and I tore a muscle...I came through the half at 1:26 and felt great until I was crippled by cramps. I didn't get the sub 3 or 3:05 that I had set for goals, but I was still happy with 3:09 considering the injury and nasty weather conditions. I also won my first race this year, and another a few months later. Trail highlights would be completing the Pin-Chin-Sky loop in 3:53.

Valerie Burrage: Well, I made it almost every month with 200 plus miles. My goal this year was to get 2400 miles. I have been so close since 2015. Well, today I finished running for 2018 and should have over 2500 miles for the year. I will have to check my calculations. It has been a great year running different races, Ultras, marathons, 10K, and PR a half a couple weeks ago. I am most thankful for the opportunity to pace two of my good friends to their 100 mile finish. Thanks to my running family and my own family for supporting my efforts. Yes, I swim 2-3 miles a week too. Did I mention, I have a full time job? Have New Year and thanks, Jim!

****Lynette Lane :** As many of you know in October 2016 I broke my ankle in 6 places, and 2 major surgeries to repair and stabilize my bones. I was unable to run and advised by my surgeon not to run again with my ankle being full of plates and screws. I went through several months in and out of casts, boots, splints, crutches, walkers and nearly losing my leg below the knee I decided to start walking 5k again and get back into the 1200 mile ARC club. This year has been my first patch since 2016. I reached my 1200 mile goal for the year in November and even received 2 medals this year! This is my highlight story for 2018!

Greg McGhee: For 2018 I set a goal of 1000 miles, to improve over my 809 from the year before. When I surprised myself in February, getting 100 miles, I starting thinking ... JACKET! Though at times I had my doubts, on December 30th, my new goal became a reality! 1200 miles!!!!

Steven Moses Highlights: At the Jan. 2018 awards dinner, Jim Parham convinced me to go for the MADX2. I was doing well on that program when at the end of April, I decided to go for the 1200 even though I was a hundred plus miles behind the needed average. The effort has been interesting. As most of you know I have a prosthetic leg. Because normal prosthetic legs are designed for flat service walking and around 2 - 3 miles a day. I was needing to do 4-5 program eligible miles in addition to my normal 3 plus miles of non-specific walking. I also wanted to do most

of it on trails instead of roads, so I took an older leg and made some adjustments to make it more suitable for hiking. This had some interesting results at times, such as when my foot fell off more than a mile down the trail and I had to peg leg it back to the truck . But in the end, I made up the deficit and passed my goal of 1200 miles. Also, I ran my first 5 k this year (I have walked Woodstock 2 or 3 times, but no running) and finished 3rd in my age group (yes there were more than 3 entrants in my age group, and no we won't talk about the time spread between 1st place and 3rd place. Looking forward to increasing my miles and maybe running another race in 2019.

****Brooke Nelson:**

Even though Brooke is unable to attend this year's banquet because she is at the AL Backroads Century Series Annual Board Meeting, she is here in spirit. When I asked her for her 2018 highlights, she said she had no personal running highlights. But instead, Brooke has experienced highlights vicariously through all of you in 2018. Due to a "dog-hit-knee" injury, that has persisted and required surgeries, she has not run, but has embraced walking...and now crutching for a few weeks, in the hope that the recent surgery will once again allow her to do what her body craves – run! She shared a huge "CONGRATULATIONS" to all of you who competed in the Grand Prix and who made their mileage goals. She wanted me to tell each of you to cherish every step you can run and to never, ever take it for granted. Here's to happy running in 2019!

****Jim Parham:** Goals for 2018 were to run and swim more than I did in 2017, and do at least 5 races for the Gadsden Grand Prix–Goals Accomplished. The Highlight for me was the honor of recording running miles for kindred spirits who love our sport. The year was one of reflection since I will now pass the ARC MILES baton on to the very capable hands of Mandy Williams. Report miles for Jan to her at arcmileageclub@gmail.com . Thank you all for 10 most enjoyable years. Hope to see you at the Banquet on Jan 26.

****Marty Wenblom: Ended December with 101 miles and a personal best (2:31) in the marathon at the California International Marathon (#178 place at US National Championships). 2018 Highlights include personal bests at 5K 15:33, 10 Mile (54:40), Half Marathon (1:12:20). More importantly, I found a wonderful running family and community to be part of. I'm looking forward to helping to serve our running community in 2019. Thank you to ARC for all you do. Marty**

Becky Strunk: In 2018, I had many highlights. I completed the Great Scorpion 50K, Rockin' Choccolocco Half Marathon, my second Grand Viduta Stage Race, and the Hotter than Hell 18 miler along with several local races. My main highlight is the Endless Mile Race, where I completed 100 miles and earned a shiny buckle. I had my eye on that buckle since 2017 and I was proud to claim one as my own.

****Mandy Williams:** 2018 was quite a year!! I ran a lot! I completed Mt. Cheaha 50k; ran 13 halves; numerous 5ks and other distances in between; an 18 miler; and ran a half in 3 new states: Mississippi, West Virginia, and Kentucky.

We celebrated 14 years of marriage as I ran my 50th half marathon. Gregg hugged some trees, chased water falls, held some amazing guitars, rode a bulldog in Athens, and played the Grim Reaper at a 50th birthday party.

2019, ready or not, here you come!! Prayers for love, safety, wisdom, and prosperity for all!

**David Williamson: My only accomplishment this year was running and completing my first full.