

Thank you to everyone who participated in the 2023 Miles Club.

We had 47 runners participate in the 1200/2400 miles division. We had 34 of those meet their goal.

We had 10 runners participate in the MADx2 division. We had 7 of those meet their goal.

We had 7 runners participate in the MAD division. We had 2 of those meet their goal.

We had 14 canines running or walking with their runners!

Between the three running divisions, we ran a total of 73,558.91 miles for the year.

For a little perspective and fun, we ran:;

-26 times from East to West across the United States.

-almost THREE times around the Earth.

-13,374 times through Disney World.

-2,229 trips down the Ladiga trail

-Completed the Pinhoti trail 225 times.

-Completed the Appalachian trail 33 times.

Here are some of your proud moments:

Diane Lowry-Goodman

I first visited Sedona Arizona in 2016 and have enjoyed hiking there each year. I have been watching this race every year hoping our vacation would line up so I could participate one day. February 2023 I planned a weeks stay in Sedona for my husbands birthday and after booking realized that the race would occur the week I was there! Not only was it the day after I arrived, the start/finish line was at the resort we were staying at so it was simply meant to be! I had the privilege to run the Sedona half marathon and mark off a bucket list goal! The views were simply breathtaking and I thank the lord for good health and the ability to walk/run every day 😊

Diane Lowry-Goodman



Hayley Long

It has been 10 years since I completed 1200 Miles. I fell short this year and started out slow, but I managed 957 Miles. November's sprained ankle and tendon tear didn't help. However, I finished up the year with a relay race in Fort Walton, FL with ARC friends.

I had some months that I managed 120 miles. So, I am looking forward to 2024 and giving it a try again. "It's okay to struggle, It's not okay to give up." "The only failure is not to try."



Landon Delozier

2023 ran in the Boston Marathon with a finish time of 3:01:19, won the Half Naked Marathon for the second year in a row, set the course record on Canyon Climb, and won the Fab Four Grand Prix!

(No picture submitted)

Brooke and Happy Nelson

HAPPY MILES

For the last few years, Happy dog has averaged running about 1,100 miles per year. How does he rack up all those miles? In 2023, he ran/walked/hiked in 13+ states.

We (humans) may have an abundance of reasons why we run, which include, among many others, fitness, weight loss, mental health, and love of the outdoors. Happy dog has only two reasons.

1. He loves me, and I love running.
2. Ergo, he loves running.

Happy dog doesn't log his miles (I keep up with those.), adhere to a training schedule, stick to a special diet, take in Gu or Gatorade, or care what other canines are achieving. He simply wakes up ready to run/walk/hike no matter the weather, how late he was up, what he ate or drank, or what training he did the day before.

Nobody asks him what is chasing him, how long a marathon is, or if he is going to ruin his knees. He doesn't care if we are running on trails or pavement or grass. He never brags on his accomplishments, and he would not know a PR from a DNF from a DNS. He simply is ready to go, and is always the first out the door, excited to greet the day. Or to put the day to bed.

Happy dog is always positive I can make it to the top of the next mountain, and he is forever excited to see what is around the corner. He never comments when I miss a goal, or when I ask him if my running shorts make my butt look big. (Wise doggie.)

While Happy's reason for running is simple - he wants to be with his person, the reason I make sure he gets those miles is simple, too. I want him to live a long, healthy, active life that includes lots and lots of runs on all the roads and trails we can find.

Miles with Happy dog is my highlight of 2023. We are a team. – Brooke Nelson, 2023



Richard (Richie) Bingel

The only real goals I set out to accomplish throughout 2023, was average 100+ miles monthly for the 1200 mile club, maintain/increase cardio fitness through classes at the YMCA, for both running and walking, and spend at least 3 days minimum per week in the weight room, to increase overall strength. Since I no longer care to compete in any type of Grand Prix events, I only enter race events, that truly are meant to aid in their cause, and to give back to help those in need. Since I have a passion for photography, aside from many invites to numerous social events, you may catch me taking photos at Woodstock training runs and other running events, and that is my way of giving back, especially to our own, Anniston Runners Club.



Kenneth Atchison

2023 was full of challenges, but I was able to accomplish several running goals during the year. I completed the Pinhoti Trail Series, which included the Pinhoti 100 - my first 100 miler. I've wanted to do the race for years, so it was great to be able to incorporate it into the series! Also, another huge goal of mine was hitting the 1,000,000th foot of collective elevation gain. I hit that mark on New Years Eve of 2023 in just 7 years of running. I was able to share a lot of miles with a lot of great people during the year, which to me, are the best of times! I hope it continues in 2024!



Jim Parham

For the past few years my Running Highlights have focused on a race I do with my shipmates, all over 75 who were Navy Midshipmen together from 1966-1970. This year I thought sure would be different as at our annual reunion we did not have our usual race.

I had run a Half decent time at the 2023 Half Naked running my age in minutes for the 10K portion. Hope to do it for the full Quarter Marathon in 2024. Will see how that turns out; hopefully it will be a 24 Highlight.

ALAS! in February at a trail run in Noccoalula, I fell—hey it's a trail run and that's almost required LOL—torn rotator cuff. Didn't affect running but it did affect swimming. My Goal of Running MADx2 was well on track but Swimming $\frac{1}{2}$ mile a day was way down. Soooo..my SEAL UDT bud, Bill Land—a 1200 miler for ARC--poses how he runs 5 miles a day (1825 for the year) and challenges me to do the same; if successful he would award me a SEAL medal. And since I swim, we decided we would multiply the usual factor of 4 times swim miles. Sounds fair. ALAS again!...I was 183 miles behind as my goal with the conversion is only 4 miles a day. MADx2+Swim .5X4). So after rehab on shoulder...I ramped up both Running and Swimming. I made it! 1144 Run; 192 Swim. $1144+(4 \times 192=768)=1912 > 1825!$ And THAT is my 2023 Highlight. My Medal and Bill's pic below:



Patrick Bussey

I ran a lot this year. Way more than I ever have. Except for last year. Apparently I had more miles last year. This year felt like more. 93 miles less according to ARC records. IDK, I don't keep a log other than Strava and Garmin. Maybe it was more "quality" miles. Not just miles, but vert as well. Vert is the new miles. From my Strava wrapped I had 229,782 miles of elevation gain. I equate that to a pretty high 'cool factor". For sure I hit the pavement a good bit for my running but where it's truly at and where I'm happy is on trails. Specifically Coldwater Mountain and the Pinhoti, but most anything dirt will do. To keep the body happy and not angry.... run mostly on dirt. (Pro Tip). Another pro tip - buy running shoes you don't need. Feeling a bit blue?? **ADD TO BASKET!**

I ran a good bit of races last year and basically all of them were 50k plus in distance. Mountain Mist 50k, Mt Cheaha 50k, Yamacraw 50k(was like 34 miles), In The Heat of the Night 50k, Georgia Jewel 50 mile, and finally Pinhoti 100. Not to mention me and a friend ran from my house to Heirloom Taco in Jacksonville. Which was 33.1 miles. Just because we could. We connected my house to Coldwater Mountain up and over, through downtown Anniston, up through McClellan, hit the Ladiga trail, and then...TACOS. That was the coolest thing last year to be honest. Pinhoti, btw, was my 2nd time at it and I had set a PR of 1h:55m. So that was huge. This year I want to tone down the number of big races. Racing, specifically to me, takes a huge effort that you have to usually taper into and then recover out of. I'd rather hit a couple-few events and focus in on more easy and moderate training throughout the year. I also need some kind of big adventure run with friends as well. You know, the kind that starts off fun, then as the hours tick off.... then it gets kinda scary and you wonder if you're going to make it back to the car.... and then a great story comes out of the whole thing when you eventually make it back to the car.

I have 4 races lined up for 2024. Mt Cheaha 50k(maybe I can get top 10 - 11th last year). Georgia Death Race 74ish miler(will try not to die). Delirium 32k/20mile (on my home mountain, Coldwater) And the No Business 100 in upper TN/lower KY in the Big South Fork Rec area. I hope to do well at each. I believe I am putting in the necessary work currently(and have been)to do that. Just gotta get out the door and run.

Run more than you think you can. Do weird stuff with it. Keep it weird and fun. Run trails and dirt.

Just get out the door and stop talking about getting out the door.

