

Thank you to everyone who participated in the 2024 Miles Club.

We had 45 runners participate in the 1200/2400 miles division. We had 36, meet their goal.

We had 17 runners participate in the MADx2 division. We had 11, meet their goal.

We had 13 runners participate in the MAD division. We had 5, meet their goal. We had 14 canines who ran/walked 7485 miles with their runners!

Cumulatively, we ran a total of 79,945.69 miles for the year. This was 6,386.78 miles more than last year!!!!

And for a little fun:

The number of races we completed as a whole:

5k: 25,788

10k: 12, 894

Marathon: 3,051

50k: 2,570

Kenneth Atchison

2024 wasn't a great year for me, but I was still able to log a few miles - some with great friends, some during races, and some just for the love of running! I'm thankful for such good friends who keep me company and motivated, and having such a great local running community! Races during 2024 included - A "Thrift Store" trail 1/2, Mount Cheaha 50k, Chief Ladiga 100 miler, Tunnel Hill 50 miler, & Run Undead Trail Party 100 miler that resulted in a 50k dropdown. Looking forward to 2025 and hoping for a better year!

Becki Jones

Year of the hamstring. As runners we often ignore a nagging injury because we don't want to give up what we love so much. In December of 2023, I strained my hamstring which turned into tendinopathy. I decided that I was just going to run through it and hoped that it would just go away. Some races/training it hurt worse than others but I was still able to pull out 8 races. My top race was the hourly race, Farmdaze in Brooklet, GA. I ran the 12-hour race and took first female overall with the most miles (52 miles). I ran a few shorter distances too, to include the Thrift Store Half marathon (4th female), Bones n' Barrels Endurance Beer 5k (3rd female) and Race to the Tower Trail Run (3rd female). I also ran 3 50k's, 1 20m and a backyard race which went south due to giving blood a few days before.

This year, I also went and had my electrolytes tested and found out that I need to be taking in way more sodium than I take in during ultras. This information saved my ultra life and I can now manage and continue to run ultras over 35 miles.

Although I had to cancel a few big races due to hamstring and sodium issues, the year was still a success and I am happy with how I ran. Let's see what 2025 will bring.

Hayley Long

Fell short again on mileage goals. Illness and injury continue to get in the way of my running life. However, I was pleased to finish my first 50K at The Chief Ladiga 50K. I was leading in the first half and then fell apart, but still managed 2nd overall female. I walked and cried the last 6 miles, but I did it! I am planning to attack the race next year with a little more training and resolve some unfinished business with that skeleton at the finish line. More accomplishments and realistic goals set for 2025.

Jim Parham

My Highlight of the Year for 2024 is encapsulated in a Challenge my SEAL shipmate and I started in 2023. Per the photo below.

We challenged each other to run and swim 5 miles a day with a mile swim counting as 4 miles—a standard conversion for Bi and Tri Athletes. 2024 was a Leap Year so $366 \text{ days} \times 5 = 1830$. I just made it on Dec 30. Accomplishing that Goal had various ups and downs with the "ups" being running my age for the 10k at Half Naked and Booking on the Bluff. Swimming the 2 miles between islands in Rhode I island --my 19th with a DNF in 2022-- and swimming 2.7 miles in less than 40-minute miles on Dec 9. All in all a good year! Start of 2025 will be a challenge --piriformis and hamstring—will have to miss Half Naked. We shall overcome.

Amy Villeda

As 2024 draws to an end, and I reflect on my accomplishments, shortfalls, and new goals for this coming New Year. I am happy to state I completed two Half Marathons this year (and in a reasonable time!): the BHM 26.3 on October 06, 2024 and the City of Champions in Gadsden on Nov. 23, 2024. I also completed the "Fab Four Series" here locally: the Canyon Climb 5 mi, Woodstock 5k, Plucked Turkey 10k and Half Naked Quarter Marathon. I enjoy these local races

the best, and ran several others through ARC. I am always glad to see the other runners and friends. I am proud to say I trained and ran 1,063 miles total for 2024, but fell short for my ultimate goal. I will keep training and never give up!

Anna Warren

First full year back running and I have accomplished so much! Completed the FaB Four, 2 half marathons, numerous 5k's, 10k's and even some trail races! I can't wait to see what 2025 has in store.... I'm going for 1200!

Mandy Williams

2024 running wrap up:

For the first time since 2016, I did not hit 1200 miles running/walking. 🙄 My total was 1160.23 miles. It's hard to wrap my brain around being so close but so far away.

I still had a lot of fun running in 2024! I participated in 28 races including 12 half marathons and 3 new states! Whether sweeping, pacing or just surviving, I'm thankful for the ability to go out and move! Life isn't always easy but being able to do something you love is a blessing.

I look forward to more training, races, adventures, and rucks in 2025!

Jeff Warren

After running a few 5k's and 10k's toward the end of 2023 on Jan 1, 2024 I ran my first double digits ever and by December 24 I ran my first ever marathon.

I think the most important aspect for me was the community I fell into! In the beginning Vickie Varnes and Ross Burks pulled me along and stretched my belief in what I could achieve. (Eyes filling up with tears at this very moment) Thanks to

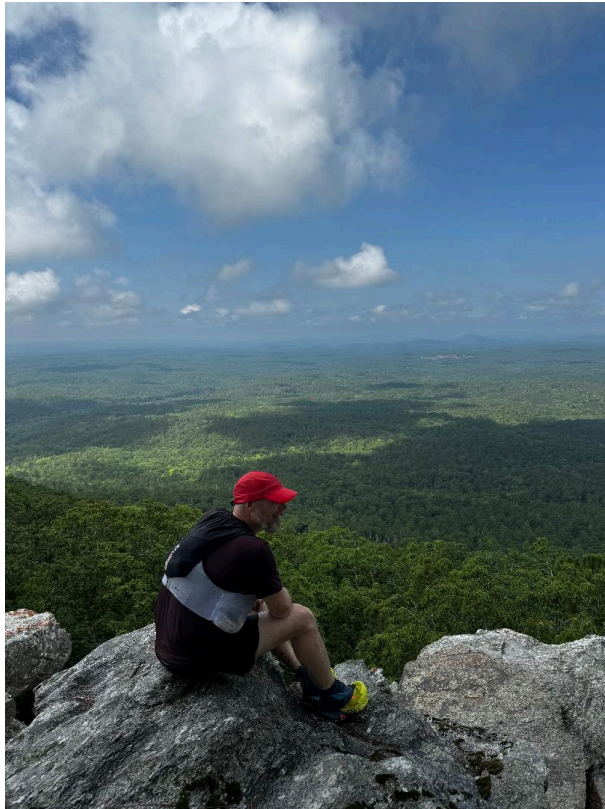
Anna Marie Warren, Farrah Coley and Victoria Martin Banes who were right there through all the training miles. I am forever grateful!

See below for our great photos!

PHOTOS:



Jim Parham



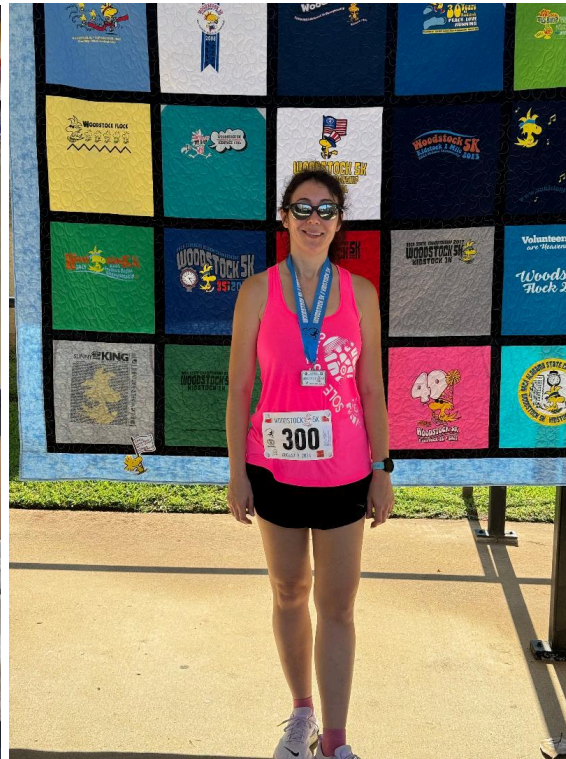
Kenneth Atchison



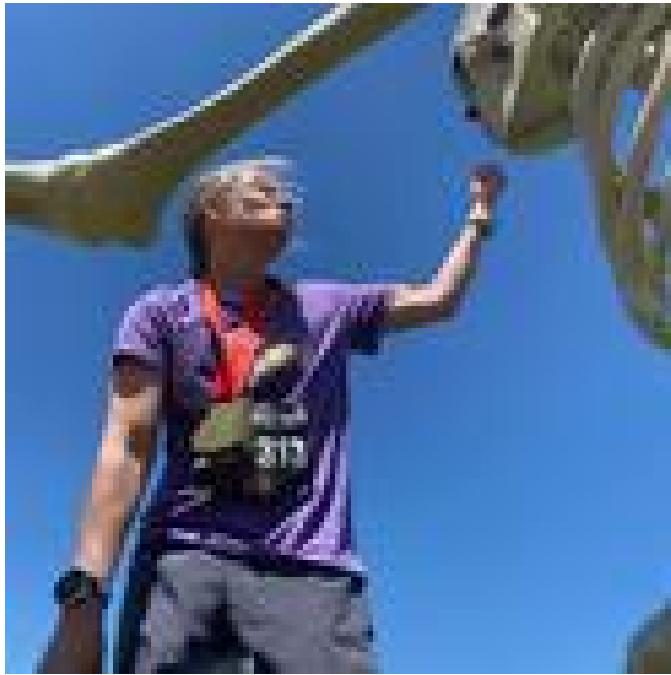
Mandy Williams



Anna Warren



Amy Villeda



Hayley Long



Becki Jones



Jeff Warren (orange)