

ARC 2014 HIGHLIGHTS

Daizy Bailes

I suppose I have several highlights for 2014.

First is being able to get out and walk and run after I hyper-extended my knee several years ago. I still cringe when I remember what it looked like....I was flat on the ground with my leg in that contorted way, seeing stars and not able to breathe. Shortly after that I told myself that if I could walk again that I would get in better shape. It took about a year and a half to be able to trust that knee to move faster than a walk. Ahhhhh, the body is an amazing thing!

My 2nd highlight was finishing the Woodstock 5K. It was an awesome feeling to cross that finish line and see that I had a new personal best time. I have met and made wonderful friends thru the training. Everyone is so encouraging and has such great advice. No one judges anyone. We all just keep moving. I report my miles for myself....to keep myself accountable but I welcome every ones encouragement.

I am blessed to have found the Anniston Runners Club.

Dan Catchings: The most challenging trail race was the Cheaha 50k and being able to finish it with a foot that was in bad shape (Morton's Neuroma). Thought I was going to have to hang it up about halfway through, but I was able to recover somewhat and complete it. It was a tough race. Don't know if I can handle many like that one. I think my biggest achievement was getting my younger daughter to run three days every week with me (early-5:30a.m)and also run in a number of races with me. We both have really enjoyed the company. Most of my weekly running had been lone running, but now I look forward to running with her.

Tonya Curvin:

This year was a breaking down and rebuilding year. My body was broken down by breast cancer, chemotherapy and surgeries. My mind and spirit was rebuilt by the grace, mercy, and love of Jesus Christ. I spend this year drawing closer to Him and my family and friends. The freedom and love I feel when I am running was spilled over into the most important things in my life where it should be all along. Faith, Family and Friends...in that order. I thank God for 2nd chances and do overs. I thank him for 201. 2015 here I come!

Ben Dixon: First and most importantly, lots of good times and new friends my first full year of running. Getting the chance to spend time with my wife doing something we love, together...pushing myself farther and faster, doing something that I thought I would never be able to do. So, not to "toot my own horn" but here is my 2014 by the numbers...

1305 miles...41 total races...2 half marathons...1 15K...6 10K races...4 various distance races...27 5K races...1 du-athlon...7 of these were trail runs...5K PR of 21:35...33 medals with 2 finishers medals and 31 awards...5 overall and 26 age group awards...4th in the grand prix...40 pounds lighter and 2 toenails lost. Looking forward to an awesome 2015 of running, friends and good times!

Lori Galloway:

Highlights - Started off the year setting a PR in the Rome Resolution 10k Trail Run and in the Atlanta Hot Chocolate 15K in 128:49 PR, Completed a 263 mile bike relay from New Orleans to Pensacola, Ran my first marathon...the Oklahoma City Memorial Marathon (in 5:25, with bronchitis and also unknowingly, with a Pulmonary Embolism!) Competed in my first duathlon and my first Adventure Race. I ran Half Naked, Mercedes, Disney Wine and Dine, and Ladiga Half Marathons, and several 5Ks and 10Ks along the way!

I was diagnosed this summer with asthma, food allergies, and spent part of the summer in ICU dissolving a PE. Since then, my road to recovery has been hilly, but I have hopes that I am on the mend.

The main thing I learned this year is that LISTENING to your body when it says "slow down" does not mean I should be

ashamed or feel that I am quitting....it means "rest your body and rejuvenate your mind!" God will slow you down and handle things His way when you ignore His advice -- and my faith and trust in God has never been stronger!

Leslie Taylor Hunt:Highlight 1 for 2014:

2014 started out with me coming off a Jones fracture from the previous September (2013) and trying to get back "up to speed" so to speak. I was frustrated that not running for 10+ weeks had *really* slowed my time. But I kept trying. Somewhere near mid-year I switched my focus (with kudos to the best running partner ever) to just running healthy and not pushing for the time. Then, she somehow convinced me to sign up for a full marathon. She really wanted to do it and truly I wanted to say that I ran a marathon. Ya know, check it off the Bucket List. So fall came and the training miles increased. And it was good. And it was tough. But it was fun. November 8, 2014 - I ran my first full marathon. I had a personal goal of 5:15 for time and achieved it with a 5:08. The first 15 miles were great - felt good - the weather couldn't have been better for those miles. Mile 17ish I started cramping and by mile 22 I was miserable. The winds had picked up - the water stations were not as plentiful as expected and I was miserable. I sent my partner on (after a little fuss) because I just couldn't keep her pace and I knew she couldn't finish stronger than me and I wanted that for her. I wasn't quitting, I was going to finish but needed to back off some. I had done the mental math - even if I walked I would beat the cut-off - so I walked. But only for about a quarter mile when I was beating myself up and decided I had not put in the training hours and miles to walk - I had put in the work to say I RAN a marathon. So I started running again. Slowly, but forward progress was happening. I just kept pushing and there is no greater feeling than crossing that finish line with your friends and family waiting. My running friends had all finished but were standing there waiting for ME. Very humbling. I am blessed!

(Please don't hear me bashing walkers - they complete the same miles and earn the same medal. But my personal goal was to run the majority of the marathon minus water/fuel stations/bathroom needs.)

Highlight 2 for 2014:Meeting a new friend at each race is always a goal. Meeting Jayme Frost half way through Chief Ladiga Half was also a confirmation of something I had been thinking about. I had been looking at the idea of becoming an official pacer but wasn't sure what was involved. So somewhere after halfway and her running partner wasn't with her. I introduced myself and chatted about her goals and strategy and (as I know so very well) when you don't have your running partner unexpectedly it makes you feel a little off. (Vickie generally runs the first 5 or 6 with me at races and sets my pace then she's off to run her race.) So, when Jayme said she was struggling a little I got a plan together and tried my best to keep her on track for her goal. It was a very rewarding experience for me to help motivate someone else even when they weren't sure it would happen. The push to the finish was great and she even placed in her age group that morning despite her feeling "off" and the weather being bad. Way to go, Jayme!

Kathy Kinnison:

My highlight is running my first half marathon with the encouragement of Robert and Paige Powers. I ended up running three in 2014: Choccolocco Trail, Talladega, and Gulf Coast. Also, by joining ARC in 2014, I made a ton of friends.

Darrell Harden

*After a 2013 in which I was injured, recovered, made positive health changes, and focused on the 10k, I devoted 2014 to the number that had been hanging over my head for a few years: 1:45:00. I came within 57 seconds of that number a few years ago, in what was a miracle race time. In 2014, I wanted to finally get over that hurdle, and I devoted my year to it. Fortunately, I was able to break that number decisively in April, finishing the Oak Barrel Half Marathon in 1:37:20. I improved on that number twice more in 2014, capping my year with a 1:32:25 at the Ladiga Half Marathon in December. For someone who never

expects to earn age-group awards at any distance, the second-place age-group medal from Ladiga is akin to Olympic gold. Along the way, I was also able to crack the 20-minute mark in the 5k (and reminded myself that I was **never** a sprinter).

*As usual, though, my favorite moment of the year came on May 4. Every winter, I have the privilege of leading a group of runners at Borgess Run Camp, which has become the largest training program of its kind in the country (as far as we know). Along with my co-leader this year, I had the privilege of seeing three of my runners finish their first-ever half marathons. It's an amazing thing to help runners experience the joy of finishing a distance event.

*While I may live far away, I value the connection to the Anniston Runners Club. It's the only such organization of which I'm a member, and it's because I always feel so very connected to the group, even though I'm rarely in Alabama (or, for that matter, anywhere near it). I proudly sport ARC gear in the Midwest, and I'm glad to be a part of such a great group. Happy New Year, everyone!

Shannon Maddox:

- * Running my first Woodstock 5k.
- * Completing my MAD mileage.
- * Doing my first twilight run at the Haley's Team 5k.

Courtney McCartney: On walking and running 107 to earn MAD: CrossFit, we have been doing a lot of running. Then I would come home & do a lot of walking. It wasn't all running. But I did put the miles in. :)

Mike Michelson:

My highlight for the year is that I ran 12 half marathons in the last 9 months of the year, qualifying me as a Half Fanatic with all of the "privileges" that come with membership. Those 12 were run in 10 different states as I am beginning my quest to run a half marathon in every state (I have a total of 11 right now although it could be 12, I'm having trouble counting them right now). I am scheduled to add at least 5 more states during the first five months of 2015.

Suzy Michelson:

5k's - 6, two of which were PR's; 10K's - 2, both of which were PR's; 15K's - 1, a PR
Half marathons - 3, one of which was a PR; Full marathons - 22, including the fastest four of my career; Ultras - 3, including my first 40 miler
I ran my most miles in a month (213) and highest yearly total (2058).
I set 7 PR's during a 9 1/2 week span this fall.
All-in-all, this was a fantastically successful year. I can only hope to have half as much success and twice as much fun next year!

Brooke Nelson: My highlight for 2014 is seeing one of my best running buddies overcome adversity, excel in her goals, and WIN the ARC Grand Prix! Robyn Talley inspires and motivates me like nobody else. There are no excuses in her life, so there certainly should be none in mine. She is everything a running buddy should be – considerate, kind, funny, and she adheres to the adage, “What is said on the run, stays on the run!” She is the highlight of my 2014 – lighting the way for runners like me.

Jim Parham: Two events stand out for me. First I am grateful I was able to overcome eye surgery in Jan and Feb and still make 1200 miles. It means a lot to me since I collect the data. I feel compelled to make the milestone and at least try to set an example. Second I got to run in honor of my friend David Leys in RI. He is a magnificent athlete whom I have run and swum with for over a decade. He contracted ALS a few years ago and is now confined to a wheelchair. Doing the ice bucket challenge and then seeing him again and observing his spirit and smile would be enough to motivate anyone.

Robert Powers:

highlights for me would be finishing my first ultra marathon (Cheaha 50k in February) as well as 2 marathons and 8 half marathons. To me all the training miles are just as much fun as the actual races.

Robin Spoon: This was my first time to race since high school cross country 30+ years ago, so the entire year was a highlight! 5k, 5-mile, 10k, and half marathon PR's - obviously. But completing my first half would probably top the list. :)

Becky Strunk: It has been a productive Sunday! Today, I completed my miles for the 1200 mile club (very proud of this achievement I also registered for Half Naked, Mercedes Half, ARC Banquet, and renewed my ARC/GRC 2015 membership. My goal for 2015 is to make the NYC Marathon my third full marathon. Looking forward to a great year of running!

Last Year 2013 Highlights:

Larry Ballard

Highlight of the year: My highlight of 2013 was qualifying in points to win the Gran Prix for my age division and winning the Little River Canyon Half Marathon in my age Division.

Ken Brewer **THREE MARATHONS WITH GOOD TIMES AND NEW STATE RECORD FOR AGE 72. PR DAYS ARE GONE, BUT I TRY TO KEEP THE YOUNGER GROUPS HONEST.**

Derrick Clark Setting a new pr for a Half Marathon at Chief Ladiga.

Dennis Dunn Finishing my third Marine Corps Marathon and realizing my wife had finished before me.

Nancy Grace

Finishing the Woodstock !!!!

Jimmy Green Just the fact that I'm runnin' for the fun of it....who'da ever think it?

I think I'm most proudest of logging over 1000 miles for the year and I still don't know where I'm going.....

Jennifer Edwards Grissom

Crossing the finish line at Area 13.1 with Nicole Smith Knight! Our first half marathon! What a great feeling!

Darell Harden

After spending two months of 2013 on the shelf, the simple act of logging 1,200 miles is an accomplishment for me this year. Beyond that, though, it's been a great year. The summer was devoted to getting ready for my annual Ragnar Relay, because every summer should clearly be marked with a 200-mile overnight relay with 11 of your friends. From September on, the goals were more personal. I wanted to race a 10k in Cleveland at the start of December, and I wanted to set myself up for a great 2014 season. I managed to lose a shade over 40 pounds during the fall (and managed to keep it off at Thanksgiving and Christmas). In no small part due to that, I was able to set PRs in the 5k and 10k during training, set another 10k PR in Cleveland, and -- best of all -- my doctor took me off blood pressure medication. That was a great close to a year that started so poorly.

Shane Higgins

My Highlight for 2013: Crossing the finish line at Ironman 70.3 New Orleans and then 2 weeks later at Run

For Kids 50K.Two goal distances in 2 weeks. I hurt for a month!

Leslie Taylor Hunt After the Jones fracture the week before "Dega, I was devastated and really wanted to crawl in a whole. But I

volunteered at the ARC aid station. It was hard on my heart to watch everyone running by me and (truthfully yet shamefully) I was angry. I was a day out of the boot for Montgomery Half but still could not run so again I volunteered. They put me at the finish line

and gosh am I glad. It reminded me of why I continue to do races... The tears I shed with perfect strangers who crossed that finish

line for the first time or their best time was just what I needed.

Rich LaMonica

My 2013 was very busy. I was at the end of my rehab in the beginning of the year, so to celebrate that I ran my comeback 1/2 Marathon in Lexington, Ky the Run the Bluegrass 1/2. It was a challenging course but I finished with no pain in my leg. My second highlight was training for running the Savannah Marathon in November with my best running buddy, my wife Gwen. It was an awesome experience to just run and have fun together for 26.2 miles.

Mark Lentz Oooh... that is hard. I guess I have 3. Probably in this order: 1) Life long PR at Haley's Twilight 2) PR for the Half at Chief Ladiga & 3) completing my 1200 I have much to be thankful for in 2013 and much to look forward to in 2014.

Shannon Maddox

My highlight of 2013 was doing Lori Tippetts' "Couch to 5k" training and running the Mardi Gras. I wrote about it here:

<http://iron-diva.blogspot.com/2013/03/celebrating-mardi-gras-during-lent.html>

BTW--are they doing that race again this year? I'm looking forward to this year's race season and hope to have even better times and more opportunities to race this year. Thanks for all you do for ARC. BTW--I'll start reporting my mileage this year.

Josie Brooke Mangum doing my first half!

James Mink Every race or run I did was a favorite, and every race or run I did was an accomplishment. Sure some of them sucked, but I learned something from each of them. Like the Cheaha 50k, I learned I was very under prepared and undertrained. I knew that going in, but I did it anyway. I also struggled all year to get my 5k time down and I finally did in the last one I ran of the year.... so I will take them all and roll them up into one Favorite, and one Proudest Moment and call it a year. 2014 WILL BE BETTER.....

Jim Parham

The Auburn Half Marathon in Jan of 2103 was my highlight for the year. The time was not a PR, not even close. What made it memorable was running with my friend from our Alma Mater. Memories that span almost half a century. I wore my 45 yo Navy Midshipman sweat shirt and we toured our beloved course on many of the same paths we had run so many years ago. A shipmate, War Eagle, and Running.....a very personal highlight.

Robert Powers Training for, running and finishing my first marathon in November.

Ronnie Roberson Seeing my wife Paula Brown Roberson finish 2 trail 50k's and also a marathon each month was my proudest

moment. Some of other moments for the year that stick out was seeing my trail running partner Wendy Williamson Turner cross the

finish line at the Cheaha 50k, my good friend Terri Potts Ragsdale coming back from a fractured hip to set marathon and 10k PR's, and

traveling, running and spending time with great people who have become like a family to me....the Golden Springs group and the

Pinhoti Trail Runners. Oh, and working an aid station at the Pinhoti 100.

Terri Potts Ragsdale New marathon pr by 39 min!! Didn't walk on step (minus when I had to drink some water and didn't want to choke myself)!!! And a new 10k pr at plucked turkey!!

Christie Shelton

I was a member for only half the year. I will get it this year! My highlight of the year was completing a 10 mile run on Christmas Day...with very little walking (less than 0.5 miles).

James Stanton I would say volunteering at woodstock. There is a lot going on behind the scenes to make these races possible, and it's easy to just show up and run without thinking about it. I'm happy to have the opportunity to help out and give back to a community that gives me so much.

Becky Strunk:

My highlight for 2013 was finishing 7 Bridges Marathon in Chattanooga, TN. This was my first full marathon. Before I even left the hotel parking lot. I put a 26.2 sticker on the back of my car :)

Robyn Caroselli Talley Running a marathon before the end of the year.

Erin Thielker My proudest moment was running my first marathon post injury. There was a point this year that I thought running more than a 5k was a thing of the past. Hoping to find joy in running again in 2014. I seem to have lost it somewhere along the way. Too focused on miles and times I guess.

Wendy Williamson Turner Thanks Ronnie Roberson without your inspiration I wouldn't have started nor finished that race. You were a big part of that accomplishment.

Chris Wells I ran my first marathon, although it may have been my last but at least it is something I can add to my bucket list of things I thought I would never do but did.