

President's Message

from Carolee Luther

Features :

Safety Tips

Distance Series

Running Hot

Damsels

It's Chill

Trail Share

Porch Dog

Wow, this summer is flying by fast! Due to popular demand, we are starting a new Distance Series in August that opens with the Lakebottom 5K. The series will consist of a 5K, 10K, 15K and either a Half or Full Marathon. Check out the included information and sign up today! This month, we are spotlighting runner's safety and we hope you will join us in making the Columbus running paths safe for all. We have had several safety issues brought to our attention regarding the Riverwalk and the Fall Line Trace. Check out 'Trail Etiquette' and 'Weather Safety' to learn what you can do to keep yourself and others safe. Runner safety is a community responsibility, so let's work together to enhance the safety of our sport. Volunteers are a big part of our organization and we want to give each of you a shout out for helping make our races and programs a success. Every time you see a volunteer, say THANKS! If you are interested in volunteering, contact Charity Keller (charity.keller@ymail.com) or me directly. Always remember, Columbus Roadrunners, your local running club's goal is to promote the fun of running and physical fitness throughout Columbus and the surrounding area.

Run Happy!
Carolee



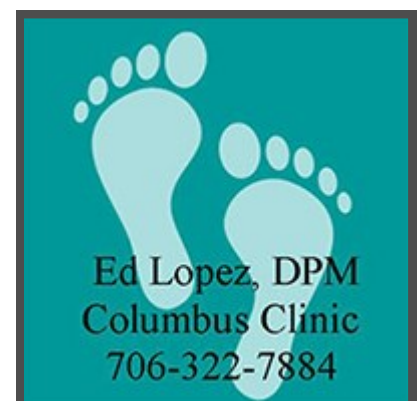
General Safety Running Tips

- Do not run with ear phones
- Be aware of your surroundings
- Do not run alone - run with a partner
- Alter route or running pattern or run in familiar areas
- Run against traffic so you can observe approaching vehicles
- Look both ways before crossing streets
- Carry a cell phone
- Carry identification or wear ID band
- Wear reflective material before dawn and after dark
- Trust your intuition, let someone know your route



LOCKWOOD

PARTNERS



Distance Series 2016

Races Include:

- Sat, Aug 20:** Lakebottom 5K
Mon, Sept 5: Big Dog Classic 10K
Sat, Oct 15: Suck It Up Buttercup 15K
Sat, Nov 12: Soldier Half Marathon
Or Soldier Full Marathon (Circle one)

Registration Fee

- ☐ CRR Member
3 races + Soldier Half = \$150
3 races + Soldier Full = \$175
☐ Nonmember
3 races + Soldier Half = \$175
3 races + Soldier Full = \$200

Price includes

Registration fee, Swag from each race, and post-race food/drinks

Awards

Each individual race will have its own awards + a medal given for completing the Distance Series.

Registration: Register at Big Dog Running Co store, complete this form & mail to address below, or go online to estartline.com:

First Name: _____ Last Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Date of Birth: _____ Male: ☐ Female: ☐ Phone: _____ Email: _____

Shirt Size (Please check one): Mens: Small ☐ Medium ☐ Large ☐ X-Large ☐ XXL ☐

OR Womens: Small ☐ Medium ☐ Large ☐ X-Large ☐ Youth: S ☐ M ☐ L ☐

Waiver/Release Statement (please read and sign below):

In consideration of acceptance of this entry, I hereby, for myself, my heirs, my executors, and administrators, waive any and all rights and claims for illness, injuries, or damages I may have against the Columbus Roadrunners Club, The Road Runners Club of America, Big Dog Running Company, Lightning Sports Racing, Soldier Marathon and it's officers, directors, and members, volunteers, employees, agents, sponsors or race director. None of the above is responsible for loss of personal items, or any form of aggravation in connection with said event. I fully understand that my participation is a completely voluntary undertaking of my own choosing and I fully understand that in doing so I assume full responsibility for all damages or injuries incurred by me in connections with this event. I give permission for the free use of my name or photograph in any broadcast or print account of this event. I am in proper physical condition to participate in this event. I certify that I carefully read this release and know the contents.

Participant's Signature: _____

Parent/Guardian Signature if under 18: _____

Mail completed & signed entry form with payment to:
Columbus Roadrunners
POB 9734
Columbus GA 31908



The Road Runners Club of America wants to remind the running community about the importance of following our hot weather running tips. Running in the heat of summer can be dangerous if proper precautions and preparations are not followed.



Avoid dehydration! You can lose between 6 and 12 oz. of fluid for every 20 minutes of running. Therefore it is important to pre-hydrate (10–15 oz. of fluid 10 to 15 minutes prior to running) and drink fluids every 20–30 minutes along your running route. To determine if you are hydrating properly, weigh yourself before and after running. You should have drunk one pint of fluid for every pound you're missing. Indications that you are running while dehydrated are a persistent elevated pulse after finishing your run and dark yellow urine. Keep in mind that thirst is not an adequate indicator of dehydration.

Visit Gatorade Endurance's site. You will find great tools for developing a hydration strategy.

Avoid running outside if the heat is above 98.6 degrees and the humidity is above 70–80%. While running, the body temperature is regulated by the process of sweat evaporating off of the skin. If the humidity in the air is so high that it prevents the process of evaporation of sweat from the skin, you can quickly over-heat and literally cook your insides from an elevated body temperature. Check your local weather and humidity level.

When running, if you become dizzy, nauseated, have the chills, or cease to sweat.... STOP RUNNING, find shade, and drink water or a fluid replacement drink such as Gatorade Endurance. If you do not feel better, get help. Heatstroke occurs when the body fails to regulate its own temperature, and the body temperature continues to rise. Symptoms of heatstroke include mental changes (such as confusion, delirium, or unconsciousness) and skin that is red, hot, and dry, even under the armpits. Heatstroke is a life-threatening medical emergency, requiring emergency medical treatment.

Run in the shade whenever possible and avoid direct sunlight and blacktop. When you are going to be exposed to the intense summer rays of the sun, apply at least 15 spf sunscreen and wear protective eye-wear that filters out UVA and UVB rays. Consider wearing a visor that will shade your eyes and skin but will allow heat to transfer off the top of your head.

If you have heart or respiratory problems or you are on any medications, consult your doctor about running in the heat. In some cases it may be in your best interests to run indoors. If you have a history of heat-stroke/illness, run with extreme caution.

Children should run in the morning or late afternoon hours, but should avoid the peak heat of the day to prevent heat related illnesses. It is especially important to keep children hydrated while running and playing outdoors in the heat.

Do wear light colored breathable clothing. Do not wear long sleeves or long pants or sweat suits. Purposefully running in sweat suits hot days to lose water weight is dangerous!

Plan your route so you can refill water bottles or find drinking fountains. City parks, local merchants, and restaurants are all good points to incorporate on your route during hot weather running. Be sure to tell someone where you are running how long you think you will gone, and carry identification.

Stay hydrated, cool, and safe this summer!



COLUMBUS FOOT & ANKLE, P.C.



TROY ESPIRITU, DPM, FACFAS

NICHOLAS SMITH, DPM, AACFAS

SPECIALIZING IN RUNNING RELATED INJURIES

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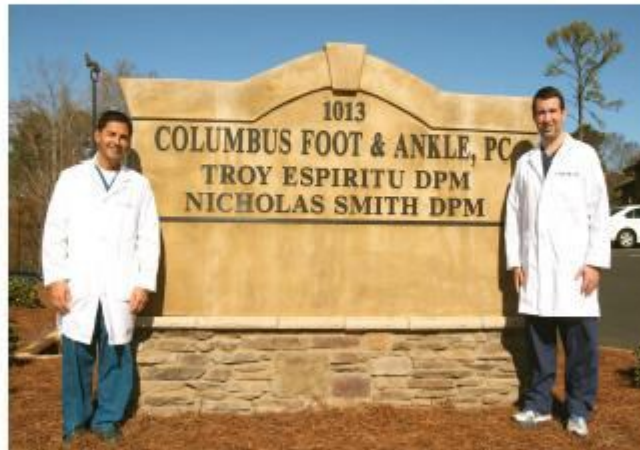
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(706) 653-5501



Cold Weather Running Tips

Always follow the RRCA General Safety Guidelines



Leave the headphones at home. Your ears may help you avoid dangers your eyes cannot see. Wet, wintry conditions may weaken tree limbs causing them to fall. Hearing the crack before the fall may be the difference between avoiding a falling branch or being tackled by a dead limb.

Avoid running on the roads in snowy conditions. Drivers have a decreased ability to maneuver and stop.

Winter means fewer daylight hours. Wear bright-colored, reflective clothing or a reflective vest so you are noticeable to area traffic. For added visibility, wear a lightweight headlamp or flashing light.

Wear layers of clothing that will help you maintain your core body temperature during the run but will keep you warm during warm-up and cool-down phases.

Consider wearing traction devices on your shoes if sidewalks, trails or roads have snow or ice cover.

If you drive to a running trail or route, leave a change of dry cloths and a blanket in the car for emergency situations.

Stay alert and aware of your surroundings and the weather conditions. Oncoming storms can quickly drop the temperature putting you at risk for frostbite or hypothermia if you are caught wearing the wrong clothes.

Know where to find shelter on your route if the weather gets really bad.

Do not ignore shivering. It is an important first sign that the body is losing heat, and you may be in danger of hypothermia.

For more information on cold-weather conditions and cold-weather health concerns, visit the Centers for Disease Control and Prevention.

*You're invited to a special informational session on
Training & Shoulders presented by Columbus Shoulder Surgery
Aug 21st 6pm @ Big Dog Running*





LIVE BIG.

Columbus Road
Runners
Take 15% Off
Safety Vest
and
Lights
Through
9/5/2016



It matters who you see for laser vision correction.

[**iLASIK.** The most advanced laser vision correction ever.]

They're your eyes. It matters who you see. For the most advanced laser vision correction ever, see West Georgia Eye Care. Our innovative iLASIK with IFS technology is performed with skill and precision by the area's only refractive fellowship trained surgeons. Don't spend another day missing out. iLASIK is affordable on any budget. And, it's performed exclusively at West Georgia Eye Care. **Because it matters who you see.**



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Free Consultation | 706.243.2020 | 2616 Warm Springs Road

Laser assisted in-situ keratomileusis (LASIK) can only be performed by a trained physician and is specified for reduction or elimination of myopia, hyperopia, and astigmatism as indicated within the product labeling. Laser refractive surgery is contraindicated for patients: a) with collagen vascular, autoimmune, or immunodeficiency diseases; b) who are pregnant or nursing women; c) with signs of keratoconus or abnormal corneal topography; d) who are taking one or both of the following medications: isotretinoin (Accutane) and Amiodarone hydrochloride (Cordarone). Potential side effects to laser refractive surgery may include glare, dry eye, as well as other visual anomalies. LASIK requires the use of a microkeratome that cuts a flap on the surface of the cornea, potential side effects may include flap related complications. Consult with your eye care professional and Patient Information Booklet regarding the potential risks and benefits for laser refractive surgery; results may vary for each individual patient.

Share the Fall Line Trace & Riverwalk Trail Etiquette



PASS WITH CARE

Respect other users, expect other users.

Share the trail: Run, Ride, or Walk on the right, no more than two abreast

Announce yourself: ring bell or call out “passing on left”

Pass others on the left by slowing down, giving an audible warning

Give ample room when passing

Stay alert, faster trail users yield to slower users

If you stop, move off trail

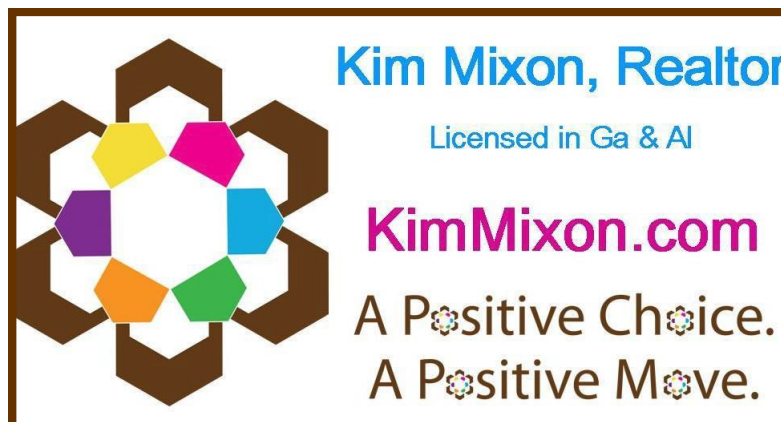
Headphones are not recommended, but if you use them keep them low so you can hear other users and use only one ear plug.

Be careful when crossing streets. Watch for traffic and make sure other drivers are aware of your presence by using yield button when available.

Bikers ride within your ability at all times – travel at a safe speed with regard for others.

Obey trail signs

Don't litter! If you don't see a trash can, carry your trash home.



College Colors BEER RUN



Beer Run Social

Aug 25 630pm

Meet at Iron Bank Coffee Co

Bring ID & method of payment



2016 PORCH DOG TO BIG DOG

Porch Dog to Big Dog is a FREE training program to get anyone in shape to run a 5k race. It is designed for people who are currently inactive or new to walking or running. Many people have completed their first 5k with this program. YOU CAN TOO!

Remaining 2016 Schedule:

August 29, 2016 (Monday & Wednesday) or August 30, 2016 (Tuesday & Thursday)

- Goal race: Big Dog Howl 5K, Friday, October 28, 2016
- Monday & Wednesday nights at 6pm. Meet at Big Dog Uptown
- Tuesday & Thursday nights at 6:30pm. Meet at Cooper Creek Park.

October 24, 2016 (Monday & Wednesday)

- Goal race: Big Dog Jingle 5K, Saturday, December 17, 2016
- Monday & Wednesday nights at 6pm. Meet at Big Dog Uptown

YOGA

at St Mark UMC

6795 Whitesville Rd
Columbus, Ga

Monday 7 pm

Cost: \$5 - CRR members \$3

Must show membership card for discount.

