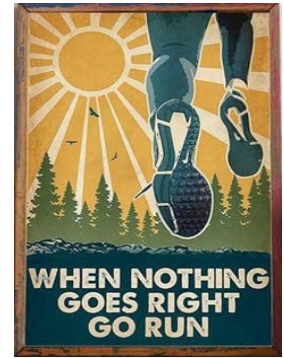




HAPPY FALL Y'ALL



# River Region Runners Report!

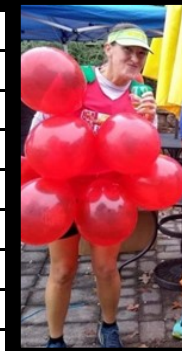
OCT. 2023 VOL. 5: ISSUE 3

## Balloon Ladies have more FUN!

I have been called many things but crazy is the one that seems to make sense. I am crazy about life, crazy about my family and crazy about running. I started running 10 years ago to help improve my health. Within six months I was hooked. It was through this journey I starting meeting people who were members of R3. They started talking about all the fun things they were doing as a club so I joined. The friends I met through this club mean the world to me. I have received so much support and love. About six years ago I became a coach for Girls on the Run. It was such a great experience. During one of the sessions I became injured and I was not able to run. They asked me to be the Balloon Lady. The Balloon Lady dresses up in tutus, wears colorful wigs, and carries balloons. The goal is to keep the girls at a pace that will get the last of the girls in at about an hour. Being the Balloon Lady has given me the privilege of helping young girls complete their goal. The struggles have been real, there have been tears and cries of giving up. But in the end they all make it in. Every year I think it just can't get any better but it always surprises me with a new appreciation for all the people who make the decision to complete a race. Dressing up like the crazy Balloon Lady seems to make people laugh and feel playful. Maybe even a little more relaxed before the race. Being the Balloon Lady let's me be a special kind of crazy. The happy kind. You see I believe there is a little crazy in all of us! **Thank you Genie Pyrlk for being the most fun Balloon Lady EVER!**



7-Oct-23	Tough 10 Tough 2	Auburn AL
14-Oct-23	Pumpkin Run & Lots of Fun	Montgomery AL
21-Oct-23	Nitty Gritty 5K	Prattville AL
21-Oct-23	Saints and Sinners 10K 5K Fun Run	Montgomery AL
21-Oct-23	Monster Mash Dash 5K Glow Run & Walk	Andalusia AL
22-Oct-23	Ozan Haunted Wine Run 5K	Calera AL
26-Oct-23	Eliza Ghost Chase - 2-Mi Fun Run (R3 Event)	Montgomery AL
28-Oct-23	Wyld in the Woods 5K Trail Run	Grandview YMCA, Millbrook
28-Oct-23	Spooky Sprint 5K	The Waters, Pike Road AL
4-Nov-23	CASA Superhero 5K & Fun Run	Montgomery AL
4-Nov-23	BTC Vulcan Run 10K	Birmingham AL
11-Nov-23	Girls on the Run	Whitewater, Montgomery AL
18-Nov-23	Benjamin Knight Memorial Race: 5K, Fun Run	ASU Montgomery
18-Nov-23	Centerpoint Half Marathon & 5K	Prattville AL
19-Nov-23	Battleship 12K	Spanish Fort AL
19-Nov-23	Magic City Half Marathon	Birmingham AL
25-Nov-23	Eagle Run 5K & 1-Mile	Wetumpka
2-Dec-23	Jingle Bell Run 5K	Montgomery AL
9-Dec-23	Cancer Survivor 5K	Montgomery AL



Jen Negley  
Has her  
Very own  
Version of  
being  
A FUN  
BALLOON  
LADY!  
**Love the  
Look Jen!**

Did you know Irene Tyner gathers race information for R3 members to keep us up to date on all the great local races? **Thank Irene next time you see her & be sure to check out the list for this fall!** Favorites of mine are Saints and Sinners, Wyld in the Woods, Battleship 10K, **well actually ALL listed!** Mark your calendar now for some nice cool fall racing.

**“How lucky I am to have something that makes saying goodbye so hard.” *Winnie the Pooh***

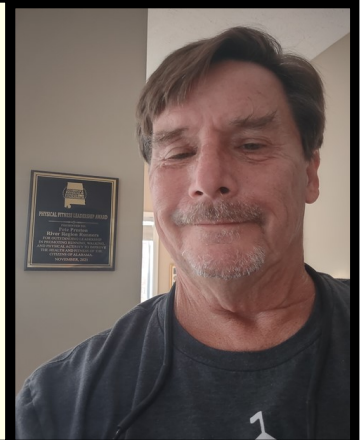
As we inch towards our transition from summer to fall, from sweltering days to cooler football nights, and into a full line-up of fall races and pumpkin runs, this upcoming season is an expert host for change. As Doug and I prepare to continue our journey onto Texas and face that change ahead, I cannot help but reflect on the incredible experience we have had in this community, and the kinship I've felt as part of R3 that has shaped the totality of my experience in Montgomery. A club like R3 means more than having a group run meet-up, it's more than knowing where the next 5K is scheduled, it is a golden avenue that if you follow it can help one embrace connection with like-minded individuals within a local area. After 20 year of moving every few years, this connection is invaluable and something I have never found as quickly as I did in Montgomery. From Jubilee practice runs, to Wednesdays at Leroy, to the seasonal 5K meetups like the Labor Day run at the train station...I will truly miss this community because of the R3 family. I would be remiss to forego acknowledging the influence our President, Pete, has had on these sentiments. Pete is a constant, steadfast force that exudes professionalism and serves as one of the guardians of this community. There are also other powerhouses like the numerous matriarch figures and families that have been part of R3 since the beginning. I love you all from the bottom of my heart and will cherish this time I have been able to share with you.

**Jen Negley (right) & Casserole will be greatly missed by R3!**



## R3 President Pete's Ponderings

As I write this edition of Pete's Ponderings, tomorrow is the first day of fall and the promise of crisp mornings to greet us as we head out the door to enjoy our sport. This fall has so many running opportunities at so many locations, we are truly blessed. I encourage you to get out and take advantage of both the local and out-of-town events. The distant events are such a good reason to travel and not only participate in some worthy and great events, but to also take in the fun and attractions offered at the various locales. Hey, R3 has a couple of out-of-town events where we have established a team and you are cordially invited to join (contact me for details)! It is always large fun to have our club represented by a great group when we are on the road. I look forward to seeing you at the races!! As always, keep one foot in front of the other... ***Thank you Pete for all you do to promote R3 running!***



**“It doesn't matter how fast or how far you're going. If you're putting on your shoes and going out for a run, you are a runner, you are in that club.” — Kara Goucher, Olympic long-distance runner and bronze medalist of the Boston Marathon**

## God, Galloway, Fleet Feet & R3—Reasons to Join Club!

It was 2016, morning prayer, a voice said, you're a runner why don't you start running? I knew the still small voice as being the Holy Spirit. The last time I had run was 1973 and weighed 145 pounds. How could I get back to running? It wasn't long I heard talk of a program called Couch to 5k (in 9 weeks.) I soon thereafter downloaded an app under the same name and immediately started searching for someone to run with, I found a group that was doing the No Boundaries program through Fleet Feet. It was not long before someone told me about a book called The Run Walk Run Method by Jeff Galloway. I knew that name because Jeff was a well known runner who competed in the 1972 Munich Olympics and now lived in Atlanta. I bought the book and started running three days a week with the Fleet Feet group. **There was no way to run at Fleet Feet without being introduced to River Region Runners.** Fast forward. I found out quickly there would be no more miles run under 10 mins much less 5,6, or 7 mins. I did find out I still loved the way running made me feel. I found people who would help me get a running program going and become very good friends. I now know why I heard that voice in morning pray. God knew it would change my life in every area, spiritually, mentally and physically. I'll be 72 years old in September but I feel so much younger and more alive than I did in my 40's or 50's combined. As much as I have enjoyed running, that joy pales compared to the joy and love I've received from my friends in an organization called River Region Runners. I thank you all! **Steve McCary pictured bottom left is a loyal member of R3!**



Two things runners should NEVER do are listed below in running cartoons! Do NOT smoke at all *but especially when running a 10K!* Plus, NEVER run with scissors! Good advice for anyone! Yet what runners NEED to do are participate in FUN RUNS, sign up for races and attend monthly club meetings to learn how you can get involved.



## Montgomery has NEW EXCITING RACES



Montgomery is growing and with it come new races. This year Montgomery Regional Airport and Montgomery White Water Park kicked off inaugural races. I was able to attend the MGM Runway 5K which was awesome. Pictured with me to the right is Greg Thomas who was there with WLWI Radio. I missed the White Water Splash 5K but won't miss it again next year. Check out these fun runs that are popping up in our Capital City. It is fun to see new races! *Kay Cannady*

## R3's Jonathan Kidd helping cancer patients with 5K!

Cancer has most likely affected our lives whether directly or indirectly one way or another. I think most of us are also tired of "donating for research" that may or may not be a CEO's pocket. Through the Ulman Foundation's Cancer to 5k program, we focus on helping people by showing them that they can still live an active, healthy lifestyle after a cancer diagnosis. ***This is a free 12-week training program for survivors. Volunteer coaches work with them doing specific workouts to prepare them for our goal 5k race at the end of the training program.*** During that event, a coach or volunteer will run right beside them to ensure they cross the finish line smiling. For several years I've volunteered with the group in Charleston, SC. Last year I decided I wanted to bring this race to our local community and give our neighbors the same opportunity to be a part of a success story while overcoming adversity that most of us can only imagine. Unfortunately, I've been met with obstacles that's delayed me, but thankfully it's happening this year. We kicked off our season on Sept 16<sup>th</sup> for survivors, although its never too late for others to sign up. I've begun putting together and organizing our 5k goal race on December 9<sup>th</sup> with Pete's help. The goal race will be open to anyone and will be posted on runsignup.com. Money raised from this race will go to the Ulman Foundation to help us continue program next year. I'm hoping that this goal race will inspire other survivors to participate next year and share their story while being an inspiration to others who may be struggling with their current situation. I want to show everyone that cancer isn't the end, it's just an obstacle to overcome. Sign up to support our Cancer to 5k MGM goal race in December.



Jonathan pictured left with son Noah (who is now 16!). You can contact Jonathan to learn more about 5K run by calling 334-437-1674 or [kiddjonathan26@gmail.com](mailto:kiddjonathan26@gmail.com).  
**Thanks for all you do!**