

CARPET CAPITAL RUNNING CLUB - MEMBER SPOTLIGHT

NATHAN BATES

2015 Runner of the Year Overall Champion

Breaking the Ice

What is your favorite game or sport to watch?

Football. Some college but NFL mostly. I am the reigning fantasy football champ in my league.

If you could only eat one meal for the rest of your life, what would it be?

Pizza for sure.

Running Questions

What is your motivation for running?

Running is a great stress reliever for me. It is also something that I really enjoy. But I ultimately do it for my health.

How many pairs of running shoes do you own?

Five or six currently. Always looking for a reason to buy another pair.

Trail or road?

Road

What is the longest distance you have ever run?

14 miles. I'd love to tackle a marathon one day but finding the time to properly train is problematic.

Favorite race? Why?

That answer depends on the distance. My favorite 5k race is the Forever Family race in Tunnel Hill. This race takes place at my parents' church where I grew up so I know a lot of the people involved. The race also benefits adoption, which is something I have a personal connection with.

My favorite 10k race is the Peachtree Road Race in Atlanta. I love this race because of the atmosphere. Being out there with 60,000



other runners is unlike any other feeling you can get from any other race. It's really an exciting race.

My favorite half marathon race is probably the Berry half marathon in Rome, GA. I went to school at Berry and the scenery on campus cannot be beat. It's also a great course with tons of volunteer support along the route. Dalton's half marathon is a close second though.

Getting to Know You

What is most important in your life?

My family is the most important thing in my life. I love spending time with my wife and chasing after my two little girls.

What are your hobbies outside of running?

Hobbies OTHER than running?? Just kidding. I really enjoy reading and traveling.

What is the craziest thing you have ever done?

A couple of years ago, a friend of mine talked me into doing the Blue Ridge Relay. It's a 200 mile race that you complete with a team. The weather conditions that weekend were awful and I had just finished working an overnight shift the night before the race started. I was exhausted by the finish line but the race was a blast!

Closing Questions

Is there anything you want to say to the Carpet Capital Running Club members? 2015 was my first year in the CCRC. I could tell early on that the club consisted of some pretty awesome people that cared about the running community. The volunteer support at each race this year was amazing and it was also awesome to see the same faces at each race. I know Atlanta claims to have the heat, hills, and humidity, but I think north Georgia can claim that as well. While that may be true, we are blessed that Dalton is such a wonderful place to run. Even when I'm not feeling my best, I look at the beautiful scenery around me, breath in some fresh air, and put in a couple of miles. There is no such thing as a bad run.

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ROBBIE CHEATHAM

2015 Runner of the Year 2nd Place Overall

Breaking the Ice

What is your favorite game or sport to watch?

Ice Hockey

If you could only eat one meal for the rest of your life, what would it be?

Pizza

Running Questions

What is your motivation for running?

Running forces you to look for fuel in an empty tank and that tells you so much about yourself...things you would never have discovered otherwise.

How many pairs of running shoes do you own?

Only two now. I just donated 12 pairs to the thrift store on Saturday!

Trail or road? Road

What is the longest distance you have ever run? 13.5 miles

Favorite race? Why?

Run at the Mill half marathon... It was my first half-marathon and I just love the atmosphere there.

Getting to Know You

What is most important in your life?

God's grace and mercy, my wife Beth, and our two sons Logan and Brody.

What are your hobbies outside of running?



Mountain climbing (I'm a 14er- climbed Elbert, Democrat, Lincoln, and Humboldt) and I'm learning to play guitar.

What is the craziest thing you have ever done?

Hiked the Phantom Terrace which is a 1 mile path carved in the side of a 1000 foot cliff that connects Humboldt and Comanche Peaks in Westcliffe CO.

Closing Questions

Is there anything you want to say to the Carpet Capital Running Club members? I'm so thankful for the opportunity to set a goal like ROY and be able to compete with such great people. Also, I want to thank the volunteers and officers for providing us with such a great experience. My advice to the members is set a long term goal and several short term goals. Then come up with a plan to achieve them. And remember it's the journey that makes you who you are...not the destination. So it's okay if you don't meet your goal as long as you emptied yourself to try and achieve it.

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ROBYN WARD

2015 Runner of the Year 3rd
Overall

Breaking the Ice

What is your favorite game or sport to watch?
College football.

If you could only eat one meal for the rest of your life, what would it be?
Probably Cajun chicken pasta or chicken casserole.

Running Questions

What is your motivation for running?

I love how I feel after a great run. Running is a great way of relieving stress. AMEN!

How many pairs of running shoes do you own?

Eight.

Trail or road?

Mostly road.

What is the longest distance you have ever run?

26.2 miles [*editor's note: Robyn was not only top 3 ROY 2015 but also ran her first full marathon at Chickamagua in November!*]

Favorite race? Why?

One of my favorite races would have to be Run for God @ The Mill. I love running out on the country roads and scenery out there.

Getting to Know You

What is most important in your life?

God / Family / Good Health

What are your hobbies outside of running?

Hiking, biking, and cross fit.

