



# THE RED SHOE IS COLUMBUS COUNTY FITNESS

Photographs by Mark Gilchrist



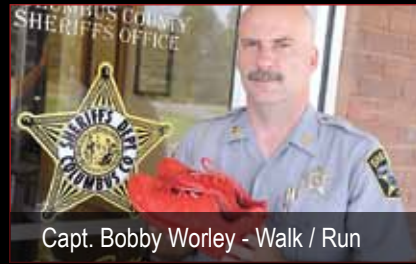
Dr. Kathy Matlock - CREW



Kelly Hughes - Walk / Run



Doug Sasser - Walk, Paddle & Bike



Capt. Bobby Worley - Walk / Run



Dr. Morgan Phillips - Paddle



Coburn Powell - X-TREME!



Kim Pierce - Bike & Hike



Creek, Katherine & Katelyn Hyatt - CREW



Steven Shaw - Bike & Hike



Jan Lynn - Bike & Hike



Diana Matthews - Bike & Hike

**Whether we are swimming, paddling, cycling, running or walking, whether we are studying for a degree or working on a career, whether we are building a family or a community, we know that the biggest jobs, the most awesome challenges are accomplished by first taking the smallest steps, and then it is one foot in front of the other, tirelessly, relentlessly, one step at a time. **The Red Shoes** and belief in ourselves will get us there.**

## Living

The News Reporter, Thursday, August 15, 2013 Section C



Eddie Beck - Bike & Hike



Vicki Howell - Walk / Run



Vanessa Hawes - Paddle



Elijah Gresham - Walk / Run



Wayne Inman - Walk/Run, Bike & Hike



Georganna Fisher - Walk / Run



Kysheim Robinson - Walk / Run



Debbie Boyette - Bike & Hike



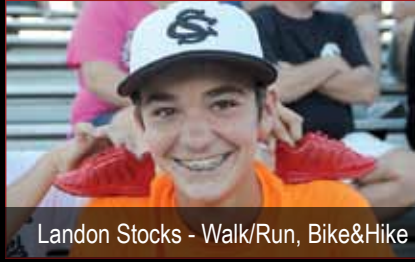
Charlene Bush - Walk / Run



Will Gore - Bike & Hike



Greg Hewett - Bike & Hike



Landon Stocks - Walk/Run, Bike&Hike



Sophia Scott - Walk / Run



Charles McDowell - Walk / Run



Amber Parker - Walk / Run



Caroline Gore - Bike & Hike



Terri Edmund - Walk, Paddle & Bike



Chase Rhodes - Walk / Run



T. J. Spivey - Bike & Hike



Andrea Jacobs - Bike & Hike



Jodie Taylor - Paddle



Patricia Wright - Walk/Run, Bike&Hike



Toni Stocks - Walk/Run, Bike&Hike



Christa Clewis - Walk / Run



Brett Gore - X-TREME!



John Cobbs - Walk



Pickett Council - Walk/Run, Bike&Hike



Sandy McNeill - Bike & Hike



Robert Simmons - Bike & Hike



Scott Hardison - Bike & Hike



Regina Britt - Walk / Run



Rhonna Gore - Bike & Hike



Megan Gore - Walk/Run, Bike&Hike



Jenny Hinson - Walk / Run



William Andrews - Walk / Run

Thanks to the people who let us interrupt their Take the Lake training for quick photographs and to promote the "Red Shoe is Columbus County Fitness" campaign as we hope to inspire residents to lead more healthy lifestyles and exercise more. Take the Lake is Labor Day weekend, with the X-TREME! on August 24. Visit [TakeTheLake.org](http://TakeTheLake.org).