



FOOTTRAILS

SPRINGFIELD ROAD RUNNERS CLUB

FALL 2020

UPCOMING DATES:

- 12/6—Frostbite
2 Mile/10 Mile

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2020—A Year Unlike Any Other

Welcome to the Fall edition of the SRRC FootTrails newsletter. In any other year, we would have many pictures of the latest club and local races in this issue (Parade Run, Abe's Amble, Shoreline Classic, among others).

But this is 2020, the year of the COVID-19 pandemic. Most races have switched to a virtual format, or have been cancelled. A few races were held in-person with many extra safety precautions in place to reduce the risk of COVID-19 transmission.

We runners have been extremely lucky that our sport and pastime is (most often) an outdoor activity that can be performed without a mask and with distancing that allows us to enjoy running with others. We've all missed running in races and the socializing before, during, and afterward.

It's been hard.

We are a resilient bunch, however. We understand all about sacrificing short-term comfort for the long-term betterment of ourselves, and now we are experiencing a global crisis that requires us to maintain that sacrifice for an unknown length of time, for the safety and betterment of our society. It is a lot to ask.

We enjoyed the warm summer, and hopefully spent much time outdoors. Now, as we head toward several months of the cold fall and winter months, spending more time indoors, craving the company of family and friends during the upcoming holidays, we're facing another extended period of self-sacrifice. It will be hard. Please continue to keep your distance, wash your hands, wear your mask. We are all growing tired. Think of those who have sacrificed so much for all of us - health care workers, service workers at our grocery stores, restaurants, and other essential businesses, public safety personnel, and more - and that continue to do so at greater risk than us. (A huge thanks to those of you who are those folks!) We can all play our part.

Stay strong. Stay smart. Stay safe. Let's work toward having a better 2021—together!

In this issue, we hope you enjoy the pandemic stories of those who have been kind enough to share their 2020 experiences.



Casie Jones runs in the Women's Distance Festival in a medical mask as a precaution against COVID-19 transmission

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Club Information

Membership

Annual Membership Rates:

\$30 Family
\$20 Adult
\$5 Student/Youth

Annual memberships expire December 31st.
Half price membership starts September 1st through the end of the year.

Renew or join online at www.srrc.net

Address/e-mail changes:

Julie Pitchford
Membership Director:
SRRCMembership@gmail.com

Find us online!

www.srrc.net

Board Meetings

Board Meetings are held on the second Tuesday of each month starting at 5:30 pm at ICASA Offices, located at 100 N 16th St, Springfield, IL (subject to change). Members are welcome to attend.

Advertising

FootTrails is published on a quarterly schedule, subject to change. Advertising rates are as follows:

\$100 Half page (back cover/color)
\$60 Full page (B&W)
\$40 Half page (B&W)
\$20 Quarter page (B&W)
\$15 Business card (B&W)

SRRC Training Groups

HALFWITS

12-week half marathon training for the Lincoln Presidential Half Marathon.

Cost: Free to SRRC members

Dates: January—March

Leaders: Lori & Tommy Dale

www.srrc.net/halfwits

SPEED WORKOUTS

Get your “fast” on at the summer track sessions!

Dates: April—September

Wednesday evenings, 6:00 at Washington Park or SHG Track

Leader: Bill Owens

www.srrc.net/speedwork

ABES ARMY

Popular 12-week summer training program for the Abe's Amble 5K and 10K race in August.

Cost: \$60

Dates: May—August

Leaders: Randi Lucas , Heather Sharpe & Meredith Caudill

www.srrc.net/abesarmy

FROSTTOES

Train for the Frostbite Premier 10 mile race with this 12 week program

Cost: Free to SRRC members

Dates: October—December

Leaders: James Kuhn & Frank Midiri

www.srrc.net/frosttoes

All club members are encouraged to contribute to this newsletter with stories, announcements, outstanding performances, and photos. Please email srrcweb@gmail.com. Contributions are subject to SRRC Board final approval.

President's Message



Hi everyone! If ever we were presented with an opportunity to show our capacity for flexibility and change, it is in the year 2020. As a result of the COVID-19 pandemic, we were able to host only one live event on our 2020 schedule of Club-owned races, but it sure was a fun one! Over 300 runners and walkers signed up for the Women's Distance Festival on July 11 with 208 women and girls completing the live race on a beautiful, sunny Saturday morning and the remainder participating virtually. The Abe's Army training program began virtually in May 2020 and transitioned to a live program for those who were ready to gather as a (socially-distanced) group with the others continuing to participate virtually. With cancellation of the 2020 Illinois State Fair, the Parade Run and Abe's Amble were barred from being held live. We rallied and converted both events to virtual only. Over 300 participants registered for these events. Bill Owens' Speed Work group met up for several months of speed training workouts. We modified the Participation Series to recognize races throughout the region that were converted to virtual events.

And now, as we look ahead, Club members have begun training for the virtual Frostbite Festival on December 6. The Frost Toes training group under the new leadership of James Kuhn and Frank Midiri is well underway. And, we are making preliminary plans for the 2021 Abraham Lincoln Presidential Half Marathon in the spring, though it remains too early to make a final call on how this race will be held. The board continues to monitor the status of the COVID-19 pandemic and to implement guidance from the Road Runners Club of America as well as national, state and local public health advice as we move forward. We are grateful for the continued dedication of Springfield Road Runners Club members as we navigate these unusual times together. At this time, it looks unlikely that we will be able to gather in person for our annual board meeting and awards ceremony in January. However, we are putting our heads together to consider alternative options, especially since we've all become Zoom- savvy out of necessity. We'll keep you posted. In the meantime, please do your best to stay safe and healthy and we'll see you on the roads! ~Carrie

Frost Toes Keeps 'Em Running!

While the Frostbite Festival is virtual this year, the Frost Toes training group is going strong. Thanks to leaders James Kuhn and Frank Midiri for giving up their Tuesday and Thursday evenings and Saturday mornings for motivated club members to get out and get in their miles! In addition to normal safety measures as you run on the roads, please also continue to keep social distance on training runs, wearing a mask if needed. Keep yourself and your fellow runners safe during the fall and winter months!



SRRC Race Wrap-Ups

The SRRC managed to squeeze in one live race over the summer—the Women’s Distance Festival was held in-person at Washington Park on July 11th. Many also chose to participate virtually. The Abe’s Army training program began as virtual training, but small training groups were able to meet once lockdown restrictions were eased. Unfortunately, the Parade Run 2-Mile and Abe’s Amble 5K and 10K had to take place virtually.

The Frostbite Festival 2-Mile and 10-Mile events in December are being held virtually.

The Lincoln Presidential Half Marathon had 1,541 registrants. A total of 886 people completed the virtual option. The Women’s Distance Festival had over 300 registrants, with 208 completing the race in-person. The Parade Run had a total of 137 people complete the virtual event. Abe’s Amble 5K had a total of 36 virtual finishers. Abe’s Amble 10K had a total of 158 virtual finishers. Member results for the above races can be found in the following pages.

We would like to recognize the race directors for each of the above races: Dave Drennan (LPHM), Carrie Ward and Melissa Wiseman (WDF), Donna Brayfield, Diana Nevitt, and Julie Boots (Parade Run), and Carrie Ward and Julie Pitchford (Abe’s Amble) for their efforts in making these virtual (and in-person) events happen. While virtual events don’t have all the logistics of in-person races, these RDs still gave of their time to make the races happen!

Thanks also to all of the race volunteers, and to Randi Lucas and leaders of the semi-virtual Abe’s Army for their time and commitment to help make these events successful, even during these difficult times.

Women’s Distance Festival Photos



Race directors Carrie Ward (left) and Melissa Wiseman show us who’s boss at the 2020 WDF

Volunteer Jeff Meyerhoff stands at attention during the National Anthem before the first wave of the WDF



Women's Distance Festival Photos



Women's Distance Festival Photos



Women's Distance Festival Photos



Virtual LPHM Results

Nick Walden	1:27:20	Melissa Nesit	2:06:47	Shannon Clay	2:28:14	Jill Reich	2:56:35
John Murphy	1:32:45	Stephen Paca	2:06:52	Scott Hendren	2:28:47	Dianna Jones	2:57:12
Keith Virden	1:34:07	Stacy Reddecliff	2:06:56	Jake Mitchell	2:29:08	Beth Lafata	2:57:12
William Owens	1:38:30	William O'Sullivan	2:07:00	Megan Styles	2:29:08	Jan Andrews	2:58:54
Raul Valero	1:39:37	Ellen Greenan	2:07:57	Stacy Kmett	2:30:58	Matthew Duff	2:59:39
Alex Taft	1:39:42	Kevin Spurlock	2:07:59	Bronwyn Leach	2:32:05	Linsey Torchia	3:02:00
Henry Janssen	1:40:27	Molly Schaefer	2:08:10	Russell Schaefer	2:32:37	Angie Fletcher	3:02:10
Danny Midiri	1:40:35	Kim Owens	2:09:08	Joann Johnson	2:33:22	Lynne Morris	3:02:10
Andy Martin	1:40:37	Sarah Enlow	2:09:13	Kathy Fetter	2:33:27	Tim Skronski	3:02:15
Scott Nation	1:40:38	Brenda Hillen	2:09:37	Marybeth Young	2:33:38	Angie Veith	3:05:55
Blake Scranton	1:41:38	Laura Swale	2:09:39	Lisa Lindquist	2:34:00	Kent Patterson	3:06:29
Kevin Hingle	1:44:22	Randi Lucas	2:10:51	Wendy Glisson	2:35:58	Shawn Gibbs	3:06:59
Venugopala Shetty	1:44:49	James Kuhn	2:11:18	Dawn Phillips	2:35:58	Patty Petersen	3:08:16
Hannah Nation	1:45:45	Jerry Kuhn	2:13:45	Karrie Clark	2:36:21	Dawn Stearns	3:11:10
Cathy Popovitch	1:48:35	Michael Torchia	2:13:58	Leslie Curry	2:36:32	Lindsey Lister	3:11:20
Joy Guardia	1:48:49	Rosa Reim	2:14:36	Khara Koffel	2:36:50	Denise Beauman	3:14:22
Scott Leopold	1:49:10	David Bretz	2:14:54	Amy Crowdson	2:37:21	Melissa Wiseman	3:15:00
Brookelyn Eazelle	1:50:21	Julie Boots	2:15:05	Denise Nichols	2:37:34	Lesa Schaive	3:15:12
Drew Stroud	1:51:02	Michelle R Brown	2:15:08	Lou Ann Ibberson	2:37:51	Kathleen Jensen	3:15:16
Lori Farris	1:51:10	Marilyn Kirchgesner	2:15:15	Rhonda Robinson	2:38:09	Carrie Ward	3:15:16
Frank Midiri	1:53:04	Ashleigh Koerner	2:15:39	James Alexander	2:39:05	Roseanne Nance	3:16:00
Travis Lobmaster	1:53:10	Doug Galayda	2:16:05	Tammy Lawson	2:39:40	Lori Dale	3:18:26
Tommy Dale	1:53:40	Shelley McIntyre	2:17:00	Mary Harney	2:40:00	Marilyn Kushak	3:20:31
Holly Dahlquist	1:54:55	Meredith Caudill	2:17:09	Amanda Johnson	2:40:28	Mollie Langley	3:21:35
Suzannah Bartos	1:55:58	Janet Powell	2:17:09	Wes Johnson	2:40:28	Todd Patrick	3:23:41
Jessica Hamblin	1:56:03	Andrew Paoni	2:17:41	Angela Liles	2:40:48	Mindy Buske	3:25:00
John Alsup	1:56:24	Adrienne Sweet	2:17:47	Diane Muncy	2:40:50	Larry Buske	3:25:00
Kelly Biggs	1:56:41	Gregg Sams	2:18:03	Caroline Jones	2:41:48	Sierra Buske	3:25:00
Matt Daniels	1:57:38	Steward Sandstrom	2:18:16	Melissa Ladage	2:42:36	Tyler Buske	3:25:00
Matt Minder	1:59:26	Darrell Simmermaker	2:18:44	Johnita Pettys	2:43:10	Jennifer Herman	3:25:41
Randy Rieke	1:59:58	Maria Wells	2:19:53	Bette Wells	2:44:01	Nina Rossini	3:29:00
Diana Nevitt	2:00:00	Sandra Elliott	2:20:00	Susan Brinkoetter	2:44:30	Jessi Springer	3:30:59
Fess Teklehaimanot	2:00:26	Nancy Ferguson	2:20:52	Carissa Switzer	2:47:17	Michele Pitts	3:34:49
Kathleen Knolhoff	2:00:28	Donna Brayfield	2:20:55	John Langley	2:48:18	Christina Powell	3:37:17
Kelly Hubbard	2:01:00	Trevor Tapscott	2:21:00	Connie Heskett	2:51:45	Sam Woods II	3:44:27
David Suiter	2:01:44	Sunny Etta Dahlquist	2:21:31	Katie Roe	2:52:44	Vivian Jones	3:44:38
Amber Potthoff	2:02:03	Jeff Meyerhoff	2:22:13	Amanda Tamminga	2:52:52	Tom Kushak	3:52:01
Lindsey Cumby	2:03:26	Rai Richardson	2:22:15	Mark Young	2:53:13	Kimberly Orlando	4:04:48
Jim Faloon	2:03:38	Jennifer Krause	2:22:48	Lisa Young	2:53:13	Victoria Stoye	4:11:09
Mary Fairclough	2:04:09	Tracy Price	2:24:35	Paul Fee	2:54:07	Christina Smith	4:22:27
John Hauer	2:04:14	Laura Bautista	2:25:11	Ruth Ann Day	2:54:27	Amy Savel	4:23:00
Peggy Windisch	2:04:32	Paul Turner	2:25:15	Denise Singleton	2:55:10	Michael Davis	4:47:03
Pamela Hart	2:04:50	Steve Washko	2:25:36	Bobbie Jo Hill	2:56:00	Jennie Davis	5:16:58
Jerod Fundel	2:05:25	John Stearns	2:27:38	Kristina Mucinskis	2:56:12		
Amy Whitecotton	2:06:40	Elizabeth Hiler	2:28:08	Heather Sharpe	2:56:32		

Women's Distance Festival Results

(In-Person Participants Only)

Lori Farris	14:58.3	Denise Nichols	19:33.1	Connie Heskett	22:38.2	Susan Collins	26:20.7
Jessica Hamblin	15:38.5	Linsey Torchia	19:34.0	Stephanie Bressan	22:40.1	Sarah Rieke	26:45.7
Stacey Marker	15:52.2	Joan Studach	19:41.5	Valerie Berryman	22:51.6	Christina Powell	27:28.2
Jamie Fitzpatrick	15:56.6	Kathy Canaday	19:53.1	Marilyn Kushak	22:52.6	Kim Knuuti	27:28.4
Lynn Merli	15:58.0	Debbie Yeaman	20:20.4	Emiliya Dimitrova	22:56.3	Joyce Ludwig	27:59.7
Holly Dahlquist	16:05.3	Debbie Parker	20:27.0	Lesa Schaive	22:56.8	Crysta Weitekamp	28:00.0
Randi Lucas	16:12.6	Beth Lafata	20:28.0	Catherine Long	23:08.8	Madalynn Sullivan	28:35.1
Diana Nevitt	16:33.9	Tracy Price	20:31.7	Cindy Evans	23:10.7	Angela Woodson	28:59.7
Rebecca Baum	16:35.9	Diane Muncy	20:34.7	Susan Brinkoetter	23:13.2	Linda Hostetler	29:15.7
Donna Brayfield	16:51.5	Melissa Ladage	20:50.6	Tara Fritsch	23:25.0	Nina Rossini	29:19.3
Ellen Greenan	16:59.5	Cathy Gochenour	20:52.1	Patty Petersen	23:32.9	Christina Smith	30:19.1
Dawn Raycraft	17:01.9	Ginger Mercier	21:01.8	Brenda Erley	23:47.6	Hailey Ladage	31:56.8
Kelly Grzegorek	17:21.7	Jen Dewitt	21:08.1	Mary Harney	23:51.2	Brooke Ladage	31:57.6
Cheryl Biesiada	17:26.2	Hannah Pasman	21:14.5	Lisa Mosley	24:17.4	Michele Pitts	32:06.1
Melissa Nesit	17:29.7	Bronwyn Leach	21:19.4	Adrienne Sweet	24:31.5	Echo Beekman	33:31.5
Lauren Ladage	17:30.0	Joann Johnson	21:34.7	Michelle Maggiore	24:42.7	Jennifer Rees	33:31.7
Kim Owens	17:34.8	Dawn Phillips	21:36.0	Dawn Hauer	24:52.5	Victoria Stoye	33:48.1
Marilyn Kirchgessner	17:45.9	Kathy Fetter	21:39.2	Lynne Morris	24:53.1	Linda Hicks	33:49.6
Stacy Atwell	17:50.0	Amanda Tamminga	21:41.3	Kathleen Winhold	25:01.7	Ami Hall	35:13.2
Jill Reich	17:52.4	Wendy Glisson	21:47.8	Kim Kinsell	25:06.4	Elena Bryjka	35:13.6
Shelley McIntyre	18:06.4	Karrie Clark	21:48.2	Carol Hernandez	25:15.2	Lily Bryjka	35:13.6
Emily Wright	18:23.6	Bette Wells	21:49.6	Dawn Stearns	25:20.8	Lindsey Lister	37:10.0
Amy Crowdson	18:31.4	Paula Howard	21:52.0	Christianna Sullivan	25:25.4	Carol Wojcik	38:14.9
Hannah Engel	18:53.4	Rhonda Robinson	22:00.9	Lois Stone	25:25.4	Abby Easley	42:43.4
Bobbie Jo Hill	19:19.2	Kathleen Jensen	22:05.9	Alison Goldsberry	25:31.8	Tori Taylor	42:53.8
Jennifer Krause	19:19.2	Jan Andrews	22:09.3	Joni Winhold	26:13.5	Heather Sharpe	42:54.0
Lou Ann Ibberson	19:20.4	Carissa Switzer	22:14.0	Lori Dale	26:14.7	Cindy Pierson	46:26.5
Danielle Sharpstene	19:32.4	Amanda Rieger	22:16.9	Denise Beauman	26:16.7		

Virtual Parade Run Results

Andy Martin	11:42	Melissa Wiseman	18:03	John Stearns	20:34	Angie Veith	25:43
Keith Virden	12:51	Donna Brayfield	18:03	Beth Lafata	20:34	Amanda Johnson	25:43
Danny Midiri	13:12	Meredith Caudill	18:07	Cathy Gochenour	20:35	Kathleen Winhold	25:54
Eric Arndt	13:58	John Hauer	18:18	Tracy Price	20:36	Jennie Davis	25:55
Wes Johnson	14:03	Kyle Burton	18:24	Jessica Hamblin	21:07	Denise Singleton	26:05
Scott Leopold	14:05	Roger Muench	18:24	Paul Fee	21:21	Nina Rossini	27:03
Blake Scranton	14:44	Peggy Windisch	18:25	Teri Taylor	21:32	Todd Patrick	27:04
James Kuhn	15:05	Pamela Hart	18:34	Joyce Hubbard	21:34	Jennifer Herman	27:20
Randi Lucas	16:09	Rosa Reim	18:36	Marilyn Kushak	22:03	Connie Heskett	28:38
Kathleen Knolhoff	16:09	Stephen Paca	18:39	Amanda Tamminga	22:03	Bronwyn Leach	29:37
William O'Sullivan	16:13	Bob Baker	18:59	Adrienne Sweet	22:12	Debbie Fortman	30:01
Kelly Hubbard	16:25	Randy Rieke	18:59	Katie Roe	22:23	Sam Woods II	30:02
Jamie Fitzpatrick	16:25	Molly Schaefer	19:00	Kathleen Jensen	22:44	Heather Dressel	30:10
Steward Sandstrom	16:30	Marybeth Young	19:01	Patty Petersen	22:44	Christina Smith	30:44
Ellen Greenan	16:40	Julie Boots	19:11	Christina Powell	23:09	Cathy Wankel	32:18
Kim Owens	16:47	John Howard	19:16	Lindsey Lister	23:10	Michele Pitts	33:24
Jerry Kuhn	17:04	Linsey Torchia	19:30	Jan Andrews	23:12	Victoria Stoye	33:41
Lindsey Cumby	17:13	Joan Studach	19:35	Lesa Schaive	23:16	Sarah Rieke	33:46
Tim Skronski	17:21	Danielle Sharpstene	19:48	Paula Howard	23:23	Ami Hall	34:12
Cheryl Biesiada	17:38	Nancy Ferguson	19:50	Vivian Jones	23:40	Mary Emrick	34:31
Scott Hendren	17:40	Stacy Kmett	20:14	Melissa Ladage	23:40	Linda Hicks	35:37
Sarah Enlow	17:40	Johnita Pettys	20:14	Carrie Ward	23:46	Kimberly Orlando	37:21
Jerod Fundel	17:42	Caroline Jones	20:16	Tara Fritsch	24:19	Samantha Rieke	38:56
Diana Nevitt	18:01	Diane Muncy	20:25	Dawn Hauer	24:47	Raylea Dodson	43:56
Amber Potthoff	18:03	Frank Midiri	20:25	Casey Mayfield	25:12		

Virtual Abe's Amble 10K Results

Andy Martin	38:00	Rosa Reim	1:01:13	Marilyn Kushak	1:13:25	Nina Rossini	1:26:02
Keith Virden	42:46	Pamela Hart	1:02:00	Cathy Gochenour	1:13:25	Scott Hendren	1:26:20
Danny Midiri	45:08	Roger Muench	1:02:12	Paula Howard	1:15:08	Lori Dale	1:28:00
Cole Boatman	45:12	Melissa Wiseman	1:03:35	Bette Wells	1:15:48	Angie Veith	1:28:54
Blake Scranton	46:19	John Grisham	1:03:49	Kent Patterson	1:16:00	Kristina Mucinskas	1:28:56
Wes Johnson	46:39	Meredith Caudill	1:04:51	Christina Powell	1:16:16	Bronwyn Leach	1:29:54
Scott Leopold	46:44	Bobbie Jo Hill	1:05:00	Dawn Phillips	1:16:29	Amanda Rieger	1:30:00
William O'Sullivan	52:22	Tim Skronski	1:05:17	Kathy Fetter	1:16:29	Melissa Linderman	1:30:35
Jamie Fitzpatrick	52:38	Jerry Kuhn	1:05:32	Joann Johnson	1:16:29	Jennie Davis	1:30:47
Curtis Winhold	52:49	John Howard	1:06:00	Wendy Glisson	1:16:29	Vivian Jones	1:30:47
Lynn Merli	52:53	Caroline Jones	1:06:10	Teri Taylor	1:16:42	Randy Rieke	1:31:28
Molly Schaefer	54:12	Brenda Hillen	1:07:21	Casey Mayfield	1:16:59	Sarah Rieke	1:31:46
James Kuhn	54:23	Brian Biggs	1:07:30	Carrie Ward	1:17:04	Frank Midiri	1:31:57
Jessica Hamblin	54:25	John Stearns	1:07:49	Jennifer Herman	1:18:00	Elizabeth Calcara	1:32:12
Steward Sandstrom	55:03	Tommy Dale	1:07:50	Lesa Schaive	1:18:03	Judy Claussen	1:33:33
John Hauer	55:15	Marybeth Young	1:08:06	Connie Heskett	1:18:17	Kimberly Orlando	1:34:36
Lindsey Cumby	55:57	Diane Muncy	1:09:00	Katie Roe	1:18:17	Sam Woods II	1:35:04
Doug Galayda	56:12	Tammy Lawson	1:09:17	Melissa Ladage	1:19:12	Carol Bedtka	1:35:26
Jerod Fundel	56:18	Stacy Kmett	1:09:49	Adrienne Sweet	1:19:25	Lois Stone	1:35:29
Kim Owens	56:36	John Diel	1:10:10	Kathleen Jensen	1:19:27	Michael Davis	1:35:42
Ellen Greenan	56:50	Tracy Price	1:10:12	Patty Petersen	1:19:32	Kathy Thomas	1:35:55
Sarah Enlow	57:19	Ashleigh Koerner	1:10:16	Lynne Morris	1:19:52	Joyce Ludwig	1:37:57
Kelly Hubbard	58:02	Danielle Sharpstene	1:10:50	Cindy Evans	1:20:08	Christina Smith	1:38:09
Kathleen Knolhoff	58:06	James Alexander	1:11:21	Jan Andrews	1:20:12	Stephen Paca	1:38:26
Cheryl Biesiada	58:14	Linsey Torchia	1:11:28	Lindsey Lister	1:21:31	Todd Patrick	1:39:48
Peggy Windisch	58:36	Beth Lafata	1:11:34	Carissa Switzer	1:21:48	Joni Winhold	1:43:14
Amber Potthoff	58:36	Johnita Pettys	1:12:10	Angela Turasky	1:22:00	Julie Donelson	1:46:21
Randi Lucas	59:41	Nancy Ferguson	1:12:49	Denise Singleton	1:22:03	Michele Pitts	1:52:12
Jean Broadus	59:56	Denise Nichols	1:12:58	Amanda Tamminga	1:22:53	Ami Hall	1:54:51
Julie Boots	1:00:22	Amy Crowdsen	1:12:58	Dawn Stearns	1:23:30	Mary Emrick	1:55:59
Diana Nevitt	1:00:24	Lou Ann Ibberson	1:12:59	Karrie Clark	1:23:39	Linda Hicks	1:56:50
Donna Brayfield	1:00:24	Paul Fee	1:13:00	Tara Fritsch	1:25:45		

Virtual Abe's Amble 5K Results

Kelly Grzegorek	27:13	Amanda Johnson	41:33
Bob Baker	27:24	Patricia Hopkins-Price	42:46
Kyle Burton	30:36	Debbie Fortman	43:16
Joyce Hubbard	35:00	Cathy Wankel	47:39
Kathleen Winhold	36:20	Dawn Hauer	49:12
Jennifer Davis	38:30	Heather Sharpe	56:41
Tori Taylor	41:33	Trevelyn Florence-Thomas	59:38

Pandemic Stories

Well, we know people have not just been sitting around indoors during this pandemic. Running hasn't been canceled, as the saying goes. We decided to ask our members what they have been doing to stay active and motivated during the last several months. Here are a few stories that members were willing to share.

The Early Bird Gets the ... Horse?

For Bobbie Jo Hill, when the pandemic started in March, it meant no longer commuting the half-hour to Springfield every day for work. Not being a morning person, she decided to take advantage of the extra time (since her daily visits to the YMCA also had to be halted) by meeting her friend Angie at 7 am every morning to run on the Sangamon Valley Trail. She also took the opportunity to bring along her Chocolate Lab, Kimber, for some extra exercise too.

The trio experienced more than a few exciting adventures on the morning excursions, especially many animal encounters – a herd of deer, an owl, a stray yellow Lab (owner was found!), runaway cow, and runaway horse! The runaway horse situation was particularly memorable – Bobbie Jo drove up and down Cantrall Creek Road several times (with several U-turns) and finally was able to direct the horse into a driveway, where she was able to keep the horse leashed (thanks Kimber for loaning your leash!) until the police and owner arrived.

In addition, Bobbie Jo completed many virtual races this way – the Lincoln Presidential Half, the Illinois Half Marathon, Abe's Amble, and others. In a likely regrettable moment, she also thought to test Kimber's shock collar on herself to see if it really worked (after she'd been dragged along by Kimber on a rabbit chase) and was impressed with how well the collar did work!

Beginning in June, Bobbie Jo returned to work in Springfield. She made the fateful decision to continue her morning running, opting to get up even earlier to meet at 6 am. Based on all the exciting events that happened on her morning runs, it was probably a no-brainer. After all, given this crazy 2020 we've had, a little consistency and a lot of fun with running friends is an easy decision.



Left: Bobbie Jo and Angie with their friendly neighborhood horse friend. Right: Kimber just hanging out during all the horseplay.

Pandemic Stories

From Running to ... Riding???

(Editor's Note: This story involves running only in a very minor way, but involves cycling in a very major way. Although this is a running club, we decided to allow this story to be published, after much deliberation. Just this one time.)

When the pandemic hit, SRRC members Nancy and Mark Ferguson were at a loss. As regular gym-goers, with the gyms closed, what else could they do? They began walking every morning. Nancy would also run later in the day, but she found she lacked motivation to do much meaningful training without races to look forward to.

As a change, the Fergusons started riding their bikes in the evening. As the days passed, they pushed themselves to ride farther and faster. They came across a fellow runner who was setting a goal to do a 50-mile ride with some other runner/cyclists. Well, that sounded like a good challenge for Nancy and Mark! At the time, they had only ridden up to about 20 or 25 miles at one time. They asked to join up with the group for the 50-mile ride, and ... they enjoyed it! And they even enjoyed it so much (especially the part where they stop riding at a Casey's to eat pizza) they next set the goal to ride a metric century (we runners know this as a 100K, and for you Imperial-measurement folks, that is around 62.2 miles). Well, the Fergusons wound up enjoying that challenge too.

Nancy and Mark continue to ride, although the cooler winter weather will bring its own challenges. They may even have to start running again, which is probably better for everyone involved. We congratulate the Fergusons for branching out and trying something new, although we hope that this is just a phase they are going through (except for the pizza-eating).



Pandemic Stories

Marathon Mommas

When a pandemic gives you extra time on your hands, why not train for a marathon? That's what this group of ladies decided to do to keep themselves motivated to run over the summer months. Dawn Phillips, Wendy Glisson, Bette Wells, JoAnn Johnson, and Kathy Fetter tackled the Springfield Marathon on October 11th. It was Dawn and Wendy's first marathon experience, the 2nd for Bette, and 3rd for JoAnn and Kathy.

Wendy and Dawn enjoyed the experience, despite the warm day, and were very happy to have family come out to support them on the course!

This self-proclaimed "Marathon Mommas" group runs together a few days each week, with areas around Washington Park being their favorites. Dawn, as a history lover, enjoyed routes passing through places such as Leland Grove and by historical homes like the Yates Mansion, and enjoyed sharing stories about Springfield history on their runs. During the marathon, she had the opportunity to share a story about the Staley family cemetery, and showed the group where the original farm site was located!

The group includes a few other regular runners that did not participate in the Springfield Marathon – Melissa Wiseman, Cindy Evans, and Jennifer Ryterski. The "Mommas" have enjoyed each other's company as they trained for several virtual runs during the pandemic.



From left, back row: Kathy Fetter, Cindy Evans, Wendy Glisson, Melissa Wiseman. Front row: Bette Wells, JoAnn Johnson, Dawn Phillips.



Left: The Mommas run the Springfield Marathon.

Above: The Mommas show off their group race shirts.

Pandemic Stories

Virtual Travels

Vivian Jones has been an SRRC member for several years. Although she has done some virtual races in the past, the pandemic provided more than a few opportunities to stay motivated and keep connected with friends. Her first virtual race in 2020 was the Coop Strong 4 Miler, which honored a victim of ALS that was a friend of Vivian's cousin. She followed that up with a Conquerer's Challenge virtual race, the Camino de Santiago, a 480-mile pilgrimage route beginning in France and ending at the shrine of the apostle Saint James the Great in the Cathedral of Santiago de Compostela in Santiago, Spain. She completed this challenge as a team with friends from Tennessee and Washington.

Vivian also tackled the Hadrian's Wall virtual event (90 miles) which is named for the Roman wall built nearly 2000 years ago between the North Sea and the Irish Sea in northern England, the Inca Trail to Macchu Pichu (Peru), a 26.2 mile virtual route, and the Patriot's Run, a 5K event typically held in Mount Vernon, Virginia (George Washington's former home).



Jennie Davis (left) and Vivian finish the Prairie Star 5K at the University of Illinois at Springfield.



Vivian poses with some of the virtual race medals she has collected during the pandemic.

She thought the Camino de Santiago was the most rewarding – doing the challenge as a team, keeping each other motivated and connected, and receiving postcards of sites along the route as they passed them virtually. She also took inspiration from the book “I’ll Push You” which chronicles two friends traveling the Camino route, one pushing the other in a wheelchair. Vivian found the Patriot’s Run the most challenging, mainly because she decided to push herself to run it as best she could, and ended up with a personal best!

Closer to home, Vivian also virtually participated in the Lincoln Presidential Half, Women’s Distance Festival, Abe’s Amble, and Shoreline Unclassic. She plans to also run the virtual Frostbite Festival in December. She did get to do one in-person race this summer – the Prairie Star 5K at UIS in late August. “They held it with so many precautions in place...it felt nice to be out there on the race course with others and still staying safe.”

Pandemic Stories

Virtual Travels (continued)

Victoria Stoye is a recent member of SRRC, but has made the most of the many virtual runs available to stay motivated during the pandemic. Her longest and most memorable run was the ALPHM, but she also has completed many 5K and 10K runs over the last several months:



Run For The TP 2020, Conquer Covid 19 Run, Graduation Run 2020, Run the Edge 2020, Wine Besties 5K, Dog Days of Summer 5K, I Run Solo: A 2020 Story, just to name a few.

One race that meant a lot to her was the Nurses are Heroes 5K, which she ran in recognition of the nurses at the Villas in Sherman for their valor during the COVID outbreak at the facility. She also enjoyed participating in the I Just Kept Running 10K, a Forrest Gump-themed event (one of her favorite movies).

Thank you to Vivian and Victoria for sharing their stories!

Pandemic Stories

Racing Is Not Cancelled – In Rochester Anyway



When the pandemic cancelled or postponed (and later cancelled) major spring marathons like Boston and London, it left several area runners in prime racing shape with no races to attend. Seeing an opportunity, Henry Janssen decided to host a race series for friends in this predicament. Agreeing that a 10K distance seemed an appropriate “medium” distance, Henry used old Rochester High School cross country routes for the courses, and the Shiner Bock Underground 10K race series was born (named after the beverage of choice following the race).

The first event, the Andy's Loop 10K on May 23rd, garnered 13 participants and resulted in several 10K personal records (PRs), despite some rolling hills (think Abe's Amble-type hills). The second event, the South Fork 10K on June 27th, also had 13 participants. Due to some COVID-related concerns, Henry postponed further races during the summer. Many of series participants registered and ran the in-person Springfield Marathon (or Half Marathon) on October 11th. Henry hopes to keep the race series going over

the winter months to keep people motivated and in prime racing shape for when “real races” eventually return.



Henry and several friends enjoy a post-race beverage from the race “sponsor”

Pandemic Stories

How I Spent My Pandemic Summer by Matt Minder

Flashback to March 2020: COVID-19 takes over the world, world comes to a screeching halt, and worst of all, every single running race in the world is cancelled! (In all seriousness, I realize many people have suffered and died from this illness.)

Around the middle of March, I injured my calf, and was reduced to very little running. I compounded that in mid-April with a second injury to the same calf, and did even less running. Things were looking bleak. And then...

I caught wind of a virtual race that interested me: The Great Virtual Race Across Tennessee (GVRAT). The brainchild of Lazarus Lake (Laz), creator of many deviously tough races (Barkley Marathons, Barkley Fall Classic, Vol State 500K, to name a few). GVRAT was a simple concept: run or walk (virtually) from the southwest corner of Tennessee, along a predetermined route of real roads and trails, to the northeast corner of Tennessee – a total of 1,022 kilometers (635 miles) over the course of 4 months, between May 1 and August 31. (Thanks to the Kennekuk Road Runners Club for bringing this race to my attention!)



I decided this was the event that would help me get back into shape and keep off pesky lockdown pounds. I would have to run or walk on average 5.2 miles each day. I planned mostly walking at first, adding in more running as my calf healed and my fitness returned. Daily miles were logged into the GVRAT website for tracking.

I signed up on April 28th (after spousal approval). My first step – get a couple days of walking in before the event started. I was not going in cold turkey, and I had barely run a couple miles over the last 2 weeks. First 2 miles, 3 miles the next day, and then – boom – May 1 was here. I did just over the minimum, 5.3 miles that day, and oh, did my feet hurt afterward! A couple days of training was a good idea, but of course, more days would have been better.

Over the course of the first 2 weeks, my feet hurt pretty much daily, but I was keeping up and even exceeding the minimum mileage, usually about 6 or 7 miles – a couple at lunch, 2 or 3 right after work, and 2 or 3 after dinner. I had the bright idea that I needed new shoes – I was using old running shoes that had about 500 or 600 miles on them already. I had recently purchased some neon yellow Brooks Ghosts from the Running Center, and began wearing them to walk in, as well as the few miles I was running in them.

The 2nd weekend of the challenge, I did 10 miles on a Saturday. I noticed my feet were hurting less, and the 7-ish miles each day was becoming easier. With the longer days, I began to walk each morning, and after a few days I

Pandemic Stories

How I Spent My Pandemic Summer (cont'd.)

found a nice 5K route that became my regular routine. By the last week of May, my calf was mostly better, and I was running 3 or 4 days a week. I only ran 40 miles in May, but my total mileage was 241 miles – so I was getting a lot of time on my feet!

In the GVRAT, I was in the middle of the pack. If you can believe it, the first finisher of the GVRAT took only 12 DAYS to go 635 miles. That's over 50 miles a day! There were many impressive runners putting up high mileage totals. While I had no intention (or ability) to put in that kind of mileage, I wanted to try and work up my mileage to 10 miles per day by the end of June. (Yes, I'm too competitive.) My bib number for the race was 4020, so I decided to shoot for that placement by the end of the race. At the end of May, I was in the low 6000s.

June passed quickly. As the race progressed, Laz posted motivational messages (initially on the race website, but then on Facebook GVRAT group page) and created additional incentives for people to push themselves more than they might normally do. Laz created "buzzards" within the race standings, each going at a different pace – the original Buzzard was moving at 5.2 miles per day, the amount required to finish 635 miles by August 31, but other birds crept into the standings too – DCCC Buzzard (800 mile pace), Thousand Buzzard (1000 mile pace), Double Buzzard (1270 mile pace, or 2 crossings of Tennessee), Dr. Buzzard (1500 mile pace), and Triple Buzzard (1905 mile pace, 3 crossings). People would "chase" buzzards or try to stay ahead of them. Another motivation for many was that Laz was also participating in the race – while he is a 65-year old man who does no running due to health conditions, Laz is still incredibly spry – he was pretty consistent putting in miles, about 60 miles weekly. I admit, for a time, getting ahead of Laz was my motivation too.

As June ended, I had surpassed my goal and totaled nearly 330 miles (11 per day). I was nearly finished with the



The GVRAT belt buckle, awarded upon completion of the 635-mile journey, which came in the mail about 10-14 days after replying to an email from Laz about whether you wanted a buckle or medal, and if you intended to continue. There was an additional fee to obtain the later rewards.

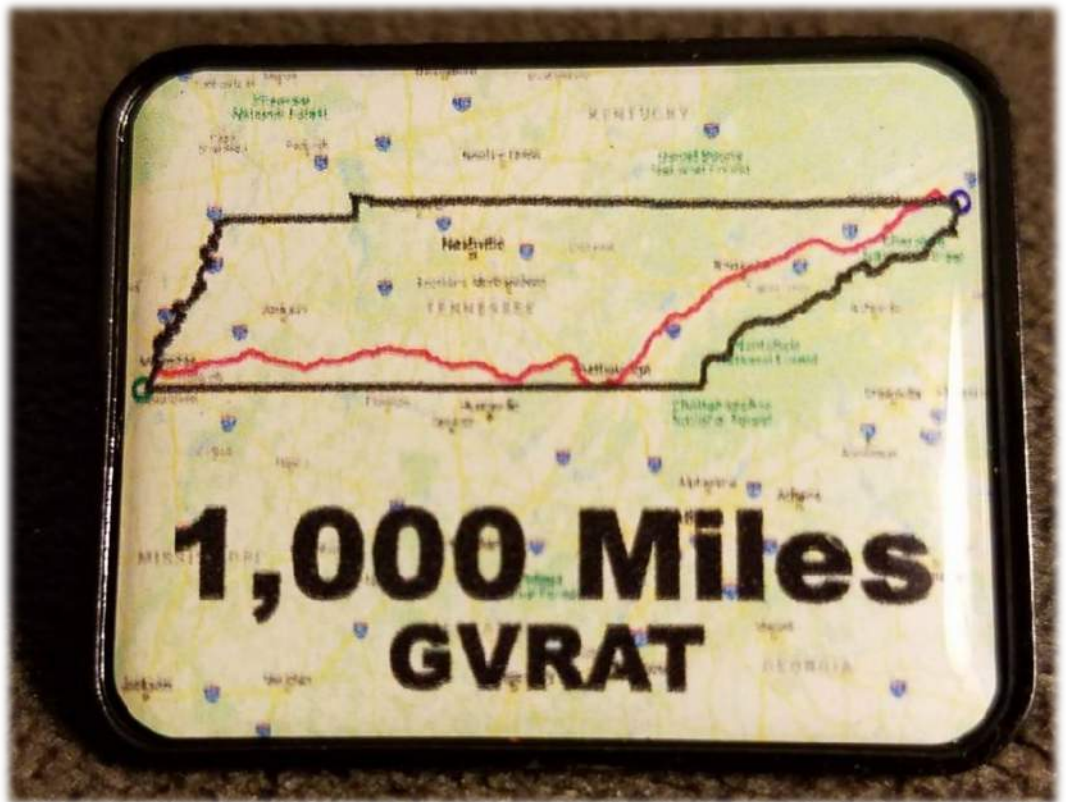
race! I decided to push to finish over the July 4th weekend and succeeded, with 3 consecutive 15+ mile days. I had gone well beyond finishing in 4020th place – I believe I finished in the top 2800 or so.

Laz referred to the participants as RATs (Racers Across Tennessee), and RAT finishers received their choice of either a gold belt buckle (a traditional award for long distance races, usually 100-mile races) or a silver medal, each with the race logo on them. RATs also received a "1000 km" sticker for the back of their car. To keep people motivated, finishing 1000 miles got you a lapel pin, and BAT finishers (Back Across Tennessee, 2 crossings) received a cloth map with the state of Tennessee on it. Beyond that, you just got the personal satisfaction of being a high-mileage junkie.

Pandemic Stories

How I Spent My Pandemic Summer (cont'd.)

After finishing the RAT, I chose to try for the BAT (another 635 miles in 57 days – 11.1 per day). I mean, I just went 1 month walking and running 11 miles each day, I could do it for another 2 months, right? Just the 2 hottest and most humid months of the year in Central Illinois, no sweat (actually, a lot of sweat). I had to give it a try. At worst, I would simply fail, which wouldn't bother me (too much). I just hoped that I wouldn't get hurt.



1000-mile pin

Fast forward to July 20th – after finishing my run for the day, I found myself dealing with a throbbing left shinbone. Not good. I immediately panicked. Was it a stress fracture? 6 weeks to heal would be around the end of the GVRAT. I did some research, and also posted on the Facebook group to see if anyone had helpful recommendations. A couple posters suggested that I might just have bad shin splints, and another kindly suggested a CBD product to help with the pain. I tried both – I was shocked to discover how sore and tight my shin and surrounding muscles were. After several days of reduced walking and no running, lots of massage & foam rolling (i.e., painful self-torture), icing, and CBD ointment, the pain eased off, and I gradually ramped back up to my previous mileage over the next week. July was a really good mileage month – 378 miles (over 12 per day). Better yet, 130 miles of that was running, so I was back to a more normal amount of running, which made me happy.

In early August, I had a family situation that took up a bit of my time, but I was able to do extra miles in the early morning to keep up. I only needed 321 miles in August to finish BAT. Instead, I kept 10-11 miles each day as my goal, and added more mileage (30-35 miles) on weekends. My BAT finish date was estimated as August 25th, but I finished on the 23rd. And kept going. Hey, the GVRAT didn't end until August 31st - why stop early?

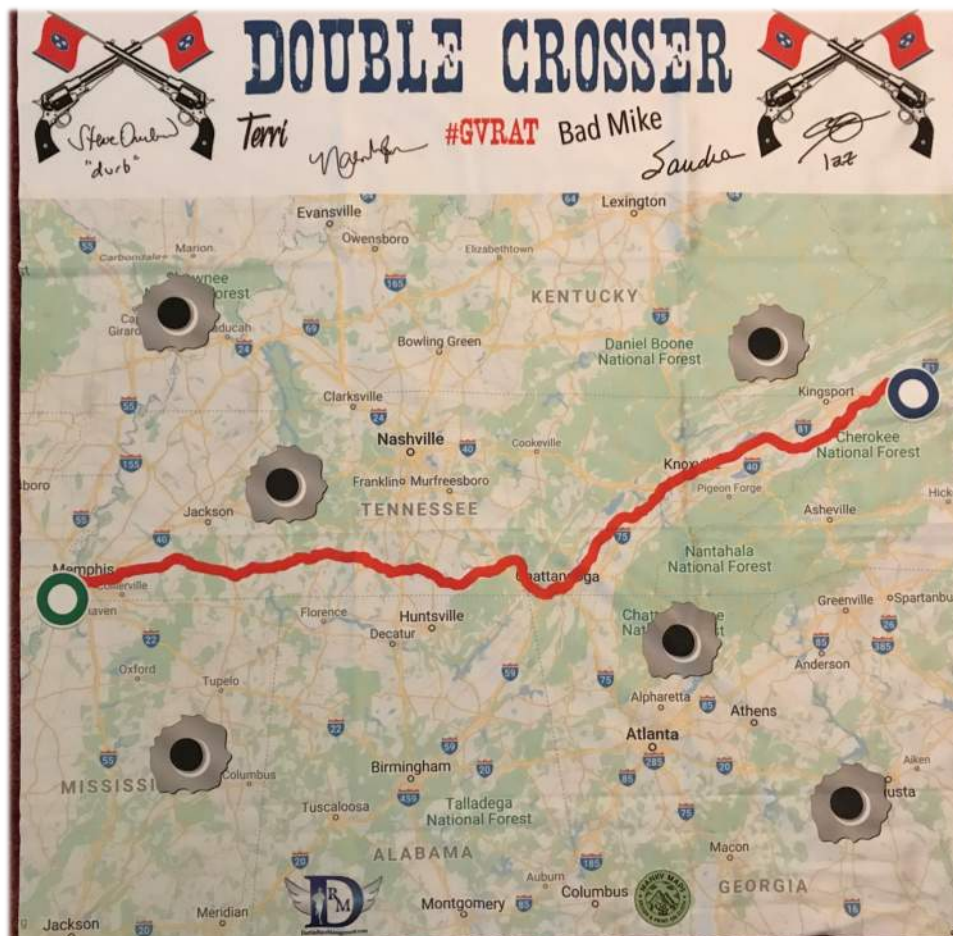
I had a chance to finish in the top 500 in the standings, and I wanted to go over 400 miles for the month. I was able to achieve both goals, with 422 miles in August. My pin and map came in the mail a few days later.

So, aside from getting me back in shape, did I learn anything from this experience? Well, I hope so. Here's a few of my takeaways (if you're interested):

Pandemic Stories

How I Spent My Pandemic Summer (cont'd.)

- Consistency matters. I put in at least 4 miles every single day, so I never had to do a really big amount of miles unless I wanted to (my most in a day was 21). A lot of RATs posted that they did marathons and ultras (even 100 milers!) to get their miles in. Whatever works, as long as you make a plan and stick with it.
- Walking was great recovery for me. Keeping my legs moving and spending that time on my feet every day was very beneficial. I did a lot of run/walking on Sundays, and amazingly felt better after my Sunday long run/walk after a Saturday long run. I walked over 900 miles in those 4 months, and even now I try to get in a couple miles of walking every day.
- Good luck always helps! There were only a couple days where it rained all day—I had many hours of good weather. I stayed mostly uninjured. Several RATs had to deal with hurricanes, heat, humidity, fires and smoke, or their GVRAT ended with illness, injury, or family emergency. Life happens, and hopefully we're blessed to finish what we start.
- Runners are pretty wonderful people (of course I already knew that). The Facebook group shared many stories of obstacles (injuries, relationships, cancer, COVID, and more) encountered and/or overcome, and it was great to see so much positivity, kindness, and encouragement on social media. No political posts (Laz would remove them). There were a lot of funny posts too.



Cloth map (double-crosser—get it? I love it.)

Would I do it again? I think I might, or something similar. The GVRAT did take a lot of time, but it made me a lot stronger, physically and mentally, for which I am extremely grateful.

I would encourage all of you to try a similar “long-term” event if you get the chance (I guess marathon training would probably qualify - I haven’t really done that myself). It really tests you to find your motivation every day to keep moving, push yourself to reach your goals, and to reset them as you go.

SRRC Race Calendar 2020

Links to more information and online registration can be found on our website at www.srrc.net or on our Facebook page.

Lincoln Presidential Half Marathon*
Date: 04/04/2020 (VIRTUAL)
Location: Downtown Springfield

Junaia P. Carter 5K
Date: 04/11/2020 (CANCELLED)
Location: Washington Park

Lake Run—7K, 12K, Half Marathon
Date: 05/02/2020 (CANCELLED)
Location: Lake Bloomington, Bloomington, IL

Passavant-Gatorade 5K and 10K
Date: 05/23/2020, 7:30 a.m.
Location: Passavant Hospital, Jacksonville, IL (CANCELLED)

Lincoln Memorial Trail Run 8K
Date: 06/06/2020 (CANCELLED)
Location: Lincoln Memorial Garden

Scholastic Challenge 5K
Date: 06/14/2020, 7:30 (CANCELLED)
Location: Lake Springfield, Center Park Beach House

Steamboat Classic 4M and 15K
Date: 06/20/2020 (CANCELLED)
Location: Peoria, IL

Scheels 5K and 10K (CANCELLED)
Date: 06/27/2020, 7:30 a.m.
Location: Scheels

Jacksonville 4th of July Blast 5K
Date: 07/04/2020 (CANCELLED)
Location: Nichols Park, Jacksonville

Women's Distance Festival 2M
Date: 07/11/2020, 8 a.m.
Location: Washington Park

Quad Cities Times Bix 7
Date: 07/25/2020 (VIRTUAL)
Location: Davenport, IA

Parade Run, 2M* (VIRTUAL)
Date 08/13/2020, 5:00 p.m.
Location: Illinois State Fair Grounds

Abe's Amble 5K and 10K*#
Date: 08/23/2020 (VIRTUAL)
Location: Illinois State Fairgrounds

Shoreline UnClassic 15K# and 5K
Date: 09/20/2020 (VIRTUAL)
Location: Nelson Park, Decatur, IL

Quad Cities Marathon, Half Marathon, 5K (VIRTUAL)
Date: 09/27/2020, 7:30 a.m.
Location: Moline, IL

Full Moon Trail Run (3 miles)
Date: 10/02/2020 (VIRTUAL)
Location: Lewis Memorial Acres

Springfield Marathon (Quarter & Half Marathon, Marathon)
Date: 10/11/2020
Location: Danenberger Vineyard, New Berlin, IL

Run the Path Utica 10K (CANCELLED)
Date: 11/01/2020, 10:30 a.m.
Location: LaSalle/Utica, IL

Frostbite Festival 2M and 10M*# (VIRTUAL)
Date: 12/06/2020, 9:00 a.m.
Location: FitClub West

Race dates, locations, & times subject to change. Location is Springfield unless otherwise noted. Please check our website for up-to-date information.

* denotes SRRC Points Series event
denotes Triple Crown series run



SRRC *pandemic* Awards Series

2020 Virtual or Bust Modified Participation Series for SRRC Members

As you know, the original 2020 Participation Series & Point Series were canceled due to the large volume of races that were called off due to COVID-19. The SRRC board has implemented a modified participation series for 2020. The rules are simple:

1. Be a registered 2020 Club member- join now if you haven't already! Not sure whether you already joined for 2020? Check on it at <https://runsignup.com>

2. Participate live or virtually (whichever is offered) and post an official finish time in 6 (or more) of the following ~~12~~ 11 races during the 2020 season- any distance offered for the race counts! Visit srrc.net for links to each race. (If you participated in any of the first 3 races that already occurred, don't worry- it counts!)

- Lake Run
- ALPHM
- Women's Distance Festival
- State Fair Parade Run
- Abe's Amble
- Quad Cities Times Bix 7
- Shoreline
- Quad Cities Marathon races
- Full Moon Trail Run
- Springfield Marathon races
- ~~Run the Path Utica 10K (formerly Canal Connection)~~
- Frostbite Festival

3. No need to sign up- SRRC will track participation for Club members and award prizes (TBA) to winners!

4. Have fun & be safe!



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A REAL IN-PERSON RACE EVENT (NON-VIRTUAL EDITION!)

We anticipate there will be races in the 2021 season without worrying about social distance! These in-person races will take place sometime sooner than later! Don't lose hope!



Abe's 50K Throw Down WILL BE back for 2021! Don't miss out on the chance to complete SRRC's signature race series (in some way, shape, or form)! Completion of the Lincoln Presidential Half Marathon is a requirement, as is registration as an SRRC member before the LPHM race date!