



# FOOTTRAILS

SPRINGFIELD ROAD RUNNERS CLUB

WINTER 2019

## UPCOMING DATES:

- 1/18 - Annual Meeting & Banquet
- 4/4—Lincoln Presidential Half Marathon

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## Frostbite Finishes Fine SRRC Season!

The Frostbite Festival 2 mile and 10 mile races capped off a great 2019 SRRC racing season. Temperatures were comfortable, although the wind was a little chilly, which made for good racing weather!

Congratulations to this year's 10-mile champions, Justin Stewart of Springfield, with a finish time of 57:40.7, and Patty Schaefer of Springfield with a finish time of 1:09:52.0. Masters winners were David Wortman in 1:02:41.8 and Cheryl Richards in 1:16:13.2.

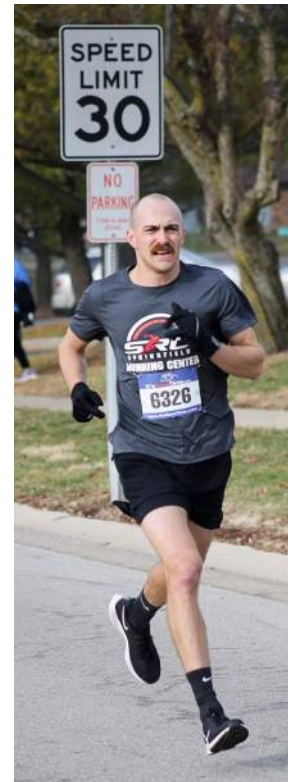
Congratulations also to the 2-mile race winners, Cole Boatman in a time of 12:51.0 and Kaitlyn Lee in a time of 13:29.9.

A complete list of race results is available at <http://results.itsracetime.com/Results.aspx?Cid=17095&Rid=6213&Eid=1>

Race director Amanda Fogleman did an amazing job! She would like to thank all of the volunteers, Springfield Clinic Sports Medicine, and Jess Hunter and his team for providing radio communications. Amanda also reserved a special thank you for Nick Fogleman—"this race couldn't happen without him."



*Nick Fogleman*



*Justin Stewart*



*Patty Schaefer*

## 2019 SRRC Board

### **President**

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**Wes Johnson & Joy Guardia**

### **Newsletter Editor**

**Matt Minder**

### **Newsletter Contributors**

**Joy Guardia & Megan Styles**

# 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](http://www.srrc.net)

### Address/e-mail changes:

**Matt Minder**  
Membership Director:  
SRRCMembership@gmail.com

**Find us online!**  
[www.srrc.net](http://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](http://www.srrc.net/halfwits)

### **GET FAST!!!**

Work on your speed at the summer track sessions led by Bill Owens

Dates: April—September

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

[www.srrc.net/speedwork](http://www.srrc.net/speedwork)

### **ABES ARMY**

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

Cost: TBD

Dates: May—August

Leaders: Randi Lucas, Meredith Caudill, and Heather Dunn

[www.srrc.net/abesarmy](http://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: Nick Fogleman and Matthew Duff

[www.srrc.net/frosttoes](http://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](mailto:srrcweb@gmail.com). Contributions are subject to SRRC Board final approval.

## President's Message



It's hard to believe that 2019 is ending. Where did the time go?

It's been a terrific year for the Springfield Road Runners Club. The Board has been busy updating Club policies and procedures- making sure that our Club is welcoming, interesting, exciting and fun.

The last Club-owned race of 2019 (Frostbite Festival) is in the books- thanks to race director Amanda Fogleman, her team of volunteers and, of course, all of you! It was great to see so many runners & walkers at the Frostbite sharing both the joy & the pain of that challenging course.

We look forward to 2020 races, training programs, socials, 2run7 gear and the return of the popular Abe's 50K Throwdown challenge. We will have some new faces joining us on the board and directing races & training programs as well as plenty of participation from veteran board members & race/training program directors.

Thank you for being a part of the Springfield Road Runners Club. It's an honor to be your Club president and to experience all our Club has to offer together! Wishing you a happy & healthy 2020!

~Carrie Ward

## Ugly Sweater Run!

December 14th was a morning with lots of silliness and chilliness, and straight-up caffeine loading following the Ugly Sweater Run! Thank you to all those who participated! So much fun we should make it an annual tradition!





# Remembering... Bob Cramer

*By Megan Styles*

On November 7, we lost a beloved member of our running community, Dr. Robert “Bob” F. Cramer, following a year-long battle with glioblastoma. Bob practiced medicine in Springfield for thirty-seven years and loved “being paid to think.” He built meaningful relationships with many of his patients, filling his charted notes with reminders about their lives and their interests. Although being a physician kept him very busy, Bob also worked hard to have a rich and fulfilling life outside of his work – spending time with his family and his animals, traveling, challenging himself physically, and being among his many friends.

According to his wife Marilee, “He loved his work, but he didn’t want to be defined solely as a doctor. He loved life and everything it had to offer.” Bob ran track in high school, but he thought of himself as a sprinter. He was actually a reluctant convert to long distance running. Marilee signed up for Abe’s Army in 2009, and Bob came

to watch her complete the Abe’s Amble 10K that August. “He was really down about it because he’s competitive, and he had been having back trouble and couldn’t run with me,” says Marilee. “He wasn’t in a very good mood, and here I was running my first race.” Bob’s attitude toward running changed almost immediately, when he saw someone in a wheelchair finish the race that day. “I saw it in his eyes,” says Marilee. “He thought, ‘If he can do it, I can do it.’”

Bob had back surgery and then joined Abe’s Army in 2010, completing the 10K himself that year. When he and Marilee joined the SRRC, their small circle of friends expanded in ways that neither ever imagined. “It’s like it opened up a whole new world for him,” remembers Marilee. “He was always social, but he enjoyed all the runs and the competition and it was like he thrived on it. He enjoyed the relationships and the comradery, and he wanted nothing more than to go and be with everyone. He found life and enjoyment and love, and it was just a happy group of people. He felt happy when he was around them, and he really blossomed.”

Bob made many close friends in the running club, and he regarded them as family. He had a magnetic personality that really drew people in, and he loved being around people. “He was such a party animal,” laughs Marilee. Bob held strong beliefs and was adamant about many things, but he also really listened to others and was tolerant and appreciative of their differences. He was kind, sensitive, and very devoted to the people that he chose as his friends. “Friendship was so important to him. He kept his friendships his whole life,” says Marilee. “When he got sick, he longed to be around his friends. Even though he had trouble posting messages on Facebook, he would still send them emoticons. He wanted people to know that he was still here and wanted to be with them.”

Bob ran many races with Brenda Knoop Hillen, who describes him as “a fantastic running partner and my great friend,” a man whose wonderful impact on her life could never be summed up in a few words. Randi Lucas nicknamed him her HOG, short for “handsome old guy.” Randi explains, “I always described Bob as ‘the coolest old dude I know.’ Even though he was thirty plus years my senior, he seemed like a peer! Also, he



**Bob and Marilee Cramer**



**Bob listening for cheers as he finishes the Lincoln Presidential Half Marathon**

# Remembering...Bob Cramer (cont'd)



**Bob with running partner Brenda Hillen**

was so down to earth. My favorite memories of him are dancing at get-togethers, Café Moxo breakfasts, and sweaty hugs." A few weeks before he passed away, Randi saw Bob and Marilee out walking on the Sangamon Valley Trail. "I stopped in my tracks to get my big Bob hug," says Randi. "He looked at me and said, 'You look beautiful.' I told him he did too, and he laughed and I continued on my run. I didn't know it would be the last time I saw him, but I'm glad that I had that opportunity to have that last interaction with him."

Brian Kerber says, "Bob was just such an easy person to talk with, and he was full of life and fun." He remembers talking to Bob about music, especially his yearly trips to the Bonnaroo Music Festival in Tennessee. Brian says, "I was surprised that a doctor would spend days and nights in a tent in all kinds of weather to listen to such a wide range of music, but the better I got to know Bob, it seemed to fit him." Brian also remembers Bob laughing and shaking his head at their small early morning running group when they would come back inside after a

workout. "He thought we were nuts," says Brian. "He joined us for one of the early runs, and we even got a picture of it since it was a rare sighting."

Bob was infamous for changing his clothes in his trunk just after a run, showing off his well-developed abs. "He was proud that running had made him so strong, but he wasn't an exhibitionist," laughs Marilee. "He just didn't think about it, and I used to tease him for always changing his clothes in public. He could be like an absent-minded professor." When Susan Helm was training Bob for his first half marathon, he parked too close to another car. Marilee remembers that the other driver left him a note that read something like, "You could have parked anywhere and you decided to park here. Stupid." Susan and Bob had a good laugh, and her nickname for him became, "Stupid." Since nearly everyone thought of Bob as "the smartest guy they knew," the name seemed perfectly ridiculous.

Jeff Meyerhoff has many fond memories of Bob from their epic RAGBRAI bicycle ride across the entire state of Iowa in 2018. "Our first night there, Bob had inflated his double thick air mattress and was trying to put it in his much smaller tent door," says Jeff. "Once he did get it in the tent he literally had about ten inches of head room. I only wish we had a photo!"

Bob was a devoted and loving husband to Marilee. In 1981, Marilee was out dancing with some nursing friends, who decided to call "Cramer" to join the party. "He danced with all of us that night, but mostly with me," says Marilee. They started dating not long after that, but didn't get married until 1988. "Bob was not a man to make quick decisions!" Their wedding took place under the burr oak tree in the backyard at the "Cramerosa," the home where they hosted many parties with their friends, including the annual Ugly Sweater Christmas Run.



**Bob muscles through the Lincoln Memorial Garden 8K race**



**Bob with Randi Lucas**



## Remembering...Bob Cramer (cont'd)

"Bobalee" (a nickname for the couple coined by Randi Lucas that Marilee always loved) traveled the world with their friends and enjoyed many peaceful moments watching birds and enjoying nature at the Cramerosa. Bob loved hiking, camping, snorkeling and being in nature. He was a passionate environmentalist, and saw an old growth forest as equivalent to a cathedral.

When Bob was diagnosed with glioblastoma, he and Marilee appreciated the incredible kindness, love, and support that their running and bicycle club friends showed them. "It was like a cloak of comfort, like your fuzziest blanket over you in your hour of need," explains Marilee. "No one shied away from extending offers of help. These are not the kind of friends that desert you. This is family."

"Bob didn't want to die," says Marilee. "He wanted to see everything, see everybody, do everything." We can keep his memory alive by truly appreciating our lives, our friendships, and our experiences as much as he did and by never forgetting his brilliance, his kindness, and his competitive spirit. "If Bob was here, he would want to be with us running," says Marilee.

We will keep running, Bob, and we will miss you and carry you with us always.



*Left: Bob (crouching, far left) lines up for a track race in high school.*

*Right: Bob and Marilee with friends Sandy Elliott, Marshall Jokisch, and Marilyn Kirchesner*



*Left: A gathering of friends at the Cramerosa*

*Right: Bob with friends following a bicycle club ride*

*(photo by Tommy Dale)*



*Left: Rachel McHenry, Brenda Hillen, Bob, and Megan Styles*

*Right: Bob and Marilee gather with friends following a winter run*

*(photo by Lori Dale)*



# Frostbite 2-Mile and 10-Mile: 2019 Member Results

2 Mile Results		10 Mile Results	
Cole Boatman	12:51.0	Henry Janssen	1:00:33
George Oliver	15:50.4	David Wortman	1:02:42
Levi Biggs	15:55.9	Chris Swisegood	1:07:04
Pamela Hart	15:59.9	Nick Walden	1:08:19
Kelly Hubbard	17:24.4	Patricia Schaefer	1:09:52
Dawn Raycraft	17:29.4	Dustin Morrison	1:10:30
Christopher Schmit	18:26.1	Blake Scranton	1:10:50
Roger Muench	18:26.5	Keith Virden	1:11:18
Roman Biggs	18:31.9	Fess Teklehaimanot	1:14:00
Matthew Humke	18:48.3	Frank Midiri	1:14:30
Amy Moreland	18:53.5	Jason Beeler	1:14:36
Bob Baker	19:51.3	Jason Nikson	1:14:52
Joyce Hubbard	20:41.5	Blake Cowle-Healy	1:16:10
Sheila Kinison	20:57.6	Wes Johnson	1:16:39
Jami Jamieson	21:40.4	Kristi Bunn	1:17:33
Avery Biggs	21:43.6	Venugopala Shetty	1:18:25
Laura Hauer	21:51.5	Zvi Pasman	1:19:52
Amanda Johnson	22:35.6	Curt Winhold	1:21:42
Emiliya Dimitrova	22:38.7	Kate Schroter	1:23:16
Nikolay Dimitrov	22:39.2	Holly Dahlquist	1:24:18
Cindy Evans	23:30.1	Molly Schaefer	1:24:52
Joni Winhold	23:39.4	Tommy Dale	1:26:00
Judy Claussen	24:20.1	Stephen Paca	1:26:05
Marilyn Clark	25:46.4	William O'sullivan	1:26:06
Madalynn Sullivan	26:14.4	Lori Farris	1:26:19
Dawn Hauer	26:35.3	Sarah Enlow	1:26:54
Lesa Schaive	28:42.4	David Brecheisen	1:27:08
Laurie Tappenbeck	28:43.5	Randy Rieke	1:27:11
Christianna Sullivan	28:46.1	Kelly Biggs	1:27:36
Kathleen Winhold	30:49.5	Eswara Kakarala	1:27:54
Amy Savel	31:04.5	Smitha Rhodes	1:27:54
Abby Iocca	31:17.1	John Langley	1:28:08
Lori Iocca	31:17.3	Jessica Hamblin	1:28:13
Jennifer Walker	32:25.9	Stacy Reddecliff	1:28:42
Vanessa Brennan	33:48.8	Kevin Spurlock	1:28:49
John Palusinski	39:33.6	David Bretz	1:30:09
Nichole Palusinski	39:34.9	Kathleen Knolhoff	1:30:44
		Jamie Fitzpatrick	1:31:35
		Doug Galayda	1:31:49
		John Hauer	1:32:21
		Julie Boots	1:32:24
		Drew Stroud	1:32:33
		Kim Owens	1:32:48
		Kaylee Gholson	1:33:17
		Sandra Elliott	1:34:10
		William Hostetler	1:34:11
		Dave Suiter	1:34:32
		Jill Reich	1:34:43
		Gregg Sams	1:35:03
		Lindsey Cumby	1:35:11
		Scott Hendren	1:35:12
		Donna Brayfield	1:35:38
		Diana Nevitt	1:36:04
		Michael Torchia	1:36:05
		Shelley McIntyre	1:36:23
		Sasha Cadigan	1:36:44
		Steward Sandstrom	1:37:27
		Meredith Caudill	1:38:43
		Leanne Woody	1:39:09
		Ashleigh Koerner	1:39:59
		Deepak Kumar	1:40:08
		Brenda Hillen	1:40:34
		Nancy Ferguson	1:42:56
		Darrell Simmermaker	1:43:04
		Megan Styles	1:45:45
		Trevor Tapscott	1:46:00
		Paul Turner	1:46:13
		Tim Skronski	1:46:15
		Marilyn Kirchgessner	1:46:27
		Jerry Kuhn	1:46:29
		Jeff Meyerhoff	1:46:32
		Jon Popovitch	1:46:52
		Christine Feller	1:47:09
		Matthew Duff	1:47:09
		Ryan Dunn	1:47:36
		Marybeth Young	1:48:20
		Philip Riesterer	1:49:48
		Jeana Reinbold	1:49:53
		Melissa Wiseman	1:50:18
		Lynn Kerber	1:50:20
		Debbie Yeaman	1:50:27
		Kenneth Riley	1:50:51
		Cynthia Rieke	1:51:13
		Brian Biggs	1:53:10
		Kim Curtis	1:53:13
		Jayne Antonacci	1:53:13
		Rhonda Robinson	1:53:34
		Linsey Torchia	1:53:51
		Jan Andrews	1:54:11
		Diane Muncy	1:55:43
		Bronwyn Jones-Leach	1:56:00
		Judy Gunn	1:58:10
		Karrie Clark	1:58:27
		Alice Staats	1:58:37
		John Diel	1:58:45
		Joshua Hollinshead	1:58:45
		Jennifer Hollinshead	1:58:46
		Machele Keen	1:58:47
		Johnita Pettys	1:59:09
		Kathleen Jensen	1:59:44
		Heather Dunn	2:00:24
		Amanda Tamminga	2:00:43
		Brian Kerber	2:00:54
		Amanda Rieger	2:01:48
		Tracy Price	2:03:16
		Randi Lucas	2:03:30
		Raylea Dodson	2:03:31
		Tori Taylor	2:03:58
		Brenda Humbert	2:04:07
		Dawn Phillips	2:04:56
		Courtney Langheim	2:04:56
		Bette Wells	2:04:57
		Wendy Glisson	2:04:57
		Susan Brinkoetter	2:04:58
		John Stearns	2:05:02
		Carrie Ward	2:05:29
		Angie Fletcher	2:05:37
		Beth Lafata	2:05:53
		Shirley Webb	2:05:53
		Connie Heskett	2:06:18
		Kristina Mucinskas	2:06:45
		Lisa Mosley	2:10:08
		Charity Marr	2:10:15
		Christina Powell	2:10:58
		Sam Woods II	2:13:15
		Lynne Morris	2:13:57
		Mollie Langley	2:14:32
		Dawn Stearns	2:15:00
		Jennifer Herman	2:15:56
		Ashley Davis	2:15:58
		Lindsey Lister	2:22:11
		Patty Petersen	2:22:13
		Jennifer Ryterski	2:24:40
		Roseanne Nance	2:24:41
		Jennie Davis	2:32:47
		Michele Pitts	2:32:57
		Denise Beauman	2:32:59
		Vivian Jones	2:33:41
		Thanh Melick	2:39:08
		Christina Smith	2:41:59
		Kristine Holtman	2:56:23
		Victoria Stoye	2:56:56

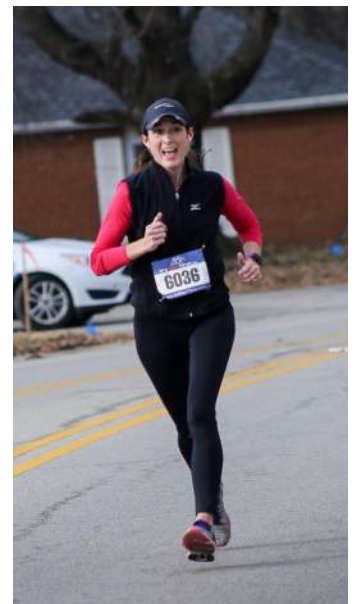
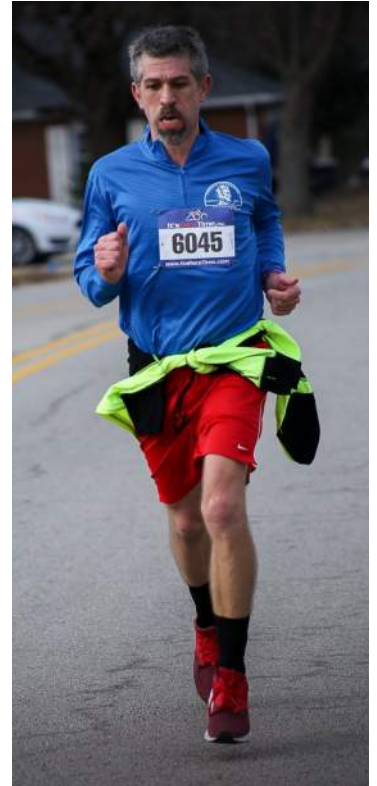


## Frostbite Festival Photos



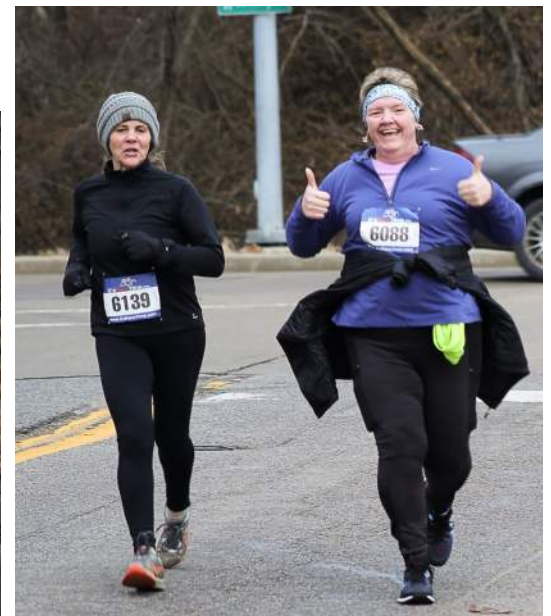


## Frostbite Festival Photos





## Frostbite Festival Photos





## Race Director Spotlight: Heather Glessner and Teri Taylor

The Women's Distance Festival (WDF) celebrated its 40th anniversary in 2019, and has had a number of great race directors over those years. For the latest race directors, Heather Glessner and Teri Taylor, it was a somewhat bittersweet occasion, as they have decided to step down following this year. We took the opportunity to ask Heather a few questions about their background and experience as members and as race directors. We thank them for their hard work over these last 5 years, and wish them well in their future ventures!

**Their Background:** Heather and Teri have been SRRC members since around 2011, as best Heather can recall. They randomly met at lunch following the 2012 Frostbite race, and have been running partners and good friends since then.

Heather recalled signing up for the 2010 WDF race and not even showing up: "That was before I was connected with the club and I didn't know anyone who was a runner. I was at the start of my efforts to get back in shape following my cancer diagnosis and I thought I would be too slow to participate. I was too self-conscious to even go pick up my packet. I never would have imagined then how many races I would end up completing or that I would direct the event in the future!"



**The Decision:** "After running a lot of races in varying lengths from 2 miles to 26.2 miles together, we thought it (directing the WDF) would be another aspect of running that we could share together. We take pride in our running club and when there was a vacancy, we wanted to help ensure a club race continued successfully. Plus, who wouldn't want to get to design a race shirt!?"

**The Challenges:** As a race director, their biggest stress—race shirts! "It's so difficult to make an educated guess on how many of each size. WDF has a small budget, so we don't have the luxury of ordering lots of extras. It's also tough knowing that you're not going to make everyone happy with the style or design of the shirt, no matter how much thought/effort/consideration you put into it - we did our best and tried not to take the criticism we'd hear from runners personally."

Also, knowing that things will go wrong: "I think the most important thing in race directing is keeping perspective and a good attitude. It will downpour, shirts will be misprinted, awards will arrive broken, food orders will not be correct, sponsors you were

## Race Director Spotlight: Heather Glessner and Teri Taylor

counting on will choose not to support the event again, and the race will start before you are expecting it to, which will cause you to run onto the course like a mad woman, arms outstretched, yelling stop (and then be totally embarrassed for having done so!)...perhaps that last point only would happen to me (ha!). “

**The Memories:** For Heather, “I think my favorite part of directing for 5 years was getting to do it with my best friend. If we can train for a marathon together and race direct for 5 years together and not kill each other, I think it pretty much cements the friendship for the long haul! (I'm sure there were times when she wanted to kill me though!) As a race director, it was also the feeling of accomplishment after the first race we directed was over and the event went well.”

As a runner, the 2013 Chicago Marathon is Heather's favorite memory. “It is the best run I've ever had. Teri and I ran every step together and never really hit a wall. We sang and danced and laughed and even beat our time goal. It was the perfect run. Her stride must be a tiny bit longer though because she beat me by 1 second!”



*Heather and Teri with their finisher medals following the 2013 Chicago Marathon*



# Triple Crown - You Did It!



Congratulations to all those who completed the Triple Crown and Mini-Crown Challenges this year! Awards were distributed following the Frost-bite race awards at Fit Club West.





# SRRC Medal Mixer

Thank you to all who joined us at Arlington's on December 12th for our annual Medal Mixer! And special thanks to those who brought donations for Toys for Tots! There will be many happy children at Christmas-time thanks to you!





# The Trainer's Corner - Stronger New Year!

*Certified Personal Trainer, Joy Guardia (ACSM)*

I am going to challenge each of you as 2019 comes to a close and we begin our new year. So many of us have very busy schedules and it is difficult to fit in more than just the training runs. However, sometimes as we increase our training in the spring, our bodies get beat down, some even get injured from the training. So, my challenge to you is to commit to incorporating strength training into your routine this new year. That you would have a goal to be a stronger, balanced runner for the year 2020. Your thinking about training may be challenged and this may be a different goal for you. Or if you are like me, it's already incorporated into your running schedule. Either way, let's make this goal together as a team.

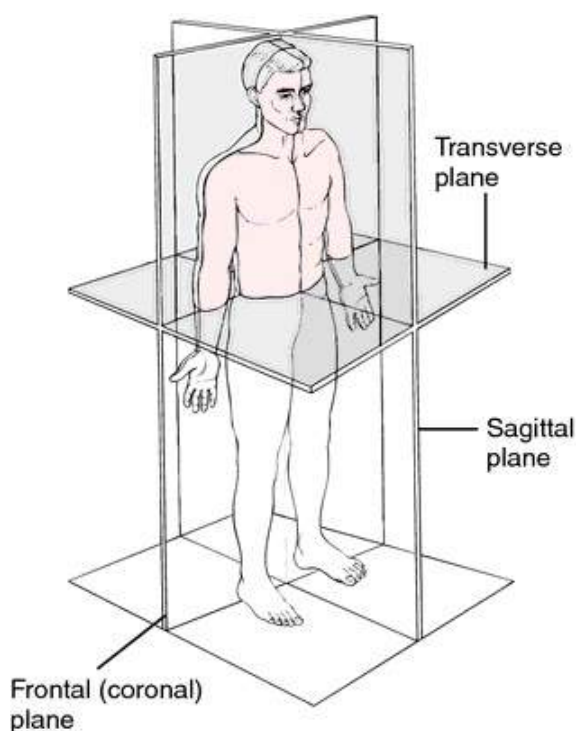
It does not take much to include strength training. Only 30 minutes, 2 days a week will be a great start. This is enough time to include exercises that will strengthen the most important areas of your body as a runner. Why is this so important, other than the obvious of becoming stronger? Running is an overuse injury waiting to happen if we don't balance out our bodies.

Since we run in one plane of movement, the sagittal plane (forward movement), we overuse the muscles involved with that plane of movement. Unless we strengthen the muscles involved with the other movement planes we will just be a body out of balance.

**Have a goal to be a stronger, balanced runner for the year 2020.**

To balance the runner's body, it's impera-

tive to start with the core and the hips. These two areas will be a strong base to endurance running and will work your body in all three planes of movement, sagittal plane, frontal plane (side to side), and transverse plane (rotation). If you've ever noticed someone towards the end of a half marathon hunched over, they have not been strengthening their core and hips!



Next, consider the fatigue factor. When we near the end of a long run we notice when the hips aren't able to lift as high and the foot just plops on the ground with each step. Strengthening the large lower body muscles will no doubt lengthen your endurance and help you to continue with a strong push off and a healthy range of motion.

After having considerable time off this past year, I basically started over when I began my journey for a spring marathon. I was very aware of the fatigue level of my legs. This helped me to see how very important it is to keep strengthening my hamstrings, hips, core, and adductors

**Running is an overuse injury waiting to happen if we don't balance out our bodies.**

(my weak areas). Toward the end of my runs I had to make more of an effort to use my hamstrings. I added one more hamstring exercise to my routine to get those babies back in shape!

Here are just a few exercises I incorporate every week:

Hamstring curls- on a ball or using the TRX (yikes it's so much harder with the TRX!)

Step ups- be sure your step is high enough to work your glutes too

Adductor slides- stand on paper plates and slide legs out and in, be careful if your adductors are weak like me!

Planks- front and side; progress to adding toe taps, dips, or putting your hand on a medicine ball

Back extensions

Vertical knee raises for core- be sure to lift your knees up as far as you can so you aren't just doing hip flexion, avoid swinging legs

I hope you take on my challenge and see strength training as an integral part of your training. No matter your pace, no matter your reason for running, you will feel the difference and experience running on a new level.

# SRRC Race Calendar 2020

Links to more information and online registration can be found on our website at [www.srrc.net](http://www.srrc.net) or on our Facebook page.

Lincoln Presidential Half Marathon\*  
Date: 04/04/2020  
Location: Downtown Springfield

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

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

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

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

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

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

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

Jacksonville 4th of July Blast 5K  
Date: 07/04/2020  
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  
Location: Davenport, IA

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

Abe's Amble 5K and 10K\*#  
Date: 08/23/2020, 7:30 a.m.  
Location: Illinois State Fairgrounds

Shoreline Classic 15K# and 5K  
Date: 09/20/2020  
Location: Nelson Park, Decatur, IL

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

Full Moon Trail Run (2+ miles)  
Date: 10/02/2020, 7:30 p.m.  
Location: Lewis Memorial Acres

Springfield Marathon (5K, 1/4, and Half Marathon, Marathon)  
Date(s): 10/17/2020 (5K only)  
10/18/2020—Other distances  
Location: UIS

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

Frostbite Festival 2M and 10M\*#  
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 Annual Awards Series

## Participation Points Awards

This series is designed to reward SRRC members who finish and volunteer for the designated races in our circuit. Your eligibility begins once your membership is processed. To be eligible for all races, a person must have his/her membership processed by the Lincoln Presidential Half Marathon. If a person applies for membership after the half marathon, that person will be eligible for all races occurring after their registration date.

- *The SRRC reserves the right to alter these rules when necessary.*
- Points will be greater for longer distances. A person may only enter ONE race for any race event. (Attempts to race multiple events may result in member disqualification.)
- Five bonus points will be given for finishing \*SRRC races.
- Five bonus points will be given for volunteering for \*SRRC races.
- Abe's Army does not count for volunteering since it is separate from the race.
- SRRC male members that volunteer for WDF will be awarded all race day points.
- A tier system is used to determine awards.

## Race Distance Points:

**2m – 5k = 5 point**

**4m – 8k = 8 points**

**10k – 12k = 10 points**

**15k – 10m = 15 points**

**½ Marathon = 20 points**

**Marathon = 30 points**

## Awards Tier System:

Gold Level 180+

Silver Level 140-179

Bronze Level 100-139

Current Participation Series totals are listed on the SRRC website.

## SRRC Points Series

Your eligibility begins once your membership is processed. To be eligible for all five SRRC Points races, a person must have his/her membership processed by the Lincoln Presidential Half Marathon. If a person applies for membership after the half marathon, that person will be eligible for all races thereafter. Please understand that membership processing could take up to a week.

The SRRC reserves the right to alter these rules when necessary.

- Members must compete in a minimum of three of the five club races to be eligible for end of the year awards. **Points classifications will be based on the best three of five club races (i.e. your lowest two scores will be dropped).**
- Members must volunteer for a minimum of two of the five club races to be eligible for end of the year awards. *Age groups 14 and under AND 15-19 are not required to volunteer due to limitations. For this award, Abe's Army will not count as volunteering.*
- Your age as of the Lincoln Presidential Half Marathon will establish the age group in which you'll be competing for the entire year.

## Tie Breaker Procedure (subject to change)

- Head-to-head matchup (2 minimum)
- Number of races completed
- Volunteering
- Participation Series values

## SRRC Points Races

- Lincoln Presidential Half Marathon
- Women's Distance Festival
- Illinois State Fair Parade Run
- Abe's Amble
- Frostbite Festival 10 mile

Age groups will be as follows:

*The SRRC reserves the right to only award age groups in which there are at least two eligible competitors.*

14 and under
15-19
20-24
25-29
30-34
35-39
40-44
45-49
50-54
55-59
60-64
65-69
70+

Points will be awarded as follows:

Overall, Masters, and Age Group.

Points are tabulated against other SRRC members. One award allowed per member.

Place	Points
1st	10
2nd	9
3rd	8
4th	7
5th	6
6th	5
7th	4
8th	3
9th	2
10th	1

Any points questions or corrections may be emailed to [SRRCMembership@gmail.com](mailto:SRRCMembership@gmail.com).

## 2019 SRRC Points and Participation Series (Final)

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Albe's Ambles 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races	Times Volunteered
<b>Women's Overall</b>								
Patricia Schaefer	9	10	9	10	10	48	30	2
Chelsea Lord		8	8	9		25	25	2
Kate Schroter	7	7		8		22	22	2
Lori Farris	4	5		7	5	21	17	
Sarah Enlow		3	3	6	4	16	13	3
Sydne Dean		6	5			11	11	1
Molly Schaefer	1	4		1	6	12	11	2
Holly Dahlquist				3	7	10	10	2
Grace Gudwien			10			10	10	
Lydia Hocker	10					10	10	
Cathy Popovitch		9				9	9	
Kristi Bunn					9	9	9	
Melissa Coultas	8					8	8	
Lindsey Cumby			7			7	7	
Kayla Albrecht	2		4			6	6	1
Susan Becker			6			6	6	
Leanne Woody	6					6	6	1
Stacy Reddecliff				5		5	5	1
Brooklyn Eazelle	5					5	5	
Pamela Hart	3	1				4	4	1
Katharine Cripe				4		4	4	
Kelly Biggs					3	3	3	2
Jill Reich			2			2	2	2
Mary Oseland				2		2	2	
Jamie Fitzpatrick		2				2	2	1
Smitha Rhodes					2	2	2	
Sasha Cadigan			1			1	1	2
Tamara Day			1			1	1	
Jessica Hamblin					1	1	1	
<b>Women's Masters</b>								
Holly Dahlquist		10	2	9	10	31	29	2
Stacy Reddecliff	10			10	8	28	28	1
Lindsey Cumby		8	10	7	3	28	25	
Sasha Cadigan	7	9	8	1		25	24	2
Kelly Biggs			5	5	9	19	19	2
Kelly Hubbard	3	6		6		15	15	2
Sandra Elliott	4	4	6	2	4	20	14	2
Kim Owens			4	3	6	13	13	2
Susan Becker		7		4		11	11	
Susan Becker			9			9	9	
Mary Fairclough	9					9	9	1
Cheryl Biesada	5		3			8	8	3
Tammy Bumgarner	8					8	8	1
Mary Oseland				8		8	8	
Tamara Day			7			7	7	
Julie Boots					7	7	7	3
Patricia Nikson	6					6	6	
Diana Nevitt		5			1	6	6	3
Donna Brayfield		3			2	5	5	3
Kaylee Gholson						5	5	
Meredith Caudill		2				2	2	3
Lynn Kerber	2					2	2	1
Brenda Hillen			1			1	1	1
Jean Broadbuss	1					1	1	1
Lisa Young		1				1	1	
<b>W 14 and Under</b>								
Raylea Dodson		6	8	7	10	31	25	1
Sarah Rieke		7	9	8		24	24	
Sydne Dean		10	10			20	20	1
Caroline Dahlquist		9		10		19	19	1
Suna Tabag		9	4			13	13	
Hannah Nation		10				10	10	
Manasa Bala				9		9	9	
Hannah Pazman		8				8	8	1
Melody Guardia		5				5	5	
Willi Langley		3				3	3	
<b>W 15 - 19</b>								
Laura Hauer			8	8		16	16	
Lindsey Hauer			7	7		14	14	
Grace Brinkoetter				10		10	10	
Sierra Buske		10				10	10	
Grace Gudwien			10			10	10	
Campbell Beeler			9			9	9	
Maddie Dossett				9		9	9	
<b>W 20 - 24</b>								
Madalynn Sullivan		10				10	10	1
Sara Lane				10		10	10	
Courtney Langheim					10	10	10	



	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Albe's Ambler 10K	Frontier Festival 10 Mile	Total Points	Best 3 Races	Times Volunteered
W 25 - 29								
Chelsea Lord		10	10	10		30	30	2
Kate Schroter	9	9		9	10	37	28	2
Linsey Torchia	6	8	8	6	9	37	25	
Rebecca Luke	7	5		5		17	17	
Kayla Albrecht	8		9			17	17	1
Ashley Davis		4		3	8	15	15	
Hailey O'Brien		7	4			11	11	
Lydia Hocker	10					10	10	
Presley Kerber	2	2	6			8	8	1
Erin Pearce				8		8	8	
Carissa Switzer		7				7	7	
Calla Summers		6		1		7	7	
Caroline Jones				7		7	7	
Holly Kaminski		3		2		5	5	
Hinal Patel				1		1	1	
W 30 - 34								
Sarah Enlow	9	9	10	10	10	48	30	3
Jessica Hamblin	7		8	6	9	30	24	
Kathleen Knolhoff	8	6	7	7	8	36	23	2
Jill Reich	5		9	8	6	28	23	2
Jamie Fitzpatrick	6	8			7	21	21	1
Karrie Clark		3	5	4	5	17	14	
Whitney Spearie	4	6	3			13	13	
Melissa Coultas	10					10	10	
Cathy Popovitch		10				10	10	
Jessica Sheppard		5		5		10	10	
Katharine Cripe					9	9	9	
Jennifer Herman			2	2	4	8	8	2
Amanda Johnson	2	1	4			7	7	4
Emily Mueller	7					7	7	1
Jennifer Ryterski	1				3	4	4	
Trista Knorrek	4					4	4	
Shawn Gibbs	3					3	3	
Roberta Langellier			3			3	3	
Molly Berendt		2				2	2	
Ami Hall			1			1	1	
Courtney Winningham				1		1	1	
W 35 - 39								
Patricia Schaefer	10	10	10	10	10	50	30	2
Lori Farris	7	9		9	7	32	25	
Molly Schaefer	5	8		8	8	29	24	2
Ashleigh Koerner	4	6		5	4	19	15	
Jennifer Krause		5	9			14	14	1
Leanne Woody	9				5	14	14	1
Pamela Hart	6	7				13	13	1
Randi Lucas		1	6	6		13	13	2
Heather Dunn			8	3	2	13	13	4
Amanda Tamminga		3	7	2	1	13	12	
Kristi Bunn					9	9	9	
Brookelyn Eazelle	8					8	8	
Amanda Tapscott		4		4		8	8	2
Leanne Cathers				7		7	7	
Smitha Rhodes					6	6	6	
Megan Styles	1				3	4	4	
Amanda Gleason	3					3	3	
Joy Hayes		2		1		3	3	
Demetra Mishler	2					2	2	
W 40 - 44								
Stacy Reddeciff	10			10	9	29	29	1
Sasha Cadigan	9	10	9	5	6	39	28	2
Lindsey Cumby		9	10	8	7	34	27	
Kelly Biggs			8	6	10	24	24	2
Kelly Hubbard	7	8		7		22	22	2
Melissa Wiseman	5	7	7	3	4	26	19	3
Lori Dale	3	3	5			11	11	1
Mary Oseland				9		9	9	
Christine Feller	4				5	9	9	1
Kaylee Gholson					8	8	8	
Patricia Nikson	8					8	8	
Kristina Mucinkas	2	6				8	8	1
Rebecca Collier	6			2		8	8	
Angela Liles			6	1		7	7	1
Christina Powell	1	4				5	5	
Kim Nehrt		5				5	5	
Lindsey Lister		2	3			5	5	3
Elisabeth Phillips			4			4	4	1
Kaylee Gholson				4		4	4	
Tori Taylor			2		2	4	4	1
Jennifer Hollinshead					3	3	3	3
Dawn Phillips		1			1	2	2	
Julie Brightwell			1			1	1	3

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Foothill Festival 10 Mile	Total Points	Best 3 Races	Times Volunteered
W 45 - 49								
Meredith Caudill	3	10		7	10	30	27	3
Marybeth Young	6		9	5	9	29	24	
Jan Andrews	4	9	7		6	26	22	2
Jean Reinbold	8	5		6	8	27	22	
Jean Broadus	9			10		19	19	1
Charity Marr		7	8		1	16	16	5
Cynthia Rieke	7			2	7	16	16	1
Tammy Bumgarner	10			4		14	14	1
Tamara Day			10	3		13	13	
Tracy Price	2	2	5		5	14	12	
Carrie Ward	1		6		3	10	10	2
Bobbie Jo Hill	5	4				9	9	1
Dawn Raycraft				9		9	9	
Michelle Pulce-Flynn				8		8	8	
Angela Turasky		8				8	8	
Lisa Adams		6				6	6	
Mollie Langley			4			4	4	4
Susan Brinkoetter					4	4	4	
Angie Fletcher				1	2	3	3	
Dawn Stearns			3			3	3	2
Dana Lovekamp		3				3	3	
Denise Beauman		2				2	2	1
Ginger Mercier		1				1	1	
Colleen Moore			1			1	1	
W 50 - 54								
Holly Dahlquist		10	9	10	10	39	30	2
Kim Owens	8		10	9	9	36	28	2
Shelley McIntyre	9	7			8	24	24	
Brenda Hillen	7	8	8	6	7	36	23	1
Nancy Ferguson	5		6	4	6	21	17	2
Lisa Young		9			7	16	16	
Jayne Antonacci	3	6		3	5	17	14	2
Michelle Brown	6			8		14	14	
Brenda Vail		7	5			12	12	
Patty Petersen		5	5			10	10	2
Pamela Enno	10					10	10	
Connie Heskett	1	3	4			8	8	
Brenda Humbert	4			1	3	8	8	
Lonna Porter	4					4	4	
Shirley Webb	2	1			1	4	4	
Bette Wells		2			2	4	4	
Johnita Pettys					4	4	4	
Kathy Canaday				2		2	2	
W 55 - 59								
Lynn Kerber	10	9	10	8	7	44	29	1
Julie Boots	8			10	10	28	28	3
Diana Nevitt	9	10		9	9	37	28	3
Marilyn Kirchgessner	7	8		7	8	30	23	3
Beth Lafata		7	9	3	4	23	20	
Rhonda Robinson	6	6		4	6	22	18	
Wendy Glisson		4		1	5	10	10	
Lori Iocca	4	5				9	9	2
Kathy Kassing		1	7			8	8	
Judy Claussen			8			8	8	
Linda Hicks			6			6	6	
Debbie Parker				6		6	6	
Cheryl Orda				5		5	5	
Denise Gonzales	5					5	5	
Jennie Davis	2	3			2	7	7	
Christina Smith	3				1	4	4	
Maria Kaminski		2				2	2	
Sheryl Friedrich				2		2	2	
Lisa Mosley					3	3	3	
W 60 - 64								
Susan Becker		10	10	10		30	30	
Sandra Elliott	8	9	9	9	10	45	28	2
Cheryl Bieslada	9		8	8		25	25	3
Donna Brayfield	7	8		7	9	31	24	3
Kim Curtis	6	7		5	8	26	21	2
Kathleen Jensen	3	6	7	6	4	26	19	2
Barbara Manson	5	5	6	2		18	16	4
Diane Muncy	4	4	5	4	7	24	16	
Mary Fairclough	10					10	10	1
Roseanne Nance	1	2	4	3	3	13	10	2
Machele Keen		3		1	5	9	9	1
Bronwyn Jones-Leach					6	6	6	
Joni Winhold			3			3	3	
Mary Emery	2					2	2	
Lesla Schalte		1				1	1	2
W 65 - 69								
Joyce Hubbard		9	10	9		28	28	2
Debbie Yeaman	10	8		7	10	35	28	
Alice Staats	9	7	9	8	9	42	27	1
Vivian Jones	7	4		6	8	25	21	5
Sunny Dahlquist		10				20	20	1
Kristine Holtman	6	3		5	7	21	18	
Mary Harney	8	6				14	14	
Elizabeth Krah		5				5	5	
W 70+								
Marilyn Kuzhak	10	10	10			30	30	3
Nancy Neuberger	9	9		10		28	28	
Joyce Ludwig		8		9		17	17	
Lois Stone		7		8		15	15	
Judy Gunn					10	10	10	
Mary Thoele				7		7	7	



	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Albe's Ambler 10K	Frontier Festival 10 Mile	Total Points	Best 3 Races	Times Volunteered
<b>Men's Overall</b>								
Henry Janssen	10		10	10	10	40	30	2
Andy Martin	9		9	9		27	27	3
Chris Swisegood	8		8	6	7	21	21	
Nick Walden	1		7	5	4	17	16	
Keith Virden	6		6	4	5	21	17	2
Blake Scranton				8	9	17	17	
David Wortman	2		3	3	6	14	12	2
Dustin Morrison			4	1	3	8	8	2
Fess Teklehaimanot	7					7	7	
John T Murphy	5					5	5	
John Coultas			5			5	5	
Blake Cowle-Healy	4					4	4	2
Jason Nikson	3					3	3	
Kevin Hingle		2				2	2	
Tim Febus			2			2	2	
Michael Dwyer			1		1	2	2	
Jason Beeler					2	2	2	4
Frank Midiri								
<b>Men's Masters</b>								
Andy Martin	10		10	10		30	30	3
Blake Scranton	7		8	6	8	29	23	2
Keith Virden	4		9	7	7	27	23	
Chris Swisegood	9			8	9	26	26	
Fess Teklehaimanot	3		7	4	6	20	17	2
Jason Beeler	2		6	2	5	15	13	
David Wortman				9	10	19	19	
Kevin Hingle	5			3		8	8	
John T Murphy	8					8	8	
Jason Nikson	6			1	4	11	11	2
Zvi Pasman	1		4		3	8	8	
Tom Weir			5			5	5	
Michael Dwyer				5		5	5	
John Hauer			3			3	3	2
Eswara Kakarala			2			2	2	2
Scott Leopold			1			1	1	2
Curt Winhold					2	2	2	1
Tommy Dale					1	1	1	3
<b>M 14 and Under</b>								
George Oliver			10	10		20	20	
Christian Liles			9	9		18	18	2
Griffin Liles			7	8		15	15	
Adam Langley			4	6		10	10	
Avery Biggs			3	7		10	10	
Hagan Beeler			8			8	8	
Levi Biggs			6			6	6	
Tad Andrews			5			5	5	
<b>M 15 - 19</b>								
Tyler Buske	10					10	10	
Eli Nehrt				10		10	10	
<b>M 20 - 24</b>								
Michael Denieroff				10		10	10	
Collin Biesada				9		9	9	
Colin Tierney				8		8	8	
Aric Burklow				7		7	7	
<b>M 25 - 29</b>								
Henry Janssen	10		10	10	10	40	30	2
Tim Skronski	7		8	7	9	31	24	
Jonathan Beck			9	9		18	18	
Aaron Holmes	9					9	9	
Drew Stroud					8	8	8	
Cody Needham	8					8	8	
Justin Tabatabai				8		8	8	
<b>M 30 - 34</b>								
Nick Walden			10	10	10	30	30	
Dustin Morrison	10		9	9	9	27	27	2
Wes Johnson	8		7	8	8	31	24	2
Gregg Sams	9		6	6	7	28	22	2
Deepak Kumar				7	6	13	13	
Jon Popovitch			4	4	5	13	13	
Rex Gradeless	7			5		12	12	1
Tim Febus			8			8	8	
Paul Fee			5	2		7	7	2
Jeremy Tackett				3		3	3	
<b>M 35 - 39</b>								
Blake Cowle-Healy	7		10	10	9	36	29	
Frank Midiri	9		8	8	10	35	27	4
Venugopal Shetty			9	9	8	26	26	
James Kuhn			6	7		13	13	2
John Coultas	10					10	10	
Andrew Guardia	8					8	8	
Nick Fogleman			7			7	7	4
Nick Cathers				6		6	6	
John Hollman	6					6	6	
Patrick Magennis	5					5	5	
Patrick Chasco	4					4	4	

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Albe's Ambler 10K	Frontier Festival 10 Mile	Total Points	Best 3 Races	Times Volunteered
<b>M 40 - 44</b>								
Jason Nilsson	9			9	10	28	28	2
Matthew Duff	7		10	4		21	21	2
Todd Davis	6		9	5		20	20	2
Scott Nation	5			7		12	12	
Brian Biggs				3	9	12	12	
Joshua Hollinshead				2	8	10	10	
John T Murphy	10					10	10	
Michael Dwyer				10		10	10	
John Alsop	8					8	8	
Patrick Price			8			8	8	
William O'Sullivan				8		8	8	
Matt Euler				6		6	6	
Mark Pitchford	4					4	4	
<b>M 45 - 49</b>								
Andy Martin	10		10	10		30	30	3
Chris Swisegood	9			8	9	26	26	
Keith Virden	7		9	7	8	31	24	
Jason Beeler	6		8	5	7	26	21	
David Wortman				9	10	19	19	
Kevin Hingle	8			6		14	14	
Stephen Paca	4		3		5	12	12	4
Tom Weir			7	4		11	11	
John Hauer	3		6		1	10	10	2
David Brecheisen			4	1	3	8	8	
Lance Cull			5	2		7	7	2
Tommy Dale					6	6	6	3
Tom Jones	5				5	5	5	
John Langley	1		2		2	5	5	3
William O'Sullivan					4	4	4	
Mike Dossett				3		3	3	
Curt Evoy	2					2	2	
Roger Muench			1			1	1	
<b>M 50 - 54</b>								
Blake Scranton	10		10	10	10	40	30	2
Zvi Pasman	9		9	9	9	36	27	
Steward Sandstrom	7		6	5	6	24	19	
Scott Hendren	5		7	7	7	19	19	
John Stearns	4		7	1	5	17	16	5
Dave Sulter			6	8	14	14	14	
Brian Shaw			8	3	11	11	11	
David Ealey				8		8	8	
Shane Bumgarner	8					8	8	1
Bradley Smith	6					6	6	
Doug McDonald				4		4	4	
Jim Allen				2		2	2	
<b>M 55 - 59</b>								
Fess Teklehaimanot	10		10	10	10	40	30	2
Randy Rieke	9		8	9	9	35	27	2
Michael Torchia	6		7	7	6	26	20	
William Hostetler	3			8	7	18	18	
Darrell Simmermaker			6	5	5	16	16	
Kevin Spurlock	7					15	15	
Brian Kerber	2		4	3	3	12	10	1
Scott Leopold			9			9	9	2
Nikolay Dimitrov	8					8	8	
Daniel Newton				6		6	6	
Jim Faloon	5					5	5	
Rick Larson			5			5	5	4
Russell Schaefer				4		4	4	
Jeff Meyerhoff	4				4	8	8	1
Mark Young	1			2		3	3	
<b>M 60 - 64</b>								
David Bretz	8		9	10	9	36	28	
Kenneth Riley	7		8	9	5	29	24	2
Paul Turner	6			6	7	19	19	2
Curt Winhold	9				10	19	19	1
Doug Galayda			10		8	18	18	
Bill Shelley	3		7	5		15	15	
Philip Ruester				7	6	13	13	
Rai Richardson	5			8		13	13	
David Krah	10					10	10	
John Diel				4	4	8	8	
Keith Staats	4					4	4	
Jerry Naughton				3		3	3	
<b>M 65 - 69</b>								
Edward Kalarala	10		10	10	10	40	30	2
Jerry Kuhn	9		9	9	9	36	27	2
Bill Stokes	7		7			14	14	
Isaac Childers	8					8	8	2
Jack Bellmer			8			8	8	2
James Yeaman				8		8	8	
Kent Patterson				7		7	7	1
Mark Janus			6			6	6	
<b>M 70+</b>								
Sam Woods II	10		8	9	10	37	29	4
George Hinkle	8		9	8		25	25	1
John Brubaker			10	10		20	20	
James Alexander	9					9	9	1
Tom Kushak	7					7	7	



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	Lincoln Presidential Half Marathon	PRM - SBRC Bonus Points	PRM - Volunteer Bonus Points	Junia P. Carter MD 5K	Lake Run Half Marathon	Lake Run 32 K	Lake Run 4.37M	Powwow! Gauradea 10K	Powwow! Gauradea 5K	Steinbock Classic 15K	Steinbock Classic 4 Mile	Schnee 5K	Schnee 10K	Who of July Band 5K	Woman's Distance Festival 2 Mile	WDR - SBRC Bonus Points	WDR - Volunteer Bonus Points	Box 7	Parade Run 2 Mile	Parade Run - SBRC Bonus Points	Parade Run - Volunteer Bonus Points	May's Amble 10K	May's Amble 5K	May's Amble - SBRC Bonus Points	May's Amble Volunteer Bonus Points	Full Moon Trail Run	Shoreline Classic 15K	Shoreline Classic 5K	Shoreline Classic 3K	Shoreline Classic Marathon	Shoreline Half Marathon	Shoreline 5K	Springfield Marathon	Springfield Marathon - Half Distance	Springfield Marathon 1/2 Marathon	Springfield Marathon 5K	Local Connection 10K	Providence Festival 2 Mile	Providence Festival 10 Mile	Providence - SBRC Bonus Points	Providence - Volunteer Bonus Points	Participation Points Total	Participation Award Tie	Times Volunteered			
NAME	20	5	5	5	20	10	8	10	5	15	8	5	10	5	5	5	5	10	5	5	5	10	5	5	5	5	15	5	15	5	20	5	30	20	10	10	5	15	5	5	15	5	360	3	0		
Christina Smith	20	5	0	0	0	0	0	10	0	0	0	0	0	0	5	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	80	1	0	
Courtney Smith	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	0	
Bala Soma	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	15	0	0	
Whitney Spazani	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	15	0	0	
Tim Spazani	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	35	0	0	
Kevin Saurbeck	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	45	0	0	
Alice Shaub	20	5	5	0	0	0	8	10	0	0	0	0	0	0	0	0	5	0	0	5	10	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	15	5	0		
Keith Staats	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25	0	0	
Brett Stalione-Dwyer	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	20	0	0	
Dawn Stearns	20	5	5	0	0	0	0	10	0	0	0	0	10	5	5	0	5	10	0	5	5	15	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	135	1	2					
John Stearns	20	5	5	5	0	0	0	10	0	0	0	0	10	5	5	0	5	10	0	5	5	15	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	160	2	5						
Bill Stokes	20	5	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	55	0	0	
Emma Stone	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	20	0	0	
Lori Stone	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	20	0	0	
Victoria Stoye	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	5	10	0	5	0	0	0	0	0	15	0	0	0	0	0	0	0	0	0	0	0	15	5	0	95	0	0	
Drew Stroud	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	15	5	0	30	0	0			
Megan Styles	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	15	5	0	55	0	0			
Dave Sulter	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	15	5	0	70	0	0				
Christianna Sullivan	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	5	0	0	0	0	0	5	0	5	0	40	0	0			
Madalynn Sullivan	0	0	5	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	5	0	40	1	0		
Calla Summers	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25	0	0	
Julie Summers	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	20	0	0	
Chris Swaisgood	20	5	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	15	5	0	85	0	0		
Carissa Switzer	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	5	5	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25	0	0	
Monica Tabag	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	0		
Guna Tabag	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	35	0	0	
Cara Tabatabai	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	1
Austin Tabatabai	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	15	0	0	
Brenny Tachetti	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	20	0	0
Amanda Tammings	20	5	0	0	0	0	0	0	0	0	0	0	0	10	5	5	0	0	0	0	5	10	0	0	0	0	0	15	0	0	0	0	0	0	0	0	0	0	0	15	0	0	105	0	0		
Laurie Taggenbeck	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	5	0	10	0	0		
Amanda Taggcott	20	5	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	5	10	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	60	2	0	
Trevor Taggscott	20	5	0	0	0	0	0	0	0	0	0	0	0	5	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	15	5	0	85	2	0			
Tori Taylor	20	5	5	5	0	0	10	0	0	0	0	0	10	5	5	0	5	10	0	5	5	15	0	0	5	0	5	15	0	0	0	0	0	0	0	10	5	10	0	15	5	0	155	2	1		
Fess Teklehaimanot	0	0	5	0	0	0	10	0	0	0	0	10	5	0	0	0	5	10	0	5	5	0	0	5	5	0	5	5	0	0	0	0	0	0	0	0	0	0	15	5	0	85	2	0			
Mary Thoelke	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25	0	0		
Anthi Thomas	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	20	0	0	
Colin Thorne	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	0	
Steve Tierney	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	0	
Linsey Torchia	20	5	0	5	0	0	8	10	0	0	0	0	0	0	5	5	0	0	5	5	10	0	5	0	0	15	0	0	0	0	0	0	0	0	0	0	0	0	15	5	0	118	1	0			
Michael Torchia	20	5	0	0	0	10	0	10	0	0	0	0	0	5																																	



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**1st Saturday  
of April  
in 2020!**

## LINCOLN PRESIDENTIAL HALF MARATHON APRIL 4, 2020

Come start the 2020 racing season with us! The Lincoln Presidential Half Marathon will take place in Downtown Springfield. Mark your calendars and get signed up now for the first SRRC race of the year. Register today! <https://runsignup.com/Race/IL/Springfield/RunAbe>



**Abe's 50K Throw Down is back for 2020! Don't miss out on the chance to complete SRRC's signature race series!**