



FOOTTRAILS

SPRINGFIELD ROAD RUNNERS CLUB

SUMMER 2019

UPCOMING DATES:

- 10/19 & 20—
Springfield Marathon,
Half, Quarter & 5K
- 11/28—Cold Duck Run
- 12/8—Frostbite 10
Mile and 2 Mile

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History is Made at 2019 Abe's Amble!

The 42nd annual Abe's Amble 10K, which took place on August 18th, was a little warmer than usual, but what was truly unusual (and historic) was the kickoff edition of the Abe's Amble 5K race!

Congratulations to this year's male overall 10K winner and four-time consecutive champion, Tyler Pence of Springfield, with a finish time of 31:25.7 (a new course record!) and to the female overall 10K winner, Emily Zimmerman of Petersburg with a finish time of 39:13.6.

As the 2019 race was a Road Runners Club of America (RRCA) Regional Championship Race for the 10K distance, Masters (ages 40-49), Grandmasters (50-59) and Senior Masters (60+) champions were also recognized at the post-race award ceremony.

Congratulations to Masters winners (Andy Martin and Tammy Felton), Grandmaster winners (Blake Scranton and Stacey Marker) and Senior Master winners (Terry Meyer and Susan Becker).

A complete list of race results is available at <http://results.itsracetime.com/results.aspx?CId=17095&RId=619&EId=1>.

The inaugural 5K event saw 141 participants complete the race. Congratulations to Spencer Uetz, the overall winner in a time of 17:53.3, and to Candis Kenny, the female winner in a time of 23:08.9.

Thank you to our race sponsors: Springfield Road Runners Club, Road Runners Club of

America, Gatorade, Boost Mobile, Advanced Center for Pain & Rehab, Orangetheory Fitness, Illinois Beef Association (Team Beef), Springfield Running Center, Springfield Clinic Sports Medicine and Prairie Farms.

Thanks also to the Illinois Department of Agriculture, Illinois State Police, Oak Ridge Cemetery, Springfield Park District, Springfield Police Department, Epic Entertainment, Looking for Lincoln and the many volunteers who assisted with race planning and implementation- from bag-stuffing to registration, course set-up, clean up and everything in between. Your partnership and support makes this event possible.

And of course, a very special thanks to race directors Carrie Ward and Julie Pitchford!



Tyler Pence



Emily Zimmerman

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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:

Matt Minder
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).

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)

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

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

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

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

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



The Springfield Road Runners Club's 2019 racing season is well underway. The 55th annual Abraham Lincoln Presidential Half Marathon (ALPHM), the 40th annual Women's Distance Festival, the State Fair Parade Run and the Abe's Amble 10K (and inaugural 5K!) are all in the books! Congratulations to all of the finishers and to the race directors and volunteers for coordinating and implementing excellent races. The weather cooperated for each of the

races and participant numbers continue to rise.

Thank you to our Half Wits training group leaders, Lori & Tommy Dale and Abe's Army Training Program Director, Randi Lucas. Thanks also to Heather Dunn & Meredith Caudill for directing the Abe's Army 5K training program. The time and effort necessary for these leadership roles and all the behind-the-scenes responsibilities that go with them are substantial and appreciated. Thanks also to the Abe's Army volunteers (leaders, water suppliers, etc.) for your contributions to a successful season.

The Shoreline 15K/5K, hosted by the Decatur Running Club, is just around the corner. We look forward to an especially huge turnout

of SRRC members in response to the challenge the DRC issued to area running clubs to bring the most runners. The Shoreline Showdown takes place on September 15 and 2run7 runners are ready! For those of you participating in the Triple Crown Challenge (or mini-challenge), be sure to register for the Shoreline! Big thanks to Stacy Reddecliff and Lori Dale for coordinating the triple crown programs.

Mark your calendars for the Frostbite 10 & 2-mile races on Sunday, December 8. Race planning is already underway, and the popular Frost Toes training group will begin soon. If you're planning to secure an Abe's 50K Throw-down medal, be sure to register for the 10-miler!

If you have considered yourself a fair-weather runner, make 2019 the year you plan to continue your training into the fall & winter months. With the right clothing layers and accessories, fall/winter running can be a great experience.

Whether you are running, walking, race-walking or some combination, keep up the great work! I'll be looking for you out on the roads!

~Carrie Ward

Springfield Marathon, Half Marathon, Quarter Marathon and 5K

October 19-20, 2019

For more details:

<https://springfieldmarathon.com/>

To register:

<https://midtownspringfieldrotary.redpodium.com/springfield-marathon-2019>



Abe's Army 2019

For the first time in its history, Abe's Army hosted a beginner runner 5K training program in addition to its usual 10K training program. The 5K training group primarily focused on beginners taking their first "steps". Meredith Caudill and Heather Dunn led the 5K recruits through a 10-week program which culminated in the first-ever Abe's Amble 5K race! Thank you to Meredith, Heather, and everyone who volunteered their time to get the 5K program off and running!



The Abe's Army 10K training program finished another successful year in 2019. Despite the very hot weather in late June and July, Monday evening training runs were successfully completed by recruits of all paces. The 12-week program included the famous "sorting run" in May, followed by a practice 5K and later a practice 10K at the end of July. The Army recruits took their summer of training to the start line of the Abe's Amble 10K, and despite a humid morning, finished the summer strong! Thank you to Randi Lucas for leading this year's Army and to all SRRC members who volunteered their time as leaders or who otherwise supported the Army recruits this summer!



Abe's Army Picnic

Abe's Army 2019 finished with a flourish, with the end-of-training picnic held on August 12th. Although the weather was a bit hot and humid, Abe's Army recruits, leaders, and volunteers were able to enjoy a delicious meal, including fabulous cupcakes for dessert!



40th Annual Women's Distance Festival



The 40th anniversary running of the Women's Distance Festival on July 13th, 2019 was held on a beautiful Saturday morning at Washington Park. The weather was much improved from the thunderstorms that threatened to cancel the previous year's version of the race.

The race winner was Patty Schaefer of Springfield in a time of 12:43.1. Elise Distasio of Springfield finished second in a time of 13:33.5, and Cathy Popovitch of Springfield was third in a time of 13:36.2. The master's division was won by Roxanne Patrylak in a time of 13:38.6.

Kids from ages 2-10 were also able to participate in fun run distances ranging from 25 yards to 150 yards.

The spotlight of the day was of course the 40th anniversary edition of the race, which was celebrated with the help of the anniversary race committee. Past and present race directors were honored. ♦



WDF Photos



Above: Current and past Women's Distance Festival race directors. Front row: current co-directors Heather Glessner and Teri Taylor. Back row (from left): Marilyn Clark, Donna Brayfield, Diana Nevitt, Debbie Huffman, Sally Cadigan, Jan Wilson, Christine Teichman.



Elise Distasio, Cathy Popovitch, Patty Schaefer



Susan Becker, Sandy Elliott, Donna Brayfield



Rachael McMillan, Catelin Witt, Lauren Smith



Holly Dahlquist, Lisa Young, Diane Razo



Chelsea Lord, Kate Schroter



Kristi Bunn, Lori Farris, Molly Schaefer

Parade Run Photos

The Parade Run was once again hot, hot hot! Congratulations to Henry Janssen and Grace Gudwein for their victories!



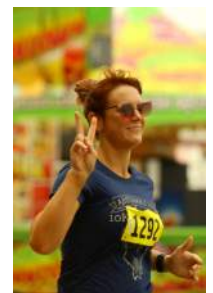
WDF 2019 Member Results

Patricia Schaefer	12:43.1	Amanda Tapscott	19:58.4	Brenda Humbert	22:08.2	Kathleen Winhold	27:05.9
Cathy Popovitch	13:36.2	Jessica Sheppard	20:01.5	Connie Heskett	22:10.5	Vivian Jones	27:06.0
Kate Schroter	13:44.9	Hannah Pasman	20:07.6	Darla Lane	22:16.6	Kathy Kassing	27:21.1
Sydne Dean	15:02.6	Diane Muncy	20:08.8	Wendy Glisson	22:18.3	Kim Kinsell	27:39.3
Lori Farris	15:17.1	Lisa Adams	20:16.5	Dawn Phillips	22:19.7	Michele Pitts	27:56.0
Molly Schaefer	15:28.7	Debbie Yeaman	20:26.5	Amanda Johnson	22:32.1	Presley Kerber	28:11.0
Sarah Enlow	15:37.0	Amanda Tamminga	20:32.7	Jamie Stone	22:42.9	Kathy Leuelling	28:14.5
Jamie Fitzpatrick	15:40.2	Kristina Mucinkas	20:37.3	Roseanne Nance	22:44.4	Angela Woodson	28:15.4
Pamela Hart	15:42.2	Jeana Reinbold	20:40.9	Jennifer Ryterski	22:47.9	Faith Crouch	28:33.1
Holly Dahlquist	15:47.6	Haley O'brien	20:47.1	Bette Wells	22:49.1	Linda Hostetler	28:33.7
Sasha Cadigan	15:59.4	Whitney Spearie	20:47.5	Shirley Webb	22:57.8	Julie Brightwell	28:49.9
Emily Mueller	16:01.8	Carissa Switzer	20:48.1	Cathy Gochenour	23:06.1	Cindy Pierson	29:02.5
Lindsey Cumby	16:10.7	Beth Lafata	20:50.9	Nancy Neuberger	23:21.8	Sue Cooper	30:40.4
Susan Becker	16:17.9	Bobbie Jo Hill	20:54.3	Mary Harney	23:28.4	Kristine Holtman	31:01.8
Kelly Hubbard	16:22.7	Dana Lovekamp	20:59.3	Lynne Morris	23:38.0	Willa Langley	31:55.3
Diana Nevitt	16:24.6	Machele Keen	21:02.4	Lisa Mosley	23:46.9	Mollie Langley	31:58.5
Sandra Elliott	16:28.0	Tracy Price	21:03.4	Ashley Davis	23:49.5	Christina Smith	31:59.1
Donna Brayfield	16:33.0	Joy Hayes	21:05.9	Dawn Stearns	23:51.6	Emily Drennan	32:09.8
Kathleen Knolhoff	16:47.8	Karrie Clark	21:06.1	Tori Taylor	23:52.7	Victoria Stoye	33:44.7
Caroline Dahlquist	17:15.3	Calla Summers	21:09.5	Joy Guardia	23:54.8	Ami Hall	34:05.2
Ashleigh Koerner	17:33.6	Kim Nehrt	21:13.7	Melody Guardia	23:54.8	Echo Beekman	35:26.6
Meredith Caudill	17:34.6	Alice Staats	21:14.3	Marilyn Clark	24:28.7	Jennifer Rees	35:27.6
Lisa Young	17:52.3	Rebecca Luke	21:22.8	Suna Tabag	24:35.1	Carolyn Young	35:53.6
Brenda Hillen	17:52.7	Ginger Mercier	21:31.9	Monica Tabag	24:36.0	Tonya Bourn	36:13.8
Lynn Kerber	17:53.4	Molly Berendt	21:34.6	Kim Knuuti	24:41.8	Joni Winhold	37:15.2
Melissa Wiseman	18:08.2	Sarah Rieke	21:44.0	Elizabeth Krah	24:54.2	Chris Hernandez	37:18.3
Marilyn Kirchgesner	18:30.9	Rhonda Robinson	21:46.0	Carrie Fundel	25:12.1	Heather Dunn	39:52.8
Shelley McIntyre	18:54.2	Christina Powell	21:49.3	Lesa Schaive	25:45.9		
Linsey Torchia	18:56.8	Lori Iocca	21:49.3	Casey Mayfield	25:51.6		
Jennifer Krause	18:59.4	Randi Lucas	21:51.7	Lindsay Hager	25:51.6		
Jayne Antonacci	19:03.1	Raylea Dodson	21:52.1	Joyce Ludwig	26:34.1		
Kim Curtis	19:03.3	Amanda Rieger	21:59.5	Nicole Broch	26:35.1		
Jan Andrews	19:22.0	Megan Styles	22:00.3	Lois Stone	26:35.4		
Kathleen Jensen	19:36.0	Carrie Ward	22:01.5	Madalynn Sullivan	26:50.9		
Angela Turasky	19:44.4	Lori Dale	22:01.7	Christianna Sullivan	26:55.3		
Joyce Hubbard	19:49.4	Lindsey Lister	22:03.6	Jennie Davis	27:02.1		
Charity Marr	19:53.3	Patty Petersen	22:04.9	Holly Kaminski	27:05.2		
Barbara Manson	19:56.7	Marilyn Kushak	22:07.4	Maria Kaminski	27:05.6		

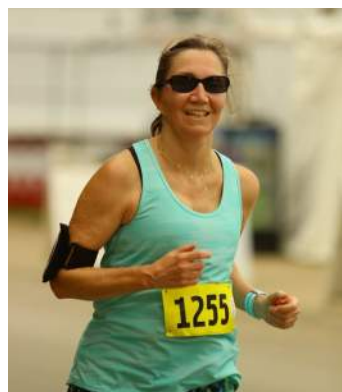
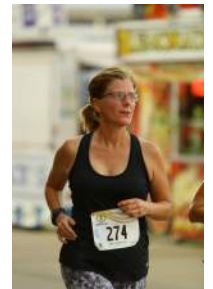
Parade Run 2019 Member Results

Henry Janssen	10:07.5	Doug Galayda	16:29.8	Ryan Dunn	19:25.8	Connie Heskett	22:46.7
Andy Martin	11:37.0	Tamara Day	16:30.6	Rick Larson	19:26.4	Jon Popovitch	22:48.3
Nick Walden	11:54.9	Sandra Elliott	16:34.6	Tad Andrews	19:35.1	Bob Baker	23:00.0
Grace Gudwien	11:59.4	John Brubaker	16:37.7	Linsey Torchia	19:37.1	Amanda Johnson	23:02.9
Keith Virden	12:00.4	Kelly Biggs	16:43.7	Kathleen Jensen	19:51.8	Roberta Langellier	23:16.9
Blake Scranton	12:28.4	Kim Owens	16:44.0	Jennifer Krause	20:10.0	Avery Biggs	23:21.3
Patricia Schaefer	12:34.6	Brian Shaw	16:44.2	Joyce Hubbard	20:10.4	Roseanne Nance	23:26.0
Fess Teklehaimanot	13:00.1	Jessica Hamblin	16:46.5	Barbara Manson	20:25.8	Marilyn Kushak	23:49.5
Dustin Morrison	13:03.6	Cheryl Biesiada	16:47.8	Heather Dunn	20:26.8	Mollie Langley	23:54.0
Tim Febus	13:12.5	Holly Dahlquist	16:52.1	Diane Muncy	20:27.0	Patrick Price	24:13.3
Jason Beeler	13:15.2	David Bretz	16:59.7	Charity Marr	20:49.8	Raylea Dodson	24:17.2
George Oliver	13:35.9	Kathleen Knolhoff	17:07.3	Laura Hauer	20:50.3	Randi Lucas	24:17.5
Wes Johnson	13:40.7	Jerry Kuhn	17:24.3	James Kuhn	20:57.8	Jennifer Herman	24:22.5
Venugopala Shetty	13:43.2	Michael Torchia	17:38.4	Adam Langley	21:07.3	Dawn Stearns	24:26.4
Jonathan Beck	13:51.7	Griffin Liles	17:39.2	Haley O'Brien	21:10.0	Sam Woods II	24:31.6
Tom Weir	13:57.3	Roger Muench	17:44.9	John Stearns	21:10.8	Tori Taylor	24:33.4
Zvi Pasman	14:04.5	Kenneth Riley	17:57.6	Whitney Spearie	21:10.8	Denise Beauman	24:53.8
Frank Midiri	14:04.9	Brenda Hillen	17:58.0	Karrie Clark	21:11.4	Judy Claussen	25:32.7
John Hauer	14:43.3	Tim Skronski	17:58.4	Lindsey Hauer	21:15.1	Colleen Moore	25:57.5
Eswara Kakarala	14:53.3	Marybeth Young	18:15.9	Jan Andrews	21:18.5	Joni Winhold	26:30.8
Scott Leopold	14:55.3	Campbell Beeler	18:19.9	Bill Stokes	21:35.7	Presley Kerber	26:47.4
Lance Cull	15:01.6	Matthew Duff	18:20.6	Carrie Ward	21:36.9	Julie Brightwell	27:14.9
Christian Liles	15:02.3	Melissa Wiseman	18:21.3	Lori Dale	21:38.5	Kathy Kassing	27:36.3
David Brecheisen	15:10.2	Tommy Dale	18:23.1	Beth Lafata	21:39.7	Michele Pitts	30:56.8
Stephen Paca	15:18.7	Darrell Simmermaker	18:27.2	George Hinkle	21:43.2	Mark Janus	31:01.3
Lindsey Cumby	15:34.0	Tadd Davis	18:29.3	Patty Petersen	21:47.4	Victoria Stoye	31:50.0
Randy Rieke	15:38.9	Levi Biggs	18:34.1	Alice Staats	21:51.1	Linda Hicks	33:02.8
John Langley	15:41.6	Christopher Schmit	18:35.3	Amanda Tamminga	21:57.4	Ami Hall	33:53.9
Gregg Sams	15:46.0	Angela Liles	18:55.0	Brian Kerber	22:01.0		
Sydne Dean	15:48.0	Brenda Vail	18:58.6	Tracy Price	22:10.5		
Kayla Albrecht	15:56.4	Nancy Ferguson	19:01.2	Steward Sandstrom	22:24.3		
Sarah Enlow	16:00.0	Nick Fogleman	19:03.4	Paul Fee	22:26.4		
Jill Reich	16:00.4	Lynn Kerber	19:08.5	Elisabeth Phillips	22:30.3		
Sasha Cadigan	16:13.3	Bill Shelley	19:12.5	Sarah Rieke	22:32.4		
Hagan Beeler	16:27.3	Jack Bellmer	19:25.3	Lindsey Lister	22:37.6		

Abe's Amble Photos



Abe's Amble Photos



Abe's Amble 10K 2019 Member Results

Henry Janssen	34:01.6	Mary Oseland	54:23.5	Justin Tabatabai	1:00:19.9	Angela Liles	1:09:21.5
Andy Martin	38:10.4	Molly Schaefer	54:28.3	Marybeth Young	1:00:35.7	Rex Gradeless	1:09:36.9
David Wortman	39:13.8	Leanne Cathers	54:54.0	Michael Torchia	1:00:41.3	Jessica Sheppard	1:09:37.0
Chris Swisegood	41:16.1	Lindsey Cumby	55:11.3	Brian Shaw	1:01:10.7	Jon Popovitch	1:09:41.6
Nick Walden	41:45.2	Kelly Hubbard	55:27.9	Jerry Kuhn	1:01:39.5	Amy Moreland	1:09:42.6
Patricia Schaefer	42:28.0	Jill Reich	55:31.3	Lisa Young	1:01:41.4	Cheryl Drda	1:09:45.8
Keith Virden	43:22.2	Kelly Biggs	55:38.3	Kenneth Riley	1:02:19.0	Jayne Antonacci	1:10:06.2
Blake Scranton	44:18.2	William O'sullivan	55:40.6	Tim Skronski	1:02:40.2	Kim Curtis	1:10:06.2
Dustin Morrison	44:18.5	Susan Becker	55:45.2	Tammy Bumgarner	1:02:53.8	Caroline Dahlquist	1:10:06.5
Michael Dwyer	44:51.4	Kim Owens	55:48.3	Brenda Hillen	1:02:56.6	Charity Marr	1:10:08.5
Fess Teklehaimanot	44:51.5	Sandra Elliott	56:08.1	Tamara Day	1:03:12.5	Dana Lovekamp	1:10:24.6
Michael Deneroff	45:04.6	Randi Lucas	56:08.1	Rai Richardson	1:03:36.9	Kathy Canaday	1:10:27.1
Venugopala Shetty	46:16.4	Scott Hendren	56:12.3	Caroline Jones	1:03:54.3	Linsey Torchia	1:10:29.6
Kevin Hingle	46:26.6	Sasha Cadigan	56:19.8	Nick Cathers	1:04:06.8	Joyce Hubbard	1:10:57.1
Jason Beeler	46:36.0	Terry Heisler	56:35.2	Daniel Newton	1:04:18.4	Bobbie Jo Hill	1:10:59.3
Wes Johnson	47:26.9	Cheryl Biesiada	56:56.1	Philip Riesterer	1:04:32.2	Brenda Humbert	1:11:12.0
Jason Nikson	47:58.3	Julie Boots	57:35.5	Paul Turner	1:04:42.5	John Stearns	1:11:30.5
Zvi Pasman	48:22.3	Diana Nevitt	57:39.9	Melissa Wiseman	1:05:01.1	Roger Muench	1:11:37.9
Kate Schroter	48:35.4	David Bretz	57:41.1	Lynn Kerber	1:05:15.6	Lisa Adams	1:11:45.6
Frank Midiri	49:00.7	William Hostetler	57:42.4	Brenda Vail	1:05:27.0	Diane Muncy	1:11:50.2
Tom Weir	49:41.3	Dave Suiter	57:53.3	Kathleen Jensen	1:05:44.6	John Diel	1:11:59.5
Mike Dossett	49:49.0	Scott Nation	57:56.0	Trevor Tapscott	1:05:47.2	Jennifer Hollinshead	1:11:59.5
Lance Cull	50:23.8	Steward Sandstrom	58:09.9	Cynthia Rieke	1:05:47.5	Johnita Pettys	1:11:59.6
Jonathan Beck	50:28.9	Michael Hilderbrand	58:16.5	Amanda Tapscott	1:05:48.6	Jennifer Walker	1:12:12.4
Eswara Kakarala	50:46.5	Tommy Dale	58:19.4	Matt Euler	1:06:06.3	Rhonda Robinson	1:12:16.6
Lori Farris	51:00.8	Jean Broaddus	58:26.4	Ryan Dunn	1:06:35.4	Alice Staats	1:12:35.3
James Kuhn	51:53.8	Dawn Raycraft	58:44.9	Angie Fletcher	1:06:52.5	Beth Lafata	1:12:38.9
David Ealey	51:55.3	Erin Pearce	58:47.2	Bill Shelley	1:07:00.5	Shelly Newton	1:12:45.8
David Brecheisen	52:37.1	John Brubaker	58:55.4	Darrell Simmermaker	1:07:09.1	Heather Dunn	1:12:58.6
Stephen Paca	52:39.9	Donna Brayfield	59:02.3	Nancy Ferguson	1:07:11.9	Amanda Tamminga	1:13:03.9
Deepak Kumar	52:48.1	Michelle Pulce-Flynn	59:25.6	Christian Liles	1:07:15.4	Sheryl Friedrich	1:13:21.6
John Langley	52:54.9	Kathleen Knolhoff	59:32.7	Tadd Davis	1:07:37.3	Patty Petersen	1:13:38.8
Collin Biesiada	52:59.5	Gregg Sams	59:34.2	Rebecca Collier	1:07:45.8	Tracy Price	1:13:38.8
Colin Tierney	53:09.7	Jessica Hamblin	59:41.6	Sara Lane	1:07:46.3	Matthew Duff	1:13:39.0
Sarah Enlow	53:23.9	Ashleigh Koerner	59:57.3	Marilyn Kirchgessner	1:08:07.1	Russell Schaefer	1:13:40.0
Stacy Reddecliff	53:33.1	Meredith Caudill	1:00:00.5	Angela Turasky	1:08:54.8	Karrie Clark	1:13:47.7
Katharine Cripe	53:37.7	Doug McDonald	1:00:05.7	Eli Nehrt	1:08:57.5	Joy Hayes	1:13:56.4
Holly Dahlquist	53:53.2	Jeana Reinbold	1:00:06.1	Jim Allen	1:09:02.1	Jessica Bonnett	1:14:05.8
George Oliver	54:20.0	Kaylee Gholson	1:00:09.2	Griffin Liles	1:09:21.2	Brian Biggs	1:14:20.1
Randy Rieke	54:21.0	Michelle Brown	1:00:13.4	Debbie Parker	1:09:21.4	Jan Andrews	1:14:22.3

Abe's Amble 10K 2019 Member Results (cont.)

Aric Burklow	1:14:33.9	Sheila Kinison	1:17:29.1	Lindsey Hauer	1:23:52.0	Vivian Jones	1:32:01.9
Wendy Glisson	1:14:51.1	Paul Fee	1:17:51.3	Jerry Naughton	1:23:53.2	Betty Dold	1:32:56.6
Bette Wells	1:14:58.2	George Hinkle	1:18:56.8	Casey Mayfield	1:24:16.6	Kim McDonald	1:33:16.0
Grace Brinkoetter	1:15:07.1	Tori Taylor	1:19:26.7	Denise Beauman	1:24:24.5	Sunney Hinman	1:35:10.9
Rebecca Luke	1:15:07.6	Joshua Hollinshead	1:19:27.4	Manasa Bala	1:24:39.6	Linda House	1:35:10.9
Kajanda Love	1:15:08.0	Kent Patterson	1:19:31.3	Bala Soma	1:24:40.3	Shelly Weatherholt	1:35:26.3
Dawn Phillips	1:15:08.4	Tony Wasilewski	1:19:32.5	Ashley Davis	1:25:52.0	Michele Pitts	1:36:03.8
James Yeaman	1:15:11.0	Nancy Neuberger	1:19:34.0	Avery Biggs	1:26:16.7	Joni Winhold	1:38:22.4
Debbie Yeaman	1:15:11.8	Amanda Rieger	1:19:38.6	Adam Langley	1:27:05.8	Raylea Dodson	1:40:32.7
Jeremy Tackett	1:15:15.6	M. Katie Buskirk	1:19:38.8	Barbara Manson	1:27:08.4	Kristine Holtman	1:41:55.7
Connie Heskett	1:15:20.7	Dianna Jones	1:19:41.0	Holly Kaminski	1:27:13.1	Christina Smith	1:42:08.9
Heather Shipp	1:15:21.1	Stacy Bunte	1:19:59.0	Joyce Ludwig	1:27:14.8	Carol Bedtka	1:42:17.4
Jennifer Alessia	1:15:25.7	Jennifer Herman	1:20:02.6	Hinal Patel	1:27:15.6	Courtney Winningham	1:42:18.1
Whitney Spearie	1:15:31.3	Darla Lane	1:20:17.6	Maria Kaminski	1:27:16.8	Kelly Guerrero	1:42:54.6
Haley O'Brien	1:15:31.8	Lynne Morris	1:20:27.0	Machele Keen	1:27:21.2	Victoria Stoye	1:42:55.8
Maddie Dossett	1:15:40.3	Roseanne Nance	1:20:50.3	Lois Stone	1:27:21.5	Jean Allen	1:42:56.9
Brianne Redpath	1:15:53.5	Mollie Langley	1:21:38.9	Calla Summers	1:27:37.6	Teresa Benshoof	1:43:42.0
Brett Stallone-Dwyer	1:16:03.7	Lindsey Lister	1:22:02.5	Mary Thoele	1:28:28.2	Nancy Burklow	1:46:37.3
Laura Hauer	1:16:14.0	Shirley Webb	1:22:49.1	Kathy Thomas	1:29:04.7	Amy Savel	1:47:34.9
Kim Nehrt	1:16:16.3	Kristal Lane	1:22:59.0	Julie Brightwell	1:29:21.0	Barb Leveque	1:48:11.4
Brian Kerber	1:16:17.3	Mark Young	1:23:02.9	Angela Woodson	1:30:13.2	Katie Lippert	1:48:43.7
Christina Powell	1:16:18.1	Kristina Mucinskas	1:23:07.3	Sarah Rieke	1:30:55.6	Jamie Fitzpatrick	1:51:13.5
Kristi Dossett	1:16:31.8	Vanessa Brennan	1:23:19.2	Jane Newton	1:31:04.3	Kathy Kassing	1:52:13.2
Lori Dale	1:16:31.9	Dawn Stearns	1:23:40.2	Kathy Handy	1:31:45.1	Mary Emrick	1:53:05.9
Sam Woods li	1:16:49.9	Jamie Stone	1:23:48.5	Jennie Davis	1:31:52.3	Ami Hall	1:53:54.5

Abe's Amble 5K 2019 Member Results

Bill Owens	21:46.9	Max Alessia	37:13.3	Patricia Hopkins-		Jan Patterson	48:49.2
Scott Leopold	23:49.2	Levette Shade	37:25.4	Price	42:51.0	Mark Janus	48:49.9
Sydne Dean	24:34.4	Cathy Gochenour	37:28.2	Mike Fox	44:27.0	Tina Lascody	48:58.1
Rick Hernandez	29:13.3	Lesia Schaive	37:28.8	Stephanie Sievers	44:27.2	Debbie Fortman	49:12.5
Amanda Gleason	29:27.0	Amanda Johnson	37:30.8	Faith Crouch	44:28.0	Nina Rossini	49:13.3
Jack Bellmer	30:06.1	Mark Alessia	38:02.0	Leann Fox	44:28.2	Sarah Deen	49:38.3
Chris Hernandez	30:48.2	Jennifer Baier	38:08.8	Kathleen Winhold	44:43.1	Linda Hicks	49:53.1
Christopher Schmit	30:50.3	Lisa Mosley	38:50.4	Linda Hostetler	44:49.6	John Palusinski	51:01.4
Carissa Switzer	34:06.9	Colleen Moore	39:47.3	Marilyn Cisco	45:23.0	Julie Summers	52:48.9
Bob Baker	35:13.9	Anna Deen	40:01.4	Nichole Palusinski	47:46.6	Lish Sponsler	53:14.8
Marya Radunzel	35:33.5	Elizabeth Krah	40:03.3	Abby Iocca	48:13.1	Echo Beekman	54:50.8
Lori Iocca	36:32.7	Dawn Hauer	40:21.0	Cindy Pierson	48:32.7	Jennifer Rees	54:51.1
Elizabeth Sievers	36:59.3	Madalynn Sullivan	41:00.5	Steve Huddle	48:39.6	Samantha Rieke	56:31.6
Kara Perez	37:02.0	Christianna Sullivan	41:00.5	Ryan Huddle	48:40.1	Kelly Duppong	57:54.4

Shoreline Classic Photos

SRRC wasn't messing around! Over 110 members flooded the Shoreline Classic this year. Here are some great photos of the day taken by Rick Hernandez!



Shoreline and Quad Cities Marathon/Half Photos

Photo Credits: Todd Oliver and Carrie Ward



Frost Toes kicks off in October

SRRC is glad to have the returning leadership of Nick Fogleman and Matthew Duff for another year of the Frost Toes training for the Frostbite Festival 10-mile race on December 8th.

If you are new to the club or haven't joined up with this group yet, you really should come out to a run and check it out! This year's schedule is Tuesdays and Thursdays beginning October 8th at 5:45 p.m. at Washington Park, and Saturday morning runs at various starting locations along the Frostbite

course. There are runners and walkers of all paces, so you'll most likely find someone to keep you company.

The complete schedule and more details can be found on their Facebook page or the SRRC training page.

If you haven't joined the group for a run yet, check out <https://www.srrc.net/frosttoes> on our website. It will give the basic overview of the group and training plan. We hope to see you out there this year!



**Running Shoes
Apparel
Accessories**



Mon-Fri: 10 am - 7 pm - Saturday: 10 am - 5 pm - Sunday: Noon - 5 pm

2943 West White Oaks Dr
Springfield, IL 62704

217.787.4400

"Everything You Need To Run & Look Your Best"

WELCOME TO THE CLUB!

Springfield Road Runners Club would like to welcome new members who are joining us for the first time this year! We hope you take advantage of all the benefits the club has to offer!

MEMBER BENEFITS INCLUDE:

- ◆ Discounts on local races
- ◆ Monthly e-blast news briefs
- ◆ Several club socials and events throughout the year
- ◆ Discounts at the Springfield Running Center
- ◆ Membership in the Road Runners Association of America
- ◆ End-of-year banquet and awards
- ◆ Free training groups for the Halfwits (Lincoln Presidential Half Marathon), Wednesday speedwork (April—October), and Frosttoes (Frostbite Festival 10 mile race) - see web links below
- ◆ Saturday long run schedules coordinated by members in the summer
- ◆ Many opportunities to meet great new running friends and more!



HELPFUL WEB LINKS

Make sure you get the most out of your membership by knowing what's going on using the links below:

Springfield Road Runners Club website: www.srrc.net

Springfield Road Runners Club Facebook page: www.facebook.com/srrc.net

SRRC Members Group Page: www.facebook.com/groups/srrc.net

Abe's Army (May—August): www.srrc.net/AbesArmy

FrostToes (October—December): www.srrc.net/FrostToes

HalfWits (January—April): www.srrc.net/HalfWits

Triple Crown Challenge (August—December): www.srrc.net/TCC

Speedwork Website: www.srrc.net/speedwork

If you're new, please don't be shy! We're a fun bunch! Hope to see you out on the roads this year!



SRRC Triple Crown & Mini Crown Challenges!

Were you a member or leader in Abe's Army this year? Did you finish the Abe's Amble? Are you interested in running a 15K (9.3 miles)? Could you be convinced to run a 10-mile race too? If so, then the Triple Crown Challenge just may be for you!

What is the Triple Crown?

The Triple Crown Challenge is a series of THREE races:

- Abe's Amble 10K/Abe's Army
- Shoreline Classic 15K
- Frostbite Festival 10 Mile

The program is free to join, but you do have to pay your entry fee into the races. Once you complete the program, you will receive recognition with fellow challengers in an awards presentation after the Frostbite Festival, a goody bag with lots of great prizes, an entry for a raffle with great prizes, and a FREE ENTRY into the Lincoln Presidential Half Marathon the following year.

For more details on the Triple Crown Challenge for 2019, please check them out online and on Facebook!

www.srrc.net/tcc



Lori Dale and Stacy Reddecliff,

Program Co-Coordinators

New this year is our Mini Crown Challenge! To encourage new runners who have completed the Abe's Amble 5K to continue their running success, the Mini Challenge mirrors that Triple Crown Challenge with three races, and three race distances:

- Abe's Amble 5K
- Shoreline Classic 5K
- Frostbite Festival 2 Mile

The Mini Crown Challenge is free to join, same as the Triple Crown Challenge. For more details, including eligibility requirements, please check out the SRRC website and our Facebook page:

<https://www.srrc.net/mcc>

<https://www.facebook.com/Bound-4-Triple-Crown-101616079926156/>



The Trainer's Corner — Meal Planning

Certified Personal Trainer, Joy Guardia (ACSM)

Meal planning has been all the rage in the fitness industry over the past few years. This is nothing new to some of us who have been eating leftovers since childhood. This is basically what meal planning really is...making a ton of food and eating the leftovers throughout the week. Meal planning really is just a bit more involved though. With some creativity in choosing your foods, meal planning can take leftovers to a higher level.

Why is meal planning a good idea for endurance athletes? For one, we tend to binge eat after a hard workout or long run. If we have plan well we may not eat too much garbage or too many calories. Runners are also too busy running that we don't have time to cook. Runners are also social and we love eating out. As a runner myself, I have been like this in every way. My thinking used to be "run to eat" rather than the healthier way of thinking, "eat to run." I would rationalize that, because I run, I was able to eat whatever I wanted. The healthier way of thinking is to eat in order to support my running.

How can we effectively meal plan in spite

It is so rewarding when we eat healthy to support our training.

of these issues we face as distance runners? First off, we can find out what works for us as individuals. Not every runner can cook and not every runner is organized and well planned. I am not good at planning ahead. I do not model the perfect meal planning schedule. This is why I love the Insta Pot for last minute shredded taco

chicken! Others do not have the time to devote to cooking an elaborate meal. For that reason, we need to at least take the time to figure out what we are capable of doing to create healthy eating habits. Below are some tips to get going with your planning:

- Write a list of healthy meats, vegetables, fruits, and starches that you like eating.
- Research and ask around for healthy recipes, test a few new ones out, and make a list of all recipes you can cycle through every other week. If you are short on time, look for bulk meat recipes and just throw together a salad with healthy meats. If you are not as skilled at cooking, look for simple recipes such as crock pot salsa chicken – two ingredients thrown in the crock pot and shredded for tacos.
- Consistently grocery shop for healthy fresh foods and purchase serving-size containers to bring planned out meals to work. Avoid buying junk food and don't think you should eat out for fish and chips ever other day. Your body needs lots of vegetables and lean meats. To change your palette and your cravings try a 30 day challenge to avoid fried foods & sweets. Then commit to replacing these foods with more veggies and healthier options.
- Schedule a cooking and prepping day during the week where you can spend a good amount of time preparing for the week. Allow yourself a few days of eating out because you don't want to get tired of eating pre-

made meals. But choose restaurants that offer healthier options. Include lots of fresh veggies and protein packed salads (look up budda bowls for different combos of veggies, proteins, and carbs). Pinterest has lots of ideas of

Fill your kitchen with healthy food, prepare ahead of time, and work toward a changed mindset for healthy habits.

searching for healthy meals.

My meals typically consist of fish, shellfish, chicken, lamb, lean beef, and pork; rainbow salad, arugula, cucumber, bell peppers, avocado, berries, eggs, nuts, whole grain bread, long grain rice, basmati rice, couscous, sweet or red potatoes, all kinds of veggies (some roasted in olive oil and herbs), and of course a little chocolate. When I cook, I tend to do 3 foods- a meat, a veggie and a starch. We don't enjoy casseroles. That works for us and eliminates some unnecessary ingredients such as cheese and sauces. Another thing that works for me is to always have on-hand fresh vegetables. That way I can make a quick salad with chicken or a taco loaded in fresh chopped veggies.

Once you establish this habit of planning ahead, you will notice how healthy eating has become as commonplace as brushing your teeth.

SRRC Scholarships

Following the Parade Run on August 8th, the Springfield Road Runners Club honored three area student-athletes with its annual Scholarship Awards. The awards recognize graduating seniors who participated in track, cross country, or SRRC road races, and have demonstrated leadership qualities and volunteer activities. A committee comprised of SRRC board members evaluates each scholarship application, which must include two letters of reference, an essay on what running has meant to the applicant, and a school transcript. The SRRC Board takes the recommendation of the committee and awards up to three scholarships of \$1,000 to the winners.

This year we are pleased to recognize Emily Higginson, Will Formea, and Cooper Peterson. All three recipients were present, and were each very grateful to the SRRC for recognizing their achievements and honoring them with the scholarship awards.

Emily Higginson— Emily graduated from Pleasant Plains High School and was ranked in the top 15 of her class. She participated in cross country and track and field, and was the captain of her cross country team. She was also a participant in the Scholastic Challenge 5K road race. Emily will be attending Lindenwood University in St. Charles, Missouri, planning to major in International Business and Spanish.

Will Formea— Will graduated from Springfield High School in the top half of his class and was a member of the cross country and track and field teams. He was a member of the 2018 state runner-up cross country team. Will was a frequent participant and former winner of the Frostbite 2 Mile race, and also participated in the Scholastic Challenge 5K road race. He will be attending the University of Illinois at Springfield, planning to study Political Science as a Pre-Law major.

Cooper Peterson— Cooper graduated from Chatham Glenwood High School and was ranked in the top 10 of his class. He participated in cross country and track and field, and was a member of the 2018 state championship cross country team. Cooper has also run many SRRC races over the years—the Scholastic Challenge 5K, the Parade Run, and the Lincoln Memorial Garden 8K trail run (which he won in 2015!). He will be attending Cedarville University in Cedarville, Ohio to major in Environmental Biology.



From L to R: Will Formea, Emily Higginson, and Cooper Peterson pose with their scholarship check with SRRC President Carrie Ward.

SRRC Race Calendar 2019

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: 04/06/2019
Location: Downtown, Springfield, IL

Junaia P. Carter 5K
Date: 04/20/2019
Location: Washington Park

Lake Run—7K, 12K, Half Marathon
Date: 05/04/2019
Location: Bloomington, IL

Lincoln Memorial Trail Run 8K
Date: TBD
Location: Lincoln Memorial Garden

Passavant-Gatorade 5K and 10K
Date: 05/25/2019, 7:30 a.m.
Location: Passavant Hospital, Jacksonville, IL

Steamboat Classic 4M and 15K
Date: 06/15/2019
Location: Peoria, IL

Scholastic Challenge 5K
Date: 06/15/2019, 7:30 5k
Location: Lake Springfield Center Park Beach House, Springfield, IL

Scheels 5K and 10K
Date: 06/22/2019, 7:30 a.m.
Location: Scheels

Jacksonville 4th of July Blast 5K
Date: 07/04/2019
Location: Nichols Park (Jacksonville)

Women's Distance Festival 2M
Date: 07/13/2019, 8 a.m.
Location: Washington Park

Quad Cities Times Bix 7
Date: 07/27/2019
Location: Davenport, IA

Parade Run, 2M*
Date 08/08/2019, 5:00 p.m.
Location: Illinois State Fair Grounds

Abe's Amble 5K and 10K*#
Date: 08/18/2019, 7:30 a.m.
Location: Illinois State Fairgrounds

Full Moon Trail Run (2+ miles)
Date: 09/13/2019, 7:30 p.m.
Location: Lewis Memorial Acres

Shoreline Classic 15K# and 5K
Date: 09/15/2019
Location: Nelson Park, Decatur

Quad Cities Marathon, Half Marathon, 5K
Date: 09/22/2019, 7:30 a.m.
Location: Moline, IL

Springfield Marathon (5K, 1/4, and Half Marathon, Marathon)
Date(s): 10/12/2019 (5K only)
10/13/2019—Other distances
Location: UIS

Canal Connection 10K
Date: 11/03/2019, 10:30 a.m.
Location: LaSalle/Utica, IL

Frostbite Festival 2M and 10M*#
Date: 12/08/2019, 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 19 races in our circuit. Your eligibility begins once your membership is processed. To be eligible for all 19 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.

- *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 Matt Minder at SRRCMembership@gmail.com.

SRRC Points and Participation Series (through Shoreline Classic)

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abie's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races	Times Volunteered
Women's Overall								
Patricia Schaefer	9	10	9	10		38	29	
Chelsea Lord		8	8	9		25	25	
Kate Schroter	7	7		8		22	22	1
Lori Farris	4	5		7		16	16	
Sarah Enlow		3	4	6		13	13	1
Sydne Dean		6	6			12	12	
Grace Gudwien			10			10	10	
Lydia Hocker	10					10	10	
Cathy Popovitch		9				9	9	
Melissa Coultas	8					8	8	
Lindsey Cumby			7			7	7	
Kayla Albrecht	2		5			7	7	
Molly Schaefer	1	4		1		6	6	
Leanne Woody	6					6	6	
Stacy Reddecliff				5		5	5	
Brookelyn Eazelle	5					5	5	
Holly Dahlquist				3		3	3	
Pamela Hart	3	1				4	4	
Katharine Cripe				4		4	4	
Jill Reich			3			3	3	
Sasha Cadigan			2			2	2	
Mary Oseland				2		2	2	
Jamie Fitzpatrick		2				2	2	
Tamara Day			1			1	1	
Women's Masters								
Sasha Cadigan	7	9	9	1		26	25	
Lindsey Cumby		8	10	7		25	25	
Holly Dahlquist		10	3	9		22	22	
Stacy Reddecliff	10			10		20	20	
Sandra Elliott	4	4	7	2		17	15	
Kelly Hubbard	3	6		6		15	15	
Susan Becker		7		4		11	11	
Kelly Biggs			6	5		11	11	
Cheryl Blesiada	5		4			9	9	
Mary Fairclough	9					9	9	
Tammy Bumgarner	8					8	8	
Mary Oseland				8		8	8	
Tamara Day				8		8	8	
Kim Owens			5	3		8	8	1
Patricia Nikson	6					6	6	
Diana Nevitt		5				5	5	
Donna Brayfield		3				3	3	
Meredith Caudill		2				2	2	
Lynn Kerber	2					2	2	
Brenda Hillen			2			2	2	
Jean Broadbuss	1					1	1	
Lisa Young		1				1	1	
Marybeth Young			1			1	1	
W 14 and Under								
Sarah Rieke		7	9	8		24	24	
Raylea Dodson		6	8	7		21	21	
Sydne Dean		10	10			20	20	
Caroline Dahlquist		9		10		19	19	
Suna Tabag	9	4				13	13	
Hannah Nation	10					10	10	
Manasa Bala				9		9	9	
Hannah Pasman		8				8	8	
Melody Guardia		5				5	5	
Willia Langley		3				3	3	
W 15 - 19								
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	
W 20 - 24								
Madalynn Sullivan		10				10	10	
Sara Lane				10		10	10	

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abie's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races	Times Volunteered
W 25 - 29								
Chelsea Lord		10	10	10		30	30	
Kate Schroter	9	9		9		27	27	1
Linsey Torchia	6	8	8	6		28	22	
Rebecca Luke	7	5		5		17	17	
Kayla Albrecht	8		9			17	17	
Haley O'Brien			7	4		11	11	
Lydia Hocker	10					10	10	
Presley Kerber		2	6			8	8	
Erin Pearce				8		8	8	
Ashley Davis		4		3		7	7	
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		38	29	1
Kathleen Knolhoff	8	6	7	7		28	22	
Jill Reich	5		9	8		22	22	
Jessica Hamblin	7		8	6		21	21	
Jamie Fitzpatrick	6	8				14	14	
Whitney Spearie		4	6	3		13	13	
Karrie Clark		3	5	4		12	12	
Melissa Coultas	10					10	10	
Cathy Popovitch		10				10	10	
Jessica Sheppard		5		5		10	10	
Katharine Cripe				9		9	9	
Amanda Johnson	2	1	4			7	7	
Emily Mueller		7				7	7	
Trista Knorrek	4					4	4	
Jennifer Herman			2	2		4	4	
Shawn Gibbs	3					3	3	
Roberta Langellier			3			3	3	
Molly Berendt		2				2	2	
Jennifer Byterski	1					1	1	
Ami Hall			1			1	1	
Courtney Winningham				1		1	1	
W 35 - 39								
Patricia Schaefer	10	10	10	10		40	30	
Lori Farris	7	9		9		25	25	
Molly Schaefer	5	8		8		21	21	
Ashleigh Koerner	4	6		5		15	15	
Jennifer Krause		5	9			14	14	
Pamela Hart	6	7				13	13	
Randi Lucas		1	6	6		13	13	
Amanda Tamminga		3	7	2		12	12	
Heather Dunn			8	3		11	11	1
Leanne Woody	9					9	9	
Brookelyn Eazelle	8					8	8	
Amanda Tapscott		4		4		8	8	
Leanne Cathers				7		7	7	
Amanda Gleason	3					3	3	
Joy Hayes		2		1		3	3	
Demetra Mishler	2					2	2	
Megan Styles	1					1	1	
W 40 - 44								
Sasha Cadigan	9	10	9	5		32	28	
Lindsey Cumby		9	10	8		27	27	
Kelly Hubbard	7	8		7		22	22	
Stacy Reddecliff	10			10		20	20	
Melissa Wiseman	5	7	7	3		22	19	1
Kelly Biggs		8	6			14	14	
Lori Dale	3	3	5			11	11	1
Mary Oseland				9		9	9	
Patricia Nikson	8					8	8	
Kristina Mucinskas	2	6				8	8	
Rebecca Collier	6			2		8	8	
Angela Liles			6	1		7	7	
Christina Powell	1	4				5	5	
Kim Nehrt		5				5	5	
Lindsey Lister		2	3			5	5	1
Christine Feller	4					4	4	
Elisabeth Phillips			4			4	4	
Kaylee Gholson				4		4	4	
Tori Taylor			2			2	2	1
Dawn Phillips		1				1	1	
Julie Brightwell			1			1	1	

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races	Times Volunteered
W 45 - 49								
Jan Andrews	4	9	7			20	20	1
Meredith Caudill	3	10		7		20	20	
Marybeth Young	6		9	5		20	20	
Jean Reinbold	8	5		6		19	19	
Jean Broadbuss	9			10		19	19	
Charity Marr		7	8			15	15	1
Tammy Bumgarner	10			4		14	14	
Tamara Day			10	3		13	13	
Cynthia Rieke	7			2		9	9	
Tracy Price	2	2	5			9	9	
Bobbie Jo Hill	5	4				9	9	
Dawn Raycraft				9		9	9	
Michelle Pulice-Flynn				8		8	8	
Angela Turasky		8				8	8	
Carrie Ward	1		6			7	7	
Lisa Adams		6				6	6	
Mollie Langley			4			4	4	1
Dawn Stearns			3			3	3	1
Dana Lovekamp		3				3	3	
Denise Beauman			2			2	2	1
Ginger Mercier		1				1	1	
Colleen Moore			1			1	1	
Angie Fletcher				1		1	1	
W 50 - 54								
Holly Dahlquist		10	9	10		29	29	
Kim Owens	8		10	9		27	27	1
Brenda Hillen	7	8	8	6		29	23	
Lisa Young		9		7		16	16	
Shelley McIntyre	9	7				16	16	
Nancy Ferguson	5		6	4		15	15	1
Michelle Brown	6			8		14	14	
Jayne Antonacci	3	6		3		12	12	
Brenda Vail			7	5		12	12	
Patty Petersen		5	5			10	10	
Pamela Enno	10					10	10	
Connie Heskett	1	3	4			8	8	
Brenda Humbert		4		1		5	5	
Lonna Porter	4					4	4	
Shirley Webb	2	1				3	3	
Bette Wells		2				2	2	
Kathy Canaday				2		2	2	
W 55 - 59								
Lynn Kerber	10	9	10	8		37	29	
Diana Nevitt	9	10		9		28	28	
Marilyn Kirchgessner	7	8		7		22	22	1
Beth Lafata		7	9	3		19	19	
Julie Boots	8			10		18	18	
Rhonda Robinson	6	6		4		16	16	
Lori Iocca	4	5				9	9	
Kathy Kassing		1	7			8	8	
Judy Claussen			8			8	8	
Linda Hicks			6			6	6	
Debbie Parker				6		6	6	
Cheryl Drda				5		5	5	
Denise Gonzales	5					5	5	
Jennie Davis	2	3				5	5	
Wendy Glisson		4		1		5	5	
Christina Smith	3					3	3	
Maria Kaminski		2				2	2	
Sheryl Friedrich				2		2	2	
W 60 - 64								
Sandra Elliott	8	9	10	9		36	28	
Cheryl Biesiada	9		9	8		26	26	
Donna Brayfield	7	8		7		22	22	
Susan Becker		10		10		20	20	
Kathleen Jensen	3	6	8	6		23	20	
Kim Curtis	6	7		5		18	18	
Barbara Manson	5	5	7	2		19	17	2
Diane Muncy	4	4	6	4		18	14	1
Mary Fairclough	10					10	10	
Roseanne Nance	1	2	5	3		11	10	
Joni Winhold			4			4	4	
Machele Keen		3		1		4	4	
Mary Emery	2					2	2	
Lesa Schave		1				1	1	

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races	Times Volunteered
W 65 - 69								
Joyce Hubbard		10	10	10		30	30	
Debbie Yeaman	10	9		8		27	27	
Alice Staats	9	8	9	9		35	27	
Vivian Jones	7	5		7		19	19	
Kristine Holtman	6	4		6		16	16	
Mary Harney	8	7				15	15	
Elizabeth Krah		6				6	6	
W 70+								
Marilyn Kushak	10	10	10			30	30	
Nancy Neuberger	9	9		10		28	28	
Joyce Ludwig		8		9		17	17	
Lois Stone		7		8		15	15	
Mary Thoele				7		7	7	

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races	Times Volunteered
M 60 - 64								
David Bretz	9		9	10		28	28	
Kenneth Riley	8		8	9		25	25	
Bill Shelley	4		7	5		16	16	
Rai Richardson	6			8		14	14	
Paul Turner	7			6		13	13	
David Krah	10					10	10	
Doug Galayda			10			10	10	
Philip Riesterer				7		7	7	
Keith Staats	5					5	5	
John Diel				4		4	4	
Jerry Naughton				3		3	3	
M 65 - 69								
Esvara Kakarala	10		10	10		30	30	
Jerry Kuhn	9		9	9		27	27	
Bill Stokes	7		7			14	14	
Isaac Childers	8					8	8	
Jack Bellmer				8		8	8	
James Yeaman				8		8	8	
Kent Patterson				7		7	7	
Mark Janus			6			6	6	
M 70+								
Sam Woods II	10		8	9		27	27	1
George Hinkle	8		9	8		25	25	
John Brubaker			10	10		20	20	
James Alexander	9					9	9	
Tom Kushak	7					7	7	

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abie's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races	Times Volunteered
Men's Overall								
Henry Janssen	10	10	10			30	30	
Andy Martin	9	9	9			27	27	
Chris Swisegood	8		7			15	15	
Nick Walden		8	6			14	14	
Keith Virden	1	7	5			13	13	1
Blake Scranton	6	6	4			16	16	2
Dustin Morrison	2	3	3			8	8	
David Wortman			8			8	8	
John T. Murphy	7					7	7	
Fess Teklehaimanot		4	1			5	5	
John Coultas	5					5	5	
Blake Cowle-Healy		5				5	5	
Jason Nikson	4					4	4	
Kevin Hingle	3					3	3	
Tim Febus		2				2	2	
Michael Dwyer			2			2	2	
Jason Beeler		1				1	1	
Men's Masters								
Andy Martin	10	10	10			30	30	
Blake Scranton	7	8	6			21	21	2
Keith Virden	4	9	7			20	20	1
Chris Swisegood	9		8			17	17	
Fess Teklehaimanot	3	7	4			14	14	
Jason Beeler	2	6	2			10	10	
David Wortman			9			9	9	
Kevin Hingle	5		3			8	8	
John T. Murphy	8					8	8	
Jason Nikson	6		1			7	7	
Zvi Pasman	1	4				5	5	
Tom Weir		5				5	5	
Michael Dwyer			5			5	5	
John Hauer		3				3	3	
Eswara Kakarala		2				2	2	
Scott Leopold		1				1	1	
M 14 and Under								
George Oliver		10	10			20	20	
Christian Liles		9	9			18	18	
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	
M 15 - 19								
Tyler Buske	10					10	10	
Eli Nehrt			10			10	10	
M 20 - 24								
Michael Deneroff			10			10	10	
Collin Biesladi			9			9	9	
Colin Tierney			8			8	8	
Aric Burklow			7			7	7	
M 25 - 29								
Henry Janssen	10	10	10			30	30	
Tim Skronski	7	8	7			22	22	
Jonathan Beck		9	9			18	18	
Aaron Holmes	9					9	9	
Cody Needham	8					8	8	
Justin Tabatabai			8			8	8	
M 30 - 34								
Dustin Morrison	10	9	9			28	28	
Wes Johnson	8	7	8			23	23	
Gregg Sams	9	6	6			21	21	
Nick Walden		10	10			20	20	
Rex Gradeless	7		5			12	12	
Jon Popovitch		4	4			8	8	
Tim Febus		8				8	8	
Paul Fee		5	2			7	7	
Deepak Kumar			7			7	7	
Jeremy Tackett			3			3	3	

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abie's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races	Times Volunteered
M 35 - 39								
Blake Cowle-Healy	7	10	10			27	27	
Frank Midiri	9	8	8			25	25	1
Venugopala Shetty		9	9			18	18	
James Kuhn		6	7			13	13	
John Coultas	10					10	10	
Andrew Guardia	8					8	8	
Nick Fogleman		7				7	7	
Nick Catthers			6			6	6	
John Hollman	6					6	6	
Patrick Magennis	5					5	5	
Patrick Chasco	4					4	4	
M 40 - 44								
Matthew Duff	7	10	4			21	21	
Tadd Davis	6	9	5			20	20	
Jason Nikson	9		9			18	18	
Scott Nation	5		7			12	12	
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		3			4	4	
Brian Biggs			3			3	3	
Joshua Hollinsheac			2			2	2	
M 45 - 49								
Andy Martin	10	10	10			30	30	
Keith Virden	7	9	7			23	23	1
Jason Beeler	6	8	5			19	19	
Chris Swisegood	9		8			17	17	
Kevin Hingle	8		6			14	14	
Tom Weir		7	4			11	11	
John Hauer	3	6				9	9	
David Wortman		9				9	9	
Stephen Paca	4	3				7	7	
Lance Cull		5	2			7	7	
David Brecheisen		4	1			5	5	
Tom Jones	5					5	5	
John Langley	1	2				3	3	1
Mike Dossett			3			3	3	
Curt Evoy	2					2	2	
Roger Muench		1				1	1	
M 50 - 54								
Blake Scranton	10	10	10			30	30	2
Zvi Pasman	9	9	9			27	27	
Steward Sandstrom	7	6	5			18	18	
Scott Hendren	5		7			12	12	
John Stearns	4	7				11	11	1
Brian Shaw		8	3			11	11	
David Ealey			8			8	8	
Shane Bumgarner	8					8	8	
Bradley Smith	6					6	6	
Dave Sutter			6			6	6	
Doug McDonald			4			4	4	
Jim Allen			2			2	2	
John Stearns			1			1	1	1
M 55 - 59								
Fess Teklehaimanot	10	10	10			30	30	
Randy Rieke	9	8	9			26	26	
Michael Torchia	6	7	7			20	20	
Darrell Simmermaker		6	5			11	11	
William Hostetler	3		8			11	11	
Brian Kerber	2	4	3			9	9	
Scott Leopold		9				9	9	
Nikolay Dimitrov	8					8	8	
Kevin Spurlock	7					7	7	
Daniel Newton			6			6	6	
Jim Faloon	5					5	5	
Rick Larson		5				5	5	
Russell Schaefer			4			4	4	
Jeff Meyerhoff	4					4	4	
Mark Young	1		2			3	3	

NAME	Lincoln Presidential Half Marathon	LPHM - SRRC Bonus Points	LPHM - Volunteer Bonus Points	Junia P. Carter, MD 5K	Lake Run Half Marathon	Lake Run 12 K	Lake Run 4.37M	Passavant Gatorade 10K	Passavant Gatorade 5K	Steamboat Classic 15K	Steamboat Classic 4 Mile	Scheels 5K	Scheels 10K	4th of July Blast 5K	Women's Distance Festival 2 Mile	WDF - SRRC Bonus Points	WDF - Volunteer Bonus Points	Bliz 7	Parade Run 2 Mile	Parade Run - SRRC Bonus Points	Parade Run - Volunteer Bonus Points	Abe's Ambie 10K	Abe's Ambie 5K	Abe's Ambie - SRRC Bonus Points	Abe's Ambie Volunteer Bonus Points	Full Moon Trail Run	Shoreline Classic 15K	Shoreline Classic 5K	Participation Points Total	Participation Award Tier	Times Volunteered
Lisa Adams	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	10	0	5	0	0	0	0	25	0	0
Kayla Albrecht	20	5	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	45	1	1
Jennifer Alessia	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	0	15	0	0
Mark Alessia	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	10	0	0
Max Alessia	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	10	0	0
James Alexander	20	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	30	1	1
Jim Allen	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	0	15	0	0
Jean Allen	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	0	15	0	0
John Alsop	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	5	0	0	30	0	0
Jan Andrews	20	5	5	0	20	0	0	0	0	0	0	0	0	5	5	5	0	0	5	5	0	10	0	5	0	0	15	0	105	1	1
Tad Andrews	0	0	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	10	0	0
Jayne Antonacci	20	5	5	0	0	0	0	0	0	0	0	0	0	5	5	5	0	0	0	0	5	10	0	5	0	0	0	0	65	2	0
Jennifer Baier	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	5	15	0	0
Bob Baker	0	0	0	0	0	0	0	0	0	0	8	0	0	0	0	0	0	0	5	5	0	5	5	0	0	0	5	33	0	0	0
Manasa Bala	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	5	0	0	0	15	0	0	0
Denise Beauman	20	5	5	0	20	0	0	10	0	15	0	0	10	5	0	0	0	0	5	5	0	10	0	5	0	0	15	0	130	1	1
Jonathan Beck	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	0	5	0	0	15	0	40	0	0
Susan Becker	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	10	0	5	0	0	15	0	40	0	0
Carol Bedtka	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	0	15	0	0	0
Echo Beekman	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	5	5	0	0	0	0	0	20	0	0
Jason Beeler	20	5	0	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	5	5	0	10	0	5	0	0	0	60	0	0	0
Campbell Beeler	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	15	0	0	0
Hagan Beeler	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	15	0	0	0
Nathan Beilby	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	10	0	0	0
Jack Belmer	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	5	5	0	0	5	5	0	0	0	0	30	2	0
Teresa Benshoof	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	0	15	0	0	0
Molly Berendt	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	10	0	0	0
Cheryl Biesiada	20	5	5	0	0	0	0	0	0	0	0	10	5	0	0	0	0	0	5	5	10	0	5	5	0	0	0	80	3	0	0
Joe Biesiada	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	5	0	0	0	0	0	0	10	1	0	0
Collin Biesiada	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	0	15	0	0	0
Kelly Biggs	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	0	5	0	0	15	0	45	1	0
Brian Biggs	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	15	0	30	0	0	0
Avery Biggs	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	0	5	0	0	0	25	0	0	0
Levi Biggs	0	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	15	0	0	0
Jessica Bonnett	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	0	15	0	0	0
Julie Boots	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	10	0	5	5	0	0	55	3	0	0
Tonya Bourn	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	10	0	0	0
Donna Brayfield	20	5	5	0	0	0	0	0	15	0	0	0	0	5	5	0	0	0	0	0	5	10	0	5	5	0	0	80	3	0	0
David Brecheisen	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	0	5	0	0	0	25	0	0	0
Vanessa Brennan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	0	15	0	0	0
David Bretz	20	5	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	5	5	0	10	0	5	0	0	0	60	0	0	0
Julie Brightwell	20	5	5	5	0	0	0	0	0	8	0	0	5	5	5	5	0	5	5	5	10	0	5	0	0	0	0	93	3	0	0
David Brightwell	0	0	5	5	0	0	0	0	0	8	0	0	5	5	5	5	0	0	0	0	0	0	0	0	0	0	0	38	2	0	0
Grace Brinkoetter	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	0	15	0	0	0
Jean Broadus	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	0	40	0	0	0
Nicole Broch	20	5	0	0	0	0	0	0	0	0	0	10	0	5	5	0	0	0	0	0	0	0	0	0	0	0	0	45	0	0	0
Michelle Brown	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	0	40	0	0	0
John Brubaker	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	0	5	0	0	0	25	0	0	0
Tammy Bumgarner	20	5	5	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	0	55	1	0	0
Shane Bumgarner	20	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	30	1	0	0
Stacy Bunte	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	0	15	0	0	0
Nancy Burklow	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	0	15	0	0	0
Aric Burklow	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	0	15	0	0	0
Mindy Buske	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	25	0	0	0
Larry Buske	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	25	0	0	0
Tyler Buske	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	25	0	0	0
Sierra Buske	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	25	0	0	0
M. Katie Buskirk	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	0	15	0	0	0
Sasha Cadigan	20	5	5	0	0	0	0	0	0	0	0	0	0	5	5	0	0	5	5	0	10	0	5	5	0</						

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NAME	Lincoln Presidential Half Marathon	LPHM - SRRC Bonus Points	LPHM - Volunteer Bonus Points	Junia P. Carter, MD 5K	Lake Run Half Marathon	Lake Run 12 K	Lake Run 4.37M	Passavant Gatorade 10K	Passavant Gatorade 5K	Steamboat Classic 15K	Steamboat Classic 4 Mile	Scheels 5K	Scheels 10K	4th of July Blast 5K	Women's Distance Festival 2 Mile	WDF - SRRC Bonus Points	WDF - Volunteer Bonus Points	Bik 7	Parade Run 2 Mile	Parade Run - SRRC Bonus Points	Parade Run - Volunteer Bonus Points	Abe's Amble 10K	Abe's Amble 5K	Abe's Amble - SRRC Bonus Points	Abe's Amble Volunteer Bonus Points	Full Moon Trail Run	Shoreline Classic 15K	Shoreline Classic 5K	Participation Points Total	Participation Award Tier	Times Volunteered
Grace Gudwien	0	0	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	10	0
Kelly Guerrero	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	15	0
Lindsay Hager	0	0	5	5	0	0	0	0	5	0	0	5	0	5	5	5	5	0	0	0	0	0	0	0	0	0	0	0	0	35	1
Dave Hall	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	5	1	
Ami Hall	0	0	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	35	0
Jessica Hamblin	20	5	0	0	0	0	0	10	0	0	0	0	0	5	0	0	0	0	5	5	0	10	0	5	0	0	15	0	80	0	
Howard Hamblin	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	5	0	
Alexis Hamblin	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	5	0	
Alivia Hamblin	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	5	0	
Kathy Handy	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	0	15	0		
Mary Harney	20	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	35	0	
Pamela Hart	20	5	5	0	0	0	0	10	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0	0	5	0	0	55	1		
John Hauer	20	5	5	0	20	0	0	10	0	0	0	0	10	0	0	0	0	0	5	5	0	0	0	0	0	0	0	80	1		
Dawn Hauer	0	0	0	0	0	0	0	5	0	0	5	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	20	0		
Laura Hauer	0	0	0	0	0	0	0	5	0	0	5	0	0	0	0	0	0	0	5	5	0	10	0	5	0	0	0	35	0		
Lindsey Hauer	0	0	0	0	0	0	0	5	0	0	5	0	0	0	0	0	0	0	5	5	0	10	0	5	0	0	0	35	0		
Joy Hayes	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	10	0	5	0	0	0	0	25	0		
Terry Heisler	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	15	0		
Scott Hendren	20	5	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	10	0	5	0	0	15	0	65	0		
Jennifer Herman	20	5	5	5	0	0	0	5	0	0	5	0	0	0	0	0	0	5	5	5	10	0	5	0	0	15	0	90	2		
Rick Hernandez	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	5	0	5	5	0	0	0	0	30	2		
Chris Hernandez	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	5	5	0	0	0	5	25	0			
Connie Heskett	20	5	0	0	0	0	0	0	0	0	0	0	10	0	0	5	0	0	5	5	0	10	0	5	0	0	0	70	0		
Linda Hicks	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	5	5	0	5	30	0			
Michael Hilderbrand	0	0	0	0	0	0	0	10	0	0	0	0	10	5	5	5	0	0	0	0	10	0	5	5	0	15	0	75	2		
Bobbie Jo Hill	20	5	0	0	0	0	0	0	0	0	0	0	10	5	5	5	0	0	0	0	10	0	5	0	0	0	0	65	0		
Layne Hill	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		
Brenda Hillen	20	5	5	0	0	0	0	0	0	0	5	0	0	5	5	0	0	5	5	0	10	0	5	0	0	15	0	85	1		
Kevin Hingle	20	5	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	0	45	0		
George Hinkle	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	0	5	0	0	0	0	55	1		
Sunney Hinman	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	0	40	0			
Lydia Hocker	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	25	0			
Jennifer Hollinshead	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	10	0	5	0	0	15	0	35	0		
Joshua Hollinshead	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	10	0	5	0	0	15	0	35	0		
John Hollman	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	25	0			
Aaron Holmes	20	5	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	35	0		
Kristine Holtman	20	5	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	10	0	5	0	0	0	50	0			
Patricia Hopkins-Price	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	10	0			
Linda Hostetler	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	5	5	0	0	0	20	0			
William Hostetler	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	40	0			
Linda House	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	15	0			
Kelly Hubbard	20	5	5	0	0	0	0	10	0	0	8	0	0	0	5	5	0	0	0	0	10	0	5	0	0	0	5	78	1		
Joyce Hubbard	0	0	5	5	0	0	8	0	5	0	8	5	0	0	5	5	0	0	5	5	0	10	0	5	0	0	0	5	76	1	
Steve Huddle	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	10	0			
Ryan Huddle	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	10	0			
Brenda Humbert	20	5	0	0	0	0	0	0	0	0	0	10	0	5	5	0	0	0	0	10	0	5	0	0	0	0	60	0			
Matthew Humke	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0	0	5	0	15	0			
Lori Iocca	20	5	0	0	0	0	0	0	0	0	0	0	0	5	5	5	0	0	0	0	5	5	5	5	0	5	65	2			
Abby Iocca	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	5	15	0			
Henry Janssen	20	5	5	0	0	0	0	10	0	0	0	0	10	0	0	0	0	0	5	5	0	10	0	5	5	0	0	80	2		
Mark Janus	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	5	0	0	0	20	0			
Kathleen Jensen	0	0	0	5	0	0	0	0	0	0	0	5	0	0	5	5	0	0	5	5	10	0	5	5	0	0	5	55	1		
Wes Johnson	20	5	0	5	0	0	0	0	15	0	0	0	0	5	5	5	0	5	5	0	10	0	5	5	0	15	0	105	1		
Amanda Johnson	20	5	5	5	0	0	0	0	0	8	5	0	0	5	5	5	0	5	5	0	0	5	5	5	0	0	5	93	3		
Vivian Jones	20	5	5	0	0	0	0	0	0	0	0	0	0	5	5	5	0	0	5	5	10	0	5	5	0	15	0	85	4		
Dianna Jones	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	0	15	0			
Tom Jones	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	25	0			
Caroline Jones	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	15	0			
Bronwyn Jones-Leach	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	15	0			
Eswara Kakarala	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	0	5	5	0	0	60	2		
Maria Kaminski	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	10	0	5	0	0	0	0	25	0			
Holly Kaminski	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	10	0	5	0	0	0	0	25	0			
Kathy Kassing	0	0	0	0	0	0	0	5	0	0	0	0	0	5	5	0	0	5	5	0	10	0	5								

NAME	Lincoln Presidential Half Marathon	LPHM - SRRC Bonus Points	LPHM - Volunteer Bonus Points	Junia P. Carter, MD 5K	Lake Run Half Marathon	Lake Run 12 K	Lake Run 4.37M	Passavant Gatorade 10K	Passavant Gatorade 5K	Steamboat Classic 15K	Steamboat Classic 4 Mile	Schools 5K	Schools 10K	4th of July Blast 5K	Women's Distance Festival 2 Mile	WDF - SRRC Bonus Points	WDF - Volunteer Bonus Points	Blax 7	Parade Run 2 Mile	Parade Run - SRRC Bonus Points	Parade Run - Volunteer Bonus Points	Abe's Amble 10K	Abe's Amble 5K	Abe's Amble - SRRC Bonus Points	Abe's Amble Volunteer Bonus Points	Full Moon Trail Run	Shoreline Classic 15K	Shoreline Classic 5K	Participation Points Total	Participation Award Tier	Times Volunteered	
Jerry Kuhn	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	65	1	1
Deepak Kumar	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	30	0	0
Marilyn Kushak	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	60	3	0
Tom Kushak	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	25	0	0
Stacey Laatsch	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
Mary Kay Lackman	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
Barry Lacy	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
Sarah Lacy	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
Beth LaFata	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	40	0	0
Darla Lane	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
Kristal Lane	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
Sara Lane	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
Roberta Langellier	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
Mollie Langley	20	5	5	0	0	0	0	10	0	15	0	0	10	5	5	5	5	0	5	5	5	10	0	5	0	0	15	0	130	1	3	
John Langley	20	5	5	0	0	0	0	10	0	15	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	15	0	110	1	2	
Willie Langley	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	
Adam Langley	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	
Rick Larson	0	0	5	0	0	0	0	10	0	0	0	0	10	5	5	5	5	0	5	5	0	0	0	0	0	0	0	0	0	60	3	0
Tina Lascody	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	
Scott Leopold	0	0	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	5	45	2	0
Kathy Leuelling	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	
Barb LeVeque	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	20	0	0
Angela Liles	0	0	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	30	1	1	
Christian Liles	0	0	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	30	1	0	
Griffin Liles	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	
Evelyn Liles	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	
Katie Lippert	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	
Lindsey Lister	20	5	5	5	0	0	0	0	0	0	0	0	10	0	5	5	0	0	5	5	0	10	0	5	5	0	15	0	100	1	2	
Jacob Lord	0	0	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	5	1	0	
Kajanda Love	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	
Dana Lovekamp	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	30	0	0
Randi Lucas	0	0	5	0	20	0	0	10	0	0	0	5	0	0	5	5	0	0	5	5	0	10	0	5	5	0	15	0	95	2	0	
Joyce Ludwig	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	
Rebecca Luke	20	5	0	0	0	0	0	0	0	0	0	5	0	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	15	75	0	0
Patrick Magennis	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	25	0	0	
Barbara Manson	20	5	5	5	20	0	0	10	0	0	0	0	10	0	5	5	0	0	5	5	0	10	0	5	5	0	15	0	140	2	4	
Charity Marr	20	5	5	5	0	0	0	0	0	0	0	5	0	5	5	0	0	5	5	0	5	5	0	5	5	0	15	0	110	1	4	
Andy Martin	20	5	5	0	0	0	0	10	0	0	0	0	10	0	5	5	0	0	5	5	0	10	0	5	0	0	0	0	90	2	0	
Amy Martin	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	5	0	0	
Casey Mayfield	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	5	0	0	0	0	0	0	0	0	0	0	0	0	35	0	0	
Mindy McDonald	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	
Doug McDonald	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	
Kim McDonald	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	
Shelley McIntyre	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	35	0	0	
Ginger Mercier	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	5	0	0	0	0	0	0	0	0	0	0	0	0	20	0	0	
Jeff Meyerhoff	20	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	30	1	0	
David Meyerhoff	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	
Frank Midiri	20	5	5	5	0	0	0	10	0	0	0	0	10	0	5	5	0	0	5	5	0	10	0	5	5	0	15	0	115	1	3	
Matt Minder	0	0	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	25	2	0	
Demetra Mishler	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	25	0	0	
Colleen Moore	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	30	0	0	
Amy Moreland	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	
Lynne Morris	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	55	0	0	
Dustin Morrison	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	65	1	0	
Lisa Mosley	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	
Kristina Mucinskas	20	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	60	1	0	
Emily Mueller	0	0	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	15	1	0	
Roger Muench	0	0	0	0	0	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	38	0	0	
Diane Muncy	20	5	0	0	0	0	0	10	0	0	0	0	10	5	5	0	0	0	5	5	0											

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NAME	Lincoln Presidential Half Marathon	LPHM - SRRC Bonus Points	LPHM - Volunteer Bonus Points	Junia P. Carter, MD 5K	Lake Run Half Marathon	Lake Run 12 K	Lake Run 4.37M	Passavant Gatorade 10K	Passavant Gatorade 5K	Steamboat Classic 15K	Steamboat Classic 4 Mile	Schools 5K	Schools 10K	4th of July Blast 5K	Women's Distance Festival 2 Mile	WDF - SRRC Bonus Points	WDF - Volunteer Bonus Points	Blx 7	Parade Run 2 Mile	Parade Run - SRRC Bonus Points	Parade Run - Volunteer Bonus Points	Abe's Amble 10K	Abe's Amble 5K	Abe's Amble - SRRC Bonus Points	Abe's Amble Volunteer Bonus Points	Full Moon Trail Run	Shoreline Classic 15K	Shoreline Classic 5K	Participation Points Total	Participation Award Tier	Times Volunteered	
Whitney Spearie	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
Lish Sponsler	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
Kevin Spurlock	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	25	0	0
Alice Staats	20	5	5	0	0	0	8	10	0	0	0	0	0	0	5	5	0	0	5	5	0	10	0	0	0	0	0	0	0	83	1	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	25	0	0
Brett Stallone-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	20	0	0
John Stearns	20	5	5	5	0	0	0	10	0	0	0	0	10	5	5	5	5	0	5	5	5	10	0	5	5	0	15	0	125	1	4	
Dawn Stearns	20	5	5	0	0	0	0	10	0	0	0	0	10	5	5	5	0	5	5	0	10	0	5	5	5	15	0	115	1	2	0	
Bill Stokes	20	5	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0	0	40	0	0
Jamie Stone	0	0	0	5	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	10	0	5	0	0	0	0	30	0	0	
Lois Stone	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	10	0	5	0	0	0	0	0	25	0	0	
Victoria Stoye	20	5	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	5	5	0	10	0	5	0	0	15	0	75	0	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	5	0	10	0	0	0	
Megan Styles	20	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	35	0	0	
Dave Suiter	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	0	15	0	0	
Christianna Sullivan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	5	5	0	0	0	5	25	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	5	5	0	0	0	5	30	1	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	5	5	0	0	0	0	10	0	0	0	
Calla Summers	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	10	0	5	0	0	0	0	25	0	0	0	
Chris Swisegood	20	5	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	15	0	65	0	0	0	
Carissa Switzer	0	0	0	0	0	0	0	0	0	0	5	0	0	0	5	5	0	0	0	0	0	5	5	0	0	0	0	25	0	0	0	
Monica Tabag	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	10	0	0	0	
Suna Tabag	20	5	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	35	0	0	0	
Justin Tabatabai	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	0	15	0	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	5	0	0	5	1	0	0	
Jeremy Tackett	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	10	0	5	0	0	0	0	25	0	0	0	
Amanda Tamminga	20	5	0	0	0	0	0	0	0	0	0	0	10	0	5	5	0	0	5	5	0	10	0	5	0	15	0	85	0	0	0	
Amanda Tapscott	20	5	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	5	10	0	5	0	0	0	55	1	0	0	
Trevor Tapscott	20	5	0	0	0	0	0	0	0	0	0	0	0	5	5	5	0	0	0	0	10	0	5	0	0	0	0	60	1	0	0	
Tori Taylor	20	5	5	5	0	0	0	10	0	0	0	0	10	0	5	5	0	0	5	5	0	10	0	5	0	5	15	0	110	1	1	0
Fess Teklehaimanot	0	0	5	0	0	0	0	10	0	0	0	0	10	5	0	0	0	0	5	5	0	10	0	5	5	5	0	65	2	0	0	
Mary Thoele	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	15	0	0	0	
Kathy Thomas	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	5	20	0	0	0	
Colin Tierney	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	15	0	0	0	0	
Michael Torchia	20	5	0	0	0	10	0	10	0	0	0	0	0	5	0	0	0	0	5	5	0	10	0	5	0	15	0	90	0	0	0	
Linsey Torchia	20	5	0	5	0	0	8	10	0	0	0	0	0	0	5	5	0	0	5	5	0	10	0	5	0	15	0	98	0	0	0	
Angela Turasky	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	5	0	0	0	0	10	0	5	0	0	15	0	50	0	0	0	
Paul Turner	20	5	5	0	0	0	0	10	0	0	0	0	0	5	5	5	5	0	0	0	10	0	5	0	5	15	0	95	2	0	0	
Colene Underwood	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	5	1	0	0	0	
Brenda Vail	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	0	5	0	0	0	25	0	0	0	
Keith Virden	20	5	0	5	20	0	0	10	0	15	0	0	10	5	0	0	0	0	5	5	0	10	0	5	0	5	15	0	135	1	0	0
Nick Walden	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	15	0	0	0	0	
Jennifer Walker	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	15	0	0	0	0	
Carrie Ward	20	5	5	0	0	0	0	10	0	8	0	10	0	5	5	0	0	5	5	0	0	0	5	0	15	0	98	2	0	0	0	
Nancy Washko	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	10	0	0	0	0	
Tony Wasilewski	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	15	0	0	0	0	
Michael Watts	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	
Benjamin Watts	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	
Shelly Weatherholt	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	0	15	0	0	0	0	
Shirley Webb	20	5	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	10	0	5	0	0	0	50	0	0	0	0	
Tom Weir	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	0	5	0	0	25	0	0	0	0	
Bette Wells	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	10	0	5	0	15	0	40	0	0	0	0	
Curt Winhold	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	5	1	0	0	0	
Kathleen Winhold	0	0	0	0	0	0	0	0	0	8	0	0	0	5	5	0	0	0	0	0	0	5	5	0	0	5	33	0	0	0	0	
Joni Winhold	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	5	5	0	10	0	5	0	5	0	40	0	0	0	0	
Courtney Winningham	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	0	0	15	0	0	0	0	0	
Melissa Wiseman	20	5	0	0	0	0	0	5	0	8	0	0	5	5	5	5	0	5	5	0	10	0	5	5	15	0	108	1	2	0	0	
Sam Woods II	20	5	5	0	0	0	0	10	0	0	0	10	5	5	5	5	0	5	5	5	10	0	5	5	5	15	0	125	1	4	0	
Angela Woodson	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	10</											



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