



FOOTTRAILS

SPRINGFIELD ROAD RUNNERS CLUB

SPRING 2020

UPCOMING DATES:

- 5/18—Abe's Army
- 7/11—Women's Distance Festival
- 8/13—State Fair Parade Run

INSIDE THIS ISSUE:

Club Information	2
Presidents Message	3
Thank You Half Wits	3
SRRC Banquet Recap	4
Virtual LPHM	4
Cancellations/Points	4
Banquet Photos	5
RD Spotlight	8
HS XC Awards	10
Trainer's Corner	11
2020 Race Calendar	12
SRRC Award Series	13



SRRC Inducts Two to Hall of Fame!



SRRC Hall of Famer Jim Cinotto inducts Jim Dahlquist into the Hall of Fame

Two new members were inducted to the SRRC Hall of Fame at the Annual Meeting & Banquet held at the Panther Creek Country Club on January 18th.

Jim Dahlquist and Lance Cull were honored for their contributions to the SRRC over the years as volunteers and leaders.

Jim has served the Club as a volunteer coordinator, race director, and Board member (Race Director Liaison, President, and Past President) and has been a volunteer for many events. Jim is pretty quick, too, with a half-marathon PR of 1:21 and sub-37 minutes for the 10K.

Lance has served the Club as a Board member for 8+ years, has directed or co-directed many races (Parade Run, Lincoln Memorial Garden 8K, among others), was a co-leader of the Half Wits program in 2017, and is a fine runner and triathlete as well.

Kudos and congratulations to Lance and Jim!



Lance Cull

2020 SRRC Board

President

Carrie Ward
cward1818@gmail.com

Past President

Nick Fogleman
sn95nik@gmail.com

Vice President , Media Director

Matt Minder
srrcveep@gmail.com

Secretary

Kristina Mucinskas
kmucinskas@gmail.com

Treasurer

Tammy Bumgarner
tebumgarner@gmail.com

Special Programs Director

Randi Lucas
Randi.lucas717@yahoo.com

Equipment Coordinator

John Stearns
john.douglas.stearns@gmail.com

Membership Director

Julie Pitchford
SRRCMembership@gmail.com

Volunteer Liaison

Rick Larson
rgl1963@gmail.com

Technical Director

James Kuhn
James.Kuhn@gmail.com

Board Members at Large

Kelly Hubbard & Molly Schaefer

Newsletter Editor

Matt Minder

Newsletter Contributors

Joy Guardia , Lori Dale & 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

Address/e-mail changes:

Julie Pitchford
Membership Director:
SRRCMembership@gmail.com

Find us online!

www.srrc.net

Board Meetings

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

Advertising

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

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

SRRC Training Groups

HALFWITS

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

Cost: Free to SRRC members

Dates: January—March

Leaders: Lori & Tommy Dale

www.srrc.net/halfwits

SPEED WORKOUTS

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

Dates: April—September

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

Leader: Bill Owens

www.srrc.net/speedwork

ABES ARMY

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

Cost: \$60

Dates: May—August

Leaders: Randi Lucas , Heather Sharpe & Meredith Caudill

www.srrc.net/abesarmy

FROSTTOES

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

Cost: Free to SRRC members

Dates: October—December

Leaders: James Kuhn & Frank Midiri

www.srrc.net/frosttoes

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

President's Message



Welcome to SRRC 2020! It's not at all what we expected so far, but we are making the best of it.

2020 started with a bang! We had great attendance at the Annual Meeting and Awards Banquet on January 18 at Panther Creek Country Club. The banquet provided a welcome opportunity to thank our Club members, volunteers, program leaders and race directors, distribute special awards, induct Hall of Fame members, elect a new board and award prizes for the Point Series and Participation Series winners. We ate together, socialized, laughed, danced, reviewed 2019 highlights and laid the groundwork for our 2020 plans.

The first of the five Club-owned races is the Abraham Lincoln Presidential Half Marathon (ALPHM) scheduled for April 4. The HalfWits training program, led by Lori & Tommy Dale, was going strong as trainees prepared to tackle the ALPHM. Unfortunately, the COVID-19 pandemic triggered state, county and local restrictions which, when paired with guidance from the Road Runners Club of America, ultimately prompted the Board's decision to cancel the ALPHM race and halt the Half-Wits training program. The ALPHM was on pace to reach the 1,600 runner limit at the time of cancellation. ALPHM Race Director Dave Drennan worked hard to manage cancellation details and communicate with participants, volunteers, vendors and other community partners that assist with the race. We share your disappointment, but know these were the right decisions for the health and safety of Club members and our community. We are pleased to offer a virtual alternative for registered ALPHM participants and look forward to distributing the fabulous medals to finishers.

At this time, the board plans to move forward with plans for the remainder of our 2020 races and training programs. We will continue to monitor and abide by health and safety restrictions and make adjustments to programs/races as needed. Abe's Army training is set to kick off in mid-May followed by the Women's Distance Festival in July, the State Fair Parade Run and Abe's Amble in August and the Frostbite Festival in December.

Thank you for your continued support of the Springfield Road Runners Club. I am thrilled for the opportunity to serve a second term as Club President and look forward to working with the Board and the membership to make the most of 2020. ~Carrie

Thank you, from Half Wits Leaders

Half Wits training program came to an abrupt halt due to the threat of COVID-19. We are really disappointed that we could not finish the training with all of you, we are happy for the time that we had together. We hope to see you with us next year!

- Tommy and Lori Dale



SRRC Annual Meeting & Banquet

The SRRC held their annual meeting and awards banquet at the Panther Creek Country Club on January 18, 2020. Members attending enjoyed appetizers, a pizza dinner, and tasty table treats as President Carrie Ward provided a recap of the year's club activities and highlights, the 2020 Board of Directors was nominated and elected, the recipients of 2019 awards were honored, and two new SRRC Hall of Fame members were inducted. Congratulations to new Hall of Famers Jim Dahlquist and Lance Cull! Please enjoy photos of our award winners and some candid photos on the following pages!

Virtual Lincoln Presidential Half Marathon

After you have completed your Virtual Half Marathon, please click here to submit your time:

<http://www.ItsRaceTime.com/Results.aspx?ID=2307>

Search for your name in the results and click "Edit Time". Input your date of birth to verify your identity. No need to submit a photo of your Garmin, Strava, etc. This is on the honor system.

Your time will be updated immediately. There are no awards. You have until June 1st to complete and submit your virtual result. Finisher results will be checked each Friday and medals mailed out on the following Monday. Last results list will be pulled on 6/2/20.

Race Cancellations and Points Series Adjustments

As you are all aware, the COVID-19 coronavirus pandemic has caused major interruptions to scheduled road races all across Central Illinois and the USA. The Lincoln Presidential Half Marathon, Junaia P. Carter 5K, Lake Run (all distances), and Passavant 5K & 10K are cancelled. Other race series events are in jeopardy of postponing or cancelling as well, should "shelter-in-place" orders continue into May and June.

The LPHM will provide the option of a virtual race for those interested, see above for details) and other race series events are in jeopardy of postponing or cancelling as well.

With an uncertain duration of this pandemic and "shelter-in-place" mandates, the SRRC is currently still planning for our summertime race programs and events to occur (Abe's Army, Women's Distance Festival, Abe's Amble), but we of course will follow government orders and consider the safety of our participants first in determining whether these events will go on as planned or in an alternate format (shortened, postponed, cancelled, or virtually held). We hope for the best, as we know all of you do as well.

The SRRC Board is currently evaluating the situation in determining how the Participation and Points Series will be decided for 2020. Changes will obviously need to be made with the loss of several spring races, but with future uncertainties, we will not be making decisions on the series format or scoring until the pandemic situation has resolved and life returns to "normal". We appreciate your understanding in this matter.

We hope and pray that all of you remain safe and healthy during this critical time. Running is thankfully still a permitted activity that all of us can enjoy, and we hope you do so while protecting yourself and others from potential virus transmission.

SRRC 2019 Points Winners



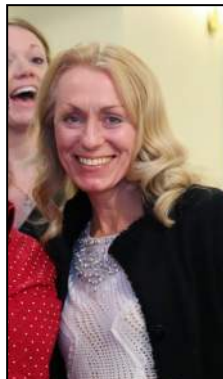
**Male and Female Overall Points Winners:
Henry Jansen and Patty Schaefer**



**Male and Female Masters Points Series Winners:
Andy Martin and Holly Dahlquist**



Left: Raylea Dodson, George Oliver, Laura Hauer, Frank Midiri, Sarah Enlow, Molly Schaefer



Left: Sasha Cadigan, Stephan Paca, Meredith Caudill, Kim Owens, Julie Boots, Blake Scranton



Left: Kenneth Riley, Fess Teklehaimanot, Eswara Kakarla (Dr. KI), Sam Woods, Joyce Hubbard

SRRC 2019 Participation & Special Award Winners

Board President Carrie Ward
presented Special Awards:

Most Improved Male & Female

John Langley

Kim Owens



President's Award

Heather Sharpe

Meredith Caudill

Volunteer of the Year

John Popovitch

*Gold & Silver
Participation
Award
Winners*



*Bronze
Participation
Winners &
Backslider of the
Year award
Winner:
Tammy
Bumgarner*



SRRC 2019 Banquet Photobooth Fun



Race Director Spotlight:

Donna Brayfield, Diana Nevitt, and Julie Boots

The Parade Run is a longstanding tradition celebrating the opening of the Illinois State Fair, and has had a number of great race directors over those years. The current race directors, the trio of Donna Brayfield, Diana Nevitt, and Julie Boots, have dealt with the enormous challenge of a brand new course change: down Sangamon Avenue to Lincoln Park, from the historic parade route down 11th Street and Peoria Road. 2020 marks the 4th year this team of ladies will direct the Parade Run.

We took the opportunity to ask these three ladies a few questions about their running backgrounds, and experience as members and as race directors. We thank them for their hard work and service to the club these last few years, and for stepping up to organize one of the SRRC's classic races!

Donna began running in 1992, and has been an SRRC member since 1992 or 1993, as best she remembers. Arlee Grimsley was a member that introduced Donna to the club. The Parade Run is pretty important to Donna - it began in 1992, and she ran it for 25 consecutive years until deciding to take over the race director role in 2017, which allows her to "run it" a little differently than the first 25 times! Donna was also a volunteer for the Abe's Army program in the past and has been an Abe's Army group leader for 12 years. Donna also co-directed the Women's Distance Festival in 2013 and 2014.

Diana has been an SRRC member for around 20 years, beginning the 2nd year of Abe's Army. She remembers wanting to hang up her running shoes after her first Abe's Amble (she "thought it was a marathon") but her running friends wouldn't let that happen. She continued running with the encouragement of Dave Tomhave and Sue Dunbar through the winter, and then she was

hooked! Diana was an Abe's Army co-director with Linda Jones, and led Abe's Army for three additional years. She credits her committee (Marilyn, Terry, and Ben Clark, Rose and Ed Rebbe, and Donna) and group leaders with helping to grow the Army by promoting running etiquette, building up members, and the addition of walking groups.

Diana also co-directed the Women's Distance Festival with Donna and Marilyn for 2 years. She enjoyed making the WDF a "ladies race" with frills such as rugs, candles, and flowers in the women's (and men's) restrooms and the addition of the kids' fun run. She recalls taking over the Parade Run with Donna, and in need of an unplanned surgery, Julie Boots stepped up to help Donna while Diana recovered.

Julie has been a runner for a few less years, having started in 2008 and joining SRRC a



Donna, Julie, and Diana celebrate after the Winter Trail Frosty half-marathon (2016)

Race Director Spotlight (Continued):

couple years later. Having previously participated in non-competitive sports and fitness classes, Julie took up running after letting her YMCA membership lapse. She needed a fitness activity to do, and started running.

Julie stepped in to help Donna with packet pickup and race day activities in 2017 when Diana had surgery. Her and Donna fondly recall how they had only 2 weeks to respond to the course change, and how they marked the new course down the middle of Sangamon Avenue to Lincoln Park - in the middle of rush hour!

Julie was also a co-director for the Village of Rochester's Sesquicentennial race in 2019.

So why do they do it? It is as simple as giving back to the club (and former volunteers) who gave them so much. "Being a race director really makes you appreciate what any race director for any race has done for you," says Donna. "You want (the race) to go well and to hear that runners had a good experience." Adds Diana, "The best reward ... is to see the smiles on the faces of the runners as they cross the finish line...It is all about the people."

Any challenges? Yes, even for these veteran race directors. "Weather for race day can be an issue," says Julie, "so plenty of pre/post-race water is essential." Getting ice and water into Lincoln Park was a challenge one year because the Governor didn't want people entering the park. Crowd control was problematic that year, too, but better communication with the various police organizations along the race course addressed that problem. "SHIRTS," adds Diana, "are a race director's nightmare. But ... it (can be) one of the biggest rewards of the race. When you see people running in the shirt you picked and designed, it really warms the heart."

When they aren't planning the Parade Run, these ladies do quite a bit of running too. Donna qualified for the Boston Marathon at the 2003 Chicago Marathon, and remembers that as a special moment. She also has really enjoyed being a part of the St. Jude Marathon in Memphis.

Abe's Army, Women's Distance Festival, and the local half-marathon are some of Diana's favorite races.

One of Julie's favorite races is the River to River Relay in southern Illinois, both for the wonderful people she meets as well as the great experience it is every year.

"Every run is not a good run," says Julie, "but when you have that great run day, it is an amazingly powerful feeling."



Diana, Julie, and Donna pose with medals earned at the Watermelon 5K

High School Cross Country Awards

On January 26, 2020, at the State Journal Register building, four of the six high school cross country award winners were presented with their awards. SRRC also provided each winner's school with a \$250 check to support local high school cross country programs.

The top three female athletes, Caroline Jachino (Pleasant Plains), Caroline Gwaltney (Williamsville), and Colleen Ziebert (Rochester) all made it to the IHSA State Cross Country Finals. Jachino and Gwaltney finished 16th and 17th, respectively, in the Class 1A division with times of 17:49.9 and 17:50.7 over the 3-mile course. Ziebert finished 51st with a time of 18:32.1 in the Class 2A division. Both Jachino and Gwaltney were awarded All-State honors for placing in the top 25. Jachino received the Ginny Kaufmann Award as the top local female cross country athlete.

The top three male athletes, Noah McIntyre (Athens), Chris Cherry (Taylorville) and Matt Herren (Rochester) also all made it to the IHSA Finals. McIntyre finished 4th in the Class 1A division with a time of 15:01.9. Cherry and Herren finished 10th and 25th, respectively, with times of 15:12.3 and 15:30.7 in the Class 2A division. All three were awarded All-State honors. McIntyre received the Bob Hellweg Award as the top local male cross country athlete.

SRRC is proud to support local high school cross country athletes and programs. We wish these athletes the best of luck as they prepare for future success at the high school and college level!



Matt Herren, Caroline Gwaltney, Colleen Ziebert, and Noah McIntyre

The Trainer's Corner - Home Workouts

Certified Personal Trainer, Joy Guardia (ACSM)

We need to keep moving while we are isolated at home during the COVID-19 outbreak. Those who only have a few pieces of equipment or none at all may find it difficult to challenge themselves or maintain strength and stamina. The tough part might be coming up with exercises, but even more challenging may be thinking of a way to program a workout so that it will tax your body and keeping it interesting. This was the first thing I thought of for my friends trying to stick to their routine during this time of isolation. I wanted to encourage you to keep moving by providing creative ideas for our new routine.

Before planning out a new method of working out, please remember we cannot do this alone!! Send a message to your friends and create a workout group to stay motivated together, schedule group chats for a virtual workout, or at the very least post your goals & efforts on social media in order to keep the accountability.

A few strength exercise ideas:

pushups, pull-ups, overhead press with weighted bag, burpees, mountain climbers, stairs, lunges, wall sits, squats, plank, superman (low back), hanging knee raises,

etc. Message me on Facebook for more ideas or how to make basic moves more difficult!

Programming ideas:

Interval running workouts:

Warm up & cool down with easy jog and choose a challenging pace but refrain from all out sprinting in order to prevent injuries .

Option 1: Alternate intervals between a moderate paced, longer distance with a faster paced, short interval; take a short rest after longer distance and a longer rest between sets; ex: 1 mile at ½ marathon race pace, 1-2:00 rest, ¼ mile at 5K race pace, rest 4:00; repeat 3 more times.

Option 2: buildup interval speed with each rep; rest is half the time of each interval time; ex: 4 x ½ mile, starting at moderate pace and increase your pace so that by the end of each interval you are running at top speed. Start over at moderate pace with each interval; if interval takes 4:30 then your rest between intervals is 2:15.

Cardio-strength combo workout:

Incorporate running and body weight exercises together in one workout, alternating short sprint intervals with body weight exercises (timed intervals or reps/

sets).

52 Pickup: Choose 4 exercises and assign each a symbol on a deck of cards, every time you choose the symbol you will perform that exercise (ex: hearts = pushups, spades = stairs, diamonds = burpees, clubs = squat-jacks). The number of reps for each exercise will be the number on the card, total 52 sets!

Spread cards out, pick one card per set, and place used cards in a discard pile.

Ladder: For each exercise you will start with the highest amount of quality reps you can do on the first set.

With each set, decrease reps until you reach a set with 1 rep (Ex: Set 1 = 15 pushups, set 2 = 14, set 3 = 12, etc.)

Pyramid: Similar to the ladder, but you will want to limit the first set because you will be working your way back down in reps: ex. Set 1=10, Set 2=8, Set 3=6, Set 4=8, Set 5=10.

Don't hesitate to ask for motivation and help to get through these weeks of home workouts. Share ideas, plan together for setting goals and remember we are all doing this together!

SRRC Race Calendar 2020

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

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

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

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

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

Lincoln Memorial Trail Run 8K
Date: 06/06/2020
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.



SPRINGFIELD ROAD RUNNERS CLUB

P.O. Box 997
Springfield, IL 62705-0997

RETURN SERVICE REQUESTED

NONPROFIT ORG. U.S.
POSTAGE PAID
SPRINGFIELD, IL
PERMIT # 257



The SRRC is a proud member of the Road Runners Club of America.

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

LINCOLN PRESIDENTIAL HALF MARATHON (2020 VIRTUAL EDITION!)

Kick off the 2020 racing season while keeping an acceptable social distance! The Lincoln Presidential Half Marathon will take place wherever you see fit! Don't forget that virtual runs need to be completed and submitted by June 1 to: LPHM2020Virtual@gmail.com



By the way... Abe's 50K Throw Down is STILL back for 2020! Don't miss out on the chance to complete SRRC's signature race series! Virtual completion of the Presidential Half Marathon is a requirement, as is registration as an SRRC member before April 4, 2020!