



FOOTTRAILS

SPRINGFIELD ROAD RUNNERS CLUB

JULY/AUGUST

UPCOMING DATES:

- **August 10—State Fair Parade Run 2M**
- **August 20—Abe's Amble 10k**
- **September 6—Full Moon Trail Run**
- **September 18—Shoreline Classic**
- **September 24—Quad Cities Marathon/Half**
- **October 14/15—Springfield Marathon/Half, 5K and 10K**

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The 38th Annual Women's Distance Festival

It was a beautiful morning for a run on Saturday, July 9th, for the 38th Annual Women's Distance Festival. Temperatures were around 70 degrees at race time, and the terrible humidity which had been lingering for weeks seemed to back down a little.

For the second year in a row, SRRC member Joy Guardia took the top spot in a time of 12:05. Joy is a regular contributor to the FootTrails newsletter. Joy was challenged for most of the race by second place finisher Lydia Rudd (12:11), but she was able to pull ahead in the final stretch.

Local runners took the top three spots this year as third place was awarded to Patty Schaefer who finished in 12:37. Roxanne Patrylak from Collinsville won the Master's Division, in a time of 13:04.

Congratulations to all the women who ran this year! Results are available online at [ItsRaceTime.com](http://www.ItsRaceTime.com).



Abe's Amble Celebrates its 40th Year!

Plans are underway for SRRC's 40th annual Abe's Amble 10K on Sunday, August 20, 2017, 7:30 a.m. As usual, the race will begin near the grandstand at the Illinois State Fairgrounds. The race will wind through the fairgrounds to Lincoln Park, Oak Ridge Cemetery and returning to the grandstand finish line. The Road Runners Club of America has selected this race as a 2017 State Championship 10K for the Central Region. Benefits of this special status includes RRCA championship race bibs and special engraved championship medals for top overall, master, grandmaster and senior grandmaster male and female winners. Gatorade will sponsor free product and supplies for the race.

tors, Carrie Ward and Melissa Wiseman who will be directing Abe's Amble for the first time. Carrie and Melissa, long-time friends and running buddies, look forward to the opportunity to assist the Springfield Road Runners Club as race directors. Carrie and Melissa each have run Abe's Amble 8 times between 2008-2016 as Abe's Army training participants or group leaders. Carrie and Melissa coordinated SRRC's Triple Crown Challenge series in 2013-2014 and have volunteered on the SRRC board of directors.

Register for Abe's Amble online at <http://getmeregistered.com/AbesAmble>. Online registration is available through August 18 at 12:00 p.m. US/Central. On-site registra-

New to the scene are this year's race direc-

(Continued on page 6)

2017 SRRC Board

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Nick Fogleman
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Tammy Bumgarner
tebumgarner@gmail.com

Club Information

Membership

Annual Membership Rates:

\$30 Family
\$20 Adult
\$5 Students

Memberships run from January 1st to December 31st.

Renew or join online at www.srrc.net

Address/e-mail changes:

Matt Minder
Membership Coordinator:
SRRCMembership@gmail.com

Find us online!

www.srrc.net
www.facebook.com/srrc.net

Board Meetings

Board Meetings are held on the second Tuesday of each month starting at 5:30 pm at the United Community Bank located at 617 Bruns Lane (Brunns Lane & Jefferson) in Springfield

Advertising

At the present time, we plan to publish Foottrails on a bi-monthly basis. This schedule is subject to change. Advertising rates are as follows (black and white)

\$60 - Full page ad
\$40 - Half page
\$20 - Quarter page
\$15 - Eighth page

SRRC Training Groups

HALFWITS

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

Cost: Free to SRRC members

Dates: January—March

Leaders: Stephen Paca and Kristina Mucinkas

www.facebook.com/SRRCHalfWits

GET FAST!!!

Work on your speed at the summer track sessions led by Susan Becker.

Dates: April—September

Wednesday evenings, 5:45 at SHG Track
<http://srrcspeedwork.blogspot.com/>

ABES ARMY

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

Cost: TBD

Dates: May—August

Leaders: Tracy Dowell

www.facebook.com/SRRCAbesArmy

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.facebook.com/SRRCFrostToes

We welcome members to submit articles, outstanding performances by club members, and photographs to be included in future newsletters. Subject to board approval.

President's Message:



Congratulations to all the Women's Distance Festival finishers, and to the Race Directors for putting on an excellent race! We had beautiful weather for that race, which was a stark contrast to

the last couple of years.

I do not expect great weather to last too much longer. It is summer, and we are due for some heat. I wanted to take a minute to remind you all to hydrate, and to listen to your bodies throughout this

dangerous season. Heat stroke is a very real issue. I know we hear a lot of talk about streaks, and 80 mile months, and 1,000 miles in a year, etc., but please be careful if you start to feel like you are overheating. I, too, hate the idea of running on a treadmill or (GASP!) even skipping a run, but when temperatures are extreme, it may be the smarter choice.

The State Fair Parade Race will be here before we know it. The SRRC worked closely with the City of Springfield and the State Fair to figure out how best to accommodate the new parade route for the

race. There is a map of the parade route and information about the revised race route on page 11 in this newsletter.

Oh, and one last thing... A shout out to Abe's Army! I know the leaders have been working hard, and the participants even harder, to be ready for the Abe's Amble 10k. Good luck to every one of you on race day.

I'll see you out there on the road!

-Nick Fogleman



**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"

SRRC Members—Finisher's Report

Lake Run 4.37M

Michele Pitts 58:23

Lake Run 12K

Matthew Duff 1:03:58.0

Melissa Jackson 1:22:17.4

Kathleen Jensen 1:22:56.2

Lake Run Half Marathon

Scott Leopold 1:37:27.5

Blake Scranton 1:40:03.5

Amber Chasco 1:46:56.3

Tadd Davis 1:50:27.5

Ashleigh Koerner 2:19:06.7

Rai Richardson 2:19:37.5

Steamboat 4M

Thomas Thornton 22:04

Emily Mueller 32:46

Grant Johnson 33:41

David Suiter 35:13

Chris Mueller 36:29

Meredith Caudill 41:46

David Heaps 43:34

Marilyn Clark 51:10

Steamboat 15K

Blake Scranton 1:13:37

Lonna Porter 1:43:32

Passavant 5K

Scott Leopold 21:32 6:57

Michael Matulis 25:32 8:14

Laura Hauer 26:57 8:41

Robert Cramer 28:02 9:02

Julie Boots 28:24 9:09

Lindsey Hauer 32:33 10:30

Paul Turner 35:49 11:33

Henry Janssen 36:24 5:52

Marilyn Clark 38:55 12:33

Michael Garber 39:30 6:22

Dawn Stearns 41:00 13:13

John Stearns 41:09 13:16

Denise Beauman 41:27 13:22

Greg Bennett 41:28 6:41

Nina Rossini 42:36 13:44

Michele Pitts 42:43 13:47

Passavant 10K

Wes Johnson 44:04 7:06

Blake Scranton 44:39 7:12

Tracy Dowell 45:30 7:20

Tammy Bumgarner 47:33 7:40

John Hauer 48:00 7:44

Erica Rideout 48:03 7:45

Lance Cull 48:30 7:49

Tadd Davis 49:18 7:57

Bryan Lenzi 49:33 7:59

Nick Fogleman 49:43 8:01

Curt Evoy 50:37 8:09

Emily Mueller 51:25 8:17

Randy Rieke 51:40 8:20

Theresa Bright 52:06 8:24

Jeff Andrews 52:08 8:24

Len Rideout 52:22 8:26

Marybeth Young 52:37 8:29

Matthew Duff 54:44 8:49

Chris Mueller 56:18 9:04

Jan Andrews 57:03 9:12

Amanda Johnson 58:21 9:24

Dave Stewart 58:57 9:30

Melissa Wiseman 59:36 9:36

Teri Taylor 1:02:04 10:04

Haylee Brickey 1:02:34 10:05

Kim Curtis 1:02:36 10:05

Machele Keen 1:06:20 10:42

Susan Becker 1:06:21 10:42

Carrie Ward 1:08:11 10:59

Sam Woods 1:10:32 11:22

Kristine Holtman 1:41:57 16:26

Scholastic 5K

Wyatt McIntyre 16:20 5:16

Henry Janssen 17:15 5:34

David Plunkett 17:27 5:37

Noah McIntyre 17:42 5:42

Jeff Bennett 18:06 5:50

Michael Garber 18:36 6:00

Ryan Nordsiek 19:08 6:10

Steve Koester 19:24 6:15

Will Hill 19:38 6:19

Keith Virden 20:43 6:40

John Murphy 20:53 6:44

Jay Weber 21:13 6:50

Chelsea Griffin 21:20 6:52

Dustin Morrison 21:20 6:52

Erica Rideout 21:34 6:57

Scott Leopold 21:52 7:03

Tracy Dowell 22:07 7:07

Tammy Bumgarner 22:19 7:11

Randi Lucas 22:23 7:12

Tyler Burge 22:48 7:21

Amber Chasco 23:24 7:32

Tadd Davis 23:26 7:33

Allison Dollus 23:39 7:37

Frank Midiri 25:00 8:03

Len Rideout 25:15 8:08

Theresa Bright 25:22 8:10

Albert Pierceall 25:43 8:17

Erin Murphy 26:20 8:29

Matthew Duff 26:22 8:30

Denise Figueroa 26:53 8:40

Kelly Biggs 26:59 8:41

Jan Andrews 27:19 8:48

Kathleen Knolhoff 28:02 9:02

Jeff Meyerhoff 27:57 9:00

Shelley McIntyre 28:35 9:12

Kim Owens 28:40 9:14

Craig Frick 28:41 9:14

Garrett Deakin 28:41 9:14

Carolyn Lawrence 28:58 9:20

Robert Cramer 29:13 9:25

Melissa Wiseman 29:40 9:33

Kathy Deakin 29:52 9:37

Janet Tapocik 30:12 9:44

Diane Muncy 31:58 10:18

Carrie Ward 32:31 10:28

Sam Woods II 33:47 10:53

Patricia Petersen 36:16 11:41

Bette Wells 37:53 12:12

Tori Taylor 37:52 12:12

Angela Turasky 39:48 12:49

Kathy Leuelling 40:28 13:02

Michele Pitts 42:25 13:39

Denise Beauman 42:41 13:45

Crysta Weitekamp 42:57 13:50

Kristine Holtman 46:27 14:57

Scheels 5K

Noah McIntyre 16:55.56

Michael Garber 17:41.64

Wes Johnson 20:17.84

Andrew Streeval 20:59.84

Bob Thompson 21:31.18

Rick Hernandez 21:49.19

Theresa Bright 23:50.57

Sarah Enlow 23:53.82

Denise Figueroa 24:50.25

Amanda Johnson 28:09.47

Joyce Hubbard 30:30.93

Carrie Ward 31:05.30

Diane Muncy 31:05.65

Michelle Phillips 32:33.67

Jill Hurley 32:44.92

Sam Woods II 32:49.02

Heather Dunn 33:33.70

Tori Taylor 34:37.41

Daniel Greenman 35:14.85

Patty Ingram 35:58.44

Lesa Schaive 36:38.09

Tim Mathis 37:47.81

Jennifer Herman 39:10.06

Michele Pitts 41:07.87

Nina Rossini 41:31.32

Vernee Peters 45:36.63

Melissa Wiseman 49:54.38

Fourth of July 5K

Samuel Levon 18:35

Fess Teklehaimanot 20:34

Jay Weber 20:50

Wes Johnson 21:20

Blake Scranton 21:45

John Murphy 22:54

Theresa Bright 25:30

Scott Nation 25:45

Jared Andrews 27:36

Jan Andrews 27:59

Melissa Wiseman 29:41

Hannah Nation 30:49

Amanda Johnson 32:03

Bill Casson 33:15

Haylee Brickey 33:19

Paul Turner 34:38

Ashleigh Koerner 39:17

Michele Pitts 45:15

Kristine Holtman 46:18

Women's Distance Festival

Joy Guardia 12:05.9

Lydia Rudd 12:11.4

Patricia Schaefer 12:37.2

Randi Lucas 13:32.0

Chelsea Griffin 13:37.4

Tracy Dowell 13:41.7

Tammy Bumgarner 14:08.2

Jamie Fitzpatrick 14:25.0

Jordan Orr 15:03.1

Emily Mueller	15:06.7	Marilee Cramer	24:22.8	Jessica Hoppe	28:24.2
Suzannah Bartos	15:09.2	Kathy Leuelling	24:31.0	Kristine Holtman	28:32.0
Theresa Bright	15:15.7	Lesa Schaive	24:31.9	Whitney Walsh	29:13.3
Sarah Enlow	15:27.5	Madalynn Sullivan	24:33.5	Maggie Barton	29:17.8
Holly Dahlquist	15:45.5	Christianna Sullivan	24:49.0	Leann Fox	29:22.4
Lynn Kerber	16:02.9	Patty Ingram	25:34.2	Joanna Webb-Gauvin	29:47.5
Denise Figueroa	16:08.2	Denise Beauman	26:06.2	Vernee Peters	31:05.7
Susan Becker	16:15.5	Joyce Ludwig	26:34.2	Jennifer Rees	31:26.8
Jan Andrews	16:33.4	Jennifer Herman	26:24.7	Jessica Franklin	30:56.4
Jorie Roubitchek	16:37.8	Vivian K Jones	27:02.3	Echo Beekman	31:27.0
Laura Hauer	17:02.7	Michele Pitts	27:09.3	Cindy Gibbs	32:13.8
Caroline Dahlquist	17:20.8	Dawn Stearns	27:21.0	Amy Savel	33:04.0
Kathleen Knolhoff	17:24.7	Elizabeth Krah	27:52.4	Barb Leveque	33:13.7
Kelly Hubbard	18:09.7	Nina Rossini	27:52.4	Kathy Kassing	33:21.4
Amanda Johnson	18:11.4				
Melissa Wiseman	18:25.6				
Sandra Elliott	18:39.2				
Sasha Cadigan	19:06.2				
Jayne Antonacci	19:08.6				
Kim Curtis	19:08.4				
Jennifer Krause	19:27.5				
Diane Muncy	19:40.5				
Lori Iocca	19:58.1				
Machele Keen	20:02.0				
Lindsey Hauer	20:11.9				
Joyce Hubbard	20:23.2				
Kathy Canaday	20:32.5				
Carrie Ward	20:28.7				
Stephanie Robinson	20:39.4				
Amanda Tapscott	20:39.4				
Heather Dunn	20:44.7				
Melissa Jackson	20:49.7				
Amy Huber	20:57.6				
Susan Collins	20:58.6				
Jill Hurley	21:19.1				
Lois Jazo	21:09.5				
Adrienne Sweet	21:37.7				
Kim Wonnell	21:24.6				
Jocelyn Bumgarner	21:18.7				
Marilyn Kushak	21:42.5				
Michelle Phillips	21:33.7				
Tori Taylor	21:55.9				
Angela Turasky	21:56.9				
Beth Lafata	22:25.9				
Bette Wells	22:42.5				
Teresa Pisula	22:55.1				
Amanda Rieger	22:56.7				
Sarah Sagmoen	22:54.9				
Patricia Petersen	22:50.0				
Rhonda Robinson	23:07.0				
Amanda Fogleman	23:59.2				
Mary Fairclough	24:00.5				
Verna Stallone	24:08.5				
Holly Cormier	24:20.9				

Lewis Memorial Acres 5th Annual Full Moon Trail Run

399 S Koke Mill Drive, Springfield



2.5 mi Night Trail Run

(distance subject to change slightly)

Wednesday, September 6, 2017

7:30PM (Sunset: 7:21PM)

For more information:

www.GetMeRegistered.com/LMAFullMoonTrailRun

or STWashko@hotmail.com

*Ad sponsored by NorthEnd Storage at 1907 N. Grand Ave. E.
and 2600 N. 15th Street, Springfield*

Abe's Amble (cont.)

(Continued from page 1)

tion (\$40) will be available at packet pick up on Saturday, August 19, 10:00 a.m.-4:00 p.m. at Springfield Running Center and race day registration (\$40) will be held 6:15-7:00 a.m. at the fairgrounds.

Thanks in advance to our confirmed race sponsors Road Runners Club of America, Gatorade, Springfield Road Runners Club, Springfield Running Center, Orangetheory, Dr. Paul Venturini at Advanced Center for Pain and Rehab, Orthopedic Center of Illinois, the Illinois Beef Association—Team Beef, Meijer and the Body Quest Store. Sponsorship support is invaluable as it offsets the costs associated with hosting a race and permits race directors the flexibility to incorporate new ideas and special perks to enhance the overall race experience. Additional race sponsors are still needed. The race sponsorship notice on the following page provides more information on how to become a race sponsor.

Volunteers are needed to assist with packet stuffing, packet pickup, race day registration, course marshals, refreshments and more! If you can help on or before race day, please e-mail race directors at srrcAbesAmble10K@gmail.com or complete the volunteer link at <http://getmeregistered.com/AbesAmble>.

Register today and join SRRC for a celebration of 40 years of Abe's Amble! ♦



Melissa Wiseman (L) and Carrie Ward are co-directing Abe's Amble in 2017.



ABE'S AMBLE SPONSORSHIP OPPORTUNITIES

40th Anniversary VIP Sponsorship- \$1,000+

VIP sponsors will have their company/business logo included on a race medal or ribbon, and receive acknowledgement in the Club's bi-monthly newsletter. VIP sponsors are invited to set up an information booth and distribute flyers, promotional materials, etc. at the race (optional).

Platinum Level Sponsorship- \$750-\$999

Platinum level sponsors will receive acknowledgement in the Club's bi-monthly newsletter. If sufficient platinum level sponsors are secured, finishers also will receive a commemorative sweat towel- an extremely popular race memento. Platinum sponsors are invited to set up an information booth and distribute flyers, promotional materials, etc. at the race (optional).

Gold Level Sponsorship- \$500-\$749

Gold level sponsors will receive acknowledgement in the Club's bimonthly newsletter. Gold level sponsors are invited to set up an information booth and distribute flyers, promotional materials, etc. at the race (optional).

Silver Level Sponsorship—\$250-\$499

Silver level sponsors will receive acknowledgement in the Club's bi-monthly newsletter.

Bronze Level Sponsorship- \$100-\$249

Bronze level sponsors will receive acknowledgement in the Club's bi-monthly newsletter.

Other Ways to Help!

For those interested in supporting the race, but unable to donate at one of the designated sponsorship levels, please note that individual contributions (in any amount) are welcome and appreciated as are in-kind donations of products and/or services (e.g., promotional items to include in race bags).

******Please make checks payable to SRRC, PO Box 997 Springfield, IL 62705; submit by Aug 15, 2017******

For more information about the race, visit: www.GetMeRegistered.com/AbesAmble

Questions? Please call/text Abe's Amble 10K Race Directors Carrie Ward (217) 971-1656 or Melissa Wiseman (217) 691-7686 or email us at SRRCAbesAmble10K@gmail.com.

For future consideration, sponsorships received prior to August 1st also have business logos included on the back of the race shirt. Due to shirt design deadlines, they cannot be added after this date. Thank you!







Changes in the State Fair Parade Route

In July, with just one month until the Illinois State Fair, rumors began to surface about a change in the parade route. On July 13, 2017, it was officially announced the parade route would be changed for 2017, with a start in Lincoln Park as opposed to following Route 66 (down 9th Street near North Grand) into the fairgrounds.

Of course, this sent Parade Run race directors and the SRRC board into action to verify the route and make the changes for the SRRC club race which starts at 5:00 p.m., just 30 minutes before the parade.

While the decision to change the route has proven to be very unpopular, Department of Agriculture officials feel that closing down main roads could block access to hospitals and fire departments in emergencies. There is no option but to follow the same route as the parade due to street closings and crowd control.

This is the first change in the route in nearly two decades. The parade was shortened in 2000 when the starting point was changed from Capitol Avenue to North Grand.

The race will start approximately one

block north of the Ethnic Village close to the 4-way stop and the fire station. Runners will travel a course similar to Abe's Amble, heading down Sangamon Avenue into Lincoln Park to the one-mile turnaround and water stop near the start of the parade.

Registration for the Parade Run is still available at the packet pickup on August 9th at the Springfield Running Center from 3:30—6:30p.m. or race day in the Ethnic Village from 3:00—4:30. Save on fair admission and be guaranteed a shirt by signing up before race day!



Becky Baum Brings Home Gold, Sets New Age Group Record at the 2017 National Senior Games

By Megan Styles

In June, SRRC Hall of Fame member Becky Baum competed in the 30th Annual National Senior Games (formerly the Senior Olympics) in Birmingham, Alabama, adding several new medals to her already impressive collection. She won first place in the female 70-to-74 age group for the 800 meters (3:23.10), the 5K road race (25:24), and the 1500 meters (6:38.66). Her 1500-meter time set a new record for her age group, besting the former record of 6:56.40 by nearly 18 seconds. She also placed fourth in the 400 meters with a time of 1:30.66.

Becky first competed in the National Senior Games in 2007 in Louisville, where she won a gold medal and set a new record of 21:39 in the 5K. "There are not many venues for older folks to compete with other people their age," says Becky. "You have to go national to see how you rank and really test your potential."

Heading into the Birmingham competition, Becky had a sense that she could break the 1500-meter record. "In Louisville, I came within two seconds of the record, even though I was holding back to be able to compete in four races in one day. I knew I could apply myself and break it." She had high expectations for the other races, but she knew that much would depend on the competition. "There are people out there who are faster than me, but not many," she explains. "You never know who is going to show up. It all depends on who is there and how fast they run."

To qualify for the finals in all four events, Becky had to run five races in six days. "It felt like Groundhog Day," she laughs. The prelims for the 400 meters started Wednesday, followed by the final on Thursday. "The 400 is not really my thing," says Becky. "I'm not a sprinter. I don't pretend to be a sprinter. There was no way I could beat the gal who won first, but I was gaining on the one in third place. There just wasn't enough time."

She won the 800-meter final on Saturday by running comfortably at about a 95% effort. On Sunday, she put all of her energy into the 1500 meters, shattering the record. On Monday night, she toed the start line of the 5K. "I wasn't sure if I had it in my legs after the 1500," she says. "I surprised myself. My first place time would have won in the 65-to-69 age group."

Becky first "surprised herself" in 1977 when George Perry invited her join SRRC members for fun runs in Washington Park. She had been running for nine years as a way to stay healthy, but she had never been timed. "Very few people knew that I ran. It was something that I did for myself," says Becky. "I came out



for a couple of runs, and afterwards, everyone said 'Wow, you're fast!' People were friendly, and everybody was just really impressed by me I guess. It opened up a whole new world to me."

In 1977, Becky registered for her first race, a four-mile Labor Day run in Pana. She won the women's division in a time of 25:07 and took home a dozen red roses as a first place prize. "After that, I got hooked," says Becky. "I wanted to see how fast I could be. The goal became to win if I could."

In 1978, she registered for a marathon in Terre Haute, Indiana. "I was kind of

used to winning at that point,” she laughs. “You usually don’t go into your first marathon thinking you’re going to win, but I did.” She won first place with a time of 3:09:22 and qualified for the Boston Marathon.

Becky went on to run Boston five times. In 1988, she won fourth place in the women’s overall master’s division, missing third place by only ten seconds. In 1989, she was invited back to compete as an elite runner. “They paid for my airfare, and I stayed in a hotel with the elite runners,” Becky explains. “I rode the bus to the start line with the elites, including Joan Benoit Samuelson. It was a pretty incredible experience.”

Becky has since competed in eighteen marathons. In December 1983, she ran her fastest time at the St. Louis Marathon. Her 2:50:06 race time won the women’s division and qualified her for the 1984 Olympic Trials Marathon. She also ran the Buffalo, New York marathon in a time of 2:50:08 in 1983.

“I’m really the perfect size for the marathon,” says Becky. “I fell into running, but if you’re good at something, you put more into it. Running really clicked with me, but to be at the top, you have to work at it. You can’t just be satisfied with doing it, you have to want to be really good at it.”

Becky is now focused on training to run shorter races. “I have no interest in doing another marathon at this point,” says Becky. “I just want to keep doing this stuff for as long as I can. Injuries take a long time to recover from now. My goal is to stay healthy and avoid injury. I’m just happy I can still get out there and do this stuff.”

Her current training plan involves running about seventeen miles a week. She mixes speed workouts on the SHG track with longer runs of four miles or less, and she has started adding walking segments to extend her workouts. Her partner Alan Avery, who runs a successful race timing business, helps her time her workouts.

Becky retired in 2016 after thirty-five years as an investment adviser, which has given her more time to devote to training. After an incredibly successful 50-year running career, she encourages younger runners to train hard and embrace competition. “If you’ve got any talent, get out there and see what you can do. It will hurt. You have to be willing to push yourself. You have to be willing to set goals and work hard.” She also recommends track workouts as a way to get faster. “I always did both speed work and distance running. You put these together in the race.”

Becky may compete in the National Senior Games again, but for now, she’s content with celebrating her achievements in Birmingham. “I will focus on something again soon, but it’s time to enjoy it now,” she explains. “Once you set a goal and achieve it, you just enjoy the moment.”

Congratulations, Becky! ♦

Lincoln Memorial Garden Reopens Walgreen Bridge



Those of you who were able to run the Lincoln Memorial Garden 8K trail race on July 29th already know, but on July 18, 2017, Walgreen Bridge was officially reopened after it was deemed structurally unsafe. The bridge was originally built in 1940 by Charles R. Walgreen, the founder of the Walgreen pharmacy chain, as a birthday present to his wife Myrtle. She was a founding member of the LMG’s Garden Foundation.

Part of the proceeds from the LMG 8K went to restoring the bridge, and participants could request additional donations to specifically benefit the bridge. The rest of the funds needed were provided by the Hanson Family Fund.

Sangamon Valley Trail Extension Update

By Kelly Biggs

Six years after the Sangamon Valley Trail first opened for public use, soon we will have more miles of trail to run. Fall marathon/half-marathon training season is well under way, but we will still have to wait a bit before the extension is complete. The new stretch of trail is set to run from Stuart Park and head north to an area near Cantrall that is just south of the Sangamon/Menard county line. This 6-mile extension will double the length of the current trail that connects Centennial Park to Stuart Park. The new trail segment will have a bridge that crosses the Sangamon River, as well as a bridge to cross over Cantrall Creek. The new trail head will be at Irwin Bridge Road.

The extension project was contracted out to Halverson Construction Co, and you can find occasional updates to the trail on its Facebook page. Dave Johnson, a construction engineer with the Sangamon County Highway Department, indicates that the contractor is currently on schedule with an estimated completion date of November 2017. However, he states, "We believe the contractor will finish before the November date, possibly by late summer/early fall."

An inquiry via Facebook to Halverson Construction on the status indicates a similar completion date, however, it was noted that the previous lack of a state budget and possible IDOT shutdown slowed things down a bit. Things should hopefully now be back on track. They have placed half of the sub base material (~3 miles) and will soon begin laying asphalt for that segment. They have also completed the structure over Cantrall Creek and are in the process of perform-



The bridge spanning the Sangamon River is a part of the extension.

ing repairs to the Sangamon River Bridge.

On the north end, there will be parking access for the trail off of Cantrall Creek Road. Along the new stretch of trail, Johnson notes that there will be rest areas just south and just north of the Sangamon River Bridge that will have benches and bike racks.

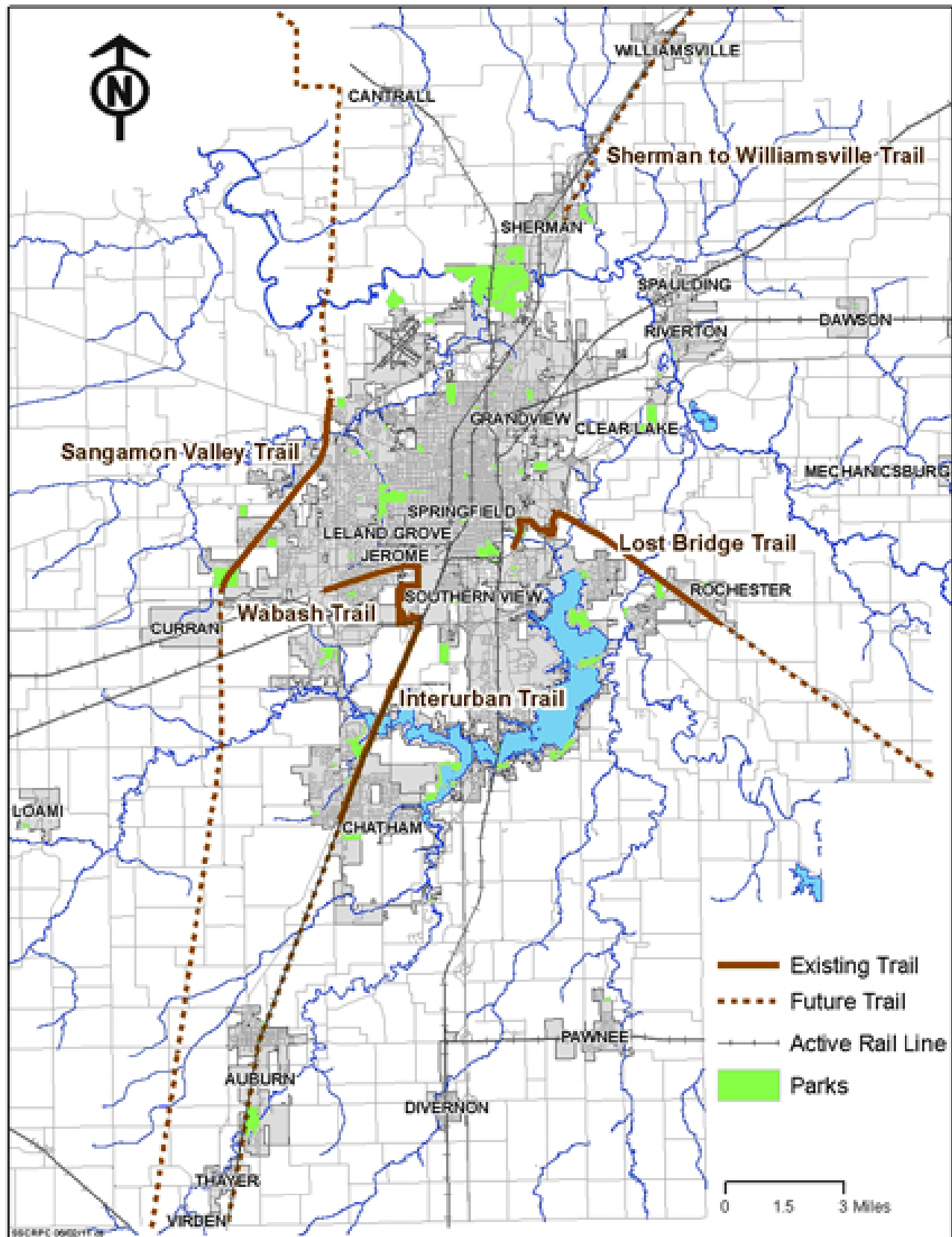
At this point, it does not seem there will be a bathroom or water access along the new segment of trail, so once completed, be prepared if you head in that direction. In addition, the first added segment near Stuart Park appears as though it will offer little shade, nor will the far north segment between Cantrall Creek Road and Irwin Bridge Road, however, the majority of the addition should offer plenty of tree coverage.

Johnson mentions, "The trail will have mile marker signs every half mile, color coded brown, to designate the Sangamon Valley Trail." This system is for

emergency calls to better pinpoint location. He adds, "We are working with other trail owners to get a contract for their trails with half mile color coded markers [so that] each trail will have their own color."

One aspect of the trail extension that will be unique as compared with other trails in the area, is that there will be several private crossings that will intersect. Johnson points out that this was necessary primarily so that farmers can access their property. This should not pose any issues for trail users, but is something to be aware of, especially during planting and harvesting seasons.

So it seems we will continue to see progress through the rest of the summer from our viewpoint at Stuart Park, and we may just be able to get some runs in across the Sangamon River while tree color is at its peak in the fall. ♦



Plans are being made to eventually extend other local trails out from Springfield. Those of you training for marathons will certainly have some great options!

Speed Workouts on Wednesdays!

YES! Speed workouts are here, and YOU are invited to join!

If you've never done a speed workout before, don't let the name intimidate you. Everyone runs the workout at their own pace. What "speed" is to you is not speed for everyone. We promise, you won't feel overwhelmed.

Come on out and try it!

Workouts will be at SHG Track on West Washington Street at 5:45 p.m.

Starting location is subject to change, but the workout details are usually posted on their website ahead of time:

SRRC speed work has a new webpage, so make

sure you bookmark it and check each week to confirm the location and workout which will be posted prior to Wednesday night.

<http://training.srrc.net/category/speedwork>

Come join us for fun and get faster while you are at it!

SRRC Summer Long Runs

SRRC members have put together a schedule for Saturday morning group runs through the start of the FrostToes training plan. The runs start at 7:30 a.m. They are self-starting, and you need to bring your own water. Runners will set their own distance and pace. All paces are welcome.

Locations are subject to change as needed. You can find out more about the runs by joining the SRRC Members Group page on Facebook:

www.facebook.com/groups/srrc.net.

Saturday Long Run Schedule and Locations:

5/6/2017 Lost Bridge Trail, IDOT
 5/13/2017 Interurban Trail, Hazel Dell/West Grand
 5/20/2017 Sangamon Valley Trail, Centennial Park
 5/27/2017 Lost Bridge Trail, IDOT
 6/3/2017 Interurban Trail, Hazel Dell/West Grand
 6/10/2017 Sangamon Valley Trail, Stuart Park
 6/17/2017 Lost Bridge Trail, IDOT
 6/24/2017 Interurban Trail, Woodside Road
 7/1/2017 Sangamon Valley Trail, Centennial Park

7/8/2017 Lost Bridge Trail, IDOT
 7/15/2017 Interurban Trail, Hazel Dell/West Grand
 7/22/2017 Sangamon Valley Trail, Stuart Park
 7/29/2017 Lost Bridge Trail, IDOT
 8/5/2017 Interurban Trail, Woodside Road
 8/12/2017 Sangamon Valley Trail, Centennial Park
 8/19/2017 Lost Bridge Trail, IDOT
 8/26/2017 Interurban Trail, Hazel Dell/West Grand
 9/2/2017 Sangamon Valley Trail, Stuart Park
 9/9/2017 Lost Bridge Trail, IDOT
 9/16/2017 Interurban Trail, Woodside Road
 9/23/2017 Sangamon Valley Trail, Centennial Park
 9/30/2017 Lost Bridge Trail, IDOT
 10/7/2017 Interurban Trail, Hazel Dell/West Grand
 TBD: FROSTTOES START!!!

Did you know? The porta-potties located at the IDOT and SHG parking lots are provided by the Springfield Road Runners Club. Your membership dollars at work!

Trainer's Corner—Mobility Routines

By Joy Guardia, Certified ACSM Personal Trainer

As distance runners, we repeatedly move our bodies in one plane of movement, often with a limited range of motion due to tight muscles. Running mile after mile with tight muscles only creates more problems. Increasing our range of motion in the hips, core and ankles is an easy fix and is something every runner can benefit from.

Joint mobility is defined as the range of uninhibited movement around a joint. Healthy joint mobility comes when the core and pelvis are stable and strong. Before beginning any mobility routine, be sure you perform all exercises with a neutral spine (no rounding of the back). The hips are also to be neutral, not tilted too far forward (no anterior tilt). Finally, to train the core and pelvis to work properly, the right muscles need to be activated. Know what muscles you are working with each movement.

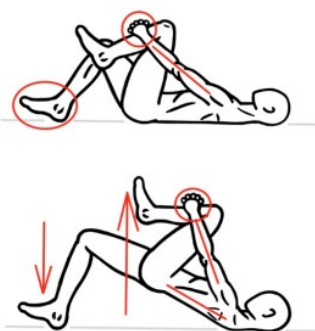
When your hips and core are trained to work in a stabilized position, mobility exercises will be a breeze. Here are a few that anyone can perform every day or at least three days a week (3 sets). Remember to keep your hips and pelvis in the proper position and don't let them move along with your moving limbs.

Fire hydrants – go on all fours with your spine and pelvis neutral; without dropping your hips bring one leg out to the side, keeping your knee bent; bring it back down to the floor and do the same on the other side; repeat 10-15 times per side.

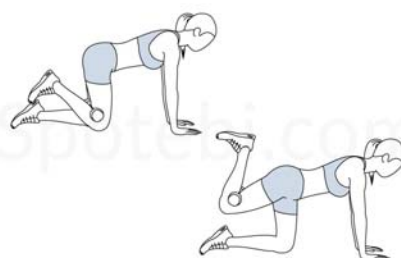


Fire Hydrants

Single leg bridge with knee hug – lie on your back with your feet on the floor and knees bent; bring one knee up to your chest and hug it; with the other foot remaining on the floor lift your butt off the floor until your hips are all the way up; switch sides after 10-15.

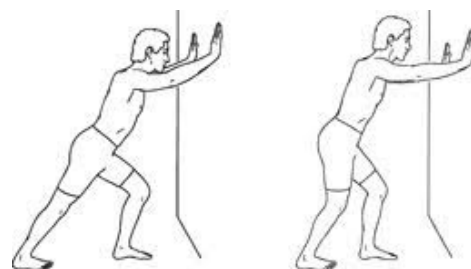
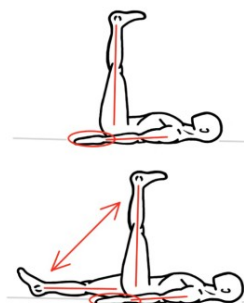


Donkey kick - go on all fours with your spine and pelvis neutral; without dropping your hips, bring one leg up to your chest; drive your heel up toward the ceiling; keep your knee bent through the entire range of motion. Repeat 10-15 per side.



Single leg lowering

– lie on your back with your legs up and your knees straight; keep your back on the ground and hips neutral; keep one leg up (if you need help holding your leg up, support it with a towel/strap); lower the other leg down and back up; keep your core, hips, hamstrings, and hip flexors activated as you move your leg; switch sides after 10-15.



Soleus-gastrocnemius switch – stand facing a wall with your hands on the wall and your feet in a staggered stance; with the back foot, perform a straight leg and a bent leg calf stretch, moving between each with only a second hold. Keep your heel on the ground as you switch. 10-15 per side

For most of us these are quite easy to perform. They should not be difficult but should be used in a warm up and to keep your body working and moving in a healthy range of motion. Incorporate these and other mobility exercises into your running program to help prevent injury and chronic tight muscles. ♦

Member Birthdays—August/September

Emily Jones	8/2	John Langley	8/19	Matt Chenevey	9/9
Mary Kay Lackman	8/2	Denise Bean	8/19	Andrew Paoni	9/9
Lindsey Lister	8/2	Brenda Hawkins	8/20	Bob Thompson	9/10
Ginger Aschenbrenner	8/3	Jonathan Rees	8/20	Janet Powell	9/11
Nancy Neuberger	8/3	Audrey Kondelis	8/20	Brian Biggs	9/11
Scott Beever	8/3	Melissa (missy) Block	8/21	Kathy Kassing	9/12
Erica Rideout	8/4	Wyatt McIntyre	8/21	LaDaryl Hale	9/13
Brad Dow	8/4	Nancy Washko	8/22	Megan Styles	9/14
Tamara Boeker	8/4	James Liles	8/23	Beth Richardson	9/14
Sheryl Friedrich	8/4	Tad Andrews	8/24	Albert Pierceall	9/14
Brenda Humbert	8/5	Kathy Canaday	8/25	Scott Gauvin	9/14
Dawn Raycraft	8/5	Daron Poage	8/26	Susan Collins	9/15
Eswara Kakarala	8/7	Allison Dollus	8/26	Jessica Hughes	9/16
Darla Lane	8/7	Katie Weir	8/27	Paul Turner	9/16
Fess Teklehaimanot	8/8	Kaylee Brooks	8/27	Keith Virden	9/17
Jack Bellmer	8/8	Maggie Massey	8/28	Russ Niebrugge	9/17
Tracy Lane	8/9	Melissa Jackson	8/29	Debbie Yeaman	9/18
Cheryl Plunkett	8/9	Tahney Fletcher	8/29	Jayne Antonacci	9/18
Valerie Duewer	8/9	Bill Casson	8/30	Rebecca Collier	9/18
Andrea Guerrero	8/10	Melissa Wiseman	8/31	Amanda Kimmel	9/18
David Plunkett	8/11	Kate Downing	8/31	Patrick Chasco	9/19
Sunney Hinman	8/11	Noah McIntyre	9/1	Grant Johnson	9/19
Grace Hoppe	8/11	Willa Langley	9/1	"Sunny" (Etta) Dahlquist	9/19
Caroline Dahlquist	8/13	Brookelyn Eazelle	9/2	Terese Laughlin	9/20
Shirley Webb	8/13	Jill Rizzs	9/2	Arlene Hall	9/20
Patrick Price	8/15	Jim Faloon	9/3	Jeanne Koehler	9/23
Jeff Reim	8/15	Tadd Davis	9/4	David Bretz	9/24
Joelle Major	8/17	Adena Rivas	9/4	Travis Lobmaster	9/27
Alice Staats	8/17	Lori Dale	9/4	Allex Langley	9/27
Liam Biesiada	8/18	Dianna Jones	9/5	Jim Raycraft	9/28
Will Hill	8/18	Scott Reimers	9/6	Amy Savel	9/28
Michael Davis	8/18	Scott Sievers	9/7	Stephanie Bilinsky	9/28
Lori Dixon	8/18	Tom Kushak	9/8	Joe Biesiada	9/29
Denise Bean	8/19	Michael Torchia	9/8	Rachael McMillan	9/29
Kathleen Knolhoff	8/19	Lois Jazo	9/9	Jean Sandstrom	9/30
Kenlee Monroe	8/19	Chris Brooks	9/9		

SRRC Race Calendar 2017

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: 4/1/2017
Location: Downtown, Springfield, IL

Junaia P. Carter 5K
Date: 4/8/2017
Location: Washington Park, Springfield, IL

Lake Run—7K, 12K, Half Marathon
Date: 5/6/2017
Location: Bloomington, IL

Lincoln Memorial Trail Run 8K
Date: 5/20/2017
Location: Lincoln Memorial Garden, Springfield, IL

Passavant-Gatorade 5K and 10K
Date: 05/27/2017, 7:30 a.m.
Location: Passavant Hospital, Jacksonville, IL

Steamboat Classic 4M and 15K
Date: 06/17/2017
Location: Peoria, IL

Scholastic Challenge 5K
Date: 06/17/2017
Location: Lake Springfield Center Park Beach House, Springfield, IL

Scheels 5K
Date: 06/24/2017
Location: Scheels, Springfield, IL

Town & Country Bank 5K
Date: 07/4/2017
Location: Jacksonville, IL (Nichols Park)

Women's Distance Festival 2M*
Date: 07/8/2017, 8:00 a.m.
Location: Washington Park, Springfield, IL

Quad City Times Bix 7
Date: 07/29/2017
Location: Davenport, IA

Parade Run 2M*
Date: 08/10/2017, 5:30 p.m.
Location: Illinois State Fairgrounds,, Springfield, IL

Abe's Amble 10K*#
Date: 08/20/2017, 7:30 a.m.
Location: Illinois State Fairgrounds, Springfield, IL

Full Moon Trail Run
Date: 9/6/2017
Location: Lewis Memorial Trail, Springfield, IL

Shoreline Classic 5K and 15K#
Date: 09/17/2017
Location: Decatur, IL (Nelson Park)

Quad Cities Marathon, Half Marathon
Date: 09/24/2017, 7:30 a.m.
Location: Moline, IL

Springfield Marathon (5K, 10K, Half)
Date(s): 10/14/2017 (5K)
10/15/2017—Other distances
Location: UIS Campus, Springfield, IL

Canal Connection 10K
Date: 11/5/2017, 10:30 a.m.
Location: LaSalle/Utica, IL

Frostbite Festival 2M and 10M*#
Date: 12/3/2017, 9:00 a.m.
Location: Springfield, IL (FitClub West)

Race dates, locations, & times subject to change. Please check our website for up-to-date information.

* denotes SRRC Points Series event
denotes Triple Crown series run



New: Most Improved Runner Award Criteria

The SRRC Board of Directors has approved recommendations by the Most Improved Runner (MIR) Committee to adopt the following criteria for the annual award. The MIR Committee is: Lance Cull (Chairman), Nick Fogleman (SRRC President), Tammy Bumgarner, Matthew Duff, Stephen Paca and Kristina Mucinskis.

Purpose- To recognize one male and one female Springfield Road Runners Club (SRRC) runners who have dramatically improved their race times compared to the prior year and/or current year.

Qualification Criteria

- A member of the SRRC and has not previously won the award
- A member of the SRRC for the last 2 years
- Minimum of 4 Participation series events with at least 2 races being Club point series events (Lincoln Presidential Half Marathon, Women's Distance Festival, State Fair Parade Run, Abe's Amble, Frostbite Festival)

Award Criteria

- % time improvements from previous year in races run both years
- % time improvement from the previous year in races of the same distance
- % improvement at similar race distances during the current year
- Range of competitive race distances

All of these factors are taken into account in determining the Most Improved Runner. Some subjectivity may be required in choosing the winner. The decision of the SRRC Awards Committee/ Board is final.

Nominations

- Any club member can nominate another club member for this



award

- Self nominations are welcomed and encouraged
- To encourage nominations, the SRRC Awards Committee will publicize the award via the club website, publications, consultation with training program leaders, and word of mouth

Submitting a Nomination

You may nominate yourself or another runner as most improved in one of two ways:

- You may use the online nomination form to nominate candidates
- You can send an e-mail to SRRCAwards@gmail.com to nominate a candidate

As a minimum, an e-mailed nomination should include the nominee's name, sex, e-mail address, and confirmation that the nominee is an SRRC member. Beyond that, please include in the e-mail very specific information that supports your nomination. You can consider the "Award Criteria" in determining what is important to include (i.e. number of races, best times of the year at various distances with comparison to

best times at those distances in the prior year, and [ideally] time comparisons for races on the same course- for instance, best 10K of the year vs. best 10K of the prior year and Parade Run 2 Mile vs. previous year Parade Run 2 mile.

Any questions regarding the nomination process may be sent to SRRCAwards@gmail.com.

Additional Considerations

- SRRC volunteer contributions
- Overall Participation series participation
- % time improvement of submitted race times outside of the club Participation series events
- Runners who have competed in more races
- Runners who receive multiple nominations
- Age grade % improvement

Selection

Nominations will be due by the first Monday following the Frostbite Festival. The SRRC Awards Committee will submit nominations at the SRRC Board meeting in December. The committee/ SRRC Board will select one male and one female Most Improved Runner based only on written information presented in the nomination form or the e-mailed nomination. In the event of a tie vote, the SRRC Board will determine the winner(s). Most Improved Runner award winners will be awarded annually at the SRRC Annual Award Ceremony.

Disclaimers

- SRRC Awards Committee members may not vote for applicants who are related through family, coaching, employment, interpersonal, or teaching relationships.
- All times/ races subject to verification

2017 Participation & Points Series Rules

SRRC Participation Series

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 at the back of the newsletter.

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.



	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
Women's							
Women's Overall							
Joy Guardia	10	10				20	20
Patricia Schaefer	9	8				17	17
Tracy Dowell	8	5				13	13
Lydia Rudd		9				9	9
Randi Lucas		7				7	7
Leanne Woody	7					7	7
Jordan Orr	5	2				7	7
Jamie Fitzpatrick	4	3				7	7
Kate Lowe	6					6	6
Chelsea Griffin		6				6	6
Tammy Bumgarner		4				4	4
Shannon Cole	3					3	3
Holly Dahlquist	2					2	2
Emily Mueller	1	1				2	2
Women's Masters							
Tracy Dowell	10	10				20	20
Tammy Bumgarner	8	9				17	17
Holly Dahlquist	9	6				15	15
Theresa Bright	6	7				13	13
Suzannah Bartos		8				8	8
Marybeth Young	7					7	7
Brenda Hillen	5					5	5
Jan Andrews	2	3				5	5
Lynn Kerber		5				5	5
Diana Nevitt	4					4	4
Susan Becker		4				4	4
Elizabeth Orthmann	3					3	3
Melissa Wiseman		2				2	2
Donna Brayfield	1					1	1
Sandra Elliott		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
W 14 and Under							
Caroline Dahlquist		10				10	10
Jocelyn Bumgarner		9				9	9
W 15 - 19							
Haylee Brickey	10					10	10
Laura Hauer		10				10	10
Lindsey Hauer		9				9	9
Madalynn Sullivan		8				8	8
W 20 - 24							
Lydia Rudd		10				10	10
W 25 - 29							
Jordan Orr	9	8				17	17
Jamie Fitzpatrick	8	9				17	17
Emily Mueller	7	7				14	14
Sarah Enlow	5	6				11	11
Chelsea Griffin		10				10	10
Kate Lowe	10					10	10
Sally Lajoie	6					6	6
W 30 - 34							
Randi Lucas	10	10				20	20
Amanda Johnson	9	8				17	17
Kathleen Knolhoff	7	9				16	16
Amber Chasco	8					8	8
Amanda Rieger		7				7	7
Sarah Sagmoen		6				6	6
Ashleigh Koerner	6					6	6
Shawn Gibbs	5					5	5
Jennifer Herman		5				5	5
Jessica Franklin		4				4	4

	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
W 35 - 39							
Joy Guardia	10	10				20	20
Patricia Schaefer	9	9				18	18
Denise Figueroa	4	8				12	12
Leanne Woody	8					8	8
Shannon Cole	7					7	7
Jorie Roubitchek		7				7	7
Kelly Hubbard		6				6	6
Brookelyn Eazelle	6					6	6
Ginger Aschenbrenner	5					5	5
Jennifer Krause	1	4				5	5
Sasha Cadigan		5				5	5
Melissa Brooks	3					3	3
Amanda Tapscott		3				3	3
Torrie Buchanan	2					2	2
Heather Dunn		2				2	2
Jill Hurley		1				1	1
W 40 - 44							
Tracy Dowell	10	10				20	20
Tammy Bumgarner	9	9				18	18
Melissa Wiseman	8	7				15	15
Suzannah Bartos		8				8	8
Jeana Reinbold	7					7	7
Christine Feller	6					6	6
Stephanie Robinson		6				6	6
Melissa Jackson		5				5	5
Kristina Mucinskas	5					5	5
Rochelle Phipps	4					4	4
Amy Huber		4				4	4
Joelle Major	3					3	3
Tori Taylor		3				3	3
Dawn Stearns		2				2	2
Jessica Hoppe		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
W 45 - 49							
Holly Dahlquist	10	10				20	20
Jan Andrews	7	9				16	16
Marybeth Young	9					9	9
Carrie Ward	2	7				9	9
Elizabeth Orthmann	8					8	8
Kathy Canaday		8				8	8
Michelle Phillips		6				6	6
Deidra Glisson	6					6	6
Carolyn Lawrence	5					5	5
Angela Turasky		5				5	5
Christianna Sullivan		4				4	4
Jean Broaddus	4					4	4
Tracy Lane	3					3	3
Denise Beauman		3				3	3
Michele Pitts		2				2	2
Jana Brennan	1					1	1
W 50 - 54							
Theresa Bright	10	10				20	20
Lynn Kerber	6	9				15	15
Jayne Antonacci	3	8				11	11
Brenda Hillen	9					9	9
Nancy Ferguson	8					8	8
Shelley McIntyre	7					7	7
Bette Wells		7				7	7
Patricia Petersen		6				6	6
Holly Cormier		5				5	5
Lisa Young	5					5	5
Brenda Vail	4					4	4
Leann Fox		4				4	4
Barb Leveque		3				3	3
Kathy Kassing		2				2	2
Lonna Porter	2					2	2
Shirley Webb	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
W 55 - 59							
Kim Curtis	7	9				16	16
Sandra Elliott	6	10				16	16
Lori Iocca	5	8				13	13
Diana Nevitt	10					10	10
Susan Collins	3	7				10	10
Donna Brayfield	9					9	9
Marilyn Kirchgesner	8					8	8
Rhonda Robinson	2	5				7	7
Beth Lafata		6				6	6
Kim Wonnell	4					4	4
Patty Ingram		4				4	4
Vernee Peters		3				3	3
Cindy Gibbs	1	2				3	3
Amy Savel		1				1	1
W 60 - 64							
Machele Keen	9	8				17	17
Marilee Cramer	8	5				13	13
Kathleen Jensen	10					10	10
Susan Becker		10				10	10
Diane Muncy		9				9	9
Kim Wonnell		7				7	7
Mary Fairclough		6				6	6
Kathy Leuelling		4				4	4
Lesa Schaive		3				3	3
Vivian K Jones		2				2	2
Nina Rossini		1				1	1
W 65 - 69							
Kristine Holtman	8	7				15	15
Joyce Hubbard		10				10	10
"Sunny" (Etta) Dahlquist	10					10	10
Mary Harney	9					9	9
Verna Stallone		9				9	9
Elizabeth Krah		8				8	8
W 70+							
Lois Jazo	9	10				19	19
Marilyn Kushak	8	9				17	17
Judy Gunn	10					10	10
Joyce Ludwig		8				8	8
Nancy Neuberger	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
Men							
Men's Overall							
Jeff Bennett	10					10	10
Henry Janssen	9					9	9
Trevor Orthmann	8					8	8
Wesley Wooden	7					7	7
Michael Garber	6					6	6
Steve Koester	5					5	5
Mike Wendel	4					4	4
Fess Teklehaimanot	3					3	3
Greg Bennett	2					2	2
Craig Frick	1					1	1
Men's Masters							
Jeff Bennett	10					10	10
Trevor Orthmann	9					9	9
Steve Koester	8					8	8
Mike Wendel	7					7	7
Fess Teklehaimanot	6					6	6
Greg Bennett	5					5	5
Kevin Hingle	4					4	4
Matt Minder	3					3	3
Scott Leopold	2					2	2
Keith Virden	1					1	1
M 14 and Under							
M 15 - 19							
M 20 - 24							
M 25 - 29							
Henry Janssen	10					10	10

	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
M 30 - 34							
Wes Johnson	10					10	10
Alex Batten	9					9	9
Bryan Lenzi	8					8	8
Chris Mueller	7					7	7
Jeff Chandler	6					6	6
Joshua Grant	5					5	5
Justin Hughes	4					4	4
M 35 - 39							
Wesley Wooden	10					10	10
Michael Garber	9					9	9
Craig Frick	8					8	8
Venugopala Shetty	7					7	7
Frank Midiri	6					6	6
Grant Johnson	5					5	5
Andrew Paoni	4					4	4
Patrick Chasco	3					3	3
Carl Hinman	2					2	2
M 40 - 44							
Matt Minder	10					10	10
Keith Virden	9					9	9
John Murphy	8					8	8
Travis Lobmaster	7					7	7
Tadd Davis	6					6	6
Jason Nikson	5					5	5
William O'sullivan	4					4	4
John Alsup	3					3	3
Matthew Duff	2					2	2
Michael Hoppe	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
M 45 - 49							
Trevor Orthmann	10					10	10
Kevin Hingle	9					9	9
Lance Cull	8					8	8
Brian Lee	7					7	7
Stephen Paca	6					6	6
John Langley	5					5	5
David Suiter	4					4	4
John Stearns	3					3	3
M 50 - 54							
Jeff Bennett	10					10	10
Steve Koester	9					9	9
Mike Wendel	8					8	8
Greg Bennett	7					7	7
Blake Scranton	6					6	6
Rick Hernandez	5					5	5
Brad Dow	4					4	4
Daniel Cullen	3					3	3
Jeff Andrews	2					2	2
Randy Rieke	1					1	1
M 55 - 59							
Fess Teklehaimanot	10					10	10
Scott Leopold	9					9	9
Thomas Thornton	8					8	8
Steve Washko	7					7	7
David Bretz	6					6	6
Rai Richardson	5					5	5
William Wilson	4					4	4
Mark Young	3					3	3

	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
M 60 - 64							
Bob Thompson	10					10	10
Nyle Robinson	9					9	9
Eswara Kakarala	8					8	8
Keith Staats	7					7	7
Dave Stewart	6					6	6
Paul Wonnell	5					5	5
M 65 - 69							
David Taylor	10					10	10
Robert Cramer	9					9	9
Sam Woods	8					8	8
James Alexander	7					7	7
M 70+							
Tom Kushak	10					10	10

NAME	20	5	5	5	20	10	8	8	5	10	5	8	15	5	5	5	5	5	5	10	5	5	5	10	5	5	15	5	30	20	10	5	30	20	10	10	10	5	15	5	5	296	3	
Jeff Meyerhoff	20	5	5	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0																						35			
Frank Midiri	20	5	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0																						30			
Matt Minder	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5																						35			
Lynne Morris	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0																						25			
Dustin Morrison	0	0	5	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	5																						15			
Kristina Mucinskas	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0																						30			
Emily Mueller	20	5	5	0	0	0	0	0	0	10		8	0	0	0	0	5	5	0																							58		
Chris Mueller	20	5	5	0	0	0	0	0	0	10		8	0	0	0	0	0	0	5																							53		
Diane Muncy	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	5	5	0																							20		
John Murphy	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0																							35		
Erin Murphy	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0																							5		
Scott Nation	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0																							5		
Hannah Nation	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0																							5		
Nancy Neuberger	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0																							30		
Diana Nevitt	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0																							30		
Jason Nikson	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0																							25		
Ryan Nordsiek	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0																								5	
Jordan Orr	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	5																							40		
Elizabeth Orthmann	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0																							25		
Trevor Orthmann	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0																							25		
William O'Sullivan	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0																							25		
Kim Owens	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0																								5	
Stephen Paca	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0																							30		
Andrew Paoni	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0																							25		
Vernee Peters	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	5	5	0																							15		
Patricia Petersen	0	0	0	5	0	0	0	0	0	0	0	0	0	0	5	0	5	5	5																							25		
Michelle Phillips	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	5	5	0																							15		
Rochelle Phipps	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0																							25		
Albert Pierceall	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0																							5		
Teresa Pisula	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0																							10		
Julie Pitchford	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0																							5		
Mark Pitchford	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0																							5		
Michele Pitts	20	5	5	5	0	0	8		5	0		0	0	5	5	5	5	5	0																								73	
David Plunkett	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0																							5		
Jon Popovitch	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5																							10		
Lonna Porter	20	5	0	0	0	0	0	0	0	0	0	0	15	0	0	0	0	0	0																							40		
Janet Powell	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0																							5		
Patrick Price	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0																							25		
Jennifer Rees	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0																							10		
Jeana Reinbold	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0																							25		
Rai Richardson	20	5	0	0	20	0	0	0	0	0	0	0	0	0	0	0	0	0	0																							45		
Len Rideout	0	0	0	0	0	0	0	0	0	10		0	0	0	5	0	0	0	0																							15		
Erica Rideout	0	0	0	0	0	0	0	0	0	10		0	0	0	5	0	0	0	0																							15		
Amanda Rieger	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0																							10		
Randy Rieke	20	5	5	0	0	0	0	0	0	10		0	0	0	0	0	0	0	0																							40		
Nyle Robinson	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0																							30		
Rhonda Robinson	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0																							35		
Stephanie Robinson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0																							10		
Harvey Roemer	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0																							25		
Nina Rossini	0	0	0	0	0	0	0	5	0	0	0	0	5	0	0	5	5	0																								20		
Jorie Roubitckek	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0																							10		
Lydia Rudd	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0																							10		
Sarah Sagmoen	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0																							10		
Steward Sandstrom	0	0	5																																									

	Lincoln Presidential Half Marathon																																		LPHM - SRRC Bonus Points		LPHM - Volunteer Bonus Points		Juniaa P. Carter, MD 5K		Lake Run Half Marathon		Lake Run 12 K		Lincoln Memorial 4.37M		Passavant Gatorade 5K		Passavant Gatorade 8K		SRRC Gatorade 10K		Steamboat Classic 4 Mile		Steamboat Classic 15K		Premier Bank 5K		Women's Distance Festival Challenge		WDF - SRRC Bonus Points		WDF - Volunteer Bonus Points		Bx 7		Parade Run 2 Mile		Parade Run 5K		Abbe's Amble 10K		Abbe's Amble 15K		Shoreline Classic 15K		Shoreline Classic 5K		Oued Cities Marathon		Oued Cities Half Marathon		Full Moon Trail Run		Springfield Marathon		Springfield Marathon - Half Distance		Canal Connection 10K		Frostbite Festival 10K		Frostbite Festival 2 Mile		Frostbite - SRRC Bonus Points		Frostbite - Volunteer Bonus Points		Participation Points Total		Participation Award Tier	
NAME	20	5	5	5	20	10	8	8	5	10	5	8	15	5	5	5	5	5	5	10	5	5	5	10	5	5	15	5	30	20	10	5	30	20	10	10	10	5	15	5	5	296	3																																																											
Patricia Schaefer	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0																									35																																																										
Lesa Schaive	0	0	0	0	0	0	0		0	0		0	0	0	5	0	0	5	5	0																									15																																																									
Blake Scranton	20	5	0	5	20	0	0		0	10		0	15	0	0	0	5	0	0	0																									80																																																									
Bill Shelley	20	5	0	0	0	0	0		0	0		0	0	0	0	0	0	0	0	0																									25																																																									
Venugopala Shetty	20	5	5	0	0	0	0		0	0		0	0	0	0	0	0	0	0	0																									30																																																									
Nathan Siegwart	0	0	5	0	0	0	0		0	0		0	0	0	0	0	0	0	0	0																									5																																																									
Scott Sievers	0	0	0	5	0	0	0		0	0		0	0	0	0	0	0	0	0	0																									5																																																									
Alice Staats	0	0	5	0	0	0	0		0	0		0	0	0	0	0	0	0	0	0																									5																																																									
Keith Staats	20	5	0	0	0	0	0		0	0		0	0	0	0	0	0	0	0	0																									25																																																									
Verna Stallone	0	0	0	0	0	0	0		0	0		0	0	0	0	0	0	5	5	0																									10																																																									
John Stearns	20	5	0	5	0	0	0		5	0		0	0	0	0	0	0	0	0	5																									40																																																									
Dawn Stearns	0	0	5	0	0	0	0		5	0		0	0	0	0	0	0	5	5	0																									20																																																									
Dave Stewart	20	5	5	0	0	0	0		0	10		0	0	0	0	0	0	0	0	0																									40																																																									
Andrew Streeval	0	0	0	0	0	0	0		0	0		0	0	5	0	0	0	0	0	0																									5																																																									
David Suiter	20	5	0	0	0	0	0		0	0		8	0	0	0	0	0	0	0	0																									33																																																									
Christianna Sullivan	0	0	0	0	0	0	0		0	0		0	0	0	0	0	0	5	5	0																									10																																																									
Madalynn Sullivan	0	0	0	0	0	0	0		0	0		0	0	0	0	0	0	5	5	0																									10																																																									
Adrienne Sweet	0	0	0	0	0	0	0		0	0		0	0	0	0	0	0	5	5	0																									10																																																									
Janet Tapocik	0	0	0	0	0	0	0		0	0		0	0	0	0	5	0	0	0	0																									5																																																									
Amanda Tapscott	0	0	0	0	0	0	0		0	0		0	0	0	0	0	0	5	5	0																									10																																																									
David Taylor	20	5	5	0	0	0	0		0	0		0	0	0	0	0	0	0	0	0																									30																																																									
Teri Taylor	0	0	0	0	0	0	0		0	10		0	0	0	0	0	0	0	0	5																									15																																																									
Tori Taylor	0	0	0	0	0	0	0		0	0		0	0	5	5	0	5	5	0																										20																																																									
Fess Teklehaimanot	20	5	5	0	0	0	0		0	0		0	0	0	0	0	5	0	0	0																									35																																																									
Bob Thompson	20	5	0	0	0	0	0		0	0		0	0	5	0	0	0	0	0	0																									30																																																									
Thomas Thornton	20	5	0	0	0	0	0		0	0		8	0	0	0	0	0	0	0	0																									33																																																									
Angela Turasky	0	0	0	0	0	0	0		0	0		0	0	0	5	0	5	5	0																										15																																																									
Paul Turner	0	0	0	0	0	0	0		5	0		0	0	0	0	0	5	0	0	5																									15																																																									
Brenda Vail	20	5	0	0	0	0	0		0	0		0	0	0	0	0	0	0	0	0																									25																																																									
Keith Virden	20	5	0	0	0	0	0		0	0		0	0	0	5	0	0	0	0	0																									30																																																									
Whitney Walsh	0	0	0	0	0	0	0		0	0		0	0	0	0	0	0	5	5	0																									10																																																									
Carrie Ward	20	5	0	5	0	0	0		0	10		0	0	5	10	0	5	5	0																										65																																																									
Steve Washko	20	5	0	0	0	0	0		0	0		0	0	0	0	0	0	0	0	0																									25																																																									
Shirley Webb	20	5	0	0	0	0	0		0	0		0	0	0	0	0	0	0	0	0																									25																																																									
Joanna Webb-Gauvin	0	0	0	0	0	0	0		0	0		0	0	0	0	0	0	5	5	0																									10																																																									
Jay Weber	0	0	0	0	0	0	0		0	0		0	0	0	0	5	5	0	0	0																									10																																																									
Crysta Weitekamp	0	0	0	0	0	0	0		0	0		0	0	0	5	0	0	0	0	0																									5																																																									
Bette Wells	0	0	0	0	0	0	0		0	0		0	0	0	5	0	5	5	0																										15																																																									
Mike Wendel	20	5	0	0	0	0	0		0	0		0	0	0	0	0	0	0	0	0																									25																																																									
Melissa Wiseman	20	5	5	5	0	0	0		0	10		0	0	5	5	5	5	5	5	5																									75																																																									
William Wilson	20	5	0	0	0	0	0		0	0		0	0	0	0	0	0	0	0	0																																																																																		



SPRINGFIELD ROAD RUNNERS CLUB

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

THE ILLINOIS STATE FAIR RACES ARE COMING!



STATE FAIR PARADE RUN 2 MILES—August 10, 2017

Kick off the Illinois State Fair Twilight Parade with a couple hundred of your running friends! This flat and fast two-miler always has a good crowd cheering on the runners. The parade route runs between Lincoln Park and the fairgrounds, so come run the new inaugural parade race route! See map on page 11.

ABE'S AMBLE 10K—Sunday, August 20, 2017

SRRC also closes down the Illinois State Fair on the last day with Abe's Amble. Come race Central Illinois' premier 10K race! The course starts at the Grandstand through the fairgrounds, Lincoln Park, Oak Ridge Cemetery, and back. This is the 40th anniversary of this race and a RRCA Regional Championship race this year! Special awards and medals will make it one to not be missed!

**Information and registration @ www.GetMeRegistered.com
Or in-person registration available at packet pickups**