



FOOTTRAILS

SPRINGFIELD ROAD RUNNERS CLUB

JULY/AUGUST 2016

UPCOMING DATES:

- July 27—Capitol Mile and SRRC Social
- July 30—Bix 7, Davenport, IA
- August 11—State Fair Parade Run 2M
- August 21—Abe's Amble 10k
- September 16—Full Moon Trail Run
- September 18—Shoreline Classic

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The 37th Annual Women's Distance Festival

Two hundred and forty women crossed the finish line on Saturday, July 9th, to complete the 37th Annual Women's Distance Festival. I not sure we could have had better weather that morning, especially compared to the hotter-than-normal temps we've had for the past couple of weeks.

The winner, Joy Guardia (center), is no stranger to Springfield area running. Joy was last year's Female Overall SRRC Points Winner and is a regular contributor to the FootTrails newsletter each issue.

This year's winning time was 12:01.

Second place was Lindsay Rogers (L), from Springfield, in 12:09, and 3rd place was Kelly Fox (R) of Decatur, with a time of 12:22. Roxanne Patrylak from Collinsville won the Master's Division, finishing in 13:06.

Congratulations all the women who ran this year! Results are online at ItsRaceTime.com.



Meet the 2016 SRRC Scholarship Recipients



The Springfield Road Runners Club is proud to support the next generation of runners each year by awarding scholarships to graduating high school seniors who have participated in cross country, track, and/or road races. This year's winners include some of the top athletes in the state: David Plunkett (left, Pleasant Plains HS), Tyler Johnson (middle, Pleasant Plains HS), and Madeline Pearce (right, Auburn HS).

The common theme we see throughout the stories told by this year's scholarship recipients is relationships. Each of these runners mentioned how running has strengthened their relationships with family, friends, and teammates.

An award ceremony will be held following the State Fair Parade Run on August 11, 2016. We encourage all club members to come out to meet them and show them your support before they leave for college. Meet the scholarship winners in their profiles on page 4.

2016 SRRC Board

President

Bryan Glass

bglass@sps186.org

Past President

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Webmaster

Neil Glessner

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Newsletter Editor

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:

Nick Fogleman

Membership Director:

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

HALF WITS

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

Cost: Free to SRRC members

Dates: January—March

Leaders: Stephen Paca and Kristina Mucinskas

www.facebook.com/SRRC-HalfWits

GET FAST!!!

Work on your speed at the summer track sessions led by Jack, Carl and Susan.

Dates: April—September

Tuesday and Wednesday evenings, 5:45 at Washington Park and/or SHG Track.

<http://srrcspeedwork.blogspot.com/>

ABE'S ARMY

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

Cost: TBD

Dates: May—August

Leaders: We need volunteers!

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/SRRC-FrostToes

Please send us outstanding performances by club members to be included in future newsletters.



President's Message:

Summer is my favorite time of the year! Chicago Cubs baseball, traveling, grilling, ice cream, sweet corn, water activities, sunlight, and having the opportunity to be outside all day are all reasons why summer remains the best time of the year for me.

Summer also means running in the heat and humidity. I don't mind the hot weather because if I'm outside, I'm happy, although, I sweat like crazy. Most people would think that sweating is a good thing, which it is, but it can also become a bad thing.

Sweating is your body's way of cooling itself off, but in humid conditions the cooling effect is virtually non-existent. So your body sweats more to cool off and you end up losing a lot of water weight. This loss of water weight can become life threatening if not taken seriously and it can happen to anyone. I learned a couple weeks ago that an older friend of mine suffered heat exhaustion from simply being outside for too long even though he wasn't exercising.

Then there's the story of Olga Appell at the 1995 Quad City Times Bix 7. Appell was one of the best elite world-class distance runners in the early 1990's. At the Bix 7 in 1995, with one mile to go, I came up on Appell. She was weaving badly across the road and I realized she was in trouble. I wanted to stop and help her, but thought I'd get in trouble for interfering with the top woman in the field so I ran by and hoped she'd be okay. I learned later that Bill Rodgers came by shortly after me and guided her to the spectators off to the side and told them to get her medical attention. She would be transported to the hospital with a body temperature of 106 degrees! She wasn't released until the next day and her career would never be the same after that.

We have to take precautions to prevent heat-related illness. Did you know I weigh myself almost every day, regardless of the season? Running means sweating and sweating means dehydration. I weigh myself in the morning and after runs to get an idea of where my body weight is from

normal so I can hydrate properly. Sometimes my weight determines my run.

Here are some tips to help prepare for the summertime heat; hydrate early and often, run routes that have access to water, limit caffeine and other diuretics, run in the shade, run early or late in the day, wear wicking fabric, and slow down the pace. Workouts should be limited or avoided during extreme hot weather days. If you feel dizzy, nauseous, start getting chills, or stop sweating, STOP! Find some shade, an air conditioned building, drink fluids (water or electrolyte enriched), and rest.

Be smart out there and listen to your body. Heat-related illness can happen anytime to anyone during any season. One run is not worth your life.

~Bryan Glass

July Social—Post Capitol Mile Race Social



When: Wednesday, July 27, 2016

What: Post Race Party!

Where: Cousin Eddie's Beer Garden

Fairhills Shopping Center

1951 W. Monroe Street

Cost: FREE for SRRC members!

Register at www.GetMeRegistered.com

Appetizers will be provided by SRRC. You do not need to run the Capitol Mile to attend!

Questions, please contact: Emily Bernardes, SRRC Social Director.
eklockenga@yahoo.com

2016 SRRC Scholarship Profiles

David Plunkett is the son of Mike and Cheryl Plunkett. David attended Pleasant Plains High School where he ran cross country and track. David currently holds his high school's record for 800 (1:55.41), 4x800 relay (8:00.38), and 4x400 relay (3:29.1).

David qualified for the state track meet all four years and was a cross country state qualifier for three years in high school.

Some notable finishes for David throughout his high school running career include outstanding performances at State in the 800—5th place (2015), 6th place (2016), and the 4x800 relay—8th place (2013) and State Champions (2014).

David will attend Southeast Missouri State University in Cape Girardeau, Missouri, in the fall, majoring in International Business. He will compete in cross country and track.

"Running...has helped me become a better person through building relationships with family and friends. It has given me more confidence in myself and has shown me what I can accomplish through hard work and perseverance."
~David Plunkett

Tyler Johnson is the son of Paul and Kim Johnson. Tyler attended Pleasant Plains High School where he competed in cross country, track, and also received many scholastic honors including being named an Illinois State Scholar, and a regional winner in Scholastic Bowl and the Worldwide Youth in Science and Engineering competition. In addition

to being valedictorian, Tyler is currently the record holder for three miles in cross country (14:42), and in track the 3200m (9:32.15), 1600m (4:21.63), 4x800 relay (8:00.38), and 4x400 relay (3:29.1).

Tyler qualified for the state cross country and track meets all four years in high school.

Notable finishes for Tyler in his high school running career in cross country include a 7th (2015) and 10th (2014) place at the State Championships, Sangamo Conference Champion in 2013 and 2015, and he was named as one of the Cross Country Runners of the Year by SRRC in 2014 and 2015.

In track, Tyler was no stranger to the state track meet. He was a three-event qualifier his senior year. His outstanding performances include the 4x800 relay—8th place (2013), State Champions (2014); 1600m—11th place (2014), 9th place (2015); and 3200m—2nd place (2015). He is the Sangamo Conference and Sangamon County record holder in the 3200m.

Tyler will attend Calvin College in Grand Rapids, Michigan, majoring in Mechanical Engineering. He will compete in cross country and track.

"Running has defined my fitness life, molded my social life, given routine to my academic life, strengthened bonds in my family life, and given me a platform in my spiritual life. It is my hope that running will be a constancy throughout my life as it continues to make me a better man through its rigorous discipline and satisfying personal reward." ~Tyler Johnson

Madeline Pearce is the daughter of Gregory and Theresa Pearce. Madeline (Maddy) attended Auburn High School where she ran cross country, track, and also excelled in academics, which included being class valedictorian.

Maddy was recognized in cross country with the Lowest Points Award her freshman year, Most Improved Award her sophomore year, and named Team Captain her senior year.

In addition to being on the straight A honor roll list throughout high school, Maddy's scholastic accomplishments include being named an Illinois State Scholar, National Honor Society Member, Captain of the Varsity Scholastic Bowl Team, took 2nd place in the Worldwide Youth in Science and Engineering (WYSE) Sectionals her junior year, and 3rd in the WYSE Regionals her sophomore year.

Maddy will attend Bradley University in Peoria in the fall, majoring in Mechanical Engineering (Biomedical). She plans to continue running by joining the local running club and participating in road races.

"Running has meant the world to me.... it has meant a way to stay sane. It helped me make new friends and improve myself. Even though I started track on a whim in sixth grade, running quickly became a part of my everyday life." ~Madeline Pearce

If you know of a local Class of 2017 runner, please share the SRRC Scholarship program with them. Applicants are required to submit an application including letters of recommendation and a short essay. The deadline to apply is May 1st of their graduating year. More information can be found on our website at <http://src.net/programs/src-scholarship/>.

SPRINGFIELD ROAD RUNNERS CLUB

TRIPLE CROWN CHALLENGE

What is the Triple Crown Challenge?

- The SRRC Triple Crown Challenge is a series of THREE races:
Abe's Amble 10K
The Shoreline Classic 15K
Frostbite Festival 10 miler.

How much does it cost to join the Triple Crown?

- It is free to join. You do have to pay your entry fees into the races.

What are the rules?

- In addition to being a current SRRC member and an Abe's Army Participant or Leader you must also:
 - 1) Complete Abe's Amble 10K
 - 2) Complete Shoreline Classic 15k FOR THE FIRST TIME
 - 3) Complete Frostbite Classic 10 Miler FOR THE FIRST TIME

Are there training programs for the Shoreline and Frostbite to help me?

- YES! We encourage you to join the SRRC Members Facebook group. There is an informal Shoreline Classic 15K training group that starts just after Abe's Amble. In October, information will be posted about the Frost Toes training group for the Frostbite Festival 10 miler.

What happens once I complete all three races?

- You will receive recognition with fellow challengers in an awards presentation after the Frostbite Festival, a goody bag, be entered in for a raffle with GREAT prizes, and receive **FREE ENTRY** to the Lincoln Presidential Half Marathon.

What happens if I have to drop out of the Triple Crown?

- In the event that you have to drop out of the challenge, please let us know. If you drop out prior to the shoreline, you are still eligible to sign up next year. If you run the shoreline but not the Frostbite, you are ineligible to sign up next year.

Do I have to finish the races in a certain amount of time?

- NO! All you have to do is finish all three races.

So – What are you waiting for? Grab a friend, your running shoes and visit SRRC.net for a registration form!

Lori Dale and Stacy Reddecliff, Co-Coordiators

Questions? Contact:

Lori Dale at Loridale1974@gmail.com or Stacy Reddecliff at Redderunnergirl@gmail.com

SRRC Members—Finisher's Report

LINCOLN MEMORIAL GARDEN 8K

Joy Guardia	33:53.5	6:49 min/m
Wesley Wooden	34:25.9	6:55 min/m
Michael Garber	35:24.1	7:07 min/m
Fess Teklehaimanot	35:32.1	7:08 min/m
Lindsay Beck	35:58.2	7:14 min/m
Patricia Schaefer	36:13.0	7:17 min/m
Amanda Gardner	37:18.6	7:30 min/m
Randi Lucas	38:26.8	7:44 min/m
Craig Frick	38:33.0	7:45 min/m
Daniel Dungan	38:50.8	7:48 min/m
Tommy Dale	39:22.4	7:55 min/m
Venugopala Shetty	39:35.4	7:57 min/m
Wes Johnson	39:51.4	8:01 min/m
Bob Thompson	39:52.1	8:01 min/m
Andrew Streeval	39:54.5	8:01 min/m
Shane Bumgarner	40:03.3	8:03 min/m
Nick Fogleman	40:09.6	8:04 min/m
James Schafer	40:10.3	8:04 min/m
Ashley Snavely	40:21.5	8:07 min/m
Stephen Paca	40:42.3	8:11 min/m
Blake Scranton	40:54.0	8:13 min/m
Shannon Cole	41:36.5	8:22 min/m
Kelly Leka	41:37.3	8:22 min/m
Tammy Bumgarner	41:49.7	8:24 min/m
Darius Bryjka	42:24.3	8:31 min/m
Molly Schaefer	42:34.0	8:33 min/m
Amy Martin	43:33.9	8:45 min/m
Eswara Kakarala	43:39.6	8:47 min/m
Pamela Enno	43:41.1	8:47 min/m
Mary Fairclough	43:51.3	8:49 min/m
Brian Lee	43:52.8	8:49 min/m
Thomas Thornton	43:54.9	8:50 min/m
Curt Evoy	43:55.0	8:50 min/m
Richard Hymes	44:11.7	8:53 min/m
John Hauer	44:11.8	8:53 min/m
Michael Davis	44:12.0	8:53 min/m
Diana Nevitt	45:43.4	9:11 min/m
Matthew Duff	45:51.5	9:13 min/m
Sarah Enlow	46:04.9	9:16 min/m
Brenda Hillen	46:09.0	9:17 min/m
Daniel Cullen	46:14.0	9:18 min/m
Dan Loyd	46:31.2	9:21 min/m
Patrick Chasco	46:42.5	9:23 min/m
Corey Colson	47:07.2	9:28 min/m
Harvey Roemer	47:29.2	9:33 min/m
Rachel Stout	47:46.1	9:36 min/m
Kelly Costello	47:51.7	9:37 min/m
Camille Floyd	47:53.5	9:38 min/m
Arlene Hall	47:57.8	9:39 min/m

Nicholas Behl	48:18.4	9:43 min/m
Christine Feller	48:30.2	9:45 min/m
Grant Johnson	48:48.5	9:49 min/m
Barb Bonansinga	49:30.4	9:57 min/m
Donna Brayfield	49:43.2	10:00 min/m
Emily Burklow	50:03.5	10:04 min/m
Denise Figueroa	50:41.7	10:12 min/m
Emily Bermingham	50:52.6	10:14 min/m
Robert Cramer	51:15.3	10:18 min/m
Jessica Gonko	51:40.2	10:23 min/m
Ashleigh Koerner	51:42.0	10:24 min/m
Jan Andrews	51:42.4	10:24 min/m
Chris Mueller	52:03.9	10:28 min/m
Amanda Fogleman	52:12.2	10:30 min/m
Nancy Thompson	52:29.4	10:33 min/m
Haylee Brickey	53:28.0	10:45 min/m
Amanda Johnson	54:04.0	10:52 min/m
Brent Lucas	54:31.1	10:58 min/m
Amy Huber	54:51.6	11:02 min/m
Jessica Andrews	55:06.1	11:05 min/m
Kevin Fry	55:06.4	11:05 min/m
Lois Jazo	55:39.4	11:11 min/m
Jana Brennan	56:46.9	11:25 min/m
Joelle Major	56:50.5	11:26 min/m
Greg Tanner	57:05.0	11:29 min/m
Ellyn Wisniewski	58:18.9	11:44 min/m
Cathy Gochenour	59:13.2	11:54 min/m
Kathleen Henke	1:00:33.8	12:11 min/m
Mark Pitchford	1:00:57.9	12:15 min/m
Sam Woods li	1:03:58.0	12:52 min/m
Kim Vy Williams	1:04:16.5	12:55 min/m
Kathy Leuelling	1:04:21.2	12:56 min/m
Angela Turasky	1:04:21.4	12:56 min/m
Sunney Hinman	1:05:12.9	13:07 min/m
Marilee Cramer	1:05:14.0	13:07 min/m
Lindsey Lister	1:05:21.7	13:09 min/m
Shawn Gibbs	1:06:02.4	13:17 min/m
Diane Muncy	1:06:40.0	13:24 min/m
Amanda Rieger	1:09:02.6	13:53 min/m
Kim Kinsell	1:09:02.8	13:53 min/m
Michele Pitts	1:12:22.3	14:33 min/m
Denise Beauman	1:12:58.5	14:40 min/m
Nina Rossini	1:14:33.8	15:00 min/m
Jennifer Herman	1:15:08.3	15:07 min/m
Carl Hinman	1:16:44.3	15:26 min/m
John Stearns	1:19:13.9	15:56 min/m
Jolene Vollmer	1:19:15.5	15:56 min/m
Maggie Barton	1:23:02.7	16:42 min/m
Cindy Gibbs	1:23:03.9	16:42 min/m

PASSAVANT 5K

Layne Hill	18:29	5:57/mile
Scott Leopold	21:24	6:54/mile
Stuart Funderburg	23:34	7:36/mile
Thomas Thornton	23:59	7:44/mile
Richard Hymes	24:09	7:47/mile
Neil Olson	26:31	8:33/mile
Laura Hauer	27:09	8:45/mile
John Hauer	28:01	9:02/mile
Lindsey Hauer	28:01	9:02/mile

PASSAVANT 10K

Randi Lucas	45:09	7:17/mile
Wes Johnson	45:50	7:23/mile
Craig Frick	45:53	7:24/mile
Greg Bennett	46:15	7:27/mile
Tracy Dowell	46:15	7:27/mile
Tammy Bumgarner	47:40	7:41/mile
David O'Connor	47:57	7:44/mile
Blake Scranton	49:11	7:56/mile
Shannon Cole	49:30	7:59/mile
Jeff Andrews	49:33	7:59/mile
Marybeth Young	50:41	8:10/mile
Kelly Hubbard	50:46	8:11/mile
Robert Force	51:29	8:18/mile
Matthew Duff	52:20	8:26/mile
Dan Loyd	52:39	8:29/mile
David Baker	53:13	8:35/mile
Brenda Hillen	54:09	8:44/mile
Michael Matulis	54:25	8:46/mile
Randy Rieke	55:48	9:00/mile
John Langley	55:50	9:00/mile
Robert Cramer	58:25	9:25/mile
Haylee Brickey	58:53	9:29/mile
Bobbie Jo Hill	1:01:11	9:52/mile
Joyce Hubbard	1:01:52	9:58/mile
Amanda Johnson	1:02:43	10:06/mile
Joelle Major	1:03:23	10:13/mile
Arthur Holtman III	1:03:30	10:14/mile
Amy Martin	1:03:39	10:16/mile
Gloria Rondeau	1:06:45	10:46/mile
James Alexander	1:09:00	11:07/mile
Marilee Cramer	1:15:28	12:10/mile
Sam Woods II	1:15:47	12:13/mile
Mollie Langley	1:16:16	12:18/mile
Kristine Holtman	1:37:52	15:47/mile

STEAMBOAT 4 MILE

Thomas Thornton	21:03.0	5:16
Bob Baker	31:25.0	7:52
Kelly Hubbard	31:56.0	7:59
Neil Olson	34:19.0	8:35
Andy Peterson	35:49.0	8:58
Grant Johnson	37:32.0	9:23
JC Large	39:08.0	9:47
Joyce Hubbard	39:26.0	9:52
Amanda Johnson	40:27.0	10:07
Patrick Price	41:04.0	10:16
Lisa Culp	44:31.0	11:08
Tracy Lane	44:50.0	11:13
Linda Wagner	45:59.0	11:30
David Culp	46:51.0	11:43
Greg Feeny	48:53.0	12:14
Mary Rogers	1:02:35	15:39

STEAMBOAT 15K

Patricia Schaefer	1:03:18	6:48
Tommy Dale	1:11:38	7:42
Wes Johnson	1:14:18	7:59
Kate Lowe	1:15:47	8:08
Molly Schaefer	1:19:19	8:31
Mary Fairclough	1:20:14	8:37
Robert Force	1:20:50	8:41
John Langley	1:29:39	9:38
Jody Thomson	1:32:19	9:55
Mollie Langley	1:59:31	12:50

BOB GOLDMAN SCHOLASTIC 5K

Eli Cook	16:09	5:12
Daniel Plunkett	16:11	5:13
Henry Janssen	17:24	5:36
David Plunkett	18:11	5:52
Michael Rogers	18:34	5:59
Michael Garber	18:49	6:04
Wesley Wooden	18:53	6:05
Lindsay Rogers	19:17	6:13
Keith Virden	19:23	6:15
Bill Owens	19:57	6:26
Chelsea Griffin	20:59	6:45
Tom Weir	21:26	6:54
Tracy Dowell	21:49	7:02
Adam Shaw	21:49	7:02
Andrew Streeval	22:02	7:06
Karen Rogers	22:10	7:09
Tammy Bumgarner	22:25	7:13
Isaac Crumrine	22:41	7:18
Caleb Farthing	23:49	7:40
Holly Dahlquist	23:56	7:43
Stuart Funderburg	23:59	7:44
Hannah Leverenz	24:13	7:48
Matthew Duff	24:34	7:55
Joshua Farthing	25:15	8:08

Jack Mraz	25:18	8:09
Kelly Biggs	25:24	8:11
Cheryl Biesiada	25:53	8:20
Camille Floyd	27:06	8:44
Rob Arenz	28:03	9:02
Caroline Dahlquist	28:10	9:04
Jan Andrews	28:15	9:06
Arthur Holtman III	28:33	9:12
Joelle Major	30:21	9:46
Barbara Manson	30:26	9:48
Jessica Andrews	30:59	9:59
Jamie Bundy	32:51	10:35
Julie Mraz	33:37	10:50
Sam Woods II	34:05	10:58
Denise Beauman	39:01	12:34
Claudia Colombo	41:12	13:16
Michele Pitts	41:57	13:30
Crysta Weitekamp	42:18	13:37
Tiffany Streeval	42:23	13:39
Kristine Holtman	45:49	14:45

SCHEELS 5K

Eli Cook	16:39.2	5:21
Michael Garber	18:36.1	5:59
Keith Virden	19:12.9	6:11
Fess Teklehaimanot	19:34.5	6:18
Lindsay Beck	20:03.8	6:27
Scott Leopold	21:11.5	6:49
Venugopala Shetty	21:21.1	6:52
Blake Scranton	21:43.3	6:59
Andrew Streeval	22:07.0	7:07
Wes Johnson	22:27.4	7:13
Kate Lowe	23:05.0	7:26
Tadd Davis	23:31.4	7:34
Kelly Hubbard	24:09.4	7:46
Richard Hymes	24:24.6	7:51
Sarah Enlow	25:43.6	8:17
Emily Burklow	26:11.7	8:26
Nancy Ferguson	26:56.4	8:40
Jan Andrews	28:11.1	9:04
Ashleigh Koerner	29:09.4	9:23
Chelsea Arndt	29:14.1	9:24
Jc Large	29:16.5	9:25
Chris Mueller	29:27.7	9:29
Patrick Price	29:34.3	9:31
Joyce Hubbard	30:00.3	9:39
Emery Greene	30:03.1	9:40
Michael Greene	30:21.9	9:46
Amanda Johnson	31:48.8	10:14
Diane Muncy	33:06.4	10:39
Dana Greene	33:24.2	10:45
Tracy Lane	33:33.2	10:48
Kathy Leuelling	34:06.0	10:58
Sam Woods II	34:46.7	11:11
Sunney Hinman	35:16.6	11:21

Ellyn Wisniewski	35:24.4	11:24
Beth Lafata	36:09.4	11:38
Dianna Jones	36:12.2	11:39
Patty Ingram	38:39.0	12:26
Tiffany Streeval	40:44.7	13:06
Jennifer Herman	41:37.8	13:24
Pamela Smith	42:17.4	13:36
Kathy Kassing	42:23.5	13:38
Claudia Colombo	43:21.5	13:57
Leann Divjak	43:34.7	14:01
Michele Pitts	46:46.6	15:03
Susan Taylor	50:32.6	16:16

TOWN & COUNTRY BANK 5K

Bill Owens	19:25	6:15
Bob Thompson	21:56	7:04
Wes Johnson	22:14	7:10
Blake Scranton	22:27	7:14
Shannon Cole	23:29	7:34
Tommy Dale	23:34	7:35
Stuart Funderburg	23:38	7:37
Amy Martin	23:53	7:42
Curt Evoy	24:00	7:44
Richard Hymes	24:06	7:46
Jeff Andrews	24:10	7:47
Brandon Arenz	24:33	7:54
Rob Arenz	24:56	8:02
Brian Shaw	25:37	8:15
Caleb Farthing	25:44	8:17
Joseph Petty	25:58	8:22
Brenda Hillen	26:02	8:23
Camille Floyd	26:43	8:36
Jan Andrews	27:40	8:55
Neil Olson	27:49	8:57
Ashleigh Koerner	28:41	9:14
Haylee Brickey	28:46	9:16
Nancy Thompson	29:11	9:24
Arthur Holtman III	29:18	9:26
Amanda Johnson	30:18	9:46
Todd Jokisch	32:18	10:24
Sam Woods II	33:08	10:40
Michele Pitts	40:33	13:03
Kristine Holtman	43:13	13:55

WOMEN'S DISTANCE FESTIVAL

Joy Guardia	12:01.1
Lindsay Rogers	12:09.3
Patricia Schaefer	12:37.1
Chelsea Griffin	13:04.1
Shannon Becker	13:29.1
Tracy Dowell	13:33.2
Kate Lowe	13:38.9
Tammy Bumgarner	14:06.6
Shannon Cole	14:10.0

(Continued on page 8)

SRRC Members—Finisher's Report

(Continued from page 7)

Randi Lucas	14:11.9	Amanda Johnson	19:14.0	Jennifer Herman	25:02.1
Amy Martin	14:52.6	Katie Buskirk	19:18.3	Katherine Nelson	25:27.9
Suzannah Bartos	15:03.8	Brianne Redpath	19:40.9	Maggie Barton	25:41.2
Holly Dahlquist	15:04.0	Joelle Major	19:48.6	Rhonda Leonard	25:41.4
Mary Fairclough	15:16.5	Lois Jazo	19:54.0	Kathy Kassing	26:01.5
Rachel Stout	15:31.9	Verna Stallone	19:56.7	Kristine Holtman	26:05.7
Jorie Roubitchek	15:35.6	Elyn Wisniewski	19:56.7	Denise Beaman	26:17.7
Emily Burklow	15:42.1	Chelsea Arndt	20:00.7	Madalynn Sullivan	26:19.2
Julie Boots	15:54.4	Diane Muncy	20:02.1	Christianna Sullivan	26:35.0
Brenda Hillen	16:03.8	Kathleen Jensen	20:16.5	Jennie Davis	27:06.2
Lynn Kerber	16:19.1	Angela Turasky	20:17.9	Vivian K Jones	27:07.7
Cheryl Biesiada	16:24.3	Lori Iocca	20:20.2	Diane Rutledge	27:21.4
Amy Whitecotton	16:32.3	Marilyn Kushak	20:25.1	Christina Griffin	27:35.1
Denise Figueroa	16:54.1	Kathy Leuelling	20:41.6	Nina Rossini	27:37.0
Sarah Enlow	16:54.2	Heather Dunn	20:45.1	Linda Hostetler	27:40.4
Susan Becker	16:55.3	Jana Brennan	20:59.0	Mary Shaw	27:45.0
Adrienne Sweet	17:02.2	Kim Wonnell	21:00.1	Echo Beekman	28:02.8
Jan Andrews	17:12.3	Tracy Lane	21:14.0	Jennifer Rees	28:03.6
Jessica Gonko	17:44.4	Audrey Wilton	21:37.3	Sherry Feagans	29:12.1
Caroline Dahlquist	17:48.3	Lauren Closter	21:49.6	Michele Pitts	29:12.8
Amanda Fogleman	17:50.6	Beth Lafata	22:01.5	Sarah Rieke	29:14.5
Camille Floyd	17:51.2	Jocelyn Bumgarner	22:07.0	Willa Langley	29:54.5
Brenda Vail	17:51.7	Sunney Hinman	22:25.5	Mollie Langley	29:56.1
Melissa Wiseman	17:54.7	Jessica Pettis	22:27.2	Susan Taylor	30:17.9
Amy Huber	18:10.5	Dianna Jones	22:33.7	Grace Gauvin	31:06.5
Ashleigh Koerner	18:18.6	Erin Metzger	22:37.0	Joanna Webb-Gauvin	31:08.2
Haylee Brickley	18:20.8	Tiffany Streeval	23:54.2	Ashley Drowns	32:11.8
Carrie Ward	18:36.5	Samantha Rieke	24:01.7	Janelle Chapman	32:30.3
Barb Manson	18:39.6	Cindi Rieke	24:27.4	Allex Langley	33:41.4
Jessica Andrews	18:43.4	Patty Ingram	24:31.0	Erin Brennan	36:50.4
Jennifer Gross	18:58.8	Crystal Creswell	24:34.4	Jill Roth	36:55.3
Jennifer Krause	18:59.6	Joyce Ludwig	24:38.6	Susan Meister	49:18.8
		Patricia Hopkins-Price	24:40.0	Cindy Gibbs	49:19.6
		Kim Kinsell	24:51.5		

SRRC Club Apparel In Stock!



Show off your club pride! Springfield Road Runners Club has club shirts and hats for sale.

SRRC Running T-Shirts

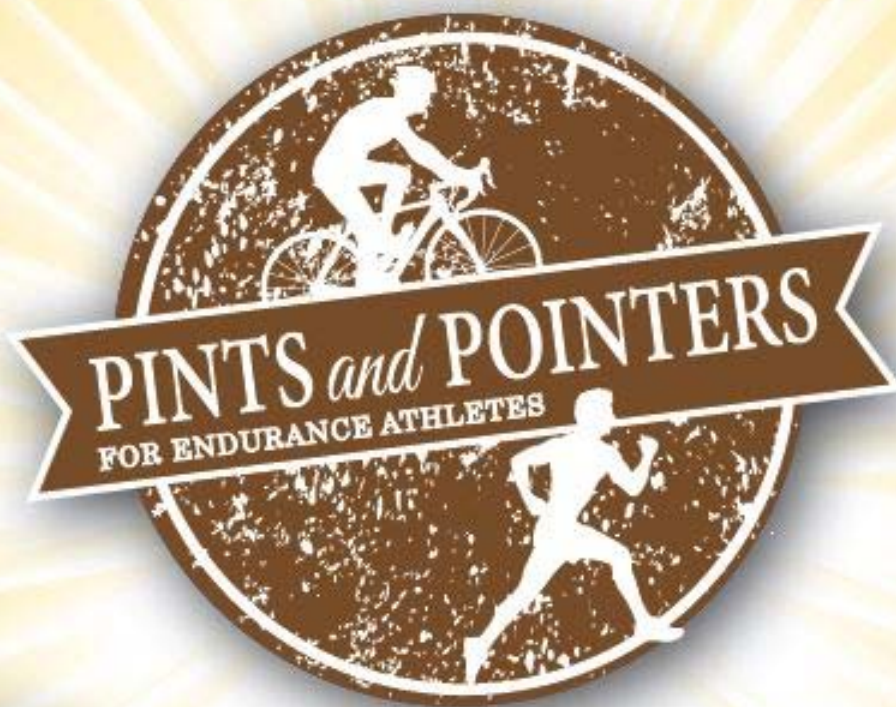
- Brooks female (white) - \$15.00
- Brooks male (gray) - \$15.00

SRRC Headsweats Hats

- White, pink, and blue—\$25.00

Please contact Brian Lee, BfosterL@yahoo.com





Enjoy a cold one while the region's leading sports medicine experts provide tips on maximizing your fitness, preventing injuries and recovering from workouts as you train for long distance running and biking events.

Thursday, July 28 | 6:30 - 8 pm
Obed and Isaac's Microbrewery Beer Garden

Short presentations from 6:45 - 7:30 pm by:
Terese Laughlin, DPM | Tommy DeMare, ATC
Gregg Sams, DPT

Free gift bag for first 100 who register.
Space is limited. Register by July 25.
Call 217-814-4308 or email mary.rogers@hshs.org



HSHS
St. John's
AthletiCare





Opposite Page: Top—Overall winners of the LMG 8K, Joy Guardia and Brian Wilmarth, and members hanging out at the post-race events. Middle—SRRC members took home a lot of hardware at the Passavant 5k/10k in Jacksonville. Bottom—(L) Town & Country 5K in Jacksonville, and (R) Scholastic 5K.

This Page: Top—Speedwork Wednesdays at SHG track. Right—Abe's Army Blue 1 & 2. Bottom—(L) the start of the Women's Distance Festival, and Amy and Diane after the race.



Running Changed My Life: SRRC Stories

In the last issue of FootTrails, we started what we hope will be an ongoing way to share some inspirational stories of how running has changed the lives of our members. This issue, we're introducing you to Shane Bumgarner and Stacy Reddecliff. Once again, you'll see these members at many of the club events and races. Life changes often start and continue with whom you surround yourself.

SHANE BUMGARNER

If you've talked with Shane before, you know he can be pretty passionate about working out and exercising. He wants EVERYONE to join in too. He wasn't always this way though. In 2009, Shane was leading a pretty sedentary life. He had gained weight after a career change from construction to computer programming. In addition to the weight gain, he began having health issues including severe acid reflux and high cholesterol. That year, he ended up in the emergency room with chest pains. Test after test came back negative for any physical issues, and he reluctantly accepted the doctor's suggestion that anxiety and panic attacks were causing his pains. He was prescribed an anti-depressant. Even though he hated the idea of taking pills daily, he began taking them with some relief. While researching "natural" ways to treat anxiety disorders, he read an article about the effectiveness of exercise as a treatment for anxiety. He decided to try it.

The runs started as challenges to himself to see how long he could run without stopping. Within a few weeks, he made it up to two miles. He was starting to



Shane in February 2010 (L), and in March 2016 at mile 24 of the Lake Clinton Ultra.

see positive effects on the anxiety he was still having. He started eating healthier around the same time, and the acid reflux stopped almost immediately. Within three months of taking his first running steps, he signed up for Abe's Amble 10K with a friend. It was his first race ever. It wasn't a pretty finish, but he was hooked! Within his first year of running, he would also run the Frostbite 10 miler and the Lincoln Presidential Half Marathon. He was also able to successfully wean off the anxiety medicine.

Shane joined a lunch running group and also joined the Springfield Road Runners Club the following year. He continued to work harder and get faster, and the weight continued to drop off. By the time he reached his goal weight, he had lost nearly 50 pounds, and he has maintained it for the past four years.

While Shane enjoys road running, dirt trails are where his heart resides. In

2016, he completed his first ultramarathon, a 30-miler on the hilly trails at Lake Clinton.

"There is no magic pill to changing your life, other than making the decision every day to make better choices, and to finding something you like to do, and doing it. Running may not be your thing, but maybe it's walking, maybe it's biking, swimming, yoga, lifting weights...whatever! There are a million ways to get out and use the body God gave you. If you don't use it, you will definitely lose it. I am still pushing myself, and looking for my limits. Limits are not brick walls. You may fail one time, but you try again and eventually you will smash that wall. I never thought I could run 30 miles of dirt and hills, but I did it. Now I want to try and make it to 50 miles someday. You will never regret your last workout, your last run, you only regret not trying!" ~Shane Bumgarner

STACY REDDECLIFF

In listening to Stacy's story about running and fitness, you'll hear reoccurring themes about friendship and pushing to new limits. While Stacy's life changes started quite some time before she added running into the mix, running has become a key way to stay in shape and continue to develop friendships along the way.

Stacy's story starts in in junior high school when she first started battling with her weight. The struggle continued through high school and into young adulthood. In 2002, she reached what she describes as the "worst point", tipping the scales at 225 pounds. She had had enough, and started her journey by changing her diet and walking. She soon discovered cardio-kickboxing and became involved with that for two years before becoming an instructor herself. As Stacy got healthier, she strived to push herself in different ways. She then added weight training, running and biking to her fitness routine.

In 2013, she decided she was going to run a half marathon—the Lincoln Presidential Half Marathon. Her first training runs were alone. After an early two mile run, she could not imagine how she would be able to finish another 11 miles on top of that, but she pushed on. The days and weeks went by, and she would have good runs and bad runs, but she kept at it. In the middle of her training plan, she discovered the Springfield Road Runners Club and the Halfwits training group. The Halfwits took her through the rest of her training plan—with new friends. Stacy recalled showing up to her first Saturday morning group run knowing no one, but she was

warmly welcomed in by local runners. Since that first run, those friendships have grown, and many more running friends have been added to her circle. She finished her half marathon that year along with many of these new friends.

Of course, Stacy's drive did not have her stop there. It wasn't long before she decided a marathon would be in her future, and in 2015, she started training for one. Crossing the finish line at the Quad-Cities Marathon is her proudest running moment so far, "This was my first marathon, and there will never be another feeling like it."

Stacy now gives back to the running club that means so much to her through volunteering. "So many runs, so many races, so many encouraging words, the caring and thoughtful people that get you

through a bitterly cold run or the times you just want to quit. The opportunities to give back to all of you that have given so much to me."

For the past two years, Stacy has been a co-coordinator of the Triple Crown Challenge and an Abe's Army leader. She loves to watch new runners start their journeys just like she did—they have doubts about what lies ahead of them. "Then week-by-week, seeing the transformations, the strength, the determination, and the friendships formed," Stacy says that is what it's really all about.

"I believe that no matter how long you have been a runner, your journey is never over. There will always be something on the horizon to work for." ~Stacy Reddecliff



Stacy in 2001, and also in 2015 nearing the finish of the Quad-Cities Marathon.

Speed Workouts on Wednesdays!

YES! Speed workouts are back, 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 5:30 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.

You can find out more about the runs by joining the SRRC Members Group page on Facebook:

www.facebook.com/groups/srrc.net

Here's the summer trail schedule for 2016:

5/7/2016 Lost Bridge Trail, IDOT
5/14/2016 Interurban Trail, Hazel Dell/West Grand
5/21/2016 Sangamon Valley Trail, Centennial Park
5/28/2016 Lost Bridge Trail, IDOT
6/4/2016 Interurban Trail, Hazel Dell/West Grand
6/11/2016 Sangamon Valley Trail, Stuart Park
6/18/2016 Lost Bridge Trail, IDOT
6/25/2016 Interurban Trail, Woodside Road
7/2/2016 Sangamon Valley Trail, Centennial Park

7/9/2016 Lost Bridge Trail, IDOT
7/16/2016 Interurban Trail, Hazel Dell/West Grand
7/23/2016 Sangamon Valley Trail, Stuart Park
7/30/2016 Lost Bridge Trail, IDOT
8/6/2016 Interurban Trail, Woodside Road
8/13/2016 Sangamon Valley Trail, Centennial Park
8/20/2016 Lost Bridge Trail, IDOT
8/27/2016 Interurban Trail, Hazel Dell/West Grand
9/3/2016 Sangamon Valley Trail, Stuart Park
9/10/2016 Lost Bridge Trail, IDOT
9/17/2016 Interurban Trail, Woodside Road
9/24/2016 Sangamon Valley Trail, Centennial Park
10/1/2016 Lost Bridge Trail, IDOT
10/8/2016 Interurban Trail, Hazel Dell/West Grand

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—Strength Training

Shake up your strength training design!

Strength training has such a broad range of program design that individuals at any training level, any body type and any preference of training mode will benefit from it. No matter what intensity level you work out in, there is a method of strength training that can help improve your running performance. Many times I will train people in a standard set program so they are familiar with the exercises and learn proper form. When that gets boring or the client is getting too good at it I will switch up the design of the sets.

I am going to use a simple set of four exercises for an example and show you multiple ways to work those same muscle groups. Write out a 6 week program, change it up every 6 weeks, and you will see good improvements in strength, stability and coordination! (If you need assistance in writing out a plan let me know, I can get you started).

Standard set example: 3 sets, 15 reps each

1. Dumbbell row
2. Pushups
3. Reverse lunges
4. Front plank

Timed: perform the 4 exercises for a set amount of reps (maybe 15 reps) continuously for 10 minutes before resting...how many sets can you do in the allotted time?

Increase the sets and the weight: choose heavier weight and perform only 8-10 reps, 4-5 sets (to increase weight to a pushup or plank, add a plate weight to your back).

Make the last set a strip-down set: This is where you start at the heaviest weight you can safely do for about 5 reps, immediately decrease the weight and do as many repetitions as you can, keep decreasing the weight until you reach the end of the weight rack!

Add cardio: Do a standard set but after each strength exercise perform 1-3 minutes of a cardio exercise. This could be a cardio machine like the row machine or it could be jump rope/jumping jacks/quick steps etc.

Work the same muscle group but make it a more difficult movement:

Dumbbell row while in a plank position: place dumbbells on the floor, place hands on them with toes on the floor and body in a plank position, while keeping your body in a solid plank position (widen your feet for better control), perform a row with one arm at a time. This requires great core strength so start light.

Forward-reverse lunges: staying on one leg, perform a forward lunge and immediately swing your leg into a reverse lunge, continue to lunge on the same leg

for the full rep-range before switching legs. Remember to keep your toes pointing forward, good posture, and your knees at 90 degrees while in the lunge position.

Vary your pushups: elevate your feet; elevate your hands; put a medicine ball under 1 hand; walk sideways with your hands between each rep

Vary your plank: hold a front plank and raise one leg up at the hip with straight knees, alternate; hold a front plank and raise your hips up into a pike position without moving your feet; Side plank into front plank, into other side plank, alternating back and forth.

If you have lost your motivation to strength train, shaking up the design may be what you need to get back into it!

~Joy Guardia, Certified ACSM Personal Trainer

If you have questions for Joy, you can find her on Facebook or post a message on the SRRC Members' Facebook group page at: www.facebook.com/groups/SRRC.net



Member Birthdays—July/August

Sean Nashland	7/1	Jesecca Titone	7/19	Melissa Best	8/9
Genevieve Kaplan	7/1	Randi Lucas	7/19	Andrea Guerrero	8/10
Daniel Bryjka	7/1	Kenneth Riley	7/20	Jim Blasko	8/11
Joshua Farthing	7/2	Andrew Guardia	7/20	Sunney Hinman	8/11
David Ealey	7/3	Luke Williams	7/20	David Plunkett	8/11
Ricky McCollum	7/4	Teresa O'Sullivan	7/21	Grace Hoppe	8/11
Ashley Drowns	7/4	Margaret Burns	7/21	Shirley Webb	8/13
Carson O'Sullivan	7/5	Diane Muncy	7/22	Melissa Thomas	8/13
Cheryl Biesiada	7/6	Holly Dahlquist	7/22	Caroline Dahlquist	8/13
Gabby Stephens	7/7	Jill Westfall	7/22	Patrick Price	8/15
Susan Meister	7/8	Lisa Hanson	7/23	Kelly Sholtis	8/16
Tim McCaughey	7/8	Jeanne Brewer	7/24	Adam Shaw	8/16
Kristi Ruppel	7/8	John Stierman	7/25	Alice Staats	8/17
Susan Brinkoetter	7/8	Kimee Armour	7/25	John Hartnett	8/17
Nikki Stampehl	7/8	Kathy Leuelling	7/28	Joelle Major	8/17
Amanda Vinicky	7/8	Tracy Dowell	7/28	Emma Coyle	8/17
Stephen Wagner	7/9	Katherine Whitlock	7/29	Michael Mraz	8/17
Kim Curtis	7/9	Jean Allen	7/30	Edward Bryjka	8/17
Jessica Hoppe	7/9	Dustin Morrison	7/30	Michael Davis	8/18
Grace Brinkoetter	7/9	Denise Hartnett	7/31	Lori Dixon	8/18
Lynn Kerber	7/10	Brayden Dunn	8/1	Tiffany Streeval	8/18
Michelle Pulce	7/10	Mary Kay Lackman	8/2	Liam Biesiada	8/18
Kelly Hubbard	7/11	Lindsey Lister	8/2	John Langley	8/19
Connor O'Sullivan	7/11	Emily Jones	8/2	Neil Glessner	8/19
Kathy Handy	7/12	John Hall	8/3	Kathleen Knolhoff	8/19
Ronda Schappaugh	7/12	Nancy Neuberger	8/3	Christopher Mraz	8/19
Brian Shaw	7/12	Ginger Aschenbrenner	8/3	Jonathan Rees	8/20
Andrew Streeval	7/12	Scott Beever	8/3	Shelby Stockton	8/20
Adam Castelli	7/12	Andrew Owens	8/3	Caroline Quarton	8/21
Emily Davis	7/12	Tamara Boeker	8/4	Gloria Rondeau	8/24
Megan Hoppe	7/12	Sheryl Friedrich	8/4	Crystal Bales	8/24
Jorie Roubitchek	7/13	Susan Helm	8/5	Tad Andrews	8/24
Paris Doyle	7/13	Dawn Raycraft	8/5	Lindsay Beck	8/25
Jeannie Courtney-Albertin	7/14	Lauren Closter	8/5	Audrey Wilton	8/25
Marilee Cramer	7/15	Alice Schum	8/6	Daron Poage	8/26
Noah Edward	7/15	Jenna Arenz	8/6	Kathi Lee	8/27
Jim Cinotto	7/16	Eswara Kakarala	8/7	Katie Weir	8/27
Stephanie Palazzolo	7/16	Misty Shaw	8/7	Joseph Mraz	8/27
David O'Connor	7/17	Jack Bellmer	8/8	Maggie Massey	8/28
Neil Olson	7/17	Fess Teklehaimanot	8/8	Samantha Shamhart	8/28
Kelly Leka	7/18	Eleanor Singleton	8/8	Tahney Fletcher	8/29
Carrie Ward	7/19	Cheryl Plunkett	8/9	Brianne Redpath	8/29
Amy Huber	7/19	Vangie Hovermale	8/9	Melissa Wiseman	8/31
Kendra Watts	7/19	Tracy Lane	8/9	Elena Bryjka	8/31
		Don Smith	8/9	Gina Massie	8/31

SRRC Board Meeting Highlights



The SRRC Board of Directors meets each month on the second Tuesday of the month at UCB on Bruns Lane (subject to change). Members are welcome to attend. The full reports of board minutes are available at srcc.net.

April 2016 Meeting Highlights:

- Treasurer's Report
 - UCB—\$30,724.05
 - Security Bank—\$1,800.91
 - LPHM—\$37,004.05
 - Total—\$69,529.17
- Membership Report: 489 total
 - 198 individuals
 - 258 family members (90 families)
 - 7 students
 - 26 Hall of Fame
- Triple Crown—Lori Dale and Stacy Reddecliff in attendance. Current year budget was passed.
- Discussed possible accounting software options. Will try QuickBooks 30-day free trial and report back in May.
- Socials—Cinco de Mayo planned for May 7th
- 2017 Post Race Party—Considering

- locations and guest speakers. Discussion held on budget for the event.
- LPHM—Went well. Winner was former scholarship recipient. Packet pickup location was good. Reserved for next year. Money was raised from selling old race shirts at expo.
- WDF—Registration open. Reaching out to sponsors.
- Parade Run—Registration page is up, will offer discount code to Abe's Army.
- Abe's Amble—Setting up registration.
- High school XC award—Board to discuss in May.
- Boston Documentary—Private viewing Apr 16—19, 2017. Need to find a location.
- Member issues—Bryan will propose a change in May or June to the board, will need to be voted on at the annual meeting in January.
- Curb Your Car Challenge—SRRC will provide entries to SRRC races as awards.
- SRRC computer—tabled
- Advertising—process needed for invoicing and verifying payments.
- 161 new members through Abe's Army
- Socials—40 attended Cinco de Mayo. Summer social Capitol Mile post-race at Cousin Eddie's from 7—9 pm.
- Annual Banquet—January 28, 2017, location still TBD, discussed potential guest speakers.
- LPHM—Discussion held on funds raised and charity details. Brian will co-direct with Dave next year. Talk to timing company about finishing arches.
- WDF—discount being given to Abe's Army members, registration on-going, working on sponsors.
- Parade Run—nothing to report
- Abe's Amble—Amble and Army registration should not start at the same time, causes confusion.
- Frostbite—nothing to report.
- Boston Documentary—talking to Legacy Theater, possible location.
- High School XC awards—March ideas to be presented at June mtg.
- Curb Your Car Challenge—SRRC to donate toward traveling trophy.
- Old SRRC computer to be donated to BLH computers.
- Abe's Army—orientation completed, 317 people participating, 50 leaders, shirts ordered.
- Triple Crown—Inquiry received from member who previously ran races as a non-member. Reviewed rules and affirmed must be first time running 15K/10M—intended as a novice incentive.

May 2016 Meeting Highlights:

- Treasurer's Report
 - UCB—\$27,489.59
 - Security Bank—\$1,800.91
 - LPHM—\$44,712.95
 - Total—\$74,002.91
- Membership Report: 681 total
 - 216 individuals
 - 270 family members (94 families)
 - 8 students
 - 26 Hall of Fame

Lewis Memorial Acres

399 S. Koke Mill Drive, Springfield

Full Moon Trail Event

2.0+mi **Night Trail Run** and/or
4.0+mi **Night Trail Bike Ride**

Event Sponsored by:



Friday, September 16, 2016

7:00PM (Sunset: 6:57PM)

Lewis Memorial Acres in Springfield

More Info/Register at:

www.GetMeRegistered.com



*Ad paid for by NorthEnd Storage, 1907 N Grand Ave East and now also at
2600 N 15th Street, Springfield*



**Running Shoes
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**2943 West White Oaks Dr
Springfield, IL 62704**

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

217.787.4400

"Everything You Need To Run & Look Your Best"

SRRC Race Calendar 2016

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: 4/2/2016
Location: Downtown, Springfield, IL

Junaia P. Carter 5K
Date: 4/23/2016
Location: Washington Park, Springfield, IL

Lake Run—7K, 12K, Half Marathon
Date: 5/7/2016
Location: Bloomington, IL

Lincoln Memorial Trail Run 8K
Date: 5/21/2016
Location: Lincoln Memorial Garden, Springfield, IL

Passavant-Powerade 5K and 10K
Date: 05/28/2016, 7:30 a.m.
Location: Passavant Hospital, Jacksonville, IL

Steamboat Classic 4M and 15K
Date: 06/18/2016
Location: Peoria, IL

Scholastic Challenge 5K
Date: 06/18/2016
Location: Lake Springfield Center Park Beach House, Springfield, IL

Scheels 5K
Date: 06/25/2016
Location: Scheels, Springfield, IL

Town & Country Bank 5K
Date: 07/4/2016
Location: Jacksonville, IL (Nichols Park)

Women's Distance Festival 2M*
Date: 07/9/2016, 8:00 a.m.
Location: Washington Park, Springfield, IL

Capitol Mile
Date: 07/27/2016, 6 p.m.
Location: SHG Track, Springfield

Quad City Times Bix 7
Date: 07/30/2016
Location: Davenport, IA

Parade Run 2M*
Date: 08/11/2016, 5:30 p.m.
Location: Illinois State Fairgrounds,, Springfield, IL

Abe's Amble 10K*#
Date: 08/21/2016, 7:30 a.m.
Location: Illinois State Fairgrounds, Springfield, IL

Full Moon Trail Run
Date: 9/16/2016
Location: Lewis Memorial Trail, Springfield, IL

Shoreline Classic 5K and 15K#
Date: 09/18/2016
Location: Decatur, IL (Nelson Park)
Quad Cities Marathon, Half Marathon
Date: 09/25/2016 7:30 a.m.
Location: Moline, IL

Springfield Marathon (5K, 10K, Half)
Date(s): 10/15/2016 (5K)
10/16/2016—other distances
Location: UIS Campus, Springfield, IL

Canal Connection 10K
Date: 11/6/2016, 10:30 a.m.
Location: LaSalle/Utica, IL

Frostbite Festival 2M and 10M*#
Date: 12/4/2016, 9:00 a.m.
Location: Springfield, IL (FitClub West)

Race dates, locations, & times subject to change.

* denotes SRRC Points Series event
denotes Triple Crown series run



WELCOME TO THE CLUB!

Springfield Road Runners Club would like to welcome new members who are joining us for the first time this year! Whether you are an Abe's Army member or not, we hope you take advantage of all the benefits the club has to offer.

MEMBER BENEFITS INCLUDE:

- ◆ Discounts on local races
- ◆ Bi-monthly newsletter
- ◆ Several club socials throughout the year
- ◆ Discounts at the Springfield Running Center
- ◆ Membership in the Road Runners Association of America
- ◆ End-of-year banquet and awards with great guest speakers
- ◆ Free training groups for the Halfwits (Lincoln Presidential Half Marathon), Wednesday speedwork (April—October), and Frosttoes (Frostbite Festival 10 mile race) - see web links below
- ◆ Many opportunities to meet great new running friends and more!



HELPFUL WEB LINKS

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

Springfield Road Runners Club website: www.srrc.net

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

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

Abe's Army Facebook Page: www.facebook.com/SRRCAbesArmy

FrostToes Facebook Page: www.facebook.com/SRRCFrostToes

HalfWits Facebook Page: www.facebook.com/SRRCHalfWits

Triple Crown Facebook Page: www.facebook.com/Bound-4-Triple-Crown-101616079926156

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

Not on Facebook? No worries! Most of the same information is also available through the SRRC website under the training program page: <http://srrc.net/programs/>



ILLINOIS STATE FAIR PARADE RUN

A Springfield Road Runner's Club owned event

Please Note... This year, the State Fairgrounds will be charging a \$5.00 admission fee on August 11, 2016. This admission fee is not included in the registration fee and will be your responsibility. I have reached out to the Fair Administration regarding the admission fee for participants/volunteers and will keep everyone posted as I hear any new information.

DATE: Thursday, August 11, 2016

STARTING TIME: The race will begin promptly at 5:30 PM

LOCATION: Ethnic Village inside the Illinois State Fairgrounds

COURSE: A flat and accurate out-and-back 2 mile course that will start and finish inside the Illinois State Fairgrounds. A water stop will be available at 1 mile. The race course is lined with cheering spectators in anticipation of the State Fair Parade that follows the run. The course is USATF certified. Here is a link to the course map... www.usatf.org/routes/view.asp?rID=385669

REGISTRATION: On-line at www.getmeregistered.com until August 7 at 11:59 PM or with this form. Registration will be available at packet pick-up and on race day. Race day registration will be from 3:00 - 5:00 PM at the Ethnic Village Gazebo located inside the Illinois State Fairgrounds (near Adventure Village). **Race day registration will end promptly at 5:00 PM!**

ENTRY FEE: With race shirt & pint glass/ koozie

\$18.75 (25% discount)- April 1 - April 30 (@ 11:59 P.M.)

\$20.00 (20% discount)- May 1 - May 31 (@ 11:59 P.M.)

\$22.50 (10% discount)- June 1 - August 7 (@ 11:59 P.M.)

\$25.00 (0% discount)- August 10 & August 11

Without race shirt & with pint glass/ koozie

\$15.00 (25% discount)- April 1 - April 30 (@ 11:59 P.M.)

\$16.00 (20% discount)- May 1 - May 31 (@ 11:59 P.M.)

\$18.00 (10% discount)- June 1 - August 7 (@ 11:59 P.M.)

\$20.00 (0% discount)- August 10 & August 11

\$1.00 discount for SRRC members through August 7 @ 11:59 P.M. No discount will be given to those registering at either Packet Pick-Up or on Race Day

PACKET PICK-UP: Wednesday, August 10, 2015 4:00 - 7:00 PM @ location TBD. Race day packet pick-up will be available from 3:00 to 5:00 PM at the Ethnic Village gazebo located inside the Illinois State Fairgrounds.

SHIRTS/ PINT GLASS/KOOZIE: The event shirts are 100% microfiber polyester (wicking), "Athletic Fit" GENDER SPECIFIC shirts. The body, sleeves, and armholes are slightly snug for comfort during movement without being too tight. Shirts are guaranteed to all entrants who sign up for a race shirt, but some sizes **may** have to be back-ordered and delivered at a later date. A pint glass & koozie displaying the race logo will be available to all registrants. In the event the number of entrants exceeds the number of pint glasses ordered, the glass will be delivered at a later date.

AWARDS: Award will be given to the top 3 male and female overall and also to the top 3 in each age division (10 & under, 11-12, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over) and the overall male and female in the Master's category.

HEADPHONES: The use of personal music devices is strongly discouraged at this race. To enjoy all that our race has to offer and for the safety of all participants, the Illinois State Fair Parade Run encourages a headphone-free environment during the running of the race.

TIMING: This event will be scored by It's Race Time utilizing disposable chips located on the bib. All runners must wear their bib to be scored. Overall Male & Female winner will be determined by clock time (who crosses the line first). All age group awards will be determined by tag time. Results will be available immediately following the event at www.itsracetime.com.

DISCLAIMER: The race director(s) reserve the right to cancel, postpone, or modify the race due to adverse weather or emergency conditions that make race conditions unsafe. In the event the race is cancelled, there will be no refunds.

QUESTIONS/

VOLUNTEER: Lance @ (217) 652-5651 or ltcull@aol.com

ENTRY FORM: Mail entry form to: Illinois State Fair Parade Run, 2160 Lindsay Road, Springfield, IL 62704

Make checks payable to: SRRC

Name: _____ Phone: _____ E-mail: _____
Birthdate: _____ Age: _____ Sex: M F (Circle one)
Address: _____ City/State: _____ Zip: _____

Shirt Size (circle one): No Shirt XS S M
L XL 2XL

Waiver of Liability

By signing below, I hereby waive any and all claims of damages that may arise against promoters, representatives, agents, sponsors of this race, or any entity involved, in regard to any and all injuries or loss of property which may be suffered by me or my child(s) while traveling to and from, or while participating in this event. I understand the participation is voluntary and may result in injury from running, tripping, slipping, falling on the premises and course. I understand there has been no evaluation and assessment of physical fitness and no child(s) or adult(s) has been deemed physically fit or capable to engage in any activity. Engaging in this event is completely voluntary and I understand consulting a physician is recommended prior to participation. I further grant permission to this race and organization to use any photographs, videotapes, and recordings of the event. I understand the weather is unpredictable and in case of any cancellation for any reason, entry fees are non-refundable.

Date

Signature (parent or guardian, if under 18)

2016 Participation & Points Series Rules

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 enter multiple races for any race event and receive all points.

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.)

Five bonus points will be given for attending main social events.

SRRC male members who volunteer for WDF will be awarded all race day points.

The following tier system will be used to win a post-season award:

2m - 5k	5 points
4m - 8k	8 points
10k - 12k	10 points
15k - 10m	15 points
½ Marathon	20 points
Marathon	30 points

Example:

Lincoln ½ = 20 pts. for race + 5 bonus SRRC pts. = 25 points earned

5 additional points can be earned by volunteering = 30 points

Awards Tier System:

Gold Level	190+
Silver Level	150-189
Bronze Level	125-149

Members are responsible for verifying their own participation and volunteer points.

POINTS SERIES

Your eligibility begins once your membership is processed. To be eligible for all five 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 (four for males), club races to be eligible for end of the year awards. Awards will be based on calculating the best three races an individual competes in. Age groups 14 and under AND 15-19 are only required to compete in two races due to IESA/IHSA restrictions.

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.

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

Age groups will be as follows:

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: For 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

Tie Breaker Procedure (subject to change):

- Head-to-head matchup
- Number of races completed
- Volunteering
- Participation Series values

*SRRC Club Races:

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

		<div> <div>Lincoln Presidential Half Marathon</div> <div>Women's Distance Festival</div> <div>Parade Run 2 Mile</div> <div>Abe's Amble 10K</div> <div>Frostbite Festival 10 Mile</div> <div>Total Points</div> <div>Best 3 Races</div> </div>						
Women's								
Women's Overall								Women's Overall
Patricia	Schaefer	10	8				18	18
Tracy	Dowell	9	5				14	14
Joy	Guardia		10				10	10
Shannon	Cole	7	2				9	9
Lindsay	Rogers		9				9	9
Leanne	Woody	8					8	8
Chelsea	Griffin		7				7	7
Shannon	Becker	1	6				7	7
Holly	Dahlquist	6					6	6
Tammy	Bumgarner	3	3				6	6
Stacy	Reddecliff	5					5	5
Kate	Lowe		4				4	4
Marybeth	Young	4					4	4
Linda	Wong	2					2	2
Randi	Lucas		1				1	1
Women's Masters								Women's Masters
Tracy	Dowell	10	10				20	20
Holly	Dahlquist	9	7				16	16
Tammy	Bumgarner	7	9				16	16
Mary	Fairclough	5	6				11	11
Marybeth	Young	8					8	8
Suzannah	Bartos		8				8	8
Brenda	Hillen	4	4				8	8
Kirsten	Transue	6					6	6
Julie	Boots		5				5	5
Lynn	Kerber	2	3				5	5
Pamela	Enno	3					3	3
Cheryl	Biesiada		2				2	2
Amy	Whitcotton		1				1	1
Diana	Nevitt	1					1	1
W 14 and Under								W 14 and Under
Caroline	Dahlquist		10				10	10
Jessica	Andrews		9				9	9
Jocelyn	Bumgarner		8				8	8
Samantha	Rieke		7				7	7
Sarah	Rieke		6				6	6
Willa	Langley		5				5	5
Grace	Gauvin		4				4	4
Erin	Brennan		3				3	3
W 15 - 19								W 15 - 19
Haylee	Brickey	10	10				20	20
Madalynn	Sullivan	9	9				18	18
Allex	Langley		8				8	8

		<div> <div>Lincoln Presidential Half Marathon</div> <div>Women's Distance Festival</div> <div>Parade Run 2 Mile</div> <div>Abe's Amble 10K</div> <div>Frostbite Festival 10 Mile</div> <div>Total Points</div> <div>Best 3 Races</div> </div>						
W 20 - 24								W 20 - 24
Kate	Lowe	9	9				18	18
Amy	Martin	10	8				18	18
Camille	Floyd	8	7				15	15
Lindsay	Rogers		10				10	10
Audrey	Wilton		6				6	6
W 25 - 29								W 25 - 29
Emily	Burklow	9	8				17	17
Sarah	Enlow	5	7				12	12
Chelsea	Griffin		10				10	10
Linda	Wong	10					10	10
Amanda	Johnson	3	6				9	9
Rachel	Stout		9				9	9
Emily	Maxey	8					8	8
Jessica	Steen	7					7	7
Ellyn	Wisniewski	2	5				7	7
Kati	Hinshaw	6					6	6
Kathleen	Knolhoff	4					4	4
Jessica	Pettis		4				4	4
W 30 - 34								W 30 - 34
Patricia	Schaefer	10	10				20	20
Randi	Lucas	6	9				15	15
Ashleigh	Koerner	5	5				10	10
Amber	Chasco	9					9	9
Kelly	Costello	8					8	8
Denise	Figueroa		8				8	8
Jody	Erickson	7					7	7
Adrienne	Sweet		7				7	7
Amanda	Fogleman		6				6	6
Katie	Buskirk		4				4	4
Diana	Wolff	4					4	4
Brianne	Redpath		3				3	3
Elizabeth	Vondebur	3					3	3
Chelsea	Arndt		2				2	2
Lauren	Closter		1				1	1
W 35 - 39								W 35 - 39
Shannon	Cole	9	8				17	17
Shannon	Becker	7	9				16	16
Joy	Guardia		10				10	10
Leanne	Woody	10					10	10
Stacy	Reddecliff	8					8	8
Jorie	Roubitchek		7				7	7
Kelly	Hubbard	6					6	6
Jennifer	Krause	1	5				6	6
Melissa	Wiseman		6				6	6
Megan	Murphy	5					5	5
Ginger	Aschenbrenner	4					4	4
Heather	Dunn		4				4	4
Sunney	Hinman		3				3	3
Megan	Styles	3					3	3
Sarah	Jastrzebski	2					2	2
Erin	Metzger		2				2	2
Crystal	Creswell		1				1	1

		<div> <div>Lincoln Presidential Half Marathon</div> <div>Women's Distance Festival</div> <div>Parade Run 2 Mile</div> <div>Abe's Amble 10K</div> <div>Frostbite Festival 10 Mile</div> <div>Total Points</div> <div>Best 3 Races</div> </div>							
W 40 - 44									W 40 - 44
Tracy	Dowell	10	10				20	20	
Tammy	Bumgarner	9	9				18	18	
Jessica	Gonko	7	6				13	13	
Joelle	Major	6	4				10	10	
Suzannah	Bartos		8				8	8	
Christine	Feller	8					8	8	
Amy	Whitecotton		7				7	7	
Lori	Dale	5					5	5	
Amy	Huber		5				5	5	
Dianna	Jones	2	2				4	4	
Shannon	O'Brien	4					4	4	
Kristina	Mucinskas	3					3	3	
Angela	Turasky		3				3	3	
Christianna	Sullivan		1				1	1	
Kendra	Watts	1					1	1	
W 45 - 49									W 45 - 49
Holly	Dahlquist	10	10				20	20	
Jan	Andrews	6	9				15	15	
Marybeth	Young	9					9	9	
Kirsten	Transue	8					8	8	
Carrie	Ward		8				8	8	
Colette	Edwards	7					7	7	
Jennifer	Gross		7				7	7	
Jana	Brennan		6				6	6	
Lori	Everts	5					5	5	
Tracy	Lane		5				5	5	
Chris	Hernandez	4					4	4	
Cindi	Rieke		4				4	4	
Bobbie Jo	Hill	3					3	3	
Rhonda	Leonard		3				3	3	
Denise	Beauman		2				2	2	
Lisa	Young	2					2	2	
Michele	Pitts		1				1	1	
Gloria	Rondeau	1					1	1	
W 50 - 54									W 50 - 54
Brenda	Hillen	10	9				19	19	
Julie	Boots	7	10				17	17	
Lynn	Kerber	8	8				16	16	
Pamela	Enno	9					9	9	
Brenda	Vail		7				7	7	
Nancy	Ferguson	6					6	6	
Lori	Iocca		6				6	6	
Judy	Aydt	5					5	5	
Jennie	Davis	1	4				5	5	
Kathy	Kassing		5				5	5	
Nancy	Thompson	4					4	4	
Jayne	Antonacci	3					3	3	
Christina	Griffin		3				3	3	
Eleanor	Singleton	2					2	2	
Susan	Taylor		2				2	2	
Jill	Roth		1				1	1	

		<div> <div>Lincoln Presidential Half Marathon</div> <div>Women's Distance Festival</div> <div>Parade Run 2 Mile</div> <div>Abe's Amble 10K</div> <div>Frostbite Festival 10 Mile</div> <div>Total Points</div> <div>Best 3 Races</div> </div>							
W 55 - 59									W 55 - 59
Cheryl	Biesiada		10				10	10	
Diana	Nevitt	10					10	10	
Marilyn	Kirchgesner	9					9	9	
Kathy	Deakin	8					8	8	
Beth	Lafata		7				7	7	
Sandra	Elliott	7					7	7	
Cindy	Gibbs	3	3				6	6	
Patty	Ingram		6				6	6	
Kim	Curtis	6					6	6	
Linda	Hostetler		5				5	5	
Sherry	Feagans		4				4	4	
Barbara	Manson	5	9				14	14	
Kim	Wonnell	4	8				12		
W 60 - 64									W 60 - 64
Mary	Fairclough	10	10				20	20	
Kathy	Leuelling	6	6				12	12	
Kathleen	Jensen	3	7				10	10	
Susan	Becker		9				9	9	
Susan	Helm	9					9	9	
Diane	Muncy		8				8	8	
Alice	Staats	8					8	8	
Joyce	Hubbard	7					7	7	
Maggie	Barton		5				5	5	
Vivian K	Jones	1	4				5	5	
Machele	Keen	5					5	5	
Nina	Rossini	2	3				5	5	
Marilee	Cramer	4					4	4	
Mary	Shaw		2				2	2	
Susan	Meister		1				1	1	
W 65 - 69									W 65 - 69
Judy	Gunn	10					10	10	
Verna	Stallone		10				10	10	
Mary	Harney	9					9	9	
Joyce	Ludwig		9				9	9	
Patricia	Hopkins-Price		8				8	8	
Kristine	Holtman		7				7	7	
Diane	Rutledge		6				6	6	
W 70+									W 70+
Lois	Jazo	10	10				20	20	
Marilyn	Kushak	9	9				18	18	
Nancy	Neuberger	8					8	8	

		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									Men's Overall
Eli	Cook	10					10	10	
John	Coultas	9					9	9	
Henry	Janssen	8					8	8	
Jeff	Bennett	7					7	7	
Jim	Dahlquist	6					6	6	
Andy	Peterson	5					5	5	
Keith	Virden	4					4	4	
David	Floyd	3					3	3	
Brian	Quarton	2					2	2	
Michael	Dwyer	1					1	1	
Men's Masters									Men's Masters
Jeff	Bennett	10					10	10	
Jim	Dahlquist	9					9	9	
Andy	Peterson	8					8	8	
Keith	Virden	7					7	7	
David	Floyd	6					6	6	
Brian	Quarton	5					5	5	
Travis	Lobmaster	4					4	4	
Rick	Hernandez	3					3	3	
Scott	Leopold	2					2	2	
John	Murphy	1					1	1	
M 14 and Under									M 14 and Under
M 15 - 19									M 15 - 19
M 20 - 24									M 20 - 24
Eli	Cook	10					10	10	
Joseph	Bommarito	9					9	9	
M 25 - 29									M 25 - 29
Henry	Janssen	10					10	10	
Dustin	Morrison	9					9	9	
Wes	Johnson	8					8	8	
Adam	Shaw	7					7	7	
Corey	Colson	6					6	6	

		<div> <div>Lincoln Presidential Half Marathon</div> <div>Women's Distance Festival</div> <div>Parade Run 2 Mile</div> <div>Abe's Amble 10K</div> <div>Frostbite Festival 10 Mile</div> <div>Total Points</div> <div>Best 3 Races</div> </div>							
M 30 - 34									M 30 - 34
John	Coultas	10						10	10
Nick	Fogleman	9						9	9
Patrick	Chasco	8						8	8
Chris	Mueller	7						7	7
Jeff	Chandler	6						6	6
Rick	Kendall	5						5	5
M 35 - 39									M 35 - 39
Michael	Dwyer	10						10	10
Craig	Frick	9						9	9
Darius	Bryjka	8						8	8
Andrew	Guardia	7						7	7
Wesley	Wooden	6						6	6
David	Drennan	5						5	5
Jonathan	Field	4						4	4
M 40 - 44									M 40 - 44
Keith	Virden	10						10	10
Travis	Lobmaster	9						9	9
John	Murphy	8						8	8
Matthew	Duff	7						7	
Michael	Hoppe	6						6	6
Brian	Lee	5						5	5
Richard	Hymes	4						4	4
Ryan	Dunn	3						3	3
Sean	Nashland	2						2	2
M 45 - 49									M 45 - 49
Jim	Dahlquist	10						10	10
Andy	Peterson	9						9	9
Brian	Quarton	8						8	8
Marcel	Yoder	7						7	7
David	Holland	6						6	6
Stephen	Paca	5						5	5
Tommy	Dale	4						4	4
Blake	Scranton	3						3	3
Curt	Evoy	2						2	2
Larry	Fairbanks	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 50 - 54									M 50 - 54
Jeff	Bennett	10					10	10	
Rick	Hernandez	9					9	9	
Scott	Leopold	8					8	8	
James	Schafer	7					7	7	
Kevin	Spurlock	6					6	6	
Kelly	Leka	5					5	5	
Jeff	Andrews	4					4	4	
Randy	Rieke	3					3	3	
Jeff	Meyerhoff	2					2	2	
Michael	Davis	1					1	1	
M 55 - 59									M 55 - 59
Bob	Thompson	10					10	10	
Nyle	Robinson	9					9	9	
John	Stierman	8					8	8	
David	Bretz	7					7	7	
Thomas	Thornton	6					6	6	
Rai	Richardson	5					5	5	
Greg	Feeny	4					4	4	
Paul	Wonnell	3					3	3	
Paul	Turner	2					2	2	
Daniel	Greenman	1					1	1	
M 60 - 64									M 60 - 64
David	Floyd	10					10	10	
Eswara	Kakarala	9					9	9	
Stephen	Wagner	8					8	8	
Dan	Loyd	7					7	7	
Keith	Staats	6					6	6	
Kenneth	Riley	5					5	5	
Robert	Cramer	4					4	4	
M 65 - 69									M 65 - 69
Garrett	Deakin	10					10	10	
JC	Large	9					9	9	
James	Alexander	8					8	8	
Sam	Woods II	7					7	7	
M 70+									M 70+
Tom	Kushak	10					10	10	

2016 SRRC Race Circuit -
SRRC.net

[illegible]

2016 SRRC Race Circuit -
SRRC.net

		2016 SRRC Race Circuit - SRRC.net																													
		Lincoln Presidential Half Marathon LPHM - SRRC Bonus Points LPHM - Volunteer Bonus Points Junia P. Carter, MD 5K Lake Run Half Marathon Lake Run 12 K Lake Run 4.37M Lincoln Memorial Garden 8K Passavant Gatorade 5K Passavant Gatorade 10K Steamboat Classic 4 Mile Steamboat Classic 15K Scheels 5K Bob Goldman Scholastic Challenge Town & Country Bank 5K Women's Distance Festival 2 Mile WDF - SRRC Bonus Points WDF - Volunteer Bonus Points Bix 7 Parade Run 2 Mile Parade Run - SRRC Bonus Points Abe's Amble 10K Abe's Amble - Volunteer Bonus Points Abe's Amble - SRRC Bonus Points Participation Points Total																													
First Name	Last Name	20	5	5	5	20	10	8	8	5	10	8	15	5	5	5	5	5	5	10	5	5	5	10	5	5	291	3			
Susan	Brinkoetter	20	5																								25				
Melissa	Brooks	20	5																								25				
Darius	Bryjka	20	5						8																		33				
Jocelyn	Bumgarner																	5	5								10				
Shane	Bumgarner			5					8																		13				
Tammy	Bumgarner	20	5	5	5				8		10				5		5	5									68				
Jamie	Bundy	20	5												5												30				
Emily	Burklow	20	5	5					8					5			5	5									53				
Katie	Buskirk																5	5									10				
Jeff	Chandler	20	5														5	5	5								40				
Janelle	Chapman																5	5									10				
Amber	Chasco	20	5																								25				
Patrick	Chasco	20	5						8																		33				
Lauren	Closter																5	5									10				
Shannon	Cole	20	5	5					8		10					5	5	5	5								68				
Claudia	Colombo	20	5											5	5												35				
Corey	Colson	20	5						8																		33				
Eli	Cook	20	5											5	5												35				
Kelly	Costello	20	5						8																		33				
John	Coultas	20	5														5	5	5								40				
Marilee	Cramer	20	5	5					8		10																48				
Robert	Cramer	20	5	5	5				8		10																53				
Crystal	Creswell																5	5													
Isaac	Crumrine														5												5				
Daniel	Cullen			5					8								5	5	5								28				
David	Culp			5								8															13				
Lisa	Culp			5								8															13				
Kim	Curtis	20	5																								25				
Caroline	Dahlquist			5											5		5	5									20				
Holly	Dahlquist	20	5	5											5		5	5									45				
Jim	Dahlquist	20	5																								25				
Lori	Dale	20	5	5																							30				
Tommy	Dale	20	5	5	5				8				15			5	5	5	5								78				
Jennie	Davis	20	5														5	5									35				
Michael	Davis	20	5						8								5	5	5								48				
Tadd	Davis													5													5				
Todd	Davis						10																				10				

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First Name	Last Name	20	5	5	5	20	10	8	8	5	10	8	15	5	5	5	5	5	5	10	5	5	5	5	10	5	5	291	3
Garrett	Deakin	20	5																									25	
Kathy	Deakin	20	5																									25	
Leann	Divjak													5														5	
Tracy	Dowell	20	5								10				5		5	5										50	
David	Drennan	20	5																									25	
Ashley	Drowns																5	5											
Matthew	Duff	20	5	5			10		8		10				5		5	5	5									78	
Daniel	Dungan								8																			8	
Heather	Dunn			5													5	5										15	
Ryan	Dunn	20	5														5	5	5									40	
Michael	Dwyer	20	5																									25	
Jen	Edmonds	20	5	5																								30	
Sandra	Elliott	20	5																									25	
Sarah	Enlow	20	5						8					5			5	5										48	
Pamela	Enno	20	5						8																			33	
Jody	Erickson	20	5																									25	
Lori	Everts	20	5																									25	
Curt	Evoy	20	5						8							5	5	5	5									53	
Larry	Fairbanks	20	5																									25	
Mary	Fairclough	20	5			20			8				15				5	5										78	
Caleb	Farthing														5	5												10	
Joshua	Farthing														5													5	
Sherry	Feagans																5	5											
Greg	Feeny	20	5	5								8					5	5	5									53	
Christine	Feller	20	5				10		8																			43	
Nancy	Ferguson	20	5											5														30	
Jonathan	Field	20	5																									25	
Denise	Figueroa								8								5	5										18	
Camille	Floyd	20	5						8						5	5	5	5										53	
David	Floyd	20	5																									25	
Amanda	Fogleman			5					8								5	5										23	
Nick	Fogleman	20	5	5					8								5	5	5									53	
Robert	Force										10		15															25	
Craig	Frick	20	5		5				8		10																	48	
Kevin	Fry								8																			8	
Stuart	Funderburg									5					5	5												15	
Michael	Garber			5					8					5	5													23	

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		<div>Lincoln Presidential Half Marathon LPHM - SRRC Bonus Points LPHM - Volunteer Bonus Points Junaia P. Carter, MD 5K Lake Run Half Marathon Lake Run 12 K Lake Run 4.37M Lincoln Memorial Garden 8K Passavant Gatorade 5K Passavant Gatorade 10K Steamboat Classic 4 Mile Steamboat Classic 15K Scheels 5K Bob Goldman Scholastic Challenge Town & Country Bank 5K Women's Distance Festival 2 Mile WDF -SRRC Bonus Points WDF - Volunteer Bonus Points Bix 7 Parade Run 2 Mile Parade Run - SRRC Bonus Points Abe's Amble 10K Abe's Amble - SRRC Bonus Points Abe's Amble Volunteer Bonus Points Participation Points Total Participation Award Tier</div>																											
First Name	Last Name	20	5	5	5	20	10	8	8	5	10	8	15	5	5	5	5	5	5	10	5	5	5	10	5	5	291	3	
Jennifer	Krause	20	5														5	5									35		
Marilyn	Kushak	20	5	5													5	5									40		
Tom	Kushak	20	5																								25		
Beth	Lafata													5			5	5									15		
Tracy	Lane						8					8		5			5	5									31		
Allex	Langley																5	5											
John	Langley									10		15															25		
Mollie	Langley			5						10		15					5	5	5								45		
Willa	Langley																5	5											
JC	Large	20	5		5		10					8		5			5	5	5								68		
Brian	Lee	20	5					8																			33		
Kelly	Leka	20	5					8																			33		
Rhonda	Leonard	20	5														5	5									35		
Scott	Leopold	20	5		5					5				5			5	5	5								55		
Kathy	Leuelling	20	5	5				8						5			5	5									53		
Hannah	Leverenz														5												5		
Lindsey	Lister							8																			8		
Travis	Lobmaster	20	5	5																							30		
Kate	Lowe	20	5	5	5								15	5			5	5									65		
Dan	Loyd	20	5	5	5			8		10							5	5	5								68		
Brent	Lucas			5				8																			13		
Randi	Lucas	20	5		5			8		10							5	5									58		
Joyce	Ludwig																5	5											
Joelle	Major	20	5	5	5			8		10				5			5	5									68		
Barb	Manson	20	5	5										5			5	5											
Amy	Martin	20	5					8		10					5		5	5									58		
Michael	Matulis									10																	10		
Emily	Maxey	20	5																								25		
Susan	Meister																5	5											
Erin	Metzger																5	5											
Jeff	Meyerhoff	20	5	5																							30		
Matthew	Minder			5																							5		
Lynne	Morris	20	5																								25		
Dustin	Morrison	20	5														5	5	5								40		
Jack	Mráz													5													5		
Julie	Mráz													5													5		
Kristina	Mucinkas	20	5	5																							30		

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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 11, 2016

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. It's the 25th anniversary for this race, so you won't want to miss it!

ABE'S AMBLE 10K—Sunday, August 21, 2016

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.

Online registration for both races can be found at:

www.GetMeRegistered.com