



FOOTTRAILS

SPRINGFIELD ROAD RUNNERS CLUB

MAY/JUNE 2017

UPCOMING DATES:

- May 27—Passavant 5k and 10k, Jacksonville
- June 17—Scholastic 5k
- June 17—Steamboat Classic 4M & 15k, Peoria
- June 24—Scheels 5k
- July 4—Town & Country Bank 5K
- July 8—Women's Distance Festival
- July 29—Quad Cities Times Bix 7

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Changes Coming for the Lincoln Presidential Half

By Brian Reardon

On April 1, more than 1,300 runners from 30 different states took part in the Lincoln Presidential Half Marathon. While registrations have been down from the high of 2,000 runners in 2014, enthusiasm among volunteers and spectators continues to grow. Many of the runners this year commented on the outstanding support along the course.

This year's race saw a transition in leadership as Brian Reardon and David Drennan served as co-directors. In 2018, David will become the race director while Brian plans to run the race. The race committee this year also included Nick and Amanda Fogleman, Josh Hamlin, Dustin Morrison, Ron Drennan, Tommy DeMare and Lori Dale. Our appreciation goes out to all of

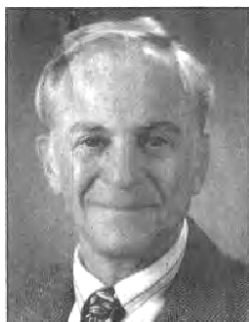
(Continued on page 4)



LPHM Female Winner Emily Kurian at the finish line with Abe. Emily finished in a time of 1:25:24. Overall winner was Timothy Shepherd from Knoxville, Iowa, in a time of 1:14:39.

It's been 20 years: Remembering Bob Goldman

By Tammy Bumgarner



For long-time SRRC members, there isn't any question—you know the name Bob Goldman. You met him, and you likely considered him a friend, or even part of your "running family". You even may have been "one of Bob's girls". But for those of you who have been around less

than decade or so, you may have wondered, "Who was Bob Goldman?" as you signed up for the Scholastic Challenge 5K bearing his name. I wondered it myself a couple times. So I started asking questions...

In talking with other runners, I started to hear stories about someone who was quite a character—someone who made a big impression on nearly everyone he came in contact with. I sat down with Garrett and Kathy Deakin, JoAnn Hannig, and Jackie

(Continued on page 8)

2017 SRRC Board

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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 Mucinskas

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 Washington Park

<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:



The Lincoln Presidential Half Marathon has come and gone again, another great event! With that behind us, we can truly say the race season is in full swing.

For the Springfield Road Runners Club, we now move into the busiest part of our season, with Women's Distance Festival, the Parade Race, and Abe's Amble all coming up quickly! Of course, along with Abe's Amble, we are also prepping for the Abe's Army training program.

Each of these events have become staples for the SRRC, with each carving out it's own little niche. The Abe's Army program, for example, has proven to be a great way to introduce new runners to the Club and to find new training partners!

The State Fair Parade Race holds a special place in my heart, as it was my very first road race. I still get the same butterflies every year when I line up at the start, especially when the weather is as uncomfortable as last year (and virtually every other year).

I hope you can take part in at least one of these great events, and perhaps make it a personal tradition to challenge yourself by coming back each year. If you can't participate, consider volunteering. Whether it's meeting and training new recruits in the Army, or pushing yourself to the limit in the unbearable heat at Parade Race, every challenge presents a unique reward.

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"

Lincoln Presidential Half (cont.)

them and the scores of dedicated volunteers who made the race successful.

Special thanks to our sponsors for this year's race, which included the presenting sponsor, Prairie Heart Institute at HSHS St. John's Hospital. Proceeds from the race are evenly split between the SRRC and Hospital Sisters Mission Outreach. Since 2002, Mission Outreach has worked to impact the health and wellness of people throughout the world by creating a bridge between the surplus we have in the United States' healthcare system and the needs in healthcare around the world. Money

raised through the race helps pay for the shipping costs in getting medical equipment and supplies from their warehouse in Springfield to hospitals and clinics in developing countries.

Next year, the race will be on April 7. Registration will open around Labor Day. Check out www.lincolnhalf.com for more information about Springfield's premier road race. ♦

2017 LPHM Winner, Timothy Shepherd of Knoxville, Iowa, with his award.

Winners either received metal growlers or water bottles with the race logo.



Brian Reardon Signs Off After 5 Years as the LPHM Race Director

By Megan Styles

In 2006, Tim Butler and Tim McCaughey approached SRRC member Brian Reardon with an ambitious plan. They wanted to bring the Lincoln Presidential Half Marathon route into downtown Springfield to better engage the community and attract out-of-state runners interested in Lincoln's historic legacy. "As the Community Relations Director for St. John's Hospital, getting the hospital involved both from a logistical standpoint and as a sponsor made sense because the race encourages people to adopt healthier lifestyles" says Brian.

Brian joined the original race committee, which included "the two Tims," Jim Dahlquist, Dwayne Blisset, Tammy McCaughey, and Barb Bonansinga, and together they grew the LPHM from a small, local run into a professional race that attracts runners from all over the country (and, more recently, the world). Brian says, "The vision and commitment of that group was something that really inspired me and something I feel very fortunate to be part of." Brian's service on the race committee led to him serving as President of the SRRC Board and eventually become the Race Director for the LPHM in 2012.

Brian is stepping down this year after 5 years as the RD for the LPHM, but he has left his mark on the race, which grew from only a few hundred runners to a peak of more than 2,000 registrants in 2014 when the race celebrated its 50th anniversary. "One of the best decisions I made was to change the course slightly to start and finish at the Old State Capitol," says Brian. "The race outgrew the Prairie Heart Institute and centralizing things at the OSC made a lot of sense. The location also adds to the historic vibe that attracts so many out-of-state runners."

Brian also hired local impersonators Michael Krebs and Debra Miller to appear at the race as Mr. and Mrs. Lincoln. The race begins with an inspirational speech by Mr. Lincoln himself, and runners snap photos with the first couple afterwards. "They've both been a joy to work with and are always excited about coming to Springfield every year for this event," says Brian. "Michael loves the atmosphere and has had a lot of fun with his remarks at the starting line."

The post-race party on the Old State Capitol lawn has also grown under Brian's leadership. The Blue G's, a bluegrass band including SRRC member

Shane Bumgarner, play a set after the awards ceremony, and a local brewing company provides craft beer in the recovery tent. Civil War reenactors also set up "camp" on the lawn. "Once the race gets underway and the finish line area is set, I can breathe a sigh of relief. I've made a point to enjoy a cold one and listen to a couple bluegrass numbers after the first group of runners come in," says Brian. "It's a reward I look forward to every year. In 2018, I plan to do the same but with a bib on."

Brian credits the Old State Capitol staff for making these changes successful. "Troy Gilmore and the staff at the OSC have been super hospitable and awesome to work with," says Brian. "They've not only helped make sure the site is set up for race weekend, but recruited folks to dress in period costumes and roam the lawn of the OSC during the post-race party."

Brian also faced some (mostly humorous) challenges as RD. "There have been two constant issues over the years that have been a worry or caused me grief: Water and t-shirts," says Brian. "As a race director for a longer distance event, the one thing that cannot get screwed up is the water stops." Bri-



Brian with Scott Dahl (L) from Medals4Mettle which organizes pacers for the race and Abraham and Mary Todd Lincoln impersonators, Michael Krebs and Deb Miller.

an inherited a clunky system that involved a local farmer filling garbage cans with water from a tank on the back of his truck. The water cans needed special, hard-to-find liners so that the water would taste fresh, and runners mistook the water cans for garbage cans and threw their used cups back into them. Brian switched to gallon jugs of water, but the new system still caused some sleepless moments. "This past year I forgot to recalculate the number of jugs for each stop," says Brian. "That corrected in time, but it seems like every year there was some anxiety about making sure runners were properly hydrated."

Ordering the right number of t-shirts, especially smaller women's shirts, also caused some stress. "I've tweaked the ordering process every year to get the right number of shirts ordered and every year we run out of at least one

size. There's no fury like the anger of size-small females!" laughs Brian. "One of my last official roles with the race was working with Dave Drennan this year to accommodate a frenzied mob of about 40 people clamoring to exchange their shirts following the awards ceremony. It felt like we were handing out water to people dying of thirst. Who knew that a \$10 shirt would be so precious!"

There was also the memorable year that Brian mistakenly marked the course route through Oak Ridge Cemetery with permanent spray paint. He won't forget getting on his hands and knees with a scrub brush and paint thinner to remove the markings.

Brian is thankful for the team of people who have made his time as RD so rewarding and successful. "Over the years, different folks have stepped up

to help organize the race and everyone has been so great to work with. It's truly been a team effort in making this the race so successful" says Brian. "A race this size can't happen without a group of solid, dependable volunteers. I'm looking forward to being one of those volunteers and letting others make the decisions and sweat the details."

Brian is especially grateful to his wife Lori, who was the volunteer coordinator for four of the last five years he served as RD. "That is probably the most consuming job, and it requires a lot of attention to detail," says Brian. "Her great work over the years made a huge difference." He also wants to thank Jim Dalhquist, Tracy Dowell, Bryan Glass and now Dustin Morrison and Lori Dale for their work coordinating volunteers and race logistics.

After five years of hard work, Brian is looking forward to wearing a bib next year and enjoying the race as a participant and volunteer. He is confident that the race is in good hands under the new RD Dave Drennan. "I know Dave will do great," says Brian. "He's put together a really good race committee, which is critically important. The job is bigger than one person."

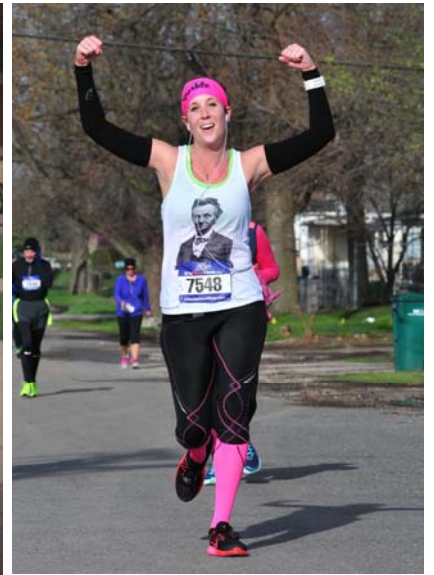
Brian is thankful to the SRRC for the opportunity to direct the LPHM. "It's been a great experience and I am grateful for the opportunity to be involved in something so special to the Springfield running community and to the city as a whole."

Thank you, Brian! ♦



"The race has been supported over the last several years by the local Ham radio operators. They've done a great job providing real-time communication from all over the course. The last two years they put a "body man" on me so that there was someone who would follow me around and provide updates from the operators on the course. Last year, Jimmy was that guy. My two teenage daughters were volunteering at the results table and after two hours of watching Jimmy following me around the finish area they called me over and asked "Dad, how come you have a bodyguard? Is everything alright?" After laughing about this with Jimmy, he agreed to pose for a picture."

Photos from the 2017 Lincoln Presidential Half Marathon





Bob Goldman

(Continued from page 1)

O'Brien to learn more about Bob. Oh, did they have stories! The stories were accompanied by a lot of smiles and laughter as they remembered fondly the times spent with Bob.

From the late 1970s through most of the 1990s, Bob could be found at almost every SRRC race. He was never the fastest guy, but he was a huge ambassador for the sport of running and the club. You'd usually find him after a race asking people if they were SRRC members and handing out membership applications. It was said he never met a stranger. He was always smiling (except at the end of a race), and usually hustling for sponsors to support local races and the SRRC. Bob even drove a car covered with Big Apple Bagels advertising. There are so many great stories I've heard about Bob, I wasn't even sure how to write this article.

The Deakins provided me quite a few newspaper clippings about Bob which covered his experiences in World War II, to his nearly 30-years as a school board member for District #186, to the running legacy he left behind when he passed away. One of the articles from the State Journal-Register in 1997 detailed an interview with Bob and his experiences during World War II as a pilot of a B-52 bomber. While on a mission in July 1944, his plane was shot down over Yugoslavia. He was regarded as missing in action until late August when his parents received word he was alive. He was recovering from explosion wounds in an Italian hospital after a very rough month-long trek to safe territory. Bob said he commonly used these memories to keep him going in the final agony-filled miles of



Lincoln to Lincoln in 1996 (L to R): Bob Goldman, Holly Dahlquist, Doug Florence, Kathy and Garrett Deakin. The Lincoln to Lincoln—a 6-person, 60-mile relay race—was central Illinois' version of River to River in the 1990s. It started at the Illinois State Fairgrounds, and went to New Salem and back using country roads. There were four staggered start times, and the teams had 10 hours to complete the course.

a marathon, "If I could survive that, I can survive this."

Bob's journeys to races, mostly marathons, took him and friends all over the country including travels to Napa (twice), Twin Cities, Chicago, Portland, Los Angeles, Houston, the Marine Corp marathon, St. Louis, Boston, River to River, the Indy Mini Marathon and more. He commonly traveled with an entourage and supplied matching "uniforms" for the "team". Their uniforms sometimes caused businesses to offer free drinks or upgrades, thinking they were professional athletes in town for the race. Bob would make sure those who traveled with him got the full experience at every race: from meeting the race director to attending all pre- and post-race party functions.

Garrett recalled a funny experience while in Boston for the marathon in 1996 with Bob. Bob was a slower mar-

athoner than some of the other SRRC members he was traveling with that year, so his shuttle to Hopkinton left hours before the others needed to be there. That morning when they turned on the TV news before leaving their hotel, they saw Bob being interviewed live by the local news at the starting line! Of course he was talking about the great running community back home in Springfield, Illinois.

It seemed like the stories could go on and on...

On May 14, 1997, Bob tragically lost his life in car accident driving home from a work meeting in Chicago. He was 72 years old. Each person I talked to seemed to remember exactly where they were when they received the call. Kathy and Garrett were in denial. "Someone had seen him at the YMCA earlier that day—it must be a mistake,"



Kathy said. Someone so full of life could not be gone. But it was true.

The Scholastic Challenge 5K was a race which Bob tirelessly worked with to find sponsors and volunteers. In 1997, John Hartnett (the co-race director at the time) asked Bob's family for permission to add his name to the race. They agreed, and from that point on, it has

been the Bob Goldman Memorial Scholastic Challenge 5K. Bob, along with his time on the school board, was a huge supporter of youth running programs and this race. It was only fitting the race would allow him to continue to honor that commitment.

It's been 20 years since Bob's passing. However, his larger-than-life personality

left an indelible mark on the Springfield running community. If you run in Washington Park, you've passed a bench and stone marker dedicated in his memory by SRRC in May of 1999. The memorial sits near the intersection by the gazebo entrance where Bob can forever be a part of the running community in Springfield he loved so much. ♦

The SRRC President's message in FootTrails newsletter, June 1997.

PRESIDENT'S CORNER:

by Richard Ginter

I'm sure that all of you are aware that the SRRC and the community lost a great friend last month. Bob Goldman, the Ambassador to the Running Community, was killed in a car accident on Interstate 55 near Dwight on May 15. It is difficult and hard to believe that Bob is no longer with us. I am sure most all of us, grew addicted to Bob's wonderful personality and enthusiasm for life. Bob wasn't just a great runner, he had served his Country and community unselfishly. Bob was a veteran and hero of World War II, served on the Springfield School Board for 27 years, coached baseball for many years, helped found the Junior Football league, and helped organize many other community events. I know our thoughts and prayers go out to Bob's family in this time of sorrow. I hope the SRRC will show their appreciation for Bob's contributions by participating in the 1997 Scholastic Challenge 5K. This run was very important to Bob because it helps raise money for local high school running programs. I understand from John Hartnett that this year's Scholastic Challenge will be dedicated to the memory of Bob Goldman. I think this is an appropriate and wonderful way to express our feelings about Bob and how much we miss him.

Don't forget that this month is also the Capitol Mile. This course is only one of two certified mile courses in Illinois. I hope to see you at the Capitol on June 21.



FOOT TRAILS

JUNE 1997

Bob's sons: Bob Jr., Rick and Brian,
found this poem at the bedside:

How Did You Die?

*Did you tackle that trouble that came
your way*

*With a resolute heart and cheer-
ful?*

*Or hide your face from the light of
day*

*With a craven soul and fearful?
Oh, a trouble's a ton, or a trouble's
an ounce,*

*Or a trouble is what you make it.
And it isn't the fact that you're hurt
that counts,*

But only how did you take it?

*You are beaten to earth? Well, well,
what's that?*

*Come up with a smiling face.
It's nothing against you to fall down
flat,*

*But to lie there—that's disgrace.
The harder you're thrown, why the
higher you bounce;*

It's how did you fight and why?

*And though your beaten to earth,
what then?*

*If you battled the best you could;
If you played your part in the world
of men,*

*Why the Critic will call it good.
Death comes with a crawl, or it
comes with a pounce,*

*And whether he's slow or spry,
It isn't the fact that you're dead that
counts,*

But only, how did you die?

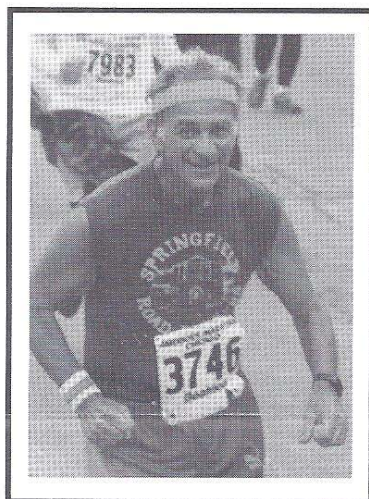
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*Our thanks to you, Bob, for sharing
yourself with us.*

Love JoAnn and the Group

Bob Goldman . . . "LOOKING AHEAD"

by JoAnn Hanning



Have you ever run a race with Bob, Completed a marathon, dualthon, relay or volunteered with him? How about a triathlon, bike ride or swim? Has anyone received their diploma from Bob, seen him at a fund raiser, at the Muni, U of IS auditorium, or met him at the YMCA at 4:30 am? Have you sat on the school board anytime in the last 30 years, or run into him at a charity event? Have you ever been referred to as "one of Bob's girls"... (how special!).

Can any of us proclaim that we helped resolve a teacher's strike or negotiated a labor contract? What about his perseverance in the face of hostile enemy attack and physical injury during W.W.II? And finally, have you ever had the pleasure of reading one of

the many articles which he wrote for this newsletter? All of us can identify with a few of these events. Is there anyone who has experienced all of them?

We all have our own private memories of "Marathon Man" Bob Goldman. We also have a common personal description of our club's "Greatest Ambassador". He was as diverse as our communities and country. He loved running almost as much as he loved the people with whom he shared that passion. Goldman always stood out in a crowd. Maybe it was his red, white and blue shorts; his infectious boyish smile; or that predictable laugh, but most likely it was his charisma. Bob had that never ending ability to make each one of us feel special, unique and self confident. He began running long before it was fashionable. For the past three decades he represented the Springfield Road Runners in hundreds of races throughout his America. His relentless energy and positive thinking were responsible for the birth of many new runners and many goals obtained beyond our wildest dreams!

Bob's dedication to running and our club wasn't any different than his insistence on living life to it's maximum. He cherished every day as special and captured all that life had to offer. And after that he always shared it with us... his friends. Bob was a mentor, cheerleader, athlete, politician, father, and friend. I remember him, as do others, as a most sensitive, empathetic and passionate patriot. Bob was a loyal friend, offering ease, companionship, and giving support when we needed it most. He touched our lives in many ways. Friends are loved ones and he was our friend. Henry Ford once said, "My friend is one who brings out the best in me."

Let me challenge each of you, on behalf of Bob Goldman, to bring out your best! Follow Bob's lead...volunteer for a race, a community event. Give of your time and self. Set a goal which requires strength, commitment and determination,...and when you achieve it let us hear from you!!! Let us carry on the reality and spirit of the man we all loved...

The 25th Bob Goldman Scholastic Challenge 5K

By Tammy Bumgarner

These days, you can find a 5K charity race (or several) on any weekend from April through October, but that wasn't always the case. Prior to the 1990s, race directors mainly focused on 10Ks and marathons. A 5K would have been considered "wimpy". Oh, how times have changed! And we all know a 5K is FAR from wimpy.

In 1993, the then race directors of Abe's Amble 10K, Jay Rogers and John Hartnett, decided they wanted to put on a very unique race which would benefit local high school running programs. What they came up with is the Scholastic Challenge 5K. The race is the oldest 5K race on the SRRC circuit.

In the first year of the race, there were 143 finishers. The male winner was Everett Whiteside, age 23, from Mt Vernon in a time of 14:24. Second place was Bob Clary of Springfield, age 24, in a time of 15:14. The female winner was Shannon Becker, age 14, from Divernon, in a time of 20:49. Second place female

was Trudi Morris of Springfield, age 28, in a time of 21:24.

While the race has changed locations in the past 25 years, the goal remains the same: raise money to benefit local high school running programs. The original course started and ended in the Springfield Running Center's parking lot. But as Springfield spread west and the then 2-lane Koke Mill started having actual traffic, it was moved to the Lake Springfield Beach House. More recently, the course was re-certified and chip-timing was added last year for the first time. Regardless of the course or chip or gun time, it has always been a very flat and fast race. If you're looking for a great course for a 5K personal record, make sure you put this one on your race calendar.

If you don't know how the charity portion of this race works, each participant declares allegiance to a local area high school within the State

Journal-Register distribution area. After expenses for the race are paid, the rest of the money is divided up based on the number of runners signed up to support that school. A running program can get about \$20 up to more than \$1,000 to support their program. The race's overall expenses are nominal because they have a great group of sponsors which underwrite the majority of costs from the shirts, to the awards, to the post-race pizza party. Of the \$25 race fee, \$23.60 (94%!) goes to the school you choose.

This year's race will be on Saturday, June 17, 2017, at 7:30 a.m. There's also a FREE fun run for kids at 8:15 a.m. which includes a 100 yard dash for kids 5 and under, and a quarter mile run for ages 6-10 years old.

Registration available online at:

https://secure.getmeregistered.com/get_information.php?event_id=126815



From Left to Right:
Ray Gillespie, Nate Montgomery and Greg Huffaker



From Left to Right:
Megan Taylor, Lisa Wycoff and Cathy Wides

**Photos from the
1995 Scholastic
Challenge:**

1st—Nate Montgomery, 16; 2nd—Ray Gillespie, 31; 3rd—Greg Huffaker, 20. 1st—Cathy Wides, 45; 2nd—Lisa Wycoff, 29; 3rd—Megan Taylor, 17.

Many Thanks to “Retiring” Parade Run Director Lance Cull

By Megan Styles

When SRRC Member Lance Cull became the Race Director for the Parade Run in 2009 it felt like a natural fit. “I pride myself on my organizational skills and being a people person,” says Lance. “When Tim Butler and Barb Bonansinga asked me if I was interested, it was a no-brainer. I got Kevin Milward on board, and the rest is history.” Kevin Milward co-directed the race in 2009 and 2010, and then Lance began directing on his own.

The two-mile SRRC Parade Run takes place just before the Twilight Parade that opens the Illinois State Fair in August. This makes the race unique, and adds extra challenges for the Race Director. “The big difference with this race is that it is just before the parade starts, and the streets are lined with thousands of people,” says Lance. “I always thought this was cool. It’s kind

of intimidating, but it gives you tons of energy when that many people are cheering you on.”

The Parade Run RD has to work closely with the Illinois State Department of Agriculture, as well as the timing company, the t-shirt vendor, the person who designs the t-shirt logo, and the police department (for road closures). “It’s really a full team effort” says Lance. “Dennis Morris, who coordinates special functions for the fairgrounds, was instrumental in the success of the Parade Run over the years, and we had a core group of great volunteers. The volunteers always came back and signed up for the same job as last year, and they made it easy. They made everything run more smoothly. I can’t say it enough. I had the best volunteers.”

Under Lance’s leadership, the Parade Run grew in size and visibility, peaking

at a little over 500 registered runners in 2015. Lance also worked hard to keep the race inexpensive without sacrificing the swag. “Not everyone who runs races wins awards,” says Lance. “This is a two-mile run, and lots of parents run with kids. It’s important to make sure that everyone gets something to take away. We did a lot to spice up the goody bag.” For the 20th anniversary race, Lance added the now-famous Parade Run pint glass and drink koozie. “Introducing the no-shirt registration option also got lots of approval,” says Lance.

In his eight years as RD, Lance had many memorable experiences, although he admits that he was usually “too busy running around to remember much.” In 2014, the Twilight Parade was canceled because of weather concerns. With help from the Springfield Police Department, the



run continued as scheduled without the parade. "It rained, but there was no lightning," says Lance. "The team really came together to pull it off." In 2016, state fair organizers decided to move the traditional start-time for the Twilight Parade up from 6:00 to 5:30 PM on short notice. "We had been advertising the race start time as 5:30 for months, and we had to move it up to 5:00 at the last minute." Thanks to social media, an email blast, and understanding participants, the race continued without a hitch.

Lance also worked to involve local celebrities and businesses in the race. Illinois State Attorney General Lisa Madigan served as the official race starter in 2009, and former State Journal Register cartoonist Chris Britt designed the t-shirt logo in 2009 and 2010. Scheels also sponsored the race from 2012 to 2014.

Lance is looking forward to running the Parade Run as a participant in 2017. "I'll do everything I can to get out there and run it this year," says Lance. "I'm looking forward to it." Lance also stepped down as co-director of the Lincoln Memorial Gardens 8K in 2016, but he may not be out of RD duty for long. "I want to get another run going on the Lost Bridge Trail," says Lance. "There's been a positive response to the idea, and it would be great to have another trail run in the SRRC race series."

"I'm grateful to the SRRC for giving me the liberty to run the race as I saw fit for over eight years," says Lance. "You really can't do a race without the participants, and the volunteers. Thank you to everyone who participated in the Parade Run and to all the volunteers who came back every year to make the race a success."

Lance is also looking forward to watching the Parade Run grow in the future under co-directors Diana Nevitt and Donna Brayfield. "The race is in great hands with the new directors," says Lance. "They bring great experience, and they have some new ideas. They'll carry on some of the old traditions and bring others in; it's really something to look forward to." ♦



MARK YOUR CALENDARS!

Parade Run & Abe's Amble

The Springfield Road Runners Club presents the Illinois State Fair Twilight Parade Run 2M and Abe's Amble 10K! Mark your calendars and watch for registration at GetMeRegistered.com.

Parade Run—August 10, 2017, at 5:00 p.m. at the Main Gate/Ethnic Village

Abe's Amble—August 20, 2017, at 7:30 a.m. at the Grandstand

See you in August!



Volunteers of the Year 2016

By Kelly Biggs

Every year our club has countless volunteers that keep us running strong. Without volunteer work, the SRRC would not be what it is – a great club that supports all runners in our community by organizing group training runs, putting on top notch racing events, promoting a healthy lifestyle through running and encouraging new runners with things like Abe's Army and the Triple Crown. Volunteer work is such a necessary part of our club's existence, that in order to be eligible for end of year awards there is a volunteer requirement.

Each year, the SRRC acknowledges someone who has gone above and beyond those minimum volunteer requirements and has made an exceptional impact to our club. This year, SRRC was pleased to acknowledge not just one person, but two people who have selflessly given of their time and talents for the love of running and our club!

SHANNON COLE

The 2017 racing season is underway and most probably have their racing calendar in order. But what about volunteering for racing events – do you have a 2017 volunteering calendar in order? Shannon Cole not only knows when races are, but how and when she can help with the many jobs that need covered to put on each of those races. She's got her volunteering calendar in order, one of the many reasons that earned her the distinction of SRRC's 2016 Co-Volunteer of the Year.

"If I know the race is coming up for SRRC, then I know they will need volunteers," she states. "I normally sign up to volunteer when I see the race and then work around it to be sure that I am there."

This is no easy feat when faced with other obligations and a training schedule of her own, but she adds, "We need volunteers for the events to run smoothly and for people to return year after year to the races. I also feel that if I have to get my packet picked up the day before, I might as well help!"

Shannon has gained an appreciation for other volunteers at the races she has participated in, and therefore knows that volunteering does not go unrecognized by the runners and race organizers. She has especially enjoyed

volunteering for the Lincoln Memorial Garden Trail Run and the Lincoln Presidential Half Marathon. "Those races are fun and there are so many people coming in and out to get the packets for race day... it goes fast!"

Her dedication to the SRRC and her role as a volunteer are even more apparent when considering that she travels close to an hour (from Greenfield, IL) to help out. Shannon joined the SRRC and started running after having heart surgery.



Shannon on the course during the Lincoln Presidential Half Marathon in April 2017.

Being a member of the club and the support she received from other runners helped to keep her motivated. Helping out the club and supporting the races through volunteering is one way to give back.

"Running changed my life. It has brought me to so many amazing people. It doesn't seem like volunteering at all... we are like a family... all in this together."

Well said, Shannon. And THANK YOU for all you do!

MATTHEW DUFF

Ever wonder how to balance your own running with helping out and volunteering for club events and races? SRRC member Matthew Duff has mastered the perfect combination that works with his training and outside commitments by assisting with group training runs. Next time you are on a club training run and you stop at the water cooler to grab a drink, if you see Matthew offer up a “cheers” to him as SRRC’s 2016 Co-Volunteer of the Year, especially considering he’s possibly the one who put that water out there for you!

Matthew has been a member of SRRC since 2010, but it wasn’t until he joined Abe’s Army as a participant in 2011 that he really started to get active in the club. He went on to participate in the Frost Toes and Halfwits training groups that year, and getting to know others in the club made him really want to get more involved. He states, “I know the impact Abe’s Army had on me and heard they needed leaders the next year, so I volunteered.” This was just the beginning for him.

“My favorite part of volunteering is seeing and helping newer runners in the club who are getting started. It is fun to encourage them and see their progress.” This year will be Matthew’s 6th year helping out with Abe’s Army as a leader. In addition, “A couple of years ago, Nick [Fogleman] wanted to help lead Frost Toes and we train together a lot so I decided to help with it as well,” he said.

Matthew points out, “I firmly believe you find time for what is important in your life. Running is an important part of my life, so I make sure I get

my training and racing in. I have been able to make my training schedules so group runs are part of my plan. The benefit for me with helping with group runs is I can train and help others at the same time.”

He also states that for Saturday group runs, he would be out running anyway and needs water but prefers not to carry it. The best solution for him is to place water along his route. “If I am going to place it out there for myself, I might as well make sure there is enough for everyone else.”

By assisting new runners and members of the SRRC, he helps them not only reach their goals, but also helps to promote our club, retain those members and keep our club strong! THANK YOU, Matthew, for helping to keep us motivated, and hydrated! ♦



Matthew battling the elements near the finish line of the Frostbite Festival 10 miler in December 2016.

Presenting: the New SRRC Race Directors!

SRRC welcomes the new race directors for the club races:

- Lincoln Presidential Half Marathon: Dave Drennan
- Parade Run: Diana Levitt and Donna Brayfield
- Abe’s Amble 10K: Carrie Ward & Melissa Wiseman
- Frostbite Festival: Amanda Fogleman and Rachel McHenry

Club members: please support them by volunteering! Thanks to the new directors for stepping up to lead these great races!



Date: Saturday, May 27, 2017.

Starting Time: 5K and 10K both begin at 7:30 a.m.

Location: Passavant Area Hospital, 1600 West Walnut, **East Parking Lot**, Jacksonville, IL.

Course: Both races travel through mainly residential areas on Jacksonville's west side. Start and finish on Founders Lane on east side of Passavant campus. Both courses are USA Track and Field-certified. Both races qualify for the SRRC Participation Series points.

Headphones: For the safety of each runner, headphones are strongly discouraged.

Registration: On-line at passavanthospital.com or with this form. No "extra" fees for on-line registration! **Registration closes 10 minutes before the start of the race.** Checks payable to Passavant Hospital.

Packet Pick-up: **For Springfield runners:** Thursday, May 25, from 5:30 to 7 p.m. at the Springfield Running Center, 2943 West White Oaks Drive, Springfield. You may register at pick-up. **For Jacksonville runners:** Friday, May 26, from 11:30 a.m. to 1 p.m. and 5:30 to 7 p.m. in the Main Lobby at Passavant. You may register at pick-up.

Race Day Registration: **Race day registration/packet pick-up is 6:30-7:20 a.m.**

Entry Fee/Shirt: Advance entry fee is \$20 per person; \$19 for SRRC members. **On-line registration closes at 12 noon on Wednesday, May 24, 2017.** Race day entry fee is \$25; \$24 for SRRC members. Entry fee includes a technical running shirt. Shirts are guaranteed if pre-registered by 12 noon, May 15, 2017.

Proceeds: Proceeds benefit Jacksonville Saints Special Olympics Team.

Showers: Available at Fitness World Health Club (south of the hospital/across the street) following the race. Runners must show race number at desk.

Awards/Prizes: 25th Anniversary medal to the first 400 finishers. Custom certificates to the top overall male and female finishers in each race and the first, second, and third place finishers, male and female, in the following age categories: under 14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, and 55-59; male 60-64, 65-69, and 70 and over; and female 60 and over. Overall male and female winners not eligible in their age category. Lots of prize drawings following the race. Must be present to win.

Food: Gatorade, bagels, watermelon, grapes, and frozen juice bars.

Parking: Fitness World north lot (south and across the street from Passavant) and lots on the south, north, and east sides of the hospital. Watch for parking signs.

Questions: 217-479-5858 or eckhoff.kevin@mhsil.com.



ENTRY FORM: Please return to: **Passavant Area Hospital, Community Relations-RACE, 1600 West Walnut, Jacksonville, IL 62650.**

Name: _____ (Last) _____ (First)

Birthdate: _____ Age on May 27, 2017: _____ Sex: ☐ M ☐ F

Address: _____ (Zip Code) _____ (City) _____ (State) _____ (Street Address)

Telephone: _____ E-mail: _____

T-shirt size: Adult ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Waiver: In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, my executors, and administrators, waive and release any and all rights and claims for any damages, loss, liabilities, claims, demands, costs and expenses, which I may now or in the future have against Passavant Area Hospital, Fleet Feet Sports, any and all sponsors, their representatives, successors, and assigns, for any and all injuries or losses suffered by me in this event, including pre- and post-race activities. I attest and verify that I am physically fit and have sufficiently trained for this event. Further, I grant permission to Passavant and/or agents authorized by them to use any photographs, videotapes, motion picture, recording, or any other record of this event, whether portraying me or not, for any purpose.

Date

Signature (parent or guardian, if under 18)

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 Presidential Half Marathon

Jeff Bennett	1:21:44.9	Jeff Andrews	1:53:33.1
Henry Janssen	1:22:25.0	Randy Rieke	1:53:36.2
Trevor Orthmann	1:27:38.5	Jim Faloon	1:54:35.4
Wesley Wooden	1:27:50.4	Theresa Bright	1:55:21.0
Michael Garber	1:28:09.0	Matthew Duff	1:57:25.8
Joy Guardia	1:29:00.8	Keith Staats	1:58:10.4
Steve Koester	1:30:00.3	Thomas Thornton	1:58:35.4
Mike Wendel	1:30:01.0	Frank Midiri	1:58:50.5
Patricia Schaefer	1:30:21.6	Brenda Hillen	1:59:14.1
Fess Teklehaimanot	1:34:00.6	David Taylor	1:59:25.6
Greg Bennett	1:34:24.3	Diana Nevitt	1:59:27.2
Craig Frick	1:35:47.1	Chris Mueller	1:59:27.6
Kevin Hingle	1:36:14.7	Sally Lajoie	1:59:33.7
Venugopala Shetty	1:36:29.7	Randi Lucas	1:59:37.0
Matt Minder	1:37:11.3	Stephen Paca	1:59:37.9
Scott Leopold	1:38:01.9	Michael Hoppe	2:00:23.9
Wes Johnson	1:39:18.4	Steve Washko	2:01:02.2
Keith Virden	1:39:31.9	John Langley	2:01:04.2
John Murphy	1:39:51.6	Sarah Enlow	2:01:43.4
Tracy Dowell	1:40:57.8	Elizabeth Orthmann	2:01:59.4
Leanne Woody	1:41:50.1	Jan Andrews	2:02:00.4
Bob Thompson	1:42:13.2	Donna Brayfield	2:02:08.6
Blake Scranton	1:42:26.9	Marilyn Kirchgesner	2:02:13.4
Travis Lobmaster	1:43:20.0	Russell Schaefer	2:02:43.6
Lance Cull	1:44:30.0	Nancy Ferguson	2:03:31.0
Rick Hernandez	1:44:51.3	David Bretz	2:03:38.8
Kate Lowe	1:45:28.5	"Sunny" (Etta) Dahlquist	2:04:00.4
Nyle Robinson	1:45:56.0	Melissa Wiseman	2:05:30.2
Brad Dow	1:46:24.3	Deidra Glisson	2:05:31.7
Jordan Orr	1:46:42.0	Shelley McIntyre	2:05:50.9
Tadd Davis	1:46:58.8	Jeana Reinbold	2:06:05.2
Jamie Fitzpatrick	1:47:04.4	Lynn Kerber	2:06:53.3
Shannon Cole	1:47:44.2	Brookelyn Eazelle	2:07:29.3
Alex Batten	1:49:55.6	Christine Feller	2:07:29.8
Bryan Lenzi	1:50:00.0	Carolyn Lawrence	2:08:05.1
Jason Nikson	1:50:58.8	Ginger Aschenbrenner	2:08:06.9
Holly Dahlquist	1:50:59.2	Jeff Meyerhoff	2:08:08.8
William O'sullivan	1:51:13.4	Jeff Chandler	2:08:16.0
Daniel Cullen	1:51:33.3	Grant Johnson	2:08:20.6
Emily Mueller	1:51:41.9	Amanda Johnson	2:08:24.5
John Alsup	1:51:43.6	David Suiter	2:09:00.4
Eswara Kakarala	1:52:15.1	Harvey Roemer	2:09:37.9
Tammy Bumgarner	1:52:18.2	Andrew Paoni	2:09:53.7
Marybeth Young	1:52:37.1	Lisa Young	2:11:40.5
Brian Lee	1:53:19.4	Joshua Grant	2:12:57.4
		Justin Hughes	2:12:59.1
		Denise Figueroa	2:13:05.5

Rai Richardson	2:13:32.8	William Wilson	2:34:35.7	John Stearns	3:13:07.2
Brenda Vail	2:13:42.9	Shawn Gibbs	2:34:57.7	Michael Davis	3:23:23.2
Ryan Dunn	2:16:18.4	Sam Woods	2:36:29.9	Jennie Davis	3:25:08.4
Dave Stewart	2:16:39.6	Kim Wonnell	2:36:52.3	Michele Pitts	3:26:42.3
Jayne Antonacci	2:16:46.6	Marilyn Kushak	2:38:36.8	Kristine Holtman	3:30:21.3
Kim Curtis	2:16:46.6	James Alexander	2:40:00.7	Cindy Gibbs	3:39:21.5
Paul Wonnell	2:17:21.9	Machele Keen	2:40:13.8		
Lonna Porter	2:18:02.0	Shirley Webb	2:40:18.1		
Patrick Price	2:19:13.8	Nancy Neuberger	2:42:04.8	Junaia P. Carter 5K	
Sandra Elliott	2:21:27.4	Denise Bean	2:44:26.3	Craig Frick	21:10
Amber Chasco	2:21:50.3	Heather Dunn	2:46:57.7	Blake Scranton	22:05
Melissa Brooks	2:21:53.5	Lynne Morris	2:47:04.8	LeAnne Woody	24:21
Kathleen Knolhoff	2:22:04.4	Mary Harney	2:48:32.2	Theresa Bright	24:30
Patrick Chasco	2:22:15.8	Susan Collins	2:49:01.7	Randi Lucas	25:25
Jean Broadus	2:24:29.1	Marilee Cramer	2:49:01.7	Denise Figueroa	26:04
Lori Iocca	2:25:12.7	Carl Hinman	2:50:52.6	Jan Andrews	26:32
Tracy Lane	2:25:40.4	Sunney Hinman	2:51:10.2	Robert Cramer	27:09
Lois Jazo	2:27:25.5	Meredith Caudill	2:51:36.7	Melissa Wiseman	27:54
Haylee Brickey	2:28:27.7	Rhonda Robinson	2:53:40.3	Carrie Ward	31:32
Robert Cramer	2:29:24.6	Holly Cormier	2:57:08.7	Scott Sievers	31:37
Torrie Buchanan	2:29:30.0	Megan Holzmacher	2:58:36.9	Ashleigh Koerner	33:26
Jennifer Krause	2:30:12.8	Kristina Mucinkas	2:59:15.0	Patricia Petersen	36:48
Carrie Ward	2:31:21.0	Rochelle Phipps	3:02:03.7	Jennifer Herman	41:26
Ashleigh Koerner	2:32:09.2	Joelle Major	3:07:36.6	John Stearns	41:39
Tom Kushak	2:32:18.8	Mollie Langley	3:07:43.1	Michele Pitts	44:01
Jana Brennan	2:33:11.8	Shannon Hughes	3:07:53.3	Denise Beauman	47:06
Kathleen Jensen	2:33:45.9	Mark Young	3:12:27.8	Amber Chasco	48:06

SRRC Club Apparel In Stock!



Show off your club pride! Springfield Road Runners Club now 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



Speed Workouts have Started!

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.

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.

Here's the trail schedule:

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

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!

Member Birthdays—June/July

Venugopala Shetty	6/1	Elijah Davis	6/20	Connor O'Sullivan	7/11
Maddie Funderburg	6/1	Xander Davis	6/20	Kelly Hubbard	7/11
Chris Mueller	6/2	Megan Holzmacher	6/21	Megan Hoppe	7/12
Nancy Ferguson	6/2	Dawn Stearns	6/23	David Heaps	7/13
Sean Wonnell	6/2	Mary Harney	6/24	Cindy Pierson	7/14
Trevor Orthmann	6/4	Robert Griffin	6/24	Nicole Perkins	7/15
Jeff Andrews	6/5	Angela Poage	6/27	Marilee Cramer	7/15
Elizabeth Sievers	6/5	Matthew Duff	6/29	Luke Wittman	7/17
Henry Janssen	6/5	Chelsea Griffin	6/30	Carrie Ward	7/19
Kristine Holtman	6/6	Sean Nashland	7/1	Amy Huber	7/19
Jocelyn Bumgarner	6/7	Angela Liles	7/2	Randi Lucas	7/19
Johnna Thornton	6/7	Elizabeth Orthmann	7/3	Macey Nashland	7/20
Brenda Hillen	6/11	David Ealey	7/3	Andrew Guardia	7/20
Kelly Minder	6/12	Carson O'Sullivan	7/5	Teresa O'Sullivan	7/21
Seamus Liles	6/12	Cheryl Biesiada	7/6	Margaret Burns	7/21
Jocelyn Nashland	6/14	Crosby Biggs	7/8	Holly Dahlquist	7/22
William Sandstrom	6/14	Kristi Ruppel	7/8	Joshua Grant	7/25
Jeff Meyerhoff	6/17	Kim Curtis	7/9	Jasming Hughes	7/27
Noah Davis	6/18	Matthew Humke	7/9	Kathy Leuelling	7/28
Lisa Funderburg	6/18	Jessica Hoppe	7/9	Tracy Dowell	7/28
Scott Whitecotton	6/19	Lynn Kerber	7/10	David Taylor	7/28
				Dustin Morrison	7/30



SRRC Board Notes—April 2017

MEMBERSHIP

173 Adults
 215 Families
 7 Students
27 Hall of Fame
 422 Total Members

TREASURER'S REPORT

Security Bank \$ 1,932.64
 UCB \$23,509.28
LPHM \$43,696.82
 \$69,138.74 Total

SRRC Board minutes from prior meetings can be found online at www.srrc.net.

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/>

The Trainer's Corner—Heartrate Training

By Joy Guardia, Certified ACSM Personal Trainer

Training in the zone: How to train using target heart rate

Heart rate training is a method of training that can benefit runners at any level. Target heart rate zones correlate with our perceived exertion at different intensities. The zones are divided according to these different intensities. For runners who have just begun the journey of long distance training, be sure you have trained at the first two zones consistently for a month or two before moving onto the next zone. As you become more efficient your heart rate will lower and you will be faster, so adjust your zones accordingly. A few caveats to heart rate training are outside influences that will cause your heart rate to elevate (adjust your workouts accordingly)- dehydration, insufficient sleep, caffeine, fatigue.

Zone 1: 55-70% of max heart rate (max HR is found using $220 - \text{age}$ for most of the population); correlates to an easy aerobic intensity; used for warm up and cool down, easy run, or easy long run; fat is utilized for fuel in this zone; train in this zone 4 x's/week

Zone 2: 70-80% of your max HR; correlates to a challenging paced aerobic run that can be sustained for about 30 minutes; talking becomes a bit difficult at the end of this run; train in this zone up to 3 x's/week

Zone 3: 80-90% of your max HR; anaerobic zone that correlates to a difficult training pace where you may only be able to speak a few words; this pace can be sustained for 5-10 minutes; longer intervals on a track, hill training, Fartleks; train in this zone 1-2 x's/week and is reserved for trained individuals

Zone 4: 90-100% of your max HR; anaerobic zone that correlates to an all out effort; you cannot talk at this intensity; this pace can be sustained for 1-2 minutes; short interval training on a track; train in this zone 1 time a week and is reserved for trained individuals; this type of training should not be done more than 6 weeks in order to prevent injury or burnout

The Karvonen formula is what you will use to determine your zones:

Target heart rate = $((220 - \text{age}) - \text{resting heart rate}) \times \% + \text{resting heart rate}$

To take your resting heart rate place your first two fingers at your pulse on your neck or wrist. Take it as soon as you wake in the morning for 1 minute.

Example: 38 year old with a resting heart rate of 55, wanting to set up mile repeats interval workout

$$((220 - 38) - 55) \times 80\% + 55 = 157$$

$$((220 - 38) - 55) \times 90\% + 55 = 169$$

Her training zone for each mile repeat is 157-169 beats/minute. Her recovery between intervals would be 1-5 minutes (depending on fitness level) of walking or up to 50% of max HR.

Learning how to train in the zone will build confidence in your training and allow you to step it up to the next level.



Points & Participation Series

Participation Points Awards

This series is designed to reward SRRC members who finish and volunteer for the designated 19 races in our circuit. Your eligibility begins once your membership is processed. To be eligible for all 19 races, a person must have his/her membership processed by the Lincoln Presidential Half Marathon. If a person applies for membership after the half marathon, that person will be eligible for all races thereafter.

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

Race Distance Points:

2m – 5k = 5 point
 4m – 8k = 8 points
 10k – 12k = 10 points
 15k – 10m = 15 points
 ½ Marathon = 20 points
 Marathon = 30 points

Awards Tier System:

Gold Level 180+
 Silver Level 140-179
 Bronze Level 100-139

Current Participation Series totals are listed 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 SRRCMember-ship@gmail.com.

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



		Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best r
Women's								
Women's Overall								
Joy Guardia	10					10	10	
Patricia Schaefer	9					9	9	
Tracy Dowell	8					8	8	
Leanne Woody	7					7	7	
Kate Lowe	6					6	6	
Jordan Orr	5					5	5	
Jamie Fitzpatrick	4					4	4	
Shannon Cole	3					3	3	
Holly Dahlquist	2					2	2	
Emily Mueller	1					1	1	
Women's Masters								
Tracy Dowell	10					10	10	
Holly Dahlquist	9					9	9	
Tammy Bumgarner	8					8	8	
Marybeth Young	7					7	7	
Theresa Bright	6					6	6	
Brenda Hillen	5					5	5	
Diana Nevitt	4					4	4	
Elizabeth Orthmann	3					3	3	
Jan Andrews	2					2	2	
Donna Brayfield	1					1	1	
W 14 and Under								
W 15 - 19								
Haylee Brickey	10					10	10	
W 20 - 24								
W 25 - 29								
Kate Lowe	10					10	10	
Jordan Orr	9					9	9	
Jamie Fitzpatrick	8					8	8	
Emily Mueller	7					7	7	
Sally Lajoie	6					6	6	
Sarah Enlow	5					5	5	

		Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best r
W 30 - 34								
	Randi Lucas	10					10	10
	Amanda Johnson	9					9	9
	Amber Chasco	8					8	8
	Kathleen Knolhoff	7					7	7
	Ashleigh Koerner	6					6	6
	Shawn Gibbs	5					5	5
W 35 - 39								
	Joy Guardia	10					10	10
	Patricia Schaefer	9					9	9
	Leanne Woody	8					8	8
	Shannon Cole	7					7	7
	Brookelyn Eazelle	6					6	6
	Ginger Aschenbrenner	5					5	5
	Denise Figueroa	4					4	4
	Melissa Brooks	3					3	3
	Torrie Buchanan	2					2	2
	Jennifer Krause	1					1	1
W 40 - 44								
	Tracy Dowell	10					10	10
	Tammy Bumgarner	9					9	9
	Melissa Wiseman	8					8	8
	Jeana Reinbold	7					7	7
	Christine Feller	6					6	6
	Kristina Mucinskas	5					5	5
	Rochelle Phipps	4					4	4
	Joelle Major	3					3	3
W 45 - 49								
	Holly Dahlquist	10					10	10
	Marybeth Young	9					9	9
	Elizabeth Orthmann	8					8	8
	Jan Andrews	7					7	7
	Deidra Glisson	6					6	6
	Carolyn Lawrence	5					5	5
	Jean Broaddus	4					4	4
	Tracy Lane	3					3	3
	Carrie Ward	2					2	2
	Jana Brennan	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
W 50 - 54								
Theresa Bright	10					10	10	
Brenda Hillen	9					9	9	
Nancy Ferguson	8					8	8	
Shelley McIntyre	7					7	7	
Lynn Kerber	6					6	6	
Lisa Young	5					5	5	
Brenda Vail	4					4	4	
Jayne Antonacci	3					3	3	
Lonna Porter	2					2	2	
Shirley Webb	1					1	1	
W 55 - 59								
Diana Nevitt	10					10	10	
Donna Brayfield	9					9	9	
Marilyn Kirchgessner	8					8	8	
Kim Curtis	7					7	7	
Sandra Elliott	6					6	6	
Lori Iocca	5					5	5	
Kim Wonnell	4					4	4	
Susan Collins	3					3	3	
Rhonda Robinson	2					2	2	
Cindy Gibbs	1					1	1	
W 60 - 64								
Kathleen Jensen	10					10	10	
Machele Keen	9					9	9	
Marilee Cramer	8					8	8	
W 65 - 69								
"Sunny" (Etta) Dahlquist	10					10	10	
Mary Harney	9					9	9	
Kristine Holtman	8					8	8	
W 70+								
Lois Jazo	10					10	10	
Marilyn Kushak	9					9	9	
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 r
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 Viriden	1					1	1	
M 14 and Under								
M 15 - 19								
M 20 - 24								
M 25 - 29								
Henry Janssen	10					10	10	
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	

		Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best r
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
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

		Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best
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	
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	

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	Lincoln Presidential Half Marathon LPHM - SRRC Bonus Points LPHM - Volunteer Bonus Points Junata P. Carter, MD 5K Lake Run Half Marathon Lake Run 12 K Lake Run 4-57M Lincoln Memorial Garden 8K Passavant Gatorade 5K Passavant Gatorade 10K SRRC Track Meet Steamboat Classic 5K Steamboat Classic 15K Scheels 5K Bob Goldman Scholastic Challenge Premier Bank 5K Women's Distance Festival 12 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 15K Abe's Amble - SRRC Bonus Points Shoreline Classic 15K Shoreline Classic 5K Quad Cities Marathon Quad Cities Half Marathon Full Moon Trail Run Springfield Marathon Springfield Marathon Relay Springfield Marathon - Half Distance Springfield Marathon Relay Canal Connection 10K Frostbike Festival 10K Frostbike Festival 2 Mile Frostbike - SRRC Bonus Points Participation Points Total Participation Award Tie																																													
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	10	5	5	15	5	30	20	10	5	30	20	10	10	10	5	15	5	5	296	3
James Alexander	20	5	0	0																																									25	
John Alsop	20	5	0	0																																									25	
Jan Andrews	20	5	5	5																																									35	
Jared Andrews	0	0	5	0																																									5	
Jeff Andrews	20	5	0	0																																									25	
Jayne Antonacci	20	5	0	0																																									25	
Ginger Aschenbrenner	20	5	0	0																																									25	
Alex Batten	20	5	0	0																																									25	
Denise Bean	20	5	0	0																																									25	
Denise Beauman	0	0	5	5																																									10	
Greg Bennett	20	5	0	0																																									25	
Jeff Bennett	20	5	0	0																																									25	
Kelly Biggs	0	0	5	0																																									5	
Julie Boots	0	0	5	0																																									5	
Donna Brayfield	20	5	5	0																																									30	
Jana Brennan	20	5	0	0																																									25	
David Bretz	20	5	0	0																																									25	
Haylee Brickey	20	5	0	0																																									25	
Theresa Bright	20	5	5	5																																									35	
Jean Broadus	20	5	0	0																																									25	
Melissa Brooks	20	5	0	0																																									25	
Torrie Buchanan	20	5	0	0																																									25	
Tammy Bumgarner	20	5	5	0																																									30	
Shane Bumgarner	0	0	5	0																																									5	
Meredith Caudill	20	5	0	0																																									25	
Jeff Chandler	20	5	0	0																																										

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	Lincoln Presidential Half Marathon																																										
	LPHM - SRRC Volunteer Bonus Points																																										
	LPHM - Volunteer Bonus Points																																										
	Junala P. Carter MD 5K																																										
	Lake Run Half Marathon																																										
	Lake Run 12 K																																										
	Lincoln Memorial 4.37M																																										
	Pasasavati Garden 8K																																										
	Pasasavati Gatorade 5K																																										
	SRRC Track Meet																																										
	Steamboat Classic 10K																																										
	Steamboat Classic 4 Mile																																										
	Steamboat Classic 15K																																										
	Sneats 5K																																										
	Bob Goldman Scholastic Challenge																																										
	Premier 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																																										
	Parade Run - Volunteer Bonus Points																																										
	Abe's Amble 10K																																										
	Abe's Amble - SRRC Bonus Points																																										
	Abe's Amble Volunteer Bonus Points																																										
	Shoreline Classic 15K																																										
	Shoreline Classic 5K																																										
	Quad Cities Marathon																																										
	Quad Cities Half Marathon																																										
	Full Moon Trail Run																																										
	Springfield Marathon Relay																																										
	Springfield Marathon																																										
	Springfield Marathon - Half Distance																																										
	Canal Connection 10K																																										
	Frostbite Marathon Relay																																										
	Frostbite Connection 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
Kate Lowe	20	5	5	0																																						30	
Dan Loyd	0	0	5	0																																						5	
Randi Lucas	20	5	5	5																																						35	
Joelle Major	20	5	0	0																																						25	
Shelley McIntyre	20	5	0	0																																						25	
Jeff Meyerhoff	20	5	5	0																																						30	
Frank Midiri	20	5	0	0																																						25	
Matt Minder	20	5	5	0																																						30	
Lynne Morris	20	5	0	0																																						25	
Dustin Morrison	0	0	5	0																																						5	
Kristina Mucinskas	20	5	5	0																																						30	
Emily Mueller	20	5	5	0																																						30	
Chris Mueller	20	5	5	0																																						30	
John Murphy	20	5	0	0																																						25	
Nancy Neuberger	20	5	5	0																																						30	
Diana Nevitt	20	5	5	0																																						30	
Jason Nikson	20	5	0	0																																						25	
Jordan Orr	20	5	0	0																																						25	
Elizabeth Orthmann	20	5	0	0																																						25	
Trevor Orthmann	20	5	0	0																																						25	
William O'Sullivan	20	5	0	0																																						25	
Stephen Paca	20	5	5	0																																						30	
Andrew Paoni	20	5	0	0																																						25	
Patricia Petersen	0	0	0	5																																						5	
Rochelle Phipps	20	5	0	0																																						25	
Julie Pitchford	0	0	5	0																																						5	
Mark Pitchford	0	0	5	0																																						5	
Michele Pitts	20	5	0	5																																						30	
Jon Popovitch	0	0	5	0																																						5	
Lonna Porter	20	5	0	0																																						25	
Janet Powell	0	0	5	0																																						5	
Patrick Price	20	5	0	0																																						25	
Jeana Reinbold	20	5	0	0																																						25	
Rai Richardson	20	5	0	0																																						25	
Randy Rieke	20	5	5	0																																						30	
Rhonda Robinson	20	5	0	0																																						25	
Nyle Robinson	20	5	5	0																																						30	
Harvey Roemer	20	5	0	0																																						25	
Steward Sandstrom	0	0	5	0																																						5	
Patricia Schaefer	20	5	0	0																																						25	
Russell Schaefer	20	5	0	0																																						25	
Blake Scranton	20	5	0	5																																						30	
Venugopala Shetty	20	5	5	0																																						30	
Nathan Siegwart	0	0	5	0																																						5	
Scott Sievers	0	0	0	5																																						5	
Alice Staats	0	0	5	0																																						5	
Keith Staats	20	5	0	0																																						25	
Dawn Stearns	0	0	5	0																																						5	
John Stearns	20	5	0	5																																							

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