



FOOTTRAILS

SPRINGFIELD ROAD RUNNERS CLUB

JANUARY / FEBRUARY 2018

UPCOMING DATES:

- 4/7—Lincoln Presidential Half Marathon
- 4/14—Junaia P. Carter 5K
- 5/5—Lake Run (Bloomington)

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Frostbite? Not so much in 2017

By Amanda Fogleman

This was a fantastic year for the Frostbite, but most certainly the polar opposite of last year. The day was clear, sunny and the temperature peaked at 63° F. We had a record (at least in recent years) number of participants with 308 people registering online and 35 registering the day of or at packet pick-up Friday, for a total of 343 people. 104 of those people completed the 2 mile race and 226 completed the 10 mile. New this year was the addition of Redtown Chili at the after race party. Aaron Stallone (local runner) provided samples of chili made with his seasoning packet and also a door prize with a hat and a koozie. Also providing a door prize was Serious Lip Balm, co-owned by Khara Koffel (former runner, haha).

Will Formea took the 2 mile top spot with a time of 11:30 and Jeffrey Bennett took the 10 mile win with a time of 59:54. Top females include Lydia Hocker in the 10 mile with a time of 1:05:04 and Kaitlyn Lee in the 2 mile with a time of 14:06.

Rachel and I had a lot of fun as first-time race directors. We have to give thanks to Dave Drennan for setting everything up to run so smoothly in previous years, making our job much easier. It was fun to keep some things the same (the awesome penguin logo) and change things up (1/4 zip long sleeve shirts). Who knows what is in store this December, but I'm looking forward to doing it all again. Look for registration to open shortly after Abe's Amble.



Runners enjoying one of the very few flat parts of the Frostbite Festival course



SRRC Celebrates 2017!

SRRC members gathered for a night of celebrating a successful running year on January 27, 2018, at Erin's Pavilion. SRRC introduced the changes on the board of directors, approved an update of the club bylaws, and presented a lot of well-earned awards for member accomplishments in 2017 including the induction of two new hall of fame members. Check out the awards recap beginning on page 8 of this issue.

The club welcomed our special guest speaker this year, Joe Moreno (pictured on left) from the QuadCities Marathon. Joe gave us some insight on how much goes into directing a successful race.

2018 SRRC Board

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Board Members at Large

Randi Lucas & Wes Johnson

Newsletter Staff

Emily Mueller, Missy Block, Megan Styles, Joy Guardia, and Kelly Biggs

Club Information

Membership

Annual Membership Rates:

\$30 Family

\$20 Adult

\$5 Student/Youth

Annual memberships expire December 31st. Half price membership starts September 1st through the end of the year.

Renew or join online at www.srrc.net

Address/e-mail changes:

Matt Minder

Membership Director:

SRRCMembership@gmail.com

Find us online!

www.srrc.net

Board Meetings

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

Advertising

Foottrails is published on a bi-monthly schedule, 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: Lori & Tommy Dale, Lance Cull and Meredith Caudill

www.srrc.net/halfwits

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

www.srrc.net/speedwork

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.srrc.net/abesarmy

FROSTTOES

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

Cost: Free to SRRC members

Dates: October—December

Leaders: Nick Fogleman and Matthew Duff

www.srrc.net/frosttoes

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

President's Message:



Hello and happy new year, SRRC members!

The end of 2017, including Frostbite and the Post-Race Party has passed, and now we begin to think about the 2018 season.

Preparations for the Lincoln Presidential Half Marathon are

well underway, and the race committee is excited about some of the promotions that are in place for this year.

In addition to race planning, the HalfWits training group is in full effect as well. We were saddened to see our previous leaders step back from their roles, but the new group that has taken over is doing an excellent job (as long as you like hill work, I guess!). If you are not training with this group, I strongly recommend you check it out. You won't find a more motivating, supportive group of runners to train with!

The race calendars have been updated, and we're ready for a great 2018!

I'll see you out on the road!

~Nick Fogleman

SRRC Scholarship Application Available—Class of 2018

Each year the Springfield Road Runners Club awards scholarships to graduating high school seniors who have participated in cross country, track, and/or road races. A total of three \$1,000 SRRC Scholarships will be awarded.

Do you know a runner who is a Class of 2018 senior? If so, you should encourage them to apply. The application deadline is May 1, 2018.

More information and the scholarship form is available on the SRRC website at this link:

www.srrc.net/scholarship

The form has also been provided on the last page of the newsletter.

Scholarship winners are announced in early June with an award ceremony scholarship presentation at the Illinois State Fair in August following the Parade Run.

The Class of 2017 SRRC Scholarship recipients were: Jackie Eck - Lutheran High School, Layne Hill - Athens High School, Claudia Magnussen - Pana High School.

Don't forget to renew your membership for 2018 online at: www.srrc.net/join

Frostbite Festival 2017 Member Results

10 Mile Results

Jeff Bennett	59:54.4	Craig Frick	1:24:53.6	Jennifer Krause	1:48:06.3
Henry Janssen	1:02:46.1	Holly Dahlquist	1:25:11.1	Torrie Buchanan	1:48:52.1
Noah McIntyre	1:03:29.5	Tadd Davis	1:25:52.6	Sasha Cadigan	1:48:56.0
David Wortman	1:05:02.0	Theresa Bright	1:27:29.0	Rai Richardson	1:49:12.5
Sam Levon	1:05:48.9	Frank Midiri	1:27:39.1	Bobbie Jo Hill	1:49:15.2
Lydia Hocker	1:05:52.2	Randy Rieke	1:28:13.0	Judy Gunn	1:49:56.1
Ryan Nordsiek	1:09:05.1	David Baker	1:29:42.7	Scott Sievers	1:50:00.5
Will Hill	1:09:06.2	Lynn Kerber	1:30:14.7	Jack Bellmer	1:52:46.8
Patricia Schaefer	1:09:21.2	Michael Hoppe	1:30:33.3	Jayne Antonacci	1:53:07.3
Fess Teklehaimanot	1:10:01.7	John Langley	1:32:05.9	Kim Curtis	1:53:08.1
Keith Virden	1:10:44.9	Denise Figueroa	1:32:22.4	Russell Schaefer	1:53:08.6
Wes Johnson	1:12:22.7	Jan Andrews	1:32:49.0	Sam Woods li	1:53:51.3
Dustin Morrison	1:12:39.5	Jessica Crawford	1:33:02.0	Meredith Caudill	1:53:57.5
Blake Scranton	1:14:01.9	Ashley Edge	1:33:36.4	Diane Muncy	1:53:59.8
Matt Minder	1:14:25.0	Emily Mueller	1:33:53.7	Machele Keen	1:54:55.1
Scott Leopold	1:15:20.0	Shelley McIntyre	1:34:05.3	Lois Jazo	1:56:36.5
Rick Hernandez	1:15:37.8	Matthew Duff	1:34:37.4	Haylee Brickey	1:56:44.7
Chelsea Griffin	1:15:58.3	Doug Galayda	1:35:51.7	Poornima Jayaramaiah	2:00:43.5
Randi Lucas	1:16:57.7	Allison Dollus	1:36:36.3	Hannah Nation	2:01:58.9
John Alsup	1:17:50.1	Michael Torchia	1:36:57.0	Scott Nation	2:02:00.1
Lance Cull	1:19:11.9	Sally Lajoie	1:37:47.0	Heather Shipp	2:05:05.9
Travis Lobmaster	1:19:53.7	Amanda Johnson	1:37:55.3	George Hinkle	2:05:11.1
Corey Colson	1:20:08.8	Dan Loyd	1:37:59.9	Rosalie Lowery	2:05:38.1
Bob Thompson	1:20:46.9	Nancy Ferguson	1:39:16.0	Mollie Langley	2:07:18.9
Jennifer Rhoades	1:21:37.8	Jeff Meyerhoff	1:39:50.6	Amy Williams	2:09:23.8
Terese Laughlin	1:21:47.7	Rebecca Collier	1:40:05.6	Angela Turasky	2:10:34.2
Melissa Schaefer	1:21:52.5	Dawn Raycraft	1:40:41.4	Lindsey Lister	2:10:52.4
Nick Fogleman	1:23:22.5	Dennis Ferree	1:40:41.5	Patricia Petersen	2:13:29.7
Jay Weber	1:23:23.7	Jeana Reinbold	1:41:17.5	Madalynn Sullivan	2:13:42.3
John Hauer	1:23:44.7	Brian Shaw	1:41:25.0	Dawn Stearns	2:18:46.8
Nyle Robinson	1:24:02.1	Mary Kay Lackman	1:41:58.2	Heather Dunn	2:18:49.0
Kate Schroter	1:24:10.8	Kathleen Knolhoff	1:43:24.5	Brenda Humbert	2:41:07.6
Eswara Kakarala	1:24:18.5	Paul Turner	1:43:51.6	Kristine Holtman	2:46:28.4
Amber Chasco	1:24:22.4	Bill Shelley	1:45:01.3	Brenda Glahn	2:47:17.4
Leanne Woody	1:24:52.9	Kathleen Jensen	1:46:16.1	Angela Ryan	2:47:21.5
		Megan Styles	1:46:17.1		

2 Mile Results

Tammy Bumgarner	15:14.1
Tad Andrews	16:21.0
Laura Hauer	16:34.8
Jared Andrews	16:47.3
Roger Muench	17:20.6
Chris Mueller	17:48.4
Levi Biggs	17:51.3
Carolyn Lawrence	18:41.6
Melissa Wiseman	18:57.6
Ashleigh Koerner	19:00.4
Rosa Reim	19:03.2
David Taylor	20:20.3
Robert Cramer	20:54.4
Lindsey Hauer	20:58.0
Chris Hernandez	21:10.8
Carrie Ward	21:25.5
Jill Hurley	21:37.4
Dianna Jones	21:39.0
Brian Kerber	22:20.1
Joni Winhold	22:55.2
Tori Taylor	22:56.0
Jill Rizzs	23:20.8
Daron Poage	23:33.0
Michelle Phillips	24:09.8
Rachel Benedict	25:12.4
Beth Lafata	25:39.8
Lesa Schaive	25:47.0
Jennifer Herman	26:08.6
Michele Pitts	26:29.3
Nina Rossini	26:45.5
Casey Mayfield	27:02.4
Angela Poage	28:56.5
Julie Summers	30:44.1
Mark Janus	31:05.4
Amy Savel	31:07.6
Barb Leveque	33:35.6



Most Improved Runner Spotlight—Diane Muncy

By Kelly Biggs

She's come a long way since those first days in 2010 when she stepped on a treadmill and could barely go for 5 minutes. But she was determined. That determination led her to the Jingle Bell 5K that year, her first race ever - then fast forward to today where she is now a Triple Crown Champion who also ran her first half marathon in October. Meet Diane Muncy, SRRC's Most Improved Female of the Year for 2017!

After running on her own for years, she was encouraged by a friend to join SRRC. That led to her joining Abe's Army, where Stephen Paca was her leader. She states, "He was amazing. He taught me the correct way to run and how to pace myself."

In addition to the tips she gained through Abe's Army, the friends she has met through the SRRC have also helped to push her during training and in races. These are the things she credits with her improvements throughout the year.

Of the Triple Crown races, she most enjoyed Abe's Amble, even in the hot and humid weather. She claims, "I like summer running. The heat doesn't bother me."

She went into the Shoreline Classic 15K unfamiliar with the course and states that she "couldn't wait for the finish line", but she did it and then followed that up with the Springfield Half Marathon. She trained by herself for the half marathon and did most of her training on the Lost Bridge Trail.

She was quick to credit her success at

the half marathon in part to her pacer.

"Amanda Johnson was my pacer and she really helped me. She made sure I kept going. Without her I wouldn't of made it."

Then came what Diane says was the most difficult of the Triple Crown races, but also her proudest moment - the Frostbite Festival. "Those hills were really difficult," she said. She had done the 2 mile race in the past, but had not ever completed the 10 mile course. She trained with the Frost Toes, so she knew what she was in for, but to finish the race and to earn the Triple Crown was such an achievement.

Training for the Frostbite Festival and now for the Lincoln Memorial Half Marathon has also brought her into new territory. As a fan of summer running, this has been the first winter where she has bundled up and braved the elements for her runs. She said that the few times she ran outside before, she "just didn't have the right clothing" and was miserable. She now has learned the art of proper layering, got a wind jacket and face mask, and now does almost all of her running outside.

In her spare time she loves to vacation, especially going on cruises with



her teenage granddaughter. She has even had the opportunity to run a 5K in the Bahamas that was offered as a 'free' excursion for a cruise she was on a few years ago. With another cruise planned for November, she hopes to repeat that experience and although she prefers longer races these days, plans to do another cruise 5K.

Diane's main goal in 2018 is to just keep doing races. She has the Lincoln Memorial Half Marathon coming up and then plans to do the Lincoln Legacy 10K at Oak Ridge Cemetery. When asked what advice she would give to others just starting to run or wanting to improve she stated it simply, "Never quit." From someone who took up running later in life and is making improvements while running in the 60-64 age group, that is very sound advice!

Congratulations Diane!

Most Improved Runner Spotlight—Blake Scranton

By Kelly Biggs

It was a rare weekend that I was able to sit down and chat with SRRC's Most Improved Male of 2017, Blake Scranton—running 30 races in 2017, he has a very busy calendar that is nothing short of impressive. Blake's running began in high school, and after taking a bit of a break, he started up again in college by "running local races here and there, but mostly just 2 mile and 5K's." It wasn't until 2005 when he joined Abe's Army that he ran his first 10K.

In 2006, he ran every points series race and also ran what would end up being his first of many half marathons. But in 2007, he developed a chronic IT band injury that would sideline him for about 8 years. He kept trying to return to training and half marathon racing before it fully healed, and it reached a point where he could barely run 3 miles at a time.

In 2015, the game changer happened. He picked up a book on the "Maffetson Method." It is a method of training that focuses on finding your aerobic threshold, then keeping all runs in that range in order to build up aerobic capacity. In the process, your body is trained to burn fat more efficiently, which has huge benefits in longer races. "The running was painfully slow," he admits, "but it worked." His injury healed, and over time, his pace gradually began to increase. He was able to complete his first half marathon in about 5 years.

In 2016, he ran 19 races, five of which were half marathons. With his IT band injury well behind him, he went into 2017 with a great base, and of the 14 half marathons he ran last year, the first 4 were

all PR races for him! And the 5th may have been a PR as well, but late in the race he found himself running alone and came to a point where he could either turn or go straight—he took the turn, and it led him down a dead end road!

Yet his success didn't stop there. It was a year of PR's with one of the most notable being near his hometown, in Dubuque, Iowa. By chance and a "why not" attitude he also ended up running his first marathon last year. He had won a free race entry at the annual banquet in 2016 for the Springfield race, and had planned to run the half marathon, but when it was announced they would be adding a $\frac{3}{4}$ marathon course to the lineup, he figured, "well it is only a few miles further so why not?" Then he stated, "Once I got up to 18 or 19 miles, I figured what's another few miles, so I just kept going." Then just one month later he won his first race ever at the City of the Sun 5K trail race at Cahokia Mounds.

However, when asked, his proudest accomplishment last year came at the 15K Hot Chocolate race in St Louis. He broke his PR previously set in 2006, when he ran a whopping 2 min 39 sec faster than he had run that same race at 39 years old!

When asked about what keeps him going, he replied, "Running just feels good. My perfect day is to get up at 4am and go running for 3 or 4 hours." He has a series of loops in his neighborhood that total about 9 miles he likes to run, so he just figures how many times he needs to run each loop and gets to work.

When not running he enjoys reading and



playing the drums, and also writes poetry. He is involved in a group that meets once a month to share their work and do public readings at Robbie's downtown.

He cautions new runners and those seeking improvement, "Don't run too hard. Build up your aerobic capacity. It takes a long time, but eventually improvements will come and you will be more efficient."

So what's in store for 2018? He has several things on the horizon including two back-to-back half marathons on the same weekend, the St Patrick's Day 2 mile Parade run—where he will race for the first time on his birthday, and a vacation in Colorado where he is eyeing what races will be feasible for him and what level of elevation running he may want to attempt.

"I can't go to Colorado and not race! I just might want to do the 50 states thing, and I don't want to have to go back to Colorado." I have no doubts he will continue to mix things up to keep it interesting and we will continue to see great things from Blake! Congratulations!

2017 Hall of Fame



Tom Cooper

By Jim Cinotto

Tom Cooper ran his first race—the Lincoln Memorial Five Mile—in 1987. It didn't take him long to become a fixture in the Springfield Road Runners Club. Within a few years he was on the Board of Directors and he was Club President when the Scholastic Challenge (later to become the Bob Goldman Scholastic Challenge) had its inaugural race.

Tom's contributions to the SRRC have been recognized with three Diane Pellegrini Volunteer of the Year awards. He did everything for the club from directing and scoring races to handing out t-shirts and water. Tom served as race director for several races including the Parade Run and the Capitol Mile. He also scored more than a hundred races including the Bob Goldman Scholastic Challenge and the Sizzling Mile.

Tom was also a pretty fair runner. He has a 10K PR of 38:38 and a half-marathon PR of 1:38.

Alan Avery

In America, people like to be part of something successful. After 2 years of SRRC President, I told people that 90% of the work was:

- Write a job description for something the club needed someone to do.
- Find one or more club members to do it.
- Call them after it was done and thank them for assisting.

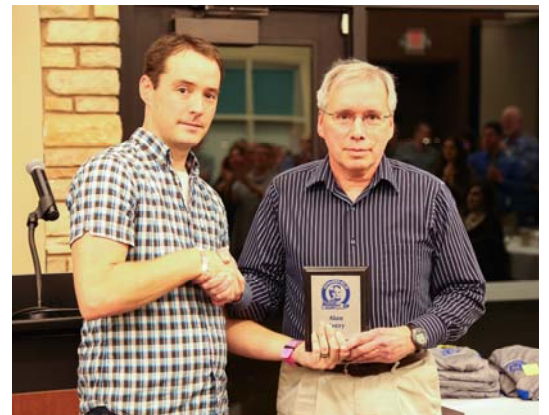
I wanted to involve as many club members as possible in the efforts to make the SRRC successful.

How did I know to do this? I learned these lessons, and dozens more, from attending RRCA Conventions and speaking with club officers and members from hundreds of other running clubs as well as RRCA state, regional and national reps.

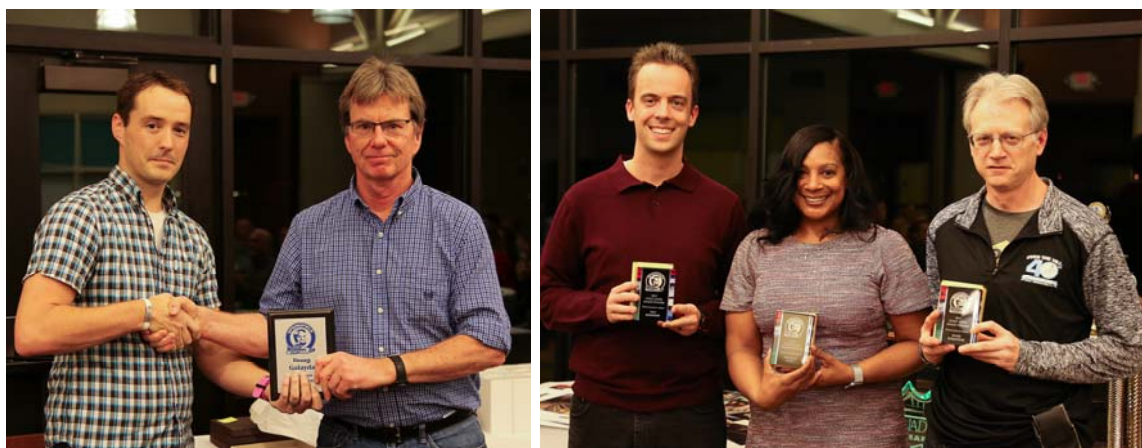
Finally, I want to thank the hundreds of SRRC members who helped before, during and after I was SRRC President and newsletter editor.

Success is sweet, but is sweeter for those that worked to make it happen. Thank you for honoring me for my work on behalf of the club.

~Alan Avery



2017 Special Awards



Top row (L-R): Blake Scranton, Most Improved Male; Diane Muncy, Most Improved Female; Kristina Mucinskas and Stephen Paca, President's Award.
Middle left: Doug Galayda, Volunteer of the Year



PARTICIPATION AWARDS

GOLD 180+ Points (middle right) Wes Johnson, Michele Pitts, Blake Scranton. Not pictured: Kate Schroter

SILVER 140-179 Points (bottom left) Jan Andrews, Tadd Davis, Matthew Duff, Amanda Johnson, Scott Leopold, Randi Lucas, Melissa Wiseman, and Sam Woods. Not pictured: Theresa Bright and Denise Figueroa.

BRONZE 100-139 Points (bottom right) (standing) Kristine Holtman, Holly Dahlquist, Craig Frick, Machele Keen, Henry Janssen, Diane Muncy, Kathleen Knolhoff, Emily Mueller, (kneeling) John Hauer, Rick Hernandez, Carrie Ward, Randy Rieke, Chris Mueller, (lounging) Matt Minder. Not pictured: Amber Chasco, Susan Collins, Lance Cull, Kim Curtis, Heather Dunn, Sandy Elliott, Nick Fogleman, Lois Jazo, Kathleen Jensen, and Patricia Peterson.

SRRC Points Winners 2017



Henry Janssen, Overall



Fess Teklehaimanot, Masters



Duston Morrison, M 25-29



Wes Johnson, M 30-34



Nick Fogleman, M 35-39



Matt Minder, M 40-45



John Hauer, M 45-49



Rick Hernandez, M 50-54



Scott Leopold, M 55-59



Nyle Robinson, M 60-64



Jack Bellmer, M 65-69



George Hinkle, M 70+



Joy Guardia, Overall



Tracy Dowell, Masters



Caroline Dahlquist, F 14 and under



Randi Lucas, F 30-34



Tammy Bumgarner, F 40-44



Holly Dahlquist, F 45-49



Susan Becker, F 60-64



Kristine Holtman, F 65-69



Brian Lee, Backslider of the Year!

The 2017 SRRC Points Winners were awarded with a SRRC hoodie, presented by Joe Moreno. Not only do these club members have to be fast in their age group, they all volunteered for two or more club races.

Not pictured:

Christian Liles (M, 14 and under), Haylee Brickee (F, 15-19), Lydia Hocker (F, 20-24), Chelsea Griffin (F, 25-29), Patty Schaefer (F, 35-39), Theresa Bright (F, 50-54), Sandy Elliott (F, 55-59), and Lois Jazo (F, 70+).



WELCOME TO THE CLUB!

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

MEMBER BENEFITS INCLUDE:

- ◆ Discounts on local races
- ◆ 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
- ◆ Free training groups for the Halfwits (Lincoln Presidential Half Marathon), Wednesday speedwork (April—October), and Frosttoes (Frostbite Festival 10 mile race) - see web links below
- ◆ Saturday long run schedules coordinated by members in the summer
- ◆ Many opportunities to meet great new running friends and more!



HELPFUL WEB LINKS

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

Springfield Road Runners Club website: www.srrc.net

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

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

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

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

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

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

Speedwork Website: www.srrc.net/speedwork



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

Abe's Amble repeats as RRCA Championship Race in 2018

By Carrie Ward and Melissa Wiseman

It's never too early to start making your summer running plans! Mark your calendars for the 41st annual Abe's Amble 10K on Sunday, August 19.

We are pleased to announce this year's Abe's Amble 10K has once again been chosen by the Road Runners Club of America as a State Championship race. As such, participants will receive special RRCA championship race bibs, free Gatorade on the course and engraved championship medals for top overall, master, grandmaster and senior

grandmaster male and female winners.

We will be looking for race sponsors to help underwrite the cost of hosting the race. If you know of a local business or individual donor that can help, please contact us at atsrrcabesarmy10K@gmail.com.

Registration at for Abe's Amble opens on Memorial Day weekend at getmeregistered.com with a special early bird discount.

Stay tuned for more details!



**Running Shoes
Apparel
Accessories**



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

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

217.787.4400

"Everything You Need To Run & Look Your Best"

SRRC Triple Crown—Class of 2017



Another successful Triple Crown led by Stacy Reddecliff and Lori Dale in 2017.

What is the Triple Crown?

The Triple Crown Challenge is a series of THREE races:

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

The program is free to join. You do have to pay your entry fee into the races.

Once you complete the program, you will receive recognition with fellow challengers in an awards presentation after the Frostbite



2017 Triple Crown Winners: Amber Chasco, Brenda Glahn Cronk, Brenda Humbart, Connie Heskett, Dawn Raycraft, Dennis Ferree, Heather Shipp, Jennifer Rhodes, Poormina Jayaranaiah, Sam LeVon, Scott Sievers, Sue Collins Selvaggio, Patty Petersen, John Hauer, Dawn Stearns, Sasha Cadigan, Amy Williams, Kathleen Knolhoff, Mary Kay Lackman, Diane Muncy, Madalyn Sullivan, Scott Nation, and Hannah Nation.

Festival, a goody bag with lots of great prizes! (see photos below for 2017 swag), be entered in for a raffle with great prizes, and receive FREE ENTRY into the Lincoln Presidential Half Marathon the following year.

For more details on the Triple Crown Challenge for 2018, please check them out online and on Facebook!

www.srrc.net/tcc



Winter Running Safety

By Kelly Biggs

The weather is cold. It is dark in the morning and dark in the evening. The treadmill actually looks a little bit appealing. But fresh air is good for you and outdoor time has been proven to help elevate your mood. Perhaps it takes a little more motivation this time of year to get your workouts in, but once you are out there, if you're anything like me, you're glad you did it. There's also something about running in frigid temperatures and through snow that makes me feel a little bit like superwoman.

Yet there is one thing that often gets overlooked this time of year and that is running safety. It can be especially important when we're caught doing so many runs before and after work when it is dark, and when the roads are slick due to ice or snow.

I've noticed many runners out that are barely visible and have to admit, I'm often guilty of this myself. A few tips to stay noticeable are to wear blinky lights (both in front and in back), wear reflective clothing or reflective bands on arms and ankles, and wear light colored clothing. If it has snowed however, it is better to wear dark colored clothing because you will stand out more. If you run in the street, make sure you run on the left side so that you can see oncoming traffic and vehicles don't come up directly behind you. Obeying traffic signals is also especially important at dusk and in the dark when driver's vision is the worst. If there are snow piles from plowing, also be aware that you may be hidden from the driver's view.

Speaking of snow, one of my favorite sounds is that of my shoes crunching the snow underfoot as I run. Snow actually provides pretty good traction if it is not

slushy and before it has been driven over and packed down into ice. But it definitely does get slippery out there this time of year. Wearing trail shoes that have better traction and/or wearing Yak Trax, which are cleat-like straps that you attach to your running shoes, can help keep you safe and upright. Just be cautious and adjust your speed accordingly for slick conditions. Rarely, but occasionally, it really is just safest to resort to the treadmill especially if there has been an ice storm. If you don't have access to a treadmill, one missed run is better than months spent recovering from an injury.

One thing to consider is to ensure you have a plan in the event you do slip and get hurt. Although this could happen on any run at any time of year, it is good to have a plan. Always either run with a phone or with others. If you are running solo, make sure someone knows your route and approximately how long you plan to be gone. Consider how you could keep warm if you got hurt - would you be in a residential area or near a business where you could get help and keep warm? Or possibly keep an extra layer tied around your waist.

Cold temperatures can also make dressing for a run a bit more time consuming but as so many say, "there is no such thing as bad weather, just bad clothing choices!" Be sure to dress appropriately in layers with wicking material as a base layer (avoid cotton!), a middle fleece or wool layer, and a wind layer on the exterior. Wear gloves to keep



your hands warm and a hat to help trap body heat. The colder it is, the less skin you should have exposed. Dressing as though the temperature is 10-20 degrees warmer outside will also help prevent you from overdressing. And don't forget the chapstick to keep your lips from drying out! Another good tip is to plan your route so that you are heading into the wind in the beginning part of your run, with the wind at your back for the later half. Once you've worked up a sweat, heading into the wind can chill you right to the core.

Last but not least, consider leaving the music at home. You will be more aware of your surroundings in the dark, will be able to hear cars approaching, and be better able to focus on your footing. Keep safe and enjoy this wonderful time of year. You may just discover you are one of those runners who celebrates when the weather turns cold! ♦

Halfwits in FULL SWING!

SRRRC welcomes NEW LEADERS for 2018! Lori and Tommy Dale, Lance Cull and Meredith Caudill are taking over the reigns from Stephen Paca and Kristina Mucinskas who led the group for two years. Stephen and Kristina did a fabulous job, but now they get to sleep in a little and train WITH the Halfwits! Thank you, Stephen and Kristina!

If you are new to the club or haven't joined up with the Halfwits yet, you really should come out to a run to check it out. The run schedule is Mondays and Wednesdays beginning at 5:45 p.m. at Washington Park, and Saturday mornings from Café Moxo at 8:00 a.m. There are runners and walkers of all paces, so you'll most likely find someone to keep you company.

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

If you haven't joined the group for a run yet, check out Halfwits 101 article online. It will give the basic overview of the group and training plan. After that, it's all up to you to show up and experience a run with a bunch of Halfwits! We hope to see you out there this year!

LINKS:

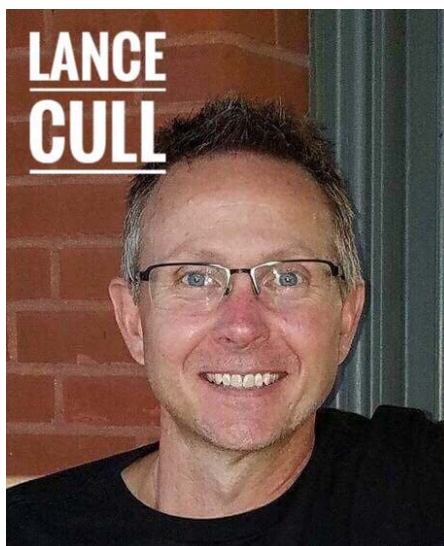
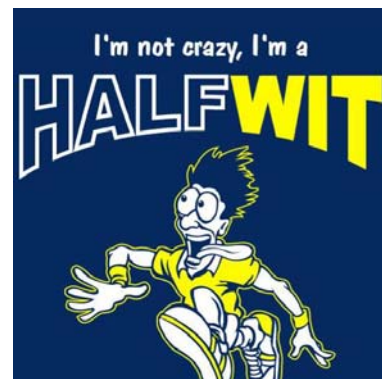
Website: www.srrc.net/halfwits

Facebook: www.facebook.com/SRRCHalfwits

Halfwits 101: www.srrc.net/halfwits101

Email the coordinators:

srrchalfwits@gmail.com



Member Birthdays—Feb/Mar

Justin Hughes	2/1	John Alsup	2/22	Hilary Wilson	3/16
Mackenzie Griffin	2/1	Sally LaJoie	2/22	Maria Wells	3/16
Kristina Mucinskas	2/2	Kayla Morgan	2/22	Blake Scranton	3/17
Linda House	2/2	Susan Hingle	2/23	Lonna Porter	3/17
Heidi Sherrock	2/2	Amanda Rieger	2/23	Diana Nevitt	3/17
Nancy Kerr	2/2	Carrie Walbert	2/23	Kim Vy Williams	3/17
Jennifer Rees	2/3	Trent Minder	2/25	Steve O'Connor	3/17
Lisa Adams	2/3	Veronica Andersen	2/25	Eric Sagong	3/17
Erin Murphy	2/5	Holly Kaminski	2/25	Lisa Young	3/18
Daniel Plunkett	2/5	Max Alessia	2/26	Torrie Buchanan	3/19
Kim Owens	2/5	T.j. Andrews	2/27	Shawn Gibbs	3/20
Haylee Brickey	2/5	Brenda Vail	2/27	Tori Taylor	3/21
Cathy Gochenour	2/6	Mike Wendel	2/28	Scott Nation	3/21
Trisha Price	2/6	Lance Cull	2/28	David Drennan	3/21
Tim Mathis	2/7	Nina Rossini	2/28	Stefani Henderson	3/22
Vivian K Jones	2/7	Cassie Branstetter	2/29	Megan Moore	3/22
Steve Washko	2/7	Shannon Cole	3/1	Rachel Parks	3/22
Tracie Burkett	2/8	Paige Koehler	3/1	Mark Pitchford	3/23
Gray Pierson	2/10	Ashley Amin	3/1	Kaylee Gholson	3/24
Jarod Hitchings	2/10	Jason Nikson	3/2	Marybeth Young	3/24
Collin Biesiada	2/11	Patricia Schaefer	3/3	Craig Frick	3/24
Maria Kaminski	2/11	Caitlin Simhauser	3/5	Katie Funderburg	3/24
Theresa Eagleson	2/11	Michele Pitts	3/6	Sophie Reimers	3/24
Jill Hurley	2/12	Patricia Petersen	3/7	Shannon Becker	3/24
Tess Richardson	2/13	Finn Murphy	3/8	Rebecca Lucas	3/24
Denise Wilson	2/15	Jennifer Krause	3/10	Roseanne Nance	3/24
Ian Pitchford	2/15	Amanda Nelson	3/11	Ryan Dunn	3/27
Margaret Sgro	2/15	Joyce Laswell	3/11	Rochelle Phipps	3/29
Christian Liles	2/16	Bradley Smith	3/12	Mark Young	3/30
Wesley Wooden	2/17	Pavithra Shetty	3/13	Vera Herst	3/30
Harvey Roemer	2/18	Dena Nelson	3/13	Rosalie Lowery	3/31
Melissa Murphy	2/18	Jena Nation	3/13		
Kayla Albrecht	2/18	Andrews Jacob	3/14		
Matt Minder	2/19	Sandra Gilmore	3/14		
Karen Flather	2/19	Brent Bohlen	3/14		
Len Rideout	2/20	Jessica Crawford	3/15		
Elizabeth Calcara	2/21	Sarah Enlow	3/16		
Anna Minder	2/22	Denise Behl	3/16		



Lincoln Presidential Half Marathon 2018

On April 7, 2018, Springfield will welcome 2,000 visitors to the Lincoln Presidential Half Marathon. This nationally recognized race starts and finishes at the famous Old State Capitol and then winds through our 16th president's picturesque hometown and past some of nation's most significant historic sites, including the Lincoln home, law office, and tomb.

NEW MEDAL for 2018 is a Lincoln hat with a shiny penny on back! As in year's past, the race shirt (gender specific) and awards feature a specially commissioned work of art depicting Springfield's favorite son in a manner never seen before.

Following the race, participants enjoy live music and refreshments on the lawn of the Old State Capitol and get a chance to mingle with Mr. and Mrs. Lincoln and Civil War reenactors. The post-race party is at Obed & Isaacs!

We hope to see you April 7th!



RUN WHERE LINCOLN WALKED

The Trainer's Corner—Goals Part 2

Goals: Tracking progress to reach your goals

Continued from the last issue, we need to discuss the next two measurements... workouts and food intake. As I stated in part 1, one of the most effective ways to improve is to set goals and write down your progress.

Plan and Record your workouts

How do you know you're going the right way if you have no idea where you came from or where you are headed? Planning and tracking your workouts leads you down the path of a life-long, successful pursuit of health.

In the weight room, exercise with a purpose rather than wander through the room randomly choosing what exercises to do. Plan out your running program rather than running the same distance and same pace every day. Record workouts by keeping track of your intensity, intervals, and reps. This will allow you to challenge yourself beyond your maintenance levels. Use a simple notebook, download a workout app, or create a spreadsheet, whatever is easiest for you to plan and track your progress. When I sit down to do my main lifts at the gym, I refer back to my previous few weeks to be sure I am increasing my weight/reps so that I can reach a new PR for those lifts.

When I train for a race, I plan out my specific times for every interval workout and hill workout I need to do in order to be at my best performance for the race. Even if you don't care to reach a PR, recording your information is key to improving your health.



Plan and Record your food intake

Track your food intake because you probably don't know how much or what the quality is of the food you are eating. Americans have a warped sense of portion size. 80% of your lifestyle successes or failures are a direct result of how you eat.

Start by tracking your intake for a week... every single calorie you eat, nibble, and drink. This is not to make you OCD about calorie counting. This is to make you aware of the reality of how you eat. Pay attention to the macronutrients (carbs, fats, protein) and the types of drinks you consume. Look at the amount of sugars and fats and the portion size of what you are eating.

MyFitnessPal is the app I use on my phone to see if I am eating the right ratio of macronutrients. The app saves meals and foods that are inputted and it has a database of almost every common food/meal you can think of. Once you know how you eat, you can make important adjustments to your habits one meal at a time.

Start with the easiest changes and make one permanent change every few

days. This will train your stomach and your brain to adjust. It takes time to record everything initially but once you are informed, you will not need to record your food more than once a month just to see if you are still on track.

Take charge of your eating habits and stop letting your eating control how you feel and function in life. Remember that you, as athletes, need to fuel your body for proper recovery and improved performance with the best foods available. Filling your body with junk or starving your muscles from proper nutrients (severe calorie restriction) is not a wise path to take considering the amount of work you put into your training.

Remember, that which is measured improves. When we are always aware of what we are doing to our bodies and putting into our bodies, we will always be traveling along a healthy path in life. This will consistently lead to healthier decisions. I can attest to how effective this is but more importantly, how much this motivates me in every area of my life.

~Joy Guardia, Certified ACSM Personal Trainer

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 Nick Fogleman at SRRCMembership@gmail.com.

SRRC Race Calendar 2018

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

Lincoln Presidential Half Marathon*
Date: 04/07/2018
Location: Downtown, Springfield, IL

Junaia P. Carter 5K
Date: 04/14/2018
Location: Washington Park

Lake Run—7K, 12K, Half Marathon
Date: 05/05/2018
Location: Bloomington, IL

Lincoln Memorial Trail Run 8K
Date: 05/19/2018
Location: Lincoln Memorial Garden

Passavant-Gatorade 5K and 10K
Date: 05/26/2018, 7:30 a.m.
Location: Passavant Hospital, Jacksonville, IL

Steamboat Classic 4M and 15K
Date: 06/16/2018
Location: Peoria, IL

Scholastic Challenge 5K
Date: 06/16/2018, 7:30 5k
Location: Lake Springfield Center Park Beach House, Springfield, IL

Scheels 5K and 10K
Date: 06/23/2018, 7:30 a.m.
Location: Scheels

Jacksonville 4th of July Blast 5K
Date: 07/04/2018
Location: Nichols Park (Jacksonville)

Women's Distance Festival 2M
Date: 07/14/2018, 8 a.m.
Location: Washington Park

Quad Cities Times Bix 7
Date: 07/28/2018
Location: Davenport, IA

Parade Run, 2M*
Date 08/09/2018, 5:00 p.m.
Location: Illinois State Fair Grounds

Abe's Amble 10K*#
Date: 08/19/2018, 7:30 a.m.
Location: Illinois State Fairgrounds

Shoreline Classic 15K and 5K#
Date: 09/16/2018
Location: Nelson Park, Decatur

Quad Cities Marathon, Half Marathon, 5K
Date: 09/23/2018, 7:30 a.m.
Location: Moline, IL

Full Moon Trail Run (2+ miles)
Date: 09/24/2018, 7:30 p.m.
Location: Lewis Memorial Acres

Springfield Marathon (5K, 1/4, and Half Marathon, Marathon)
Date(s): 10/13/2018 (5K only)
10/14/2018—Other distances
Location: UIS

Canal Connection 10K
Date: 11/04/2018, 10:30 a.m.
Location: LaSalle/Utica, IL

Frostbite Festival 2M and 10M*#
Date: 12/02/2018, 9:00 a.m.
Location: FitClub West

Race dates, locations, & times subject to change. Location is Springfield unless otherwise noted. Please check our website for up-to-date information.

* denotes SRRC Points Series event
denotes Triple Crown series run



SRRC Cross Country Awards 2018

The 2018 winners of the SRRC Cross Country Awards have been announced:

The female overall winner of the Genny Kaufmann award was Sydney Huffman who competes for Springfield Southeast High School. In second place for the ladies is Caroline Jachino who is a Pleasant Plains High School Cardinal, and, in third, is Kirsten Huffman from Jacksonville Rountt.

A very clear choice among the six award winners this year was Class A State Champion, Wyatt McIntyre

from Athens High School as he was designated the Bob Hellweg award winner. Wyatt is a repeat winner of the Bob Hellweg Award. Second for the males was the outstanding sophomore from Springfield High School, Kyle Boughter, with third place going to Lincoln High School's Blake Jones.

According to Jay Rogers, it was a very interesting year in that ALL SIX award winners were from different schools, from schools that have not had a recipient in several years such as Springfield Southeast and Lincoln, and from a school that

has never been a member of this group of award winners from Jacksonville Rountt!

Lastly, of the six, three runners compete for Class AA schools and three compete for Class A schools. Outstanding representation across the board!

This is a great way the SRRC continues to support local athletes with these annual high school awards, and your membership dollars plays a huge role. The SRRC gives an award to each athlete and donates \$250 to each school's cross country program.

Photos: Males—(L to R) 2nd place Kyle Boughter from Springfield High, 3rd place Blake Jones from Lincoln, and 1st place Wyatt McIntyre from Athens. Females—(L to R) Sydney Huffman from Springfield Southeast, 2nd place Caroline Jachino from Pleasant Plains, 3rd place Kirsten Huffman (not pictured) from Jacksonville Rountt.



Springfield Road Runners Club

2018 Scholarship Application

Each year the Springfield Road Runners Club awards scholarships to graduating high school seniors who have participated in cross country, track, and/or road races. Up to 3 - \$1,000 SRRC Scholarships will be granted.

*All items must be submitted together.
*All SRRC decisions are final.
*To be considered, applications must be postmarked by May 1, 2018.
*Candidates will be interviewed via phone or in-person.
*Awardees will be notified by July 1.
*A special awards ceremony will occur at the Parade Run on August 9, 2018.

1. Personal Information:

Name: _____

Date of Birth: _____

Address: _____

Phone Number: _____

High School: _____

Parent/Guardian Name(s): _____

2. College Plans:

College/University you plan to attend: _____

Undergraduate program planning to major in: _____

Lifelong running goals: _____

3. Letters of Recommendation: Please provide two letters of recommendation.

4. Essay: Each applicant must write an essay of 500 words or fewer on
"What Running Has Meant To Me".

5. Transcript: Submit an official high school transcript.

6. Financial Need: Circle: 1 = not important, 5 = very important 1 2 3 4 5

Please mail your completed application, with a current photo, postmarked by May 1, 2018 to:

Springfield Road Runners Club
Attn: Scholarship
P.O. Box 997
Springfield, IL 62705-0997



SPRINGFIELD ROAD RUNNERS CLUB

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

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

Lincoln Presidential Half Marathon—April 7, 2018

