



FOOTTRAILS

SPRINGFIELD ROAD RUNNERS CLUB

SUMMER 2018

UPCOMING DATES:

- September 15—Shoreline Classic
- September 22—Quad Cities Marathon/Half
- September 24—Full Moon Trail Run
- October 13/14—Springfield Marathon/Half, 5K and 10K
- November 4—Canal Connection 10K (Utica, IL)

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Lightning, hail can't stop Women's Distance Festival

A day before the Women's Distance Festival, the weather forecast called for pretty decent conditions. Even that morning, there wasn't much different. As participants began arriving at Washington Park, that story completely changed. About an hour before the race start, flash flood amounts of water poured from the sky. Even the radio station doing the live broadcast was not prepared to cover their equipment. It wasn't supposed to happen.

Many racers quickly crammed into the playground pavilion in hopes of not getting soaked. Some runners braved the downpour to get their warmup miles in. Volunteers along the course did their best to keep dry. But when the lightning and hail started, the race start needed to be delayed.

For race directors Teri Taylor and Heather Glessner, it was an RD's worst nightmare—the looming possibility of a race cancellation. However, about 15 minutes after the race was scheduled to start there was a break in lightning and rain. The crowd made their way to the starting line, and they were off!



Lydia Hocker on the way to her first place finish in a time of 11:47.

The overcast skies and temperatures cooler than some previous years made for a pleasant race experience once it finally got underway. This year's winner was 24 year old Lydia Hocker from Springfield in a time of 11:47. Second place finisher was Patty Schaefer of Springfield in 12:41, and third was Grace Gudwien of Sherman in 13:15. Grace is one of SRRC's Class of 2018 Scholarship recipients. Congratulations to all the women who ran this year! The full results are available online at www.ItsRaceTime.com.

Class of 2018—SRRC Scholarship Recipients

It's hard to remember when the club received so many applications for the SRRC Scholarship—let alone so many which were from such highly qualified student-athletes. This group was impressive, and it made the selection process difficult for the scholarship committee. In the end, it was narrowed down to these three students, who we know will have very bright futures! Learn more about them in their scholarship profiles on page 20 in this issue of FootTrails—we think you will be impressed as well!



The 2018 Scholarship winners (L to R):

Lillian Ye, Southeast H.S.; Haylee Brickey, North Greene H.S.; and Grace Gudwien, Williamsville H.S.

2018 SRRC Board

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Randi Lucas & Wes Johnson

Newsletter Staff

**Emily Mueller, 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 quarterly schedule, subject to change. Advertising rates are as follows (black and white):

This schedule is subject to change. Advertising rates are as follows (black and white)

\$60 - Full page ad
\$40 - Half page
\$20 - Quarter 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.

Dates: April—September

Wednesday evenings, 5:45 at Washington Park or SHG track.

Leader: Bill Owens

www.srrc.net/speedwork

ABES ARMY

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

Cost: \$60 + club membership

Dates: May—August

Leaders: Carrie Ward & Melissa Wiseman

www.srrc.net/abesarmy

FROSTTOES

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

Cost: Free to SRRC members

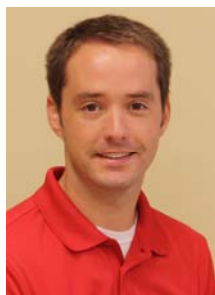
Dates: October—December

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. Final selections are subject to SRRC Board final approval.

President's Message:



It's summer race season, and the SRRC club events are in full swing. Let's all take a minute to thank the volunteers that are responsible for putting on the Abe's Army training program including the directors, your group leaders, and the folks setting out water each week. As the Illinois State Fair gets set to kick off, there are also two great races to look forward to in the Parade race 2 mile and the Abe's Amble 10K.

Between the Army training program, and the races coming up, this is usually the

time of year when our Membership increases dramatically. So, I want to welcome all of the new Members, and encourage you to continue with your running journey after the Fair ends. If you have not ran the Shoreline Classic in Decatur, or the Frostbite Festival here in Springfield, definitely look into the Triple Crown program. The SRRC has a large group of runners who meet regularly to continue training for these races after the Amble. Check out our Facebook Members group for more information.

Lastly, I want to mention the SRRC Scholarship program. This is one of

my favorite things the club does because it allows us to recognize extraordinary local student/runners, and encourage their continued participation in the sport we all love. We had one of the largest responses ever to the Scholarship this year, and choosing the winners was a hard decision. We will be presenting this year's Scholarship winners with their awards after the Parade Race, so be sure to check that out and give them a hand.

I'll see you out on the road!

-Nick Fogleman

Speed Work—it's not just about speed

By Kelly Maciejewski Biggs

Speed work sessions are in full swing and have moved to the SHG track. Attendance at the Wednesday night workouts is booming, in large part to the energy and excitement that Bill Owens has brought to these workouts. Bill took over this year when previous leader, Susan Becker, stepped down after many years of dedication to this group.

As the current cross country coach at Rochester High School and long-time runner himself, Bill has an arsenal of proven workouts and SRRC members are reaping the benefits. I've noticed the desire he has to see each person improve and reach their goals, with the ultimate goal of staying injury free and maintain a lifelong love for running.



After running competitively for many years, Bill felt the need to give back. "The club has done a lot for me, so when this opportunity came up, I felt it was time for me to give back," he stated.

He also has a unique way of making these workouts fun on hot summer evenings. "Bringing in the idea of team sports and a sense of community where everyone encourages each other is what it's about," he notes.

(Continued on page 8)

SRRC Members—Finisher's Report

Junaia P Carter 5K

Keith Virden	19:55.88
Blake Scranton	20:37.46
Evan Hartzold	22:11.93
Rick Hernandez	22:21.94
Tommy Dale	25:07.42
Jim Faloon	26:28.37
Jan Andrews	27:44.62
Mary Emery	28:17.77
Emily Collins	29:29.75
Melissa Wiseman	29:58.62
Ryan Dunn	30:30.25
Diane Muncy	31:42.79
Kathleen Jensen	32:53.88
Sam Woods II	34:38.97
Carrie Ward	34:51.52
Heather Dunn	34:58.00
Dawn Stearns	37:21.76
Vivian Jones	50:15.59

Lake Run 4.37 Miles

Michele Pitts	1:10:19.0
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Lake Run 12K

Lance Cull	58:56.7
Matthew Duff	1:08:37.9

Lake Run Half Marathon

Blake Scranton	1:39:22.4
Matt Minder	1:39:44.1
Jan Andrews	2:20:52.7
Melissa Wiseman	2:27:09.8
Nancy Ferguson	2:29:15.1
Rai Richardson	2:43:39.4
Kathleen Jensen	2:53:56.0

Passvant 5K

Keith Virden	19:24
Roger Short	21:33
Evan Hartzold	21:36
Jeff Andrews	26:17
Jill Reich	28:31
Michael Hilderbrand	29:55
Mary Emery	29:55
Tonya Bourn	30:29
Joyce Hubbard	30:51
Lynne Morris	34:11
Rebecca Luke	37:33

Lesa Schaive	38:25
Marilyn Clark	38:55
Lori Dale	39:05
Amanda Johnson	42:04
Terry Clark	42:44
Michele Pitts	44:48
Kristine Holtman	45:57

Passvant 10K

Henry Janssen	35:24
Andy Martin	39:22
Blake Scranton	42:48
Fess Teklehaimanot	44:16
Wes Johnson	45:35
Randi Lucas	46:44
James Kuhn	47:52
Lance Cull	48:46
Bob Thompson	49:49
Tammy Bumgarner	50:34
Sam Fox	51:05
Randy Rieke	51:13
John Hauer	51:39
Larry Palmer	52:01
Kayla Albrecht	52:40
Tommy Dale	53:33
Nick Fogleman	53:33
Tadd Davis	54:48
Kelly Hubbard	55:08
John Langley	58:02
Nancy Ferguson	58:10
Paul Turner	58:30
Matthew Duff	58:58
Alan Howard	1:02:10
Bobbie Jo Hill	1:02:18
Melissa Wiseman	1:02:21
Ryan Dunn	1:04:14
Kim Curtis	1:06:33
Dawn Rothermel	1:08:23
Diane Muncy	1:08:43
James Alexander	1:09:48
Machele Keen	1:10:32
Kim Wonnell	1:11:44
Paul Wonnell	1:11:44
Heather Dunn	1:14:26
Mollie Langley	1:15:14
Tori Taylor	1:15:20
Carrie Ward	1:15:26
John Stearns	1:18:00

Dawn Stearns	1:18:14
Jennifer Ryterski	1:18:36
Denise Beauman	1:23:13

Steamboat Classic 4 Miles

David Suiter	37:01
Melissa Wiseman	40:51
Carrie Ward	44:47
Marc Anderson	50:18
Lori Dale	52:01

Steamboat Classic 15K

Blake Scranton	1:08:32
John Langley	1:33:32
Jeana Reinbold	1:34:06
Tommy Dale	1:40:37
Mollie Langley	2:07:36

LMG 8K

Andy Martin	35:28.5
Jay Weber	36:29.5
Blake Scranton	37:28.0
Fess Teklehaimanot	37:58.0
Keith Virden	37:59.3
Andrew Gochenour	40:34.1
Evan Hartzold	40:39.6
Wes Johnson	41:42.3
Randi Lucas	41:46.5
Lance Cull	42:32.1
James Kuhn	42:37.7
William O'sullivan	42:46.4
Shane Bumgarner	43:00.1
Sam Fox	44:21.4
Kayla Albrecht	44:23.4
Hannah Nation	44:51.6
Tammy Bumgarner	44:54.7
John Hauer	45:46.2
Curt Evoy	45:49.8
Arlene Hall	46:15.6
Jennifer Creasey	46:18.2
Tommy Dale	46:19.9
Janet Powell	46:20.5
Pamela Hart	46:30.3
Nick Fogleman	47:04.5
Matthew Humke	48:24.2
Kevin Poehls	48:36.5
David Bretz	48:57.9
Brian Lee	50:02.6

Jean Broaddus	50:34.0
Nancy Ferguson	51:11.1
Albert Pierceall	51:11.2
Paul Turner	51:34.5
Brenda Hillen	51:50.2
Lisa Young	51:59.1
Jim Faloon	52:04.0
Scott Reimers	52:20.1
Jeana Reinbold	52:28.4
Jan Andrews	52:52.6
Ashleigh Koerner	53:00.2
Nancy Thompson	53:05.2
Marilyn Kirchgessner	53:06.8
Melissa Wiseman	56:06.3
Garrett Deakin	56:12.0
Kim Owens	57:10.6
Michael Hilderbrand	57:14.8
Molly Berendt	58:11.5
Torrie Buchanan	59:38.3
Laura Hauer	59:48.0
Diane Muncy	1:01:35.8
Gray Pierson	1:02:15.8
Ginger Mercier	1:03:21.3
Lindsey Hauer	1:03:32.2
Brian Kerber	1:04:21.8
Carrie Ward	1:06:30.0
Robert Cramer	1:06:50.3
Nancy Neuberger	1:07:33.6
Nicole Broch	1:07:56.3
Patty Petersen	1:08:58.3
Jennifer Ryterski	1:11:51.9
John Stearns	1:12:33.0
Tori Taylor	1:12:37.7
Heather Dunn	1:12:38.1
Isaac Childers	1:13:00.8
Sam Woods li	1:13:01.3
Marilee Cramer	1:14:58.3
Jennifer Herman	1:17:00.4
Denise Beauman	1:17:39.3
Jennie Davis	1:18:43.3
Vivian Jones	1:18:46.3
Michele Pitts	1:19:11.6

Scholastic 5K

Tyler Pence	15:12
Henry Janssen	16:18
Noah McIntyre	17:21
Layne Hill	17:40
Jay Weber	19:07
Andy Martin	19:13
Keith Virden	19:38
Ryan Waldinger	19:46
Jack Mraz	19:51
Aidan Peterson	20:51
Michael Witsman	20:55

Michael Waldinger	21:25
Evan Hartzold	21:44
Bob Thompson	22:44
Wes Johnson	22:46
Eswara Kakarala	23:34
Jay McAfee	24:08
John Hauer	24:10
Rick Larson	24:52
Jim Faloon	25:02
Tadd Davis	25:05
Frank Midiri	25:14
Emily Waldinger	26:02
Jorie Roubitchek	26:47
Albert Pierceall	27:01
Matthew Duff	27:20
Jill Reich	27:26
Shelley McIntyre	27:30
Amanda Tapscott	27:37
Jan Andrews	28:03
Kelly Biggs	28:20
Garrett Deakin	28:26
Hagan Beeler	29:14
Jason Beeler	29:19
Bobbie Jo Hill	30:01
Julie Pitchford	30:11
Randi Lucas	30:11
Harvey Roemer	30:17
Campbell Beeler	30:58
Kim Owens	31:07
Jayne Antonacci	31:43
Kim Curtis	31:43
Joyce Hubbard	31:44
Diane Muncy	32:12
Sunney Hinman	32:12
Ginger Mercier	32:44
Machele Keen	33:01
Jessica Hughes	33:49
Erin Murphy	34:17
Mark Pitchford	34:57
Devon Shafer	35:11
Tori Taylor	35:46
Jason Gribbins	36:19
Laura Hauer	37:04
Lindsey Hauer	37:06
Patty Petersen	37:55
Lesha Schaive	40:04
Amanda Johnson	40:11
Lindsey Lister	40:43
Denise Beauman	41:52
Christianna Sullivan	42:44
Madalynn Sullivan	42:50
Nina Rossini	43:17
Michele Pitts	45:54

Scheels 5K

Keith Virden	19:24
Kyle Rockershousen	21:15
Evan Hartzold	21:33
Rick Hernandez	21:38
Albert Pierceall	23:27
Sarah Enlow	24:16
Linda Castor	26:42
Sasha Cadigan	27:01
Michelle Brown	27:16
Paul Turner	27:50
Gray Pierson	32:09
Corey Colson	33:08
Lesha Schaive	35:34
Patty Petersen	36:13
Lori Dale	37:23
Casey Mayfield	38:40
Lindsay Hager	39:47
Amber Chasco	41:08
Jennifer Herman	42:04
Nina Rossini	42:53
Michele Pitts	46:00

Scheels 10K

Tyler Pence	31:55
Henry Janssen	34:01
Andy Martin	38:54
Jay Weber	40:36
Blake Scranton	42:02
Michael Witsman	43:08
Larry Palmer	47:57
Rick Larson	49:41
Jim Faloon	50:38
Tommy Dale	51:08
Rex Gradeless	52:21
Scott Nation	52:24
Hannah Nation	52:44
Tadd Davis	53:19
David Bretz	55:10
Jill Reich	57:30
Nancy Ferguson	57:48
Sunny Dahlquist	58:06
Ashleigh Koerner	58:24
Kathy Deakin	1:00:53
Garrett Deakin	1:00:53
Ryan Dunn	1:02:53
Scott Sievers	1:03:30
Diane Muncy	1:07:19
Mollie Langley	1:10:07
Nicole Broch	1:10:22
Kim Wonnell	1:10:49
Paul Wonnell	1:10:49
John Stearns	1:16:41

(Continued on page 6)

SRRC Members—Finisher's Report (cont.)

Dawn Stearns	1:17:23	Emily Mueller	15:14.4	Tori Taylor	22:18.2
Jennifer Ryterski	1:17:24	Sarah Enlow	15:34.9	Brenda Humbert	22:18.7
Tori Taylor	1:17:32	Holly Dahlquist	15:50.2	Sarah Rieke	22:21.0
Heather Dunn	1:17:58	Christianna Sullivan	16:00.1	Lynne Morris	22:33.8
Crysta Weitekamp	1:35:13	Kelly Hubbard	16:17.0	Kim Knuuti	22:37.6
Jacksonville 5K		Amanda Tapscott	16:18.0	Rhonda Robinson	22:52.9
Jay Weber	19:06	Sasha Cadigan	16:36.3	Shirley Webb	22:53.3
Andy Martin	19:15	Jill Reich	16:42.0	Patty Petersen	22:53.4
Blake Scranton	21:28	Mary Kay Lackman	16:43.6	Emiliya Dimitrova	23:02.8
Evan Hartzold	24:15	Cassandra Johnson	16:44.3	Marilyn Kushak	23:05.2
Amanda Tapscott	27:18	Caroline Dahlquist	16:45.0	Elizabeth Krah	23:11.1
Kelly Hubbard	27:21	Diana Nevitt	17:06.6	Jocelyn Bumgarner	23:34.6
Jill Reich	27:39	Mallorie Lohman	17:18.1	Madalynn Sullivan	23:34.8
Tad Andrews	27:53	Lynn Kerber	17:22.3	Rebecca Luke	23:35.5
Paul Turner	28:39	Campbell Beeler	17:27.9	Lori Dale	24:00.2
Ashleigh Koerner	28:41	Marilyn Kirchgesner	17:38.1	Lesia Schaive	24:01.6
Jan Andrews	29:20	Hannah Pisman	17:39.7	Lindsay Hager	24:04.1
Paul Wells	29:43	Lisa Young	17:47.0	Marilee Cramer	24:17.1
Melissa Wiseman	30:13	Jan Andrews	17:49.2	Jeana Reinbold	24:21.2
Kim Curtis	32:08	Sally Lajoie	17:57.9	Nicole Broch	24:29.0
Russell Schaefer	32:09	Sandra Elliott	18:07.9	Patricia Hopkins-Price	24:37.5
Diane Muncy	32:29	Marybeth Young	18:19.4	Marilyn Clark	25:09.8
Joyce Hubbard	33:08	Brenda Hillen	18:19.8	Suna Tabag	25:10.2
Jayne Antonacci	33:20	Sunny Dahlquist	18:20.4	Monica Tabag	25:11.3
Machele Keen	33:24	Meredith Caudill	18:26.6	Heather Schwartz	25:12.6
Mollie Langley	35:31	Melissa Wiseman	18:36.7	Amanda Johnson	25:26.9
Aaron Minder	37:05	Jamie Fitzpatrick	18:45.7	Jorie Roubitchek	25:34.8
Matt Minder	37:07	Kim Curtis	18:47.4	Denise Beauman	25:36.1
Heather Dunn	37:58	Angela Liles	18:48.5	Debbie Fortman	26:43.0
Jennifer Ryterski	38:28	Julie Pitchford	18:50.5	Nancy Burklow	26:47.8
Bette Wells	39:16	Amanda Gleason	18:54.0	Christina Griffin	26:48.4
Rebecca Luke	39:45	Ashleigh Koerner	18:57.5	Lois Stone	26:49.5
Lori Dale	40:23	Ashley Amin	19:24.9	Yvonne Bronke	27:15.9
Tommy Dale	40:24	Jayne Antonacci	19:29.5	Nina Rossini	27:17.0
Madalynn Sullivan	40:46	Lori Iocca	19:36.7	Cindy Pierson	27:48.4
Lesia Schaive	40:48	Diane Muncy	19:44.3	Linda Hostetler	27:53.4
Jared Andrews	41:30	Debbie Yeaman	19:48.9	Jennifer Krause	27:53.5
John Stearns	41:37	Lisa Adams	19:49.1	Tami Langford	28:09.1
Christianna Sullivan	44:21	Joyce Hubbard	19:58.6	Ashla Kerber	28:09.6
Nina Rossini	45:06	Machele Keen	20:16.3	Jennie Davis	28:39.3
Michele Pitts	47:18	Sunney Hinman	20:19.4	Kathy Leuelling	28:41.7
Kristine Holtman	49:10	Ginger Mercier	20:39.2	Michele Pitts	28:44.5
Women's Distance Festival		Mary Harney	20:59.9	Vivian Jones	28:57.7
Lydia Hocker	11:47.1	Carrie Ward	21:00.8	Kristine Holtman	29:20.9
Patricia Schaefer	12:41.1	Laura Hauer	21:11.1	Joy Guardia	29:51.6
Chelsea Griffin	13:35.4	Dana Berendt	21:15.8	Melody Guardia	29:51.8
Melissa Schaefer	14:15.5	Molly Berendt	21:15.8	Mandi Richards	29:55.8
Randi Lucas	14:33.1	Mollie Langley	21:36.1	Leann Fox	30:09.5
Tammy Bumgarner	14:52.4	Jennifer Ryterski	22:01.2	Lish Sponsler	31:42.0
Molly Schaefer	15:07.9	Calla Summers	22:06.1	Dustie Spradlin	32:13.2
		Devon Shafer	22:12.9		
		Jill Hurley	22:14.6		

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

Apply for the Triple Crown Challenge online: www.srrc.net/TCC

Speed Work

(Continued from page 3)

This sense of community is apparent at every workout where runners offer each other words of encouragement and work together in teams of similar speed to help motivate one another. But it doesn't end there. Beginning each workout with a group picture and ending the workouts with a group huddle cheer and popsicle time, along with adding in potlucks/cookouts on some Wednesdays and creation of a "speed" t-shirt order, this is indeed a "team" of runners.

Each week he coaches his fellow SRRC members through a series of warm up dynamic stretches, followed by the weekly workout. Weekly workouts have ranged anywhere from 400m repeats (1 lap around the track), to 800m repeats, to mile repeats (4 laps around the track) to timed intervals (timed hard efforts) or ladder workouts that incorporate varying distances of faster running. The workout changes each week to keep things interesting and everyone benefits from having a group for encouragement and motivation.

Eswara Kakarala has been attending speed work for many years and keeps coming back because of the camaraderie. "The social aspect and having others help push you – I wouldn't do this on my own," he states. "I might decide before coming that I'm going to take it easy in the workout, but then I get here and have others running with me, and I push harder."

SRRC member, Paul Turner agrees, "I



come for the fellowship!"

You are also almost guaranteed to gain new tips and tricks from Bill, who is a wealth of knowledge for all things running! Outside of the dynamic warm ups, we have run strides barefoot to help increase foot strength, we have done strides with 1-minute of core work between each and we have been given many tips on running posture and toe-off that even long time runners can benefit from.

For those new to speed work, there is no need to feel intimidated! With the large group, there are runners of all abilities and paces! Speed is a term that is relative to each individual runner and you will find that paces in the group range from 5min/mile to 14min/mile and everything in between. There are runners ranging from middle school age to those in their 60's and everyone completes

the workout at a pace suitable to their current fitness level and abilities. Everyone is welcome! Bill expands on this by stating that "even new runners can begin speed work by simply tailoring the work out and the speed they run to wherever they are at in their fitness."

So, why do speed work? What are the benefits? What if I'm happy with my current paces/race times and don't care about getting faster? Well first off, for those who do want to see improvements in race times, the old saying of "you have to run faster in training if you want to race faster" couldn't be more true. Adding in one speed session per week will help to build muscular strength, endurance, and can help to train your mind to keep pushing when late in a race. Together these things are a sure-fire recipe for improved race times.

Kayla Albrecht is new to the group

this year and stated, “I have never run with a group before and it helps push me.” She usually runs longer distances and her goal is to get faster.

Also new this year is Blake Healy. He said his goal is “to increase weekly distance and number of days I run each week, in hopes of one day training for a marathon.” Coming to speed work is one way for him to vary his running to add miles and build muscle strength.

Bill states that even if not seeking improvements, for anyone who runs, it is important to have variety. “Any running program should have a mix

of slow long runs, tempo runs, speed runs and recovery runs for variety of pace.” He also discussed the benefits of running for people of all ages, pointing out the “psychological benefits of stress relief and overall happiness” it brings. This also relates back to the sense of community and team sports – many who took up running later in life or maybe never experienced high school or college team sports, this group can bring that same camaraderie to running.

Even if satisfied with your current running pace, having speed work helps to add that variety to your running and provides a different running surface. The varied surface and muscular strength

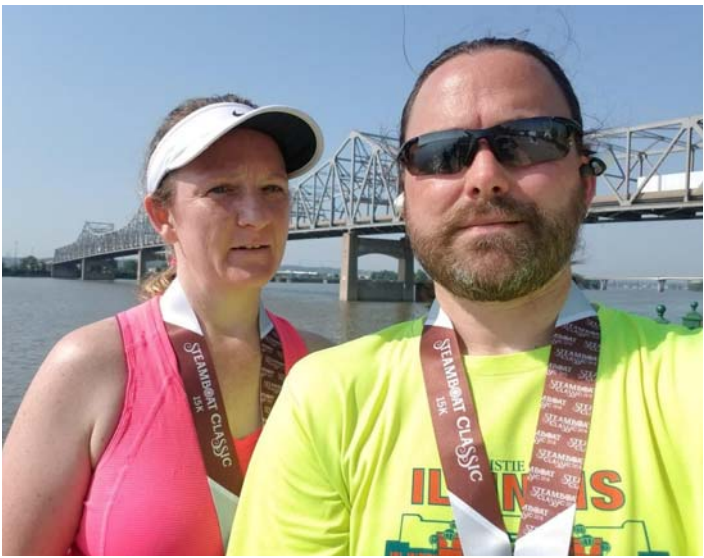
that is gained can also help to prevent injuries. The workouts are only as grueling as you want them to be, so even just varying your pace slightly from your “normal pace” will have a positive impact. And the workouts are fun in a group environment!

So what are you waiting for??!! Come to get faster! Come for the fun! And when the workout is over, the group agrees “THANK GOD FOR POPSICLES!!” Join Bill each Wednesday through October at the SHG track (Washington and Feldkamp) at 5:45pm! You can find weekly workouts posted on the SRRC website at: <https://www.srrc.net/speedwork>















Brew2Brew

Trainer's Corner—Mental Training

By Joy Guardia

Everyone, regardless of ability or experience, will face mental struggles in competition. The need for training the mind for competition is obvious. I use the word 'training' because what I am talking about is the consistent practice and use of specific tactics rather than a list of qualities that only certain people possess naturally. Incorporating the following tactics with your physical training is essential to performing at your best.

Self Image

Before applying any practical mental tactics, the first step is to ask yourself what you think of yourself as a runner and a person. If you find yourself always giving excuses for why you don't perform according to your goals, always putting yourself down, or putting a disclaimer out there before you race, then a change in perspective may be necessary. Having the proper view of yourself will allow you to truly enjoy competing and training. Set up some personal goals that are realistic, train with people who will encourage you, and start eliminating the self-defeating thoughts. Break the habit of responding to others with the poor-self-image-response and celebrate who you are as a runner. No more comparing yourself and embrace the amazing qualities that make you YOU.

Mental Preparedness

Once you address the thoughts you have about yourself, you will want to address the emotions and feelings going on before you compete. Even if you aren't the runner who worries them-



selves sick, maybe you are just out there for fun, you still have a competitive side. Both the anxious racer and the relaxed racer benefit from preparing mentally for competition.

Willpower

We can drain our willpower in a race, just like when we fall into the temptation to eat a tub of ice cream at the end of the day! As we deplete our willpower in a race, emotions and desires are magnified and we feel pain more. Then the desire to drop out or slow down in a race increases. Therefore, impulse decision making in a race typically doesn't work if you are aiming for a successful performance. To avoid impulse decision making and depleting willpower, practice training at a faster pace than your race-pace; this will help decrease the need for decision making in a race. The more you practice challenging paces (like tempo runs and longer speed intervals), the more automatic it will be when you need to pick up your pace in a race. You will also become more certain of outcomes to

aces as you train like this on a consistent basis.

Anxiety

Anxiety can be divided into cognitive and physical anxiety. Cognitive involves your thoughts, emotions, and how you respond to stressors. Cognitive anxiety benefits from positive self reflection, encouragement from others, giving encouragement to others, and visualization of the race. Physical anxiety involves the physical symptoms to a stressor like elevated heart rate or stomach cramping. Physical anxiety benefits from breathing techniques, warming up, or talking with others prior to the race.

Practical Strategies for Mental Training

Practice Visualization

In your visualization, start imagining a typical race day and go through every aspect of how you prepare, what you think about, how you warm up, and every aspect of the race. Include a positive physical and mental state during the race. Remember that no matter

what the outcome is in a real race, your visualization should always be positive responses to what happens on race day. Be detailed with your pre-race rituals and your warm up. Visualize the course if you know it and be sure to visualize what you anticipate as the hardest sections of the race. Include positive thoughts about yourself and what you are capable of. Imagine yourself overcoming and reaching your goals all the way through the finish. Finally, end your visualization training with how you will respond to the result of the race.

With visualization you are working on training your response to difficult situations, doubts, fears, and weaknesses. Doubts and fears will always be there and when you overcome one level of doubts, you will experience new doubts. Visualization will train you to overcome the doubts, fears and anxiety so you are not paralyzed by them when race day comes.

Training Tactics

Set up workouts to mimic tough parts of the race: if your hardest part of the 5K is the middle mile, the interval workout could emphasize faster pace for the middle intervals of the workout. Or if your weakest part of the half marathon is the last 5K, add a short tempo run after a hill/interval workout to simulate the end of a race when you are tired.

Add an extra interval after you think you are done with a workout.

Do short hill pickups (100-200 meters) after a hard/long run to mimic the end of a race-being tired and needing to finish strong.

Exercise the mental aspects of racing while in practice- pretend you are in a

race the last interval of a workout or the middle portion of your workout. What do you normally think about and how can you practice the right thinking?

Anytime a negative or self-defeating thought enters your mind throughout training make a full effort to overcome that doubt/fear/anxious thought by changing your mindset. Think of the positive words and phrases you've gone over in your visualization.

Mental Race Tactics

- Think of the intense hard work you put in at practice
- Remember your goals
- Think of the rhythm and pacing you worked on in practice
- Think of your strong core and legs and lift up your posture
- Breathe controlled, don't let

your breathing get out of control

- Think about how much the others in the race worked and you have a chance to all work together to race well
- Try to encourage someone along the way, helping others allows us to enjoy the race!
- Have a simple phrase to think about: "I am strong", "I know what to do", "This is my gift", "Don't give up"

Don't leave out the mental piece of the puzzle and struggle at every challenging competition. Train your mind and be consistently positive with your response to the stress of competition. Along with the benefits of training your mind mentioned above, being mentally strong will allow you to truly enjoy competing. ♦



Feature Race: Lewis Memorial Acres Full Moon Run

More and more club members are becoming aware of this great little trail that intersects with the Sangamon Valley Trail near Washington Street. Lewis Memorial Acres (LMA) is a hidden gem on Springfield's west-central side. The LMA is not only a trail, but a park, with a new playground, open prairie, a pavilion, soccer goals, as well as the few miles of trails for hiking, running, or biking. There are benches along the trail to stop and relax or watch the park's wildlife—deer, owls, birds, and occasional turkey and coyote. LMA was a generous gift donated by Irene Lewis in 1984. In her will, she provided the 40 acres of land to create a "Christian park for the community".

This is the location of SRRRC Participation Series, the Full Moon Trail Run. Race director, Steve Washko, wanted to share more information with the club about the LMA, the trails and the race. Steve has been the race director since its inception in 2013. In 2012, he had just become a board member for LMA when a trip to Colorado gave him an idea. He was in Carbondale, CO, during the town's full moon celebration—including decorated bicycles, costumes, music—essentially a party. He thought he could do a fun run on the trails after a fall sunset, coinciding with the full moon, while raising awareness and money for the upkeep of the park.



This year the race is on September 24, 2018, at 7:30 p.m. Unlike most of our other races, the day of the week for this race is constantly changing. Also unlike our other races, there is no entry fee, no race shirt, and no bibs. The race is free, however, there is a recommended donation which supports the LMA for

upkeep, trail improvements, utilities, insurance and—very important to runners—a porta-potty. This race is the only fund-raising event for the LMA.

The race was established with goals to:

- promote Lewis Memorial Acres

- provide a fun and unique event for the community, and
- raise some funds to off-set maintenance.

Safety is and has always been a primary goal as well. For that reason, the race has been kept fairly small by design (2017 had 106 runners) to minimize runner mishaps on the trail; the trail is well-marked; and there are generally three medical professionals on hand with two usually on the trail. That being said, they have not yet had to call on those medical professionals for assistance. Inevitably there are runners who take a spill—nothing serious. And if you run trails long enough, you're eventually going to go home with a scrape on a knee or dirt on your shorts.

The race is approximately 2.5 miles through some mowed prairie, but primarily on a single-track dirt trail through timber. While the trail is not very technical, there are roots, sticks, bridges and maybe some mud, if you're lucky. Participants for this race must have at least one light source which could be a headlamp or hand-held flashlight. Runners are encouraged to wear reflective gear that would be illuminated by the lights of fellow runners. Instead of race bibs, each runner is given a glow necklace or bracelet.

Registration is capped at 150 registrants with the first 100 getting a 2018 Full Moon Trail Run can coozie. On-site registration is available if the

event has not filled up. The post race party includes pizza, door prizes, and some music.

The race feels blessed to have some perennial sponsors: United Community Bank, Farmland Solutions, and Koke Mill Christian Church. The sponsor donations generally cover most expenses, so participant donations go directly to the park.

Registration is FREE with donations

accepted via the registration site, on-site at the event, or via mail to: Lewis Memorial Acres, PO Box 9541, Springfield IL 62791-9541. Questions about the event can be directed to STWashko@hotmail.com or text to 217-341-1785.

More information about the LMA can be found on their Facebook page or their website at: www.LewisMemorialPark.org.

Lewis Memorial Acres 6th Annual **Full Moon Trail Run**

399 S Koke Mill Drive, Springfield



2.5 mi Night Trail Run
(distance subject to change slightly)

Monday, September 24, 2018

7:30PM (Sunset: 6:52PM)

For more information:

www.GetMeRegistered.com/LMAFullMoonTrailRun

or STWashko@hotmail.com

*Ad sponsored by 3Sixteen Wine Bar, 316 N Main St, Chatham
www.3SixteenWineBar.com*

Class of 2018—Scholarship Profiles

The Scholarship winners were acknowledged at the Illinois State Fairgrounds Ethnic Village following the Parade Run on August 9, 2018. We wish them well as they head off to college in the fall. These amazing student-athletes are great representatives for the sport of running!

Haylee Brickey, North Greene High School, daughter of Bree Monroe.

Haylee lives in White Hall, which makes her affiliation with the club quite interesting. Haylee began competing in SRRC events during junior high. Her mom, who would be her biggest supporter, is the major reason why we saw her so much at such a young age. They would typically travel an hour to race in Springfield and longer for other races. Road racing is where Haylee would find running encouragement, success, and friendships. The people within the SRRC, “took an interest in me...and helped fuel my passion even more.” This passion led to numerous race age group awards, the SRRC Bronze and Silver Participation Award, and she is a three-time SRRC Points Winner!

“Running has made me the person I am today. It is the one time of day I can have peace of mind. Going for a run is my favorite part of my day.”

Haylee competed in cross country and track all four years in high school. She is described as, “Self-motivated, very polite, hardworking, and full of personality.” The National Honor Society and Student Class President is now off to Eastern Illinois University to major in Family and Consumer Science. Haylee plans to continue running within the SRRC and has the goal to someday complete a marathon.



Grace Gudwien, Williamsville High School, daughter of Michael & Cindy Gudwien

Grace has been active within the SRRC during various times throughout her running years. She has competed in Abe's Amble, Parade Run, a few others, and has volunteered for Abe's Amble the last two years. Grace competed in cross country and track all four years in high school and would experience all forms of success and disappointment along the way. During her last two years of high school Grace experienced an injury and workouts that were “intimidating...and out of reach.” Encouragement and support allowed her to persevere and realize that her running potential had yet to be seen. Grace would help lead her team to

their first ever state appearance in cross country, placing 5th and 6th as a team the last two seasons, as well as qualify for outdoor state in the 3200, and bring home All-State honors in the indoor 3200 meter relay.

“I have learned that I am capable of more than I sometimes think I am. Along with the mental grit, the friendships I have made through running have made my life so rich. Running has been such a positive force in my life...I plan to continue to encourage others to run and experience the joy that I get from running.”

Grace is described as, “A rare find at the high school level, outstanding in all categories, humble, and gracious.” The 2018 Williamsville High School Salutatorian will now move on to

University of Illinois at Urbana-Champaign to major in Earth, Science, and Environmental Sustainability. She has chosen to not compete collegiately, but plans to join the University of Illinois Cross Country and Track Clubs, as well as continue running road races. Her goals are to set a personal record in the half marathon and spread the joy of running.

**Lillian Ye, Southeast High School,
daughter of Xian Ye and Libin Chen**

Lillian (Lily) experienced an injury in junior high, which deterred her from running her freshman year of high school. However, a friend kept encouraging her and drew her back in. This began her love of running. She

has competed in cross country and track since her sophomore year. Her cross country time dropped six minutes (under 21 minutes for 3 miles) from her sophomore to junior season! Her dedication and leadership abilities were big reasons why she would become a Cross Country Captain.

"I have learned a lot from running and it is my goal to work towards being a better runner. It has allowed me to appreciate my efforts, my accomplishments, and the person that I am: my personality, my body, and my determination. I have never won a race. However, the sense of accomplishment that I feel when I complete a tough workout or cross

the finish line is what running has given me."

*In late June, Lily ran her second road race and won overall...her first running victory.

Lily is described as, "Goal oriented, a leader, diligent, and determined." She was the Southeast High School Valedictorian, as well as the National Honor Society and Class President. Lily, a first generation college student, will attend University of Illinois at Urbana-Champaign to major in Chemical Engineering. While there she plans to run recreationally and compete in road races. Her goal is to maintain a healthy lifestyle through running and compete as long as she can. ♦



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Most Improved Runner Award 2018

Do you have a running friend who are rocking their races this year? Do they seem like they just keep getting faster and faster? Well, make sure you nominate them for the 2018 Most Improved Runner!

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

Qualification Criteria

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

Award Criteria

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

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

Nominations

- A club member may nominate ONE male and ONE female club member for this award
- Self nominations are welcomed and encouraged
- To encourage nominations, the SRRC



Awards Committee will publicize the award via the club website, publications, consultation with training program leaders, and word of mouth

Submitting a Nomination

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

- You may use the online nomination form to nominate candidates at www.srrc.net/mostimproved
- You can send an e-mail to SRRCAwards@gmail.com to nominate a candidate

As a minimum, an e-mailed nomination should include the nominee's name, sex, e-mail address, and confirmation that the nominee is an SRRC member. Beyond that, please include in the e-mail specific information (think race PRs, etc.) that supports your nomination. You can consider the "Award Criteria" in determining what is important to include (i.e. number of races, best times of the year at various distances with comparison to best times at those distances in the prior year, and [ideally] time comparisons for races on the

same course- for instance, best 10K of the year vs. best 10K of the prior year and Parade Run 2 Mile vs. previous year Parade Run 2 mile.

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

Additional Considerations

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

Selection

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

Disclaimers

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

Nominate online at:
www.srrc.net/mostimproved

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 5K and 15K#
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



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. Current standings can be found at the back of each newsletter and on the SRRC website at:

www.srrc.net/points-participation-results

- *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

Participation Awards Tier System:

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

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 does not count toward volunteering due to benefits received as a leader.
- 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 10K
- Frostbite Festival 10 mile

Age groups will be as follows:

14 and under
 15-19
 20-24
 25-29
 30-34
 35-39
 40-44
 45-49
 50-54
 55-59
 60-64
 65-69
 70+

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

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 Matt Minder at SRRCMembership@gmail.com.

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races	Times Volunteered
Women's Overall								
Patricia Schaefer	10	9				19	19	1
Melissa Schaefer	7	7				14	14	
Emily Mueller	8	3				11	11	1
Lydia Hocker		10				10	10	
Alanna Yingling	9					9	9	
Chelsea Griffin		8				8	8	1
Holly Dahlquist	6	1				7	7	1
Randi Lucas		6				6	6	1
Tammy Bumgarner		5				5	5	1
Jennifer Rhoades	5					5	5	
Pamela Hart	4					4	4	1
Molly Schaefer		4				4	4	1
Kayla Albrecht	3					3	3	
Janet Powell	2					2	2	1
Sarah Enlow		2				2	2	
Kelly Hubbard	1					1	1	
Women's Masters								
Holly Dahlquist	10	9				19	19	1
Tammy Bumgarner	3	10				13	13	1
Jennifer Rhoades	9					9	9	
Janet Powell	8					8	8	1
Christianna Sullivan		8				8	8	1
Kelly Hubbard		7				7	7	
Cheryl Biesiada	7					7	7	1
Lynn Kerber	4	3				7	7	1
Kelly Biggs	6					6	6	
Sasha Cadigan		6				6	6	
Mary Kay Lackman		5				5	5	
Arlene Hall	5					5	5	
Diana Nevitt		4				4	4	1
Marilyn Kirchesner		2				2	2	1
Jean Broaddus	2					2	2	
Nancy Ferguson	1					1	1	1
Lisa Young		1				1	1	
W 14 and Under								
Caroline Dahlquist		10				10	10	1
Campbell Beeler		9				9	9	
Hannah Pasman		8				8	8	
Sarah Rieke		7				7	7	
Jocelyn Bumgarner		6				6	6	
Suna Tabag		5				5	5	
Melody Guardia		4				4	4	

Totals are through Women's Distance Festival on July 14, 2018. The August races will be added once the results are received and the reports will be updated on the SRRC website.

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races	Times Volunteered
W 15 - 19								
Sierra Buske	10					10	10	
Laura Hauer		10				10	10	1
Madalynn Sullivan		9				9	9	1
W 20 - 24								
Kayla Albrecht	10					10	10	
Lydia Hocker		10				10	10	
Mallorie Lohman		9				9	9	
Devon Shafer		8				8	8	
W 25 - 29								
Emily Mueller	10	9				19	19	1
Jamie Fitzpatrick	9	6				15	15	1
Chelsea Griffin		10				10	10	1
Cassandra Johnson		8				8	8	
Sally Lajoie		7				7	7	
Dana Berendt		5				5	5	
Calla Summers		4				4	4	
Rebecca Luke		3				3	3	
Ashla Kerber		2				2	2	
W 30 - 34								
Melissa Schaefer	9	10				19	19	
Randi Lucas	8	9				17	17	1
Jill Reich	5	7				12	12	
Alanna Yingling	10					10	10	
Sarah Enlow		8				8	8	
Carrie Walbert	7					7	7	
Kathleen Knolhoff	6					6	6	1
Ashley Amin		6				6	6	
Molly Berendt		5				5	5	
Jennifer Ryterski		4				4	4	
Shawn Gibbs	4					4	4	
Jennifer Herman	3					3	3	
Amanda Johnson		3				3	3	1
Melissa Mullinax	2					2	2	

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races	Times Volunteered
W 35 - 39								
Patricia Schaefer	10	10				20	20	1
Kelly Hubbard	8	8				16	16	
Pamela Hart	9					9	9	1
Molly Schaefer		9				9	9	1
Amanda Tapscott		7				7	7	
Amber Chasco	7					7	7	
Jennifer Krause	6					6	6	
Amanda Gleason		6				6	6	
Ashleigh Koerner		5				5	5	
Torrie Buchanan	5					5	5	
Megan Styles	4					4	4	
Sunney Hinman		4				4	4	
Jill Hurley		3				3	3	
M. Katie Buskirk	3					3	3	
Heather Dunn	2					2	2	1
Nicole Broch		2				2	2	
Jorie Roubitchek		1				1	1	
Lindsey Lister	1					1	1	
W 40 - 44								
Tammy Bumgarner	8	10				18	18	1
Melissa Wiseman	7	8				15	15	2
Sasha Cadigan	6	9				15	15	
Angela Liles	5	7				12	12	
Jennifer Rhoades	10					10	10	
Kelly Biggs	9					9	9	
Julie Pitchford		6				6	6	
Lisa Adams		5				5	5	
Tori Taylor	2	3				5	5	
Ginger Mercier		4				4	4	
Kristina Mucinkas	4					4	4	1
Christine Feller	3					3	3	
Lori Dale		2				2	2	1
Monica Tabag	1					1	1	
Lindsay Hager		1				1	1	

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races	Times Volunteered
W 45 - 49								
Holly Dahlquist	10	10				20	20	1
Marybeth Young	7	7				14	14	
Jan Andrews	6	8				14	14	1
Jean Broaddus	9					9	9	
Meredith Caudill	3	6				9	9	2
Christianna Sullivan		9				9	9	1
Cynthia Rieke	8					8	8	
Bobbie Jo Hill	5					5	5	
Carrie Ward		5				5	5	1
Mollie Langley		4				4	4	2
Jana Brennan	4					4	4	
Denise Beauman		3				3	3	
Tami Langford		2				2	2	
Tracy Price	2					2	2	
Cathy Gochenour	1					1	1	
Michele Pitts		1				1	1	1
W 50 - 54								
Lisa Young	9	10				19	19	
Brenda Hillen	8	9				17	17	
Jayne Antonacci	6	8				14	14	1
Nancy Ferguson	10					10	10	1
Lynne Morris	4	6				10	10	
Brenda Humbert	1	7				8	8	
Kim Owens	7					7	7	1
Shirley Webb	3	4				7	7	
Patty Petersen	2	3				5	5	1
Dawn Rothermel	5					5	5	
Kim Knuuti		5				5	5	
Emiliya Dimitrova		2				2	2	
Nancy Burklow		1				1	1	1
W 55 - 59								
Lynn Kerber	7	8				15	15	1
Diana Nevitt	6	9				15	15	1
Mary Kay Lackman	5	10				15	15	
Marilyn Kirchesner	4	7				11	11	1
Janet Powell	10					10	10	1
Cheryl Biesiada	9					9	9	1
Sandra Elliott	3	6				9	9	1
Arlene Hall	8					8	8	
Lori Iocca		5				5	5	
Rhonda Robinson		4				4	4	
Debbie Fortman		3				3	3	
Christina Griffin		2				2	2	
Julie Boots	2					2	2	1
Linda Castor	1					1	1	
Yvonne Bronke		1				1	1	

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races	Times Volunteered
W 60 - 64								
Kim Curtis	9	10				19	19	1
Machele Keen	8	7				15	15	1
Diane Muncy	6	9				15	15	
Donna Brayfield	10					10	10	1
Lesa Schaive	2	6				8	8	
Debbie Yeaman		8				8	8	
Nina Rossini	3	4				7	7	
Barbara Manson	7					7	7	
Marilyn Clark		5				5	5	
Kathleen Jensen	5					5	5	
Kim Wonnell	4					4	4	1
Linda Hostetler		3				3	3	
Kathy Leuelling		2				2	2	
W 65 - 69								
Joyce Hubbard	10	9				19	19	
Mary Harney	8	8				16	16	
Vivian Jones	7	4				11	11	2
Sunny Dahlquist		10				10	10	
Kristine Holtman	6	3				9	9	2
Alice Staats	9					9	9	
Elizabeth Krah		7				7	7	
Marilee Cramer		6				6	6	
Patricia Hopkins-Price		5				5	5	
W 70+								
Marilyn Kushak	9	10				19	19	2
Judy Gunn	10					10	10	1
Lois Stone		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 3 Races	Times Volunteered
Men's Overall								
Tyler Pence	10					10	10	
Henry Janssen	9					9	9	2
Andy Martin	8					8	8	
David Ealey	7					7	7	
Kevin Hingle	6					6	6	
Blake Scranton	5					5	5	2
Fess Teklehaimanot	4					4	4	2
Bill Owens	3					3	3	2
Evan Hartzold	2					2	2	
Corey Colson	1					1	1	
Men's Masters								
Andy Martin	10					10	10	
David Ealey	9					9	9	
Kevin Hingle	8					8	8	
Blake Scranton	7					7	7	2
Fess Teklehaimanot	6					6	6	2
Bill Owens	5					5	5	2
Brian McCloskey	4					4	4	
Lance Cull	3					3	3	1
Bob Thompson	2					2	2	
John Alsup	1					1	1	
M 14 and Under								
M 15 - 19								
Tyler Buske	10					10	10	
M 20 - 24								
Tyler Pence	10					10	10	
Evan Hartzold	9					9	9	
Andrew Gochenour	8					8	8	

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races	Times Volunteered
M 25 - 29								
Henry Janssen	10					10	10	2
Aaron Holmes	9					9	9	
M 30 - 34								
Corey Colson	10					10	10	
Wes Johnson	9					9	9	1
Jeff Chandler	8					8	8	
Sonthonax Saintgermain	7					7	7	
Daniel Alderson	6					6	6	
M 35 - 39								
James Kuhn	10					10	10	
Andrew Guardia	9					9	9	
Frank Midiri	8					8	8	
Eric Sagong	7					7	7	
Sam Fox	6					6	6	
Brad Cox	5					5	5	
M 40 - 44								
John Alsup	10					10	10	
Scott Nation	9					9	9	
William O'sullivan	8					8	8	
Tadd Davis	7					7	7	2
Matthew Duff	6					6	6	2
Ryan Dunn	5					5	5	
Patrick Price	4					4	4	
Chris Buchanan	3					3	3	

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races	Times Volunteered
M 45 - 49								
Andy Martin	10					10	10	
Kevin Hingle	9					9	9	
Lance Cull	8					8	8	1
Travis Lobmaster	7					7	7	
John Hauer	6					6	6	2
Stephen Paca	5					5	5	2
Tommy Dale	4					4	4	2
Curt Evoy	3					3	3	1
Shane Bumgarner	2					2	2	
Brian Lee	1					1	1	
M 50 - 54								
David Ealey	10					10	10	
Blake Scranton	9					9	9	2
Brian McCloskey	8					8	8	
Randy Rieke	7					7	7	1
Bradley Smith	6					6	6	
Rick Hernandez	5					5	5	1
Rick Larson	4					4	4	1
Kevin Poehls	3					3	3	
Jeffery Meyerhoff	2					2	2	1
Jeff Andrews	1					1	1	
M 55 - 59								
Fess Teklehaimanot	10					10	10	2
Bill Owens	9					9	9	2
James Schafer	8					8	8	
William Wilson	7					7	7	
David Bretz	6					6	6	
George Kokkat	5					5	5	
Len Rideout	4					4	4	
Jim Faloon	3					3	3	1
Michael Torchia	2					2	2	
Tim McCaughey	1					1	1	

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races	Times Volunteered
M 60 - 64								
Bob Thompson	10					10	10	
Nyle Robinson	9					9	9	
Keith Staats	8					8	8	
Doug Galayda	7					7	7	
Rai Richardson	6					6	6	
Paul Turner	5					5	5	1
Bill Shelley	4					4	4	
Paul Wonnell	3					3	3	
M 65 - 69								
Sam Woods II	10					10	10	2
M 70+								
James Alexander	10					10	10	

	Lincoln Presidential Half Marathon	LPHM - SRRC Bonus Points	LPHM - Volunteer Bonus Points	Junaia P. Carter, MD 5K	Lake Run Half Marathon	Lake Run 12 K	Lake Run 4.37M	Lincoln Memorial Garden 8K	Passavant Gatorade 10K	Passavant Gatorade 5K	Steamboat Classic 15K	Steamboat Classic 4 Mile	Bob Goldman Scholastic Challenge	Scheels 5K	Scheels 10K	4th of July Blast 5K	Women's Distance Festival 2 Mile	WDF -SRRC Bonus Points	WDF - Volunteer Bonus Points	Participation Points Total	Participation Award Tier	
NAME	20	5	5	5	20	10	8	8	10	5	15	8	5	5	10	5	5	5	5	369	3	Times Volunteered
Lisa Adams	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Kayla Albrecht	20	5	0	0	0	0	0	8	10	0	0	0	0	0	0	0	0	0	0	43		0
Daniel Alderson	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
James Alexander	20	5	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	35		0
John Alsup	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Ashley Amin	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Marc Anderson	0	0	0	0	0	0	0	0	0	0	0	8	0	0	0	0	0	0	0	8		0
Jan Andrews	20	5	5	5	20	0	0	8	0	0	0	0	5	0	0	5	5	5	0	83		1
Jared Andrews	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	5		0
Tad Andrews	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	5		0
Jeff Andrews	20	5	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	30		0
Jayne Antonacci	20	5	5	0	0	0	0	0	0	0	0	0	5	0	0	5	5	5	0	50		1
Denise Beauman	20	5	0	0	0	0	0	8	10	0	0	0	5	0	0	0	5	5	0	58		0
Jason Beeler	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5		0
Campbell Beeler	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	5	5	0	15		0
Hagan Beeler	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5		0
Jack Bellmer	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	5	15		1
Rachel Benedict	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Molly Berendt	0	0	0	0	0	0	0	8	0	0	0	0	0	0	0	0	5	5	0	18		0
Dana Berendt	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Cheryl Biesiada	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	30		1
Kelly Biggs	20	5	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	30		0
Julie Boots	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	30		1
Tonya Bourn	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	5		0
Donna Brayfield	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	30		1
Jana Brennan	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
David Bretz	20	5	0	0	0	0	0	8	0	0	0	0	0	0	10	0	0	0	0	43		0
Julie Brightwell	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Jean Broaddus	20	5	0	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	33		0
Nicole Broch	0	0	0	0	0	0	0	8	0	0	0	0	0	0	10	0	5	5	0	28		0
Yvonne Bronke	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Michelle Brown	0	0	5	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	5	15		2
Torrie Buchanan	20	5	0	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	33		0
Chris Buchanan	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Tammy Bumgarner	20	5	5	0	0	0	0	8	10	0	0	0	0	0	0	0	5	5	0	58		1
Shane Bumgarner	20	5	0	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	33		0
Jocelyn Bumgarner	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Nancy Burklow	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	15		1
Aric Burklow	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5		1
Mindy Buske	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Larry Buske	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Tyler Buske	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Sierra Buske	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
M. Katie Buskirk	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Sasha Cadigan	20	5	0	0	0	0	0	0	0	0	0	0	0	5	0	0	5	5	0	40		0
Linda Castor	20	5	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	30		0
Meredith Caudill	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	5	45		2
Jeff Chandler	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Amber Chasco	20	5	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	30		0
Isaac Childers	0	0	0	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	8		0
Marilyn Clark	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5	5	0	15		0
Terry Clark	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	5		0
Susan Collins	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Emily Collins	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5		0
Corey Colson	20	5	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	30		0
Brad Cox	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Robert Cramer	0	0	5	0	0	0	0	8	0	0	0	0	0	0	0	0	5	5	5	28		2
Marilee Cramer	0	0	0	0	0	0	0	8	0	0	0	0	0	0	0	0	5	5	0	18		0
Jennifer Creasey	0	0	0	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	8		0

	Lincoln Presidential Half Marathon	LPHM - SRRC Bonus Points	LPHM - Volunteer Bonus Points	Junaia P. Carter, MD 5K	Lake Run Half Marathon	Lake Run 12 K	Lake Run 4.37M	Lincoln Memorial Garden 8K	Passavant Gatorade 10K	Passavant Gatorade 5K	Steamboat Classic 15K	Steamboat Classic 4 Mile	Bob Goldman Scholastic Challenge	Scheels 5K	Scheels 10K	4th of July Blast 5K	Women's Distance Festival 2 Mile	WDF - SRRC Bonus Points	WDF - Volunteer Bonus Points	Participation Points Total	Participation Award Tier	
NAME	20	5	5	5	20	10	8	8	10	5	15	8	5	5	10	5	5	5	5	369	3	Times Volunteered
Lance Cull	20	5	5	0	0	10	0	8	10	0	0	0	0	0	0	0	0	0	0	58		1
Kim Curtis	20	5	5	0	0	0	0	0	10	0	0	0	5	0	0	5	5	5	0	60		1
Sunny Dahlquist	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	5	0	20		0
Holly Dahlquist	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	40		1
James Dahlquist	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5		1
Caroline Dahlquist	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	15		1
Lori Dale	0	0	5	0	0	0	0	0	0	5	0	8	0	5	0	5	5	5	0	38		1
Tommy Dale	20	5	5	5	0	0	0	8	10	0	15	0	0	0	10	5	5	5	5	98		2
Tadd Davis	20	5	5	0	0	0	0	0	10	0	0	0	5	0	10	0	5	5	5	70		2
Jennie Davis	20	5	0	0	0	0	0	8	0	0	0	0	0	0	0	0	5	5	0	43		0
Garrett Deakin	0	0	0	0	0	0	0	8	0	0	0	0	5	0	10	0	0	0	0	23		0
Kathy Deakin	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	0	0	0	10		0
Emiliya Dimitrova	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
David Drennan	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5		1
Matthew Duff	20	5	5	0	0	10	0	0	10	0	0	0	5	0	0	0	5	5	5	70		2
Heather Dunn	20	5	5	5	0	0	0	8	10	0	0	0	0	0	10	5	0	0	0	68		1
Ryan Dunn	40	5	0	5	0	0	0	0	10	0	0	0	0	0	10	0	0	0	0	70		0
David Ealey	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Abby Easley	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5		1
Sandra Elliott	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	5	40		1
Mary Emery	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	5		0
Jeff Emrick	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Sarah Enlow	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	5	5	0	15		0
Curt Evoy	20	5	0	0	0	0	0	8	0	0	0	0	0	0	0	0	5	5	5	48		1
Jim Faloon	20	5	0	5	0	0	0	8	0	0	0	0	5	0	10	0	5	5	5	68		1
Christine Feller	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Nancy Ferguson	20	5	5	0	20	0	0	8	10	0	0	0	0	0	10	0	0	0	0	78		1
Jamie Fitzpatrick	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	40		1
Nick Fogleman	0	0	5	0	0	0	0	8	10	0	0	0	0	0	0	0	5	5	5	38		2
Amanda Fogleman	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	10		2
Debbie Fortman	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Sam Fox	20	5	0	0	0	0	0	8	10	0	0	0	0	0	0	0	0	0	0	43		0
Leann Fox	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Doug Galayda	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Shawn Gibbs	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Amanda Gleason	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Cathy Gochenour	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Andrew Gochenour	20	5	0	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	33		0
Rex Gradeless	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	5	5	5	25		1
Jason Gribbins	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5		0
Christina Griffin	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Chelsea Griffin	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	15		1
Joy Guardia	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Andrew Guardia	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Melody Guardia	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Judy Gunn	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	30		1
Lindsay Hager	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	5	5	0	15		0
Arlene Hall	20	5	0	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	33		0
Dave Hall	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	5	40		1
Mary Harney	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	35		0
Pamela Hart	20	5	5	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	38		1
Evan Hartzold	20	5	0	5	0	0	0	8	0	5	0	0	5	5	0	5	0	0	0	58		0
John Hauer	20	5	5	0	0	0	0	8	10	0	0	0	5	0	0	0	5	5	5	68		2
Laura Hauer	0	0	0	0	0	0	0	8	0	0	0	0	5	0	0	0	5	5	5	28		1
Lindsey Hauer	0	0	0	0	0	0	0	8	0	0	0	0	5	0	0	0	0	0	0	13		0
Jennifer Herman	20	5	0	0	0	0	0	8	0	0	0	0	0	5	0	0	0	0	0	38		0
Rick Hernandez	20	5	5	5	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	40		1
Michael Hilderbrand	0	0	0	0	0	0	0	8	0	5	0	0	0	0	0	0	5	5	5	28		1
Bobbie Jo Hill	20	5	0	0	0	0	0	0	10	0	0	0	5	0	0	0	0	0	0	40		0

	Lincoln Presidential Half Marathon	LPHM - SRRC Bonus Points	LPHM - Volunteer Bonus Points	Junaia P. Carter, MD 5K	Lake Run Half Marathon	Lake Run 12 K	Lake Run 4.37M	Lincoln Memorial Garden 8K	Passavant Gatorade 10K	Passavant Gatorade 5K	Steamboat Classic 15K	Steamboat Classic 4 Mile	Bob Goldman Scholastic Challenge	Scheels 5K	Scheels 10K	4th of July Blast 5K	Women's Distance Festival 2 Mile	WDF -SRRC Bonus Points	WDF - Volunteer Bonus Points	Participation Points Total	Participation Award Tier	
NAME	20	5	5	5	20	10	8	8	10	5	15	8	5	5	10	5	5	5	5	369	3	Times Volunteered
Layne Hill	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5		0
Brenda Hillen	20	5	0	0	0	0	0	8	0	0	0	0	0	0	0	0	5	5	0	43		0
Kevin Hingle	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Sunney Hinman	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	5	5	0	15		0
Lydia Hocker	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Aaron Holmes	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Kristine Holtman	20	5	5	0	0	0	0	0	0	5	0	0	0	0	0	5	5	5	5	55		2
Arthur Holtman III	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	5	15		1
Patricia Hopkins-Price	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Linda Hostetler	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Alan Howard	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	10		0
Kelly Hubbard	20	5	0	0	0	0	0	0	10	0	0	0	0	0	0	5	5	5	0	50		0
Joyce Hubbard	20	5	0	0	0	0	0	0	0	5	0	0	5	0	0	5	5	5	0	50		0
Shannon Hughes	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Jessica Hughes	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5		0
Brenda Humbert	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	35		0
Matthew Humke	0	0	0	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	8		0
Jill Hurley	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Lori Iocca	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Henry Janssen	20	5	5	0	0	0	0	0	10	0	0	0	5	0	10	0	5	5	5	70		2
Kathleen Jensen	20	5	0	5	20	0	0	0	0	0	0	0	0	0	0	0	0	0	0	50		0
Wes Johnson	20	5	0	0	0	0	0	8	10	0	0	0	5	0	0	0	5	5	5	63		1
Amanda Johnson	0	0	5	0	0	0	0	0	0	5	0	0	5	0	0	0	5	5	0	25		1
Cassandra Johnson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Vivian Jones	20	5	5	5	0	0	0	8	0	0	0	0	0	0	0	0	5	5	5	58		2
Eswara Kakarala	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5		0
Machele Keen	20	5	5	0	0	0	0	0	10	0	0	0	5	0	0	5	5	5	0	60		1
Lynn Kerber	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	40		1
Brian Kerber	20	5	5	0	0	0	0	8	0	0	0	0	0	0	0	0	5	5	5	53		2
Ashla Kerber	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Marilyn Kirchgessner	20	5	5	0	0	0	0	8	0	0	0	0	0	0	0	0	5	5	0	48		1
Kathleen Knolhoff	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	30		1
Kim Knuuti	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Ashleigh Koerner	0	0	0	0	0	0	0	8	0	0	0	0	0	0	10	5	5	5	0	33		0
George Kokkat	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Elizabeth Krah	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Jennifer Krause	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	35		0
James Kuhn	20	5	0	0	0	0	0	8	10	0	0	0	0	0	0	0	0	0	0	43		0
Marilyn Kushak	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	5	45		2
Mary Kay Lackman	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	35		0
Sally LaJoie	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Tami Langford	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Mollie Langley	20	5	5	0	0	0	0	0	10	0	15	0	0	0	10	5	5	5	5	85		2
John Langley	20	5	0	0	0	0	0	0	10	0	15	0	0	0	0	0	0	0	0	50		0
Rick Larson	20	5	0	0	0	0	0	0	0	0	0	0	5	0	10	0	5	5	5	55		1
Brian Lee	20	5	0	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	33		0
Kathy Leuelling	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Angela Liles	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	35		0
Christian Liles	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	5	15		1
Lindsey Lister	20	5	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	30		0
Travis Lobmaster	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Mallorie Lohman	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Dan Loyd	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5		1
Randi Lucas	20	5	5	0	0	0	0	8	10	0	0	0	5	0	0	0	5	5	0	63		1
Rebecca Luke	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	5	5	5	0	20		0
Barbara Manson	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Andy Martin	20	5	0	0	0	0	0	8	10	0	0	0	5	0	10	5	0	0	0	63		0
Casey Mayfield	0	0	5	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	10		1
Jay McAfee	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5		0

	Lincoln Presidential Half Marathon	LPHM - SRRC Bonus Points	LPHM - Volunteer Bonus Points	Junaia P. Carter, MD 5K	Lake Run Half Marathon	Lake Run 12 K	Lake Run 4.37M	Lincoln Memorial Garden 8K	Passavant Gatorade 10K	Passavant Gatorade 5K	Steamboat Classic 15K	Steamboat Classic 4 Mile	Bob Goldman Scholastic Challenge	Scheels 5K	Scheels 10K	4th of July Blast 5K	Women's Distance Festival 2 Mile	WDF -SRRC Bonus Points	WDF - Volunteer Bonus Points	Participation Points Total	Participation Award Tier	
NAME	20	5	5	5	20	10	8	8	10	5	15	8	5	5	10	5	5	5	5	369	3	Times Volunteered
Tim McCaughey	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Brian McCloskey	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Shelley McIntyre	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5		0
Noah McIntyre	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5		0
Ginger Mercier	0	0	0	0	0	0	0	8	0	0	0	0	5	0	0	0	5	5	0	23		0
Jeffery Meyerhoff	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	30		1
Frank Midiri	20	5	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	30		0
Matt Minder	0	0	0	0	20	0	0	0	0	0	0	0	0	0	0	5	5	5	5	40		1
Aaron Minder	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	5		0
Lynne Morris	20	5	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5	5	0	40		0
Dustin Morrison	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5		1
Jack Mraz	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5		0
Kristina Mucinskas	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	30		1
Emily Mueller	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	40		1
Chris Mueller	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5		1
Melissa Mullinax	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Diane Muncy	20	5	0	5	0	0	0	8	10	0	0	0	5	0	10	5	5	5	0	78		0
Erin Murphy	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5		0
Scott Nation	20	5	0	0	0	0	0	0	0	0	0	0	0	0	10	0	0	0	0	35		0
Hannah Nation	0	0	0	0	0	0	0	8	0	0	0	0	0	0	10	0	0	0	0	18		0
Nancy Neuberger	20	5	0	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	33		0
Diana Nevitt	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	40		1
William O'Sullivan	20	5	0	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	33		0
Kim Owens	20	5	0	0	0	0	0	8	0	0	0	0	5	0	0	0	0	0	5	43		1
Bill Owens	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	5	45		2
Stephen Paca	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	5	45		2
Larry Palmer	0	0	0	0	0	0	0	0	10	0	0	0	0	0	10	0	0	0	0	20		0
Hannah Pasman	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Tyler Pence	20	5	0	0	0	0	0	0	0	0	0	0	5	0	10	0	0	0	0	40		0
Patty Petersen	20	5	5	0	0	0	0	8	0	0	0	0	5	5	0	0	5	5	0	58		1
Andy Peterson	0	0	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	0	8		0
Aidan Peterson	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5		0
Albert Pierceall	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	10		0
Gray Pierson	0	0	0	0	0	0	0	8	0	0	0	0	0	5	0	0	5	5	5	28		1
Cindy Pierson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Julie Pitchford	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	5	5	0	15		0
Mark Pitchford	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5		0
Michele Pitts	20	5	5	0	0	0	8	8	0	5	0	0	5	5	0	5	5	5	0	76		1
Kevin Poehls	20	5	0	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	33		0
Janet Powell	20	5	5	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	38		1
Patrick Price	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Tracy Price	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Brian Reardon	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Jill Reich	20	5	0	0	0	0	0	0	0	5	0	0	5	0	10	5	5	5	0	60		0
Scott Reimers	20	5	0	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	33		0
Jeana Reinbold	0	0	0	0	0	0	0	8	0	0	15	0	0	0	0	0	5	5	0	33		0
Jennifer Rhoades	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Mandi Richards	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Rai Richardson	20	5	0	0	20	0	0	0	0	0	0	0	0	0	0	0	0	0	0	45		0
Len Rideout	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Randy Rieke	20	5	5	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	40		1
Cynthia Rieke	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Sarah Rieke	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Nyle Robinson	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Rhonda Robinson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Harvey Roemer	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5		0
Nina Rossini	20	5	0	0	0	0	0	0	0	0	0	0	5	5	0	5	5	5	0	50		0
Dawn Rothermel	20	5	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	35		0
Jorie Roubitchek	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	5	5	0	15		0

	Lincoln Presidential Half Marathon	LPHM - SRRC Bonus Points	LPHM - Volunteer Bonus Points	Junia P. Carter, MD 5K	Lake Run Half Marathon	Lake Run 12 K	Lake Run 4.37M	Lincoln Memorial Garden 8K	Passavant Gatorade 10K	Passavant Gatorade 5K	Steamboat Classic 15K	Steamboat Classic 4 Mile	Bob Goldman Scholastic Challenge	Scheels 5K	Scheels 10K	4th of July Blast 5K	Women's Distance Festival 2 Mile	WDF -SRRC Bonus Points	WDF - Volunteer Bonus Points	Participation Points Total	Participation Award Tier	
NAME	20	5	5	5	20	10	8	8	10	5	15	8	5	5	10	5	5	5	5	369	3	Times Volunteered
Jennifer Ryterski	0	0	0	0	0	0	0	0	10	0	0	0	0	0	10	5	5	5	0	35		0
Eric Sagong	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Sonthonax SaintGermain	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Patricia Schaefer	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	40		1
Melissa Schaefer	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	35		0
Russell Schaefer	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	5		0
Molly Schaefer	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	15		1
James Schafer	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Lesa Schaive	20	5	0	0	0	0	0	0	0	5	0	0	5	5	0	5	5	5	0	55		0
Heather Schwartz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Blake Scranton	20	5	5	5	20	0	0	8	10	0	15	0	0	0	10	5	5	5	5	118	1	2
Devon Shafer	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	5	5	0	15		0
Bill Shelley	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Roger Short	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	5		0
Scott Sievers	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	0	0	0	10		0
Bradley Smith	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Lish Sponsler	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Dustie Spradlin	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Kevin Spurlock	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	5	15		1
Alice Staats	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Keith Staats	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
John Stearns	20	5	5	0	0	0	0	8	10	0	0	0	0	0	10	5	5	5	5	78		2
Dawn Stearns	20	5	5	5	0	0	0	0	10	0	0	0	0	0	10	0	0	0	0	55		1
Lois Stone	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Megan Styles	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
David Suiter	0	0	0	0	0	0	0	0	0	0	0	8	0	0	0	0	0	0	0	8		0
Christianna Sullivan	0	0	5	0	0	0	0	0	0	0	0	0	5	0	0	5	5	5	0	25		1
Madalynn Sullivan	0	0	5	0	0	0	0	0	0	0	0	0	5	0	0	5	5	5	0	25		1
Calla Summers	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Monica Tabag	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	35		0
Suna Tabag	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Amanda Tapscott	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	5	5	5	0	20		0
Tori Taylor	20	5	0	0	0	0	0	8	10	0	0	0	5	0	10	0	5	5	0	68		0
Fess Teklehaيمانot	20	5	5	0	0	0	0	8	10	0	0	0	0	0	0	0	5	5	5	63		2
Bob Thompson	20	5	0	0	0	0	0	0	10	0	0	0	5	0	0	0	0	0	0	40		0
Nancy Thompson	0	0	0	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	8		0
Michael Torchia	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Paul Turner	20	5	0	0	0	0	0	8	10	0	0	0	0	5	0	5	5	5	5	68		1
Keith Virden	0	0	0	5	0	0	0	8	0	5	0	0	5	5	0	0	0	0	0	28		0
Carrie Walbert	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Michael Waldinger	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5		0
Ryan Waldinger	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5		0
Emily Waldinger	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5		0
Carrie Ward	20	5	0	5	0	0	0	8	10	0	0	8	0	0	0	0	5	5	5	71		1
Shirley Webb	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	35		0
Jay Weber	0	0	0	0	0	0	0	8	0	0	0	0	5	0	10	5	0	0	0	28		0
Crysta Weitekamp	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	0	0	0	10		0
Paul Wells	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	5		0
Bette Wells	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	5		0
William Wilson	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Melissa Wiseman	20	5	5	5	20	0	0	8	10	0	0	8	0	0	0	5	5	5	5	101	1	2
Michael Witsman	0	0	0	0	0	0	0	0	0	0	0	0	5	0	10	0	5	5	5	30		1
Linda Wong	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5		1
Kim Wonnell	20	5	5	0	0	0	0	0	10	0	0	0	0	0	10	0	0	0	0	50		1
Paul Wonnell	20	5	0	0	0	0	0	0	10	0	0	0	0	0	10	0	0	0	0	45		0
Sam Woods II	20	5	5	5	0	0	0	8	0	0	0	0	0	0	0	0	5	5	5	58		2
LeAnne Woody	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	10		2
Debbie Yeaman	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10		0
Alanna Yingling	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0

	Lincoln Presidential Half Marathon	LPHM - SRRC Bonus Points	LPHM - Volunteer Bonus Points	Junaia P. Carter, MD 5K	Lake Run Half Marathon	Lake Run 12 K	Lake Run 4.37M	Lincoln Memorial Garden 8K	Passavant Gatorade 10K	Passavant Gatorade 5K	Steamboat Classic 15K	Steamboat Classic 4 Mile	Bob Goldman Scholastic Challenge	Scheels 5K	Scheels 10K	4th of July Blast 5K	Women's Distance Festival 2 Mle	WDF -SRRC Bonus Points	WDF - Volunteer Bonus Points	Participation Points Total	Participation Award Tier	
NAME	20	5	5	5	20	10	8	8	10	5	15	8	5	5	10	5	5	5	5	369	3	Times Volunteered
Marybeth Young	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	35		0
Mark Young	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		0
Lisa Young	20	5	0	0	0	0	0	8	0	0	0	0	0	0	0	0	5	5	0	43		0
	164	165	71	17	7	2	2	69	42	18	5	5	64	20	34	36	138	138	42			



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

FROSTBITE FESTIVAL - DECEMBER 2, 2018



When: Sunday, December 2, 2018—9:00 AM

Where: FitClub West, Springfield

What: 2 or 10 miles

Mark your calendars now and get in on the early bird registration prices for the Frostbite Festival! You never really know what the weather will be like, but you are guaranteed to feel like a beast for racing in December! This is the final race of the SRRC season and for the Triple Crown Challengers! Don't forget about those volunteer qualifications and points, too. Registration is now open!



www.srrc.net/frostbite