



FOOTTRAILS

SPRINGFIELD ROAD RUNNERS CLUB

SEPTEMBER / OCTOBER 2017

UPCOMING DATES:

- 10/14 and 10/15 — Springfield Marathon/ Half/10K/5K
- 10/28—SRRC Social: Winery Bus Trip
- 11/5—Canal Connection 10K (Utica)
- 11/23—Cold Duck Thanksgiving Run
- 12/3—Frostbite Festival
- 1/27/2018—SRRC Post Race Party

INSIDE THIS ISSUE:

Club Information	2
Presidents Message	3
Finisher's Report	4
Abe's Army	8
Scholarship Profiles	10
Parade Run	11
Abe's Amble Photos	12
Upcoming Socials	14
Most Improved	15
Birthdays	16
Trainers Corner	17
Points/Participation	18



New race route, new directors for Parade Run

When Donna Brayfield and Diana Nevitt stepped up to become the new race directors for the State Fair Parade Run, the furthest thing from their minds was a new course. But that's exactly what they were handed. Just a few weeks before the race, the city announced a new parade route, starting in Lincoln Park going into the fairgrounds. They scrambled to figure out the new course and get it accurately measured from the starting location inside the fairgrounds. Following the race, Donna was checking the distances from participants' GPS watches, and was pleased to find so many hitting 2.0 miles on the nose.

More than 350 runners finished the race, and in spite of the last minute changes, the race was a complete success. Since the course was changed, it means new course records were set. Tyler Pence won in a time of 9:19. Patty Schaefer won overall female in 12:07. Master winners were Adrian Lee in 12:18 and Tracy Dowell in 13:41.

Thank you to Donna and Diana for their leadership and to the numerous volunteers it takes to pull off a race like this!



Local runner, Tyler Pence, takes the top spot in both fair races in 2017.

Abe's Amble 10K has success as RRCA Championship race

By Carrie Ward & Melissa Wiseman

THANK YOU, thank you, thank you to everyone who contributed to making the 40th annual Abe's Amble 10K as success! It was a bit warm and humid on August 20, but the weather didn't deter the nearly 700 registered participants.

This year's race was recognized by the Road Runners Club of America as a 2017 State Championship race. As such, participants received 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.

Congratulations to this year's top overall male winner, Tyler Pence, of Springfield—the returning winner from 2016—with a finish time of 32:00.7, and to the top female overall winner, Julia Kohnen of St. Louis; Julia set a new course record of 36:38.8. A complete list of race results is available at www.ItsRaceTime.com/Results.aspx?ID=1696.

Thank you to the many sponsors who helped underwrite the cost of hosting the race. This

(Continued on page 7)

2017 SRRC Board

President

Nick Fogleman
sn95nik@gmail.com

Past President

Bryan Glass
bglass@sps186.org

Vice President

Carrie Ward
cward1818@gmail.com

Secretary

Heather Glessner
hldean@gmail.com

Treasurer

Teri Taylor
terilt80@gmail.com

Special Programs Director

Dave Drennan
ddrennan@ucbbank.com

Race Director Liaison

Lance Cull
Lance.Cull@StandardAero.com

Volunteer Liaison

Dustin Morrison
morrison.dustinj@gmail.com

Membership Coordinator

Matt Minder
SRRCMembership@gmail.com

Member at Large

Kristina Mucinkas

Webmaster

Neil Glessner
Neil.Glessner@gmail.com

Newsletter Editor

Tammy Bumgarner
tebumgarner@gmail.com

Club Information

Membership

Annual Membership Rates:

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

Memberships run from January 1st to December 31st.

Renew or join online at www.srrc.net

Address/e-mail changes:

Matt Minder
Membership Coordinator:
SRRCMembership@gmail.com

Find us online!

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

Board Meetings

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

Advertising

At the present time, we plan to publish Foottrails on a bi-monthly basis. This schedule is subject to change. Advertising rates are as follows (black and white)
\$60 - Full page ad
\$40 - Half page
\$20 - Quarter page
\$15 - Eighth page

SRRC Training Groups

HALFWITS

12-week half marathon training for the Lincoln Presidential Half Marathon.
Cost: Free to SRRC members
Dates: January—March
Leaders: TBD
www.facebook.com/SRRCHalfWits

GET FAST!!!

Work on your speed at the summer track sessions led by Susan Becker.
Dates: April—September
Wednesday evenings, 5:45 at SHG Track
<http://srrcspeedwork.blogspot.com/>

ABES ARMY

Popular 12-week summer training pro-

gram for the Abe's Amble 10K race in August.

Cost: TBD

Dates: May—August

Leaders: Tracy Dowell

www.facebook.com/SRRCAbesArmy

FROSTTOES

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

Cost: Free to SRRC members

Dates: October—December

Leaders: Nick Fogleman and Matthew Duff

www.facebook.com/SRRCFrostToes

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

President's Message:



The Illinois State Fair has come and gone, which means that two more SRRC races are complete! I want to recognize the race directors for the Parade Race and Abe's Amble for the excellent work they did.

Donna and Diana had directed races before, but never encountered challenges like those we had for this year's parade race. Completely redesigning a race course weeks before the race is not fun, but with the parade route changing, we had to make it work.

Then we fought two different entertainment acts for the stage when they showed up unannounced, delaying our awards ceremonies. Despite all of this, the race went off smoothly, and without issue.

Carrie and Melissa were first time race directors. So, for them to step into one of the SRRC's biggest races, and an RRCA state championship race on short notice, and make it such a great race is nothing short of amazing. The RRCA was thrilled with the event, we had a great turnout, and we made the 40th anniversary of Abe's Amble truly a race to remember.

It's volunteers like these above that make the SRRC so great, and allow it to continue to thrive despite nationally declining interest in running. I would encourage each of you to follow these examples and get involved in the club in any way you can. You can find a few places where we could use immediate help later in the newsletter and our Facebook page. Please get in touch with me if you are interested or have any questions.

I'll see you out there on the road!

-Nick Fogleman



**Running Shoes
Apparel
Accessories**



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

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

217.787.4400

"Everything You Need To Run & Look Your Best"

SRRC Members—Finisher's Report

Lincoln Memorial Gardens 8K

Bill Owens	34:36.1
Fess Teklehaimanot	34:50.9
Lydia Rudd	34:55.4
Wes Johnson	37:37.7
Matt Minder	37:48.5
John Hauer	39:11.0
John Alsup	39:31.7
Lance Cull	39:42.8
Bryan Lenzi	39:52.6
Amber Chasco	40:22.0
Tommy Dale	40:53.6
Eswara Kakarala	41:13.5
Corey Colson	41:17.1
Pamela Hart	42:15.5
Bob Thompson	42:33.8
Sarah Enlow	43:29.0
Nick Fogleman	43:48.5
Curt Evoy	44:22.9
Arlene Hall	45:15.1
Theresa Bright	45:35.5
Melissa Schaefer	45:40.1
Janet Powell	45:56.2
Tadd Davis	46:11.8
David Bretz	46:18.0
Brenda Hillen	46:38.0
Jean Broaddus	47:04.0
Jan Andrews	47:26.1
Adrienne Sweet	47:32.1
Marilyn Kirchgesner	47:39.4
Devin Amin	48:37.9
Laura Hauer	49:05.6
Patrick Chasco	49:28.6
Richard Hymes II	49:29.5
Brian Shaw	49:38.1
Ashley Amin	50:02.1
Melissa Wiseman	50:33.8
Kim Owens	50:37.2
Nancy Thompson	51:40.4
Jack Love	52:29.9
Harvey Roemer	52:32.5
Scott Sievers	53:57.9
Skyler Cain	54:01.9
Lois Jazo	55:17.7
Sam Woods II	57:14.3
Nancy Ferguson	57:23.4
Carrie Ward	58:08.7
Andrea Guerrero	58:44.1
Diane Muncy	59:11.1
Bette Wells	59:54.5
Debbie Yeaman	1:01:17.8
James Yeaman	1:01:18.8

Dianna Jones	1:03:20.0
Holly Cormier	1:05:56.7
Susan Collins	1:07:55.9
Marilee Cramer	1:07:56.8
Angela Turasky	1:09:28.9
Kathy Leuelling	1:09:50.8
Jennifer Herman	1:11:59.1
Sarah Sagmoen	1:19:59.6
Teresa Pisula	1:20:00.0
Michele Pitts	1:20:38.5
Cindy Gibbs	1:22:29.8
Vivian K Jones	1:24:35.9
Lindsey Lister	1:24:37.2

Bix 7

Bryan Glass	37:53
Amanda Nelson	48:19
Blake Scranton	50:57
Shirley Webb	1:23:28
Mark Pitchford	1:25:50
Julie Pitchford	1:25:54
Christianna Sullivan	1:34:46
Sunney Hinman	1:52:32
Carl Hinman	1:56:26

Illinois State Fair Parade Run

Daniel Plunkett	09:42.0
Henry Janssen	10:30.0
Sam Levon	10:48.3
David Plunkett	11:12.7
Michael Garber	11:32.2
Patricia Schaefer	12:07.6
Fess Teklehaimanot	12:22.6
Joy Guardia	12:23.6
David Ealey	12:29.7
Blake Scranton	12:40.8
Wes Johnson	12:45.9
Keith Virden	12:56.9
Travis Lobmaster	12:58.2
Tom Weir	13:19.3
Dustin Morrison	13:22.9
Scott Leopold	13:32.9
Chelsea Griffin	13:33.2
Matt Minder	13:33.7
Tracy Dowell	13:41.0
Rick Hernandez	13:50.1
Bryan Lenzi	13:51.0
Jamie Fitzpatrick	13:58.1
Bob Thompson	14:03.0
John Hauer	14:04.8
Terese Laughlin	14:48.1
Sarah Enlow	14:57.6
Tommy Dale	15:03.6

Nyle Robinson	15:04.8
Marybeth Young	15:08.9
Jeff Andrews	15:10.4
Jared Andrews	15:24.5
Lance Cull	15:25.0
Tammy Bumgarner	15:33.8
Nick Fogleman	15:36.5
Denise Figueroa	15:48.0
David Baker	15:48.1
Randy Rieke	15:51.7
Tad Andrews	15:57.8
Lynn Kerber	16:00.4
Emily Mueller	16:02.2
Jim Faloon	16:03.8
Brian Shaw	16:03.8
Susan Becker	16:04.2
Michael Matulis	16:07.9
Matthew Duff	16:08.3
Doug Galayda	16:15.0
Holly Dahlquist	16:19.4
Kelly Biggs	16:25.5
John Langley	16:32.7
Theresa Bright	16:33.4
Christian Liles	16:40.1
Brenda Hillen	16:48.2
Jan Andrews	16:54.7
Marilyn Kirchgesner	17:03.2
Shelley McIntyre	17:10.7
Chris Mueller	17:12.3
Adrienne Sweet	17:14.3
Mary Kay Lackman	17:15.5
Amy Whitecotton	17:16.5
Dave Stewart	17:19.1
Brenda Vail	17:20.3
Angela Liles	17:25.8
Kathleen Knolhoff	17:28.8
Paul Wonnell	17:33.2
Michael Torchia	17:33.8
Melissa Wiseman	17:49.9
Finn Murphy	17:53.7
Jennifer Krause	17:54.0
Rosa Reim	17:54.0
Caroline Dahlquist	17:56.4
Arthur Holtman III	18:00.7
Sandra Elliott	18:02.3
Jeff Meyerhoff	18:03.1
Amanda Johnson	18:17.8
Robert Cramer	18:21.2
Patrick Price	18:48.4
Harvey Roemer	19:14.9
Sam Woods II	19:45.3
Machele Keen	19:54.0
Diane Muncy	19:56.0

John Grisham	19:59.9	Scott Leopold	46:06.8	Hannah Nation	57:37.5
Kathleen Jensen	20:04.0	Randi Lucas	46:11.8	Doug Galayda	57:53.5
Lois Jazo	20:05.0	Dustin Morrison	46:17.7	Paul Wonnell	58:02.4
Heather Dunn	20:19.1	Chelsea Griffin	46:22.5	Angela Liles	58:05.5
Lori Iocca	20:20.9	Tracy Dowell	46:32.8	Cheryl Biesiada	58:06.2
George Hinkle	20:24.1	John Alsup	46:40.8	Jan Andrews	58:08.9
Ryan Dunn	20:34.0	Tom Weir	47:19.3	Jeana Reinbold	58:09.9
Tracy Lane	20:53.8	Rick Hernandez	47:49.3	Theresa Bright	58:12.1
Ashleigh Koerner	21:25.7	Sam Oertel	48:12.6	Matthew Duff	58:26.3
Jennifer Hendricks	21:27.1	Bob Thompson	48:33.6	Lisa Young	58:31.8
Sarah Rieke	21:43.0	Andrew Streeval	49:19.4	Ladaryl Hale	59:00.1
Brian Kerber	21:44.5	Rex Gradeless	49:31.0	Sandra Elliott	59:03.5
Carrie Ward	21:45.0	John Hauer	49:35.5	Brenda Hillen	59:10.4
Tadd Davis	21:46.0	Leanne Woody	49:40.2	Jean Broadus	59:12.5
Melissa Jackson	22:00.2	Bryan Lenzi	49:44.2	Adrienne Sweet	59:20.4
Beth Lafata	22:06.9	Jennifer Rhoades	49:45.9	Sally Lajoie	59:20.7
Kim Wonnell	22:12.2	Jason Nikson	49:46.8	Tammy Bumgarner	59:23.8
Tori Taylor	22:20.3	Andrew Gochenour	49:51.0	Glen Gochenour	59:34.9
Patricia Petersen	22:48.6	Craig Frick	49:59.2	Marilyn Kirchgesner	59:41.5
Randi Lucas	23:05.1	Corey Colson	50:00.9	Julie Boots	9:52.2
Adrienne Hawkins	23:42.6	Tommy Dale	50:29.2	Ginger Aschenbrenner	59:52.4
Joni Winhold	23:45.8	Shannon Cole	50:34.8	Mary Kay Lackman	1:00:16.2
Susan Collins	23:45.9	Lance Cull	50:53.1	Michael Torchia	1:00:25.7
Michelle Phillips	23:47.7	Marybeth Young	51:07.2	Amanda Johnson	1:00:41.0
Samantha Rieke	24:06.8	Nyle Robinson	51:12.2	Daron Poage	1:01:03.9
John Stearns	24:21.0	Suzannah Bartos	51:18.1	Brenda Vail	1:01:07.6
Mollie Langley	24:33.3	Jamie Fitzpatrick	51:28.6	Rosa Reim	1:01:35.0
Stephen Paca	24:45.4	Stephen Paca	51:40.0	Dawn Raycraft	1:01:49.8
Kristina Mucinskas	24:46.5	Daniel Cullen	51:40.5	Bill Shelley	1:01:59.8
Branson Kerber	25:52.9	Jonathan Rees	52:22.8	Sasha Cadigan	1:02:13.2
Dawn Stearns	26:40.7	Jeff Andrews	52:28.7	David Suiter	1:02:22.5
Denise Beaudan	26:47.8	Amber Chasco	52:32.4	Megan Styles	1:02:28.1
Michele Pitts	27:06.3	Stuart Funderburg	52:44.2	Janet Tapocik	1:02:30.5
Rachel Benedict	27:49.3	Frank Midiri	53:13.4	Nick Behl	1:02:39.2
Brenda Hawkins	27:55.9	Lynn Kerber	53:27.3	Amanda Tapscott	1:02:42.6
Kristine Holtman	28:19.9	Tadd Davis	53:37.5	Ryan Dunn	1:03:18.8
Vernee Peters	28:29.5	Randy Rieke	53:39.5	Jack Bellmer	1:03:19.2
Lesa Schaive	28:52.7	Shane Bumgarner	53:47.8	Scott Sievers	1:03:45.3
Nina Rossini	28:53.3	Holly Dahlquist	53:50.7	Amanda Gleason	1:04:05.5
Cindy Gibbs	32:48.6	Jeff Reim	53:59.5	Rebecca Collier	1:04:16.4
Shawn Gibbs	32:49.0	Melissa Schaefer	54:34.5	Caroline Dahlquist	1:04:17.5
		Scott Nation	54:47.4	Harvey Roemer	1:04:24.3
		Arlene Hall	54:48.7	Scott Reimers	1:04:44.5
		Jim Faloan	54:55.4	Kathleen Knolhoff	1:04:47.1
		Nick Fogleman	55:37.4	Russell Schaefer	1:04:51.9
		Denise Figueroa	55:56.6	Donna Brayfield	1:04:55.5
		Emily Mueller	55:59.0	Rai Richardson	1:05:04.9
		Susan Becker	56:16.0	Amy Whitecotton	1:05:05.4
		Cale Becker	56:39.6	Jennifer Carnduff-Lewis	1:05:07.4
		Michael Matulis	56:49.9	Rebecca Lucas	1:05:36.5
		Jorie Roubitchek	57:06.3	Patrick Chasco	1:05:39.3
		Ryan Lewis	57:16.8	Jack Love	1:05:41.3
		Brian Shaw	57:19.9	Bobbie Hill	1:05:47.7
		Shelley McIntyre	57:33.5	Grant Johnson	1:06:00.3
		Adam Perschbacher	57:33.5	Skyler Cain	1:06:14.6
		Dennis Ferree	57:35.0	Margaret Burns	1:06:16.9
Abe's Amble					
Bryan Glass	34:37.9				
Henry Janssen	35:42.1				
Samuel Levon	39:10.9				
Lydia Rudd	40:33.0				
Patricia Schaefer	41:14.6				
Fess Teklehaimanot	41:38.4				
Greg Bennett	41:55.3				
Amanda Nelson	43:26.5				
Jay Weber	43:28.7				
Keith Virden	43:34.3				
Wes Johnson	44:10.6				
Blake Scranton	44:22.4				
Kevin Hingle	46:00.9				

SRRC Members—Finisher's Report (cont.)

Roger Muench	1:06:19.8	Amy Williams	1:14:51.1	Angela Poage	1:27:25.3
Kim Curtis	1:06:21.9	Brenda Humbert	1:14:51.8	Branson Kerber	1:27:32.8
Jayne Antonacci	1:06:22.1	Angela Turasky	1:15:09.6	Debbie Fortman	1:27:44.9
Denise Behl	1:06:54.6	Linda House	1:15:35.7	Adrienne Hawkins	1:27:46.8
Cathy Gochenour	1:06:56.0	Lindsey Lister	1:15:40.6	Christianna Sullivan	1:28:01.6
Dana Lovekamp	1:06:58.3	Amanda Rieger	1:15:46.8	Melissa Robinson	1:29:02.3
Judy Aydt	1:07:07.1	Lindsey Hauer	1:15:48.4	Amanda Kimmel	1:29:34.8
Jeff Meyerhoff	1:07:08.1	Shirley Webb	1:15:54.6	Michele Pitts	1:29:37.0
Heather Dunn	1:07:13.1	Stephanie Robinson	1:15:58.1	Elizabeth Mcmillan	1:30:43.9
James Alexander	1:07:20.6	Daniel Greenman	1:15:58.5	Dawn Stearns	1:31:06.4
John Grisham	1:07:30.8	Patricia Petersen	1:16:11.8	Patricia Hopkins-Price	1:31:24.3
Melinda Vance	1:07:57.3	David Culp	1:16:18.2	Lois Stone	1:31:26.2
Lois Jazo	1:08:01.8	Kim Wonnell	1:16:23.9	Leann Fox	1:31:26.3
Jc Large	1:08:05.8	Tom Kushak	1:17:07.6	Denise Beauman	1:31:51.1
Kathleen Jensen	1:08:06.7	Chris Hernandez	1:17:15.1	Lisa Hanson	1:32:01.3
Kathy Canaday	1:08:41.3	Lisa Culp	1:17:52.3	Whitney Walsh	1:32:35.0
Sam Woods II	1:08:42.9	Elizabeth Calcara	1:17:56.4	Emily Calcara	1:33:05.5
Kim Vy Williams	1:08:56.1	Max Alessia	1:18:02.1	Denise Bean	1:33:13.5
Christian Liles	1:08:59.3	Tori Taylor	1:18:14.8	Kaylee Brooks	1:33:26.5
Katie Weir	1:09:02.9	Dianna Jones	1:18:16.7	Kim Bilinsky	1:33:27.3
Diane Muncy	1:09:13.2	Chris Buchanan	1:18:33.1	Mark Janus	1:33:30.8
Melissa Jackson	1:09:14.5	Brent Bohlen	1:18:35.0	Cindy Pierson	1:33:41.7
Teri Taylor	1:09:22.8	Erin Slightom	1:18:35.1	Roseanne Nance	1:33:56.9
Paul Turner	1:09:44.1	Patty Ingram	1:18:35.5	Tamara Boeker	1:34:04.3
Lisa Adams	1:09:57.1	Siddarth Bangaru	1:18:36.1	Terri Carnduff	1:34:31.3
Jennifer Boster	1:10:28.6	Nancy Neuberger	1:18:38.0	Nina Rossini	1:34:31.5
Rachel Parks	1:10:29.2	Rhonda Robinson	1:19:03.2	Vernee Peters	1:34:39.0
Lori Iocca	1:10:33.9	Lynne Morris	1:19:21.3	Jean Allen	1:34:39.2
Andrea Guerrero	1:10:57.1	Marilyn Clark	1:20:45.2	Crysta Weitekamp	1:34:40.7
Sheryl Friedrich	1:11:04.6	Jennifer Alessia	1:20:46.0	Madalynn Sullivan	1:34:48.8
Darla Lane	1:11:05.1	William House	1:20:53.3	Jim Raycraft	1:35:00.8
Caitlin Simhauser	1:11:31.9	Haylee Brickey	1:21:48.6	Valerie Duewer	1:35:28.5
George Hinkle	1:11:38.4	Rosalie Lowery	1:21:55.8	Jennifer Rees	1:35:49.4
Heather Shipp	1:11:55.3	Tony Wasilewski	1:22:03.0	Echo Beekman	1:35:50.1
Bette Wells	1:12:06.9	Kathy Leuelling	1:22:19.0	Jill Rizzo	1:35:57.3
Joyce Hubbard	1:12:12.0	Marilee Cramer	1:22:24.3	Maureen Bluhm	1:36:28.6
Constance Heskett	1:12:19.9	Rachel Benedict	1:22:48.4	Samantha Rieke	1:36:35.2
Machele Keen	1:12:28.0	Holly Cormier	1:23:36.1	Kristine Holtman	1:36:38.7
Torrie Buchanan	1:12:28.4	Megan Holzmacher	1:23:41.5	Brenda Glahn	1:38:16.7
Jennifer Hendricks	1:12:32.8	Virginia Ferguson	1:23:46.1	Jennie Davis	1:38:28.8
Jill Hurley	1:12:35.8	Darlene Kmett	1:23:48.1	Jennifer Fleenor	1:38:30.6
Cassie Branstetter	1:12:59.7	Maggie Barton	1:24:28.3	Hannah Beever	1:38:49.1
Meredith Caudill	1:13:07.3	Suna Tabag	1:24:42.8	Scott Beever	1:38:54.9
Brian Kerber	1:13:27.3	Monica Tabag	1:24:44.8	Kelly Guerrero	1:39:48.1
Beth Lafata	1:13:27.6	Brenda Hawkins	1:24:55.3	Julie Summers	1:40:18.1
Marilyn Kushak	1:13:28.5	Holly Kaminski	1:25:28.5	Kathy Thomas	1:40:33.3
George Kokkat	1:13:32.8	John Stearns	1:25:32.5	Amy Savel	1:41:17.9
Kristina Mucinkas	1:14:30.6	Jerry Naughton	1:25:42.7	Kathy Handy	1:42:40.1
Poornima Jayaramaiah	1:14:41.7	Sarah Rieke	1:26:17.0	Betty Dold	1:42:40.5
Jennifer Krause	1:14:44.3	Rachael Mcmillan	1:26:22.8	Susan Pappas	1:42:50.5
Susan Collins	1:14:46.1	Maria Kaminski	1:26:45.9	Tracie Burkett	1:43:30.3
Michelle Phillips	1:14:46.2	Mark Young	1:26:53.8	Cindy Gibbs	1:44:23.8
William Wilson	1:14:47.8	Jennifer Herman	1:27:01.0	Barbara Leveque	1:46:37.0
				Lisa Merchant	1:51:12.6

Abe's Amble 10K (cont.)

year's sponsors include Road Runners Club of America, Gatorade, Springfield Road Runners Club, Springfield Running Center, Orangetheory, Dr. Paul Venturini at Advanced Center for Pain and Rehab, Orthopedic Center of Illinois, The Body Quest Store, Illinois Beef Association/Team Beef, Samuel Hamra, MBA- Prudential, Springfield Clinic Sports Medicine and Meijer. Their generous support is invaluable as it helped offset the costs associated with hosting the race and permitted race directors the flexibility to incorporate new ideas and special perks to enhance the overall race experience.

Thank you to the many, many volunteers who assisted with packet stuffing, packet pickup, race day registration, course set-up & teardown, course support, Gatorade/water and refreshments and so much more! Special thanks to area high school cross-country coaches/teams/families from Pleasant Plains, Auburn, Williamsville and Springfield Lanphier for working water/Gatorade stops and to Coach Mike DeWitt and the University of Illinois at Springfield (UIS) cross country team for managing traffic in Oak Ridge Cemetery. Your encouragement & support for the racers was sincerely appreciated. Thank you to Ms. Judy

Donath for once again providing sprinklers for our racers as they head down Eastman Avenue to & from the cemetery, not only on race day, but throughout the entire Abe's Army summer training program. Thank you to Mark & Julie Pitchford for handing out popsicles on the race route.

Thank you to the talented graphic artists at Miles T-shirts Dot Com, Inc. for our fabulous t-shirt design and Spinner Plastics, Inc. for assisting us with glass Britannia mugs for age group winners. Thanks to Ashworth Awards for designing our commemorative 40th anniversary race finisher medals. Thank you to Illinois State Fair Queen, Claudia vanOpdorp, for participating in our awards ceremony and posing for photos with award winners. Thank you to Looking for Lincoln and President Abraham Lincoln impersonator Mike Cowden for joining us at the finish line and taking photos with racers.

Thank you to Eric Arndt, It's Race Time, Inc. for timing the race and for donating the inflatable finish line arch for our racers to enjoy. Thank you to Spin DJ, Mike Testa for providing music and announcements for our pre & post-race party. Thank you to the Illinois Beef Association/Team Beef for providing the pavilion area and distributing delicious beef samples.

Thank you to Meijer for providing an assortment of post-race refreshments including fruit, bagels, cookies and more.

Finally, thank you to our partners at the Springfield Park District, the Illinois State Fairgrounds, the Illinois State Police, and City of Springfield Police for helping us host a fun and safe event, and to every one of YOU who registered for the race, laced up and ran or walked the course and to the countless volunteers who helped with anything and everything we asked. We appreciate you all so much!

It was truly a pleasure to serve as your Abe's Amble 10K- 2017 race directors. We learned a lot and look forward to directing the race again in 2018- hope to see you there! Mark your calendars- Sunday, August 19, 2018. ♦



Samuel Hamra, MBA

Financial Professional

217-553-5243

Samuel.Hamra@Prudential.com







Abe's Army—The Best Training Deal Going!

By Tracy Dowell

What do you get with Abe's Army's \$60 fee? You get great leaders that CARE about your needs and goals! You get an Army shirt, finisher medal, decal, and ID shoe tag! You get access to professional medical advice that relates to running/walking issues. You have ice-water in several locations for your convenience every week. You get a PICNIC in the park with a gourmet caterer! You receive 20% off one entire purchase from Springfield Running Center during your training cycle! Finally, you get registration included for Abe's Amble 10K race, the race shirt, plus a finisher medal!

Another season of Abe's Army is in the books! It is my hope that each and every participant and leader left the program with a successful Abe's Amble, a greater level of fitness, and with his/her goals met! What is a group-training program without making new friends and running buddies? It is my pleasure to get to know its members better, as well! It is a very cool thing to witness the transformation in Abe's Army Recruits' fitness, weight-loss, and times in the races throughout the summer, into Abe's Amble race!

I would like to thank all of the leaders that stepped up and donated their time and talents for 15 weeks

to mentor and coach the participants. Thank you to Jason and his crew at Springfield Clinic's Sports Medicine for being there from the orientation in May to the race day in August; providing excellent medical care, service, and advice. Jason even patched me up one Monday evening run! Finally, a special thank you goes out Dan Loyd for being the most reliable water guy ever! Thanks to Dan, the leaders and participants never had to worry about staying hydrated on the practice runs each week.

Thank you all for another great summer of training. Hope to see you again next year!

2017 SRRC Scholarship Profiles



Jackie Eck

School: Lutheran High School

Jackie is the daughter of Jack and Julie Eck of Pleasant Plains. Jackie will be attending Lewis University, majoring in nursing, while running cross country and track.

Jackie started her high school running career as the only girl on Lutheran's cross country team her Freshman year. As the female running presence grew at Lutheran in the following years, Jackie stepped up as a leader, anchoring Lutheran's State qualifying 4x800 relay team in track as well as taking the first ever girl's cross country team to the State Meet. Not only was she a leader in athletics, Jackie was an honor student, a member of National Honor Society, Spanish National Honor Society, and volunteered often within school, her church and her community.

"I know that running will continue to take me down unexpected paths in life, both as a runner and beyond."



Layne Hill

School: Athens High School

Layne is the son of Bob and Bobbie Jo Hill of Athens. Layne will be attending University of Illinois at Springfield while participating on the cross country and track teams.

Lane's high school running coach remarks first and foremost about Lane's clear leadership qualities for the team. Lane was one of the top two distance runners on the Athens Varsity track team taking them to a second place finish for 4x800 at the Sangamo Conference Track Meet. The same team was also a two-time champion at the Tomahawk Conference Meet.

"I hope to be able to encourage more people to start running. I have seen so many people grow and become more confident in all aspects of their lives once they begin a regular running routine—myself included. I want to be able to help and inspire others to find their inner runner too!"



Claudia Magnussen

School: Pana High School

Claudia is the daughter of Mark and Lori Magnussen of Oconee. She will be attending the University of Notre Dame majoring in Occupational Therapy. She will run cross country and track.

Claudia only participated in two years of cross country due to Pana not having a team until her junior year. In her first year, she placed 12th at the State Meet, which is great for a first-time appearance. However, the following year, she placed 2nd, only being bested by a four-time state champion. She also went to state several years for track, placing in both the 1600 and 3200 meter runs.

"For me, running has meant many hours spent on the road in rain, snow or shine, but those hours shaped me into the person I am today. I am forever grateful for what this sport has done for me and plan to continue running for the rest of my life."

Illinois State Fair Parade Run



Photos from the 2017 Abe's Amble 10K





SRRC Looking for a New Board Member and volunteers for 2018

The SRRC has some leadership positions opening up in 2018. If you have any interest in serving as Treasurer, leading Halfwits, or helping with this newsletter, please contact Nick Fogleman at sn95nik@gmail.com.

Thank you to Teri, Stephen and Kristina for your leadership and volunteering!



BUS + WINE + SRRC = FUN SOCIAL!



Just a few spots left on this social!

Cost is \$35 per person which includes transportation and food on bus. Please bring \$5 cash for a tip for the driver. You are also welcome to bring your own snacks and/or beverages. Must be 21 to attend.

Plan: Depart from Meijer's Parking Lot at 7 AM and return by 12 AM

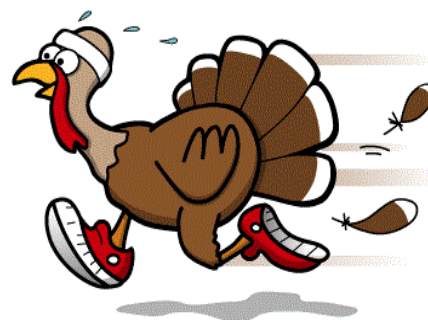
Locations:

Von Jakob Winery & Brewery, Alto Vineyards, Owl Creek Vineyard, Starview Vineyard, Blue Sky Vineyard, and Honker Hill

Link to register: https://secure.getmeregistered.com/get_information.php?event_id=127966

THE COLD DUCK RUN 2017

Mark your calendars! A long tradition continues on Thanksgiving morning, November 23rd from 7:30 am until 11:00 am. Join fellow friends, club members, runners, at the Washington Park picnic/playground area to run some laps before the big day. SRRC has arranged for the Springfield Park District to set up a fire to keep warm before and after. Bring potluck breakfast item, sweet treat, and/or drink to share with your fellow runners.



Nominate the Most Improved Runners!

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

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

Qualification Criteria

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

Award Criteria

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

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

Nominations

- Any club member can nominate another club member for this



award

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

Submitting a Nomination

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

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

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

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

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

Additional Considerations

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

Selection

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

Disclaimers

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

Member Birthdays—October/November

Bryan Glass	10/1	Roman Biggs	10/18	Lesa Schaive	11/6
Marilyn Kirchgerner	10/1	Tyler Burge	10/18	Joe Clennon	11/7
Carrie Pennell	10/2	Kelly Guerrero	10/18	David Wortman	11/7
Jennifer Boster	10/3	Constance Heskett	10/20	Marcel Yoder	11/7
Daniel Cullen	10/3	Richard Hymes II	10/20	Heather Kelly	11/8
Elizabeth McMillan	10/3	Mia Langheim	10/20	Emily Mueller	11/8
Steward Sandstrom	10/3	Julie Summers	10/20	James Alexander	11/9
Cindy Gibbs	10/4	Abby Easley	10/21	Wes Johnson	11/9
Joyce Hubbard	10/6	Judy Gunn	10/21	Lori Reimers	11/9
Bill Ruesink	10/6	Machele Keen	10/21	Meredith Caudill	11/10
Amanda Tapscott	10/6	Barb LeVeque	10/21	James Dahlquist	11/10
Jim O'Brien	10/7	Barbara LeVeque	10/21	Dana Lovekamp	11/10
Julie Pitchford	10/7	Donna Brayfield	10/22	James Yeaman	11/10
Keith Staats	10/7	Jayne Chenevey	10/22	Mike Plunkett	11/11
Melissa Brooks	10/8	Skyler Cain	10/23	Amanda Fogleman	11/12
Celeste Crowley	10/8	Lisa Culp	10/24	Stephanie Sievers	11/13
Sharon Meyerhoff	10/8	Mary Hamilton	10/24	Theresa Bright	11/14
Stephen Paca	10/8	Chris Hernandez	10/25	Shane Bumgarner	11/14
Monica Tabag	10/8	Heather Rideout	10/26	John Hauer	11/15
Randy Rieke	10/9	JD Koehler	10/27	Evelyn Liles	11/17
Madeline Sievers	10/9	Garrett Deakin	10/28	Christina Rojas	11/18
Jessica Steen	10/9	Healy Funderburg	10/28	M. Katie Buskirk	11/19
Anna Wonnell	10/9	George Hinkle	10/28	Robert Cramer	11/19
Griffin Liles	10/10	Brian Kerber	10/28	Holly Cormier	11/20
Lynne Morris	10/10	Madalynn Sullivan	10/28	Heather Dunn	11/20
Amber Armstrong	10/11	Alex Batten	10/29	Echo Beekman	11/21
Michelle Phillips	10/11	Frank Midiri	10/29	Tracy Montalvo	11/21
Lois Stone	10/11	Tom Andrews	10/30	Jonathan Sandstrom	11/21
William Cowles	10/12	Ryan Nordsiek	10/30	Luke Adams	11/23
Tommy Dale	10/12	Jennifer Rhoades	10/30	Jennifer Herman	11/23
Robert Nelson	10/12	Nancy Thompson	10/30	Shelley McIntyre	11/25
Adam Perschbacher	10/12	Ryan Lewis	11/1	Mary Brown	11/26
Stacy Reddecliff	10/13	Jessica Andrews	11/2	Darlene Kmett	11/26
Janet Tapocik	10/13	Kathy Deakin	11/2	Jack Love	11/26
Terri Carnduff	10/14	Carolyn Lawrence	11/2	Susan Pappas	11/26
Erin Slightom	10/14	Hannah Nation	11/2	Bob Fees	11/27
Deidra Glisson	10/16	Patty Ingram	11/3	Layne Hill	11/27
Dan Loyd	10/16	Brenda Glahn	11/5	Stuart Funderburg	11/30

Trainer's Corner—Back Squats

By Joy Guardia, Certified ACSM Personal Trainer

The benefits of the back squat

I believe every runner should be doing squats on a weekly basis. Back squats challenge so many areas of your body - the low back, abdominals, upper back, hips, and glutes. They also increase the mobility of your upper back, hips, and ankles. How does this exercise help runners? Runners tend to be either tight or weak in all of the areas listed above. Safely and properly incorporating back squats will only make you a stronger, more mobile runner.

Always warm up

It is vital to warm up using light weight (increase weight each set) for three sets

before going with a more challenging weight. Doing hip mobility work prior to performing back squats is a must as well (fire hydrants, donkey kicks, leg swings, supermans, planks etc.). If adding weight to a bar is too difficult for you, start with three sets of 10 reps using only a bar. Focus on getting your form perfected before adding weight. After warming up, chose a weight that is comfortable doing 10-15 reps, 2-3 sets to start and progress from there.

The form

Form for a back squat will vary slightly for different body types (long torso, long femurs, hip structure, tall vs. short individuals). Experiment and research what will work best for your body type. Below are some tips and cues to remember for the back squat.



Squatting without shoes allows you to better activate the muscles all the way up the movement chain.

Squat with no shoes or flat shoes - this allows you to feel the weight distribution through your feet as you squat—be sure to squat on your mid foot and heels and do not rock forward onto your toes.

Place your hands in a comfortable spot and place the bar on your upper back muscles—pulling your shoulders back will create a padding so the bar doesn't hurt your bone structure.

Place your feet wider than shoulder-width, comfortably for your body structure (find out what feels good for your hips, legs, and torso),

point toes slightly out or straight forward—again this is based on your comfort. Personally, I point mine out very slightly.

Keep your chest up as you squat—when squatting, do not let the upper body lean forward too far. Some will lean more than others, based on strength and mobility.

Tighten your low back and brace your core—your spine should remain straight throughout the entire range of motion, not letting it flex forward as you squat.

As you approach each rep, take a deep breath and hold it to increase the pressure in your abdomen. This will allow you to squat more weight and keep your core rigid to protect your low back.

When you lower, sit your butt back & squat past parallel—activate your glutes and go low...without falling apart. If you only half squat or go to just parallel you are doing yourself a disservice to your glutes. The half squat uses mostly quads and a lot less glutes. Squatting to just parallel or higher is also more dangerous to your knees. Squat past parallel for proper form. (If this is too difficult just work on form with body weight squats until you can perfect the form.)

Don't let your knees cave in - if you can't keep your knees from caving in, focus on pushing your knees out as you lower. This will activate your hip muscles.

The best way to check your form is to record yourself performing a set of squats, study your form and correct any issues you might see. Be sure to have perfect form with every rep. And don't hesitate to ask me for assistance in coaching your form. ♦

2017 Participation & Points Series Rules

SRRC Participation Series

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

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

Race Distance Points:

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

Awards Tier System:

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

Current Participation Series totals are listed at the back of the newsletter.

SRRC Points Series

Your eligibility begins once your membership is processed. To be eligible for all five SRRC Points races, a person must have his/her membership processed by the Lincoln Presidential Half Marathon. If a person applies for membership after the half marathon, that person will be eligible for all races thereafter. Please understand that membership processing could take up to a week.

The SRRC reserves the right to alter these rules when necessary.

- Members must compete in a minimum of three of the five club races to be eligible for end of the year awards. Points classifications will be based on the *best* three of five club races (i.e. your lowest two scores will be dropped).
- **Members must volunteer for a minimum of two of the five club races to be eligible for end of the year awards. Age groups 14 and under AND 15-19 are not required to volunteer due to limitations. For this award, Abe's Army will not count as volunteering.**
- Your age as of the Lincoln Presidential Half Marathon will establish the age group in which you'll be competing for the entire year.

Tie Breaker Procedure (subject to change)

- Head-to-head matchup (2 minimum)
- Number of races completed
- Volunteering
- Participation Series values

SRRC Points Races

- Lincoln Presidential Half Marathon
- Women's Distance Festival
- Illinois State Fair Parade Run
- Abe's Amble
- Frostbite Festival 10 mile

Age groups will be as follows:

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

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

Points will be awarded as follows: Overall, Masters, and Age Group. Points are tabulated against other SRRC members. One award allowed per member.

Place	Points
1st	10
2nd	9
3rd	8
4th	7
5th	6
6th	5
7th	4
8th	3
9th	2
10th	1

Any points questions or corrections may be emailed to SRRCMembership@gmail.com.



	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races
Women's Overall							
Joy Guardia	10	10	9			29	29
Patricia Schaefer	9	8	10	9		36	28
Tracy Dowell	8	5	7	5		25	20
Chelsea Griffin		6	8	6		20	20
Lydia Rudd		9		10		19	19
Randi Lucas		7		7		14	14
Jamie Fitzpatrick	4	3	6			13	13
Leanne Woody	7			4		11	11
Amanda Nelson				8		8	8
Jordan Orr	5	2				7	7
Kate Lowe	6					6	6
Tammy Bumgarner		4	2			6	6
Shannon Cole	3			2		5	5
Terese Laughlin			5			5	5
Sarah Enlow			4			4	4
Marybeth Young			3	1		4	4
Jennifer Rhoades				3		3	3
Holly Dahlquist	2					2	2
Emily Mueller	1	1				2	2
Denise Figueroa			1			1	1
Women's Masters							
Tracy Dowell	10	10	10	10		40	30
Tammy Bumgarner	8	9	7			24	24
Marybeth Young	7		8	9		24	24
Holly Dahlquist	9	6	4	6		25	21
Lynn Kerber		5	6	7		18	18
Theresa Bright	6	7	3			16	16
Suzannah Bartos		8		8		16	16
Susan Becker		4	5	4		13	13
Terese Laughlin			9			9	9
Brenda Hillen	5		2			7	7
Jan Andrews	2	3	1			6	6
Arlene Hall				5		5	5
Diana Nevitt	4					4	4
Shelley McIntyre				3		3	3
Elizabeth Orthmann	3					3	3
Angela Liles				2		2	2
Melissa Wiseman		2				2	2
Cheryl Biesiada				1		1	1
Donna Brayfield	1					1	1
Sandra Elliott		1				1	1

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races
W 14 and Under							
Caroline Dahlquist		10	10	9		29	29
Sarah Rieke			9	7		16	16
Samantha Rieke			8	5		13	13
Hannah Nation				10		10	10
Jocelyn Bumgarner		9				9	9
Suna Tabag				8		8	8
Kaylee Brooks				6		6	6
Hannah Beaver				4		4	4
W 15 - 19							
Haylee Brickey	10			9		19	19
Lindsey Hauer		9		10		19	19
Madalynn Sullivan		8		7		15	15
Laura Hauer		10				10	10
Emily Calcara				8		8	8
W 20 - 24							
Lydia Rudd		10		10		20	20
Amanda Nelson				9		9	9
Rachael Mcmillan				8		8	8
W 25 - 29							
Chelsea Griffin		10	10	10		30	30
Jamie Fitzpatrick	8	9	9	9		35	27
Emily Mueller	7	7	7	8		29	22
Sarah Enlow	5	6	8			19	19
Jordan Orr	9	8				17	17
Sally Lajoie	6			7		13	13
Kate Lowe	10					10	10
Adrienne Hawkins			6			6	6
Cassie Branstetter				6		6	6
Holly Kaminski				5		5	5

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races
W 30 - 34							
Randi Lucas	10	10	6	10		36	30
Amanda Johnson	9	8	8	6		31	25
Kathleen Knolhoff	7	9	9	5		30	25
Amber Chasco	8			9		17	17
Adrienne Sweet			10	7		17	17
Ashleigh Koerner	6		7			13	13
Shawn Gibbs	5		5			10	10
Melissa Schaefer				8		8	8
Amanda Rieger		7				7	7
Sarah Sagmoen		6				6	6
Jennifer Herman		5				5	5
Jessica Franklin		4				4	4
Jennifer Carnduff-Lewis				4		4	4
Margaret Burns				3		3	3
Kim Vy Williams				2		2	2
Caitlin Simhauser				1		1	1
W 35 - 39							
Joy Guardia	10	10	9			29	29
Patricia Schaefer	9	9	10	10		38	29
Denise Figueroa	4	8	8	6		26	22
Leanne Woody	8			9		17	17
Shannon Cole	7			7		14	14
Jorie Roubitchek		7		5		12	12
Jennifer Krause	1	4	6			11	11
Ginger Aschenbrenner	5			4		9	9
Jennifer Rhoades				8		8	8
Rosa Reim			5	3		8	8
Sasha Cadigan		5		2		7	7
Kelly Biggs			7			7	7
Kelly Hubbard		6				6	6
Brookelyn Eazelle	6					6	6
Heather Dunn		2	4			6	6
Melissa Brooks	3					3	3
Amanda Tapscott		3				3	3
Rachel Benedict			3			3	3
Torrie Buchanan	2					2	2
Megan Styles				1		1	1
Jill Hurley		1				1	1

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races
W 40 - 44							
Tracy Dowell	10	10	10	10		40	30
Tammy Bumgarner	9	9	9	6		33	27
Melissa Wiseman	8	7	6			21	21
Suzannah Bartos		8		9		17	17
Angela Liles			7	8		15	15
Jeana Reinbold	7			7		14	14
Amy Whitecotton			8	3		11	11
Melissa Jackson		5	4	1		10	10
Kristina Mucinskas	5		2			7	7
Tori Taylor		3	3			6	6
Christine Feller	6					6	6
Stephanie Robinson		6				6	6
Jennifer Hendricks			5			5	5
Dawn Raycraft				5		5	5
Rebecca Collier				4		4	4
Rochelle Phipps	4					4	4
Amy Huber		4				4	4
Joelle Major	3					3	3
Dawn Stearns		2	1			3	3
Rebecca Lucas				2		2	2
Jessica Hoppe		1				1	1
W 45 - 49							
Holly Dahlquist	10	10	8	9		37	29
Marybeth Young	9		9	10		28	28
Jan Andrews	7	9	7	8		31	24
Carrie Ward	2	7	5			14	14
Jean Broaddus	4			7		11	11
Kathy Canaday		8		2		10	10
Michelle Phillips		6	4			10	10
Terese Laughlin			10			10	10
Tracy Lane	3		6			9	9
Elizabeth Orthmann	8					8	8
Bobbie Hill				6		6	6
Deidra Glisson	6					6	6
Carolyn Lawrence	5					5	5
Angela Turasky		5				5	5
Cathy Gochenour				5		5	5
Denise Beauman		3	2			5	5
Dana Lovekamp				4		4	4
Christianna Sullivan		4				4	4
Melinda Vance				3		3	3
Mollie Langley			3			3	3
Michele Pitts		2	1			3	3
Darla Lane				1		1	1
Jana Brennan	1					1	1

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races
W 50 - 54							
Theresa Bright	10	10	9	8		37	29
Lynn Kerber	6	9	10	10		35	29
Shelley McIntyre	7		7	9		23	23
Brenda Hillen	9		8	6		23	23
Brenda Vail	4		6	4		14	14
Jayne Antonacci	3	8		3		14	14
Lisa Young	5			7		12	12
Patricia Petersen		6	5			11	11
Nancy Ferguson	8					8	8
Bette Wells		7				7	7
Holly Cormier		5				5	5
Julie Boots				5		5	5
Leann Fox		4				4	4
Barb Leveque		3				3	3
Judy Aydt				2		2	2
Kathy Kassing		2				2	2
Lonna Porter	2					2	2
Sheryl Friedrich				1		1	1
Shirley Webb	1					1	1
W 55 - 59							
Sandra Elliott	6	10	8	8		32	26
Marilyn Kirchgesner	8		10	7		25	25
Lori Iocca	5	8	7	2		22	20
Kim Curtis	7	9		3		19	19
Mary Kay Lackman			9	6		15	15
Kim Wonnell	4	6	5			15	15
Susan Collins	3	7	3			13	13
Donna Brayfield	9			4		13	13
Beth Lafata		5	6	1		12	12
Arlene Hall				10		10	10
Diana Nevitt	10					10	10
Cheryl Biesiada				9		9	9
Rhonda Robinson	2	4				6	6
Janet Tapocik				5		5	5
Joni Winhold			4			4	4
Patty Ingram		3				3	3
Vernee Peters		2	1			3	3
Cindy Gibbs	1	1				2	2
Brenda Hawkins			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
W 60 - 64							
Susan Becker		10	10	10		30	30
Machele Keen	9	8	9	7		33	26
Kathleen Jensen	10		7	9		26	26
Diane Muncy		9	8	8		25	25
Marilee Cramer	8	6		3		17	17
Lesa Schaive		4	6			10	10
Kathy Leuelling		5		4		9	9
Nina Rossini		2	5	1		8	8
Mary Fairclough		7				7	7
Marilyn Clark				6		6	6
Rosalie Lowery				5		5	5
Vivian K Jones		3				3	3
Maggie Barton		1		2		3	3
W 65 - 69							
Kristine Holtman	8	7	10	7		32	25
Joyce Hubbard		10		10		20	20
"Sunny" (Etta) Dahlquist	10					10	10
Mary Harney	9					9	9
Verna Stallone		9				9	9
Patricia Hopkins-Price				9		9	9
Lois Stone				8		8	8
Elizabeth Krah		8				8	8
W 70+							
Lois Jazo	9	10	10	10		39	30
Marilyn Kushak	8	9		9		26	26
Nancy Neuberger	7			8		15	15
Judy Gunn	10					10	10
Joyce Ludwig		8				8	8

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races
Men's Overall							
Henry Janssen	9		9	9		27	27
Sam Levon			8	8		16	16
Fess Teklehaimanot	3		5	7		15	15
Michael Garber	6		6			12	12
Bryan Glass				10		10	10
Jeff Bennett	10					10	10
Daniel Plunkett			10			10	10
Trevor Orthmann	8					8	8
Greg Bennett	2			6		8	8
David Plunkett			7			7	7
Wesley Wooden	7					7	7
Steve Koester	5					5	5
Blake Scranton			3	2		5	5
Wes Johnson			2	3		5	5
Keith Virden			1	4		5	5
Jay Weber				5		5	5
Mike Wendel	4					4	4
David Ealey			4			4	4
Craig Frick	1					1	1
Kevin Hingle				1		1	1
Men's Masters							
Fess Teklehaimanot	6		10	9		25	25
Keith Virden	1		7	7		15	15
Blake Scranton			8	6		14	14
Greg Bennett	5			8		13	13
Bryan Glass				10		10	10
Jeff Bennett	10					10	10
Scott Leopold	2		4	4		10	10
Trevor Orthmann	9					9	9
Kevin Hingle	4			5		9	9
David Ealey			9			9	9
Steve Koester	8					8	8
Mike Wendel	7					7	7
Tom Weir			5	2		7	7
Travis Lobmaster			6			6	6
Matt Minder	3		3			6	6
Rick Hernandez			2	1		3	3
John Alsup				3		3	3
Bob Thompson			1			1	1

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races
M 14 and Under							
Christian Liles			8	9		17	17
Glen Gochenour				10		10	10
Jared Andrews			10			10	10
Tad Andrews			9			9	9
Max Alessia				8		8	8
Siddarth Bangaru				7		7	7
Finn Murphy			7			7	7
M 15 - 19							
David Plunkett			10			10	10
M 20 - 24							
Daniel Plunkett			10			10	10
Andrew Gochenour				10		10	10
M 25 - 29							
Henry Janssen	10		10	10		30	30
Sam Levon			9	9		18	18
Dustin Morrison			8	8		16	16
Corey Colson				7		7	7
Cale Becker				6		6	6
M 30 - 34							
Wes Johnson	10		10	10		30	30
Bryan Lenzi	8		9	8		25	25
Chris Mueller	7		8			15	15
Rex Gradeless				9		9	9
Alex Batten	9					9	9
Ryan Lewis				7		7	7
Branson Kerber			7			7	7
Adam Perschbacher				6		6	6
Jeff Chandler	6					6	6
Joshua Grant	5					5	5
Skyler Cain				5		5	5
Justin Hughes	4					4	4

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races
M 35 - 39							
Michael Garber	9		10			19	19
Nick Fogleman			9	6		15	15
Craig Frick	8			7		15	15
Frank Midiri	6			8		14	14
Jay Weber				10		10	10
Wesley Wooden	10					10	10
Andrew Streeval				9		9	9
Venugopala Shetty	7					7	7
Grant Johnson	5			1		6	6
Ladaryl Hale				5		5	5
Patrick Chasco	3			2		5	5
Andrew Paoni	4					4	4
Daron Poage				4		4	4
Nick Behl				3		3	3
Carl Hinman	2					2	2
M 40 - 44							
Keith Virden	9		10	9		28	28
Matt Minder	10		8			18	18
Travis Lobmaster	7		9			16	16
Tadd Davis	6		4	6		16	16
Bryan Glass				10		10	10
Jason Nikson	5			7		12	12
Matthew Duff	2		7	3		12	12
John Alsup	3			8		11	11
John Murphy	8					8	8
Ryan Dunn			5	2		7	7
Patrick Price			6			6	6
Jeff Reim				5		5	5
Scott Nation				4		4	4
William O'sullivan	4					4	4
Chris Buchanan				1		1	1
Michael Hoppe	1					1	1

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races
M 45 - 49							
Lance Cull	8		7	6		21	21
Kevin Hingle	9			10		19	19
Tom Weir			10	9		19	19
John Hauer			9	8		17	17
Tommy Dale			8	7		15	15
Stephen Paca	6		4	5		15	15
John Langley	5		6			11	11
Trevor Orthmann	10					10	10
John Stearns	3		5			8	8
Brian Lee	7					7	7
David Suiter	4			1		5	5
Jonathan Rees				4		4	4
Shane Bumgarner				3		3	3
Dennis Ferree				2		2	2
M 50 - 54							
Blake Scranton	6		9	9		24	24
Rick Hernandez	5		8	8		21	21
Greg Bennett	7			10		17	17
Jeff Andrews	2		7	6		15	15
Randy Rieke	1		6	4		11	11
Jeff Bennett	10					10	10
David Ealey			10			10	10
Daniel Cullen	3			7		10	10
Steve Koester	9					9	9
Mike Wendel	8					8	8
Jim Faloon			5	3		8	8
Brian Shaw			4	2		6	6
Stuart Funderburg				5		5	5
Brad Dow	4					4	4
Arthur Holtman III			3			3	3
Jeff Meyerhoff			2			2	2
Harvey Roemer			1	1		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
M 55 - 59							
Fess Teklehaimanot	10		10	10		30	30
Scott Leopold	9		9	9		27	27
Michael Matulis			8	8		16	16
Doug Galayda			7	7		14	14
Michael Torchia			6	6		12	12
Rai Richardson	5			4		9	9
Thomas Thornton	8					8	8
Steve Washko	7					7	7
Brian Kerber			5	2		7	7
David Bretz	6					6	6
Bill Shelley				5		5	5
William Wilson	4					4	4
Paul Turner				3		3	3
Mark Young	3					3	3
George Kokkat				1		1	1
M 60 - 64							
Bob Thompson	10		10	10		30	30
Nyle Robinson	9		9	9		27	27
Paul Wonnell	5		6	8		19	19
Dave Stewart	6		7			13	13
Eswara Kakarala	8					8	8
David Baker			8			8	8
Keith Staats	7					7	7
Daniel Greenman				7		7	7
Mark Janus				6		6	6
M 65 - 69							
Sam Woods II	8		9	8		25	25
Robert Cramer	9		10			19	19
James Alexander	7			10		17	17
David Taylor	10					10	10
Jc Large				9		9	9
Brent Bohlen				7		7	7
M 70+							
John Grisham			10	10		20	20
Tom Kushak	10			8		18	18
George Hinkle			9	9		18	18

	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	Passavant Gatorade 5K	Passavant Gatorade 10K	Steamboat Classic 4 Mile	Steamboat Classic 15K	Scheels 5K	Bob Goldman Scholastic Challenge	Premier Bank 5K	Women's Distance Festival 2 Mile	WDF -SRRC Bonus Points	WDF - Volunteer Bonus Points	Lincoln Memorial Garden 8K	Bix 7	Parade Run 2 Mile	Parade Run - SRRC Bonus Points	Parade Run - Volunteer Bonus Points	Abe's Amble 10K	Abe's Amble - SRRC Bonus Points	Abe's Amble Volunteer Bonus Points	Participation Points Total	Participation Award Tier
NAME	20	5	5	5	20	10	8	5	10	8	15	5	5	5	5	5	5	8	10	5	5	5	10	5	5	369	3
Lisa Adams	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Max Alessia	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Jennifer Alessia	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
James Alexander	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	40	
Jean Allen	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
John Alsup	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0	0	0	0	10	5	0	48	
Jeff Andrews	20	5	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	5	5	0	10	5	0	60	
Jan Andrews	20	5	5	5	0	0	0	0	10	0	0	0	5	5	5	5	0	8	0	5	5	5	10	5	0	103	1
Jared Andrews	0	0	5	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	5	5	0	0	0	0	20	
Tad Andrews	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	10	
Jayne Antonacci	20	5	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	5	10	5	0	55	
Ginger Aschenbrenner	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	40	
Judy Aydt	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
David Baker	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	10	
Siddarth Bangaru	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Maggie Barton	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	10	5	0	25	
Suzannah Bartos	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	10	5	0	25	
Alex Batten	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25	
Denise Bean	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	40	
Denise Beauman	0	0	5	5	0	0	0	5	0	0	0	5	5	0	5	5	0	0	0	5	5	0	10	5	0	60	
Susan Becker	0	0	0	0	0	0	0	0	10	0	0	0	0	0	5	5	0	0	0	5	5	0	10	5	0	45	
Cale Becker	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Echo Beekman	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	10	5	0	25	
Hannah Beever	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Scott Beever	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Denise Behl	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Nick Behl	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Rachel Benedict	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	5	0	25	
Jeff Bennett	20	5	0	0	0	0	0	0	0	0	0	0	5	0	5	5	5	0	0	0	0	0	0	0	0	45	
Greg Bennett	20	5	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	50	
Cheryl Biesiada	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	10	5	5	25	
Joe Biesiada	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	5	10	
Kelly Biggs	0	0	5	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5	5	0	0	0	5	25	
Levi Biggs	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	
Kim Bilinsky	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Maureen Bluhm	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Tamara Boeker	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Brent Bohlen	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Julie Boots	0	0	5	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	5	10	5	5	35	
Jennifer Boster	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Cassie Branstetter	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Donna Brayfield	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	10	5	5	55		

	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	Passavant Gatorade 5K	Passavant Gatorade 10K	Steamboat Classic 4 Mile	Steamboat Classic 15K	Scheels 5K	Bob Goldman Scholastic Challenge	Premier Bank 5K	Women's Distance Festival 2 Mile	WDF - SRRC Bonus Points	WDF - Volunteer Bonus Points	Lincoln Memorial Garden 8K	Bix 7	Parade Run 2 Mile	Parade Run - SRRC Bonus Points	Parade Run - Volunteer Bonus Points	Abe's Amble 10K	Abe's Amble - SRRC Bonus Points	Abe's Amble Volunteer Bonus Points	Participation Points Total	Participation Award Tier
NAME	20	5	5	5	20	10	8	5	10	8	15	5	5	5	5	5	5	8	10	5	5	5	10	5	5	369	3
Jana Brennan	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25	
David Bretz	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0	0	0	0	0	0	0	33	
Haylee Brickey	20	5	0	0	0	0	0	0	10	0	0	0	0	5	0	0	0	0	0	0	0	0	10	5	0	55	
Theresa Bright	20	5	5	5	0	0	0	0	10	0	0	5	5	5	5	5	5	8	0	5	5	0	10	5	0	108	1
Jean Broadus	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0	0	0	0	10	5	0	48	
Melissa Brooks	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25	
Kaylee Brooks	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Torrie Buchanan	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	40	
Chris Buchanan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Tammy Bumgarner	20	5	5	0	0	0	0	0	10	0	0	0	5	0	5	5	0	0	0	5	5	0	10	5	0	80	
Jocelyn Bumgarner	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0	0	10	
Shane Bumgarner	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	20	
Tyler Burge	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	5	
Tracie Burkett	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Margaret Burns	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Sasha Cadigan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	10	5	0	25	
Skyler Cain	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Emily Calcara	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Elizabeth Calcara	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	10	5	0	15	
Kathy Canaday	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	10	5	0	25	
Terri Carnduff	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Jennifer Carnduff-Lewis	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Bill Casson	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	5	
Meredith Caudill	20	5	0	0	0	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	48	
Jeff Chandler	20	5	0	0	0	0	0	0	0	0	0	0	0	0	5	5	5	0	0	0	0	5	0	0	0	45	
Amber Chasco	20	5	5	5	20	0	0	0	0	0	0	0	5	0	0	0	5	8	0	0	0	0	10	5	0	88	
Patrick Chasco	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0	0	0	0	10	5	0	53	
Marilyn Clark	0	0	0	0	0	0	0	5	0	8	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	28	
Shannon Cole	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	45	
Rebecca Collier	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Susan Collins	20	5	5	0	0	0	0	0	0	0	0	0	0	0	5	5	0	8	0	5	5	0	10	5	0	73	
Corey Colson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0	0	0	0	10	5	0	23	
Holly Cormier	20	5	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	8	0	0	0	0	10	5	0	58	
Robert Cramer	20	5	5	5	0	0	0	5	0	0	0	0	5	0	5	5	5	0	0	5	5	0	0	0	0	70	
Marilee Cramer	20	5	5	0	0	0	0	0	0	0	0	0	0	0	5	5	0	8	0	0	0	5	10	5	0	68	
Lance Cull	20	5	0	0	0	0	0	0	10	0	0	0	0	0	0	0	5	8	0	5	5	5	10	5	5	83	
Daniel Cullen	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	10	5	0	45	
Lisa Culp	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	20	
David Culp	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	20	
Kim Curtis	20	5	5	0	0	0	0	0	10	0	0	0	0	0	5	5	0	0	0	0	0	5	10	5	0	70	
Holly Dahlquist	20	5	5	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	5	5	0	10	5	5	70	
James Dahlquist	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	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	Passavant Gatorade 5K	Passavant Gatorade 10K	Steamboat Classic 4 Mile	Steamboat Classic 15K	Scheels 5K	Bob Goldman Scholastic Challenge	Premier Bank 5K	Women's Distance Festival 2 Mile	WDF -SRRC Bonus Points	WDF - Volunteer Bonus Points	Lincoln Memorial Garden 8K	Bix 7	Parade Run 2 Mile	Parade Run - SRRC Bonus Points	Parade Run - Volunteer Bonus Points	Abe's Amble 10K	Abe's Amble - SRRC Bonus Points	Abe's Amble Volunteer Bonus Points	Participation Points Total	Participation Award Tier
NAME	20	5	5	5	20	10	8	5	10	8	15	5	5	5	5	5	5	8	10	5	5	5	10	5	5	369	3
Caroline Dahlquist	0	0	5	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	5	5	0	10	5	5	45	
"Sunny" (Etta) Dahlquist	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25	
Tommy Dale	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	5	8	0	5	5	0	10	5	0	48	
Tadd Davis	20	5	5	0	20	0	0	0	10	0	0	0	5	0	5	5	5	8	0	5	5	0	10	5	5	118	1
Michael Davis	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25	
Jennie Davis	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	40	
Garrett Deakin	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	5	
Kathy Deakin	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	5	
Betty Dold	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Allison Dollus	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	5	
Brad Dow	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25	
Tracy Dowell	20	5	0	0	0	0	0	0	10	0	0	0	5	0	5	5	0	0	0	5	5	0	10	5	0	75	
Valerie Duewer	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Matthew Duff	20	5	5	0	0	10	0	0	10	0	0	0	5	0	5	5	5	0	0	5	5	0	10	5	0	95	
Ryan Dunn	20	5	0	0	0	0	0	0	0	0	0	0	0	0	5	5	5	0	0	5	5	0	10	5	0	65	
Heather Dunn	20	5	0	0	0	0	0	0	0	0	0	5	0	0	5	5	0	0	0	5	5	0	10	5	0	65	
David Ealey	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	10	
Brookelyn Eazelle	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25	
Ashley Edge	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	
Sandra Elliott	20	5	0	0	0	0	0	0	0	0	0	0	0	0	5	5	5	0	0	5	5	5	10	5	0	70	
Sarah Enlow	20	5	5	0	0	0	0	0	0	0	0	5	0	0	5	5	0	8	0	5	5	0	0	0	0	63	
Pamela Enno	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	
Curt Evoy	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	8	0	0	0	0	0	0	0	18	
Mary Fairclough	0	0	5	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0	0	15	
Jim Faloon	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	5	0	50	
Christine Feller	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	30	
Nancy Ferguson	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	8	0	0	0	0	0	0	0	38	
Virginia Ferguson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Dennis Ferree	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Denise Figueroa	20	5	5	5	0	0	0	0	0	0	0	5	5	0	5	5	5	0	0	5	5	5	10	5	5	95	
Jamie Fitzpatrick	20	5	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	5	5	0	10	5	0	60	
Jennifer Fleenor	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Amanda Fogleman	0	0	5	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	5	0	0	5	25	
Nick Fogleman	0	0	5	0	0	0	0	0	10	0	0	0	0	0	5	5	5	8	0	5	5	5	10	5	5	73	
Debbie Fortman	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Leann Fox	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	10	5	0	25	
Jessica Franklin	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0	0	10	
Craig Frick	20	5	0	5	0	0	0	0	0	0	0	0	5	0	0	0	5	0	0	0	0	0	10	5	0	55	
Sheryl Friedrich	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Stuart Funderburg	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Doug Galayda	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	5	0	25	
Michael Garber	20	5	0	0	0	0	0	0	10	0	0	5	5	0	0	0	0	0	0	5	5	0	0	0	0	55	

	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	Passavant Gatorade 5K	Passavant Gatorade 10K	Steamboat Classic 4 Mile	Steamboat Classic 15K	Scheels 5K	Bob Goldman Scholastic Challenge	Premier Bank 5K	Women's Distance Festival 2 Mile	WDF -SRRC Bonus Points	WDF - Volunteer Bonus Points	Lincoln Memorial Garden 8K	Bix 7	Parade Run 2 Mile	Parade Run - SRRC Bonus Points	Parade Run - Volunteer Bonus Points	Abe's Amble 10K	Abe's Amble - SRRC Bonus Points	Abe's Amble Volunteer Bonus Points	Participation Points Total	Participation Award Tier
NAME	20	5	5	5	20	10	8	5	10	8	15	5	5	5	5	5	5	8	10	5	5	5	10	5	5	369	3
Cindy Gibbs	20	5	5	0	0	0	0	0	0	0	0	0	0	0	5	5	0	8	0	5	5	0	10	5	0	73	
Shawn Gibbs	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	35	
Brenda Glahn	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Bryan Glass	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	0	0	10	5	5	30	
Amanda Gleason	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Deidra Glisson	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25	
Cathy Gochenour	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	20	
Andrew Gochenour	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Glen Gochenour	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Rex Gradeless	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	5	0	0	0	0	0	10	5	0	30	
Joshua Grant	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25	
Daniel Greenman	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	10	5	0	20	
Chelsea Griffin	0	0	5	0	0	0	0	0	0	0	0	0	5	0	5	5	0	0	0	5	5	0	10	5	5	50	
John Grisham	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	5	0	25	
Joy Guardia	20	5	5	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	5	5	0	0	0	5	55	
Kelly Guerrero	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Andrea Guerrero	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0	0	0	0	10	5	0	23	
Judy Gunn	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	30	
LaDaryl Hale	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Arlene Hall	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0	0	0	0	10	5	5	28	
Kathy Handy	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Lisa Hanson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Mary Harney	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25	
Pamela Hart	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0	0	0	0	0	0	5	18	
John Hauer	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	8	0	5	5	0	10	5	5	48	
Laura Hauer	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5	5	0	8	0	0	0	0	0	0	5	28	
Lindsey Hauer	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5	5	0	0	0	0	0	0	10	5	0	30	
Adrienne Hawkins	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	5	0	25	
Brenda Hawkins	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	5	0	25	
David Heaps	0	0	0	0	0	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8	
Jennifer Hendricks	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	5	0	25	
Jennifer Herman	0	0	0	5	0	0	0	0	0	0	0	5	0	0	5	5	0	8	0	0	0	0	10	5	0	43	
Rick Hernandez	20	5	5	0	0	0	0	0	0	0	0	5	0	0	5	5	5	0	0	5	5	0	10	5	0	75	
Chris Hernandez	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	20	
Constance Heskett	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Will Hill	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	5	
Bobbie Hill	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Brenda Hillen	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0	5	5	0	10	5	0	63	
Kevin Hingle	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	40	
George Hinkle	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	5	5	30	
Sunney Hinman	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	35	
Carl Hinman	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	35	

	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	Passavant Gatorade 5K	Passavant Gatorade 10K	Steamboat Classic 4 Mile	Steamboat Classic 15K	Scheels 5K	Bob Goldman Scholastic Challenge	Premier Bank 5K	Women's Distance Festival 2 Mile	WDF - SRRC Bonus Points	WDF - Volunteer Bonus Points	Lincoln Memorial Garden 8K	Bix 7	Parade Run 2 Mile	Parade Run - SRRC Bonus Points	Parade Run - Volunteer Bonus Points	Abe's Amble 10K	Abe's Amble - SRRC Bonus Points	Abe's Amble Volunteer Bonus Points	Participation Points Total	Participation Award Tier
NAME	20	5	5	5	20	10	8	5	10	8	15	5	5	5	5	5	5	8	10	5	5	5	10	5	5	369	3
Kristine Holtman	20	5	5	0	0	0	0	0	10	0	0	0	5	5	5	5	5	0	0	5	5	5	10	5	5	100	1
Arthur Holtman III	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	5	0	0	5	5	5	0	0	5	35	
Megan Holzmacher	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	40	
Patricia Hopkins-Price	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Michael Hoppe	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	30	
Jessica Hoppe	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0	0	10	
Linda House	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
William House	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Kelly Hubbard	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0	0	10	
Joyce Hubbard	0	0	0	0	0	0	0	0	0	0	0	5	0	0	5	5	0	0	0	0	0	0	10	5	0	30	
Amy Huber	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0	0	10	
Shannon Hughes	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25	
Justin Hughes	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25	
Brenda Humbert	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Jill Hurley	0	0	0	0	0	0	0	0	0	0	0	5	0	0	5	5	0	0	0	0	0	0	10	5	0	30	
Christine Hurley	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	10	5	0	25	
Richard Hymes II	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0	0	0	0	0	0	0	8	
Patty Ingram	0	0	0	0	0	0	0	0	0	0	0	5	0	0	5	5	0	0	0	0	0	0	10	5	0	30	
Lori Iocca	20	5	5	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	5	5	0	10	5	0	65	
Melissa Jackson	0	0	0	0	0	10	0	0	0	0	0	0	0	0	5	5	0	0	0	5	5	0	10	5	0	45	
Henry Janssen	20	5	5	0	0	0	0	0	10	0	0	0	0	5	5	5	5	0	0	5	5	0	10	5	0	85	
Mark Janus	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	20	
Poornima Jayaramaiah	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Lois Jazo	20	5	5	0	0	0	0	0	0	0	0	0	0	0	5	5	0	8	0	5	5	0	10	5	0	73	
Kathleen Jensen	20	5	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	5	10	5	5	70	
Grant Johnson	20	5	5	0	0	0	0	0	0	8	0	0	0	0	5	5	5	0	0	0	0	0	10	5	0	68	
Wes Johnson	20	5	0	0	0	0	0	0	10	0	0	5	0	5	5	5	5	8	0	5	5	5	10	5	5	103	1
Amanda Johnson	20	5	5	0	0	0	0	0	10	0	0	5	0	5	5	5	5	0	0	5	5	0	10	5	5	95	
Vivian K Jones	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	8	0	0	0	5	0	0	5	28	
Dianna Jones	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0	0	0	0	10	5	0	28	
Eswara Kakarala	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0	0	0	0	0	0	0	33	
Holly Kaminski	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Maria Kaminski	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Kathy Kassing	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0	0	10	
Machele Keen	20	5	5	0	0	0	0	0	10	0	0	0	0	0	5	5	0	0	0	5	5	0	10	5	0	75	
Lynn Kerber	20	5	5	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	5	5	0	10	5	0	65	
Brian Kerber	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	5	0	0	5	5	0	10	5	0	40	
Branson Kerber	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	5	0	25	
Amanda Kimmel	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Marilyn Kirchgessner	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0	5	5	0	10	5	0	63	
Darlene Kmett	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Kathleen Knolhoff	20	5	0	0	0	0	0	0	0	0	0	0	5	0	5	5	0	0	0	5	5	0	10	5	0	65	

	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	Passavant Gatorade 5K	Passavant Gatorade 10K	Steamboat Classic 4 Mile	Steamboat Classic 15K	Scheels 5K	Bob Goldman Scholastic Challenge	Premier Bank 5K	Women's Distance Festival 2 Mile	WDF -SRRC Bonus Points	WDF - Volunteer Bonus Points	Lincoln Memorial Garden 8K	Bix 7	Parade Run 2 Mile	Parade Run - SRRC Bonus Points	Parade Run - Volunteer Bonus Points	Abe's Amble 10K	Abe's Amble - SRRC Bonus Points	Abe's Amble Volunteer Bonus Points	Participation Points Total	Participation Award Tier
NAME	20	5	5	5	20	10	8	5	10	8	15	5	5	5	5	5	5	8	10	5	5	5	10	5	5	369	3
Ashleigh Koerner	20	5	5	5	20	0	0	0	0	0	0	0	0	5	0	0	0	0	0	5	5	0	0	0	0	70	
Steve Koester	20	5	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	30	
George Kokkat	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Elizabeth Krah	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0	5	15	
Jennifer Krause	20	5	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	5	5	0	10	5	0	60	
Marilyn Kushak	20	5	5	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	10	5	0	55	
Tom Kushak	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	40	
Mary Kay Lackman	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	5	0	25	
Beth LaFata	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	5	5	0	10	5	0	35	
Sally LaJoie	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	40	
Tracy Lane	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	35	
Darla Lane	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Mollie Langley	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	40	
John Langley	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	35	
JC Large	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Terese Laughlin	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	10	
Carolyn Lawrence	20	5	5	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	35	
Brian Lee	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	30	
Bryan Lenzi	20	5	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	8	0	5	5	0	10	5	0	68	
Scott Leopold	20	5	5	0	20	0	0	5	0	0	0	0	5	0	5	5	5	0	0	5	5	0	10	5	5	105	1
Kathy Leuelling	0	0	0	0	0	0	0	0	0	0	0	0	5	0	5	5	0	8	0	0	0	0	10	5	0	38	
Barb LeVeque	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0	0	10	
Barbara LeVeque	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Sam LeVon	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	10	
Samuel LeVon	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	5	5	0	0	0	0	0	10	5	0	35	
Ryan Lewis	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Angela Liles	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	5	0	25	
Christian Liles	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	5	0	25	
Lindsey Lister	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0	0	0	0	10	5	0	23	
Travis Lobmaster	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	5	0	0	0	45	
Jack Love	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0	0	0	0	10	5	0	23	
Dana Lovekamp	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Kate Lowe	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	30	
Rosalie Lowery	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	20	
Dan Loyd	0	0	5	0	0	0	0	0	0	0	0	0	0	0	5	5	5	0	0	0	0	5	0	0	5	30	
Randi Lucas	20	5	5	5	0	0	0	0	0	0	0	0	5	0	5	5	0	0	0	5	5	0	10	5	0	75	
Rebecca Lucas	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Joelle Major	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25	
Tim Mathis	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	5	
Michael Matulis	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	5	0	30	
Shelley McIntyre	20	5	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5	5	0	10	5	0	55	
Wyatt McIntyre	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	5	

	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	Passavant Gatorade 5K	Passavant Gatorade 10K	Steamboat Classic 4 Mile	Steamboat Classic 15K	Scheels 5K	Bob Goldman Scholastic Challenge	Premier Bank 5K	Women's Distance Festival 2 Mile	WDF -SRRC Bonus Points	WDF - Volunteer Bonus Points	Lincoln Memorial Garden 8K	Bix 7	Parade Run 2 Mile	Parade Run - SRRC Bonus Points	Parade Run - Volunteer Bonus Points	Abe's Amble 10K	Abe's Amble - SRRC Bonus Points	Abe's Amble Volunteer Bonus Points	Participation Points Total	Participation Award Tier
NAME	20	5	5	5	20	10	8	5	10	8	15	5	5	5	5	5	5	8	10	5	5	5	10	5	5	369	3
Noah McIntyre	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0	0	0	0	0	10	
Rachael McMillan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Elizabeth McMillan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Lisa Merchant	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Jeff Meyerhoff	20	5	5	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5	5	0	10	5	0	60	
Frank Midiri	20	5	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	10	5	0	45	
Matt Minder	20	5	5	0	0	0	0	0	0	0	0	0	0	0	5	5	5	8	0	5	5	0	0	0	0	63	
Lynne Morris	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	40	
Dustin Morrison	0	0	5	0	0	0	0	0	0	0	0	0	5	0	5	5	5	0	0	5	5	0	10	5	0	50	
Kristina Mucinskas	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	5	10	5	0	60	
Emily Mueller	20	5	5	0	0	0	0	0	10	8	0	0	0	0	5	5	0	0	0	5	5	0	10	5	5	88	
Chris Mueller	20	5	5	0	0	0	0	0	10	8	0	0	0	0	5	5	5	0	0	5	5	0	0	0	0	73	
Roger Muench	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Diane Muncy	0	0	0	0	0	0	0	0	0	0	0	5	5	0	5	5	0	8	0	5	5	0	10	5	0	53	
John Murphy	20	5	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0	0	0	0	35	
Finn Murphy	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	10	
Erin Murphy	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	5	
Roseanne Nance	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Hannah Nation	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	10	5	0	20	
Scott Nation	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	10	5	0	20	
Jerry Naughton	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Amanda Nelson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	0	0	10	5	0	25	
Nancy Neuberger	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	45	
Diana Nevitt	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	35	
Jason Nikson	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	40	
Ryan Nordsiek	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	5	
Jordan Orr	20	5	0	0	0	0	0	0	0	0	0	0	0	0	5	5	5	0	0	0	0	0	0	0	0	40	
Elizabeth Orthmann	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25	
Trevor Orthmann	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25	
William O'Sullivan	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25	
Kim Owens	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	8	0	0	0	0	0	0	0	13	
Stephen Paca	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	5	10	5	5	65	
Andrew Paoni	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25	
Susan Pappas	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Rachel Parks	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Adam Perschbacher	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Vernee Peters	0	0	0	0	0	0	0	0	0	0	0	5	0	0	5	5	0	0	0	5	5	0	10	5	0	40	
Patricia Petersen	0	0	0	5	0	0	8	0	0	0	0	0	5	0	5	5	5	0	0	5	5	0	10	5	0	58	
Michelle Phillips	0	0	0	0	0	0	0	0	0	0	0	5	0	0	5	5	0	0	0	5	5	0	10	5	0	40	
Rochelle Phipps	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25	
Albert Pierceall	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	5	
Cindy Pierson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15		

	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	Passavant Gatorade 5K	Passavant Gatorade 10K	Steamboat Classic 4 Mile	Steamboat Classic 15K	Scheels 5K	Bob Goldman Scholastic Challenge	Premier Bank 5K	Women's Distance Festival 2 Mile	WDF - SRRC Bonus Points	WDF - Volunteer Bonus Points	Lincoln Memorial Garden 8K	Bix 7	Parade Run 2 Mile	Parade Run - SRRC Bonus Points	Parade Run - Volunteer Bonus Points	Abe's Amble 10K	Abe's Amble - SRRC Bonus Points	Abe's Amble Volunteer Bonus Points	Participation Points Total	Participation Award Tier
NAME	20	5	5	5	20	10	8	5	10	8	15	5	5	5	5	5	5	8	10	5	5	5	10	5	5	369	3
Teresa Pisula	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	8	0	0	0	0	0	0	0	18	
Julie Pitchford	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	15	
Mark Pitchford	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	15	
Michele Pitts	20	5	5	5	0	0	8	5	0	0	0	5	5	5	5	5	0	8	0	5	5	5	10	5	5	116	1
Daniel Plunkett	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	10	
David Plunkett	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5	5	0	0	0	0	15	
Daron Poage	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Angela Poage	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Jon Popovitch	0	0	5	0	0	0	0	0	0	0	0	0	0	0	5	5	5	0	0	0	0	5	0	0	5	30	
Lonna Porter	20	5	0	0	0	0	0	0	0	0	15	0	0	0	0	0	0	0	0	0	0	0	0	0	0	40	
Janet Powell	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0	0	0	0	0	0	0	13	
Patrick Price	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	35	
Jim Raycraft	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Dawn Raycraft	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Jonathan Rees	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Jennifer Rees	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	10	5	0	25	
Jeff Reim	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Rosa Reim	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	5	0	25	
Scott Reimers	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Jeana Reinbold	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	40	
Jennifer Rhoades	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Rai Richardson	20	5	0	0	20	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	60	
Len Rideout	0	0	0	0	0	0	0	0	10	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	15	
Erica Rideout	0	0	0	0	0	0	0	0	10	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	15	
Amanda Rieger	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	10	5	0	25	
Randy Rieke	20	5	5	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	5	5	0	10	5	0	65	
Samantha Rieke	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	5	0	25	
Sarah Rieke	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	5	0	25	
Jill Rizzs	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Nyle Robinson	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	5	5	60	
Rhonda Robinson	20	5	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	10	5	0	50	
Melissa Robinson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Stephanie Robinson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	10	5	0	25	
Harvey Roemer	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0	5	5	0	10	5	0	58	
Nina Rossini	0	0	0	0	0	0	0	5	0	0	0	5	0	0	5	5	0	0	0	5	5	0	10	5	0	45	
Jorie Roubitchek	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	10	5	0	25	
Lydia Rudd	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	8	0	0	0	0	10	5	0	33	
Sarah Sagmoen	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	8	0	0	0	0	0	0	0	18	
Steward Sandstrom	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	
Amy Savel	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	10	5	0	25	
Melissa Schaefer	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0	0	0	0	10	5	0	23	
Russell Schaefer	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	40	

	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	Passavant Gatorade 5K	Passavant Gatorade 10K	Steamboat Classic 4 Mile	Steamboat Classic 15K	Scheels 5K	Bob Goldman Scholastic Challenge	Premier Bank 5K	Women's Distance Festival 2 Mile	WDF - SRRC Bonus Points	WDF - Volunteer Bonus Points	Lincoln Memorial Garden 8K	Bix 7	Parade Run 2 Mile	Parade Run - SRRC Bonus Points	Parade Run - Volunteer Bonus Points	Abe's Amble 10K	Abe's Amble - SRRC Bonus Points	Abe's Amble Volunteer Bonus Points	Participation Points Total	Participation Award Tier
NAME	20	5	5	5	20	10	8	5	10	8	15	5	5	5	5	5	5	8	10	5	5	5	10	5	5	369	3
Patricia Schaefer	20	5	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	5	5	0	10	5	0	60	
Lesa Schaive	0	0	0	0	0	0	0	0	0	0	0	5	0	0	5	5	0	0	0	5	5	0	0	0	0	25	
Blake Scranton	20	5	0	5	20	0	0	0	10	0	15	0	0	5	0	0	0	0	10	5	5	0	10	5	0	115	1
Brian Shaw	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0	5	5	0	10	5	0	33	
Bill Shelley	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Venugopala Shetty	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	30	
Heather Shipp	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Nathan Siegwart	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	
Scott Sievers	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0	0	0	5	10	5	0	33	
Caitlin Simhauser	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Erin Slightom	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Alice Staats	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	
Keith Staats	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25	
Verna Stallone	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0	0	10	
John Stearns	20	5	0	5	0	0	0	5	0	0	0	0	0	0	5	5	5	0	0	5	5	0	10	5	0	75	
Dawn Stearns	0	0	5	0	0	0	0	5	0	0	0	0	0	0	5	5	0	0	0	5	5	0	10	5	0	45	
Dave Stewart	20	5	5	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	50	
Lois Stone	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Andrew Streeval	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	10	5	0	20	
Megan Styles	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
David Suiter	20	5	0	0	0	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	48	
Christianna Sullivan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	10	0	0	0	10	5	0	35	
Madalynn Sullivan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	10	5	0	25	
Julie Summers	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Adrienne Sweet	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	8	0	5	5	0	10	5	0	43	
Suna Tabag	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Monica Tabag	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Janet Tapocik	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	10	5	0	20	
Amanda Tapscott	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	10	5	0	25	
David Taylor	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	30	
Tori Taylor	0	0	0	0	0	0	0	0	0	0	0	5	5	0	5	5	0	0	0	5	5	0	10	5	0	45	
Teri Taylor	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	0	5	0	0	0	0	0	10	5	0	30	
Fess Teklehaimanot	20	5	5	0	0	0	0	0	0	0	0	0	0	5	0	0	0	8	0	5	5	0	10	5	5	73	
Kathy Thomas	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Bob Thompson	20	5	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	8	0	5	5	0	10	5	0	63	
Nancy Thompson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0	0	0	0	0	0	0	8	
Thomas Thornton	20	5	0	0	0	0	0	0	0	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	33	
Michael Torchia	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	5	0	25	
Angela Turasky	0	0	0	0	0	0	0	0	0	0	0	0	5	0	5	5	0	8	0	0	0	0	10	5	0	38	
Paul Turner	0	0	0	0	0	0	0	5	0	0	0	0	0	5	5	5	5	0	0	0	0	0	10	5	0	40	
Brenda Vail	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	5	0	50	
Melinda Vance	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15		

	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	Passavant Gatorade 5K	Passavant Gatorade 10K	Steamboat Classic 4 Mile	Steamboat Classic 15K	Scheels 5K	Bob Goldman Scholastic Challenge	Premier Bank 5K	Women's Distance Festival 2 Mle	WDF -SRRC Bonus Points	WDF - Volunteer Bonus Points	Lincoln Memorial Garden 8K	Bix 7	Parade Run 2 Mile	Parade Run - SRRC Bonus Points	Parade Run - Volunteer Bonus Points	Abe's Amble 10K	Abe's Amble - SRRC Bonus Points	Abe's Amble Volunteer Bonus Points	Participation Points Total	Participation Award Tier
NAME	20	5	5	5	20	10	8	5	10	8	15	5	5	5	5	5	5	8	10	5	5	5	10	5	5	369	3
Keith Virden	20	5	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	5	5	0	10	5	0	55	
Whitney Walsh	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	10	5	0	25	
Carrie Ward	20	5	0	5	0	0	0	0	10	0	0	5	10	0	5	5	0	8	0	5	5	0	0	0	5	88	
Steve Washko	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	30	
Tony Wasilewski	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Shirley Webb	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0	0	0	10	5	0	50	
Joanna Webb-Gauvin	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0	0	10	
Jay Weber	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	10	5	0	20	
Tom Weir	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	5	0	25	
Katie Weir	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Crysta Weitekamp	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	10	5	0	20	
Bette Wells	0	0	0	0	0	0	0	0	0	0	0	0	5	0	5	5	0	8	0	0	0	0	10	5	0	38	
Mike Wendel	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25	
Amy Whitecotton	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	10	5	0	25	
Kim Vy Williams	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
Amy Williams	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	15	
William Wilson	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	40	
Joni Winhold	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	10	
Melissa Wiseman	20	5	5	5	0	0	0	0	10	0	0	5	5	5	5	5	5	8	0	5	5	5	0	0	5	103	1
Kim Wonnell	20	5	5	0	0	0	0	0	0	0	0	0	0	0	5	5	0	0	0	5	5	0	10	5	0	65	
Paul Wonnell	20	5	5	0	0	0	0	0	0	0	0	0	0	0	5	5	5	0	0	5	5	0	10	5	0	70	
Wesley Wooden	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25	
Sam Woods II	20	5	5	0	0	0	0	0	10	0	0	5	5	0	5	5	5	8	0	5	5	0	10	5	5	103	1
LeAnne Woody	20	5	5	5	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	10	5	0	55	
Debbie Yeaman	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0	0	0	0	0	0	0	8	
James Yeaman	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0	0	0	0	0	0	0	8	
Marybeth Young	20	5	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	5	5	0	10	5	0	60	
Mark Young	20	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	40	
Lisa Young	20	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	5	0	45	



SPRINGFIELD ROAD RUNNERS CLUB

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

RETURN SERVICE REQUESTED

NONPROFIT ORG. U.S.
POSTAGE PAID
SPRINGFIELD, IL
PERMIT # 257



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

FROSTBITE FESTIVAL 2M/10M—12.03.17



You don't know what you'll get for weather, but you know it will be a challenging, fun race! All 10 mile race finishers get an ornament finisher's medal. Sign up today at GetMeRegistered.com to save money!

Join the FrostToes training group to get ready for those hills!

