



# FOOTTRAILS

SPRINGFIELD ROAD RUNNERS CLUB

JANUARY / FEBRUARY 2017

## UPCOMING DATES:

- **Post Race Party—  
Annual Membership  
Meeting—1/28/2017**
- **Lincoln Presidential  
Half Marathon—  
4/1/2017**
- **Boston Documentary  
at the Legacy—  
4/17/2017**

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## Frostbite Festival true to its name in 2016

The weather forecast leading up to the Frostbite Festival this year really had people wondering. It didn't change too much in the week before the race, so we were pretty sure there would be some sort precipitation (90-100% chance) with temperatures hovering around the freezing mark.

That morning, drizzly rain switched over to snow, which became more intense about 45 minutes into the race. While most runners seemed to not mind, it caused a bit of trouble for those

wearing glasses and runners not wearing a billed hat. The snow was blowing out of the east—straight into the faces of returning runners—as if hitting those hills the second time around



*The morning started with a light drizzle of rain which changed over to snow by the time many of the 10 mile racers hit the turn-around.*

*(Continued on page 4)*

## A conversation with Stephanie Brown



*By Megan Styles*

On January 28, 2017, the SRRC will host Stephanie Brown as our special guest speaker. Stephanie grew up in Downs, IL (just outside of Bloomington) and attended Tri-Valley High School, where she specialized in the 800. Stephanie attended the University of Arkansas, where she decided to focus on the 1500. In 2016, she placed 10th at the U.S Olympic Trials with a time of 4:11.13.

Stephanie knows the SRRC race series intimately. She started running Abe's Amble as a middle school student, and she has won both Abe's Amble and the Parade Run. Club Member Megan Styles recently spoke with Stephanie about her running career and her upcoming visit to Springfield.

MS: What was it like growing up as a competitive run-

*(Continued on page 6)*

## 2016 SRRC Board

### **President**

**Bryan Glass**

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### **Newsletter Contributors**

*Megan Styles, Joy Guardia, and Kelly Biggs*

# 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](http://www.srrc.net)

### **Address/e-mail changes:**

Nick Fogleman

Membership Director:

[SRRCMembership@gmail.com](mailto:SRRCMembership@gmail.com)

### **Find us online!**

[www.srrc.net](http://www.srrc.net)

[www.facebook.com/srrc.net](http://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 (subject to change).

## Advertising

At the present time, we plan to publish Foottrails on a bi-monthly basis. This schedule is subject to change. Advertising rates are as follows (black and white)

\$60 - Full page ad

\$40 - Half page

\$20 - Quarter page

\$15 - Eighth page

## SRRC Training Groups

### **HALFWITS**

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

Cost: Free to SRRC members

Dates: January—March

Leaders: Stephen Paca and Kristina Mucinskas

[www.facebook.com/SRRCHalfWits](http://www.facebook.com/SRRCHalfWits)

### **GET FAST!!!**

Work on your speed at the summer track sessions led by Susan Becker.

Dates: April—September

Tuesday and Wednesday evenings, 5:45 at Washington Park

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

### **ABES ARMY**

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

Cost: TBD

Dates: May—August

Leaders: Tracy Dowell

[www.facebook.com/SRRCAbesArmy](http://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](http://www.facebook.com/SRRCFrostToes)

All club members are encouraged to contribute to this newsletter with stories, announcements, outstanding performances, and photos. Please email [tebumgarner@gmail.com](mailto:tebumgarner@gmail.com). Contributions are subject to SRRC Board final approval.

# President's Message:



The time has come for me to step down as your club president. I want to thank you for giving me the opportunity to serve you.

Over the last two years I have seen the club grow in many ways, and it wouldn't have happened without members volunteering. It's not always easy to devote extra time and energy towards the club, but those that do I want you to know that your service is recognized and appreciated. Volunteering doesn't mean you'll get acknowledged for what you do, but you have to know that what you do is vital to making things come together.

I have heard compliments from club members, nearby club leaders, and community members on how the SRRC is doing so many positive things. Some of the positive efforts within our club have even led to changes within other clubs. These changes were created because of the ideas and efforts from SRRC volunteers.

I encourage all of you to examine what you can do to continue this club's growth and progress. I love being part of the Springfield Road Runners Club and it truly is one of the best aspects of living in Springfield.

~Bryan Glass

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## SRRC Scholarship Application Available—Class of 2017

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

Do you know a runner who is a Class of 2017 senior? If so, you should encourage them to apply. The application deadline is May 1, 2017.

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

<http://srrc.net/programs/srrc-scholarship/>

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

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

The Class of 2016 SRRC Scholarship recipients were: David Plunkett (Pleasant Plains HS), Tyler Johnson (Pleasant Plains HS), and Madeline Pearce (Auburn HS).

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*Don't forget to renew your membership for 2017 online at: [www.srrc.net/join](http://www.srrc.net/join)*



# Frostbite Festival 2016

(Continued from page 1)

wasn't bad enough.

This year, there was a total of 233 registered participants, and 12 of those happened on race day. Of those registered, 219 finished, 169 and 50 respectively.

## From Race Director, Dave Drennan:

The weather takes the story this year. In my previous 4 years of directing, we had pretty mild weather—it was either slightly chilly and sunny or close to 60-65 degrees and windy. This was the perfect ending to my years of directing. A resume of directing Frostbite with no snow would be lackluster. It has been a fun and enjoyable tenure.

Adding the crazy penguin mascot and ornaments three years ago has really added to the race, something fun and enjoyable to take away from a very challenging course. In my opinion, it is the hardest race in the SRRC Point Series, and even in the snow, people came out to run it. I think the food, snacks, and mingling post-race play a big part in that. It gives runners a chance to talk about the season and discuss upcoming events for next year.

Most importantly I have to hand it to all the volunteers, especially the ones that braved the elements this year. If there is one thing I can say about directing it is this: as a director, you are simply driving the bus, however if you don't have good people helping you build that bus, then you have no bus to drive. While I won't be the race director for the Frostbite, I will still be playing the director role in the future. For 2017, I will be co-directing the Lincoln Half marathon with Brian Reardon, and then taking it over completely in 2018.

Cheers to those who have been a part of this race with me over the last 5 years!



Winners of the Frostbite Festival 10M: Wyatt McIntyre of Cantrall with a time of 56:51, and Lydia Rudd of Springfield at 1:08.27.



Winners of the Frostbite Festival 2M: Samuel Levon of Springfield, in a time of 12:14, and Grace McDonald of Springfield with a time of 13:40.

# Member Results - Frostbite Festival 2016

## 10 Mile Results

Layne Hill	1:05:04.3
Fess Teklehaimanot	1:08:07.2
Patricia Schaefer	1:09:04.2
John Murphy	1:09:14.5
Keith Virden	1:10:12.5
David Floyd	1:11:05.9
Chelsea Griffin	1:13:41.7
Wes Johnson	1:14:28.5
Scott Leopold	1:15:26.0
Michael Dwyer	1:16:33.9
Venugopala Shetty	1:17:30.0
Randi Lucas	1:18:05.0
James Schafer	1:18:59.0
Marcel Yoder	1:19:00.8
Leanne Woody	1:19:13.7
Shannon Cole	1:20:23.2
Tommy Dale	1:20:35.5
Travis Lobmaster	1:21:58.5
Kate Lowe	1:22:23.6
Stephen Paca	1:22:25.7
Tadd Davis	1:22:38.3
Tammy Bumgarner	1:22:43.8
Holly Dahlquist	1:22:58.8
Nick Fogleman	1:23:22.5
Nyle Robinson	1:23:38.1
Eswara Kakarala	1:24:21.6
Dustin Morrison	1:25:22.5
Jamie Fitzpatrick	1:25:31.3
Kelly Biggs	1:26:52.9
Curt Evoy	1:28:14.1
Corey Colson	1:28:27.0
Kelly Hubbard	1:28:49.7
Brenda Hillen	1:29:02.6
Matthew Duff	1:30:09.2
Michael Davis	1:30:23.6
Keith Staats	1:32:40.3
Jamie O'Neill	1:33:21.0
Jennifer Gross	1:33:34.9

Jim Faloon	1:33:46.8
Diana Nevitt	1:34:01.7
Kenneth Riley	1:34:06.1
John Langley	1:34:51.3
Jan Andrews	1:35:01.8
Sally Lajoie	1:35:04.5
Nancy Ferguson	1:36:17.2
Rai Richardson	1:36:18.9
Nicholas Behl	1:37:14.5
Susan Becker	1:37:47.4
Emma Coyle	1:38:01.3
Denise Figueroa	1:38:38.7
Kathy Deakin	1:38:41.1
Ginger Aschenbrenner	1:40:06.4
Jack Bellmer	1:40:14.6
Brenda Vail	1:40:15.8
Emily Davis	1:40:30.0
Amy Whitecotton	1:42:02.7
Bill Shelley	1:43:29.8
Robert Cramer	1:43:44.1
Melissa Wiseman	1:45:05.0
Laura Swale	1:45:18.3
Haylee Brickey	1:47:18.4
Megan Styles	1:48:38.0
Arthur Holtman Iii	1:49:49.8
JC Large	1:50:27.3
Lisa Adams	1:50:48.4
Lori Iocca	1:52:24.1
Sam Woods Ii	1:52:28.8
Kathleen Jensen	1:52:38.1
Machele Keen	1:52:45.9
Bobbie Jo Hill	1:53:30.6
Patrick Price	1:54:43.0
David Giacomi	1:54:59.1
Paul Wonnell	1:56:32.8
Carrie Ward	1:58:41.1
Joyce Hubbard	1:58:43.1
Gabby Stephens	1:59:40.2

Tracy Lane	2:01:41.2
Holly Cormier	2:01:44.3
Heather Dunn	2:02:05.9
Megan Holzmacher	2:02:23.5
James Alexander	2:02:31.5
Christina Murphy	2:02:58.9
Amanda Rieger	2:03:08.2
Kim Wonnell	2:06:49.0
Paul Turner	2:09:57.4
Bob Thompson	2:11:53.9
Adena Rivas	2:13:09.2
Lori Everts	2:15:27.9
John Stearns	2:16:57.0
David Greene	2:28:25.0
Jerry Naughton	2:28:25.0
Jolene Vollmer	2:36:37.4
Jennie Davis	2:37:59.0
Jennifer Fleenor	2:38:03.0
Kristine Holtman	2:38:30.1

## 2 Mile Results

Blake Scranton	14:24.3
Nyle Robinson	14:50.5
Marilyn Kirchgessner	16:51.1
Jared Andrews	18:30.2
Matt Minder	18:32.8
Aaron Minder	18:32.8
Amanda Johnson	19:05.8
Diane Muncy	20:38.3
Jessica Andrews	21:19.5
Mollie Langley	24:02.6
Marilee Cramer	24:32.3
Patricia Petersen	25:32.3
Christianna Sullivan	27:25.9
Madalynn Sullivan	27:27.1
Michele Pitts	27:17.3
Mary Shaw	30:14.5
Vernee Peters	30:14.7

## Stephanie Brown *(cont.)*

*(Continued from page 1)*

ner in Central Illinois?

SB: It was awesome. Even in middle school, the women were very strong. We had quite a few really strong runners, and there was this great combination of competition and comradery. We were all friends, and we all got into running together. There is a really tight knit and supportive running community in Central Illinois.

I didn't actually realize how supported I was until I got older. When I ran at the Olympic Trials, people sent me text messages, they called, and my Facebook page blew up like it was my birthday. I thought, 'Wow. This is really neat.' I realized that this is one of the best places to grow up running. I didn't know people were paying

attention, and it was humbling to know everyone was supporting me back at home.

MS: When did you know that you wanted to run competitively?

SB: At a very young age I was told that I should think about it. At the end of my sophomore year [of high school], I had to choose between running or soccer. I was doing both at the time, and my dad warned me that if I tore my ACL, both sports would be out. So I quit soccer to focus on running. The 800 was my jam for a while, from middle school through the first half of college, but the 1500 is my main focus now. It's really become my race.

MS: You have won both the Parade Run and Abe's Amble. How did you find out about the SRRC race series, and what do you remember about your winning runs?

SB: The middle school students from Downs run the Parade Run every year, and the middle school coach suggested it to me. The year that I won, I planned my travel so I could run it on my way back to [college in] Arkansas. I won and I got the beer mug, but I was still young [19] and I followed the rules. So there was no drinking. But I still have the glass here with me in Montana. It's frosted in the freezer now. That mug has traveled around the world with me, and it's come in very handy since. [laughs]

Abe's Amble is a terribly hard race. You think Illinois is flat until you run Abe's Amble! I ran it for the first time when I was younger. My high school coach was from Springfield, and he would have the guys run it. My

brother was on the team and would run it, and my dad asked me to tag along. I thought it would be cool to do it with my brother, and people always noticed me because I was this tiny person running it. It's such a hard race, and it didn't go that well the first time. But I was driven to try again and eventually crush it.

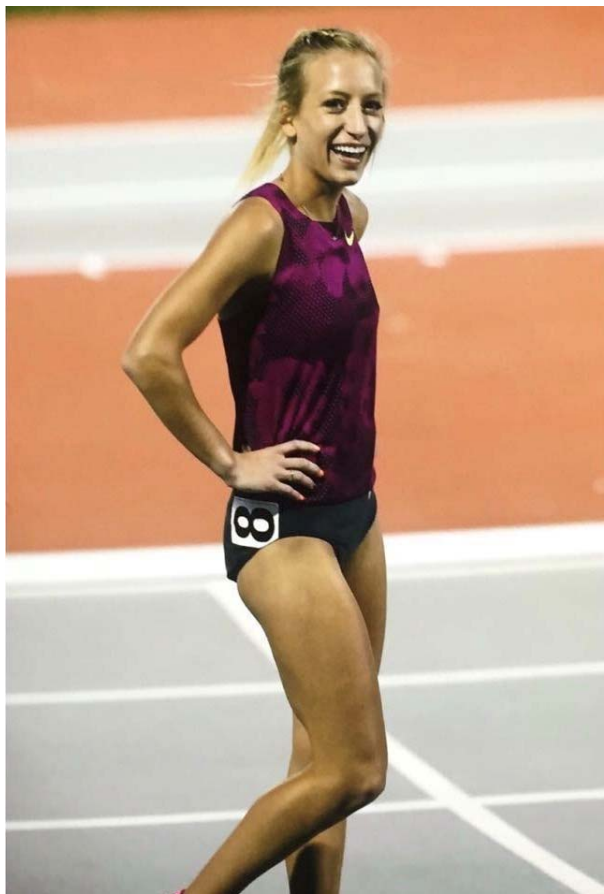
MS: Why did you decide to go to college at the University of Arkansas?

SB: So many people told me that was where I should go. People that I really trusted. Christin Wurth-Thomas, who is from Bloomington, ran for Arkansas and went to the Olympics, and I was really inspired by that. I visited, and my impression was that it was a super fun team. Everyone was talkative and energetic, and for me, it's really important to have that. We're tough chicks. We butt heads in a great and competitive way, but we could joke and have fun. This sport is hard, and you need to make it fun.

MS: Tell me about your experience at the Olympic Trials.

SB: It's funny, but I didn't realize that placing 10th was such a big deal until other people started talking about it and asking about it. For me, it was a really good stepping stone. I had competed in lots of races, so it wasn't too overwhelming. It took two rounds to get to the final. Then the final round was weird. There was a trip ahead of me, and I had to get around that. I learned a lot, and I'm focused now on trying again in 2020. I was 25 in 2016, and I'm not yet at my peak. 2020 has been on my mind since college. On my first college visit, coach talked about how old I would be at each of the Olympic Trials, and reminded me that the 28 to 32 [years old] is really the peak for female middle distance runners. 2016 was a practice run.

MS: Where are you training now, and what's next for you?





(Continued from page 6)

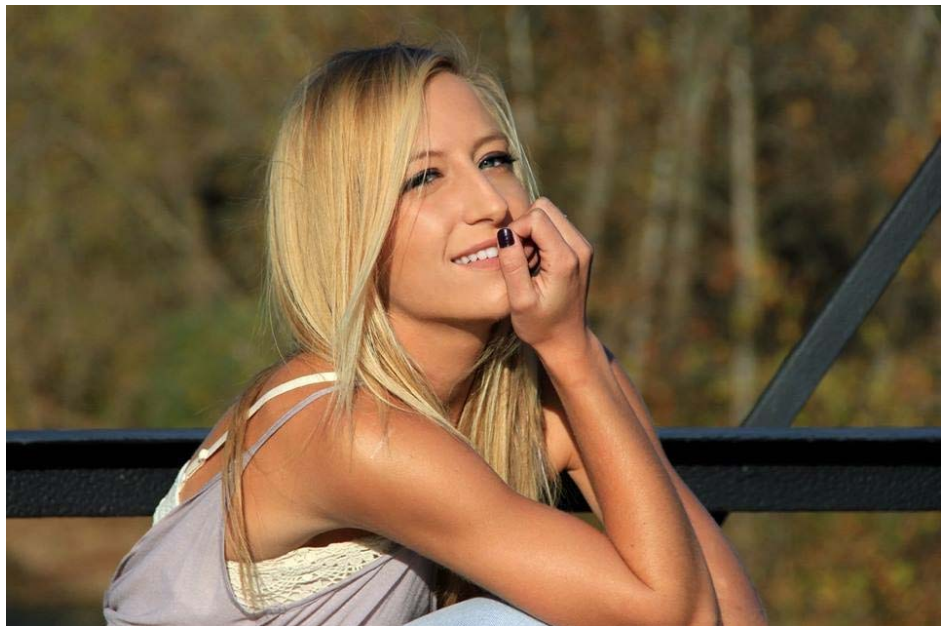
At the moment, I am living and training in Bozeman, Montana. [Her trainer is Lyle Weese, the Head Coach for the Montana State Cross Country Team.] Coach actually ran the steeple in the 2012 Olympic Trials, and we raced at some of the same meets before we met, which is really cool. I'm training, and I'm the volunteer Assistant Coach for the Montana State Cross-Country team. It's fun for the team and for me to be role model, especially since there are not many women in coaching.

MS: What does your training plan look like now, and what are your favorite workouts?

SB: I love 400 repeats and progressive long runs. My longest runs right now get up to 13 or 14 miles. I may go longer in the future. My weekly mileage ranges from 55 to 70 miles depending on where I am in my training plan.

MS: What advice do you have from recreational runners who want to improve?

SB: The most important thing is to fall in love with the sport and make sure you're having fun. Run with music or make it social, whatever makes it fun for you. If you're not having fun with it, it



will be hard to stick with it.

Set yourself up for success. Go into every day with a goal in mind. Have a plan. Think about competing, and have fun with that. Racing is fun, and focusing on your goals when you hit the track or the cross country course can help get you through the tough days. The more pain you can go through along the way, the happier you'll be at the end. That's the silver lining.

Set process goals along the way, not just time goals. A process goal can be something like eating healthy. Work your way up gradually and progressively to avoid stress on your body. Don't just head out and try to crush it without working your way up to it.

MS: Are you looking forward to your trip to Springfield?

SB: Yes! I was honored to be asked. I really like talking to the community. I think it's exciting to share with each other. People can really connect through running, and if I share something and it inspires someone, that's great.

I'm happy to answer questions and give advice in person when I'm in Springfield. I'm also very active on social media. Ask a question, and I'll definitely respond.

I'm looking forward to meeting everyone!

To get in touch with Stephanie, look for @misspurplebrown on Instagram, Twitter, and Facebook. Megan asked her about the origin of her nickname, but the answer will remain a mystery until her talk. Someone should ask! Hint, hint. ♦













# Racing for the SRRC Triple Crown

By Kelly Biggs

It happens to us all - you finish a race, especially one you have trained hard for, and after a few days of gloating (or maybe sulking), your mind immediately turns to "what next?" You begin searching out that next race, perhaps setting your sights on a different distance, a particular destination, or figuring out what you need to do to hit that PR.

But what about those new to running? What about those who maybe started out in May with Abe's Army and over those 12 weeks just learned what their bodies are really capable of doing? With the outstanding achievement of completing a 10K, along with the discipline and camaraderie that comes along with Abe's Army, many of the participants are left wondering "what next?" after the race. That's where the Triple Crown comes in.

Recognizing that many of these new runners needed a next step at the completion of Abe's Army, SRRC member Holly Dahlquist came up with the idea of the Triple Crown based off of the famous horse races - complete Abe's Amble, then run the Shoreline Classic 15K in Decatur for the first time and then run the Frostbite Festival 10 mile for the first time. The program was a hit and helped keep new runners laced up and running, without just turning them out on their own at the comple-



**2016 Triple Crown Winners:** Lisa Adams, Nick Behl, Corey Colson, Holly Cormier, Emma Coyle, Tadd Davis, Emily Davis, Heather Dunn, Lori Everts, David Giacomi, David Green, Megan Holzmacher, Maggie Massey, Christina Murphy, Amanda Rieger, Bill Shelley, Johns Stearns, Gabby Stephens, Sam Woods, Brenda Vail, Lori Iocca, Patrick Price, Kelly Hubbard, Joyce Hubbard, Paul Wonnell, Kim Wonnell, Jennifer Gross, Adena Rivas, Susan Becker, Jennifer Fleenor

tion of Abe's Amble. Dahlquist states, "I felt that we helped so many new runners achieve an amazing goal of running a 10K so why stop there! I didn't want the new runners to just stop after Abe's Army. It made perfect sense to encourage them to run the next distance of Shoreline and then Frostbite with the ultimate goal being our half marathon."

2016 was the 9th year for the Triple Crown Challenge. It began in 2008 with 13 participants and had a whopping 28 participants the following year. With 30 competitors this year, it is clear that the program

is still going strong... thanks in large part to coordinators Stacy Reddicliff and Lori Dale, both Triple Crown champions from 2014. The fantastic bling and goody bags that are given away at the end help too! "We see them transform with each race. Their confidence grows and it is wonderful to watch what strong runners they become," said Dale.

The program hasn't changed much at all since the beginning, according to Dahlquist. "I wish that I would have had Facebook back during the day. It's so nice to now have communication through Facebook as that provides a connection on a more personal



level than emails."

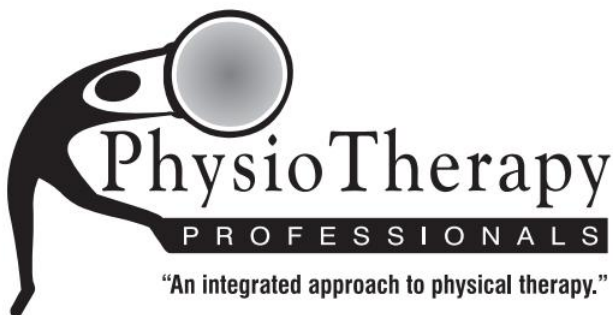
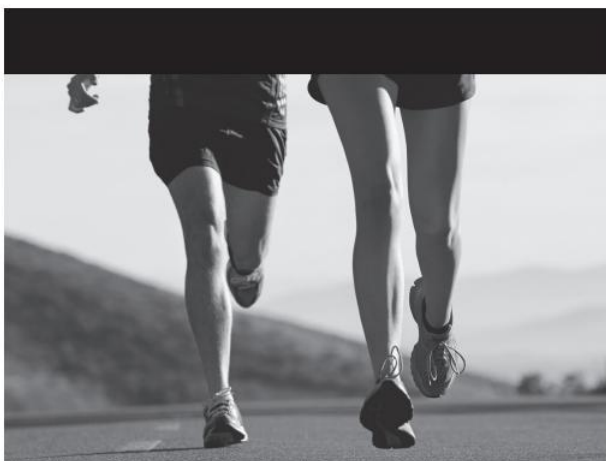
Facebook has definitely helped this year's Triple Crown group. Dale stated that "This year we started a Triple Crown participant's facebook group for all of the participants to plan group runs if they wish. They post about their successes and struggles and there is a lot of inspiration just in that group to help people keep going."

There are also more than just beginning runners who challenge themselves to earn the Triple Crown. Susan Becker has run for most of her lifetime, but completed the Triple Crown this year. Susan states that, "For me the motivation was to challenge myself outside of

my comfort zone and to extend training throughout the Fall instead of late September." She enjoyed the feeling of accomplishment and is proud of the fact that as she ages, she was still able to complete the task of finishing these three grueling races. Susan also jokingly noted the free entry into the Lincoln Presidential Half, a prize that all finishers of the Triple Crown receive - stating that with the free entry "even though I have done it before, I'm now doing it again and it's really not my strongpoint!!" The free entry to the Lincoln Presidential Half, however, truly is a great perk for the Triple Crown finishers!

So congratulations to all of 2016's

Triple Crown champions! Whether 2016 marked the start of what SRRC hopes is a wonderful lifetime of running, or if 2016 was the year you stepped up your running goals for longer distances or a longer running "season," - Great job! You conquered the distances and the hills. So now the question begs, "What's next for 2017?" ♦



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## Running Gait Analysis: *When the Foot Hits the Road*

Running is not only a great form of exercise, it is a skill. Like any skill, we need to practice this skill in a safe manner. The Running Gait Analysis at PhysioTherapy Professionals will help identify any biomechanical flaws in running form that may contribute to or create pain. This is an assessment **by runners, for runners**, that can improve technique and form to prevent future injuries and improve speed.

### What can you expect at your running analysis?

**History and Goals:** review old and current injuries and review training schedules

**Musculoskeletal Exam:** Physical assessment and running specific functional tests to identify strengths and weaknesses that may contribute to injury.

**Video Analysis:** Assess foot strike, knee, angle, stride length, shoulder position, arm swing, and posture. This will enable the therapist to assess any dysfunction. It will also allow the runner to see themselves in action in order to understand the value of recommended exercises.

**Cost: \$125**

**For a consultation or further information please contact us  
(217) 546-3301.**

# I run with a bunch of Halfwits!

SRRC welcomes Stephen Paca and Kristina Mucinskas back as Halfwits coordinators for 2017. For two years, Stephen and Kristina have done a great job motivating club runners to get out and train together in great weather and bad.

If you are new to the club or haven't joined up with the Halfwits yet, you really should come out to a run to check it out. The run schedule is Tuesdays and Thursdays beginning at 6 p.m. at Washington Park, and Saturday mornings from Café Moxo at 8:00 a.m. There are runners and walkers of all paces, so you'll most likely find someone to keep you company.

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

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



## LINKS:

Facebook Page: [www.facebook.com/SRRCHalfwits](http://www.facebook.com/SRRCHalfwits)

Training Website: <http://training.srrc.net/category/halfwits>

Halfwits 101 and FAQs: <http://training.srrc.net/half-wits#halfwits101>

Email the coordinators: [srrchalfwits@gmail.com](mailto:srrchalfwits@gmail.com)





# Member Birthdays—Jan/Feb

Russell Schaefer	1/1	Chris Davis	1/21	Kate Drennan	2/10
Genny Distasio	1/1	Lori Iocca	1/22	Bobbi Wiseman	2/10
Tom Immel	1/1	Marc Anderson	1/22	Collin Biesiada	2/11
Joseph Bommarito	1/2	Brian Willard	1/23	Wendy Phillips	2/11
Kati Hinshaw	1/3	Crystal Creswell	1/24	Maria Kaminski	2/11
Verna Stallone	1/3	Jeff Bennett	1/26	Theresa Eagleson	2/11
Betty Dold	1/3	Jamie Fitzpatrick	1/26	Tess Richardson	2/13
River Buchanan	1/4	Amy Whitecotton	1/28	Madeline Pearce	2/13
Kevin Hingle	1/5	Jan Andrews	1/29	Ian Pitchford	2/15
Jeremy Lamb	1/5	Jamie Crellin	1/29	Katelyn Brinkoetter	2/15
Melissa Schaefer	1/5	Katherine Galloway	1/29	Kathleen Williams	2/15
Curtis Simonson	1/8	Gabby Gauvin	1/29	Alanna Wood	2/16
Dani Shamhart	1/8	Poornima Jayaramaiah	1/30	Derek Dexheimer	2/17
Barb Bonansinga	1/8	Chelsea Arndt	1/30	Wesley Wooden	2/17
Kelly Duppong	1/9	Mary Mraz	1/31	Greg Tanner	2/18
Michael Greene	1/9	Mark Janus	1/31	Lane Christiansen	2/18
Rachel Benedict	1/10	Mary Deloney	2/1	Harvey Roemer	2/18
Rhonda Robinson	1/11	Mackenzie Griffin	2/1	Melissa Murphy	2/18
Abby Mifflin	1/11	Kristina Mucinskas	2/2	Arlene Herron	2/18
Matt Fahler	1/11	Jeff Crabtree	2/2	Matt Minder	2/19
Sarah Mueth	1/12	Linda House	2/2	Elizabeth Calcara	2/21
Thomas Thornton	1/12	Jennifer Rees	2/3	Grace Gudwien	2/21
Megan Murphy	1/13	Lisa Adams	2/3	Anna Minder	2/22
Ash Hinman	1/13	Caleb Farthing	2/4	Katie Roe	2/22
Phillip B. Peterson	1/13	Thomas Nelson	2/5	Amy Fisher	2/22
David Baker	1/14	Daniel Plunkett	2/5	Sally LaJoie	2/22
Denise Beauman	1/14	Haylee Brickey	2/5	Susan Hingle	2/23
Elizabeth Krah	1/14	Erin Murphy	2/5	Tracy Robinson	2/23
Devin Amin	1/17	April Kendall	2/5	Amanda Rieger	2/23
Amber Chasco	1/18	Daniel Dungan	2/5	Trent Minder	2/25
John Stearns	1/18	Jaxon Streeval	2/6	Rob Pappas	2/25
Carol Sgro	1/18	Cathy Gochenour	2/6	Holly Kaminski	2/25
JC Large	1/19	Vivian K Jones	2/7	Mary Rogers	2/27
Sam Woods II	1/19	Kelly Costello	2/7	Brenda Vail	2/27
Ryan Quigg	1/19	Katherine Nelson	2/7	T.j. Andrews	2/27
Mollie Langley	1/20	Alicia Bibb	2/8	Nina Rossini	2/28
Sheri Fields	1/20	Gregory Owens	2/8	Heather Glessner	2/28
Heather Bernardes	1/20	Emily Maisenbacher	2/9	Lance Cull	2/28
Leah Boente-Hulcher	1/21	Jen Drennan	2/10	Cassie Branstetter	2/29

# SRRC Cross Country Awards 2016

The 2016 winners of the SRRC Cross Country Awards have been announced:

Claudia Magnussen (Pana); Caroline Jachino (Pleasant Plains); Anna Lowry (Taylorville)

Wyatt McIntyre (Athens); Chris Durr (Chatham-Glenwood); Jackson Esela (Springfield)

The athletes will be recognized in the SJR auditorium for an awards presentation, led by Jay Rogers, on Sunday, January 29, 2017 at 2:00 p.m.

This is a great way the SRRC continues

to support local athletes with these annual high school awards. The SRRC will give an award to each athlete and donate \$250 to each school's cross country program.

The male awards have been given since 1982. The male runner of the year is named after Bob Hellweg, one of the founders of the SRRC.

The female awards have been presented since 1983. The female runner of the year is named after Genny Kaufmann, an early board member of the SRRC and an Olympic Trials qualifier in the marathon.



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WMAY/WNNS/WQLZ/WUSW are proud to support runners by sponsoring the Lincoln Half Marathon, Women's Distance Festival, Fat Ass 5K, and the Springfield Marathon.

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# Washington Park Bridge Update

*By Megan Styles*

The two main bridges in Springfield's Washington Park have been under construction since June 2016. SRRC members have adjusted their regular routes and learned to live with a shorter loop and fewer options for hill repeats. But now that June has turned into January, when will the project be complete?

According to the Springfield Parks District, the two bridges were more than 100 years old, and they no longer met Illinois Department of Transportation weight standards for vehicle traffic. Funds from the Federal Highway Administration will cover about 85% of the estimated \$1.65 million cost of the project. The new bridges will be made from concrete pieces that will be pre-cast off-site and then slotted into place. The project also includes dredging the west lagoon and building a new dam.

The project was originally scheduled for completion in late fall 2016. Site-specific engineering challenges caused some delays early in construction. Project managers discovered that the bridge footings needed to be deeper in some places. After these corrections were made, crews installed the pre-cast concrete bridge components, but poor weather in November and December delayed the final phase of the



***Progress on the south bridge as of December 2016.***

project.

According to Elliot McKinley, Director of Parks and Planning for the Springfield Parks District, only two major steps remain. The contractor needs to properly compact the backfill material that will form the road surface and pour the new concrete spill way. "They added the backfill material and started compaction," says McKinley, "but then overnight temperatures dropped too low and the surface started to frost. IDOT specifications require frost-free conditions in order to get the proper compaction." Rain and snow have also caused heavy flow rates in the stream that feeds the lagoon. McKinley explains, "With heavy water flow and cold nights, we can't pour the concrete for the spillway."

SPD officials are watching the weather closely, and the contractors are stand-

ing by with instructions to move quickly when conditions improve. "If we get two to three days without rain and temperatures that stay above forty even at night, we should be able to get started again," says McKinley. "After that, it will take about three to four weeks to complete the last steps."

McKinley says that SPD is very committed to getting the roads open again. "The public has been very patient and very supportive. We're really glad that we got this opportunity to make these improvements. It's hard to know when we'll finally get the weather, but looking at the almanac and from our experience in past years, the ballpark estimate would be mid-March."

Until then, SRRC members will have to keep running creatively and hoping for good weather. ♦

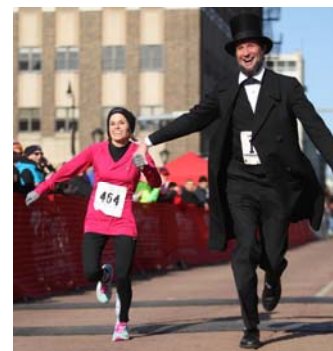
# Lincoln Presidential Half Marathon 2017

On April 1, 2017, Springfield will welcome 2,000 visitors to the Lincoln Presidential Half Marathon. This nationally recognized race starts and finishes at the famous Old State Capitol and then winds through our 16<sup>th</sup> president's picturesque hometown and past some of nation's most significant historic sites, including the Lincoln home, law office, and tomb.

Each finisher receives a unique Lincoln penny medal. As in year's past, the race shirt (men's and women's sizes) and awards feature a specially commissioned work of art depicting Springfield's favorite son in a manner never seen before.

Following the race, participants enjoy live music and refreshments on the lawn of the Old State Capitol and get a chance to mingle with Mr. and Mrs. Lincoln and Civil War reenactors.

We hope to see in you 2017!



**RUN WHERE LINCOLN WALKED**



# The Trainer's Corner—Push Ups!!

## Take your pushups to the next level

Body weight exercises, like pushups, build a tremendous amount of core strength, which directly affects your running performance. Take your pushups to the next level and incorporate some of these tips into your strength routine:

**Form first:** in order to improve your pushups, your form needs to be correct.

- Body in a plank position throughout entire range of motion, straight line from head to feet, not letting torso drop or elevate
- Elbows at 45 degrees, not straight out from shoulders
- Head and neck in line with body & do not look down; your head cannot help push any harder!
- Hands under shoulders, fingers splayed and pushing into the ground as you push up

**A plan to ensure progression:** work pushups into a weekly strength routine (2-3 times/week initially) and as you progress in reps you can decrease the days/week. Write out a plan and vary the routine. Avoid modified pushups because they only make you strong at modified form. Work on full body pushups even if you can only start at 1 rep at a time.

- High sets, low reps – chose a total number you know you can complete in a workout without going to failure each set, Ex: 30 total reps with 2 reps at a time. Do 15 sets of a 2 reps (perfect form).
- Low sets, high reps – max out on each set, completing as many sets as you can until you fail. It may look like this: x 5, x 5, x 4, x 3, x 1 for 18 total reps



but maxing out every set.

- Weighted pushups - If you can perform a good number of pushups but want to increase total reps add weight. Do a small rep-range with multiple sets, Ex: add 10lbs, 5 sets x 5 reps. (use a weight vest, put ankle weights across your shoulders, or have a toddler sit on your back J)
- As you get stronger at the pushup vary them – one hand elevated on a step, feet elevated, medicine balls under feet/hands, add lower body movements, use sliders under feet, slow motion pushups, plyometric pushups (jump up with hands and clap between reps), place hands on large dumbbell handles, ... 3 sets of 15, 4 sets of 10, 6 sets of 5...

If you currently can't do pushups or your pushups are very weak, try these drills 2-3 times a week until you can consistently perform 10-15 good pushups:

- Elevated pushups – find a height for your hands that is not too easy and allows you to perform a full pushup. Drop your chest as close to your hands as you can and keep your body in plank position throughout the movement.
- Negative pushups – start in the top position and slowly lower your body

until you reach the floor. You can also do a 2-3 second hold for each rep at your current bottom position (this will show you where you are weak at the bottom). Lower your bottom position each workout.

- Bottom-up pushups – start lying on your stomach with your body in proper pushup form, try to push up your body in one movement, not letting your hips go higher or your knees bending (keeping a plank). If you can't push off the floor, just push as hard as you can against the floor for 10 reps or so each set. This isometric strength will translate into strengthening the bottom half of your pushups.
- Exercises that strengthen your pushups – bench press, plank, back extensions, cable machine tricep & chest work (like tricep push down, tricep overhead extension, & standing chest press), free weight tricep work like skull crushers and dumbbell extensions.

I challenge you to work on improving your push-ups by incorporating some of these tips into your training routine every week. Challenge yourself and enjoy the progression as you get stronger.

~Joy Guardia, Certified ACSM Personal Trainer



## Abe's Amble selected as RRCA Championship Race in 2017

The Springfield Road Runners Club is proud to announce that Abe's Amble 10K has been selected as a Road Runners Club of America Championship Race for 2017! Many of you are familiar with this challenging but beautiful course which starts and ends on the Illinois State Fairgrounds. The course also takes runners through Lincoln Park and Oak Ridge Cemetery—Abraham Lincoln's final resting spot. There is sure to be some extra energy this year thanks to the RRCA Championship. The other Illinois RRCA Championship Races in 2017 are:

- Swedish America State Street Mile, Rockford, August 5, hosted by the Rockford Roadrunners

- Good Life Race 5k, Oak Park, April 23, hosted by the Oak Park Runners
- Tunnel Hill 10 Miler, Vienna, November 4, hosted by the River to River Running Club
- Hills and Hollows Half Marathon, Valmeyer, September 23, hosted by the Hills and Hollows RRCA
- Quad Cities Marathon, Moline, September 24, hosted by Quad Cities Marathon
- HOBO 50K, Rock Cut State Park, September 10, hosted by the Rockford Roadrunners

Quad Cities in September is also one of our Participation Series races. We are happy to be joining these other great races in 2017! Hope to see you there!



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# SRRC Race Calendar 2017

Links to more information and online registration can be found on our website at [www.srrc.net](http://www.srrc.net) or on our Facebook page.

Lincoln Presidential Half Marathon\*  
Date: 4/1/2017  
Location: Downtown, Springfield, IL

Junaia P. Carter 5K  
Date: 4/8/2017  
Location: Washington Park, Springfield, IL

Lake Run—7K, 12K, Half Marathon  
Date: 5/6/2017  
Location: Bloomington, IL

Lincoln Memorial Trail Run 8K  
Date: 5/20/2017  
Location: Lincoln Memorial Garden, Springfield, IL

Passavant-Powerade 5K and 10K  
Date: 05/27/2017, 7:30 a.m.  
Location: Passavant Hospital, Jacksonville, IL

Steamboat Classic 4M and 15K  
Date: 06/17/2017  
Location: Peoria, IL

Scholastic Challenge 5K  
Date: 06/17/2017  
Location: Lake Springfield Center Park Beach House, Springfield, IL

Scheels 5K  
Date: 06/24/2017  
Location: Scheels, Springfield, IL

Town & Country Bank 5K  
Date: 07/4/2017  
Location: Jacksonville, IL (Nichols Park)

Women's Distance Festival 2M\*  
Date: 07/8/2017, 8:00 a.m.  
Location: Washington Park, Springfield, IL

Quad City Times Bix 7  
Date: 07/29/2017  
Location: Davenport, IA

Parade Run 2M\*  
Date: 08/10/2017, 5:30 p.m.  
Location: Illinois State Fairgrounds,, Springfield, IL

Abe's Amble 10K\*#  
Date: 08/20/2017, 7:30 a.m.  
Location: Illinois State Fairgrounds, Springfield, IL

Full Moon Trail Run  
Date: 9/6/2017  
Location: Lewis Memorial Trail, Springfield, IL

Shoreline Classic 5K and 15K#  
Date: 09/17/2017  
Location: Decatur, IL (Nelson Park)

Quad Cities Marathon, Half Marathon  
Date: 09/24/2017, 7:30 a.m.  
Location: Moline, IL

Springfield Marathon (5K, 10K, Half)  
Date(s): 10/14/2017 (5K)  
10/15/2017—Other distances  
Location: UIS Campus, Springfield, IL

Canal Connection 10K  
Date: 11/5/2017, 10:30 a.m.  
Location: LaSalle/Utica, IL

Frostbite Festival 2M and 10M\*#  
Date: 12/3/2017, 9:00 a.m.  
Location: Springfield, IL (FitClub West)

Race dates, locations, & times subject to change. Please check our website for up-to-date information.

\* denotes SRRC Points Series event  
# denotes Triple Crown series run



# Points & Participation Series

## Participation Points Awards

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

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

## Race Distance Points:

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

## Awards Tier System:

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

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

## SRRC Points Series

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

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

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

## Tie Breaker Procedure (subject to change)

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

## SRRC Points Races

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

Age groups will be as follows:

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

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

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

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

Any points questions or corrections may be emailed to Nick Fogleman at [SRRCMembership@gmail.com](mailto:SRRCMembership@gmail.com).



# Final Participation and Points Results 2016

It was a great racing year for many SRRC members! The following members will be recognized for Points and Participation Series results at the Post Race Party and Awards Banquet on Saturday, January 28 2017, at Erin's Pavilion in Southwind Park. Congratulations to all the winners!

For a full list of the results for 2016, please visit our website online at [www.srrc.net](http://www.srrc.net).

## POINTS SERIES AGE AWARDS

### Women

Overall - Joy Guardia  
 Masters - Tracy Dowell  
 W 14 & Under - Caroline Dahlquist  
 W 15-19 - Haylee Brickey  
 W 20-24 - Kate Lowe  
 W 25-29 - Amanda Johnson  
 W 30-34 - Patty Schaefer  
 W 35-39 - Shannon Cole  
 W 40-44 - Tammy Bumgarner  
 W 45-49 - Holly Dahlquist  
 W 50-54 - Brenda Hillen  
 W 55-59 - Diana Nevitt  
 W 60-64 - Mary Fairclough  
 W 65-69 - Kristine Holtman  
 W 70+ - Lois Jazzo

### Men

Overall - Henry Janssen  
 Masters - Jeff Bennett  
 M 25-29 - Wes Johnson  
 M 30-34 - Nick Fogleman  
 M 40-44 - Matthew Duff  
 M 45-49 - Jim Dahlquist  
 M 50-54 - Scott Leopold  
 M 55-59 - Fess Teklehaimanot  
 M 60-64 - Kenneth Riley  
 M 65-69 - Jack Bellmer

## PARTICIPATION SERIES

### Gold Tier Awards

- Wes Johnson
- JC Large
- Michele Pitts
- Blake Scranton

### Silver Tier Awards

- Jan Andrews
- Haylee Brickey
- Tammy Bumgarner
- Matthew Duff
- Kelly Hubbard
- Amanda Johnson
- Mollie Langley
- Randi Lucas
- Patricia Schaefer
- Sam Woods II

### Bronze Tier Awards

- Shannon Cole
- Corey Colson
- Tommy Dale
- Michael Davis
- Mary Fairclough

- Nick Fogleman
- Craig Frick
- Brenda Hillen
- Kristine Holtman
- Arthur Holtman III
- Joyce Hubbard
- Richard Hymes
- Kathleen Jensen
- Machele Keen
- Ashleigh Koerner
- Tracy Lane
- John Langley
- Scott Leopold
- Kate Lowe
- Joelle Major
- Diana Nevitt
- Stephen Paca
- Randy Rieke
- Kenneth Riley
- Fess Teklehaimanot
- Bob Thompson
- Keith Virden
- Kim Wonnell



# WANTED

Do you have good organization skills and enjoy working with people? Then we've got a great job for you! SRRC is looking for a new race director for the Illinois State Fair Parade Run in 2017!

Contact an SRRC Board Member for more information! See page 2 for contract information.



# REWARD

The experience will be a reward in itself! Thank you for your consideration!



Save the date! Boston is coming to Springfield! The SRRC will host an exclusive screening of the "Boston The Documentary" on the evening of April 17 at The Legacy Theatre. A trailer of the film can be viewed at <http://bostonmarathonfilm.com>



# Springfield Road Runners Club

## 2017 Scholarship Application

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

- \*All items must be submitted together.
- \*All SRRC decisions are final.
- \*To be considered, applications must be postmarked by May 1, 2017.
- \*Candidates will be interviewed via phone or in-person.
- \*Awardees will be notified by July 1.
- \*A special awards ceremony will occur at the Parade Run on August 10, 2017.

### 1. Personal Information:

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

\_\_\_\_\_ High School: \_\_\_\_\_

Parent/Guardian Name(s): \_\_\_\_\_

### 2. College Plans:

College/University you plan to attend: \_\_\_\_\_

Undergraduate program planning to major in: \_\_\_\_\_

Lifelong running goals: \_\_\_\_\_

\_\_\_\_\_

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

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

**5. Transcript:** Submit an official high school transcript.

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

Please mail your completed application, with a current photo, postmarked by May 1, 2017 to:

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



## SPRINGFIELD ROAD RUNNERS CLUB

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# SRRC Club Apparel In Stock!



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

### SRRC Running T-Shirts

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

### SRRC Headsweats Hats

- White, pink, and blue—\$25.00

Please contact Brian Lee, BfosterL@yahoo.com

