



FOOTTRAILS

SPRINGFIELD ROAD RUNNERS CLUB

MARCH / APRIL 2017

UPCOMING DATES:

- 4/1/2017—Lincoln Presidential Half Marathon
- 4/8/2017—Junaia P. Carter 5K
- 4/15/2017—Halfwits/Volunteer Appreciation
- 4/17/2017—"Boston—The Documentary"
- 5/1/2017—Scholarship Application Deadline
- 5/6/2017—Derby de Mayo Social
- 5/6/2017—Lake Run, Bloomington

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The Post Race Party: Stephanie Brown and Some Changes for SRRC

Another great year for Springfield Road Runners Club is in the books! While some things stay the same, there were also a lot of changes for this year. SRRC tried out a new venue at Erin's Pavilion, a new format for dinner, introduced the changes to the Board of Directors, and unveiled the new club logo. The torch of Club President was passed from Bryan Glass to Nick Fogleman. Thank you to Bryan for his leadership over the past two years, and best of luck to Nick!

The special guest speaker was Stephanie Brown, a runner from Downs, Illinois. Stephanie recounted her rise from a little girl who hated running, through her experience with the 2016 Olympic time trials, up to her current training regimen—with her sights set on the 2020 Olympics.

The 2016 Points and Participation awards were presented to recognize performance and involvement in club activities. Other awards included the Hall of Fame inductees, Volunteers of the Year, Most Improved Male/Female, the President's Award, and the coveted Backslider Award. All the recipients are highlighted in this newsletter issue.

The night was topped off by celebrating with dancing, karaoke and fun in the SRRC photobooth.



Stephanie Brown speaking at the Post Race party (above) and carrying on the new tradition of guest speakers getting into the photobooth with club members

One Slip Can Change Everything: Putting Running (and Life) in Perspective



A Conversation with SRRC Member Kelly Hubbard by Megan Styles

On January 23, 2016, SRRC member Kelly Hubbard collapsed at the finish line of a half marathon in St. Louis. Initial tests pointed to a possible heart attack. At 37, in the best physical shape of her life, Kelly had to ask herself the question that all runners fear. What if I

have to stop running? What will my life be like without it?

Kelly was not willing to give up. She spent 2016 unraveling the puzzle of her heart issue and learning how to run safely despite being diagnosed with a congenital heart defect. On November 6, 2016, she crossed the finish line of the New York City Marathon

(Continued on page 12)

2017 SRRC Board

President

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Club Information

Membership

Annual Membership Rates:

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

Memberships run from January 1st to December 31st.

Renew or join online at www.srrc.net

Address/e-mail changes:

Matt Minder
Membership Coordinator:
SRRCMembership@gmail.com

Find us online!

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

Board Meetings

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

Advertising

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

\$60 - Full page ad
\$40 - Half page
\$20 - Quarter page
\$15 - Eighth page

SRRC Training Groups

HALFWITS

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

Cost: Free to SRRC members

Dates: January—March

Leaders: Stephen Paca and Kristina Mucinkas

www.facebook.com/SRRCHalfWits

GET FAST!!!

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

Dates: April—September

Wednesday evenings, 5:45 at Washington Park

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

ABES ARMY

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

Cost: TBD

Dates: May—August

Leaders: Tracy Dowell

www.facebook.com/SRRCAbesArmy

FROSTTOES

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

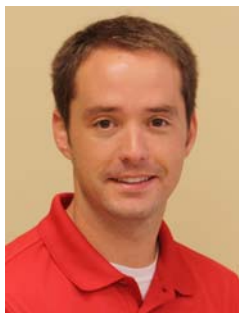
Cost: Free to SRRC members

Dates: October—December

Leaders: Nick Fogleman and Matthew Duff
www.facebook.com/SRRCFrostToes

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

President's Message:



It's the beginning of a new race season! The Half-Wits are more than half-way through their training program, and the Lincoln Presidential Half Marathon is quickly approaching.

I wanted to take this opportunity to thank Bryan Glass for his time as President of the SRRC. Bryan did a great job keeping the club moving forward during his two years, and for that, we say "Thank You!" We also thank those who have departed the Board. Brian Lee, Tracy Dowell, Emily Bernardes, and Melissa Wiseman. I will miss working with you all. A new year brings new faces to the Board though. Welcome to the new members of the SRRC Board of

Directors, Matt Minder, Dustin Morrison, and Kristina Mucinskas.

During my time as Membership Coordinator, I got to know a large portion of the club's membership. For anyone that doesn't know me, a little background might be appropriate. I started running track in grade school. I actually wanted to long jump and high jump, but the coach made me run sprints as well. This continued through high school, until my senior year, when I also took up cross-country. In college, I never ran competitively, but I did practice with the CC team when I had spare time. Despite moving into long distance running, I am still a sprinter at heart. I just love to go fast! I became involved with the SRRC through Abe's Army, like so many of our members,

in 2007. The next year, I became a leader, and have been every year since. My involvement with the club continued to grow, including leading the Frost Toes training group, Points Series coordination, and then joining the Board.

I've never been an elite level runner, but I have always enjoyed it greatly. That is the reason I'm so excited to be given this opportunity, to share that same joy with the running community in the Springfield area! I can't wait to see where the club goes from here, and I'm forward to working with the new Board. The SRRC has had a huge influence on me, and I'm honored to have the opportunity to return the favor.

-Nick Fogleman

SRRC Board of Directors for 2017



Bryan Glass, Past President, hands over leadership to the board for 2017 at the annual banquet at Erin's Pavilion in January.

Photo (L-R): Bryan Glass, Nick Fogleman, Carrie Ward, Teri Taylor, Heather Glessner, Lance Cull, Dave Drennan, Dustin Morrison, Melissa Wiseman, and Kristina Mucinskas. Not pictured, Matt Minder.

2016 Hall of Fame



Tim McCaughey

Tim joined the club in the 2nd year of Abe's Army as a way to stop smoking. He would complete Abe's Amble and then went on to run the FrostBite 10-miler. At that point he became hooked on running and would go on to compete in marathons and today some off-road races. Eventually he would become a group leader for Abe's Army and would help organize the cook-outs they had for the 200-300 novice runners. He would then take over as race director of the Lincoln Presidential Half Marathon, back when it was still at Bridgeview Park. If it were not for his vision and hard work, the Lincoln Presidential Half Marathon, would not be what it is today. Convincing the City of Springfield to allow us to run this race through town when there are over 100 intersections was an arduous task. With the help of Tim Butler and the late Mayor Davlin, they made it happen. He tirelessly volunteered at other area races and was on the board

for two years, serving as President for one. He embodies the goals and mission of this club: getting people to create a healthy lifestyle through our training programs, and getting involved with the club to help bring us forward.

Frank Copi:

Frank's ties to the club go back around 40 years. He thanks President Kennedy for starting the running boom because he encouraged people to walk. As stated, "if you can walk, why not jog, and if you can jog, why not run?" And so running would take on a whole new meaning for many people, including himself. Back at the times when he'd compete in races he'd grab a couple friends and go race, but one thing was missing that today is commonplace...beer! So before they left they'd pack some beer in a cooler and afterwards they drank, guilty and quietly. Two new knees would eventually end his running career so he took on a new exercise goal. At 60 he decided to ride 60 miles in one day. And this year he will be 88 and he's training to ride 88 miles in one day. And he said, "It all started with running." He is also the founder of the Cold Duck Run.



2016 Special Awards



Top row (L-R): Sam Woods, Most Improved Male; Amanda Johnson, Most Improved Female; Matthew Duff, Volunteer of the Year.
Bottom row (L-R): Shannon Cole, Volunteer of the Year; Tammy Bumgarner, President's Award; Dan Cullen, the Backslider Award.

Participation Winners for 2016

The SRRC Participation Series award is based on a points system for the number of circuit races completed in the year. The points get higher based on the length of the race. Members are also awarded bonus points for volunteering at club races during the year. There are three award tiers based on total points at the end of the year.

Gold Tier Awards (180+ points): Wes Johnson, JC Large, Michele Pitts, Blake Scranton

Silver Tier Awards (140-179 points): Jan Andrews, Haylee Brickey, Tammy Bumgarner, Matthew Duff, Kelly Hubbard, Amanda Johnson, Mollie Langley, Randi Lucas, Patricia Schaefer, Sam Woods II

Bronze Tier Awards (100-139 points): 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, Scot Leopold, Kate Lowe, Joelle Major, Diana Nevitt, Stephen Paca, Randy Rieke, Kenneth Riley, Fess Teklehaimanot, Bob Thompson, Keith Virden, Kim Wonnell

SRRC Points Winners 2016



Henry Janssen, Overall



Jeff Bennett, Masters



Wes Johnson, M 25-29



Nick Fogleman, M 30-34



Matthew Duff, M 40-44



Jim Dahlquist, M 45-49



Scott Leopold, M 50-54



Fess Teklehaimanot, M 55-59

The 2016 SRRC Points Winners were awarded with a club jacket presented by Stephanie Brown.

Not pictured:

- Patty Schaefer, F 30-34
- Holly Dahlquist, F 45-49
- Diana Nevitt, F 55-59



Kenneth Riley, M 60-64



Jack Bellmer, M 65-69





 Joy Guardia, Overall


 Tracy Dowell, Masters


 Caroline Dahlquist, F 14 and under


 Haylee Brickey, F 15-19


 Amanda Johnson, F 25-29


 Shannon Cole, F 35-39


 Tammy Bumgarner, F 40-44


 Brenda Hillen, F 50-54


 Mary Fairclough, F 60-64

To win the SRRC points series, club members not only have to compete in races, but they also must volunteer at two or more of the club's races during the year to be eligible. The SRRC club races are: Lincoln Presidential Half Marathon, Women's Distance Festival, State Fair Parade Run, Abe's Amble, and the Frostbite Festival.

Putting on races is not possible without hundreds of volunteers each year, so it is an important part of the award. Thank you for supporting the club's races and volunteering!



 Kristine Holtman, F 65-69

2016 SRRC's Most Improved Runners

By Kelly Biggs

Sam Woods

If you run SRRC races and especially if you've run with any of the SRRC training groups, it's likely you've encountered Sam. Along with his cheerful grin, he's a staple at club group runs – he's also hard to miss because he's pretty tall! Having run in just one SRRC race in 2015, Sam upped his game in 2016 and ran his way to the club's "Most Improved Male", running in 10 SRRC races for the year!

After leisurely running off and on for many years, in 2011 Sam decided to train on his own for Abe's Amble in order to help establish and maintain a healthy lifestyle. He began to feel so much better after taking this step, he decided to keep running more seriously and sign up for more races. Since that time, his passion for running has grown, but not without the help of his SRRC running family.

"My SRRC running family and others have provided me with great training that was very inspirational. The Half Wits Training Group, Abe's Army and Frost Toes Training Group all provided me with inspiration and the needed training to cross the finish line. My running family that I was able to establish and build friendships with were always there to give me encouragement and support," states Sam.

This encouragement and support was especially necessary in 2013 when, during the Inaugural Springfield Half Marathon, just 4 miles into the race, Sam hit the wall. He said, "I was able to keep my 'never give up' attitude and finish the race by doing Jeff Galloway's run/walk method, but it was the most difficult challenge that I have ever



Left: Sam running a 5K in Bethalto, IL. Right: Sam at the finish line of his first marathon, the Indianapolis Monumental Marathon, in 2016.

faced in my running career."

Upon attempting to give blood a day or two following that half marathon, Sam was informed he had a resting heart rate of 148. After many tests, he was told that "his heart was beating so fast, that it was throwing blood clots out into his right lung." But that never gave up attitude and his running family helped him get back to pounding the pavement, and today his resting heart rate is in the mid 50's – a clear result of the healthy lifestyle he sought out in 2011 and that running has fulfilled.

His favorite race to date has been the Indianapolis Monumental Marathon – it was his first marathon and he states "I never in my entire life imagined that I, one day, would become able to run a distance of 26.2." He again, however, is quick to credit his friends in the SRRC

that helped make it possible for him. Running for Sam, is as much about maintaining the close friendships he has made with people of "like-minded interests" as it is about maintaining a healthy lifestyle. Setting attainable goals and always running his own race also helps him keep it fun and stay motivated.

Outside of running, he enjoys going to the gym for cross-training with free weights and weight machines. In addition, he enjoys being in the company of good friends, socializing, going out to eat and going to the movies.

This year Sam plans to sign up for as many SRRC races as he can in order to maintain his current fitness so that he is ready to run the Chicago Marathon in October. Keep up the great work, Sam! ♦

Amanda Johnson

Amanda began running off and on in 2011 as a way to be healthy, shed some weight, and spend time with her then boyfriend (now husband) Wes. She entered and ran an occasional race, but it was not until 2013 when she joined the Halfwits and ran the Lincoln Presidential ½ Marathon (her first), that she started committing to more races and regular training.

Each year since, Amanda states, “The Halfwits rejuvenate my love of running as I set new goals and start a new training season.” Those goals and training have paid off as Amanda has improved her race times in every distance in 2016, making her the SRRC “Most Improved” female of the year.

Since 2013, Amanda has also been a member of Abe’s Army, which has helped her to push through training in those brutal hot and humid summer months and stay motivated. This is especially helpful as she is challenged by exercise induced asthma primarily during this time of year.

She credits much of her improvements to the SRRC with the many training opportunities it provides as well as to her friends and husband for “pushing me out of my comfort zone and encouraging me while training.” She adds that “it helps to have people to run with and hold you accountable.”

However, her determination and discipline are also definitely factors in her improvement. She makes a train-

ing calendar for each season and states, “I try to stick to it as much as possible. My workouts become a commitment, which makes them less negotiable to cancel or schedule other events.” She is also very committed to cross-training and strength training, squeezing these into her schedule once or twice a week. “It definitely has made me stronger and helped to prevent injury while running.”

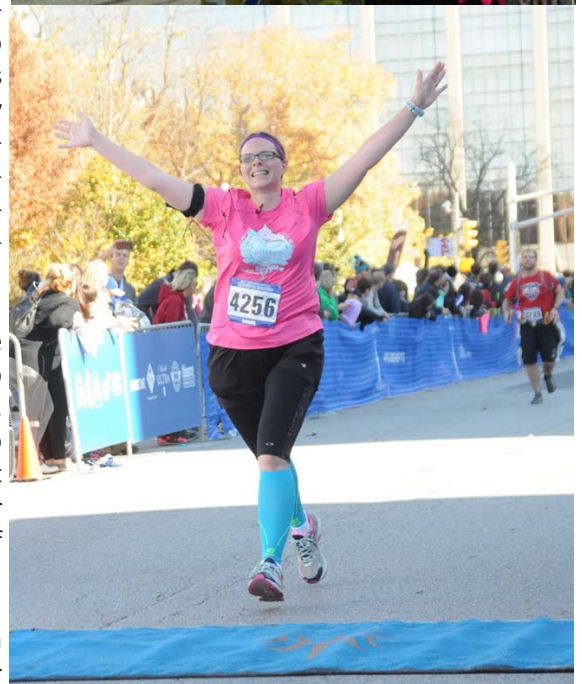
Other benefits she has gained from running and the SRRC are the camaraderie and new friends she has made. It is great to have other people who “want to see you improve and meet your goals.” Running has also taken Amanda to many different cities and states that she has had the opportunity to explore after travelling for races. Some of her favorite destination races include the Disney Princess Half Marathon and Indianapolis Monumental Marathon.

Her family is also very supportive and loves to travel to races to cheer her on. As an added bonus, Amanda’s running has helped to encourage her family to start walking 5K’s, and her younger sister was even able to run a half marathon with her.

In addition to running, Amanda enjoys spending time with her husband and their dog, and is an active member in her church. She is also a Cubs fan and enjoys watching their games, as well as watching collegiate basketball.

This year Amanda has set her goals on a sub-2 hour half marathon and a sub-1 hour 10K. But outside of that, she

Top: At the Disney Princess Half Marathon Finish 2015; Bottom: Amanda finishing her 2nd marathon in 2015, the Indianapolis Monumental Marathon.



really just wants to “keep exploring new races, running with friends and continuing to improve.”

Congratulations, Amanda, on your improvements in 2016 and best of luck for a successful and healthy 2017!



FootTrails is awarded RRCA's Outstanding Newsletter for 2016

By Megan Styles

On March 11, FootTrails editor Tammy Bumgarner accepted the 2016 Outstanding Newsletter Award from the Road Runners Clubs of America in Detroit at their annual convention. The award recognizes club newsletters with "informative and creative content" and an attractive and effective physical layout. RRCA created the award in 1981, and this is the first time that the SRRC has won the national award for a newsletter, but not the first recognition by RRCA. In 2007, Tim Butler was awarded Outstanding Volunteer of the Year, and in 1999, Holly Dahlquist received the Regional Newsletter Award.

Past Club President Bryan Glass nominated FootTrails because the newsletter had become what he envisioned when he took over as president. He wanted Tammy and the other newsletter contributors to be recognized for their achievements. "One of the important parts of a club is communicating with its members through a newsletter. Tammy has done such a great job and I felt she and the club deserved to be recognized by our national club."

Tammy and her husband, Shane, started running in 2011. "I played volleyball in college and had to run during practices, but I hated it," says Tammy. "But then Shane started running and did Abe's Amble. He was just so excited after he finished, it was infectious, and I wanted a part of that. And I'm a little competitive, too." Tammy started running in September and ran a few 5Ks before jumping right into the Frostbite Festival 10-miler that year. "I started to understand how and why people run for fun, and I've never looked back."

She and Shane discovered the SRRC the

following year. "We somehow stumbled across the Halfwits and really liked group runs, but it was hard to find information about what was happening," says Tammy. "I found the website, but it didn't have a lot about day-to-day runs. I contacted Dave Drennan, the club's president at the time, and asked him if I could start a Facebook page for the club." He said yes, and Tammy has been volunteering for that since February 2012.

In 2015, Bryan asked Tammy to post on the Facebook page for anyone interested in taking over as the newsletter editor. Tammy volunteered immediately. "I had already been thinking of volunteering to write for the newsletter, so I was happy to help," says Tammy. "I've done a newsletter in almost every job I've had. I really enjoy getting information out to people, especially new members who don't know many people yet. I used to keep a running blog when I was a new runner, but as new PRs got more scarce, so did my writing inspiration. I really liked the idea of writing about other people's milestones."

With the help of regular contributors including Joy Guardia, Kelly Biggs, and Megan Styles, Tammy expanded the newsletter to include more inspirational stories about club members and their achievements. "One of the things that I love about long runs is the stories we share with each other," says Tammy. "Sometimes you get to know each other better than your friends outside of running. I've run with so many people who have these amazing stories about how



running changed their lives. The newsletter is another way that we can really get to know each other and motivate each other to keep running, even when life gets in the way."

FootTrails has been an important part of the SRRC community since the club's inception, and Tammy stresses her gratitude for those who came before. "It's had its ups and downs through the years, but it's always been a big part of who we are as a club. I used to write more of the articles myself, but now there are more people contributing content, which is great. I spend more time doing the layout and the administrative tasks. It's the members and their stories that make the newsletter truly outstanding."

Congratulations to Tammy and the SRRC on this achievement! Tammy is always looking for new story ideas and contributors. If you are interested in writing for the newsletter, feel free to contact her at tebumgarner@gmail.com. ♦

Trainer's Corner—Mental Breakdowns!

By Joy Guardia, Certified ACSM Personal Trainer

Warning: running may cause a mental breakdown!

You and I have all been called crazy for running so much. Even though many people see our running as crazy we know how important it is for our health and mental well-being. If you are like me, you may even say that you are preventing some serious mental breakdowns just by going out for a hard run. Running is our medicine.

Now let's go a step further with the mental side of running. You understand there needs to be a little breakdown in the muscles in order to be physically stronger, right? What about our minds? In order for us to become stronger mentally, we need to allow ourselves a little

bit of mental breakdown too.

This is how the mental breakdown went for me today. I went out for a hard interval workout. I decided to do 5 repeats. As someone who lacks a little confidence at times, I usually give myself an excuse to quit early. Sometimes I do quit and other times I just finish with a few slower intervals.

Today ended differently. As I was almost done with my 4th interval my stomach turned sour and I was ready to skip the 5th one. Just then a challenge came to me. "That extra interval is what separates you from the time you really want." This is right where I was having my mental breakdown. Everything was saying, "Quit now! It's just not worth it to push hard at this point." But because of that challenging

thought, deeper inside me where the competitor lies, was the smaller voice saying, "I have to run one more interval!" I knew that if I didn't, my mind would be content and unchallenged. I also knew that I was breaking down mentally. What a great opportunity this was to allow the breakdown in order to come out stronger in the end and eventually race harder. I did the 5th interval. And guess what? It felt better than the 4th one.

If you are training well but not reaching your goal, maybe your next challenge should be to go beyond what's comfortable in your training and allow your mind to break down. This is sure to build your confidence and help you discover how mentally strong you really are. ♦

RRCA Convention Highlights

By Tammy Bumgarner

When I received the email from RRCA informing me that FootTrails was selected as the Outstanding Newsletter for 2016, it took a while to sink in. Along with the award, RRCA would help with travel expenses and a ticket for the awards banquet at their annual convention. Unfortunately, I was the only SRRC member who was able to attend, and work travel commitments did not allow me to go early enough to attend more of the convention. So, I went to Detroit solo—arriving on Saturday and leaving the next day.

The convention itself lasted four days and had some of the best-of-the-best leaders in the running world speaking on topics such as coaching and club development. Keynote speakers included

Doug Kurtis, Craig Virgin, and Desiree Linden. I was fortunate enough to meet Desi and get a photo together before the dinner and awards ceremony where she would be speaking.

I was also fortunate to find myself a seat at a table with the Valley Isle Running Club from Maui, Hawaii (virr.com). They were very welcoming and friendly, and they gifted me a box of Hawaiian chocolates. I wished I had brought some Abe Lincoln gifts, especially after one of them told me she shared a birthday with Abe who was her favorite president. She had heard of the Lincoln Presidential Half Marathon even before I mentioned it. I invited her to come run it some day.

I am certainly honored to represent SRRC nationally, however, I know this would not be possible without the contributing



writers and those of you willing to tell your stories to make great articles. Thank you to Bryan Glass for the nomination, and to the entire club for your support. It was a truly great experience. ♦

"I'm grateful to be here with my family and to have the chance to learn from this..."

Perspective

(Continued from page 1)

in a time of 4:11:09. Instead of collapsing, she cried with joy and relief. Kelly and her wife, Joyce, celebrated with a Broadway show. "I wore heels with a swollen foot and a missing toenail!" says Kelly. It seemed like the perfect ending to an impossibly difficult year.

On December 16, Kelly decided to check a few items off her shopping list while on her scheduled 10-mile run. She left her house in Leland Grove and ran to Office Max using the Wabash Trail. "The weather started to change while I was in the store," explains Kelly. "It was misty when I left and the temperature had fallen a little. I didn't have my phone, and I was only three miles from home. I thought I could get home before it got too bad." The mist quickly turned into a sheet of ice that made roads and sidewalks treacherous.

Two blocks from home, Kelly slipped as she crossed an asphalt driveway. She fell directly onto the right side of her head, bounced, and lost consciousness. "I basically took a football-sized hit without a helmet," explains Kelly. "I have no memory of what happened next." A UPS driver saw her fall and helped her home. Joyce raced her to the emergency room, where she was diagnosed with a traumatic brain injury. Doctors told her that she would need intensive physical therapy to recover her ability to walk normally again. Her brain would need significant time to heal, and running would be impossible for at least six months.

"With my heart issue, I kept thinking that, without running, my life is over," says Kelly. "But after my fall, I realized that running had become too much of a focus for me. When you think running is your life, you forget about everything else." Kelly hopes that other runners will learn from her story. "I never thought that I could get hurt like this running. I didn't realize how much velocity you have. We all take risks to fit that run in, es-



Kelly runs all her major races in an Every Mother Counts jersey. She is an ambassador for the organization which raises money to support maternal and child health initiatives worldwide.

pecially in the winter," Kelly says. "You feel like a wimp or less of a badass if you don't get out there. But it's not a badge of courage, it's a risk that could affect everyone in your life. One slip can change everything."

For now, Kelly's running future is uncertain, but she has made significant progress. Immediately after the accident, she could not walk more than 90 feet without getting disoriented and losing consciousness. Her brain is less swollen now, and physical therapy has helped. She still uses a wheelchair, but can walk longer distances and successfully complete more complex exercises.

"It's been difficult to process," says Kelly. "Running was part of a weight loss plan for me at first. But then it became so much more – a social outlet, comradery, time to be outside, time to be with my partner, time to myself, therapy, meditation. You don't know what your body can do until you do it, and I had to prove this to myself repeatedly." Knowing what her body can

do helps keep her focused on her healing and recovery.

Kelly's has also learned to manage her heart issue. She was diagnosed with a ventricular septal defect (VSD), a very small hole in the septum separating the lower chambers of her heart. "Because I'm a fit runner, my heart is more efficient, which causes more blood to leak through the VSD. I also have a super low heart rate, which interacts with the VSD to cause an arrhythmia. When my heart rate crashes at the end of a race, I pass out." Kelly's VSD is too small to require surgery, but she runs with a heart monitor, takes 100 milligrams of caffeine daily to help elevate her heart rate, and keeps jogging for a while after finishing a race.

A week before her finish line collapse, Kelly accepted the SRRRC Most Improved Female award for 2015. "The award was a complete surprise," says Kelly. "I knew there were other runners who deserved it, and I felt like I had to prove something." The SRRRC recognition fueled her quest to improve in 2016 and helped her stay focused as she struggled with her heart issues.

She chose to follow a VDOT training program to prepare for the NYC Marathon. "I'm a hard facts-science-math person," explains Kelly. "I was looking for a virtual training program that promised new PRs and was based in science." VDOT charts predict your future race performance based on previous race times; the training program mixes easy runs and tempo runs with intervals runs designed to increase your ability to process oxygen efficiently. "I highly recommend this approach if you're trying to get faster, and you want to figure out how to pace your individual speed workouts," says Kelly.

Kelly's son, Keaton, points to the album with pictures from her NYC Marathon, "I'm so proud that you did this big race." She smiles, "Thank you, sweetie." She flips through the album, sharing memories from each of her 2016 races.



Top L: At the NYC Marathon Expo. **Top R:** During the NYC Marathon. She described the last mile as a "death march" but appreciated how flat it was. **Bottom L:** Kelly at the Dublin Marathon in August 2015. She finished with a new PR of 2:18, and decided to see how much faster she could get. After training hard with the Frost Toes, she finished the San Antonio Half Marathon in December 2015 in 1:57. **Bottom R:** Kelly ran the NYC Marathon in memory of her Grandma Wanda who passed away in April 2016.

She points out her "Every Mother Counts" jersey. "I'm an ambassador for the organization," she explains, "They raise money to help improve women's access to medical care worldwide." She ran NYC in memory of her Grandma Wanda, who passed away in August. "When I crossed the finish line, I started crying. I did it. I did it for her, and it was amazing. I was so tired, but it felt so good."

Kelly is thankful for the support and love of her friends in the SRRRC community. "I'm grateful to be here with my family and to have the chance to learn from this and to share my story," she says. "Be safe. Dying for running is not a great decision. I'm a runner, but I'm also a mother, a wife, a biologist. There is so much more to life. I'll never take a chance like that again." ♦



BOSTON is the first ever feature-length documentary film about the world's most legendary running race – the Boston Marathon.

The film chronicles the story of the iconic race from its humble origins starting with only 15 runners to the present day. In addition to highlighting the event as the oldest annually contested marathon in the world, the film showcases many of the most important moments in more than a century of the race's history. Evolving from a working man's challenge to welcoming foreign athletes and eventually women, Boston becomes the stage for many firsts and in no small part the event that paved the way for the modern marathon and mass participatory sports.

Following the tragic events of 2013, BOSTON records the preparations and eventual running of the 118th Boston Marathon one year later when runners and community gather once again in support of one another for what will be the most meaningful race of all.

Produced and directed by award winning filmmaker/marathoner Jon Dunham (Spirit of the Marathon I & II) and produced by Academy Award nominee Megan Williams, and executive produced by Academy Award nominee Frank Marshall (Back to the Future, The Curious Case of Benjamin Button, Sully), BOSTON is more than a running film. It is a timeless story about triumph over adversity for runner and non-runner alike.

SRRC is hosting an exclusive screening on Monday, April 17, 2017, limited to 250 members. Register online:

https://secure.getmeregistered.com/get_information.php?event_id=126619

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



Volunteer Appreciation and Halfwits Celebration!

The Halfwits training for 2017 is about to wrap up with the final destination being the Lincoln Presidential Half Marathon on April 1, 2017. The SRRC would like to invite all the volunteers for the half marathon and the Halfwits to a celebratory fun run and breakfast on **Saturday, April 15, 2017**, at Café Moxo. Watch the SRRC and Halfwits' Facebook and web pages for more information on registration.

Mark your calendars, sign up to volunteer at the half marathon, and see you at the finish line! And at Café Moxo!



SRRC Social!

When: May 6, 2017 @ 2:00 p.m. (Derby time) and Boone's Saloon @ 5:00 p.m. for socializing!

What: A derby relay race (spectators welcomed) AND post-derby social!

Where: SHG Track & Boone's Saloon

Cost: FREE for SRRC members, but you must register!

Mark your calendars and watch SRRC's website and Facebook page for registration!



Athens' McIntyre, Pana's Magnussen get top honors from Road Runner's Club

By Jim Ruppert, State Journal-Register Correspondent

A pair of Class 1A state meet runners-up headlined the list of high school cross country athletes honored Sunday by the Springfield Road Runners Club in a ceremony held at The State Journal-Register's Community Unity Room.

Athens High School junior Wyatt McIntyre, who finished second at the boys Class 1A state meet in November, was named the winner of the Bob Hellweg Award as the outstanding male high school runner in The SJ-R coverage area. Pana senior Claudia Magnussen, second at the girls Class 1A state meet, won the Genny Kauffmann Award as the outstanding female runner.

McIntyre finished 4 seconds behind Class 1A state champion Brayden Hamblen of Rock Falls in 14 minutes 27 seconds at the state meet at Peoria's Detweiller Park. His time was the fifth-fastest in Class 1A state meet history. During the season McIntyre won the race for No. 1 runners at the flighted Jacksonville Invitational, was first at the Patriot Invitational on the Detweiller Park course and also won regional and sectional championships.

Magnussen won the early season Rochester Invitational as well as a regional championship. She finished second at the Effingham St. Anthony Sectional and in the 1A state meet to four-time defending state champion Anna Sophia Keller of St. Anthony. Magnussen's time in the state final was 17:20, which ties for the 10th-best in girls Class 1A state meet history.



Above Left: Jackson Esela (L-Springfield), 3rd place; Wyatt McIntyre (Athens), 1st place; Chris Durr (Chatham-Glenwood), 2nd place.

Above right: Caroline Jachino (Pleasant Plains), 2nd place; Claudia Magnussen (Pana), 1st place.

Right: Anna Lowry (Taylorville), top picture, 3rd place.



Also honored by the Road Runners Club were Chris Durr of Chatham Glenwood, Jackson Esela of Springfield High, Caroline Jachino of Pleasant Plains and Anna Lowry of Taylorville.

Durr, a senior, was the Central State Eight Conference boys champion in 15:57, and earlier in the season he won the Springfield Invitational in 15:45. He was second at the Granite City Invitational, the Lee Halberg Invitational, the race for No. 1 runners at the flighted Jacksonville Invitational and at the Class 2A Jack-

sonville Regional. Durr finished fifth at the Decatur MacArthur Sectional, and was 32nd at the Class 2A state meet in 15:15.

Esela, also a senior, finished sixth at the CS8 meet in 16:19 was third at the Jacksonville Regional, sixth at the MacArthur Sectional and 36th at the 2A state meet in 15:19. During the regular season, Esela finished eighth at the Springfield Invitational in 16:15, 13th at the Granite City Invitational and 15th at the Lee Halberg Invitational.



Wednesday speed workouts start April 19th!

Speed workouts, led by Susan Becker, are starting up on Wednesday, April. 19, 2017 at Washington Park at 5:45 p.m. The workouts will continue at Washington Park until the SHG Track season is over. Then we will move to the SHG track on West Washington Street.

If you've never done a speed workout before, don't let the name intimidate you. Everyone runs the workout at their own pace. What "speed" is to you is not speed for everyone. We promise, you won't feel overwhelmed or left behind. Come on out and try it! Starting locations and times

are subject to change. The workout details are usually posted on their website ahead of time:

<http://srrcspeed-work.blogspot.com/>

Come join us for fun and get faster while you are at it!

Jachino had an outstanding freshman season highlighted by a 12th-place finish (17:56) at the Class 1A state meet. She won the Liberty Regional (18:36) and was second at the Elmwood Sectional. During the regular season, Jachino finished third in the race for No. 1 runners at the flighted Jacksonville Invitational (17:47.43), fourth at the Springfield Invitational (19:24) and sixth at the Patriot Invitational.

Lowry, a senior, finished 44th at the Class 2A state meet in 18:12 after a third-place finish at the Jacksonville Regional (17:50.72) and a fourth-place finish at the Decatur MacArthur Sectional (18:15). She won the Springfield Invitational in 18:56, was second at the Rochester Invitational and finished second at the Jacksonville Invitational race for No. 1 runners.

The Road Runners presented checks worth \$250 each to the running pro-

grams at Athens, Pana, Glenwood, Springfield High, Pleasant Plains and Taylorville.

Contact Jim Ruppert,
jim.ruppert12@yahoo.com or
[Twitter.com/JRupSJR](https://twitter.com/JRupSJR).

This article reprinted with permission of the State Journal-Register. It originally ran on January 29, 2017.

Photos by Bryan Glass.

Abe's Army Registration is OPEN!



Beginning in May of every year, the Springfield Road Runners Club hosts a 12 week program that trains runners and walkers for Abe's Amble 10k in August. Ask any former Abe's Army member or leader, and they will likely tell you it was their favorite training group. The program will be lead by Tracy Dowell again this year.

Recruitment is now OPEN for Abe's Army members and leaders for 2017. Runner's meet at Lincoln Park and the State Fairgrounds every Monday at 5:45pm. The program runs from May to August.

Orientation will be TUESDAY, May 16th at 6 pm for leaders and 6:30 for participants in the Nelson Center, 2nd floor.

The GROUPING and first short run will be Monday, May 22, 2017 at the IL State Fair Grounds Pork Pavilion at 5:45 pm.

Online registration: https://secure.getmeregistered.com/get_information.php?event_id=126620



**Running Shoes
Apparel
Accessories**



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

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217.787.4400

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Member Birthdays—April/May

Paul Wonnell	4/1	Michael Rogers	4/28	Jeff Chandler	5/15
David Meyerhoff	4/2	Kathleen Jensen	4/29	Pamela Hart	5/15
Corey Colson	4/3	Ashleigh Koerner	4/30	Jared Andrews	5/16
Lindsey Batten	4/7	Avery Biggs	5/2	Jerry Naughton	5/16
Pamela Enno	4/7	Sabrina Bell	5/3	Kim Wonnell	5/18
Barb Manson	4/7	Lindsay Rogers	5/3	Jenny Owens	5/18
Judy Aydt	4/9	Marilyn Clark	5/4	George Kokkat	5/19
Tammy Bumgarner	4/11	David Culp	5/4	Becky Baum	5/20
Terry Clark	4/14	Kailey Nashland	5/4	Suzannah Bartos	5/21
Adrienne Sweet	4/15	Jeana Reinbold	5/6	Bill Owens	5/22
Karen Rogers	4/17	Nick Fogleman	5/7	Jana Brennan	5/24
William O'Sullivan	4/19	Ann Kochuveli	5/7	Kathleen Morris	5/24
Daniel Greenman	4/21	Rai Richardson	5/7	W. Tom Gillespie	5/25
Christine Feller	4/22	Gabriel Owens	5/7	Jared Owens	5/26
Kelly Biggs	4/23	Kate Lowe	5/8	Curt Evoy	5/27
Reed Buchanan	4/23	Preston Searl	5/8	Arthur Holtman III	5/28
Katelyn Wallace	4/23	Marilyn Kushak	5/9	Joy Guardia	5/30
Kristi Horn	4/24	Joshua Montalvo	5/10	Megan Leonard	5/30
John Murphy	4/26	Alayna Hinman	5/11		
David Morris	4/27	Michael Hoppe	5/14		

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. Up to 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 him or her to apply. The application deadline is May 1, 2017.

More information and the scholarship form is

available on the SRRC website:

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

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 Made-line Pearce (Auburn HS).

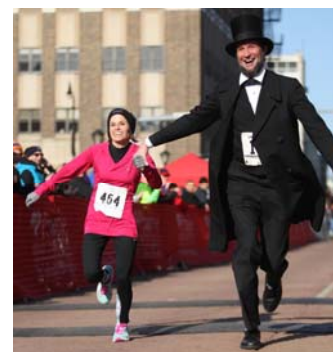
Lincoln Presidential Half Marathon 2017

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 16th 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.

There is still time to register as a racer or volunteer!



RUN WHERE LINCOLN WALKED

WELCOME TO THE CLUB!

Springfield Road Runners Club would like to welcome new members who are joining us for the first time this year! Whether you are an Abe's Army member or not, we hope you take advantage of all the benefits the club has to offer.

MEMBER BENEFITS INCLUDE:

- ◆ Discounts on local races
- ◆ Bi-monthly newsletter
- ◆ Several club socials throughout the year
- ◆ Discounts at the Springfield Running Center
- ◆ Membership in the Road Runners Association of America
- ◆ End-of-year banquet and awards with great guest speakers
- ◆ Free training groups for the Halfwits (Lincoln Presidential Half Marathon), Wednesday speedwork (April—October), and Frosttoes (Frostbite Festival 10 mile race) - see web links below
- ◆ Many opportunities to meet great new running friends and more!



HELPFUL WEB LINKS

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

Springfield Road Runners Club website: www.srrc.net

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

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

Abe's Army Facebook Page: www.facebook.com/SRRCAbesArmy

FrostToes Facebook Page: www.facebook.com/SRRCFrostToes

HalfWits Facebook Page: www.facebook.com/SRRCHalfWits

Triple Crown Facebook Page: www.facebook.com/Bound-4-Triple-Crown-101616079926156

Speedwork Website: <http://training.srrc.net/category/speedwork>

Not on Facebook? No worries! Most of the same information is also available through the SRRC website under the training program page: <http://srrc.net/programs/>



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 SRRCMembership@gmail.com.

SRRC Race Calendar 2017

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

* denotes SRRC Points Series event

denotes Triple Crown series run





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APRIL 1, 2017

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