



# FOOTTRAILS

SPRINGFIELD ROAD RUNNERS CLUB

SPRING ISSUE 2018

## UPCOMING DATES:

- 5/1/2018—Scholarship Application Deadline
- 5/5/2018—Lake Run, Bloomington
- 5/19/2018—LMG 8K Trail Run
- 5/26/2018—Passavant 5K/10K, Jacksonville
- 6/16/2018—Scholastic Challenge 5K
- 6/16/2018—Steamboat Classic, Peoria
- 6/23/2018—Scheels 5K/10K

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## BRRRR! This is a *spring* half marathon?!

By Tammy Bumgarner

The Lincoln Presidential Half Marathon in 2018 had a new race director (Dave Drennan), a new medal (Lincoln stove pipe hat), and we also tried out some new weather (OMG, COLD)! For as long as most locals can remember, no one recalls the starting temps for this race being so cold.

Through March and early April, record cold temperatures and occasional snow continued to hang on in the unrelenting central Illinois weather forecasts, and the morning of the half was no different. In checking the weather forecasts at Expo time on Friday, the predicted race time temperatures would be 20 degrees (feels like 11!)—and that was fairly accurate at 7 a.m. the following morning. At least the accumulating snow the night before and possible freezing rain during the race had disappeared! That could have been ugly for racers and those traveling to the race.

Runners huddled close together at the starting line to keep warm, and a few were overheard questioning their own sanity. However, as the race kicked off, runners warmed up nicely in the sunshine and started shedding layers along the street of Springfield. Clothing was picked up and donated to charity.

In spite of the rough weather, a new course record was set by Tyler Pence of Springfield who finished in a time of 1:08:07. Kaytlin St. Clair of Lisle, Illinois, was the female winner in a time of 1:25:47.

Drennan gives kudos to the Springfield Police Department, volunteers, and runners who endured the record cold temps to make the race a great success.

Approximately \$7,000 of the race proceeds will



**Tyler Pence with President Lincoln (impersonator Michael Krebs) after setting a new course record of 1:08:07.**

be going to Hospital Sisters Mission Outreach which provides world-wide distribution of medical supplies and equipment to low-resource countries around the world.

SRRC is already looking forward to next year's race on April 6, 2019, as we can almost guarantee warmer temperatures (but making no promises)!

Mark your calendars now, and plan to join us for another great Lincoln Presidential Half Marathon! ♦

## 2018 SRRC Board

### **President**

**Nick Fogleman**

sn95nik@gmail.com

### **Past President**

**Bryan Glass**

bglass@sps186.org

### **Vice President**

**Carrie Ward**

cward1818@gmail.com

### **Secretary**

**Kristina Mucinkas**

kmucinkas@gmail.com

### **Treasurer**

**Kathleen Knolhoff**

SRRCtreasurer@gmail.com

### **Special Programs Director**

**David Drennan**

ddrennan@ucbbank.com

### **Equipment Coordinator**

**Lance Cull**

Lance.Cull@StandardAero.com

### **Membership Director**

**Matt Minder**

SRRCMembership@gmail.com

### **Volunteer Liaison**

**Dustin Morrison**

morrison.dustinj@gmail.com

### **Media & Technical Director**

**Tammy Bumgarner**

SRRCweb@gmail.com

### **Board Members at Large**

**Randi Lucas & Wes Johnson**

### **Newsletter Staff**

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

## Club Information

### Membership

Annual Membership Rates:

\$30 Family

\$20 Adult

\$5 Student/Youth

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

Renew or join online at [www.srrc.net](http://www.srrc.net)

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

Matt Minder

Membership Director:

SRRCMembership@gmail.com

### **Find us online!**

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

### Board Meetings

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

### Advertising

Foottrails is published on a quarterly schedule, subject to change. Advertising rates are as follows (black and white):

\$60 - Full page ad

\$40 - Half page

\$20 - Quarter page

\$15 - Eighth page

## SRRC Training Groups

### *HALFWITS*

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

Cost: Free to SRRC members

Dates: January—March

Leaders: Lori & Tommy Dale, Lance Cull and Meredith Caudill

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

### *GET FAST!!!*

Work on your speed at the summer track sessions.

Dates: April—September

Wednesday evenings, 5:45 at Washington Park. Moves to SHG track once their track season is over.

Leader: Bill Owens

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

### *ABES ARMY*

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

Cost: \$60 + club membership

Dates: May—August

Leaders: Carrie Ward & Melissa Wiseman

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

### *FROSTTOES*

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

Cost: Free to SRRC members

Dates: October—December

Leaders: Nick Fogleman and Matthew Duff

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

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

## President's Message:



Well, the Frostbite Festival in December had spring weather and the Lincoln Presidential Half Marathon in April had winter weather. I feel like we're randomly going through the seasons this year!

Despite the miserable weather, the half marathon went off without a hitch. We had a great turn out, and watching all those runners battle through freezing tem-

peratures was definitely inspiring. Being part of the race committee certainly gave me a different perspective on it this year, and a great deal of respect for the volunteers that make these events happen.

With the half marathon complete, it means it is now time to turn our attention towards the summer races. Women's Distance Festival is next on the schedule in July—another event for which I always enjoy volunteering. Ladies, if you have the opportunity, be sure to check out this race. And guys, do not forget to come help

out at one of the area's most competitive races! The guys who volunteer get full participation points for this race.

Registration is ongoing for Abe's Army right now as well. If you are looking for some motivation, a new group of training partners, or maybe you want a chance to help a new runner learn to enjoy the sport, Abe's Army is the perfect way to spend your summer.

I'll see you out on the road!

-Nick Fogleman

## SRRC Board of Director Changes for 2018

The Springfield Road Runners Club welcomes some new faces and some changes to the board of directors for 2018. If you are interested in learning more about the board—possibly to volunteer—please talk to a current board member. Meetings are open to all members.

**Kathleen Knolhoff**—Kathleen is taking over the Treasurer spot previously held by Teri Taylor.

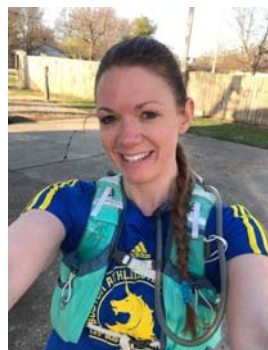
**Kristina Mucinskas**—Kristina was formerly a member-at-large on the board

in 2017, and is now stepping into the role of Secretary previously held by Heather Glessner.

**Tammy Bumgarner**—Tammy has been working with the board for social media and as the newsletter editor for several years, but the board member designation has been clarified with recent changes to the bylaws. The position is now Media Director, which encompasses more than just the newsletter. Tammy also works on the website and social media accounts.

**Randi Lucas** and **Wes Johnson** join the board in the member-at-large positions. These spots allow club members to start regularly attending board meetings to help with projects as needed. Ideally, these members would be ready to step into more defined roles in the future when officers or directors complete their terms.

The full Board of Directors list and contact information can be found on page 2 of every newsletter and also on the club's website.



From left to right: Kathleen Knolhoff, Kristina Mucinskas, Tammy Bumgarner, Randi Lucas and Wes Johnson.







# Member Results—Lincoln Presidential Half 2018

Tyler Pence	1:08:07.3	Carrie Walbert	2:01:45.6	Patrick Price	2:30:13.0
Henry Janssen	1:18:31.8	George Kokkat	2:02:03.3	Meredith Caudill	2:30:20.0
Andy Martin	1:31:50.6	Tammy Bumgarner	2:02:08.8	Tracy Price	2:30:22.0
Patricia Schaefer	1:32:52.9	Jean Broaddus	2:02:54.0	Sonthonax Saintgermain	2:32:59.0
David Ealey	1:35:46.1	Kevin Poehls	2:03:30.8	Diane Muncy	2:34:59.1
Kevin Hingle	1:38:30.9	Len Rideout	2:03:33.4	Alice Staats	2:36:05.5
Blake Scranton	1:38:39.7	Nancy Ferguson	2:04:45.4	Kathleen Jensen	2:36:07.2
FessTeklehaimanot	1:39:04.9	Jim Faloon	2:07:42.0	Kristina Mucinskas	2:36:07.6
Bill Owens	1:39:16.6	Jeff Emrick	2:08:04.1	Cathy Gochenour	2:36:45.9
Evan Hartzold	1:40:16.3	Amber Chasco	2:08:17.2	Shawn Gibbs	2:37:44.3
Corey Colson	1:40:27.7	Keith Staats	2:08:23.4	Brad Cox	2:37:58.7
Brian McCloskey	1:40:58.8	Kathleen Knolhoff	2:08:36.7	Lynne Morris	2:40:10.4
Lance Cull	1:41:43.2	Diana Nevitt	2:08:50.7	James Alexander	2:40:26.2
Wes Johnson	1:42:21.8	Mary Kay Lackman	2:09:05.1	Sam Woods II	2:40:46.1
Bob Thompson	1:43:37.1	Lisa Young	2:09:11.3	Marilyn Kushak	2:41:05.2
John Alsup	1:44:11.8	Doug Galayda	2:09:31.2	Shirley Webb	2:42:10.0
Scott Nation	1:46:47.9	Cynthia Rieke	2:09:33.8	Christine Feller	2:42:37.6
James Kuhn	1:46:51.4	Donna Brayfield	2:09:57.6	Chris Buchanan	2:44:59.5
Alanna Yingling	1:47:18.5	Marilyn Kirchesner	2:10:44.0	Sierra Buske	2:45:21.4
James Schafer	1:47:56.0	Rai Richardson	2:12:05.4	M. Katie Buskirk	2:45:57.3
Andrew Guardia	1:48:03.2	Paul Turner	2:12:44.8	Mary Harney	2:46:43.2
Nyle Robinson	1:48:50.2	Jill Reich	2:13:05.2	Tori Taylor	2:47:14.6
Emily Mueller	1:49:04.0	Brenda Hillen	2:13:33.2	Monica Tabag	2:47:59.2
William O'Sullivan	1:49:15.3	Sandra Elliott	2:13:45.0	Nancy Neuberger	2:47:59.4
Travis Lobmaster	1:49:43.4	Jeffery Meyerhoff	2:14:24.5	Brian Kerber	2:48:02.7
Melissa Schaefer	1:49:53.1	Michael Torchia	2:14:56.0	Susan Collins	2:48:41.5
John Hauer	1:49:56.6	Marybeth Young	2:15:05.5	Patty Petersen	2:48:47.1
Andrew Gochenour	1:50:58.7	Julie Boots	2:15:07.4	Heather Dunn	2:49:08.7
Frank Midiri	1:51:05.1	Jeff Andrews	2:15:50.6	Carrie Ward	2:50:45.4
Tadd Davis	1:51:21.2	John Langley	2:16:42.0	John Stearns	2:50:56.3
Holly Dahlquist	1:51:22.3	Jan Andrews	2:16:45.4	Mollie Langley	2:53:20.4
Randy Rieke	1:52:10.3	Bill Shelley	2:17:48.2	Dawn Stearns	2:53:57.5
Bradley Smith	1:52:15.9	Jeff Chandler	2:18:04.3	Dave Hall	2:54:01.3
Rick Hernandez	1:52:34.2	Jennifer Krause	2:18:25.0	Kim Wonnell	2:55:16.3
Stephen Paca	1:52:35.0	Kim Curtis	2:19:12.2	Paul Wonnell	2:56:34.5
Tommy Dale	1:52:51.9	Kim Owens	2:19:26.9	Julie Brightwell	2:56:35.4
Aaron Holmes	1:53:01.3	Bobbie Jo Hill	2:20:15.2	Lindsey Lister	3:00:07.5
Rick Larson	1:53:03.5	Melissa Wiseman	2:20:36.2	Jennifer Herman	3:01:11.3
Jennifer Rhoades	1:53:44.8	Ryan Dunn	2:20:45.7	Rachel Benedict	3:03:57.5
Pamela Hart	1:53:51.2	Linda Castor	2:22:02.2	Brenda Humbert	3:05:43.5
Curt Evoy	1:54:12.2	Jayne Antonacci	2:23:14.3	Nina Rossini	3:10:04.8
Kayla Albrecht	1:54:13.7	Scott Reimers	2:23:26.0	Lesa Schaive	3:10:05.3
Shane Bumgarner	1:55:25.2	Sasha Cadigan	2:23:56.8	Mindy Buske	3:11:50.9
Janet Powell	1:56:27.1	Jamie Fitzpatrick	2:24:15.8	Tyler Buske	3:13:32.9
Matthew Duff	1:57:14.7	Joyce Hubbard	2:24:21.8	Larry Buske	3:13:34.9
William Wilson	1:58:33.4	Dawn Rothermel	2:24:56.0	Mark Young	3:15:05.7
Eric Sagong	1:58:54.0	Ryan Dunn	2:24:58.0	Shannon Hughes	3:16:07.3
Kelly Hubbard	1:59:31.1	Judy Gunn	2:25:54.7	Daniel Alderson	3:21:27.5
Cheryl Biesiada	1:59:42.3	Torrie Buchanan	2:26:08.1	Melissa Mullinax	3:21:32.7
Randi Lucas	1:59:54.3	Angela Liles	2:26:21.3	Vivian Jones	3:26:49.0
Kelly Biggs	1:59:55.6	Tim McCaughey	2:26:24.6	Jennie Davis	3:26:49.4
Brian Lee	2:00:07.9	Jana Brennan	2:27:16.6	Denise Beauman	3:27:56.2
Arlene Hall	2:00:41.8	Machele Keen	2:27:31.9	Michele Pitts	3:34:23.7
Lynn Kerber	2:00:49.1	Barbara Manson	2:28:11.8	Kristine Holtman	3:36:23.4
David Bretz	2:00:50.5	Brian Reardon	2:28:39.2		
Sam Fox	2:01:03.3	Megan Styles	2:29:14.3		

# Participation Race Spotlight—Passavant 5K and 10K

By Tammy Bumgarner

Me, personally, I've always had sort of a love-hate relationship with this SRRC Participation Race at the end of May. The "hate" part is by no means the fault of the race, but it always seems like this is the weekend when the racing season officially switches over from spring racing temps to "WOW, it's definitely summer!" If you know me at all, you'll know I can get kind of whiny about less-than-perfect race temperatures. But hot actually sounds welcoming this year, as I'm not sure spring will ever get here—let alone the summer! (yep, still whining)

The "love" part is that the course is fairly flat and well-supported, the registration costs are very reasonable, there's a lot of other SRRC members there to hang out with, it's got great door prizes and usually a pretty cool shirt design. The somewhat out-and-back on the 10K course gives runners a much-needed boost as other runners can cheer you on as you pass each other. And then there's that amazing sprinkler in the yard right around mile 5.

I talked with Kevin Eckhoff briefly about the race. Kevin has been the race director since its inception 26 years ago. It started as a 5K only, but as the demand for longer distance race opportunities increased, the Passavant Race was more than happy to accommodate by adding the 10K option.

In the first year, the race had 65 participants—all from Jacksonville. Now, between the two races, total registration is almost 400 participants from all over central Illinois and a few surrounding states.

Each year, the race selects a central Illinois charity to donate its race proceeds. This year's charity is Central Illinois' Ainsley's Angels. Ainsley's Angels provides specially



**Passavant Race Director, Kevin Eckhoff, with Bill Rodgers in 2012.**

equipped racing wheelchairs to people with limited mobility. The wheelchairs enable users to experience the excitement of a road race. Ainsley's Angels recruits runners to push the wheelchairs in local and area races and have been loyal participants in the Passavant-Gatorade 5K and 10K.

Kevin has a lot of great memories over the years of directing this race, but a few really stood out for him. In the early years, Kevin thought that he would be able to direct the race and also be a participant. He learned quickly that it is not possible, and never tried again. This is likely his single biggest mistake in the history of the race.

One of Kevin's favorite memories is bringing Bill Rodgers in as a special guest for the 20th Anniversary of the race. Bill is best known for winning the Boston Marathon four times. "As a race director it was

a special treat to work with Bill and share his love of running with others. Best of all, he invited me and a group of friends to run with him the morning prior to the race. Our post-run photo still hangs in my office."

The 26th Annual Passavant-Gatorade 5K and 10K will start at 7:30 a.m. Saturday, May 26, beginning on Founders Lane on the east side of Passavant Hospital.

The first 400 participants to cross the finish line will receive a commemorative finisher's medal. Custom pint glasses are presented to the top overall male and female finisher in each race and to first, second, and third place, male and female, in 14 age categories. Post-race refreshments will be available and there will be prize drawings.

Registration information can be found at: [www.passavanthospital.com/Race](http://www.passavanthospital.com/Race)

the **26<sup>th</sup>** annual  
**PASSAVANT**  
**GATORADE**  
**5K | 10K**



**Saturday, May 26, 2018**

**7:30 a.m.**

Passavant Area Hospital  
 Jacksonville, IL

**Two Races: 5K and 10K**  
**Register at [PassavantHospital.com/race](http://PassavantHospital.com/race)**

\$20 in advance; \$25 day of race

**CUSTOM MEDAL TO THE FIRST 400 FINISHERS**

First, second, and third place awards, male and female, in 14 age categories

This year's race benefits Ainsley's Angels in Central Illinois.



**PassavantRace**

"Like" us for Race news, updates, photos, and more!



[www.AinsleysAngels.org](http://www.AinsleysAngels.org)

**THANK YOU to our 2018 sponsors!**





# Friends of Sangamon Valley share this “Hidden Gem”

For the third year in a row, the Friends of the Sangamon Valley (FOSV), a Springfield-based conservation organization, is holding their Run-thru-the-Prairie in Centennial Park on September 8, 2018. The four mile trail runs through Centennial Park's prairie restoration and provides the opportunity for a unique running experience.

Centennial Park was purchased by the Springfield Park District (SPD) in 1997 with the assistance of a grant from the Illinois Department of Natural Resources (IDNR). The park includes baseball fields, soccer fields, a skate board park, and a 70-acre short grass prairie restoration. The trails flow through the prairie planting along rolling knobs, a small creek, and drainage ravine.

In 2007, SPD was offered two grants, one from the US Department of Agriculture's Natural Resource Conservation Service (NRCS). Because the Centennial Park land had farm history and the presence of an Illinois State endangered small mammal, the Franklin's Ground Squirrel, the property was eligible for grants to enhance and create habitat. This grant was matched with an IDNR grant from Conservation-2000 funds to create high quality habitat that would benefit the species.

Now ten years later, the prairie is one of the best in the county, and one of the most unique. This is the largest prairie grassland within the city limits. Unlike many prairie restorations that become choked with grasses, this short grass planting has more flowers than grasses. Centennial Park now boasts the State's largest and most stable population of Franklin's Ground Squirrels. The trail



*Left: an aerial view of the 4+ mile trail which runs through the prairie fields just west of the Sangamon Valley Trail.*

*Below: the groomed grassy trails, with an abundance of wild flowers, provides a beautiful backdrop for this off-road race.*



established for the run has elevation changes of over 50 feet throughout the four-mile course.

The Friends of the Sangamon Valley (FOSV) designed the prairie, and assists SPD in managing the site. FOSV manages over 3000 acres throughout their nine-county management area, with the use of volunteers and local contractors skilled in ecological management and experts on local species. Run thru the Prairie on September 8th will benefit FOSV's ongoing management of this and many other places within the lower San-

gamon River Valley watershed.

This is one of Springfield's most beautiful runs over trails that show you what Illinois used to be. Looking for a 4-mile trail run? Want to help endangered species and natural areas in central Illinois? And help celebrate FOVV's 20th anniversary! Do them all at the same time on September 8th! Check us out at [getmeregsitered.com](http://getmeregsitered.com) to register for the run and at [Fosv.org](http://Fosv.org) to learn more about us. ♦

*This article is a paid advertisement sponsored by the Friends of Sangamon Valley.*



## Group run trail schedule posted through October

The SRRC Members Group Facebook page is the place where members coordinate group runs which are not a part of a scheduled training program like Abe's Army. Between Halfwits and FrostToes each year, there is a rotational schedule which visits all the biking/running trails in and around Springfield. The schedule is listed below.

The schedule can be found on the Facebook group at:

[www.facebook.com/groups/SRRC.net](http://www.facebook.com/groups/SRRC.net)

or there is also a link on the SRRC website for those members who are not on Facebook:

[www.srrc.net/group-runs](http://www.srrc.net/group-runs)

The runs are self-starting at 7:30 a.m. and runners are encouraged to bring their own water unless someone posts on the Facebook group they will be leaving water at certain locations.

As fall marathon training season gets closer, there will be members who will start earlier and meet the

rest of the group back at the starting location at 7:30.

The groups are typically diverse enough that runners of all paces should be able to settle in with other runners at their comfortable pace. If you prefer running solo, there is still safety in numbers—having others nearby on the trail can be very beneficial to your personal safety.

***Come run with us!***

Date	Trail	Starting Location
4/21/2018	Lost Bridge Trail	IDOT
4/28/2018	Interurban Trail	Woodside Road
5/5/2018	Sangamon Valley Trail	Stuart Park
5/12/2018	Interurban Trail	Hazel Dell/West Grand
5/19/2018	Sangamon Valley Trail	Centennial Park
5/26/2018	Lost Bridge Trail	IDOT
6/2/2018	Interurban Trail	Hazel Dell/West Grand
6/9/2018	Sangamon Valley Trail	Stuart Park
6/16/2018	Lost Bridge Trail	IDOT
6/23/2018	Interurban Trail	Woodside Road
6/30/2018	Sangamon Valley Trail	Centennial Park
7/7/2018	Lost Bridge Trail	IDOT
7/14/2018	Interurban Trail	Hazel Dell/West Grand
7/21/2018	Sangamon Valley Trail	Stuart Park
7/28/2018	Lost Bridge Trail	IDOT
8/4/2018	Interurban Trail	Woodside Road
8/11/2018	Sangamon Valley Trail	Centennial Park
8/18/2018	Lost Bridge Trail	IDOT
8/25/2018	Interurban Trail	Hazel Dell/West Grand
9/1/2018	Sangamon Valley Trail	Stuart Park
9/8/2018	Lost Bridge Trail	IDOT
9/15/2018	Interurban Trail	Woodside Road
9/22/2018	Sangamon Valley Trail	Centennial Park
9/29/2018	Lost Bridge Trail	IDOT
10/6/2018	Interurban Trail	Hazel Dell/West Grand
10/13/2018	TBD - FrostToes	

# Abe's Army Registration is OPEN!



Each spring, beginning in May, the Springfield Road Runners Club hosts a 12-week program that trains runners, walkers and race walkers for the Abe's Amble 10K race in August. Registration is now open for recruits and leaders to join the 2018 Abe's Army training program. Register online at [www.srrc.net/abesarmy](http://www.srrc.net/abesarmy) by May 1st to guarantee a t-shirt. Late registration will continue through May with no shirt guaranteed.

The training program begins with an orientation session at Nelson Center on Monday, May 14; orientation for leaders begins at 5:45 p.m. followed by orientation for recruits at 6:45 p.m. At orientation, participants will meet program directors, receive information regarding the program and pick up training packets. Formal training will begin with a sorting run at the Illinois State Fairgrounds on Monday, May 21 to determine training group assignments. Training groups will consist of 15-20 recruits and 2-4 leaders. The program will meet on Monday evenings through August 13 at the fairgrounds and Lincoln Park.

This year's Abe's Army training program will be led by Carrie Ward and Melissa Wiseman. Carrie and Melissa also will direct the Abe's Amble 10K race on August 19. Grab a friend and join Abe's Army today; we want YOU!

Questions? Contact [srrcabesarmy@gmail.com](mailto:srrcabesarmy@gmail.com)





# JOIN **ABE'S** ARMY

12-week program leading up to **Abe's Amble 10K**



Abe's Army is a **12-week program** to get **runners of all abilities** to their best finish at **Abe's Amble 10k** in August. The program starts in mid-May and runs through race day in August.

Register by **May 1** to guarantee an Abe's Army t-shirt. Late registration (no t-shirt) remains open through the training start date (May 21).

## INCLUDED IN THE REGISTRATION FEE

- Abe's Army performance tech shirt
- Training plan and log book
- Entry fee for Abe's Amble 10k
- Smart ID shoe tag
- Access to professional medical advice related to running
- Ice water provided on Monday training runs
- End-of-season catered picnic in the park
- 20% off one entire purchase from Springfield Running Center during the program
- ...and more!



**LEARN MORE AT**  
**[SRRC.NET/ABESARMY](http://SRRC.NET/ABESARMY)**

## The need for speed....Wednesday nights

*The following is an excerpt from the April 11, 2018, "light pole speed work" blog written by Bill Owens*

So, what is "very fast"? It's a different speed for everyone—your own thresholds, your current fitness level, and your current goals. This is a pace quicker than normal paced runs. When running very fast, it should be uncomfortable to talk. Light poles are only 50-100 meters apart so runners are only running "very fast" for 15-20 seconds at a time.

What is "very slow"? This is also different based on each person's needs. I generally tell athletes to slow jog, "SLOG", or walk. If you can, keep from completely stopping, and keep your breathing and heart rate up. Often, the "very slow" is where most of the gain is realized. Lungs expand as you prepare and recover from the mini bursts that you've run. Continuing to move helps prepare the body to start up again more easily.

What do you need to join in for speed work?

1. Show up! The biggest challenge is the step out the door. Once you are there you will be part of a group and it's easy to join in. If you can't make it this time, plan and "show up" the next...
2. Shoes/Apparel - Come dressed properly. Too many clothes cause overheating, while not enough may not allow you to properly warm up before the speed portion of the run begins. Improper warm up leads to injury and prohibits successful workouts. The most important item of clothing is your shoes. Shoes should be worn for no



more than 3-400 miles. They may not look worn out on the tops but by this point the mid-sole has often broken down causing less impact cushioning. New shoes are much cheaper than doctor appointments.

3. A watch - With light pole segments being so varied in length it's hard to compare one time to the next for each interval, however, as we move to more accurate distances it is nice to have a simple chronograph watch to time segments. GPS watches are great for measuring pace and total distance of runs but a simple Timex is good enough to use on most of our speed workouts.

4. Hydration - You may not need Gu's or gels, etc., but it is helpful to bring along fluid for after or during the run. Many people use handheld bottles while others may choose to re-hydrate after their run. Either way, plan to bring along your own. We may occasionally provide a large cooler for you to refill your container, but don't depend on it.

If you missed the light pole workout night, you can try it on your own sometime with the instructions below. It's fun!

For more information, visit the speed web page: [www.srrc.net/speedwork](http://www.srrc.net/speedwork)

### THE LIGHT POLE RUN

The workout is a total of 4 miles in length with a one mile warm-up, two miles of speed, and a one mile cool down. The warm-up starts at the playground shelter and proceeds through Washington Park to MacArthur and Williams Boulevard. The "speed" portion of the run begins there. Runners will complete the two-mile outer loop. At each light pole, runners alternate pace switching between very fast and very slow. After completing the two-mile loop runners will do the cool-down by doing a slow jog back to the shelter.



# Trainer's Corner—Rest for Stronger Running!

*By Joy Guardia, Certified Personal Trainer*

We now live in a society that pushes athletes and fitness enthusiasts to train hard all year long. Youth sports have competitions during the off-season, so there really is no off-season, and we can find a road race just about any month of the year.

There are different motivations behind this kind of excessive overtraining. It might be driven by fear of losing fitness level, wanting the training high to continue, or simply because not running for two weeks seems unimaginable.

Whatever the reason for not scheduling time off into training, I would like to encourage anyone who struggles with this that time off may lead you to greater performances and fresh training in the long run.

The benefits of longer rest periods (more than a week off after a hard training season) should convince any runner that it is worth it. Below are just a few:

- Repair of soft tissues – many soft tissue injuries can be avoided when rest is scheduled into a training program.
- Repair of bones - stress reactions occur in many runners due to the repetitive nature of the sport. Stress reactions are micro fractures in the bone that don't show up on x-ray and may not produce any symptoms.
- Prevents burnout – if anyone has experienced burnout, they will heed this advice and schedule time off after every major race! Burnout is when the body has stopped benefiting from the principle of overload and begins to break down. Longer periods of rest are the only remedy to recover from burnout.



Some may experience their running has gone stale right before burnout sets in.

- Psychological rest – as addicted as some may be to running, resting the mind from running is necessary. Letting go of the desire to run for just a week or two will help any runner come back with a fresh new love for the sport.
- Prepares the body for the next training cycle – it is important to schedule out training into segments and then plan longer rest periods between those training cycles. If the plan is to train for a spring marathon and then do several shorter races over the summer, schedule a few weeks of rest after the marathon so that the body can heal up for the higher intensity training required for 5ks and 10ks. No matter how good your fitness level is, it will only decline if you continue to train hard without this scheduled longer rest period.

How much time off depends on the distance and intensity of the goal race for your training season. After running a hard marathon, it can be as much as 26 days off—using the days per mile formula (take a day off for each mile raced).

For someone who could not imagine taking that much time off after a race, take 1-2 weeks off and start back up with cross training and very light, low mileage running.

Taking time off of running may be very difficult for some, especially if training has been good and the last race was a PR. Sometimes runners experience the blues a bit after big races, and continuing to train helps to keep them feeling more positive. However, it may be the worst thing you could do for your future training. When you come back to training, ease into it and enjoy every mile. You will be so glad you took the time off!

## SRRC Scholarship Application Available—Class of 2018

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

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

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

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

## Class of 2018



## Scholarship

The Class of 2017 SRRC Scholarship recipients were: Jackie Eck (Lutheran High School), Layne Hill (Athens High School), and Claudia Magnusson (Pana High School).



**Running Shoes  
Apparel  
Accessories**



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

2943 West White Oaks Dr  
Springfield, IL 62704

217.787.4400

***"Everything You Need To Run & Look Your Best"***



# SRRC Race Calendar 2018

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: 04/07/2018  
Location: Downtown, Springfield, IL

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

\* denotes SRRC Points Series event

# denotes Triple Crown series run



# 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
- ◆ Eligibility for point and participation awards
- ◆ FootTrails 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
- ◆ Free member-based 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](http://www.srrc.net)

Springfield Road Runners Club Facebook page: [www.facebook.com/srrc.net](http://www.facebook.com/srrc.net)

SRRC Members Group Page: [www.facebook.com/groups/srrc.net](http://www.facebook.com/groups/srrc.net)

Abe's Army: [www.srrc.net/abesarmy](http://www.srrc.net/abesarmy)

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

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

Triple Crown Challenge: [www.srrc.net/tcc](http://www.srrc.net/tcc)

Speedwork Website: [www.srrc.net/speedwork](http://www.srrc.net/speedwork)

Most of these pages have Facebook pages you can follow as well. Links are on the SRRC web pages.





# Points & Participation Series

## Participation Points Awards

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

[www.srrc.net/points-participation-results](http://www.srrc.net/points-participation-results)

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

## Race Distance Points:

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

## Participation Awards Tier System:

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

## SRRC Points Series

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

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

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

## Tie Breaker Procedure

(subject to change)

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

## SRRC Points Races

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

Age groups will be as follows:

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

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

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

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

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

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races
Women's Overall							
Patricia Schaefer	10					10	10
Alanna Yingling	9					9	9
Emily Mueller	8					8	8
Melissa Schaefer	7					7	7
Holly Dahlquist	6					6	6
Jennifer Rhoades	5					5	5
Pamela Hart	4					4	4
Kayla Albrecht	3					3	3
Janet Powell	2					2	2
Kelly Hubbard	1					1	1
Women's Masters							
Holly Dahlquist	10					10	10
Jennifer Rhoades	9					9	9
Janet Powell	8					8	8
Cheryl Biesiada	7					7	7
Kelly Biggs	6					6	6
Arlene Hall	5					5	5
Lynn Kerber	4					4	4
Tammy Bumgarner	3					3	3
Jean Broaddus	2					2	2
Nancy Ferguson	1					1	1
W 14 and Under							
W 15 - 19							
Sierra Buske	10					10	10
W 20 - 24							
Kayla Albrecht	10					10	10
W 25 - 29							
Emily Mueller	10					10	10
Jamie Fitzpatrick	9					9	9



	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races
W 30 - 34							
Alanna Yingling	10					10	10
Melissa Schaefer	9					9	9
Randi Lucas	8					8	8
Carrie Walbert	7					7	7
Kathleen Knolhoff	6					6	6
Jill Reich	5					5	5
Shawn Gibbs	4					4	4
Jennifer Herman	3					3	3
Melissa Mullinax	2					2	2
W 35 - 39							
Patricia Schaefer	10					10	10
Pamela Hart	9					9	9
Kelly Hubbard	8					8	8
Amber Chasco	7					7	7
Jennifer Krause	6					6	6
Torrie Buchanan	5					5	5
Megan Styles	4					4	4
M. Katie Buskirk	3					3	3
Heather Dunn	2					2	2
Lindsey Lister	1					1	1

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races
W 40 - 44							
Jennifer Rhoades	10					10	10
Kelly Biggs	9					9	9
Tammy Bumgarner	8					8	8
Melissa Wiseman	7					7	7
Sasha Cadigan	6					6	6
Angela Liles	5					5	5
Kristina Mucinskas	4					4	4
Christine Feller	3					3	3
Tori Taylor	2					2	2
Monica Tabag	1					1	1
W 45 - 49							
Holly Dahlquist	10					10	10
Jean Broaddus	9					9	9
Cynthia Rieke	8					8	8
Marybeth Young	7					7	7
Jan Andrews	6					6	6
Bobbie Jo Hill	5					5	5
Jana Brennan	4					4	4
Meredith Caudill	3					3	3
Tracy Price	2					2	2
Cathy Gochenour	1					1	1
W 50 - 54							
Nancy Ferguson	10					10	10
Lisa Young	9					9	9
Brenda Hillen	8					8	8
Kim Owens	7					7	7
Jayne Antonacci	6					6	6
Dawn Rothermel	5					5	5
Lynne Morris	4					4	4
Shirley Webb	3					3	3
Patty Petersen	2					2	2
Brenda Humbert	1					1	1



	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races
W 55 - 59							
Janet Powell	10					10	10
Cheryl Biesiada	9					9	9
Arlene Hall	8					8	8
Lynn Kerber	7					7	7
Diana Nevitt	6					6	6
Mary Kay Lackman	5					5	5
Marilyn Kirchgesner	4					4	4
Sandra Elliott	3					3	3
Julie Boots	2					2	2
Linda Castor	1					1	1
W 60 - 64							
Donna Brayfield	10					10	10
Kim Curtis	9					9	9
Machele Keen	8					8	8
Barbara Manson	7					7	7
Diane Muncy	6					6	6
Kathleen Jensen	5					5	5
Kim Wonnell	4					4	4
Nina Rossini	3					3	3
Lesa Schaive	2					2	2
W 65 - 69							
Joyce Hubbard	10					10	10
Alice Staats	9					9	9
Mary Harney	8					8	8
Vivian Jones	7					7	7
Kristine Holtman	6					6	6
W 70+							
Judy Gunn	10					10	10
Marilyn Kushak	9					9	9
Nancy Neuberger	8					8	8

	Lincoln Presidential Half Marathon	Women's Distance Festival	Parade Run 2 Mile	Abe's Amble 10K	Frostbite Festival 10 Mile	Total Points	Best 3 Races
Men's Overall							
Tyler Pence	10					10	10
Henry Janssen	9					9	9
Andy Martin	8					8	8
David Ealey	7					7	7
Kevin Hingle	6					6	6
Blake Scranton	5					5	5
Fess Teklehaimanot	4					4	4
Bill Owens	3					3	3
Evan Hartzold	2					2	2
Corey Colson	1					1	1
Men's Masters							
Andy Martin	10					10	10
David Ealey	9					9	9
Kevin Hingle	8					8	8
Blake Scranton	7					7	7
Fess Teklehaimanot	6					6	6
Bill Owens	5					5	5
Brian McCloskey	4					4	4
Lance Cull	3					3	3
Bob Thompson	2					2	2
John Alsup	1					1	1
M 14 and Under							
M 15 - 19							
Tyler Buske	10					10	10
M 20 - 24							
Tyler Pence	10					10	10
Evan Hartzold	9					9	9
Andrew Gochenour	8					8	8



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

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

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



	Lincoln Presidential Half Marathon	LPHM - SRRC Bonus Points	LPHM - Volunteer Bonus Points	Participation Points Total	Participation Award Tier
NAME	20	5	5	359	3
Kayla Albrecht	20	5	0	25	
Daniel Alderson	20	5	0	25	
James Alexander	20	5	0	25	
John Alsup	20	5	0	25	
Jan Andrews	20	5	5	30	
Jeff Andrews	20	5	0	25	
Jayne Antonacci	20	5	5	30	
Denise Beauman	20	5	0	25	
Rachel Benedict	20	5	0	25	
Cheryl Biesiada	20	5	5	30	
Kelly Biggs	20	5	0	25	
Julie Boots	20	5	5	30	
Donna Brayfield	20	5	5	30	
Jana Brennan	20	5	0	25	
David Bretz	20	5	0	25	
Julie Brightwell	20	5	0	25	
Jean Broaddus	20	5	0	25	
Michelle Brown	0	0	5	5	
Torrie Buchanan	20	5	0	25	
Chris Buchanan	20	5	0	25	
Tammy Bumgarner	20	5	5	30	
Shane Bumgarner	20	5	0	25	
Nancy Burklow	0	0	5	5	
Aric Burklow	0	0	5	5	
Mindy Buske	20	5	0	25	
Larry Buske	20	5	0	25	
Tyler Buske	20	5	0	25	
Sierra Buske	20	5	0	25	
M. Katie Buskirk	20	5	0	25	
Sasha Cadigan	20	5	0	25	
Linda Castor	20	5	0	25	
Meredith Caudill	20	5	5	30	
Jeff Chandler	20	5	0	25	
Amber Chasco	20	5	0	25	
Susan Collins	20	5	0	25	
Corey Colson	20	5	0	25	

	Lincoln Presidential Half Marathon	LPHM - SRRC Bonus Points	LPHM - Volunteer Bonus Points	Participation Points Total	Participation Award Tier
NAME	20	5	5	359	3
Brad Cox	20	5	0	25	
Robert Cramer	0	0	5	5	
Lance Cull	20	5	5	30	
Kim Curtis	20	5	5	30	
Holly Dahlquist	20	5	5	30	
James Dahlquist	0	0	5	5	
Caroline Dahlquist	0	0	5	5	
Lori Dale	0	0	5	5	
Tommy Dale	20	5	5	30	
Tadd Davis	20	5	5	30	
Jennie Davis	20	5	0	25	
David Drennan	0	0	5	5	
Matthew Duff	20	5	5	30	
Heather Dunn	20	5	5	30	
Ryan Dunn	20	5	0	25	
David Ealey	20	5	0	25	
Abby Easley	0	0	5	5	
Sandra Elliott	20	5	0	25	
Jeff Emrick	20	5	0	25	
Curt Evoy	20	5	0	25	
Jim Faloon	20	5	0	25	
Christine Feller	20	5	0	25	
Nancy Ferguson	20	5	5	30	
Jamie Fitzpatrick	20	5	5	30	
Nick Fogleman	0	0	5	5	
Amanda Fogleman	0	0	5	5	
Sam Fox	20	5	0	25	
Doug Galayda	20	5	0	25	
Shawn Gibbs	20	5	0	25	
Cathy Gochenour	20	5	0	25	
Andrew Gochenour	20	5	0	25	
Chelsea Griffin	0	0	5	5	
Andrew Guardia	20	5	0	25	
Judy Gunn	20	5	5	30	
Arlene Hall	20	5	0	25	
Dave Hall	20	5	0	25	

	Lincoln Presidential Half Marathon	LPHM - SRRC Bonus Points	LPHM - Volunteer Bonus Points	Participation Points Total	Participation Award Tier
NAME	20	5	5	359	3
Mary Harney	20	5	0	25	
Pamela Hart	20	5	5	30	
Evan Hartzold	20	5	0	25	
John Hauer	20	5	5	30	
Jennifer Herman	20	5	0	25	
Rick Hernandez	20	5	5	30	
Bobbie Jo Hill	20	5	0	25	
Brenda Hillen	20	5	0	25	
Kevin Hingle	20	5	0	25	
Aaron Holmes	20	5	0	25	
Kristine Holtman	20	5	5	30	
Kelly Hubbard	20	5	0	25	
Joyce Hubbard	20	5	0	25	
Shannon Hughes	20	5	0	25	
Brenda Humbert	20	5	0	25	
Henry Janssen	20	5	5	30	
Kathleen Jensen	20	5	0	25	
Wes Johnson	20	5	0	25	
Amanda Johnson	0	0	5	5	
Vivian Jones	20	5	5	30	
Machele Keen	20	5	5	30	
Lynn Kerber	20	5	5	30	
Brian Kerber	20	5	5	30	
Marilyn Kirchgesner	20	5	5	30	
Kathleen Knolhoff	20	5	5	30	
George Kokkat	20	5	0	25	
Jennifer Krause	20	5	0	25	
James Kuhn	20	5	0	25	
Marilyn Kushak	20	5	5	30	
Mary Kay Lackman	20	5	0	25	
Mollie Langley	20	5	5	30	
John Langley	20	5	0	25	
Rick Larson	20	5	0	25	
Brian Lee	20	5	0	25	
Angela Liles	20	5	0	25	



	Lincoln Presidential Half Marathon	LPHM - SRRC Bonus Points	LPHM - Volunteer Bonus Points	Participation Points Total	Participation Award Tier
NAME	20	5	5	359	3
Lindsey Lister	20	5	0	25	
Travis Lobmaster	20	5	0	25	
Dan Loyd	0	0	5	5	
Randi Lucas	20	5	5	30	
Barbara Manson	20	5	0	25	
Andy Martin	20	5	0	25	
Casey Mayfield	0	0	5	5	
Tim McCaughey	20	5	0	25	
Brian McCloskey	20	5	0	25	
Jeffery Meyerhoff	20	5	5	30	
Frank Midiri	20	5	0	25	
Lynne Morris	20	5	0	25	
Dustin Morrison	0	0	5	5	
Kristina Mucinskas	20	5	5	30	
Emily Mueller	20	5	5	30	
Chris Mueller	0	0	5	5	
Melissa Mullinax	20	5	0	25	
Diane Muncy	20	5	0	25	
Scott Nation	20	5	0	25	
Nancy Neuberger	20	5	0	25	
Diana Nevitt	20	5	5	30	
William O'Sullivan	20	5	0	25	
Kim Owens	20	5	0	25	
Bill Owens	20	5	5	30	
Stephen Paca	20	5	5	30	
Tyler Pence	20	5	0	25	
Patty Petersen	20	5	5	30	
Michele Pitts	20	5	5	30	
Kevin Poehls	20	5	0	25	
Janet Powell	20	5	5	30	
Patrick Price	20	5	0	25	
Tracy Price	20	5	0	25	
Brian Reardon	20	5	0	25	
Jill Reich	20	5	0	25	
Scott Reimers	20	5	0	25	
Jennifer Rhoades	20	5	0	25	

	Lincoln Presidential Half Marathon	LPHM - SRRC Bonus Points	LPHM - Volunteer Bonus Points	Participation Points Total	Participation Award Tier
NAME	20	5	5	359	3
Rai Richardson	20	5	0	25	
Len Rideout	20	5	0	25	
Randy Rieke	20	5	5	30	
Cynthia Rieke	20	5	0	25	
Nyle Robinson	20	5	0	25	
Nina Rossini	20	5	0	25	
Dawn Rothermel	20	5	0	25	
Eric Sagong	20	5	0	25	
Sonthonax SaintGermain	20	5	0	25	
Patricia Schaefer	20	5	5	30	
Melissa Schaefer	20	5	0	25	
James Schafer	20	5	0	25	
Lesia Schaive	20	5	0	25	
Blake Scranton	20	5	5	30	
Bill Shelley	20	5	0	25	
Bradley Smith	20	5	0	25	
Alice Staats	20	5	0	25	
Keith Staats	20	5	0	25	
John Stearns	20	5	5	30	
Dawn Stearns	20	5	5	30	
Megan Styles	20	5	0	25	
Christianna Sullivan	0	0	5	5	
Madalynn Sullivan	0	0	5	5	
Monica Tabag	20	5	0	25	
Tori Taylor	20	5	0	25	
Fess Teklehaimanot	20	5	5	30	
Bob Thompson	20	5	0	25	
Michael Torchia	20	5	0	25	
Paul Turner	20	5	0	25	
Carrie Walbert	20	5	0	25	
Carrie Ward	20	5	0	25	
Shirley Webb	20	5	0	25	
William Wilson	20	5	0	25	
Melissa Wiseman	20	5	5	30	
Linda Wong	0	0	5	5	
Kim Wonnell	20	5	5	30	

	Lincoln Presidential Half Marathon	LPHM - SRRC Bonus Points	LPHM - Volunteer Bonus Points	Participation Points Total	Participation Award Tier
NAME	20	5	5	359	3
Paul Wonnell	20	5	0	25	
Sam Woods II	20	5	5	30	
LeAnne Woody	0	0	5	5	
Alanna Yingling	20	5	0	25	
Marybeth Young	20	5	0	25	
Mark Young	20	5	0	25	
Lisa Young	20	5	0	25	





**SPRINGFIELD ROAD RUNNERS CLUB**

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