



# FOOTTRAILS

SPRINGFIELD ROAD RUNNERS CLUB

WINTER 2019

## UPCOMING DATES:

- 4/6—Lincoln Presidential Half Marathon
- 4/13—Junaia P. Carter 5K
- 5/4—Lake Run (Bloomington)

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## The Year in Review and Looking Ahead

Club members gathered for a night of celebration on January 26, 2019, at Panther Creek Country Club. Those who attended noticed the format was a little different this year as there was no guest speaker. A survey was taken following last year's banquet where members overwhelmingly asked

for more time to socialize. There were still many members who reported they enjoy the guest speaker, so we will do that again. It just won't be every year.

In addition to socializing, the SRRC introduced the changes for the board of directors and other club leadership, upcoming changes to the Abe's Army program (hint: it



*Club members celebrating at Panther Creek Country Club*

includes a 5K!) and presented a lot of well-earned awards for member accomplishments in 2018, including the induction of a new hall of fame member. Details on the awards and changes coming this year are all inside this issue of FootTrails.

Here's to you, club members, and to a great 2019!

## Frostbite Festival Closes Out the 2018 Races

*By Amanda Fogleman*

The weather is always the top subject with the last SRRC race of the year. This year was pretty true to December being cloudy, drizzly at times, very windy and the temperature hovering around 40 degrees. All around though, people seemed pretty excited to run despite the challenging wind conditions. The shirts got a little logo upgrade with the addition of some racing stripes. Also new was the addition of a screen in Fit Club that was streaming race results. A big "Thank You!" to It's Race Time for hooking us up with this cool upgrade. Also, a huge shout out to all the people who volunteer for the race especially those who stand outside on race day. The race wouldn't happen without you showing up and braving the elements to make sure the participants are safe and well-hydrated.



*(Continued on page 13)*

## 2019 SRRC Board

### **President**

**Carrie Ward**

cward1818@gmail.com

### **Past President**

**Nick Fogleman**

sn95nik@gmail.com

### **Vice President**

**Tammy Bumgarner**

tebumgarner@gmail.com

### **Secretary**

**Kristina Mucinkas**

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### **Treasurer**

**Kathleen Knolhoff**

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### **Special Programs Director**

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### **Equipment Coordinator**

**John Stearns**

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### **Membership Director**

**Matt Minder**

SRRCMembership@gmail.com

### **Volunteer Liaison**

**Rick Larson**

rgl1963@gmail.com

### **Technical Director**

**Emily Mueller**

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### **Board Members at Large**

*Wes Johnson & Joy Guardia*

### **Newsletter Editor**

*Tammy Bumgarner*

### **Newsletter Contributors**

*Joy Guardia & Bryan Glass*

## 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 ICASA Offices, located at 100 N 16th St, Springfield, IL (subject to change).

### Advertising

Foottrails is published on a quarterly schedule, subject to change. Advertising rates are as follows:

\$100	Half page (back cover/color)
\$60	Full page (B&W)
\$40	Half page (B&W)
\$20	Quarter page (B&W)
\$15	Business card (B&W)

## 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

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

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

Work on your speed at the summer track sessions led by Bill Owens

Dates: April—September

Wednesday evenings, 6:00 at Washington Park or SHG Track

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

### **ABES ARMY**

Popular 12-week summer training program for the Abe's Amble 5K and 10K race in August.

Cost: TBD

Dates: May—August

Leaders: Randi Lucas, Meredith Caudill, and Heather Dunn

[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). Contributions are subject to SRRC Board final approval.

## President's Message:



Hi there! I am so pleased to have been elected President of the Springfield Road Runners Club and look forward to the opportunity to lead this wonderful group. Special thanks to Past President, Nick Fogelman for his leadership over the last two years and to outgoing board members Bryan Glass, Lance Cull, Dave Drennan and Dustin Morrison for their years of

service on the board. Welcome to our new board members, race directors and training program directors; thank you for volunteering your time to support the club.

I became acquainted with the Springfield Road Runners Club in 2009 when a friend recommended I join a summer training program called Abe's Army. I wasn't familiar with the program, but it sounded like fun, so I recruited a few co-workers to join me and we signed up to walk with the Army. I attended the weekly training session and walked the Abe's Amble 10K race, finishing in a virtual tie for last place. Having never entered a race in my adult life, I'm not sure I recognized my participation as competing with anyone else; I just hoped to start, finish and try to keep moving forward in between.

The next summer, I joined Abe's Army again—this time as a run/walker. Fast forward almost 10 years, and I have yet to experience an Abe's Army-free summer. I've been a 6-time recruit, a 4-time training group leader and, in 2018, an Abe's Army co-director. I improved my finish time and, in 2015 & 2016, managed to finish the race in under an hour. I've co-directed the Abe's Amble 10K race from 2017 to present.

I completed the Triple Crown Challenge in 2011 and co-directed the Triple Crown Challenge program in 2013-2014. I joined the SRRC board in 2016 as member-at-large and served as Vice President in 2017-2018.

Early in my tenure as an SRRC member, I recall attending the awards banquet at which John "The Penguin" Bingham was a guest speaker. I remember him talking about "back of the pack" runners and emphasizing the importance of recognizing all participants for their efforts as well as their achievements. I count that event as providing one of the many moments of inspiration I have experienced as an SRRC member. I am thankful for the encouraging words of my former Abe's Army group leaders and the support of the many friends I have met through my participation in this club.

If I have had the opportunity to run or walk with you, cheer for you or volunteer with you, I am better for the experience. If you have cheered for me or encouraged me as a runner, advised me and/or placed your faith in me as a training program director, race director or board member, please know I appreciate it. If you've convinced me to run 24 half marathons and 6 full marathons (like my best pal & running buddy, Melissa Wiseman), thank you for believing doing so was in the realm of possibility.

I am fascinated by the talent, dedication, spirit and spunk within our club. We have ultramarathoners, triathletes, runners, race walkers and walkers. We have members with breathtaking speed and hard-core endurance. We have members who crave competition and constantly battle for a personal record and members who run, walk and race walk for social or recreational purposes.

2019 will include a great combination of the familiar and the new and improved. We will celebrate the 55th anniversary of the Abraham Lincoln Presidential Half Marathon, see the Abe's Amble 10K race expand to include a 5K distance and welcome new race/training program directors and board members.

Whether you are a brand new or returning member, thank you for choosing to be a part of the Springfield Road Runners Club. Let's do this!

~Carrie Ward





## Past President's Message



I got started with the SRRC in the Abe's Army program way back in 2006. Since then, I've been an Abe's Army Leader, a Board Member, a FrostToes lead-

er, and for the last two years, I've had the honor of serving as the board president.

Throughout all of this, I've continued to be awestruck and inspired by the support and

friendship of the Springfield running Community. I count each and every one of my fellow runners as friends, and I've enjoyed my time leading this wonderful club.

But now, it is time for me to pass on the reigns. As of the date of the Annual Banquet, Carrie Ward has taken over as the new Board President. You've all seen her leadership in action as the race director for Abe's Amble and the coordinator of Abe's Army. I'm positive the club will be in good hands, and I look forward to seeing what great things Carrie has planned!

As for me, I'll still be serving on the Board as Past President. You can still find me at the weekends runs, Half-wits, and Abe's Army when I can make it. I'll still be co-leading FrostToes. I know some of you might have been excited to be rid of me, but I'll still be around.

Thank you all for the opportunity to serve as your President.

I'll see you out on the road!

-Nick Fogleman

## New Board of Directors for 2019



Introducing your newly elected Board of Directors (left to right): Rick Larson (Volunteer Liaison), Joy Guardia (Member at Large), Randi Lucas (Special Programs Director), Tammy Bumgarner (Vice President/Communications Director), Kathleen Knolhoff (Treasurer), Wes Johnson (Member at Large), Nick Fogleman (Past President), Carrie Ward (President), Kristina Mucinskas (Secretary), Matt Minder (Membership Coordinator) and John Stearns (Equipment Coordinator). Not pictured is Emily Mueller (Technical Director).

The Board of Directors greatly appreciates all the members who stepped up to fill vacancies this year. As we welcome new leadership, we say thank you to those stepping off the Board after many years of service: David Drennan, Lance Cull, Bryan Glass and Dustin Morrison. It's not good-bye—we don't let you go that easily! Many of the former board members continue to be involved in club leadership in one form or another. We appreciate all volunteers in all the roles they play! Since this club is operated completely on volunteer power, we could not do it without you! If you'd like to take a more active role, please contact the Board of Directors at [srrcweb@gmail.com](mailto:srrcweb@gmail.com), or speak to any board member.

# What??! A 5K training program and race?!

For the first time in its history, Springfield Road Runners Club is mixing it up with a 5K! Not only will the club be hosting a beginner runner 5K training program, the Abe's Amble race at the end of the fair in August will now have a 5K option. We are so excited to see how this unfolds, but I think we are most excited about bringing the sport we love to new runners.

The 5K training group will primarily focus on beginners taking their first "steps". If you have a friend or family member who has thought about running, but the idea of Abe's Army and a 10K was too daunting, this is a perfect chance to share the JOY of running with them. The group will be no pressure to run a lot or run fast. There will be several options to fit any fitness level.

The Board of Directors and Abe's Amble Race Directors are working out the details of the 5K race that will now be offered along with the 10K race on the last Sunday of the Illinois State Fair.

We anticipate this may grow this event quite a bit, which will lead to needing lots of volunteers to help with the additional runners it will bring. Please be thinking

about how you, family and friends can help out. Thank you to everyone who volunteers their time to club races, events and leadership. We certainly could not do it without YOU!

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*Here's a note from Meredith Caudill and Heather Dunn who have graciously volunteered to lead the inaugural year of Abe's Army 5K:*

It's not too late to honor those well intentioned resolutions! Join us and take your fitness level from a NONE to a RUN! The 5K training program is PERFECT for the beginner OR veteran runner who wants to improve his/her 5k performance and finishing time. It's not about your age or ability level, it's all about your goal and getting the support necessary to make that goal a reality! So whether you're wanting to tackle your first 5k, or you've been away from running and are ready to return; we have a structured program to help you out.

**WHEN:** Participants meet once a week on Monday evenings with the



program leaders for a structured work out. Additional opportunities for group runs are offered on Wednesday evenings and Saturday mornings.

**WHERE:** We first start out at the Illinois State Fairgrounds, then as time progresses we will change locations to meet our needs.

**BENEFITS:** 11 week training schedule, experienced leaders, informative guest speakers, accountability, and a great social network to build friends and training buddies. Participants will receive a technical fabric t-shirt, entry into the Abe's Amble 5K for 2019 (and all the benefits of race entry too!), a finisher's medal, plus discounts from local businesses to help keep your new favorite hobby affordable!

## Abe's Army 2018—Looking Back

**By Carrie Ward & Melissa Wiseman**

Abe's Army 2018 kicked off with orientation for leaders and recruits on May 14, 2018. Over 50 volunteer training group leaders and 200+ recruits attended information sessions for an overview of the Abe's Army 10K training program. Abe's Army kicked off with the annual sorting run on May 21 and training group members met their group leaders and fellow recruits. For the next 10 weeks, guided by their volunteer group leaders, Abe's

Army recruits worked diligently to build their strength and capacity to complete the Abe's Amble 10K on August 19.

Abe's Army has welcomed new and ongoing and/or returning runners and walkers summer after summer and has created and solidified numerous friendships within the running community. As veteran Abe's Army participants/group leaders ourselves, it was our pleasure to lead Abe's Army

2018.

Thank you to: the dedicated folks who volunteered their time to lead training groups, our substitute group leaders, Bill Stokes- our dedicated water delivery man, Anne Baker for editing our training log, Jason Royer and the trainers from Springfield Clinic Sports Medicine, Lori Dale & Stacy Reddecliff, Triple Crown Challenge Directors and all who contributed to the success of the Abe's Army training program.

# 2018 Hall of Fame



## Bryan Glass

By Bill Owens

On January 26th, I had the honor of presenting Bryan Glass as the newest member of the Springfield Road Runners Hall of Fame. I was made a member 10 years ago. I met Bryan in 2001 at the Bloomington Lake Run. That day he had won the long course and I had won the short course. His high school coach, a college teammate of mine, introduced us, as Bryan was moving to Springfield. We became fast friends...that were fast. Bryan became an important part of my family and has been a true friend in times of need. I am so proud of Bryan and all of the things that he has earned. I truly believe he deserves this honor.

So what qualifies someone to become part of the hall of fame? Running accomplishments, significant contributions to the SRRC, or significant contributions to the running community? Let's see...

### Running Accomplishments:

- Bryan has at one time or another won nearly every race put on the club for the past 17 years
- Bryan is a two-time Honorable Mention Masters Runner of the Year for Runner's World

- Bryan won the Governor's Cup Marathon and the Deadwood Michelson Trail Marathon

Just looking at recent PRs as a Master (he's only 45):

- 4 Miles—19:45
- 8K—25:29
- 10K—31:45
- 12K—38:26
- Half marathon—1:10

### Club Contributions:

- SRRC Board from 2011-2018
- President 2015-2016
- Volunteer even if it means wearing a jog bra or dressing like a duck

*Community Contributions – and this is what I know he'd say he's most proud of:*

- Teacher at Southeast High School
- Coached at Athens, Rochester, Williamsville helping 100's of young adults develop a love of running and helped bring about tremendous success—10 regional and 3 sectional champions, a 2nd and 3rd place State of Illinois team trophy, 12 top ten team finishes and 20 all-state athletes.
- IESA Advisory Board

Yes, he is certainly qualified!

A lot of people ask Bryan, they ask me and all of us, "why are you so crazy to devote all this time to running?" The cool thing is it keeps us youthful. The premise to one of my favorite movies *Mary Poppins*, and now sequel *Mary Poppins Returns*, is that you have to never lose the ability to dream like a child. If you can do that, anything is possible. Bryan is just childish enough to have dreamed and succeeded greatly—and look at the great things he accomplished. Congratulations, KID! ♦



# 2018 Special Awards & Participation Winners



Above: Melissa Wiseman, Volunteer of the Year; Frank Midiri, Most Improved Male; Meredith Caudill, Most Improved Female.



## PARTICIPATION SERIES AWARDS

Points are calculated throughout the year for participating in and volunteering for the club's entire calendar (19 races) in 2018.

**GOLD 180+ Points** (right side middle photo): Mollie Langley, Jan Andrews, Melissa Wiseman, Blake Scranton, and Michelle Pitts.

**SILVER 140-179 Points** (right side, bottom photo): Nancy Ferguson, Tadd Davis, Heather Dunn, Matthew Duff, Carrie Ward, Sam Woods. Not pictured: Tori Taylor.

**BRONZE 100-139 Points** (left side, bottom photo): Back row—Fess Teklehaimanot, Patty Petersen, Scott Leopold, Randi Lucas, Doug Galayda, Wes Johnson, John Hauer, Tommy Dale, Henry Janssen, John Langley, Kathleen Jensen, Rick Larson, Denise Beauman. Middle row—Lesha Shaive, Diane Muncy, Kim Owens, Andy Martin, Kelly Biggs, Sasha Cadigan, Meredith Caudill. Front row—John Stearns, Dawn Stearns, Jill Reich, Stephen Paca, Kristina Mucinskas, Paul Turner. Not pictured: Kim Curtis, Jim Faloon, Ma-chele Keen, Roseanne Nance, Nina Rossini, Jennifer Ryterski and Randy Rieke.



# SRRC Points Winners 2018



Henry Janssen, Overall



Andy Martin, Masters



Wes Johnson, M 30-34



James Kuhn, M 35-39



Tadd Davis, M 40-45



Stephen Paca, M 45-49



Blake Scranton, M 50-54



Fess Teklehaimanot, M 55-59



Sam Woods, M 65-69



James Alexander, M 70+

The 2018 SRRC Points Winners were awarded with a fleece jacket embroidered with the club logo. Not only do these club members have to run a lot of races as fast as they can, they all volunteered for two or more club races.

## **Not pictured:**

Patty Schaefer (Overall), Christian Liles (M, 14 and under), Chelsea Griffin (F, 25-29), Holly Dahlquist (F, 45-49), Doug Galayda, (M 60-65).





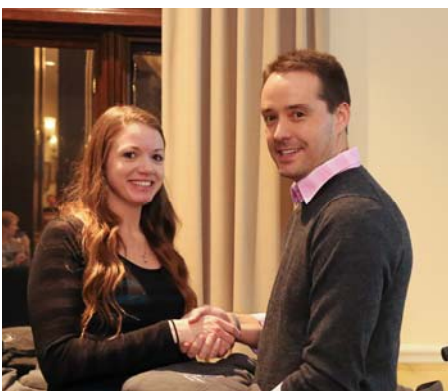
Tammy Bumgarner, Masters



Sarah Rieke, F 14 and under



Laura Hauer, F 15-19



Randi Lucas, F 30-34



Kelly Hubbard, F 35-39



Sasha Cadigan, F 40-44



Nancy Ferguson, F 50-54



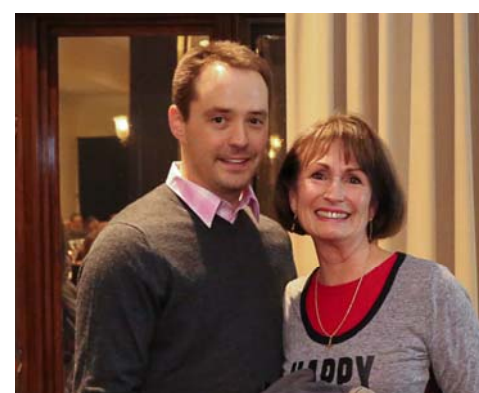
Cheryl Biesiada, F 55-59



Donna Brayfield, F 60-64



Joyce Hubbard, F 65-69



Marilyn Kushak, F 70+

## Most Improved Runner Spotlight—Meredith Caudill

By Tammy Bumgarner

Meredith began running—*really* running—back in 2013. Peoria has a training program similar to Abe’s Army for the Steamboat 4 miler, and she signed up with her son and daughter. She kept on running and says her former high school coach (shot put and discus) gets tickled every time he sees she signed up for another race. She got put in for a few running events in track when they were short on team members, but claims she was a “hot mess” when it came to running and even lost a shoe during a race.

Fast forward to November 2016, when Meredith moved to Springfield from Pekin. It was very difficult to leave her close group of friends she made since starting running. So when she moved, she thought the local running club would be a great way to meet new people and keep her accountable.

The club may have needed Meredith just as much as she needed the club. She’s already jumped in to volunteer at many races, as a Halfwits helper, an Abe’s Army group leader in 2018, and an Abe’s Army 5K coordinator in 2019. While we love a good volunteer, it has been Meredith’s great sense of humor and desire to be a cheerleader for others that has endeared her to many other runners in such a short amount of time.

Fast forward again to 2018, and Meredith made some great improvements in her running. When asked what the key difference was last year, she attributes it to a friend luring her into registering for a marathon with a great registra-

tion discount. She figured she would have nearly a year to process what she had just done. While the extra training miles getting ready for the marathon surely played a large role, Meredith attributes her greatest successes to working with a trainer and attending the Wednesday night speed work sessions with Bill Owens.

Meredith rocked that marathon, but surprisingly it was lower down on the list about what was special for her in 2018. She shared that she is a St. Jude runner and those races mean the most for her. Since 2016, Meredith has done the East Peoria St. Jude Relay, and in 2019 plans to do the Memphis to Peoria relay. “St. Jude does such amazing work in both research and in the services they provide to the children and families.”

Whether or not she is “one and done” when it comes to the marathon distance, Meredith doesn’t feel like she needs to do it again since there’s so much time that needs to be committed to when training for a marathon. She says while her husband Chuck is her greatest cheerleader, “he doesn’t make a great running widow. Life is too short to not spend it with



***Meredith finishing her first (and maybe only) full marathon, the Whiskeydaddle, in Peoria.***

my best friend.” She’s happy to report Chuck has signed up to volunteer for some races—which may or may not be part of an evil plan...

“I am so humbled to be recognized for my efforts. We moved down here as empty nesters and the friends I have made through running are so much more—they are family!”

We feel the same, Meredith and glad you decided to join the family! ♦



## Most Improved Runner Spotlight—Frank Midiri

By Tammy Bumgarner

Frank was taken by surprise when his name was called out at the annual banquet for Most Improved Male Runner of 2018. He did not consider he could have been nominated, and he didn't really want to walk in front of everyone at the banquet to get the award. Frank admits it is "most definitely humbling to know that other people recognize all the hard work and improvement that was accomplished last year." I think this scene describes Frank perfectly. He's fairly quiet, unassuming and humble, but don't let that fool you—he is a fierce competitor.

Frank never really considered himself a runner for the first 36 years of his life, even though he played baseball and football. It all began with signing up for a Spartan Race—so he needed to train for it. He started running regularly in October 2016 (the race was the following year), and jumped straight to doing the Frostbite 10 miler in December of that year.

"After not being able to move for a few days after the Frostbite, I decided to sign-up for the Lincoln Half and ended up running five Spartans, a Warrior Dash, and four additional road races in 2017. Then 2018 brought eight more Spartan Races, five road races, and a trail race."

Did I mention he was a fierce competitor? This is the reason fellow club members took notice of Frank in 2018. Even though he joined the SRRC in 2017, he continued training on his own. In 2018, he decided to start running with the Halfwits and doing speed work on Wednesdays.



He realized the encouragement and advice of other members was just what he needed—including the push from other competitors. "I really enjoy the Wednesday speed work. I have found it difficult to duplicate those conditions while running by myself. Having runners of similar pace running and pushing each other truly helps." Those who run with Frank agree about the push, and it goes both ways. Fellow club member James Kuhn says, "Every time I run with Frank, I run faster".

In addition to running, Frank contributes a lot of his running success to consistency and cross training. He makes sure he not only hits the running workouts of speed and hills, he also makes sure he provides time for weights and yoga.

Frank's highlights of 2018 included personal records (PRs) in the Lincoln Presidential Half Marathon (1:51), Abe's Amble 10K (49:35), the Springfield Half Marathon (1:50), and the Frostbite Festival 10 miler (1:20). The year also in-

cluded a favorite moment—during the final mile of grueling Spartan Race (2,000 ft. in elevation gain over 8 miles), he calculated out he needed to complete the mile in less than 15 minutes to run the kid's Spartan race with his 6-year old son, Carter. Of course, he made it in time.

The key moment which changed everything about running was signing up for the first Spartan Race, but he gives a lot of credit to a supportive spouse who allows him to go on this crazy journey. All of us married to supportive spouses who do not run can agree with those sentiments.

"My wife Renee deserves some major kudos for allowing me to train and race as often as I have. Because of her, I get to run, climb, and carry heavy objects through all sorts of terrain while disguising it as part of a vacation!"

Keep on keeping on, Frank! We can't wait to see what 2019 has in store for you! ♦



# Frostbite Festival 2018 Member Results

## 10 Mile Results

Henry Janssen	59:41.0	Shelley McIntyre	1:34:04.4	Carrie Ward	2:05:08.0
Noah McIntyre	1:00:41.7	Hannah Nation	1:34:31.0	Lesa Schaive	2:07:01.9
Jay Weber	1:05:11.3	Doug Galayda	1:34:34.5	Lindsey Lister	2:10:36.3
Lydia Hocker	1:05:26.9	Scott Nation	1:34:34.5	Lori Dale	2:10:38.7
Ryan Nordsiek	1:07:15.2	Megan Fox	1:35:19.0	Heather Schwartz	2:10:56.8
Patricia Schaefer	1:09:16.8	Tadd Davis	1:35:48.3	James Alexander	2:12:09.6
Michael Witsman	1:10:24.5	Matthew Duff	1:36:10.8	Tori Taylor	2:14:42.8
Chris Swisegood	1:10:34.4	Michael Torchia	1:37:32.3	Roseanne Nance	2:18:55.4
Blake Scranton	1:12:09.9	Ashleigh Koerner	1:37:35.2	Julie Brightwell	2:18:59.4
Keith Virden	1:12:59.2	Donna Brayfield	1:39:05.0	Denise Beauman	2:19:21.0
Newt Sidener	1:14:06.1	Matt Euler	1:40:06.8	John Stearns	2:19:22.1
Jason Nikson	1:15:07.3	Chris Mueller	1:40:20.2	Amber Fleigle	2:19:25.1
Wes Johnson	1:15:35.2	Jan Andrews	1:40:27.3	Sam Woods li	2:20:04.1
Will Hill	1:15:47.4	Michelle Pulce-Flynn	1:40:46.2	Suna Tabag	2:21:16.5
Fess Teklehaimanot	1:16:39.5	Sally Lajoie	1:41:23.8	Mark Young	2:22:32.5
Blake Cowle-Healy	1:17:00.8	Meredith Caudill	1:42:04.5	Nina Rossini	2:22:51.1
Scott Leopold	1:17:25.7	Jill Reich	1:42:18.7	<b>2 Mile Results</b>	
Melissa Schaefer	1:17:57.9	Rai Richardson	1:42:34.2	Cole Boatman	13:06.1
John Alsup	1:19:46.8	Amanda Gleason	1:43:22.3	Tammy Bumgarner	14:59.3
Frank Midiri	1:20:14.1	Adrienne Sweet	1:43:33.8	Pamela Hart	15:25.2
James Schafer	1:23:17.7	Kim Curtis	1:44:35.8	Jared Andrews	16:53.1
Bob Thompson	1:24:00.2	Sandra Elliott	1:44:37.2	Curt Evoy	17:19.9
Stephen Paca	1:24:42.0	Bill Shelley	1:45:12.2	Aaron Minder	17:40.2
Randy Rieke	1:25:46.0	Paul Turner	1:49:53.2	Jamie Fitzpatrick	17:48.8
James Kuhn	1:25:49.5	Melissa Wiseman	1:50:45.8	Kathleen Knolhoff	17:53.8
Emily Mueller	1:25:49.8	Barbara Manson	1:51:11.2	John Langley	17:58.0
Holly Dahlquist	1:26:15.2	Bobbie Jo Hill	1:51:52.2	Marybeth Young	18:22.8
Stacy Reddecliff	1:26:22.6	Colette Miller	1:53:13.4	Lisa Young	18:50.1
Sam Fox	1:27:42.6	Erica Winkler	1:53:35.4	Brenda Hillen	19:04.2
Travis Lobmaster	1:29:09.1	Machele Keen	1:54:58.8	Christine Feller	19:13.9
David Brecheisen	1:29:31.9	Megan Styles	1:56:25.5	Michelle Brown	19:16.4
Randi Lucas	1:29:35.5	Lynne Morris	1:57:41.0	Levi Biggs	19:56.3
Rick Larson	1:30:52.5	Brenda Humbert	1:59:01.2	Lindsey Hauer	20:02.5
John Hauer	1:31:17.6	Diane Muncy	1:59:04.5	Julie Pitchford	20:36.9
Kelly Biggs	1:31:22.8	Rebecca Luke	1:59:55.1	Mark Pitchford	21:41.7
Sasha Cadigan	1:31:44.4	Molly Berendt	2:00:06.6	Laura Hauer	21:49.8
Smitha Rhodes	1:32:19.2	Patty Petersen	2:00:17.0	Tonina Moore	22:04.0
Cheryl Biesiada	1:32:44.7	Mollie Langley	2:00:36.0	Emiliya Dimitrova	22:48.8
		Jennifer Ryterski	2:03:06.7	Sunney Hinman	23:20.1
		Rhonda Robinson	2:04:08.8		

Carl Hinman	23:20.6
Avery Biggs	23:33.4
Dawn Stearns	24:06.8
Susan Collins	24:17.5
Marilyn Clark	24:51.2
Nancy Neuberger	25:10.1
Monica Tabag	25:10.3
Madalynn Sullivan	25:28.4
Rachel Benedict	25:42.8
Casey Mayfield	26:22.0
Jennifer Herman	26:36.1
Vivian Jones	26:56.1
Robert Cramer	27:32.5
Marilee Cramer	27:34.0
Kathy Leuelling	28:03.8
Andrea Schafer	28:47.7
Michael Davis	29:28.1
Jennie Davis	29:28.5
Michele Pitts	30:33.8
Jill Hurley	30:57.4
Heather Dunn	35:53.9
Chris Hernandez	35:54.7
Kristina Mucinskas	36:08.4



## Frostbite *(cont.)*

Kaitlyn Lee (top right photo) took the top female 2-mile award for the second year in a row, besting her 2017 time by 4 seconds. Top female in the 10-mile went to Lydia Hocker (bottom right), also for the second year in a row, shaving 26 seconds off her previous time.

For the men, Henry Janssen (bottom left) won the 10-mile race with a time of 59:41. The 2-mile top spot went to Matthew Herren (top left) in a time of 12:29.

The 2019 Frostbite will be a weekend late this year due to the way Thanksgiving falls. Save the date for December 8, 2019. Registration will open in late August. I look forward to all the racers next year, especially the Triple Crown participants as they finish out their big year of running accomplishments. ♦





# Lincoln Presidential Half Marathon 2019

On April 6, 2019, Springfield will welcome 2,000+ visitors to the Lincoln Presidential Half Marathon. This nationally recognized race starts and finishes at the famous Old State Capitol and then winds through our 16<sup>th</sup> president's picturesque hometown and past some of nation's most significant historic sites, including the Lincoln home, law office, and tomb.

NEW MEDAL for our 55th Anniversary race is a \$5 and 5 pennies! The race shirt will be a gender specific quarter-zip tech pullover. Awards feature a specially commissioned work of art depicting Springfield's favorite son!

Following the race, participants get to celebrate their accomplishments with refreshments on the lawn of the Old State Capitol and get a chance to mingle with Mr. and Mrs. Lincoln and Civil War reenactors. The post-post race party is at Obed & Isaacs!

We hope to see you in April!



**RUN WHERE LINCOLN WALKED**



# Current Group Training—Halfwits!

SRRC is glad to have the returning leadership of Lori and Tommy Dale in 2019! The Halfwits run from January to April.

If you are new to the club or haven't joined up with this group yet, you really should come out to a run and check it out. This year's schedule is Mondays and Wednesdays beginning at 5:45 p.m. at Washington Park, and Saturday mornings from Café Moxo. There are runners and walkers of all paces, so you'll most likely find someone to keep you com-

pany.

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

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

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



## 40TH ANNUAL WOMEN'S DISTANCE FESTIVAL



Mark your calendars for the 40th Annual Women's Distance Festival! We had a great turnout in 2018, and hope it's even bigger in 2019!

Registration opens March 1st!

**JULY 13, 2019**



# WELCOME TO THE CLUB!

Springfield Road Runners Club would like to welcome new members who are joining us for the first time this year! We hope you take advantage of all the benefits the club has to offer!

## MEMBER BENEFITS INCLUDE:

- ◆ Discounts on local races
- ◆ Monthly e-blast news briefs
- ◆ Several club socials and events throughout the year
- ◆ Discounts at the Springfield Running Center
- ◆ Membership in the Road Runners Association of America
- ◆ End-of-year banquet and awards
- ◆ 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
- ◆ Saturday long run schedules coordinated by members in the summer
- ◆ 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 (May—August): [www.srrc.net/AbesArmy](http://www.srrc.net/AbesArmy)

FrostToes (October—December): [www.srrc.net/FrostToes](http://www.srrc.net/FrostToes)

HalfWits (January—April): [www.srrc.net/HalfWits](http://www.srrc.net/HalfWits)

Triple Crown Challenge (August—December): [www.srrc.net/TCC](http://www.srrc.net/TCC)

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

If you're new, please don't be shy! We're a fun bunch! Hope to see you out on the roads this year!





## Abe's Amble 10K selected as RRCA Regional Championship

By Carrie Ward & Melissa Wiseman

THANK YOU to everyone who contributed to making the 41st annual Abe's Amble 10K as success! As is often the case, it was a little warm & toasty on August 19th, but we were thrilled to welcome the 600+ registered participants to the race!

Congratulations to this year's top overall male winner, Tyler Pence, of Springfield with a finish time of 32:08.7 (and who repeated as champion for the third straight year) and to the top female overall winner, Patricia Schaefer of Springfield with a finish time of 41:17. A complete list of race results is available at [www.ItsRaceTime.com/Results.aspx?ID=1955](http://www.ItsRaceTime.com/Results.aspx?ID=1955).

The 2019 race will be held on Sunday, August 18, 2019 and will include both a 10K **\*\*AND A 5K\*\*** distance! This year's Abe's

Amble 10K has been selected by the Road Runners Club of America as a Regional Championship race. As such, participants will receive special RRCA championship race bibs, free Gatorade on the course and engraved championship medals for top overall, master, grandmaster and senior grandmaster male and female winners and more.

We will be looking for race sponsors to help underwrite the cost of hosting the race. If you know of a local business or individual donor that can help, please contact us at [srrcabetesmy10K@gmail.com](mailto:srrcabetesmy10K@gmail.com).

Online registration at for Abe's Amble



*The 2018 Abe's Amble 10K winners*

opens at [www.getmeregistered.com](http://www.getmeregistered.com) this spring and will kick off with a special early bird discount. Follow us on Facebook at [www.facebook.com/SRRCAbesAmble10K](http://www.facebook.com/SRRCAbesAmble10K) for the latest updates! ♦



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# SRRC Triple Crown—Class of 2018



Another successful Triple Crown led by Stacy Reddecliff and Lori Dale in 2018. Thirty-one club members were awarded the Triple Crown!

## What is the Triple Crown?

The Triple Crown Challenge is a series of THREE races:

- Abe's Amble 10K/Abe's Army
- Shoreline Classic 15K
- Frostbite Festival 10M

The program is free to join, but you do have to pay your entry fee into the races. Once you complete the program, you will receive recognition with fellow challengers in an awards



**2018 Triple Crown Winners:** Amanda Tapscott, Emily Banks, Joshua Banks, Jennifer Ryterski, Roseanne Nance, Tori Taylor, Chris Powell, Mike Powell, Andrea Guerrero, Tenika Dupuis, Adrienne Sweet, Sheryl Friedrich, Colette Miller, Lesa Schaive, Amber Fleigle, Blake Cowle-Healy, Nina Rossini, Beth Lafata, Mark Young, Lisa Mosley, David Brecheisen, Rebecca Jo Luke, Jonathan Beck, Suna Tabag, Molly Berendt, Julie Brightwell, Lynne Morris, Amanda Gleason, Health Schwartz, Smitha Rhodes, and Newt Sidener

presentation after the Frostbite Festival, a goody bag with lots of great prizes, an entry for a raffle with great prizes, and a FREE ENTRY into the Lincoln Presidential Half Marathon the following year.

For more details on the Triple Crown Challenge for 2019, please check them out online and on Facebook!

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



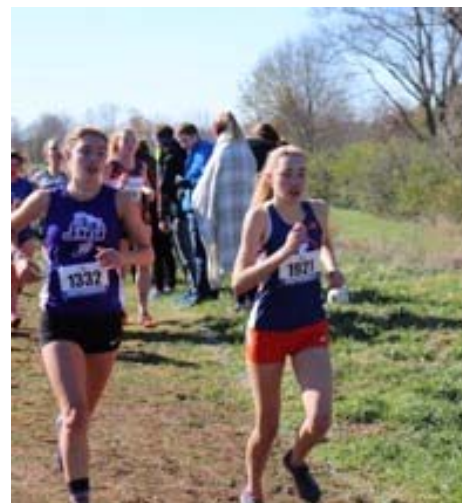
# Follow up files: Grace Gudwien

By Bryan Glass

Making the transition from high school to college is a difficult one. In fact, so difficult, many choose not to take the challenge. Collegiate athletics is physically and mentally demanding and requires a lot of devoted time. There is a lot of pressure to do well, which turns away many capable athletes. So what do you do if you don't want that kind of pressure, yet still want to compete? For runners, the University of Illinois Champaign-Urbana has a club team that travels to compete collegiately. They represent the university, but separate from the National Collegiate Athletic Association (NCAA). The University of Illinois Cross Country and Track Club is a socially promoted and self-funded program that is affiliated with the National Intercollegiate Running Club Association (NIRCA).

For Grace Gudwien, a 2018 SRRC Scholarship recipient, the experience was exactly what she was looking for. Grace loves cross country and wanted to compete, but she wanted something that had less pressure along with fun and lasting memories. Grace, honestly, could have competed collegiately at any level. However, she wanted to go to a big school, "to get the whole college experience." She did not think she was good enough to run for a Division I school so she chose the university club instead.

Grace started off the season as the team's sixth runner, which was a surprise to her. She knew she had to work hard if she wanted to compete for the team at the end of the season since only seven runners get that honor. She gradually increased her mileage, ran with teammates whenever possible, and did workouts to improve her fitness. She would eventually run 40-50 miles a week. That led to her feeling stronger and more confident about her training. There was still intimidation though. Grace would realize that the girls she



was training with were more experienced and most came from the big school Chicago suburbs. She took that as a challenge and said to herself, "Okay, I can do this." She jokingly laughed, during an interview, as she talked about telling her teammates she was from Williamsville. No one knew where that was. So she'd just say Springfield and still noticed the blank look on some of their faces.

Despite her doubts, Grace persevered to become one of the reliable runners on the team. "The team is awesome. They welcomed me and were very supportive." It was everything she wanted to experience as a small town girl in a big school environment. Grace wanted to compete for a team, wearing a singlet, and improve athletically as an individual. At the NIRCA Nationals in Lexington, Kentucky, Grace did just that. She would run a personal record 22:54 for 6k and place

4th on the team. Her individual performance was fast enough for 30th overall, the final spot for 2nd Team All-American honors. She helped her team place 4th out of 27 teams. The University of Illinois team would miss a trophy by only 16 points. "The race was cold, but really fast." In fact, the top 14 individuals posted top 25 finishing times ever recorded in NIRCA Cross Country Nationals history.

After the season ended, her training motivated her to run the Schaumburg Half Marathon on November 24. She surprised herself by running 1:30:46, another personal record! Grace will continue training so she can compete for the club track team. Her decision to join the club team is one that others should consider. The club team provides less stress while experiencing the competitive cross country atmosphere. Competition, within any organization, is still competition. "I definitely recommend club running." ♦



# The Trainer's Corner—Core training and progression

*Certified Personal Trainer, Joy Guardia (ACSM)*

The core is what ties the lower body and upper body together. The core muscles assist just about every movement in every sport/exercise we engage in.

Programming for core training: Just like any exercise plan you engage in, the principle of progression needs to be considered. Safely progressing from simple to more complicated movements will help protect against injury. Progressing properly will also help to motivate you to set realistic goals and cause you to adhere to the plan. Programming for core training is simple and should be consistent and intentional.

- Make a goal for a few exercises so that you can see progress and stick with it. Write down your goal and the progress you are making. For example, a goal to be comfortable doing a 1:00 plank.
- Progress in your training: you should first be able to hold a contraction with the core muscles and breathe at the same time. Every core training program should begin with exercises that teach the core to stabilize the spine before performing advanced movement exercises.
- Always warm up with beginner exercises (Pallof press or v-sit holds). Rest between sets so that your form is strong and you are not compensating. Alternate between abs, lower back, oblique in order to provide the needed rest.
- Frequency: choose 2-3 days a week, with non-core days between. Pick 3-5 exercises for each day.
- Rep-Range: your reps should match your ability, so don't just pick an even number and force yourself through it.



## Core Testing\*:

In order to set realistic goals you will need to test your core strength, set goals every 2 weeks

1. Plank with shoulder tap (A): if you are unable to perform this exercise or if the pelvis elevates or sags to one side the test is positive for lack of core strength and lack of torsion control; work on bracing exercises
2. Timed side plank (B): perform a side plank for time
3. Trunk flexion endurance (C): maintain a seated 60 degree angle for time
4. Trunk extension endurance (D): maintain a horizontal, prone position for time

## Effective core exercises:

Isolation core exercises, like crunches, treat the core as an individual part or area of the body, independent of the rest of the body. They do not build control and stability, which is necessary in running and other sports. In addition,

repeated bending of the spine, as in crunches, places more stress on the spine than necessary. Therefore, an effective core routine should train multiple core muscles at once. This trains the core to engage and contract correctly, stabilize the spine and hips, and safely move through functional movements.

Beginner: (4 weeks) abdominal bracing; lying single leg drop; bird dog

Intermediate (4-6 weeks) Pallof press; plank/side plank holds; v-sit holds; alternating superman

Advanced 1 (6 weeks) back extension; assisted hanging knee raises; plank with hip flexion/extension

Advanced 2: hanging knee raises; full v-ups; advanced back extension; advanced plank (slides, pike, etc.)



# SRRC Cross Country Awards 2019

By Bryan Glass

On Sunday, January 27, the Springfield Road Runners Club honored six area cross country athletes with its annual High School Cross Country Awards. The awards recognize the top three male and female athletes in the area. A committee evaluates season results and determines the three most outstanding athletes. This year we are pleased to recognize Lydia Roller, Caroline Jachino, Caroline Gwaltney, Dathan Maton, Drey Maton, and Kyle Boughter. In addition to the individual honors, the SRRC makes a \$250 donation to each athlete's high school cross country program. Every athlete thanked the SRRC for recognizing their season achievements and honoring them with this prestigious award.

Lydia Roller, a Staunton High School sophomore, was the winner of the Genny Kaufmann Award. Lydia finished the cross country season with a 2nd place finish at the IHSA 1A State Finals in a time of 17:18. She also won the Decatur

St. Teresa Sectional and Carlinville Regional.

Caroline Jachino, a Pleasant Plains High School junior, has now been runner-up for the award three consecutive years. This is a testament to how dominating she has been. Caroline led her team to their first IHSA State Finals where they placed 12th. She ran 18:23 and placed 33rd at the IHSA 1A State Meet after placing 6th at the Elmwood Sectional and 2nd at the Liberty Regional. Caroline also won the Rochester, Springfield and Jacksonville Invitionals before winning the Sangamo Conference.

Caroline Gwaltney, a Williamsville High School junior, captured the third place award. She had a major breakthrough at the IHSA 1A State Finals by placing 15th in a school record time of 17:48 (a :26 PR). Over the last three years she has led her team to their only state appearances, placing 8th this past season. Caroline also placed 7th at the Elmwood Sectional, 3rd at the Liberty Regional, and 2nd at the Sangamo Conference.

Dathan Maton, a Chatham Glenwood

High School senior, won the Bob Hellweg Award. Dathan placed 7th in 15:03 at the IHSA 2A State Finals, leading his team to the state title. He placed 2nd at both the Decatur MacArthur Sectional and Taylorville Regional. Dathan was the Central State 8 Conference champion and runner-up at the Springfield Invitational.

Drey Maton, a Chatham Glenwood High School senior, is the runner-up for this year's award. Drey placed 14th in 15:10 at the IHSA 2A State Finals. He was 3rd at the Decatur MacArthur Sectional and won the Taylorville Regional. Dathan amassed a great season having additionally placed 2nd at the Central State 8 Conference meet and 3rd at the Springfield Invitational.

Kyle Boughter, a Springfield High School junior, earned the final award for the second consecutive year. Kyle placed 10th in 15:08 at the IHSA 2A State Finals, leading his team to a 2nd place finish. He placed 4th at the Decatur MacArthur Sectional, 3rd at the Taylorville Regional, and 4th at the Central State 8 Conference meet.



From L to R: Drey (2nd) and Dathan Maton (1st). Lydia Roller (1st), Caroline Gwaltney (3rd), and Caroline Jachino (2nd). Kyle Boughter (3rd) not present.

# SRRC Annual Awards 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 on the SRRC website.

## 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 Matt Minder at [SRRCMembership@gmail.com](mailto:SRRCMembership@gmail.com).



# SRRC Race Calendar 2019

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: 04/06/2019  
Location: Downtown, Springfield, IL

Junaia P. Carter 5K  
Date: 04/20/2019  
Location: Washington Park

Lake Run—7K, 12K, Half Marathon  
Date: 05/04/2019  
Location: Bloomington, IL

Lincoln Memorial Trail Run 8K  
Date: TBD  
Location: Lincoln Memorial Garden

Passavant-Gatorade 5K and 10K  
Date: 05/25/2019, 7:30 a.m.  
Location: Passavant Hospital, Jacksonville, IL

Steamboat Classic 4M and 15K  
Date: 06/15/2019  
Location: Peoria, IL

Scholastic Challenge 5K  
Date: 06/15/2019, 7:30 5k  
Location: Lake Springfield Center Park Beach House, Springfield, IL

Scheels 5K and 10K  
Date: 06/22/2019, 7:30 a.m.  
Location: Scheels

Jacksonville 4th of July Blast 5K  
Date: 07/04/2019  
Location: Nichols Park (Jacksonville)

Women's Distance Festival 2M  
Date: 07/13/2019, 8 a.m.  
Location: Washington Park

Quad Cities Times Bix 7  
Date: 07/27/2019  
Location: Davenport, IA

Parade Run, 2M\*  
Date 08/08/2019, 5:00 p.m.  
Location: Illinois State Fair Grounds

Abe's Amble 5K and 10K\*#  
Date: 08/18/2019, 7:30 a.m.  
Location: Illinois State Fairgrounds

Full Moon Trail Run (2+ miles)  
Date: 09/13/2019, 7:30 p.m.  
Location: Lewis Memorial Acres

Shoreline Classic 15K# and 5K  
Date: 09/15/2019  
Location: Nelson Park, Decatur

Quad Cities Marathon, Half Marathon, 5K  
Date: 09/22/2019, 7:30 a.m.  
Location: Moline, IL

Springfield Marathon (5K, 1/4, and Half Marathon, Marathon)  
Date(s): 10/12/2019 (5K only)  
10/13/2019—Other distances  
Location: UIS

Canal Connection 10K  
Date: 11/03/2019, 10:30 a.m.  
Location: LaSalle/Utica, IL

Frostbite Festival 2M and 10M\*#  
Date: 12/08/2019, 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





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