



FOOTTRAILS

SPRINGFIELD ROAD RUNNERS CLUB

APRIL / MAY 2016

UPCOMING DATES:

- 4/2/2016—Lincoln Presidential Half Marathon
- 4/16/2016—LPHM Volunteer Appreciation and Halfwits Celebration
- 4/23/2016—Junaia P. Carter 5K
- 5/1/2016—Scholarship Application Deadline
- 5/7/2016—Cinco de Mayo Social
- 5/7/2016—Lake Run, Bloomington

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Post Race Party with Bart Yasso Wraps Up A Great Season

Each year, SRRC puts the finishing touches on the previous year's race season by getting together to recognize members for outstanding performances and contributions to the club, and to have some fun.

The special guest speaker this year was Bart Yasso, the Chief Running Officer from Runner's World Magazine. Bart captivated the audience and inspired us to look beyond race times and appreciate the journey. He has run a lot of races in his time with Runner's World, but what he remembers most was the experiences he had and the people he has met along the way. Bart left lasting impressions with many of us, and he stuck around for a lot of the fun!

The 2015 Points and Participation awards were presented to recognize performance and involvement in club activities. Other awards included the Hall of Fame inductee, Volunteer of the Year, Most Improved Male/Female, the President's Award and the coveted Blackslider Award. All the recipients are highlighted on page ____.

The night was topped off by celebrating with dancing, karaoke and fun with the SRRC photobooth. Bart even joined club members in several photos!



Bart Yasso speaking at the Post Race party (above) and having fun with club members at the banquet.



Local Runner Finishes a Race In Each of Illinois' 102 Counties

ILLINOIS CROSS COUNTY RUNNING
by David Joens

Recently, I completed a goal of running a race in every one of Illinois' 102 counties. I began the goal in 2008 and finished in October of 2015. Illinois is a great state, but I have learned that Illinois is also a great running state.

I live in Springfield, where I have run in many great races, including the Lincoln Presidential Half Marathon, the Frostbite Festival 10 Miler, and Abe's Amble 10K. But, central Illinois has a lot to offer too. In Decatur, the Shoreline Classic 15K is a challenging September race along the hilly shore of Lake Deca-

(Continued on page 14)

2015 SRRC Board

President

Bryan Glass
bglass@sps186.org

Past President

David Drennan
ddrennan@ucbbank.com

Vice President

Brian Lee
bfosterl@yahoo.com

Secretary

Heather Glessner
hldcan@gmail.com

Treasurer

Teri Taylor
terilt80@gmail.com

Special Programs Director

Emily Bernardes
eklockenga@yahoo.com

Equipment Coordinator

Lance Cull
Lance.Cull@StandardAero.com

Volunteer Liaison

Tracy Dowell
rundrummergirl@gmail.com

Membership Director

Nick Fogleman
sn95nik@gmail.com

Board Representatives at Large

Carrie Ward and
Melissa Wiseman

Webmaster

Neil Glessner
Neil.Glessner@gmail.com

Newsletter Editor

Tammy Bumgarner
tebumgarner@gmail.com

Club Information

Membership

Annual Membership Rates:
\$30 Family
\$20 Adult
\$5 Students

Memberships run from January 1st to December 31st.

Renew or join online at www.srrc.net

Address/e-mail changes:

Nick Fogleman
Membership Director:
SRRCMembership@gmail.com

Find us online!

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

Board Meetings

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

Advertising

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

SRRC Training Groups

HALF WITS

12-week half marathon training for the Lincoln Presidential Half Marathon.
Cost: Free to SRRC members
Dates: January—March
Leaders: Stephen Paca and Kristina Mucinskas
www.facebook.com/SRRC-HalfWits

GET FAST!!!

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

ABE'S ARMY

Popular 12-week summer training program for the Abe's Amble 10K race in August.
Cost: TBD
Dates: May—August
Leaders: We need volunteers!
www.facebook.com/SRRCAbesArmy

FROSTTOES

Train for the Frostbite Premier 10 mile race with this 12-week program
Cost: Free to SRRC members
Dates: October—December
Leaders: Nick Fogleman and Matthew Duff
www.facebook.com/SRRC-FrostToes

Please send us outstanding performances by club members to be included in future newsletters.



President's Message:

Thank you to everyone who attended the annual banquet in January. It's nice to recognize the achievements many had throughout the year and do so in a more formal setting.

There were a lot of familiar and new faces in attendance celebrating their award winning year or just being there to have a good time and socialize. Bart Yasso did a great job as our guest speaker this year. Some of his stories were just fascinating and inspirational. I actually ran something similar to his famous 10x800 in February and strongly believe it has a lot of validity to it. Let's just hope I can keep up the training to prove it.

I'm proud to say that there was little turnover with the board and race directors. We did lose Christine Feller as our at-large member, but that was because the position was not meant to be long term. The position is a way of understanding how the club operates and getting an idea on how a person can become more involved. I'm happy to say that two members came forward to share that position this year, Melissa Wiseman and Carrie Ward. We are looking for volunteers to help lead Abe's Army. Dave Drennan has done a great job building and maintaining the program and will gladly guide you through it.

Our racing calendar starts off with our very own Lincoln Presidential Half Marathon on April 2. The HalfWits training group, led by Kristina Mucin-

skas and Stephen Paca, has been going strong since January. They have seen well over 100 participants for some of the morning running groups. To me it's proof that their hard work and dedication to the training program has affected many club members. If you haven't already I recommend running with them sometime in March. They will meet at Café Moxo on Saturdays at 7:30am. If you can't run the complete distance it's okay, they always have runners who choose to go a little shorter. Afterwards, many have a great breakfast and socialize at Café Moxo.

I hope everyone contributes in helping make 2016 a success!

~Bryan Glass



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"Everything You Need To Run & Look Your Best"

Points are tallied each year based on participation in club races and volunteering. Three levels of awards were given to the following club members.

Gold Tier Participation Awards (top L-R): Chris Buchanan, Mollie Langley, Randi Lucas, Brian Lee and Bart Yasso (presenting), Michelle Pitts, and Wes Johnson. Not pictured, Matthew Duff.

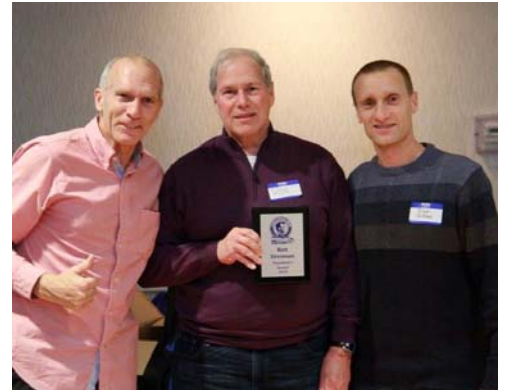
Silver Tier Participation Awards (middle L-R): Tammy Bumgarner, Jan Andrews, Nick Fogelman, Tommy Dale, Melissa Wiseman, Brian Lee and Bart Yasso (presenting), Chris Hernandez, Dianna Jones, Bryan Glass, Rick Hernandez, J.C. Large, and Amanda Johnson.

Bronze Tier Participation Awards (bottom): Standing L-R—Fess Teklehaimanot, Jolene Vollmer, Stephen Paca, Lynn Kerber, Kathleen Jansen, Brenda Hillen, Lori Dale, Joyce Hubbard accepting on behalf of Marilyn Kirchgiesner, Kristine Holtman, Brian Lee and Bart Yasso (presenters), Holly Dahlquist, Michael Davis, Daniel Cullen, Henry Janssen. Kneeling L-R—Carrie Ward, Michael Hoppe, Sunney Hinman. Floor—Matt Minder. Not pictured: Sandra Elliott, Shannon Cole, Bryan Lenzi, Denise Behl, Jennifer Herman, Rai Richardson, Randy Rieke, and Rex Gradeless.

2015 Participation Awards



2015 Special Awards



Above (L-R): Wes Johnson, Most Improved Male; Kelly Hubbard, Most Improved Female; Ron Drennan, President's Choice Award.

Right (L-R): Dan Loyd, Volunteer of the Year, and Jeff Chandler, the Backslider Award.



Hall of Fame Inductee: Carl Segretto

As presented by Jim Cinotto, Past President at the Post Race Party

Carl Segretto, who is now 82 years old, started running when he was 40 years old and living in Geneva, Illinois. He moved back to Springfield ten years later and quickly started to dominate his age group competition. Nyle Robinson, who kept track of the Points Series for a number of years, once went back to look at a ten year period and Carl was the only runner to win his age group in each year.

How fast was he? At the age of 65 he ran the Steamboat Four Mile race in 26:43. He also ran the Shoreline 5K in 20:47 and he ran the 1500 meters at the Senior Olympic in 5:35. The next year he was still running 5K in 20:32.

At the age of 67 he ran the Lincoln Memorial Five Mile

race in 34:38 and he ran Abe's Amble in 43:17. He also ran the 5K at the Senior Olympics in 20:27. The next year he ran the Race for the Bells 10K in 43:03 and Abe's Amble in 43:27 at the age of 68. He also ran the Frostbite 10 Mile race in 1:15:28. At the age of 69 he ran Abe's Amble in 45:27 and the Lake Run 12K in Bloomington in 1:00:15.

He kept at it when he turned 70. He ran the Lincoln Memorial Five Mile race in 37:40 and Abe's Amble in 47:11. The next year he ran the Premier Bank 5K in 22:53 and the Steamboat Four Mile race in 30:04. He also ran Steamboat at the age of 73 in 32:10. A knee injury finally forced him to stop racing or else he would still be out there competing.

Carl also served on the SRRC Board of Directors as the Race Director Liaison.

SRRC Points Winners 2015



Bryan Glass, Overall



Fess Teklahaimanot, Masters



Henry Janssen, M 20-24



Wes Johnson, M 25-29



Jeremy Smith, M 30-34



Chris Buchanan, M 35-39



Matt Minder, M 40-44



Dan Cullen, M 45-49

The 2015 SRRC Points Winners were awarded with a club duffel or backpack presented by Bart Yasso.

Not pictured:

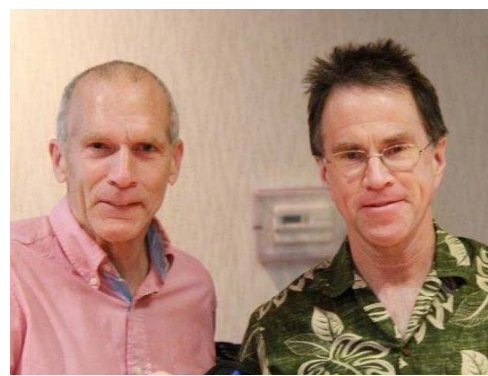
Aidan Peterson, M 14 and under

Jared Owens, M 15-19

Kate Lowe, F 20-24



Scott Leopold, M 50-54



Greg Feeny, M 55-59





Joy Guardia, Overall



Holly Dahlquist, Masters



Caroline Dahlquist, F 14 and under



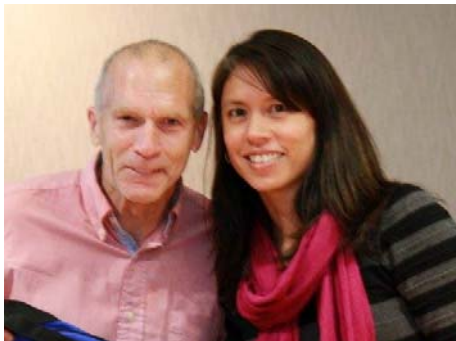
Madalynn Sullivan, F 15-19



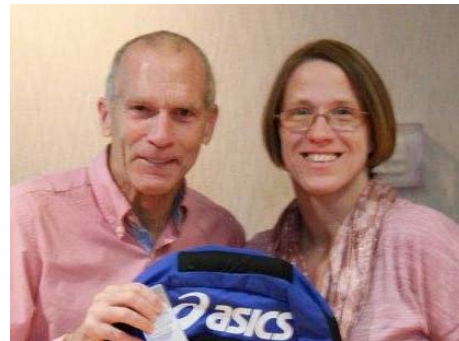
Rachel Stout, F 25-29



Patty Schaefer, F 30-34



Tammy Bumgarner, F 40-44



Chris Hernandez, F 45-49



Lynn Kerber, F 50-54



Donna Brayfield, F 55-59



Kathleen Jensen, F 60-64



Lois Jazo, F 70+

SRRC Club Apparel In Stock



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

SRRC Running T-Shirts

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

SRRC Headsweats Hats

- White, pink, and blue—\$25.00

Please contact Brian Lee,
BfosterL@yahoo.com



SRRC Board Meeting Highlights



The SRRC Board of Directors meet each month on the second Tuesday of the month at UCB on Bruns Lane.

Members are welcomed to attend. The full reports of board minutes are available at srcc.net.

December 2015 Meeting Highlights:

- Treasurer's Report
 - UCB - \$54,774.09
 - Security Bank - \$1814.17
 - LPHM - \$11,666.08
 - Total - \$68,254.34
- Wine Social—35 members attended, approximately 20 used the bus.
- Medal Mixer—50-75 members

attended.

- January Banquet—80 members registered so far, DJ, photobooth. Discussion held on Hilton contract/pricing. Raffle for door prizes.
- Membership report
 - 787 total members
 - 371 Family across 146 families
 - 377 Adult
 - 15 Student
 - 25 Hall of Fame
- LPHM—downpayment made on medals, needs a lot of volunteers, Tracy to help.
- WDF—nothing to report.
- Parade Run—nothing to report.
- Abe's Amble—nothing to report.
- Frostbite Festival—went well, shirts

were well-liked, one ill-behaved driver on the course. Discussion held about "caution: runners ahead" signs, Lance to investigate. May have interest of a new race director in 2016.

- Point series—up to date, prized discussed.
- Hall of Fame—one nominee so far.
- Post race awards—Most improved male and female, volunteer of the year and backslider award.
- Abe's Army—need new volunteers.
- Athlete of the Year awards—Bryan and Christine in attendance.
- 2016 Socials discussed.
- Option for members to get Foot-Tracks by email only with membership renewal.

Volunteer Appreciation and Halfwits Celebration!

The Halfwits training for 2016 is about to wrap up with the final destination being the Lincoln Presidential Half Marathon on April 2, 2016. The SRRC would like to invite all the volunteers for the half marathon and the Halfwits to a celebratory fun run and breakfast on Saturday, April 16, 2016, at Café Moxo (as if we would have it any place else!).

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



SRRC Cinco De Mayo Social!

When: May 7, 2016 @ 5:30 p.m.

What: Food & Fun!

Where: Boone's Saloon

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

Please contact Emily Bernardes, SRRC Social Director, with any questions: abesamble10K@gmail.com

Register:

https://secure.getmeregistered.com/get_information.php?event_id=123818#top





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2016



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5K
RUN

August 4th

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- 5K Run/Walk
- Double Time Loop
- Ground Pounder Fun Run
- Dog Tags at Finish Line



www.freedomrun5k.org
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- Best Post Race Party!



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Moline, IL

Register for all events at: getmeregistered.com

Does Cadence Matter? An article from our friends at PhysioTherapy Professionals

Running is one of the most popular forms of physical activity worldwide. All one needs to get started is the desire to run, and he or she will make it happen. With this form of exercise being so easily performed by people of all ages and fitness levels, it is no wonder the injury rate is high for runners. With injury incidence ranging from 26% to 92% of all runners, people are always looking for the next big thing to keep them injury free and on the road. Injury severity and location change with weekly mileage. Studies show that the most common injuries for long distance runners (mileage exceeding 40 miles per week) occur in the foot, and for mid distance runners (12 to 18 miles per week) occur in the lumbar spine and hip.

Some of these injuries can be reduced, controlled, or even prevented with simply maintaining a proper ca-

dence. A proper cadence reduces vertical displacement by controlling over striding, promotes proper foot strike during the landing phase, and decreases the loading force the foot, knee, hip, and back need to accept during each step.

The farther the foot lands in front of the body, the greater the breaking impulse secondary to heel striking. This longer stride essentially stops us during our gait cycle making one run slower and less efficient. It forces our body to compensate by causing an over stride effect and adds more vertical displacement to each step. This leads to more force on the joints leading to increased lumbar, hip, knee, or foot pain. Most heel strikers will demonstrate a cadence of 140 to 150 steps per minute which studies show is biomechanically inefficient. In these studies, a proper cadence of 175 to 180 steps per minute proves to be

the most biomechanically effective. This cadence promotes a midfoot strike which reduces our breaking impulse, keeps our movement going forward by reducing vertical displacement, which in turn reduces ground impacts that lead to injury.

Finding a comfortable cadence that works for the individual runner is not a "one size fits all" method, but the recent studies show the body is most effective at 180 steps per minute. Home remedies such as metronome apps on your mobile device, or downloading songs with a cadence of 180 beats per minute are the most common. The most effective remedy is to have your gait properly observed as there may be several factors that effect your stride. Contact your local physical therapist or running expert for an assessment for the most accurate analysis of your cadence and overall stride. This will reduce your risk for injury and allow you to enjoy the open road.



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

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

What can you expect at your running analysis?

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

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

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

Cost: \$125

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



www.physiotherapyprofessionals.com

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Area High School Cross Country Standouts Recognized at the SJ-R

Six area runners were awarded the annual high school cross country awards on January 31, 2016, at the State Journal Register. The award program started in 1982. The Springfield Road Runners Club recognizes the top three male and female high school cross country runners in our area.

The Bob Hellweg Award for the Male Runner of the Year was awarded to Tyler Johnson, a senior at Pleasant Plains. Second place was awarded to Heath Warren, a senior at Springfield High School, and third place went to Cory Landon, a senior at Carlinville High School.

The Genny Kaufman Award for the Female Runner of the Year was awarded to Katherine Petty, a freshman from Rochester High School. Second place went to Aly Goff, a senior at Springfield High School, and third place was awarded to Claudia Magnussen, a junior at Pana High School.

A four person panel votes on area runners based on accomplishments in the previous year's cross country season. The panel included SRRC President Bryan Glass, SJ-R Sports Editor Jim Ruppert, SRRC Hall of Fame Member Jay Rogers, and Matt Lamsgaris, Co-Owner of Springfield Running Center. A total of \$2,000 was given to the athletes' respective school programs.



From left to right: Claudia Magnussen (Pana), Aly Goff (Springfield), Katherine Petty (Rochester), Tyler Johnson (Pleasant Plains), Heath Warren (Springfield), Cory Landon (Carlinville).



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Illinois Racing

(Continued from page 1)

tur. Peoria's Steamboat Classic 15K is a June race that also has a challenging hill.

I tried to run in longer races in the counties. For central Illinois, that meant the Illinois Marathon in Urbana-Champaign, an extremely flat course that ends in Memorial Stadium on the U of I campus, and the Bridge the Gap to Health Half Marathon in Quincy, which takes runners across the Mississippi River into Missouri. Similarly, the Quad Cities Half Marathon (I didn't run the marathon portion of this race) also takes runners across the Mississippi River, but in this case it goes into Iowa.

Southern Illinois has a number of great races. The best is the River to River Relay, an eighty mile course that crosses three counties and goes through the scenic Shawnee National Forest. There are 24 sections to the race, with each member of an eight-person team taking turns running three separate sections of about a 5K each. This is the only relay I've done but it was certainly memorable.

Along with running a relay as part of this goal, I ran in several trail runs. I had never run a trail run before and my first was the 7.5 mile Pere Marquette Trail Run in Grafton, near Alton. This race bills itself as the toughest trail run in the Midwest. It is a hilly, rough, challenging race held each November and I would do it again in a heartbeat.

Before I began this goal I had already run races in 11 counties, mostly in northern Illinois, an area with dozens of great races. The first great northern Illinois race I ran was the March Madness Half Marathon in McHenry County—a race that starts a running season off right. Another great race is actually two races. The Thin Mint Sprint in Ogle County features a 4-mile trail run followed by an 8K road run. Called the Tough Cookie, the races are held at the Medill McCormick Girl Scout

camp along the Rock River.

My biggest regret in all my running is that I have never run the Chicago Marathon. I've done several races in Chicago and Cook County, with the longest being the Lakefront 10 Miler. Like the best races in Chicago, it goes along scenic Lake Michigan and has a great after-party. Other races I regret not running in include the Johnson County's Tunnel Hill 10 Mile trail run, a rails to trails race complete with a mile long old train tunnel; the Lake Bloomington 12K, a trail race in McLean County that I consider the premier race for that county; and the Fort 2 Base 11.5 mile race in Lake County that goes from Fort Sheridan to the Great Lakes Naval Base.

Overall, I am pretty pleased with the races I have run. Many counties only have 5K races, so that is the distance I ran in at least half of the counties. Finding these races was sometimes difficult and required hunting on the Internet, visiting running club web sites, and, in the case of Scott and Hardin counties, subscribing to the local newspapers. The shortest distance I ran was a two-mile run in Logan County while the longest races were two marathons. Three races I've been in had less than 10 runners (I had two seconds and a third place finish) and one half marathon only had 25 runners (my only top 20 finish in a half marathon). A lot of 5Ks are done in memory of someone or to raise money for a charitable cause. Those are always good races to run. The Shawna Morrison 5K in Edgar County, which honors an Illinois National Guard soldier killed in Iraq, immediately comes to mind.

Many races, especially 5 and 10Ks, are held as part of a town festival. I always love running a festival race and then staying around for the festival. Some of the best were the Liberty 5K held in Morris for the 4th of July, the Fairfield Fall Fun Fest 5K and the Arcola Broom Corn Fest 10K, held in Amish country.

Illinois Racing

Illinois has a lot of races held to celebrate our heritage and history. Metropolis, located on the Ohio River, has the Superman 4 mile run (Superman is from Metropolis, of course), while Chester, located south of St. Louis, has the annual Popeye 5K, because the author of Popeye is from Chester. Dixon, home of Ronald Reagan, has the Ronald Reagan 5K as part of its annual Petunia Festival. The Say No to Snow 5K in Carroll County and the Run Your Ice Off hard Core 5K in Henry County, held on New Year's Eve, celebrate the fact that running in Illinois isn't just a warm weather sport.

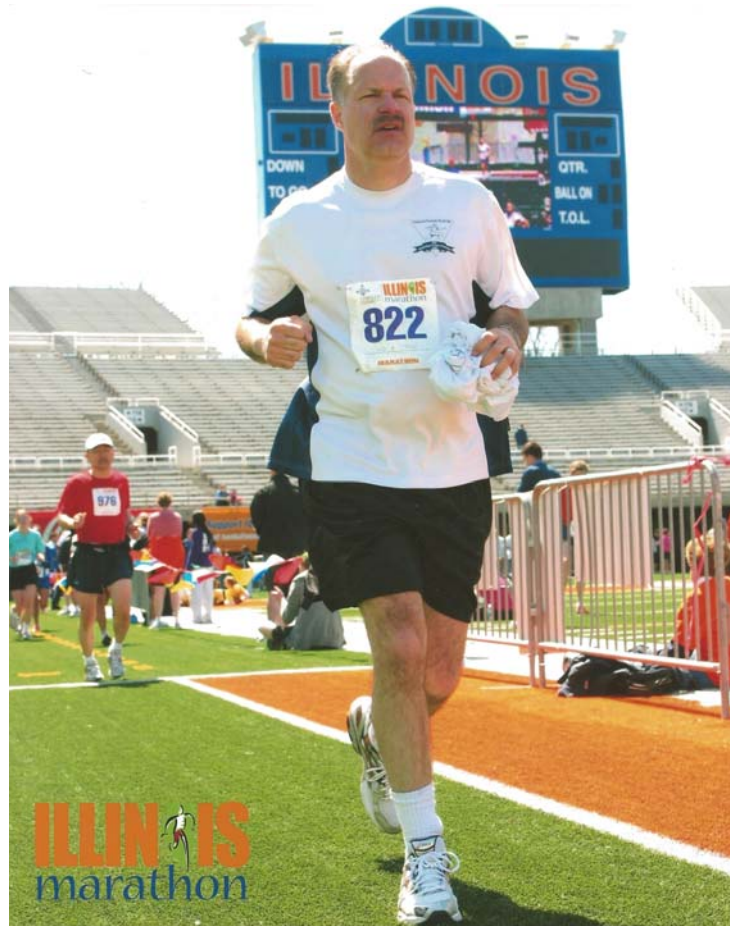
It has been said that Illinois running is flat. Although my preference is for a flat course (actually my preference is for courses that are all downhill but I've yet to find one) there are many races that have hills in Illinois. Along with some of the races mentioned above, I dare anyone to try to Hills and Hollows Half Marathon in down-

Illinois has a lot of races held to celebrate our heritage and history.

state Valmeyer. Its last two miles are straight up hill. Or, do leg six of the River to River Relay. Some races just have one killer hill, such as the Lincoln-Douglas 8 Mile run in Metamora, the Conquer the Hill Half Marathon in Princeton, the

Haunted Hill 10K (I ran the 5k) in Macomb and the Steamboat Classic 15K in Peoria. However, the latter two races make you run the hill twice.

A lot of the races I've run in no longer exist. Some were held just once or twice while others, like the Frostbite Classic Half Marathon in Tazewell County, stopped running after 20 years. In 1987 I ran in the last Rockford Marathon,



Dave finishing the Illinois Marathon in Champaign, Illinois.

however, that race was revived a few years ago. Other races thrive in Illinois. I ran in the 50th Great River Road 10 Mile Run in Alton on a flat course that goes along the Mississippi River. Similarly, I ran in the first ever Kids Shopping Day 5K in Lawrenceville, which is now the Southern Illinois Spring Classic Half Marathon. I ran the Cactus Classic in Mason County when it was a 10K and that too is now a half marathon.

Running a race in each of Illinois' 102 counties shows the best this state has to offer in terms of running, scenery, history and its people. It has taken me along lakes, rivers, country roads, trails and plenty of cornfields. I've got the chance to see things I might never have seen

before, such as the white squirrels in Olney, the Superman statue in Metropolis, the carillon in Centralia, the Hennepin Canal outside of Princeton, and numerous city and state parks, county courthouses and small town diners. Best of all, I've got to meet dozens of wonderful people, most of whom were dedicated volunteers who can't be thanked enough for their efforts.

A review of the races I ran from 2008 to 2015 can be found by googling "Illinois Race Calendar daj's blog."

~Dave Joens is a long-time SRRS Club Member.

Trainer's Corner—Injury Prevention

The following is a list of things that will help correct imbalances and may decrease the chance of injury. Nothing is guaranteed with high mileage training so know that these are not magic cure-alls to your imbalanced, overworked body.

1. Training tips:

- Follow the principle of progression - increasing your mileage 10-15% each week
- Avoid increasing both mileage and intensity at the same time
- Warm up for 15 minutes to ensure blood flow and proper joint mobility, cool down 15 minutes to allow your body to begin the recovery process
- Alternate easy days with harder days (whether it is higher mileage or higher intensity). This will give your body time to recover and heal.

2. Do Mobility exercises as a warm up to running- before pounding the pavement perform a few simple exercises to increase blood flow and release muscles and tight joints.

- Lateral leg swings- swing your leg side to side in front of your body, while holding onto something in front of you
- Forward leg swings-swing your leg front to back while holding onto something
- High knees-alternate raising knee up as high as you can, do while walking or running
- Butt kicks-while running, try to kick your butt with your heels
- Straight leg marching-march

with straight legs and raise leg up as high as you can, walking or running

- Marching hip opener-bring right heel up to left knee & your right knee goes out to the side, alternate while walking
 - Walking lunges-step forward into a lunge making sure both knees are bent at 90degrees, alternate as you walk
3. Exercises to balance out your body- there are some exercises that we should be doing every week for the rest of our running years. Think of these as inseparable from running because the runner's body is always out of balance & in need of correction. Most runners need to strengthen hips, glutes, lower legs, and core. (refer to SRRRC Facebook page for picture explanations)
- Hip flexor raises with resistance band
 - Abductor side walk with resistance band
 - Standing adductor slides (slide in and out with sliders while standing straight)

- Clam shell with resistance band around thighs
- Alternating stork (body weight or add weight)
- Stability ball hamstring curls or glute bridges, for glutes and hamstrings (single leg is more challenging)
- Calf raises on step (single leg or double leg with weight)
- Side plank & front planks (many variations)
- Pushups for core as much as for upper body
- Back extensions over ball (no need to hyperextend)

4. Flexibility

Think of the body as segmented into anterior (front) and posterior (back), lateral (outside) and medial (inside). When one side is tight and the opposing side is weak or loose, the body will be out of balance. Over the many miles of training an injury is bound to occur if these imbalances are not taken care of. (refer to SRRRC Facebook page for picture explanations)

Areas to stretch:



Speed Workouts are Coming!

Speed workouts are starting up on Wednesday, April. 20, 2016 at Washington Park at 5:30 p.m. Workouts will continue at Washington Park until the SHG Track season is over. Then we will move to the SHG track on West Washington Street.
If you've never done a speed

workout before, don't let the name intimidate you. Everyone runs the workout at their own pace. What "speed" is to you is not speed for everyone. We promise, you won't feel overwhelmed. Come on out and try it!
Starting locations and times are subject to change. The

workout details are usually posted on their website ahead of time:
<http://srrcspeed-work.blogspot.com/>
Come join us for fun and get faster while you are at it!

- Hip flexors
 - Hamstrings
 - Quadriceps
 - Abductors (IT band)
 - Adductors (Inner thighs)
 - Calves and Achilles
 - Feet (toes and plantar fascia)
 - Low back and abdominals
 - Upper back and chest
5. Ice baths and other torture:
- Ice baths are an excellent way to speed recovery and reduce Inflammation. After a hard or long workout/race fill your tub with cold water and put a little ice in it. Sit tight for no more than 10 minutes. The first minute is terrible but you get used to it quickly. If you can't do this try just giving your feet & lower legs an ice bath.
 - Massage from a professional, experienced in working with endurance athletes. Rather than wasting time with a massage therapist that isn't edu-

- cated in how messed up a runner's body can be, chose someone who knows the imbalances and extra tight areas that need more work. A good therapist will torture you in a good way.
- Foam rolling may feel like torture the first few days you do it but your body will loosen up and it will become more tolerable. This is a practice that needs to be done a few days a week, even up to every other day. A few rules of thumb for foam rolling: never roll over your joints where bursae are located; don't overdo it and be sure to progress into it (start with two sets of 10 passes twice a week and progress to 3 sets of 15 3-4 days a week); rolling will loosen and relax your muscles so post workout is a good time to do it.

6. Hydration:

It is obvious that we need to replenish the fluid lost through exer-

cise. What you may not have known is that your performance will suffer if your body is dehydrated. With less water in the blood stream the heart is less efficient at working during exercise and the heart rate increases more than normal.
The next time you feel sluggish on what should be an easy run, you just may be dehydrated. Check your heart rate after each run to be sure you are in a normal range. If your rate is too high be sure to adequately hydrate your body. It takes a few days to recover from dehydration.

~Joy Guardia, Certified ACSM Personal Trainer

Exercises will be posted to the SRRC Facebook page, or contact Joy by Facebook for more information.

www.facebook.com/SRRC.net

2016 Participation & Points Series Rules

PARTICIPATION SERIES

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

Points will be greater for longer distances.

A person may enter multiple races for any race event and receive all points.

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.)

Five bonus points will be given for attending main social events.

SRRC male members who volunteer for WDF will be awarded all race day points.

The following tier system will be used to win a post-season award:

2m - 5k	5 points
4m - 8k	8 points
10k - 12k	10 points
15k - 10m	15 points
½ Marathon	20 points
Marathon	30 points

Example:

Lincoln ½ = 20 pts. for race + 5 bonus SRRC pts. = 25 points earned

5 additional points can be earned by volunteering = 30 points

Awards Tier System:

Gold Level	190+
Silver Level	150-189
Bronze Level	125-149

Members are responsible for verifying their own participation and volunteer points.

POINTS SERIES

Your eligibility begins once your membership is processed. To be eligible for all five 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 (four for males), club races to be eligible for end of the year awards. Awards will be based on calculating the best three races an individual competes in. Age groups 14 and under AND 15-19 are only required to compete in two races due to IESA/IHSA restrictions.

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.

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

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+

Points will be awarded as follows: For 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

Tie Breaker Procedure (subject to change):

- Head-to-head matchup
- Number of races completed
- Volunteering
- Participation Series values

*SRRC Club Races:

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

SRRC Race Calendar 2016

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

Lincoln Presidential Half Marathon*
Date: 4/2/2016
Location: Downtown, Springfield, IL

Junaia P. Carter 5K
Date: 4/23/2016
Location: Washington Park, Springfield, IL

Lake Run—7K, 12K, Half Marathon
Date: 5/7/2016
Location: Bloomington, IL

Lincoln Memorial Trail Run 8K
Date: 5/21/2016
Location: Lincoln Memorial Garden, Springfield, IL

Passavant-Powerade 5K and 10K
Date: 05/28/2016, 7:30 a.m.
Location: Passavant Hospital, Jacksonville, IL

Steamboat Classic 4M and 15K
Date: 06/18/2016
Location: Peoria, IL

Scholastic Challenge 5K
Date: 06/18/2016
Location: Lake Springfield Center Park Beach House, Springfield, IL

Scheels 5K
Date: 06/25/2016
Location: Scheels, Springfield, IL

Premier Bank 5K
Date: 07/4/2016
Location: Jacksonville, IL (Nichols Park)

Women's Distance Festival 2M*
Date: 07/9/2016, 8:00 a.m.
Location: Washington Park, Springfield, IL

Quad City Times Bix 7
Date: 07/30/2016
Location: Davenport, IA

Parade Run 2M*
Date: 08/11/2016, 5:30 p.m.
Location: Illinois State Fairgrounds,, Springfield, IL

Abe's Amble 10K*#
Date: 08/21/2016, 7:30 a.m.
Location: Illinois State Fairgrounds, Springfield, IL

Full Moon Trail Run
Date: 9/16/2016
Location: Lewis Memorial Trail, Springfield, IL

Shoreline Classic 5K and 15K#
Date: 09/18/2016
Location: Decatur, IL (Nelson Park)

Quad Cities Marathon, Half Marathon
Date: 09/25/2016 7:30 a.m.
Location: Moline, IL

Springfield Marathon (5K, 10K, Half)
Date(s): 10/15/2016 (5K)
10/16/2016—All other distances
Location: UIS Campus, Springfield, IL

Canal Connection 10K
Date: 11/6/2016, 10:30 a.m.
Location: LaSalle/Utica, IL

Frostbite Festival 2M and 10M*#
Date: 12/4/2016, 9:00 a.m.
Location: Springfield, IL (FitClub West)

Race dates, locations, & times subject to change.

* denotes SRRC Points Series event

denotes Triple Crown series run



Linking up with Lincoln

Since the Lincoln Presidential Half Marathon moved back to the streets of Springfield in 2007, a primary focus of the race has been to link the city's rich Lincoln heritage with the racing experience. This strategy has been a major reason for the race's success, as the event has more than doubled in size over the past decade.

In 2014, the race stepped up its Lincoln connections by moving the start and finish to the Old State Capitol. The Illinois Historic Preservation Agency warmly welcomed runners to the grounds of the Old State Capitol and brought Civil War era interpreters to the lawn to mingle and pose for pictures with finishers. The Old State Capitol lawn will have a similar vibe again this year, with live music (The Blue G's) and plenty of refreshments (including Rolling Meadows Brewery). The Alamo will once again have specials and a beer garden scene for the post-race party.

New for this year is an enhanced experience at the Lincoln Home site. With the help of the Looking for Lincoln Heritage Coalition and the National Park Service (NPS), there will be more interpreters on hand to cheer on the runners. Both organizations are working together to host a "reviewing party" consisting of volunteers in period costumes in front of the Lincoln Home. In addition, the NPS, which is celebrating its 100th anniversary this year, will host several activities for families at the Lincoln Home site that morning. Non-running friends and family members with younger kids are encouraged to stop by the home site between cheering at start and finish of the race.

Another highlight of the "Lincoln Half" is the performances of Michael Krebs and Debra Miller, who play the roles of

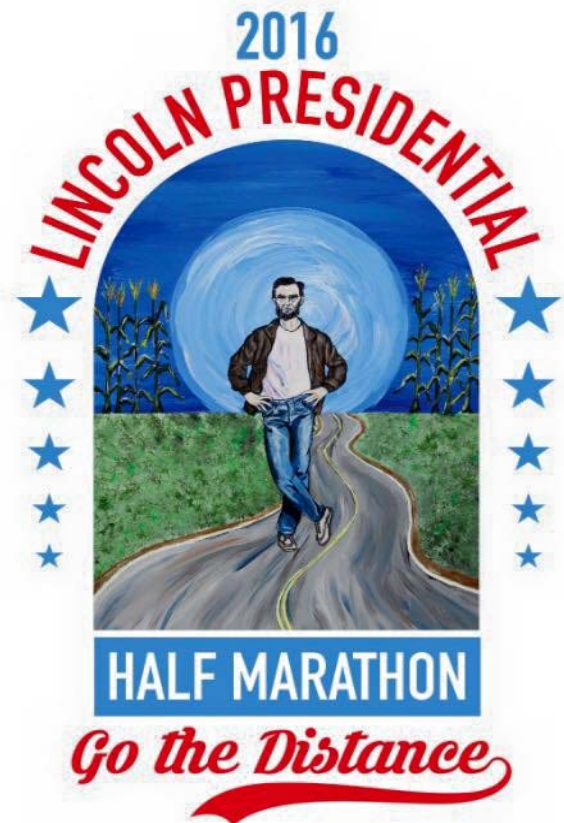
Mr. and Mrs. Lincoln. This will be the 10th consecutive year that Michael and Debra have been part of the race and they always look forward to returning to Springfield each year. Many people may not realize it, but Michael is a professional actor who has portrayed Lincoln in motion pictures and national television commercials. For those finishers who've stopped by the Alamo after the race in past years, you've likely raised a toast with Michael and Debra as they get out of character and relax from a long morning of greeting finishers and posing for pictures.

Regardless of whether you are a serious or casual runner, the Lincoln Presidential Half Marathon, sponsored by Prairie Heart Institute at HSHS St. John's Hospital, provides a fun atmosphere to compete and celebrate our city's history while raising money to help send needed medical supplies overseas to developing countries via Hospital Sisters Mission Outreach.

For more information or to register (by March 24), visit www.lincolnhalf.com. Online registration closes at 11:59 p.m. on March 24.

Expo Update

This year the LPHM Expo moves across the street to the President Abraham Lincoln Double Tree Hotel. The Expo, late registration, and packet pick up will run from 4 p.m. – 8 p.m. on Friday, April 1. Parking is available in the adja-



The artwork for the front of the 2016 LPHM shirt was inspired by voices that said, "build it and they will run." Local artist Kristin Jurgens created a whimsical Abe doing a Kevin Costner impersonation from "Field

cent parking ramp or on the street (meters are free after 5 p.m.). Runners are encouraged to enter the hotel off of 7th Street through the doors marked "Presidential Ballroom Entrance" which is located left of the hotel entrance under the awning. Packet pick-up and late registration will also be available from 6:30 a.m. – 7:15 a.m. race morning. Late registrations are \$80 cash or check. Those registering in person on the 1st or 2nd will not receive a shirt unless there are some available after the awards ceremony at the Old State Capitol. **IMPORTANT REMINDER:** Online registration closes at 11:59 p.m. on March 24.

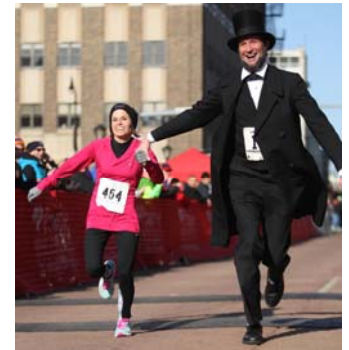
Lincoln Presidential Half Marathon 2016

On April 2, 2016, Springfield will welcome 2,000 visitors to the Lincoln Presidential Half Marathon. This nationally recognized race starts and finishes at the famous Old State Capitol and then winds through our 16th president's picturesque hometown and past some of nation's most significant historic sites, including the Lincoln home, law office, and tomb.

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

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

We hope to see in you 2016!



RUN WHERE LINCOLN WALKED

Visit www.lincolnhalf.com

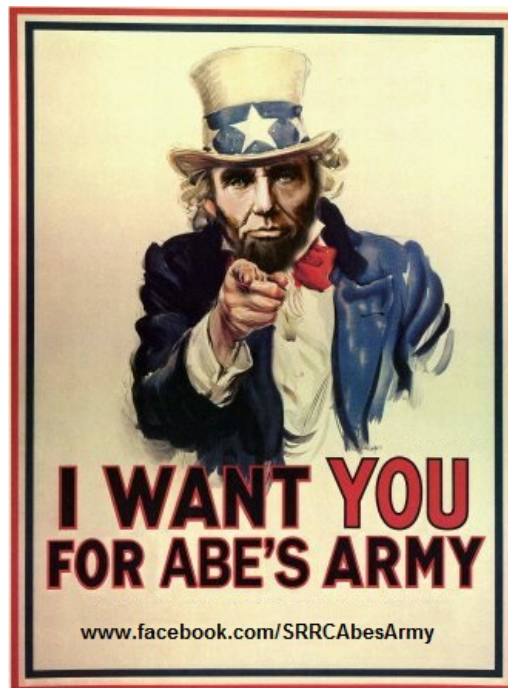
SRRC is Looking for new Abe's Army Coordinators



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

SRRC is looking for the next generation of Abe's Army coordinators to run the program in 2016. Coordinators set up the training program, recruit pace group leaders, host an orientation session, and set up the Monday night runs for 12 weeks. Runners meet at Lincoln Park and the State Fairgrounds every Monday at 5:45pm. The program runs from May to August. Since there is a lot of work to be done, it works best with a committee.

If you are interested in being a part of this team, please contact Dave Drennan at ddrennan@ucbbank.com or (217)725-6999.



SRRC Scholarship Application Available—Class of 2016

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

Do you know a runner who is a Class of 2016 senior? If so, you should encourage them to apply. The application deadline is May 1, 2016.

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

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

The form has also been provided in this newsletter.

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

The Class of 2015 SRRC Scholarship recipients were: Erica Rideout (Glenwood HS), Collin Biesiada (Rochester HS), and Emma Chelsvig (Jacksonville HS).

Member Birthdays—March/April/May

Shannon Cole	3/1	Paul Wonnell	4/1	Rebecca Bright	5/1
Grayson Alexander	3/2	David Meyerhoff	4/2	Alexandra Barger	5/2
Patricia Schaefer	3/3	Brett Stallone-Dwyer	4/3	Amanda Gardner	5/3
Michele Pitts	3/6	Corey Colson	4/3	Robert Jiroutek	5/4
Jody Erickson	3/8	Dave Hall	4/4	David Culp	5/4
Finn Murphy	3/8	Lukas Hillen	4/5	William House	5/5
Amanda Nelson	3/11	Barb Manson	4/7	Greg Bennett	5/5
Dena Nelson	3/13	Pamela Enno	4/7	Nick Fogleman	5/7
Sarah Enlow	3/16	Christianna Sullivan	4/7	Rai Richardson	5/7
Diana Nevitt	3/17	Brent Lucas	4/7	Kate Lowe	5/8
Blake Scranton	3/17	Judy Aydt	4/9	Marilyn Kushak	5/9
Kim Vy Williams	3/17	Tammy Bumgarner	4/11	Brandon Arenz	5/11
Mary Ann Drennan	3/18	Molly Schaefer	4/12	Linda Fraembs	5/11
Lisa Young	3/18	Ross Bregant	4/15	Alayna Hinman	5/11
Jan Sampson	3/18	Michael Matulis	4/16	Michael Hoppe	5/14
Ron Drennan	3/19	Pamela Smith	4/17	Ellyn Wisniewski	5/15
Connie Large	3/19	Anna House	4/18	Pamela Hart	5/15
Torrie Buchanan	3/19	William O'Sullivan	4/19	Rachel Stout	5/15
Daniel Shamhart	3/20	Daniel Greenman	4/21	Jeff Chandler	5/15
Isabell Kendall	3/20	Kelly Biggs	4/23	Isaac Crumrine	5/15
Stefani Henderson	3/22	Cree Medley	4/23	Jared Andrews	5/16
Mark Pitchford	3/23	John Murphy	4/26	Kim Wonnell	5/18
Alan Davis	3/23	David Morris	4/27	Sherri Leopold	5/20
Tom Brownlow	3/24	Erica Winkler	4/27	Suzannah Bartos	5/21
Marybeth Young	3/24	Mindy Dexheimer	4/28	Debbie Fortman	5/22
Craig Frick	3/24	Kathleen Jensen	4/29	Jana Brennan	5/24
Ryan Dunn	3/27	Rex Gradeless	4/29	Kathleen Morris	5/24
Rob Arenz	3/29	Ashleigh Koerner	4/30	Kirsten Transue	5/24
Mark Young	3/30			Jennie Davis	5/25
Sam Cahnman	3/31			Jared Owens	5/26
				Curt Evoy	5/27
				Arthur Holtman III	5/28
				Sandra Elliott	5/28
				Joy Guardia	5/30
				Scott Leopold	5/31



SPRINGFIELD ROAD RUNNERS CLUB

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

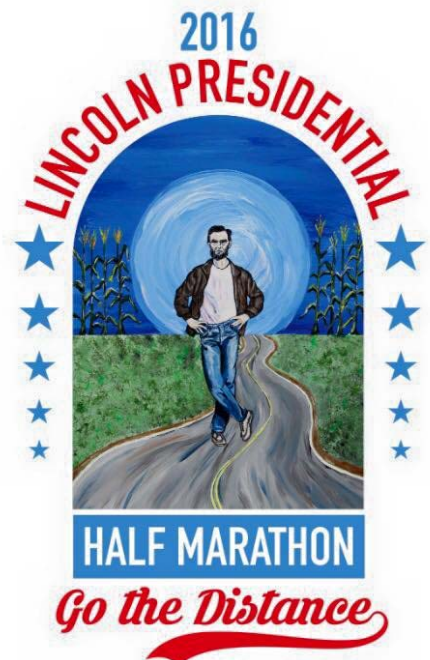
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RUN WHERE LINCOLN WALKED



APRIL 2, 2016

Visit www.lincolnhalf.com