



FOOTTRAILS

SPRINGFIELD ROAD RUNNERS CLUB

SPRING 2021

UPCOMING DATES:

5/17—Scheels 5K (Virtual)

6/19—Steamboat 4 Mile & 1 Mile

7/3—Jacksonville 4th of July 5K

7/10—Women's Distance Festival

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Hall of Famers: Dowell and Dahlquist!

Congratulations to the SRRC's two newest Hall of Fame members: Tracy Dowell and Holly Dahlquist! These two ladies were inducted during our virtual Annual Meeting on January 23rd.

Holly is a longtime member of the SRRC (27 years), a former SRRC Board secretary and award-winning newsletter editor, and was an originator and coordinator of the SRRC Triple Crown program. Holly is also an excellent runner, having run 21 marathons and best remembers meeting husband (and fellow Hall of Famer) Jim at the 1997 Chicago Marathon and running a marathon with her dad. Holly has won SRRC's Points Series age group and/or master's division at least 7 times. Holly has been a volunteer at countless club races, and is very thankful for this recognition!



Holly Dahlquist



Tracy Dowell

Tracy Dowell has been a runner since the 7th grade, and involved with the SRRC in many roles for the last 15 years. Tracy is a former SRRC Board member and Abe's Army director, and is current owner of the Springfield Running Center. Tracy is a very accomplished runner, with personal bests of 5:36 for the mile, 41:36 10K at Abe's Amble, 1:32 half marathon, and 3:25 marathon. Of Tracy's 12 marathons, she has finished with a Boston-qualifying time in every one! She has won the overall female, master's division, and age group champion in the SRRC Points Series. Tracy has also been a leader outside the club, having helped found Run at the Track to introduce young runners to the sport, coached Glenwood middle and high school runners, and

helped direct, volunteer, and/or sponsor many local and club races. Tracy has devoted much time and many years to the sport of running, and is very appreciative to be recognized as an SRRC Hall of Fame member!

2021 SRRC Board

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Past President
Vacant

Vice President
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Board Members at Large
Paul Fee & Meredith Caudill

Newsletter Editor
Matt Minder

Newsletter Contributors
Lori Dale, Henry Janssen,

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

Address/e-mail changes:
Julie Pitchford
Membership Director:
SRRCMembership@gmail.com

Find us online!
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 or virtually via Zoom (subject to change).
Members are welcome to attend.

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

SPEED WORKOUTS
Get your “fast” on at the summer track sessions!
Dates: April—September
Wednesday evenings, 6:00 at Washington Park or SHG Track
Leaders: Bill Owens & Kelly Hubbard
www.srrc.net/speedwork

ABE’S ARMY
Popular 12-week summer training program for the Abe’s Amble 5K and 10K race in August.
Cost: \$60
Dates: May—August
Leaders: Randi Lucas, Heather Sharpe & Meredith Caudill
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: James Kuhn & Frank Midiri
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. Contributions are subject to SRRC Board final approval.

President's Message



Summer is coming and so is the return of in-person races! On behalf of the Springfield Road Runners Club board, I am confident in saying it can't come soon enough! Five of the last six SRRC-owned races have been held virtually, including our largest race, the Abraham Lincoln Presidential Half Marathon (twice).

But, rather than dwelling on the disappointment of cancelled, postponed or virtual races, I want to take this opportunity to acknowledge the dedication and commitment of the members and volunteers that continue support our Club despite the challenges presented by the pandemic. From volunteer leaders who quickly transitioned traditional in-person training programs to virtual formats to Board members who adjusted to Zoom meetings, race directors who organized curbside packet pickup, and Club members who attended a virtual annual meeting, we've all made necessary changes to accommodate COVID-19 restrictions and preserve our health and safety.

After cancelling last year's Road Runners Club of America annual convention, the 2021 convention was held in Orlando, FL on April 15-18. There was a smaller crowd than usual and no closing race to cap off the event, but it was still a fantastic opportunity to learn more about other clubs across the nation and to learn tips and tricks for engaging members, shifting back from virtual to live events, enhancing diversity within the club, and passing the torch to newer and (sometimes) younger members. It was a pleasure to represent SRRC at the convention and I look forward to sharing the information learned with the board and the membership.

Half Wits Returns for 2021!

Although it started out with virtual runs, the 2021 edition of Half Wits was able to have a few in-person group runs! Although turnouts weren't what they have been in the past due to size limits on in-person gatherings, we thank Tommy and Lori Dale for another great training season. We hope the training helped you rock your virtual half!



Race Director Spotlight - Dave Drennan



Dave has time for a wave at packet pick-up for the 2021 virtual race

If you've run the Lincoln Presidential Half Marathon, Frostbite Festival 2 Mile or 10 Mile, or participated in Abe's Army sometime in the last 10 years, chances are very good that Dave Drennan was directing the event. And, most likely, you noticed it was a well-run event, despite whatever the weather or fate had in store that day. I caught up with the busy Mr. Drennan to get his reflections on his experiences as a race director, SRRC Board member, and club member.

Dave was an SRRC member growing up by virtue of his parents, and became a member after college so that he could get back into running. Dave's father Ron was a race director for several local triathlons when Dave was growing up, including the Springfield Ironhorse Triathlon, for several years a World Championship qualifier race.

Dave understands hard work and the need for good organization, as a Vice President at United Community Bank. Those traits have served him well as a race director. He cites the time commitment and being able to put all of the pieces together as some of the biggest difficulties of being a race director. He appreciates having a great team around him - Dave thanked his wife Emily, father Ron, Jess Hunter

(communications), Amanda and Nick Fogleman, Keri Snyder (HSHS), Lori Dale, Rick Larson, HSHS St. Johns and Prairie Heart Institute, and HSHS Mission Outreach specifically, as well as the countless volunteers and sponsors that have made the LPHM such a success during his tenure.

What worries him on race day? Making sure everything goes off without a hitch, even though he knows it's impossible to control everything. He recalls 2019 as a very memorable year for the LPHM - with much warmer than usual conditions for early April, there were 5 people who had to be taken by ambulance to local hospitals. Although it was quite a test for the race's emergency response plan and those first responders, fortunately, everyone made it home OK.



Dave and other SRRC board members present a check to HS Mission Outreach after the 2018 LPHM race.

Dave's secrets to success? Put in the work and be confident that you have everything in place for a successful event. And surround yourself with a good support team.

As mentioned above, Dave has put in a lot of time for the SRRC. A club member for (as best he recalls) at least 15 years, he has been on the SRRC Board for 10 years (including President), LPHM race director for 5 years, Frostbite race director for 5 years, Abe's Army director for 3 or 4 years, and Women's Distance Festival director once. Whew!

While 2021 will be Dave's last year as LPHM director, and he like all of us was disappointed in not having in-person races for 2020 and 2021, he looks forward to a return to a live race in 2022 and he knows the race will be in good hands with the future RDs! We thank Dave for all his many years of service and we know he will stay busy, even with that extra free time he'll have!

Virtual LPHM - Member Results

Henry Janssen	1:15:24	Caroline Jones	2:20:33	Mollie Langley	3:01:39
Andy Martin	1:20:19	Marilyn Kirchgesser	2:22:15	Jennifer Herman	3:02:30
Danny Midiri	1:33:31	Adrienne Sweet	2:23:08	Lindsey Lister	3:04:04
Scott Leopold	1:39:26	Kaylee Gholson	2:24:04	Jennifer Ryterski	3:04:14
Keith Virden	1:42:33	Nancy Ferguson	2:24:36	Fess Teklehaimanot	3:08:18
Frank Midiri	1:45:33	Carroll Lulay	2:24:53	Lynne Morris	3:10:43
John Hauer	1:48:41	Melissa Wiseman	2:25:06	Casey Mayfield	3:11:01
Jake Friend	1:50:33	Madalyn Buxton	2:25:06	Kent Patterson	3:11:14
Curtis Winhold	1:51:27	Matthew Duff	2:26:51	Beth Lafata	3:11:42
Holly Dahlquist	1:51:54	Sunny Etta Boatman	2:27:11	Patty Petersen	3:12:12
Blake Scranton	1:52:44	Danielle Sharpstene	2:28:48	Angela Turasky	3:12:12
Wes Johnson	1:54:18	Lisa Lindquist	2:32:22	Lesia Schaive	3:14:05
James Kuhn	1:55:38	Megan Styles	2:33:14	Brian Kerber	3:14:13
Craig Mcfarland	1:57:00	Bobbie Jo Hill	2:33:37	Lynn Kerber	3:14:13
Tommy Dale	1:57:34	Scott Hendren	2:34:26	Shannon Hughes	3:15:10
Kevin Spurlock	1:57:53	Paul Turner	2:35:15	Lori Dale	3:15:31
William O'sullivan	1:57:54	David Bretz	2:37:00	Jan Patterson	3:20:00
Kelly Hubbard	2:01:00	Meredith Caudill	2:41:53	Christianna Sullivan	3:26:14
Brookelyn Eazelle	2:01:00	John Diel	2:42:24	Madalynn Sullivan	3:26:14
Diana Nevitt	2:05:51	Diane Muncy	2:42:47	Carrie Ward	3:28:15
Curt Evoy	2:06:04	Kyle Burton	2:43:26	Michele Pitts	3:33:38
Pamela Hart	2:06:28	Joann Johnson	2:45:44	Todd Patrick	3:35:22
Randy Rieke	2:07:38	Dawn Phillips	2:45:44	Nina Rossini	3:40:00
Gregg Sams	2:07:53	Bette Wells	2:45:44	Kathleen Jensen	3:40:43
Becky Hanna	2:08:00	Wendy Glisson	2:45:44	Linda Hicks	3:45:15
Ellen Greenan	2:09:36	Johnita Pettys	2:46:00	Victoria Stoye	3:45:33
Jerry Kuhn	2:09:41	Lindsey Cumby	2:47:28	Sarah Rieke	3:46:29
Leanne Woody	2:10:59	Colette Miller	2:47:55	Vivian Jones	4:14:02
Ashleigh Koerner	2:11:09	Denise Singleton	2:48:55	Jennie Davis	4:15:02
Kim Owens	2:11:17	Kathleen Winhold	2:52:41	Christina Smith	4:16:23
Cheryl Biesiada	2:12:07	Mary Harney	2:58:03	Amy Savel	4:19:00
Megan Philpot	2:12:48	Connie Heskett	2:58:10	Bronwyn Leach	5:06:17
Cody Philpot	2:13:29	Brenda Humbert	2:58:10	Heather Dressel	5:35:02
Peggy Windisch	2:14:00	Jan Andrews	2:58:23	Stephen Paca	7:00:00
Jamie Fitzpatrick	2:15:30	Cathy Gochenour	2:58:25		
Julie Boots	2:17:10	Angie Veith	2:58:33		
Donna Brayfield	2:18:10	Christina Powell	2:58:54		
Sandra Elliott	2:19:25	Melissa Ladage	2:58:56		
Randi Lucas	2:20:16	Marilyn Kushak	2:59:32		
Jessica Hamblin	2:20:30	Dianna Jones	3:00:00		

2021 Hall of Fame Award Presentation

Although it couldn't happen at the awards banquet (since it was virtual), Holly Dahlquist and Tracy Dowell were still able to be presented with their Hall of Fame plaques at the Springfield Running Center on April 20th!



Nick Fogleman presents Hall of Fame plaques to Holly and Tracy at the Springfield Running Center.

Trail Running For the Local Runner

By Matt Minder

One thing I have always loved about running is how it makes me feel free, just me and the outdoors. Trail running is just a natural extension of that feeling. What better place to run than in and around the woods, surrounded by nature? If you agree, and you haven't taken yourself up on that notion, here are a few thoughts and ideas on how to get started locally if you want to consider going down this less-traveled path.

Where Can You Go? Well, if you are in Springfield, there are just a few places close by for trail running. Lincoln Memorial Gardens (LMG) and Lewis Park & Trails (aka Lewis Memorial Acres or LMA) are closest for most, and actually good trails to start on. LMG has around 6 miles of wood chip and grass trails, and a connecting trail to the Ostermeier Prairie Center, which has an accessible gravel trail and other perimeter grassed areas that may be used for trail running. LMA has roughly 4 miles of packed dirt trails, with another mile of grassed trails within its prairie area.

LMG trails are "double track" which means they are wide enough for two persons to run side-by-side or for two-way traffic. LMA is mostly "single track" with a less wide path. I would consider LMG trails as mostly non-technical, meaning there is not a lot of roots, rocks, water, mud and significant elevation changes that create more challenging running conditions. LMA is a bit more technical, with roots, a few shallow water crossings and muddy spots (usually shortly after a rain) and slightly more up-and-down terrain.

On the north side of town, Carpenter Park has single and double track wooded trails, and connect with a cinder access road leading to a mostly wooded, double track trail at Gurgens Park. Centennial Park also offers a double track prairie path around part of its perimeter. The trails at both parks are a little technical due to mud and fallen branches from trees and bushes.

Further from Springfield, the Lick Creek trails off of the Interurban bike path near Chatham are an option. These paths, and LMA to a lesser extent, are traveled by mountain bike riders, so more caution is needed when using these trails. Jim Edgar Nature Preserve has several trails, as does New Salem State Park, although these trails can be more overgrown. (Full disclosure: I have not been to Jim Edgar to try out those trails yet.)

Beyond Springfield, but within a couple hours of driving, there are many more options available, in particular longer trail systems in the greater Peoria area (Farmdale, Independence Park, Black Partridge Park, Wildlife Prairie Park, among others), Sand Creek Preserve in Decatur, Allerton Park near Monticello, Clinton Lake North Fork Trail, COM-LARA Park near Bloomington, Sand Ridge State Forest near Manito, Kickapoo State Park near Danville, and many more smaller trail systems.

When Should You Go? Trails are unfortunately not available anytime you want. Occasionally events are taking place at these sites, so be sure to check before driving out for a run. However, ground conditions are typically the biggest issue. The unwritten rule is: if trails are wet enough for your shoe to leave an imprint over most areas on the trail, they should not be used. Trails with grass, mulch or leaf cover can tolerate more foot traffic without imprints than a dirt trail, but the rule still applies. If you are unsure if it is too wet, don't run on it - turn around and try again after a few dry days. Imprints from shoes, bike tires, or hooves can create divots and ruts, which will degrade the trail's quality over time. Of course, running on muddy trails is also a lot more hazardous, which should be another reason to wait until trails are drier. Ice can form on trails as well as pavement, which is another hazard to be aware of (and I can personally attest, it is not fun to slip and fall on an icy trail!).

Trail Running for the Local Runner (cont'd.)

On occasion, trails can be more runnable than pavement, such as after a thin layer of snow, when pavement can be slick (the uneven ground on the trail makes it a bit more grippable), or after a deeper snow, when sidewalks and some streets are not cleared.

What Do You Need? Although you can use regular running shoes to tackle trails, if you want to visit trails regularly, I have found trail running shoes are a good investment. Trail shoes have a more durable sole material with lugs, to provide a better grip on softer surfaces and provide protection to the bottom of your foot from rocks, sticks, and thorns. Trail shoes also have somewhat more durable covering over the top of the foot for similar reasons.

You may want to consider wearing gaiters to keep sand or other small particles from getting into your shoes. A handheld water bottle or hydration pack and/or a pack to carry items such as a phone, nutrition, and first aid kit are useful items for longer excursions. A headlamp or flashlight is needed when running at night or near dawn / dusk, such as for the LMA Full Moon Trail Run (a great fundraiser) in the fall!

Learn proper trail etiquette. Remember to leave no trace: no littering, and don't take anything out you did not bring in (even if it's just a cool rock, stick, or leaf). Pass on the left, yield to those going uphill (don't "bomb down" the hill past them), and use common running courtesy when dealing with other users like hikers, mountain bikers and horseback riders. Find out if any trail-specific rules (e.g. one-way routes) or site-specific rules (e.g. no trail use for 24 hours after rain) apply.

Trails are a nice change from pavement. Your pace will be slower, with turns and uneven ground and roots to navigate. The ground is softer, though it still hurts if you fall (and greater chance that you will). Trails offer good protection from wind and sometimes the heat, though they can also be damp or humid. You may encounter critters, which is usually a good thing, but has the potential to be hazardous.

Anything Else? Give trails a try! If you are nervous about running alone, go with a friend or group. Start on a short trail, and make sure you know how to get back to your starting point before dark (or make sure you have a light source handy). Once you get more experience and confidence, try out some longer trails. Hopefully, you will find trails to be an enjoyable change from the roads.

Mixing It Up on the Trails

By Matt Minder

This past fall, I had the wonderful opportunity to explore new trail systems up near Peoria, which I had always heard good things about, but never seemed to have the time for the extra travel. Enter “The Trail Mix,” the brainchild of Kevin Mathewson, a member of the Central Illinois Trail Alliance based in the Peoria area. Kevin described the event as a way to keep people motivated to run even with no races on the horizon due to the COVID pandemic.

Getting ready to finish up the Great Virtual Race Across Tennessee, a 4-month virtual event between May and August 2020, and ready for a different challenge, a few local running friends and I signed up!

The Trail Mix consisted of the following: run at each of ten different local (Peoria-area) trails, totaling at least 100 kilometers or 100 miles (your option), while running at least 4 miles (100K option) or 6 miles (100 mile option) at each trail. The challenge could be completed at any time between September 1 and November 30, 2020.

We agreed to start on Labor Day weekend. Since we usually do our long runs on the weekend, and in order to reduce the number of trips up to Peoria (we all traveled separately due to COVID), we decided to run 6 miles at each of two trails for the first couple of weekends. The parks were generally clustered into nearby pairs - two west of Peoria, two near East Peoria/Metamora, two north of Peoria, and the remainder in the smaller towns south of Peoria.

It was a blast! Getting to run and learn new trails always is for me. We really lucked out with the weather - it was a dry autumn, which made trail conditions mostly perfect. We found some trails to have very good footing, others to be quite rocky and rooty, and every single one had at least one but usually many hills to conquer. (If you aren't aware, the Peoria area is known for being hilly!) Although several of the trails are also used (and well maintained) by PAMBA, the Peoria Area Mountain Biking Association, we didn't encounter too many mountain bikers or other trail users, at least not to the extent where it made the experience any less fun. In fact, I believe we may have had more sightings of wildlife than trail runners, including a close encounter with a deer!

While missing a few weekends due to one or more in the group having other commitments, we wound up the Mix in late October at the Farmdale Reservoir near East Peoria. We actually ran that one two separate times to finish up the total mileage requirement. A few weeks later, we received our Trail Mix medals in the mail. I don't normally hang up medals but I do display this one - it's a nice reminder of those 10 weeks with a new adventure to look forward to every weekend! I really appreciated the opportunity to spend time with friends and learn new trail systems. I hope to get up there more in 2021 and beyond!



The Trail Mix medal was crafty and cool! Created by Wicked Skins Athletics, there are carved wood pieces that fit snugly into each of the 10 sections representing each trail location. The 100 Miles piece could also be swapped out for a 100K piece depending on which challenge completed.

Running on a Budget

By Lori Dale

Running itself is a pretty basic form of exercise. When I started running, I thought all I needed were shoes and the will to run! It wasn't until I was ACTUALLY running that I quickly figured out that the right gear could help my runs by preventing unnecessary injuries and wardrobe issues. When I realized I needed proper gear, I saw it could be quite costly. Being somewhat of a savvy shopper, I realized there are ways to save money and still have exactly what was needed for every run.

SHOES. Shoes are one place you absolutely do not want to skimp. I know this is an article for running on a budget but a pair of shoes can make or break your run. Any new runner who asks what kind of shoes they should buy I tell them two things:

- Go to your local running store and get fitted. The running store will fit the right shoe for the needs of the person wearing them.
- Expect to spend at least \$150.



Don't skimp on the shoes!

are several websites like 6pm and Sierra Trading Post that sell previous year's colors for way less. Sometimes you can find them up to 50% off. This is also a good option if you want a second pair of shoes to rotate. I may not like the color, but I can overlook that to save money!

ACCESSORIES. Do you need a GPS watch to run? No. Is it fun to have one? 100%! You can track your runs using a GPS app on your phone and carrying it with you when you run. I did this for a lot of years because a GPS watch just wasn't

That said, there are ways to save money when shopping for running shoes! If you are not picky about the color, you can find previous year's styles for less. Always check your local running store first (I try and shop local if possible!). Generally speaking, they almost always have a sale area. If you cannot find anything in your size, the internet becomes your next stop. I recommend going this route if you already know the shoe you should be wearing. There

Running on a Budget (continued)

in our budget at the time. The apps on your phone track almost the same data as a GPS watch. The most important being mileage and pace. Most apps for your phone are either free or very low cost. Is tracking your runs necessary? NO! But if you didn't track it, did it really happen?

There are some accessories you should buy for safety reasons. If your schedule dictates that you will be running at night, then you will want to have lights. Amazon sells clip on/slap on LED lights for around \$13 for a pack of 4. These can go around your arm or your ankle and they have different light modes. A headlamp is another option that wouldn't break the bank. You can also carry a small flashlight if need be. Any of these are a good option - the goal is you want to be seen by cars.

RACES. Believe it or not there are ways to save when signing up for races. With most races, the earlier you sign up, the cheaper the registration fee. When a race is structured like that, they will usually list out when the price increases will occur. Keep an eye out and make sure to register before the price increases – also you always want to make sure you sign up in time for the race shirt!

Another way you could save money is to volunteer for the race. Some races will comp your entry in exchange for volunteering. This could mean helping set up for the race, helping to gather volunteers for course marshals, volunteering as a leader for the training program (HINT: Abe's Army), signing up to be a pacer (usually for half or full marathons) or volunteering at packet pick up. Not all race directors offer this option but it is worth a look on the website to see if it is a possibility.

ACTIVE WEAR. Everyone has different needs for what they wear on a run. Some people like to wear a lot of compression, some people like a looser fit. Some people only like to wear shorts in the summer and some people prefer capri length tights. A lot of times it can be a game of trial and error on what you are most comfortable in while running. Who wants to play that game when each piece can be anywhere from \$75-\$100 each? There is nothing more disappointing than spending \$100 on running tights only to feel the painful sting of chafing after your run. Of course this can happen with less expensive items. The difference is I don't feel as bad about spending \$30 on a pair of tights that don't work out.

If you have ever ran with a group of women, this topic has undoubtedly come up. The running bra. Not all running bras are created equal! For me, this is one item that falls under the same category of shoes. Get fitted for the proper bra and spend the money. If you can find a sale, that is just a bonus. There are bras on Amazon that look a lot like the high end running bras for a fraction of the price. If you are going that route, always read the reviews!

For other clothing items try shopping the end of season clearances. While I always advocate for shopping local first, sometimes the range of sizes can be a little slim. Especially if you need bigger sizes. Other places to check are TJ Maxx, Sierra Trading Post and 6pm. \$16.99 for a pair of running tights? YES! \$9.99 for a tank top? OF COURSE! \$12.99 for a pair of shorts? RING ME UP! You can find deep discounts on name brand items that are from the previous season/style. Also don't sleep on the discount department stores like Target or Wal-Mart. Over the past few years they have been upping their game in the active wear department. They have offered stylish and functional pieces at really great prices and the quality holds up.

Ultimately it is up to you on where and what you spend your running dollars on. The most important thing is that it inspires you go out and run. You can't put a price on fitness!

2020 Participation Series Award Winners

Jan Andrews	Kristina Mucinskas
Cheryl Biesiada	Diane Muncy
Donna Brayfield	Diana Nevitt
Meredith Caudill	Kim Owens
Jennie Davis	Stephen Paca
Paul Fee	Todd Patrick
Tara Fritsch	Patty Petersen
Cathy Gochenour	Michele Pitts
Ellen Greenan	Randy Rieke
Jessica Hamblin	Katie Roe
Pam Hart	Nina Rossini
John Hauer	Lesia Schaive
Jennifer Herman	Blake Scranton
Linda Hicks	Danielle Sharpstene
Kelly Hubbard	Christina Smith
Kathleen Jensen	Dawn Stearns
Amanda Johnson	Victoria Stoye
Wes Johnson	Adrienne Sweet
Vivian Jones	Carissa Switzer
Stacy Kmett	Linsey Torchia
Marilyn Kushak	Angie Veith
Bronwyn Leach	Keith Virden
Scott Leopold	Carrie Ward
Randi Lucas	Melissa Wiseman
Andy Martin	
Casey Mayfield	
Frank Midiri	

2020 50K Throwdown Finishers

Jan Andrews	Vivian Jones	Johnita Pettys
Julie Boots	Stacy Kmett	Dawn Phillips
Donna Brayfield	Kathleen Knolhoff	Michele Pitts
Meredith Caudill	Ashleigh Koerner	Amber Potthoff
Amy Crowdson	James Kuhn	Rosa Reim
Lindsey Cumby	Jerry Kuhn	Randy Rieke
Lori Dale	Marilyn Kushak	Katie Roe
Jennie Davis	Melissa Ladage	Nina Rossini
Paul Fee	Bronwyn Leach	Steward Sandstrom
Nancy Ferguson	Scott Leopold	Molly Schaefer
Jerod Fundel	Lindsey Lister	Lesa Schaive
Wendy Glisson	Randi Lucas	Blake Scranton
Ellen Greenan	Andrew Martin	Denise Singleton
Jessica Hamblin	Lynn Merli	Tim Skronski
Pam Hart	Danny Midiri	Christina Smith
John Hauer	Frank Midiri	Dawn Stearns
Scott Hendren	Dustin Morrison	Adrienne Sweet
Jennifer Herman	Kristina Mucinkas	Carissa Switzer
Connie Heskett	Diane Muncy	Linsey Torchia
Bobbie Jo Hill	Diana Nevitt	Angie Veith
Kelly Hubbard	Denise Nichols	Keith Virden
LouAnn Ibberson	William O'Sullivan	Carrie Ward
Kathleen Jensen	Kim Owens	Bette Wells
JoAnn Johnson	Stephen Paca	Peggy Windisch
Wes Johnson	Todd Patrick	Melissa Wiseman
Caroline Jones	Patty Petersen	Sam Woods

SRRC 2021 Race Calendar

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: 04/03-11/2021
Location: VIRTUAL

Junaia P. Carter 5K
Date: CANCELLED
Location:

Lake Run—4.37M, 12K
Date: 05/01/2021
Location: Lake Bloomington,
Bloomington, IL

Passavant-Gatorade 5K and 10K
Date: CANCELLED
Location:

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

Scholastic Challenge 5K
Date: CANCELLED
Location:

Steamboat Classic 4M and 1M
Date: 06/19/2021
Location: Peoria, IL

Scheels 5K
Date: 05/17-23/2021
Location: VIRTUAL

Jacksonville 4th of July Blast 5K
Date: 07/03/2021
Location: Nichols Park, Jacksonville

Women's Distance Festival 2M
Date: July 10, 2021, 8 a.m.
Location: Washington Park

Quad Cities Times Bix 7
Date: 07/24/2021
Location: Davenport, IA

Parade Run, 2M*
Date: August 12, 2021, 5 p.m.
Location: Illinois State Fair Grounds

Abe's Amble 5K and 10K*#
Date: Aug. 22, 2021, 7:30 a.m.
Location: Illinois State Fairgrounds

Full Moon Trail Run
Date: 09/17/2021, time TBA
Location: Lewis Memorial Acres

Shoreline Classic 15K# and 5K
Date: 09/19/2021, 7:30 a.m.
Location: Nelson Park, Decatur, IL

Quad Cities Marathon,
Half Marathon, 5K
Date: 09/26/2021, 7:30 a.m.
Location: Moline, IL

Springfield Marathon (Quarter & Half
Marathon, Marathon)
Date: 10/10/2021
Location: Danenberger Vineyard,
New Berlin, IL

Run the Path Utica 10K
Date: 11/6/2021, 10 a.m.
Location: LaSalle/Utica, IL

Frostbite Festival 2M and 10M*#
Date: December 5, 2021, 9 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



SRRC Awards Series

2021 Modified Participation Series for SRRC Members

Due to the COVID-19 pandemic, the SRRC board has canceled the 2021 Point Series (ugh, we know) and modified the 2021 Participation Series. These adjustments were necessary due to the large volume of races that have been (or may be) canceled or transitioned to virtual because of ongoing COVID-19 restrictions. (But hopefully there will be lots of live races!!)

The modified participation series for 2021 will be implemented as follows. The rules are simple:

1. Be a registered 2021 Club member- join now if you have not already! Not sure whether you already joined for 2021? Check on it by logging into your Run Signup account at <https://runsignup.com>
2. Participate live or virtually (whichever is offered) and post an official finish time from any of the following 15 races during the 2021 season- any distance offered for the race counts, but longer distances accumulate more points. Visit srcc.net for links to each race (as available).
 - Abraham Lincoln Presidential Half Marathon
 - Lake Run 7K/12K
 - Scheels 5K
 - Peoria Steamboat Classic 4M
 - Jacksonville 4th of July Blast 5K
 - Women's Distance Festival
 - State Fair Parade Run
 - Abe's Amble 5K/10K
 - Quad Cities Times Bix 7
 - Decatur Shoreline Classic 5K/15K
 - Quad Cities Marathon
 - Full Moon Trail Run
 - Springfield Marathon/Half Marathon/Quarter Marathon
 - Run the Path Utica 10K (formerly Canal Connection)
 - Frostbite Festival 2M/10M
3. No need to sign up- SRRC will track participation for Club members and award prizes (TBA) to Gold, Silver and Bronze winners based on accumulated participation points! Stay tuned for the rollout of points required for each level!
4. Have fun & be safe!



SPRINGFIELD ROAD RUNNERS CLUB

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The SRRC is a proud member of the Road Runners Club of America.

**Come
join us!**

WOMEN'S DISTANCE FESTIVAL 2021

**WOMEN'S
DISTANCE FESTIVAL
JULY 10, 2021**



Save the Date!
The 42nd annual
WDF is coming!
An in-person
race is being
planned.
Don't miss out!
Register today!
(See SRRC web-
site for details.)