



FOOTTRAILS

SPRINGFIELD ROAD RUNNERS CLUB

WINTER / SPRING 2023

UPCOMING DATES:

- April 1- Half Marathon
- April 9-final virtual results for LPHM due
- April 11- Board Meeting
- April 28-29 Christie Clinic races including Illinois 1/2
- April 30-Medal Recycling event (details soon!)
- May 6- Lake Run-Hudson
- May 22- Abe's Army starts

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President's Message



Hello members! I'm excited to have been elected the club president and am looking forward to a year full of running and fun! Huge thank you to all of our 2022 outgoing and 2023 incoming board members, each and every one of you is valuable! We have another great group this year.

I first joined the SRRC in 2014 in search of running buddies when I started to get into half marathon training and beyond. I quickly got sucked into volunteering by becoming a leader in Abe's Army. After doing that for a few years, I took over directing Abe's Army for a few years. I joined the board in 2018, so this will be my 6th year on board. I never thought I'd take on this role, but here I am! I am also the Special Events Director (also known as the fun coordinator) and a co-director with Brookelyn Eazelle for the Lincoln Presidential Half Marathon.

With that being said, planning for the Lincoln Presidential Half Marathon is well underway. Brookelyn and I have been working on a great race with great swag and great fun. Don't miss out on this amazing event! If you can't run it, please volunteer. Volunteers make our races work and they can't go on without you!

Thank you all for being a part of the SRRC, let's make this a fantastic year!

-Randi Kuhn

Running Funnies

LITTLE JACK RABBIT AND HUNGRY HAWK



It is not unusual for me to encounter animals on my runs in the country. Typically, these range from deer, dogs, cats, raccoons, and rabbits, but sometimes have been as unique as a black cougar, and most of these instances happen on the country roads. However, last summer as I was running out of the subdivision on the way to the country roads, I saw a hawk in the middle of the road by the firehouse. Being a nature lover and noticing that the hawk appeared to be feeding on roadkill, I slowed to give it a wide berth so I didn't frighten it during its meal. As I got closer, the hawk got more agitated, and finally it flew to the top of a nearby tree. After about 2 seconds and as I was nearly on top of it, the "roadkill," a quite freaked out and very much alive rabbit, dashed off almost tripping me! I was laughing so hard at the entire scene. I was happy for the rabbit, but felt bad that I interrupted the hawk's kill - its glare showed how mad at me it was. On the way back into the subdivision, I checked all the trees by the firehouse to make sure that hawk wasn't waiting for me to get payback for ruining its lunch.

Thanks John!

Have a funny story to share? Email us srrcweb@gmail.com

2023 SRRC Board

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Marilyn Kushak
Scott Sievers
Scott Leopold

Newsletter Editor

Meredith Caudill

Newsletter Contributors

Kelly Maciejewski and many of our great members!

Club Information

Membership

Annual Membership Rates:
\$30 Family
\$20 Adult
\$5 Student/Youth (22 and under!)

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:
Bronwyn Leach
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 5:45 pm in Springfield, IL or virtually via Zoom (subject to change).

Members are welcome to attend. Please reach out to a board member for that month's location

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

SPEED WORKOUTS

Get your "fast" on at the summer track sessions!

Dates: April —September
Starts April 12- Wednesday evenings, 5:30 pm at Washington Park or SHG Track
Leaders: Kelly Maciejewski/Scott Leopold
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: Meredith Caudill & Crystal Rainey
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: Frank Midiri & team
www.srrc.net/frosttoes

HALFWITS

12-week half marathon training for the Lincoln Presidential Half Marathon.
Cost: Free to SRRC members
Dates: January—March
Leaders: Meredith Caudill & Crystal Rainey
www.srrc.net/halfwits

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.

SPLAT!



Kelly Maciejewski

It's like a badge of honor, in a way. I've even got scars. Whether you're out solo, or in a group, there's nothing quite like being on your feet one second, then splayed out on the ground the next second... while your mind quickly tries to make sense of what just happened and does a fast body scan to determine if you're alright. What's always felt amazing to me is the sheer number of thoughts that have time to cross my mind in that split second while I'm mid-tumble before I actually hit the ground. It's like time slows down. Usually I curse as it's happening. I always think "not again." I typically feel like I'm granted time to assess the best way to fall and direction to roll. I sometimes wonder if it's like that for everyone?

You (hopefully) quickly get up and try to brush it off, and in some cases, try to hold back the tears as you glance around to see who may have witnessed this whole ordeal, but truth be told, if you've been running long enough, it has happened to pretty much everyone. Of course, we also have a lot of those "nice saves" under our belt! With the amount of running we do and the number of overall steps we take while doing so, these things are bound to happen. Who knew running really can be a contact sport!?!?

After any fall, you really should stop for a minute and make sure you are ok before continuing. You might be bleeding. You are likely going to be a little shaken up. You might need to walk for a second to catch your breath and recover from the shock of it. You might be sore the next day because while the fall takes just an instant, your body naturally tenses up and you hit the ground with a good deal of force, especially if you were running fast. If you find you are falling frequently, you may want to have your form assessed, change the shoes you wear, and rule out any possible medical reasons before just chalking it up to pure clumsiness.

While any fall feels a bit embarrassing in the moment, everyone around you is most certainly more interested in whether or not you are ok, over the fact that you just fell. Sometimes, I actually wish someone had video rolling because I believe I've done some pretty spectacular acrobatics through the years. I'm like a magnet for falls, especially on trails, but I've also witnessed some incredible roll moves from others. And nothing, NOTHING tests the durability of running tights better than a good, old fashioned wipe out! In fact, I think a durability fall resistant rating scale should be mandatory for running clothes and reported by all running tights manufacturers. Someone needs to make this a thing.

But all silliness aside, what if you actually do get injured from a fall or a slip on the ice? Are you aware that most GPS watches have an emergency detection sensor that can detect a fall? Make sure you look into this for your watch and have your emergency notifications set up properly, so that your contacts can be alerted if there is a problem. In the few (ok, maybe more than a few) times I have triggered my emergency detection, my watch (Garmin FR245) does a short countdown during which time I can cancel the notification from being sent if I am actually ok – but if the notification is not cancelled, your emergency contacts will be alerted. If you are in the market for a new watch, this is a feature you should consider, especially if you do any solo running. The most comprehensive and up to date list I could find for watches that include this feature lists the following (8) watches as having this capability:

Apple Watch Series 6, Garmin FR45S, Garmin FR245, Apple Watch SE, Galaxy Watch3, Garmin Fenix 5X Plus, Apple Watch Series 5, Garmin Fenix 6

It also lists a medical device which can be worn separately from your watch (or in the event you do not want to purchase a smartwatch) and is perhaps a more economical option for those who don't need or want to track the other things that a smartwatch offers – this being the Lively Wearable 2. For the pro/cons of each of these watches, visit <https://occupationaltherapyblog.com/9-smartwatches-that-have-fall-detection/>

SPLAT.... (Continued)

There is also a way to manually alert your notifications using your watch, which is a very useful safety feature especially if you have medical issues or if you found yourself in a situation where you felt unsafe or were victimized. As much as no one wants to think about it or the necessity of it, these notifications have the ability to potentially save your life. The biggest thing to keep in mind for this to work properly however, is that you must have your phone with you for the notifications to trigger and actually notify your emergency contacts.

You should also make sure your emergency contacts are aware that you have set them up as contacts and do a “test fall.” Let your contacts know that you are testing to make sure everything is working properly, set your watch to run, run a few hundred meters, then come to a halting stop and slam your watch arm in a single downward motion or actually fall – this should trigger it! But for less of a spectacle, you can just manually trigger the emergency detection, lol. It is good for you to see what the alert looks like on your watch and let it send a message to your contacts so they will know what the notification looks like on their end. Once you have verified everything is working as it should, you’re good to go... or fall... or whatever...

Run safe friends! And watch your step while you’re at it.

A thank you to our running family-

Lynn & I, as well as our extended families, would like to thank everyone for all of the support that has been given to us during this extremely difficult time. There are just no words that can express the gratitude we have for everyone. I don’t even want to attempt to list all of the names and everything that was done directly as I would be worried we forget someone or something. We also appreciate all of the thoughts and prayers that have been extended for Presley. We joined the running club to run and just exercise more but have gained so much more by being involved with this wonderful group of people. Many probably have never met Presley or even us but still were so supportive. We can assure you that Presley would have stopped and talked to you about anything. She enjoyed volunteering at the races and supporting all of the runners. One of our favorite pictures is of Presley running the Women's Distance Festival after her first accident; she was so happy and proud to complete, it was extremely moving considering she had to learn how to walk and talk less than a year before. It was difficult to work the Frostbite this year without her physically there but we felt it was a one year hiatus. The show of support that day, along with everything else was simply overwhelming. We are hoping the memorial bench will be placed at the Sherman Park this spring once the weather breaks, this will be such a meaningful reminder for all of us and we really can’t thank everyone enough. Please know that our family appreciates everything that was done and all of the prayers. I feel pretty confident in saying Presley will be keeping tabs on everyone and you all have a guardian angel looking over all your loved ones. Thank you all so much from the bottom of our hearts, life will never be the same but we have such great memories and you all are part of those.

Like Presley always said - Be Safe and God Bless You

Brian, Lynn Kerber & family.



Hey You!

Have you renewed your membership yet? This may be your last newsletter. Don't miss out!



Most Improved Male—Keith Virden

He's the quiet, somewhat stealthy type – the kind of guy that just shows up and gets done what needs doing. He's fast and getting faster, but for someone at the top of his running game, you'll be hard pressed to get him to talk much about himself. In fact, I'm not sure I've ever met anyone quite so modest. Clocking most of his miles in the early mornings, starting anywhere between 4-5am, and as a solo runner, it's unlikely you'll ever catch a glimpse of him training either, but you will most definitely see him at nearly every single race around town, and he is a huge supporter of our club, making gold level participation status this past year, and you'll find him pacing the LPHM in April.

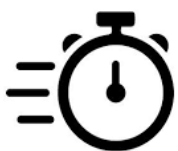
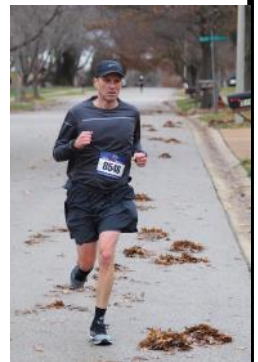
Interestingly, Keith has been running for only around 15 years – not starting up until he was 34 years old. His first race was the Scholastic Challenge 5K where he came in around an 8:50/mile pace over the 3.1 miles. Fast forward to the Ice-man ½ marathon just run in February, he averaged a pace of 6:47/mile across the distance on a somewhat windy day. Clearly he's figured out a few things along the way, but coming from a small town that had no high school track or cross country teams, he had no organized running experience and had no clue what kind of potential he actually had when he first laced up.

On that note, speaking of lacing up, while it is difficult to get him to talk about his actual running, start up a conversation about running shoes and things could get interesting. There's a rotation. It's serious business.

Back to that first race however, afterwards Keith began running here and there and gradually got more serious about it over time, but it took about 5 years for the competitive edge to really take hold. He was getting faster and started using others to drive his desire to improve. These days, he states that even after a good race, he's never quite satisfied and is driven by always feeling like there is room for improvement. His advice for newer runners however, is to not get caught up in the comparison game and not to worry about what others are doing. While Strava/Garmin can be great things, he states "New runners can start comparing themselves to others in a not so positive way. When starting out, try to get more comfortable running and being on your feet." With so much emphasis on marathon running, he also thinks too many runners feel like they have to run one to be considered a good or true runner, which is untrue.

Over the course of his running career the majority of what he has learned and incorporated into his training has come from the internet, trial and error, and just talking to and getting tips from others. He openly admits that he had no idea what he was doing early on and while likely would have benefitted from a coach, he's never had one. He quickly credits the advice of others, like his buddy Blake Scranton (and 2018 SRRC most improved male) with helping him to improve, by telling him he really needed to slow down his long runs which would give him more energy for race days. The book "80/20 Running" by Matt Fitzgerald offers similar advice and following this has made a difference for him.

While Keith definitely tallies up a lot of miles each week, he's also a big fan of his St Louis sports, specifically the Blues and Cardinals... but don't bring up NFL football – he's a little salty about the loss of the Rams from the city, although at least St Louis now has the Battlehawks for rooting interest. He also has a list of his greatest sports heartbreaks of all time and somehow many of them seem to involve Michigan sports teams. I'll just leave it at that. He also enjoys music and hanging out with his cat, Lady Stanley. And he doesn't just run, he also does some cycling. So huge shout out to Keith! Congratulations, and can't wait to see what you do in 2023!



SPEED WORK UPDATE:

Mark your calendars! Wed, April 12 - 5:30pm @Washington Park playground pavilion! New time, New leaders... Can't wait! We are hoping to move to the SHG track as soon as feasible. Workouts will be posted on Sunday (or Monday, latest) for each upcoming Wednesday. No matter your pace, these runs are for everyone! Come join us!

Most Improved Female— Kathleen Winhold



You'll spot the dynamic duo of Curt & Kathleen Winhold all over the place at SRRC events, races, speedwork and training runs... but it wasn't always that way. Kathleen spent many, many years as her family's support crew at races – she was the one to grab the extra clothes as they were shed at the start line, the one cheering them on along the course, the one there at the finish to congratulate them.

She has always been an active person, but when it came to running, that was her husband's thing and she was happier walking, swimming and doing pilates. Until 2009, in her 50s, when she was convinced to sign up for the LPHM. She completed the race, and still remembers the thrill of coming up on the finish line with the streets crowded with cheering people and thinking to herself what a great feeling it was. Yet after that, while she still did a few 5Ks here and there, she mostly went back to swimming and other forms of activity. That is, until she fell on the ice while ice skating and had to have her arm in a sling for two months. During that time, the only thing she could really do was

walk, but walking took a long time and was getting a little boring... so... you guessed it!! She started to add in some running intervals, even with her arm in a sling, just for some variety. She started noticing that she was getting a bit faster on those intervals, and before you know it, during the midst of the COVID pandemic, Curt talked her into joining the Halfwits. One thing led to another and that following summer she joined the 5K Abe's Army and got to know the leaders of that group, Meredith Caudill and Heather Sharpe. And now here she is today, SRRC's most Improved Female of 2022!

It's been quite a journey and now she and her husband travel all over to run. Some of her favorites so far have been the half marathon in Des Moines as well as the race in Seaside, FL which is sponsored by Vera Bradley and had some great swag. She also stated it would be a fun destination race for a group of ladies! This year they are tossing around the idea of either running in Kansas or heading to Ogden, Utah. She also has her eyes set on training for and completing a full marathon.

I asked if she had any tips for new runners and especially runners who may not have started up in the sport until a little later in life, and her passion and love for our club was immediately apparent to me. She said the support and encouragement of the members of the SRRC and the runs that our club organizes have had a huge impact on her. She emphasized that the group runs and club events are a great source of encouragement, but also a place to get tips from others and learn about races to participate in. Her biggest tip for new runners would be to set your own intervals, ease into what works for you and to not feel intimidated by others or feel compelled to run a certain pace. She said the track workouts are actually a great place to get started because "speedwork" is a relative term and you can run on a nice, flat surface with short, doable distances for beginners. She encourages people to give it a try and to not be intimidated.

When she is not out running and travelling, Kathleen keeps herself pretty busy. She is a part of Project Linus, a quilting group based out of Decatur that makes quilts and blankets for children who are ill or otherwise in need. She is also the lead for the ministry team at her church. Recently she also learned she had a family member who was in the Revolutionary war and discovered that both she and her husband both have a Patriot in their family lines. This has led her into doing quite a bit of genealogical and historical research.

I am truly blown away by Kathleen's improvements through the years and how she is such an upbeat and grateful member of our club. Thanks to Curt, for convincing her to join us!! We all can't wait to see where your running journey continues to take you!



Racecations

Vacation photos can be boring... RACECATION photos however, are priceless! One of the coolest things about being a runner is using your passion as an excuse to take vacations all over the country, and for some, all over the world! Here's a few of our members out and about:



Thanks Barb Manson and Stefani Henderson for sharing your photos from the Sedona Half!



Have a great race experience you'd like to share? Send us a photo and some information and we'll include it in a future issue!

RUN HARD *and* **BE NICE TO PEOPLE!**

Abe's Army

That's right! Abe's Army registration is open! For the still low price of \$60 you get all this:

- custom training shirt (design reveal soon!)
- custom participation medal
- cool swag
- Facebook group with helpful info and even games
- water stops
- leaders out there encouraging you weekly
- sports medicine gurus to offer help if you're hurt and suggestions to keep you from getting hurt
- free end of season picnic
- free race registration for the Abe's Amble 5/10K (where you get another shirt and another medal!)

Remember, all paces are welcome!

If you're moving we want *you* to join the Army, Abe's Army that is!

Share with your friends!

GUESS WHO'S BACK?



Let's make this a huge year!!!
<https://runsignup.com/Race/IL/Springfield/AbesArmy>

The Importance of Fueling

Proper nutrition is key. But did you know loading the body with carbohydrates properly prior to race day can make the difference between a personal record and not finishing at all?

Carbohydrates in food break down into glycogen our bodies need to fuel our everyday life, and they're extremely vital to endurance activities. Running a race that will last around 90-120 minutes should not necessitate a "carb loading" preparation. However, after roughly 2 hours most people will run out of glycogen stored in the muscles, which is approximately 2,000 calories. Increasing carbs in the short term will allow you to run for longer before depleting. It is essential to train not only on the trail/road/track, but also in the kitchen by gradually increasing intake before the big race. Doing so will store additional glycogen in the liver so muscles can call upon this reserve in extreme circumstances to generate more stamina.

"Hitting the wall" is generally when the body becomes depleted of glycogen. Pace starts to diminish, cramps begin to creep in, and fatigue (among other negative physical and mental occurrences) begin to settle in big time. When properly nourished, however, when glycogen storage has been used up and blood sugar levels start to drop, the body will rely on fat storage for additional energy. Unfortunately, this may cause pace to slow down as energy (ATP) production slows while the transition to fat usage occurs since the body is typically much more adept at using carbs/glycogen for fuel. Further, carb loading is important because it helps the body maintain hydration. Research has shown that for every gram of stored glycogen there are four grams of stored water, meaning some water retention may occur. But don't fret! This is actually a good thing because it means the body is getting the necessary fuel to prepare for race day. (On a side note, properly hydrating your body with water and electrolytes every day leading up to race day is crucial as well!)

Whether training for a half or full marathon start carb loading a minimum of three to four days prior to race day. The ideal dinner plate should be at least 1/2 carbohydrates (such as rice, legumes, potatoes), 1/4 protein, 1/4 vegetables leading up to the race. Try to consume around 70 percent of total calories as carbohydrates while focusing on low-fat unprocessed foods and lean protein. Be careful not to consume too much fiber during the final 3 days prior to race day. You want to have a great run...not have the runs while doing so! On race morning consume about 1-2 g of carbs for every 1 pound of body weight 3-4 hours before the race, and a smaller carbohydrate snack -banana, bar, bread about 45-60 minutes prior. Likewise, drink water/electrolyte fluid frequently.

Ideas of good carbohydrate sources for enhancing performance may include potatoes, pasta, rice, oats, pancakes, bagels, vegetables, fruits, cheese, nuts, fish and white meats. AVOID carbo loading only for the night before the race. This does not give the body enough time to properly fuel its glycogen stores. Remember to start around 3 to 4 days before the race, but be mindful to not overdo it just to have fuller glycogen storage.

I would love to help you with your nutrition and training! Please feel free to reach out anytime!

Emily McAfee CN, CSSC, M.Ed.
 Certified Nutritionist
 Certified Specialist in Strength & Conditioning
 BS Psychology
 M.Ed. Health & Wellness
<https://emilykmcafee.com>



Thanks Peter for some solid advice!



Running tip: If you are driving somewhere to run, put your running shoes on BEFORE you drive there. 🧑🏻👟

Running Funnies

Drink coffee BEFORE you leave the house and these things are less likely to happen.

SPRINGFIELD ROAD RUNNERS CLUB ANNOUNCES

RUNNERS OF THE YEAR by Jay Rogers

Since 1982, the Springfield Road Runners Club (SRRC hereafter) has recognized three female and three male distance runners (based primarily on the most recently completed cross country season) during either January or February of the following calendar year. Not only does the SRRC provide awards to the 6 athletes, the club also provides a monetary gift to the respective school's distance running programs. An ad hoc committee is formed by the SRRC and we proceed to meet and discuss the performances turned in by cross country competitors "regionally" (about a 30-40 mile circle around Springfield. Size of school is NOT considered. All of the school's runners are eligible and we almost always have a mix of Class A as well as Class AA athletes (no Class AAA schools are currently in our eligible geographic area). This year, for example, we have two Class A honorees and four Class AA honorees.



We do not distinguish a second and third place award but, the overall top choice does receive special recognition. ALL six of the athletes' performance net their respective programs \$250 each for a total \$1,500 contributed by the SRRC to the schools.

On the boy's side, **Daniel Giacomini** of Williamsville High School was honored for his season's accomplishments including a string of top 3 finishes at the Jacksonville Invitational, Liberty Invitational, Sangamo Conference Championship as well as a 3rd place finish at the IHSA Petersburg PORTA Regional Championship. Daniel also finished 8th at the Elmwood Sectional and 50th in the Class A State Championship held in QUAGMIRE conditions and gale force winds up at Detweiller Park in Peoria (WORST conditions I have seen there going back to 1978). Daniel is coached by Tyler Casson.

Equally honored is **Owen Morgan** of Taylorville High School. Owen had 11 top ten finishes in the 14 races he completed this past season. Among those 11 top tens, Owen had three victories.. He was 4th at the IHSA Taylorville Regional Championship and 16th in the fast field of runners at the IHSA Chatham-Glenwood Sectional. At the Class AA State Championship, Owen placed 83rd. Owen and his Taylorville teammates are coached by Steve Walters.

The top male runner earns what is called the BOB HELLWEG AWARD. Mr. Hellweg was one of the founding members of the SRRC as well as a part of the first ownership group of the Springfield Running Center. Suffice to say, Bob is a club icon. Taking that award this year is Lincoln High School's **Brenden Heitzig**. Brenden repeats this honor from last year. The Bob Hellweg Award winner has his name added to the list of past winners on plaques displayed at the Springfield Running Center. Brenden earned 10 victories this past cross country season including championships at the Apollo Conference meet as well as the IHSA Taylorville Regional. Brenden ran to a second place finish at the IHSA Chatham-Glenwood Sectional as well as a 6th place finish at the Class AA State Championship in Peoria. SPECIAL—Brenden arrived at the awards ceremony sporting a hat from his future running program—the Mizzou Tigers! Brenden Heitzig is coached by Andrew Hite.

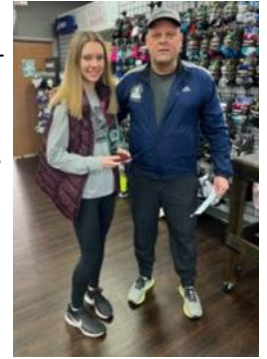


On the girls side, we have ALL THREE honorees earning All-State Honors!

Louisa Wilson of Williamsville High School had another strong season. In her 11 races this past season, Louisa had 4 victories with a "worst" finish place of 4th at the HUGE First To The Finish Invitational held in Peoria on the state meet course. She earned championships at the Sangamo Conference, the IHSA Petersburg PORTA Regional, and IHSA Elmwood Sectional. Louisa is a sophomore and, after placing 3rd in the state championship in 2021, she placed third once again in 2022! Like Daniel above, Louisa is coached by Tyler Casson.

Runners of the Year, continued

Next up for the girls we have Rochester Rocket senior **Colleen Zeibert**. Colleen had 5 victories this past season including her victory at the always-challenging Central State 8 Conference Championship. She turned in an excellent 17:06 over the 2.9 mile Jacksonville High School cross country course at the Dan Moy-Jacksonville Invitational. Colleen finished 3rd at the IHSA Taylorville Regional, 6th at the Chatham-Glenwood Sectional, and 15th (All-State) at the Class AA IHSA State Championship. Like Brenden Heitzig, we were pleased to learn of Colleen's post high school plans. Her coach, Bill Owens, was adorned in the red and white of Illinois State University where Colleen will be attending and competing this Fall!



Like the top male, we have a special award for the top female. SRRC female distance running pioneer, Genny Kaufmann (Olympic Trials Marathoner, road running record setter, etc.), is the namesake of the SRRC's top overall female runner of the year. Like her older brother, **Becca Heitzig** is a repeat winner this year and her name will be etched on the plaque of winners at the Springfield Running Center. Over 3 cross country seasons so far, Becca has 21 victories. This past season, she competed 10 times finishing no lower than 3rd in ANY of those events including her 3rd place finish at the Class AA State Cross Country Championship. In addition to her cross country prowess, Becca has posted a range of solid times on the track including a sub 60 over 400 meters, a sub 5:00 for 1600 meters, and a Class AA State Championship record of 2:09.99 for 800 meters. Yet another talent that Becca possesses kept her from attending this year's awards presentation—she is a varsity level player on Lincoln's outstanding basketball team. That team was holding practice during the awards presentation and she chose to make the practice and forego said awards presentation. Like her brother, Becca is coached by Andrew Hite.

Cash disbursements went: \$500 to Lincoln High School; \$500 to Williamsville High School; \$250 to Rochester High School; and \$250 to Taylorville High School.



TEAM
PAWS
CHICAGO



The Heart of 2 Run 7

Do you have a charity race or running event that is near and dear to you?
Please share with us and help spread the word.

This issue's contributor is SRRC member **Bronwyn Leach**

I have always been athletic in some way or another. When my husband passed away in 2018 I decided I wanted to explore the local running community and in the spring joined Abe's Army. I had two goals that summer, make it through Abe's Amble and run a half marathon. I managed to accomplish both and with the help of my Abe's Army leader Diane Muncy pushed myself to complete the Triple Crown and envision completing a marathon. Well, Covid and an injury put the marathon on hold.

In the meantime, I have always been an animal lover. I trained field trial and hunting English Springer Spaniels for many years. I had one Spaniel pet when my husband passed away. The more I missed my husband, the more I poured over the WILD Canine Rescue site. At adoption number three, I decided it was time to start fostering for the local WILD Rescue.

With the dream of running the Chicago Marathon still on my mind, and my love of helping animals, I decided to sign up to raise money for PAWSChicago which guarantees me an entry in the marathon. PAWSChicago is a no-kill shelter that excels in not only helping dogs and cats but mentoring other shelters to become the best no-kill options for abandoned or surrendered animals.

"It's not about the finish line, it's about enjoying the process of getting there."

Frost Toes Training Recap

Frost Toes is our fall training group that goes from October-December to prepare for the hilly 10 mile Frostbite Festival Race. Thank you to Frank Midiri for his continued leadership and Crystal Rainey and Heather Sharpe for helping out with a number of the group runs.



50K Throwdown

Congrats to the 70+ club members who earned the 50K Throwdown medal! Did you miss out on the opportunity? Never fear, there will be a chance to get an even cooler 2023 medal by making sure you register for the 2023 Lincoln Presidential Half Marathon, the Women's Distance Festival or the State Fair Parade Run 2 mile, Abe's Amble 10 K, and the Frostbite Festival 10 mile.

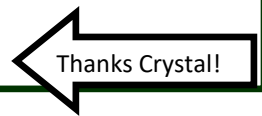
Frostbite Festival Recap

This year's Frostbite Festival was on Sunday, December 4, 2022. Thank you to Kristina Mucinkas for her race directorship and another successful year! Spencer Uetz (1:00:42) was the male winner of the 10 mile race and Patricia Schaefer (1:12:23) was the female winner of the 10 mile race (even after stopping to rescue a couple of kittens from traffic during the race!). Jon Valuck (11:35) and Emma Good (14:28) were the male and female winners of the 2 mile race. The 10 mile course is a challenging out-and-back that begins at Fit-Club West, heads west onto the Washington Street roller coaster hills and through winding county roads, and returns on the same route. The 2 mile course is a shorter out-and-back race on a portion of the same course. Thank you to our sponsors, FitClub, Springfield Clinic, and Springfield Running Center. We hope to see you on Sunday, December 3, 2023 for the next Frostbite Festival!



Funny Story

Out for my morning run about 5 am last summer...was running the trail behind Scheels and out of nowhere a guy in nothing but a hospital gown popped out of the trees and said good morning. Fastest progression run back to my car ever!



SRRC Banquet

The SRRC Annual Meeting & Awards Dinner took place January 21, 2023. It was a great evening making up for lost time and celebrating our 2021 & 2022 Participation Series winners, 2022 Points Series Age Group Champions, adding TWO new Hall of Fame members, electing our new board members as well as giving out door prize drawings for FREE RACE ENTRIES and 2RUN7 swag! Congrats to all of our winners!



2021 and 2022 Participation Series Winners



“It doesn’t matter how fast or how far you’re going. If you’re putting on your shoes and going out for a run, you are a runner, you are in that club.” -Kara Goucher



We run this town, thanks to YOU!



SRRC Banquet...



SRRC is for all ages!



Congrats to our members who completed the Triple Crown Challenge or the mini Triple Crown Challenge this year! For the mini, new members could complete the Abe's Amble 5K, Shoreline Classic 5K, and Frostbite 2 mile . The Triple Crown is for first time folks to complete the Abe's Amble 10K, Shoreline Classic 15K, and the Frostbite 10 mile. Fun bragging rights for new members looking for some accountability and a lot of cool swag!

Half Wits Training



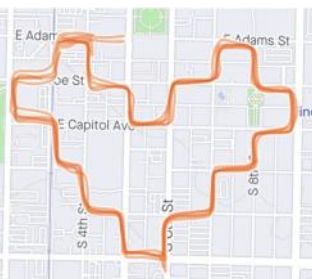
Non-runners call us crazy... we just call our winter running group the Half-Wits. Half-Wits is a 12 week program training for the Lincoln Presidential Half Marathon, and isled by Meredith Caudill and Crystal Rainey . Truthfully we couldn't do it without this hearty group of dedicated runners and some fantastic bonus leaders (big kudos to Lori Dale and Kim Owens) making sure we're all ready for the first Saturday in April of every year. We meet Monday and Wednesday evenings in Washington Park, and Saturday mornings we usually meet at Café Moxo to run the course. If you missed out on joining us this year, hopefully you'll be there for the fun NEXT January!



Big thanks to our friends at Springfield Running Center for hosting a Donuts and Discounts Day for the group! Those long run days are even better with hot coffee and a donut!



Pal-en-tine's Day Fun Run



Great turnout for our very first Pal-en-tine's Day run 2/14/23 at Buzz Bomb Brewery. We had a quick 2.14 mile run and a potluck with lots of yummy treats. Thanks to Kristina Mucinkas for creating our route and for Randi Kuhn helping to organize it all.



Pi Day Fun Run

It's looked a little different the past few years, but thanks to those people who keep showing up for Meredith's nerdy fun with our SIXTH Pi Day Fun Run! That's right, 3.14 miles and Pi(e) ; it's an irrationally good combination! Thank you to Chuck for the expert level medal repurposing! Big thanks also



to our friends at Buzz Bomb for promoting the event—we even got a few guest runners.



Local 2023 Race Calendar

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

PLAN YOUR 2023 RACES

Lincoln Presidential Half Marathon*#

Date : 04/01/2023
 Director: Randi Lucas, Brookelyn Eazelle
 Location: Springfield (Old State Capitol)
www.srrc.net/runabe

Christie Clinic Illinois Half/10K/5K

Date: 04/28-29/2023
 Location: Champaign, IL
Illinoismarathon.com

Lake Run - 7K, 12K

Date: 05/06/2023
 Location: Hudson/ Lake Bloomington

Lincoln Memorial Gardens 8K

Date: 06/03/2023
 Location: Lincoln Memorial Gardens, Springfield, IL

Steamboat Classic 4M & 15K

Date: 06/17/2023
 Location: Peoria, IL

CNB Bank Jacksonville 4th of July 5K

Date: 07/04/2023
 Location: Jacksonville, IL

Women's Distance Festival 2M*#

Date: 07/08/2023
 Director: Carrie Ward & Melissa Wiseman
 Location: Springfield, IL (Washington Park)

Illinois State Fair Parade Run 2M*#

Date: 08/10/2023
 Director: John Stearns & Carrie Ward
 Location: Springfield, IL (Illinois State Fairgrounds)

Abe's Amble 10K/5K*†#

Date: 08/20/2023
 Directors: Heather Sharpe & Jill Reich
 Location: Springfield, IL (Illinois State Fairgrounds)

Full Moon Trail Run (2+ mile night trail run)

Date: 09/29/23
 Location: Lewis Memorial Acres, Springfield

Shoreline Classic 15K and 5K†

Date: 10/01/2023
 Location: Decatur, IL (Nelson Park)

Harvest Wind Half Marathon, 10K

Dates: 10/08/2023
 Director: Bill Stokes
 Location: Springfield, IL

Jacksonville Memorial Hospital Gatorade 5K and 10K

Date: 10/21/23

Location: Jacksonville, IL (Jacksonville Memorial Hospital)

Run the Path 10K

Date: 11/05/2023
 Location: McNabb, IL

Frostbite Festival 2M and 10M*†#

Date: 12/03/2023
 Location: Springfield, IL (FitClub West)
 Race Director: Kristina Mucinskas

Race dates, locations, & times subject to change

* denotes SRRC Points Series event distance

† denotes Triple Crown series run

denotes Abe's 50K Throwdown run



Looking for other area races?

Check out the following websites:

<https://www.srrc.net/area-racing>

<https://fatatthefinish.com>

SRRC is for new *and* experienced runners and walkers!



I twerked on a blow up shark during an ultra marathon.

Running Funnies

Thanks Shannon for sharing your shenanigans!

During the LPHM, I fell at about the half way mark coming out of the park. Captain America stopped to help me up. One of my running friends looked down as she was running by and said, "No laying down on the course." I was moaning a bit from the pain but laughing at her witty comment.



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

**Come
join us!**

HOW TO FIND US: [HTTP://SRRC.NET](http://srcc.net)

[HTTP://WWW.FACEBOOK.COM/SRRC.NET](http://www.facebook.com/srcc.net) INSTAGRAM: [SPRINGFIELD_ROADRUNNERS](https://www.instagram.com/springfield_runners)

It's not too late to
"Run where Lincoln Walked"

Registration closes

3/30/23 at noon!

www.srcc.net/runabe

Hope to see you there!

