



FOOTTRAILS

SPRINGFIELD ROAD RUNNERS CLUB

SUMMER 2022

UPCOMING DATES:

9/10- Adopt a Street
(details coming!)
9/15- October newsletter
contributions due
10/2- Shoreline Classic
5/15K
10/8- Harvest Wind Half/
Quarter Marathon

SRRC fall social info
coming soon!

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Meredith Caudill

We're back!

Hey, there's no good excuse. We weren't abducted by aliens, we haven't won the lotto (yet), we have all been trying to stay healthy (this is a running club after all!). What I'm trying to say is we value our members and want to keep you informed. We understand that social media isn't always the best platform for that, but we also don't want to make this newsletter just a repeat of what you can find on our various social media platforms. If you've got some fun ideas you'd like to see in the newsletter, or even better, you'd like to contribute an article for the newsletter... please let us know! What I promise to you is now that we're back, we're here to stay!



Abe's Army & Triple Crown



This time of year always brings hot hot hot weather as well as good times and popsicles with the Abe's Army 5K & 10K recruits! Besides all the fun swag our participants get with Abe's Army, it's the first stop along the way to become a Triple Crown Champion!

Become a Triple Crown Champion!!

Here's how it works:

1. You must be a current SRRC member.
2. You must be a 2022 Abe's Army participant (new or returning).
3. You must complete the 2022 Abe's Amble 10K (6.2 miles) -virtual does count!
4. You must complete the 2022 Shoreline Classic 15K (9.3 miles) on FOR THE FIRST TIME.
5. You must complete the 2022 Frostbite Classic 10 miler ALSO FOR THE FIRST TIME.

All finishers will receive a special award, recognition, goody bags and free registration to the 2023 Lincoln Presidential Half Marathon.

Mini Challenge!

Abe's Army 5K participants, have we got a deal for you-the Mini Challenge is like the Triple Crown Challenge!

You will need to complete THREE races:

1. Member of Abe's Army & complete Abe's Amble 5K.
2. Complete Shoreline 5K (October) FOR THE FIRST TIME
3. Complete Frostbite 2 miler (December) FOR THE FIRST TIME

All finishers will receive a special award, recognition, and fun goody bags! This is for runners who have not previously finished the Triple Crown. We hope you have fun and go for the Triple Crown Challenge *next year*

***There is no fee to sign up other than your race entry fees and there is no finish time requirement for any race, but you are subject to that race's minimum pace requirements.**

2022 SRRC Board

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kelly.behle@hotmail.com

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Kelly Maciejewski

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

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:

Brooklyn Eazelle

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—August

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 & 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: Frank Midiri & TBD

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.

President's Message

Hello! I am happy to represent this amazing group of runners, run/walkers, and walkers as President of the Springfield Road Runners Club. I am grateful to Past President, Carrie Ward, for all that she has accomplished in the last 3 years as SRRC President. I do not have to tell you all that she left enormous shoes to fill.

I joined the Springfield Road Runners Club in 2010 when I joined Abe's Army. I had run the Lincoln Presidential Half Marathon in 2010 and decided to join Abe's Army to learn how to train properly for a race. When my wife and I trained for the LPHM, we did not use water or nutrition and we did not have wicking running clothes. We ran the course in cotton without water each Saturday for weeks. Thank goodness we joined the running club to learn from the amazing Abe's Army leaders (Cheryl Biesiada), SRRC Speed Work leaders (Katie Tice and Jack Bellmer), and the Halfwits leader (Bill Stokes)! Our club has endured due to these tremendous volunteers and all of the volunteers who came before and after them. I want to thank each and every one of you who have volunteered, coached, and supported the members of SRRC. I would not be a part of this club without you.



Kelly Hubbard, SRRC President

We, as SRRC members, have endured a rough couple of years and our membership has taken a hit. This year, I want to work with the entire SRRC Board to increase our current membership to pre-pandemic levels and then surpass them. This will take a concerted effort and we hope that you will join us in recruiting new members to keep this amazing running club going for decades into the future.

As we look at our current membership and how we want to grow, I want us to represent the diversity in Springfield. We are lucky to live in our state capital where we can experience a variety of cultures, ethnicities, and lifestyles. I want to challenge our club to strive to include all these diverse backgrounds into our club. I would like for us to continue to partner with local organizations, like Black Lives Matter SPI and Phoenix Center (LGBT advocacy center), to show our support and inclusivity to all groups and communities of people in Springfield. Are there other community organizations with which we should partner?

As our club serves our community, we will gain visibility and we will grow our membership. When people meet our amazing members, they will want to join in on the fun. I look forward to a great year ahead! I am looking forward to running and/or walking with all of you in 2022!

Kindly,
Kelly Hubbard

Podcast Spotlight– Not Your Average Runner



So I'm not going to lie... Running has changed my life in so many ways and I really identify with host Jill Angie— she's motivating, she cusses like a sailor, and she will teach you to stop saying you're not "a real runner". (ok, I also can thank SRRC for this too!) The Not Your Average Runner Podcast teaches plus-size, mid-life women practical ways to start in the body they have right now. I like her product reviews, her interviews with inspiring guests, and practical recommendations on how to start or renew a commitment to looking out for being your best self regardless of size, shape, speed or age. I have also introduced a number of people to her Facebook group which is a great judgment-free zone and a place to ask questions.



Kelly Maciejewski

Our two cents: Aging Runners

As a runner you've most certainly heard from some well-meaning individuals that all of this running is going to destroy your knees. Of course, as every good runner does, you nod your head, thank them for their concern, and then continue your regular daily running regimen. We know running most definitely DOES NOT destroy your knees, but runners do get injured on occasion, and you may ask yourself if all of this running does have any detrimental effects on your body. In fact, it is just the opposite! "Regular running **slows the effects** of aging, according to a new study from the [Stanford] School of Medicine that tracked 500 older runners for more than 20 years. Elderly runners have fewer disabilities, a longer span of active life and are half as likely as nonrunners to die early deaths, the research

found."¹ While injury does occur, it most often can be traced back to a root cause which likely could have been avoided.

For starters, it is imperative that one does not increase mileage too quickly. The old "rule of thumb" is never to increase mileage >10% week to week. What exactly does this look like? It means that if you spent all winter running 15 miles per week and you are now ready to up that mileage for some spring/summer races, you should go no higher than 16.5 miles the following week... followed by 18ish miles the week after that... and up to 20 miles the week after that. I think you get the picture, but way too often, runners will go from 15 miles, to 20 miles, to 28+ miles and quite frankly, you are asking for trouble here. While muscle memory is a great thing, you are simply adding too much strain and long term, the effect is going to be a sudden overuse injury.

Cut back weeks are also essential. After 2-3 weeks of increased mileage, you should have a recovery week where your mileage decreases by 20-30%. This allows any creeping up overuse "situations" to relax and chill out for a week, lets any micro-tearing of the muscles heal up, and the result is that you emerge the following week with new-found energy and a body ready to keep getting stronger.

Lastly, running is our thing. I get it. I love to run and sometimes doing other things is a CHORE (hey yoga, looking at you!!), but if you want to avoid injuries, do some darn cross training! Do some core work and some upper body work, stretching and breathwork... and you will be amazed to see how it can impact your running and how you will feel less fatigued overall, especially during a longer distance run/race. I personally know that when I was young and dumb, I would finish long distance races and the only thing that would really hurt bad the next day would be my core muscles. This was a sign that I needed more cross training in my life! My legs could have worked harder, but what was actually slowing me and breaking my form down was where I least expected it. Make time for some cross training at least 1-2x a week – it will not only make you a more balanced runner, which in turn helps to avoid injuries, but it also gives those hard working running muscles a little break.

Our two cents.... (Continued)

You may be young, or just lucky up to this point, and think you've been fine thus far not following the tips above, so I'm going to be the bearer of bad news here... you're not getting any younger. You're a ticking time bomb to be honest. As you get older and move out of your "prime" and as you continue to add running years to your resume, these things become more and more important. We all want to grow old together with running, right?? So do the things now that can help make that a reality. My focus has really been shifting in the past few years as I age, to longevity in running and how I can accomplish that. I see people running in their 60s, 70s, 80s+ and I want to figure out how that can be me. Don't you want that for yourself?

As PRs become a distant past, we need to embrace what the next stage of running means for us and how we can continue to love and participate in a sport that has brought us such joy. We need to create goals that have nothing to do with a time clock, yet still challenge us and keep us moving. We need to share our experiences and knowledge of running with the next generation of runners and show them that this can be a lifetime gig if you want it to be. I know that I am so inspired by the individuals in our club who are a generation or two older than me. I look at them and know that this is what I want when I am their age. Getting slower can be disheartening sometimes, but as we get older, we need to acknowledge and accept that this is inevitably going to happen and not let it discourage us or cause us to give up. Once you hit a certain age (which that number can vary from runner to runner), stop comparing your times from 10, 20 or even 30 years ago to your times today – you're really not being fair to yourself if you do that. Keep your goals challenging, but not out of reach. Be realistic and always remember the things that made you fall in love with running to begin with, because those things will always be there every time you lace up those running shoes.

1 "Running slows aging and postpones disability, study finds" August 18, 2008 - By Erin Digitale
(<https://med.stanford.edu/news/all-news.html>)



Tune in to Running

I like to start some discussions on the facebook group, and most recently I asked for your recommendations for songs with some form of run or running in the title or somewhere in the lyrics (one of my favorites which prompted this question was Madonna's **Hung Up**, "Those who run seem to have all the fun.") Here's a few of the finalists with **RUN** in the actual title I added to my playlist:

Time is Running Out– Muse	Take the Money and Run– Steve Miller Band	Runnin' -Pharrell Williams
Take it on the Run– REO Speedwagon	Run– George Strait	I Ran– A Flock of Seagulls
Running Up that Hill –Kate Bush	Runaround Sue- Del Shannon	Run– One Republic
Runnin' - The Pharcyde	Running on Empty– Jackson Browne	Run Runaway– Slade
Love Runs Out– One Republic	Runaway– Bon Jovi	Run– Foo Fighters
Runnin'- Adam Lambert	Runnin' with the Devil– Van Halen	The Long Run– Eagles
Run Around– Blues Traveler	Run to the Hills– Iron Maiden	Run– Sugarland
	Runnin'- Noahplause	

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:



Nancy Ferguson, enjoying a run in Maui



Conny Moody, enjoying the "fit life" with daily morning bike rides and beach walks in Longboat Key, FL



Diane Muncy, Cocoa Beach



Darrell and Tina Simmermaker,
Super Hero 5K Palm Springs



Barb Manson,
finishing the 50
States Half Marathon
Challenge with her
final Half Marathon in
Waitsfield, VT
Congrats!

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!

Racecations (continued)

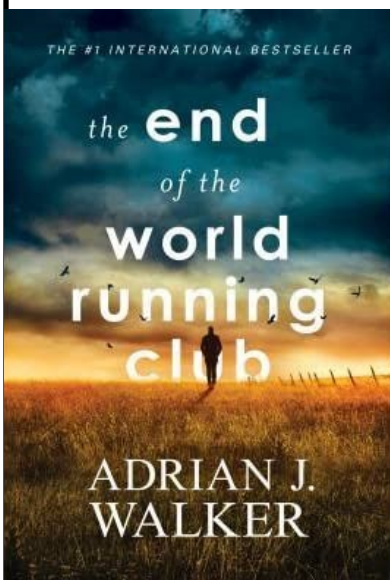


Randi and James Kuhn,
Black Hills (SD) 50K

Here's to a
lifetime of
racecations
Randi and
James!



Speedy Review- End of The World Running Club by Adrian J. Walker



Perhaps I can blame my delay on this newsletter because I bought the book thinking it might be fun to have people share running related book and/or article reviews.

This is an “end of the world” story yet it’s not about alien invaders, zombies being zombies, or superheroes coming to save us; it’s rather about the human will to survive and to find meaning in life. If I was going to write a two-word review, it would be “Know Thyself”. And yes, it includes a lot of running, but to give further detail would be a plot spoiler.

The story is told by Edgar Hill, the protagonist. He’s a lazy slob, a reluctant father, a selfish husband, and drinks to excess; the epitome of someone just “going through the motions”. As much as he searches for an escape from life as he knows it, one Sunday morning, unwittingly his wish comes true, and the northern hemisphere is wiped out by asteroid strikes.

The story follows Edgar as he lives through the following year and is forced to come to grips with his new normal, navigate the challenges of a post-apocalyptic society, and to question every belief he held on to. Running helps him discover what a putz he had been and to unlock the person of character he should have been all along. I enjoyed the book for the most part but felt the “you don’t know what you’ve got until it’s gone” is a bit overdone.

Mixing It Up on the Trails– Why Trail Running?



Crystal, Meredith, and Rachel with their new friend at Lincoln Memorial Gardens

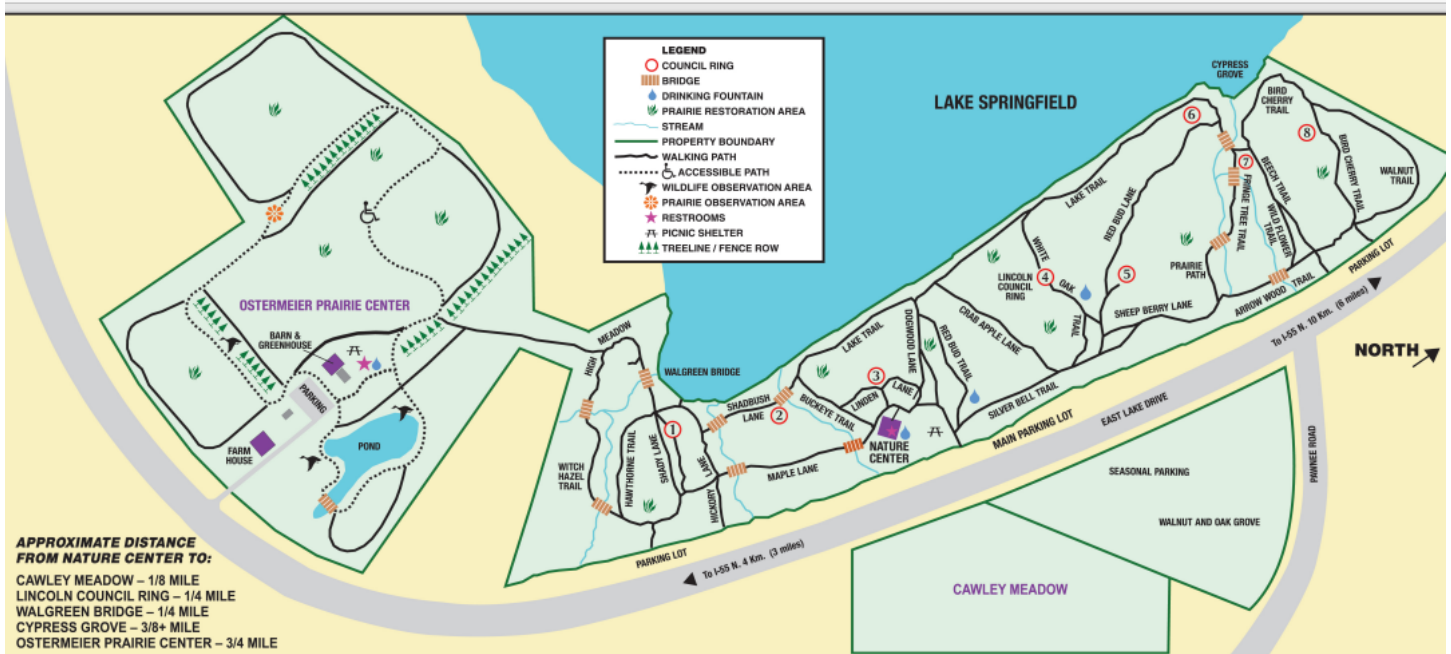
This place is reserved for anything related to trails– local multi-purpose trails, more “natural” trails, you name it, but let’s talk about those “natural” trails today. Simon James of Run the Wild highlights why you should consider trail running as part of your routine:

Firstly, **physiological benefits**. It’s less likely to induce repetitive strain injuries that come from running on road as every footfall on a trail is different. It requires stronger muscles and engages the full body (arms, legs and torso). It’s less impacting on joints through softer surfaces. Finally, it takes you away from those more polluted roadsides with their hazards of fast-moving vehicles.

Secondly, **psychological benefits**. It requires mindfulness. Unlike road running, you have to be present in the moment (so you don’t fall over!), the trail is constantly changing direction and combined with undulations, it requires complete concentration, a sense of meditation. Add to that the health benefits of being in green spaces, you have the ultimate form of headspace.

Thirdly, **freedom**. Your options for running different routes suddenly moves from being limited to just a few to almost limitless options!

<https://www.runnersneed.com/expert-advice/wellness-and-mental-health/the-benefits-of-trail-running.html>



The Heart of 2 Run 7

Every issue we'll highlight some of our club members who run for charities close to their hearts.



St. Jude Runs is an annual charity event that raises funds for the mission of St. Jude Children's Research Hospital. The mission of St. Jude inspires hope in patients and families in their darkest hour through lifesaving cures, freely sharing breakthroughs globally, and covering the treatment cost for the family. The first Saturday in **August**, we run for more than a time, a record, or a medal – we will be running for hope.

In its 41st year, the Memphis to Peoria St. Jude Run is a 5 day, 465 mile, event where the runners drive down to the main hospital in Memphis, TN on Tuesday and start running back to Peoria on Wednesday after running through the hospital grounds to the cheers of patients, families, and staff. If a hospital could ever be described as a place of hope and inspiration, this is it. It's worth a visit if you ever have the chance.

The Memphis team consists of two teams splitting up 8 hour segments of running. It's quite the adventure with close to 200 runners (both in person and virtual), drivers, and chefs to make it all happen. Their relay legs are typically 3-6 miles and one typically need to be able to run at a 12-13 minute pace or faster. Each runner has a fundraising goal of \$3000 or more, but the run office is great with helping suggest ideas to help make this possible.

Since its 1982 inception, that "One Crazy Idea" has grown to 35 additional satellite runs and has raised **over \$71,190,382** to further the mission of St. Jude Children's Research Hospital. Every dollar raised brings us one step closer to our own finish line: one that ensures that 'no child should die in the dawn of life.'¹

Success has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others.

-Danny Thomas



The Heart of 2Run7 (continued)



We're especially lucky to have several satellite runs in the area including Springfield, Decatur, and Mason City. If you're interested in a great introduction to the good work St. Jude Runs does for the hospital, these are the groups to check out!



Since 1987, the Springfield to Peoria runners have been coming together in the capital to raise more than \$600,000 for the kids of St Jude. We raise funds and build awareness for St Jude Children's Research Hospital by running from Springfield to Peoria. Each leg is between 1 and 4 miles, so this is designed for runners of all levels. Our goal is to raise funds to further the mission of St Jude: Finding Cures. Saving Children. Runners are given a fundraising page and tools to help fund-raise. Each runner has a goal of \$1000 or more. We offer business sponsorships and host different fundraisers throughout the year to help runners reach their goals.

For more information on the St Jude Springfield to Peoria Run , contact Brittany Smallberger

Brittany.smallberger@gmail.com or check out St Jude Runs on the internet at StJudeRuns.org

¹<https://stjuderuns.org/>

SRRC 2022 Race Calendar

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

Quad Cities Marathon, Half Marathon, 5K

Date: 09/25/2022

Location: Moline, IL

Shoreline Classic 15K and 5K†

Date: 10/02/2022

Location: Decatur, IL (Nelson Park)

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

Date: 10/07/2022

Location: Lewis Memorial Acres, Springfield

Harvest Wind Half Marathon, Quarter Marathon

Dates: 10/08/2022

Director: Bill Stokes

Location: Springfield, IL

Jacksonville Memorial Hospital

Gatorade 5K and 10K

Date: October 22, 2022

Location: Jacksonville, IL (Jacksonville Memorial Hospital)

Run the Path 10K

Date: 11/06/2022

Location: McNabb, IL

Frostbite Festival 2M and 10M*†#

Date: 12/04/2022

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

PLAN YOUR 2023 RACECATIONS

Lincoln Presidential Half Marathon*#

Date : 04/01/2023

Director: Randi Lucas, Brookelyn Eazelle

Location: Springfield (Old State Capitol)

Lake Run - 7K, 12K

Date: 05/06/2023

Location: Bloomington, IL
(Lake Bloomington)

Lincoln Memorial Gardens 8K

Date: 06/04/2023

Location: Lincoln Memorial Gardens, Springfield, IL

Steamboat Classic 4M & 15K

Date: 06/17/2023

Location: Peoria, IL

Bob Goldman Scholastic Challenge 5K

Date: TBA

Location: Springfield, IL (Lake Springfield Center Park Beach House)

CNB Bank Jacksonville 4th of July 5K

Date: 07/04/2023

Location: Jacksonville, IL

Women's Distance Festival 2M*#

Date: 07/08/2023

Location: Springfield, IL (Washington Park)

Quad Cities Times Bix 7

Date: 07/29/2023

Location: Davenport, IA

Illinois State Fair Parade Run 2M *#

Date: 8/10/23

Location: Springfield, IL (Illinois State Fairgrounds)

Abe's Amble 10K/5K*†#

Date: 08/20/2023

Location: Springfield, IL (Illinois State Fairgrounds)



Looking for other area races? Check out the following websites:

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

<https://fatatthefinish.com>



SPRINGFIELD ROAD RUNNERS CLUB

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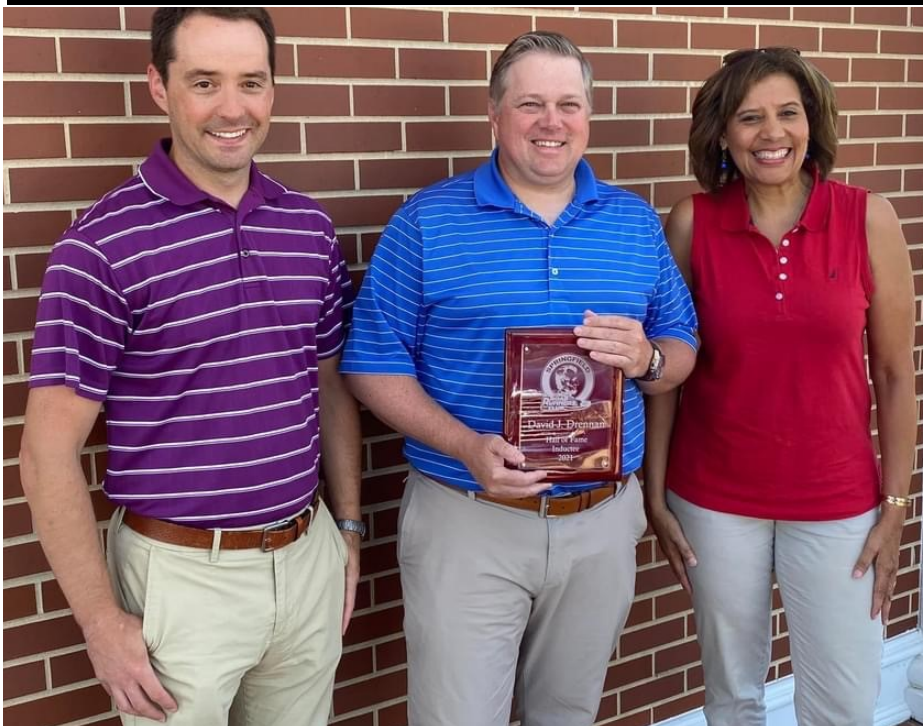


The SRRC is a proud member of the Road Runners Club of America.

**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_roadrunkers)



**Springfield Road Runners Club
is pleased to present
David J. Drennan with a plaque
recognizing his induction into the
SRRC Hall of Fame (Class of 2021).
Pictured with Nick Fogleman who
nominated Dave for the HOF and
Carrie McCrary Ward on behalf of
the SRRC Board.**

Congratulations, Dave!