



# FOOTTRAILS

SPRINGFIELD ROAD RUNNERS CLUB

SUMMER 2023

## UPCOMING DATES:

- July 3- no Abe's Army
- July 4- Jacksonville 5K
- July 5- SpeedWork fun run and picnic
- July 8- Women's Distance Festival
- July 13- Levitt Concert fun run and social
- August 10- Parade Run
- August 20- Abe's Amble

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## President's Message



Happy Summer SRRC! I hope you all are getting pumped for all our upcoming events! Registration is open for Women's Distance Festival (guys come out and volunteer!), State Fair Parade Run, and Abe's Amble. Don't miss out on all the fun!

If you are new to the club, welcome! We love new faces, don't be afraid to jump right in and introduce yourself. We also have a lot of incentive programs that you can find more information about on our website. Points & Participation series, 50k Throw-down, and Triple Crown Challenge. If you have any questions, please reach out and ask!

We had a very successful Lincoln Presidential Half Marathon this past April, although that wind could've been a bit nicer! Thanks to everyone that participated and volunteered, our club members are the best! We hope you were able to join us for our most recent social at Tacology 201. We had an amazing turn out and everyone seemed to have a great time. I mean, who doesn't love running AND free tacos?! We must do it again! Stay tuned for details on our next social coming up on July 13<sup>th</sup>, we'll be posting and emailing information soon! Last but not least, high school scholarship recipients were chosen and will be presented at the State Fair Parade Run awards ceremony. Be sure to stick around and show them your support!

Stay cool out there!  
Randi Kuhn

## Join us for our NEXT SRRC Social & Fun Run- July 13 At the Levitt AMP Springfield Music Series

Meet at 5:45 p.m. downtown Springfield at the old "Y Block" for a short fun run and then stay for the FREE fun! Kings and Associates, a funk/soul band from South Australia will be playing that evening. Food trucks and drink vendors are there if you'd like to purchase anything, but picnicking is appropriate. Bring chairs or blankets! A club e-mail will be coming out soon with more specific details.



## 2023 SRRC Board

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

**Address/e-mail changes:**

Bronwyn Leach  
Membership Director:  
SRRCMembership@gmail.com

**Find us online!**  
[www.srrc.net](http://www.srrc.net)

## Board Meetings

Board Meetings are held on the second Tuesday of each month starting at 5:45 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](http://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](http://www.srrc.net/abesarmy)

### **FROSTTOES**

Train for the Frostbite Premier 10 mile race with this 12 week program  
**Cost:** Free to SRRC members  
**Dates:** October—December  
**Leaders:** Frank Midiri & team  
[www.srrc.net/frosttoes](http://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](http://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](mailto:srrcweb@gmail.com). Contributions are subject to SRRC Board final approval.

# The Quest for Proper Long Run Fueling



Kelly Maciejewski

The time is nearly upon us and has maybe already started for some, where runners will flock to the streets, parks and paths to begin training for those fall long distance races. While there are many seasoned runners among us, there are also some setting out for their first big long distance race that will require training runs of greater than 1 hour.

No matter which group you may fall under, there is one thing that no matter how long you've been running or how "experienced" you are, which runners never stop researching and experimenting with – nutrition and fuel. How can you most effectively fuel your body before and during these long runs that will keep you running strong and properly replace the incredible amount of calories you will burn so that you are recovered enough for your next run? The quest is never-ending.

The dreaded "wall" that you may hear about, where your body simply stops wanting to work, is due to a complete depletion of carbohydrates in your body, and IT IS NOT a place you need to go. Contrary to what you may have heard, it is avoidable and it all comes down to proper fueling BEFORE you get to that point. The idea of "carb loading" (eating a high amount of carbohydrates for a few days before a long distance race) also isn't actually necessary contrary to what you may hear. It won't hurt you, but it also is not your answer to not hitting the wall. As a diabetic, long distance runner who cannot carb load for health reasons, I can assure you that the biggest key to not ever hitting the wall, is to not wait until you are depleted or nearing depletion to start taking on fuel/calories during a race. Start early. Ingest often.

The only real way to practice fueling for a long distance race is to practice it during your training runs. I've heard people say they just can't eat before running. Or it bothers their stomach. Or it makes them have to use the bathroom. But if you want to race your best and not crash somewhere out on the course, you need to be diligent in finding something that works. Experimentation is key, and I will also tell you that just like running and building mileage, fueling is something you can teach your body to handle. Start with just a bite or two of something before an easy run. Slowly over time add to it, just like you would with adding mileage. Teach your stomach to handle liquid, fuel and calories on these easy runs, then as your long runs increase in distance, start incorporating fuel into the run.

Until you reach runs of over 60-75 minutes in length, taking on calories is not really necessary. Each person is different, but a general rule is to begin adding fuel after this point. For runs lasting up to 3 hours, it is suggested to take on 30-60 grams of carbohydrates per hour, usually broken up into taking on calories every 20-40 minutes. This is a large range, but the amount that an individual needs and how often, will vary person to person. Runs that will last 3+ hours will require a little more and it is suggested to take on 30-90g per hour. For me personally, when I know I will be running for 3+ hours I begin taking on calories around the 30-40 minute point of a run and then every 30 minutes or so thereafter, alternating between liquid fuel and solid fuel. Keep in mind that fuel means calories, most in the form of carbohydrates. Water needs to be taken throughout as well, and should always accompany solid fuel, but keep in mind that water alone will not be sufficient for long distances due to its lack of calories. If you find something doesn't work for you, change things up and find something that your body can handle and tolerate. All of our bodies are different and tolerate things differently, so experimenting and finding what works for you is imperative.

There are a ton of different sports drinks, gels, chews, jelly beans etc... on the market that are geared towards endurance athletes, but these things don't agree with everyone and costs can run high on these products as well. Test out different things and brands, but also don't discount the use of real food either. There can be value to omitting the preservatives, additives and dyes present in some of the commercial energy products. Solid foods like bananas,

## The Quest.... (Continued)

fig newtons, oranges, pretzels, dried fruits such as apricots and raisins and PBJ sandwiches cut into halves or quarters are all great options. You can puree sweet potatoes and sweeten with just a touch of brown sugar, then put into snack sized Ziplock bags and ingest like gels. Two of my personal favorites are mini Rice Krispie treats and homemade banana pecan pancakes. I fold up those pancakes and shove them in my fuel belt - they are a great mix of carbs/protein while also easy to chew, taste great and will absorb water in my stomach to help keep me hydrated. I dislike raisins normally but while running, I've found they taste like candy and love them. While these are the things I have found to work best for me, it is all a matter of experimenting to see what will work for you. One thing that definitely won't work if you want to run your best, is to avoid fuel altogether. Ask anyone who has ever hit the wall and had to resort to a death march in a race. It is not a fun place to be and no matter how well you've run up until that point, if you have not fueled well, it can destroy a race and shatter goals in no time flat.

Happy training... to your legs, lungs AND your gut!



### ROCKET FUEL HOMEMADE SPORTS DRINK

2 c water (or) coconut water

½ tsp sea salt

4 tsp honey (or) white granulated sugar

Optional "flavors" – let liquid steep with one of these in refrigerator overnight: 1 slice of lemon (or) lime, ½ c fresh berries, ½ of an orange

### BANANA PECAN PANCAKES

2 eggs

2 c. all purpose flour

2 c. buttermilk, milk or water (find what works for you, not everyone can tolerate the milk)

4 medium very ripe mashed bananas

¼ c brown sugar

¼ c vegetable oil

2 tsp baking powder

1 tsp baking soda

½ tsp salt

1 c. chopped pecans (optional)

Beat eggs in large bowl until fluffy. Add flour, milk, mashed bananas, sugar, oil, baking powder, baking soda and salt and beat until combined. Stir in pecans. Cook 'em up and enjoy on the run. Can also be frozen and pulled out as needed.

**"When I do the best I can with what I have,  
then I have won my race."**

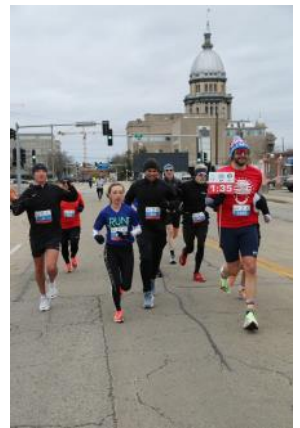
Jay Foonberg was still running in his 70s when he uttered this great line. It sums up the motivation for many runners, no matter their age.

# Lincoln Presidential Half Marathon Recap

Another successful year of running where Lincoln walked! This year's race had about 1,200 registrants, from more than 30 states! We had quite the interesting turn of events the night before, at the race expo. Tornadoes rolled through our area, which forced everyone at the expo into the hotel basement. Runners, vendors, and volunteers stayed calm and shared laughs, while waiting out the storm. It was quite the sight seeing President Lincoln (portrayed by Kevin Wood) and Mary Todd Lincoln (portrayed by Deb Miller) camped out in the basement with all of us!



Thankfully mother nature played no jokes on us on April Fool's Day, other than some pretty gusty winds. Amazing finishes from our overall winners, Taggart VanEtten (1:12:38) and Savannah Brannan (1:27:39)! Also, congratulations go out to ALL of our race finishers! The LPHM course is no joke, with its 'fun' hills in the back half (think 'big berth' and 'pork chop').



Many thanks to all of the wonderful volunteers and sponsors for this race. It certainly takes a whole community to make an event like this successful. Be sure to put April 6, 2024 on your calendar. It's going to be the 60th year for this race and big things are in the works! See you in 2024!



# LPHM Volunteer Spotlight



Hospital Sisters Mission Outreach is a not-for-profit organization focused on the recovery and responsible redistribution of healthcare equipment and supplies to developing countries.

You may wonder why we donate such a large portion of our proceeds to them. Well, let me tell ya!

For several years, Hospital Sisters Mission Outreach has been a huge part of the Lincoln Presidential Half Marathon. There are A LOT of moving parts to make this race a success, and they are an essential part of it.

Here's what Brookelyn and I have experienced with them over the past 2 years of our race directing... Leading up to the race, we have planning meetings with them and get them connected with our Course Logistics Team. Club members Stephen Paca and Kristina Mucinkas have been our Course Logistics Team for the past 2 years. They coordinate the entire morning race course set up with the Mission Outreach team. Mission Outreach uses their box trucks and picks up all of our race supplies from our club shed and from a grocery store the day or two leading up to the race. They get up in the dark early hours of race morning to begin drop off and set up of supplies with Stephen and Kristina. Their team and sometimes a Sister will cover our finish line to help pass out medals, mylar blankets, drinks, and snacks. Once the course is set up, they have a brief break at the finish area to send some of the team back out again to start tearing it all down. And then of course we all have to take time after the race to unload everything back to the shed from the truck

So, there you have it! They are what makes the race work on the big day, and we are so grateful for them! Having a knowledgeable, eager team of volunteers is priceless!! If you would like to find out more about Hospital Sisters Mission Outreach, you can visit their website: [www.mission-outreach.org](http://www.mission-outreach.org)

-Randi Kuhn



Heartfelt   
**THANKS**  
**TO OUR VOLUNTEERS!**

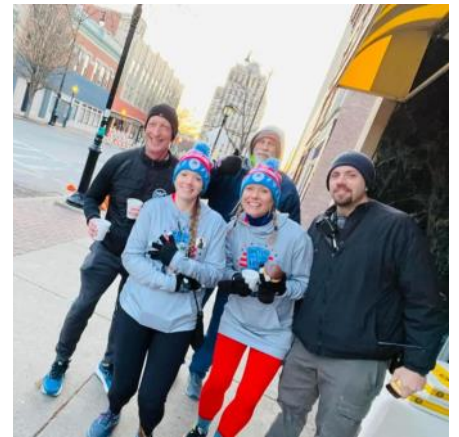


# Volunteer Spotlight, continued



Here's to all volunteers, those dedicated people who give selflessly of their time, talent, and treasures. THANK YOU for making the world a better place!





# Volunteers Make a Difference



We need your help! Do you...

- have a funny race story?
- have some racecation pictures?
- have an idea for an upcoming article?

Let us Know





# SRRC COMMUNITY PARTNERSHIPS: MAKING A DIFFERENCE

University of Illinois Springfield (UIS) is one of our new Community Partners. Club Board Members, Randi Kuhn and Marilyn Kushak provided Road Runners Club information and benefits at the UIS Health & Wellness Fair. They were inspired with the high level of interest by UIS students and staff in the SRRC Club opportunities for walkers, walk/runners, and runners.

Congratulations to UIS and James Koepp, Director of UIS Campus Recreation for a highly successful Health & Wellness Fair.

If you work for a company or organization whose Human Resource or Wellness person may have an interest in discovering more about becoming a SRRC Community Partner, email Marilyn Kushak makushak@aol.com. THINK enhancing Wellness, Health and Active Opportunity benefits for your work place.

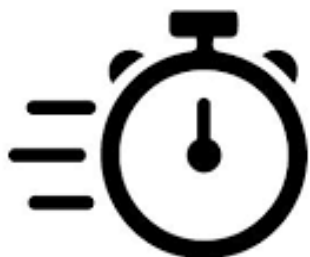


James Koepp, Director of UIS Campus Recreation; Randi Kuhn, SRRC President; Marilyn Kushak SRRC Board Member; and SRRC mannequin for a day at UIS Health & Wellness Fair.

## 50K Throwdown



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 Abraham 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.



## SPEED WORK UPDATE:

Mark your calendars! Wed, July 5, 5:30 p.m. at WASHINGTON PARK

With the Jacksonville 5K on July 4th and the Women’s Distance Festival 2M on July 8th (both are SRRC participation series races!), our members are getting plenty of opportunities for speedwork. We’ll be meeting for a fun run and pot-luck instead! Bring a drink or two and some food to share and let’s have a good time!

Barbara Manson is part of Runwell for a Reason; a team of people who work together to raise money to support St Jude Children's Research Hospital. Each member of the team commits to raising a certain amount for the hospital. Most of the fundraising is done in conjunction with the St Jude Memphis Marathon Weekend which is held on the first Saturday of December each year. Team members also commit to running/walking one of the race distances during the marathon weekend. Runwell for a Reason was formed in 2018 and has had anywhere



between 25 - 75 team members each year. In 2022, Runwell for a Reason raised over \$180,000 and was recognized as one of the top fundraising teams in the St Louis Region. The team base is in Edwardsville and this is Barb's 3rd year on the team. Locally, she does a series of garage sales throughout the summer and is always looking for donations of goods for her sales. If you'd like more information about her run, <http://fundraising.stjude.org/goto/barbaramanson>

## 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 contributors are SRRC members

Barbara Manson and Claire Griffith



The Berlin Sisters:  
Claire and Celeste

Claire Griffith and her sister Celeste are running with the Leukemia and Lymphoma Society's Team in Training this year for both the Berlin Marathon and Chicago Marathon.

LLS is an organization that is close to our hearts. In 2005, our dad passed away from leukemia. Because of cancer research, like LLS is conducting, we were able to have one more year with him. We never took a day for granted during that year. We smiled, laughed, and loved each other dearly.



We don't want another family to lose their precious person. We have set a goal to raise \$50,000 for LLS. LLS funds lifesaving blood cancer research, provides free support services to patients and their families, and is the voice for all blood cancer patients and survivors. If you are interested in supporting us and LLS, you can do so at <https://pages.lls.org/tnt/chi/chicago23/TheBerlinSisters>

# Good Eats!

## Spicy Black Bean Burgers with Chipotle Mayonnaise Yield: 4 servings

One bite of this Spicy Black Bean Burgers with Chipotle Mayonnaise served with creamy avocado and you won't miss the meat!

### Ingredients

#### For the Spicy Chipotle Mayo:

- 3 1/2 tbsp light mayonnaise, Hellman's
- 1 tbsp canned chipotle in adobo sauce

#### For the Black Bean Burgers:

- 16 oz can black beans, rinsed and drained
- 1/2 red bell pepper, cut into 2 inch pieces
- 1/2 cup chopped scallions
- 3 tbsp chopped cilantro
- 3 cloves garlic, peeled
- 1 jumbo egg
- 1 tbsp cumin
- 1/4 to 1/2 tsp [kosher salt](#)
- 1 tsp hot sauce
- 1/2 cup quick oats, use gf oats for gluten free
- 4 whole wheat buns
- 1 small hass avocado, sliced thin



### Instructions

Combine mayonnaise and chipotle, set aside.

Dry the beans well after washing, extra moisture will keep the burgers from sticking.

In a medium bowl, mash beans with a fork until thick and pasty.

In a food processor by hand, finely chop bell pepper, cilantro, onion, and garlic, then add oats, then eggs and spices.

Then stir into mashed beans.

Divide mixture into four patties and place them onto a flat surface covered with wax paper. (If it's too wet, chill the mixture 30 minutes in the refrigerator or add another tablespoon of oats)

Freeze at least 2 hours before cooking or keep frozen until ready to cook. **(I have never done this step).**

Heat a lightly sprayed skillet to medium heat and cook frozen burgers about 7 minutes on each side.

If grilling, preheat grill over medium heat, and lightly oil a sheet of aluminum foil; grill 7-8 minutes on each side or you can bake in the oven at 375° on a lightly oiled baking sheet.

### Nutrition:

Serving: 1 burger w/ mayo, bun + avocado.

Calories: 362.5 kcal, Carbohydrates: 50 g, Protein: 18 g, Fat: 14 g, Sodium: 786.5 mg, Fiber: 15 g, Sugar: 7 g

### Source:

Gina Homolka, author and recipe developer of [Skinnytaste.com](#) which features delicious, healthy, family-friendly recipes made with real food

-thanks for sharing Holly!

# New Member Spotlight

**Name:** Shannon Grob

Shannon isn't new to running as she does have a track history.

**Her thoughts:** I've never been particularly fast, but I've always enjoyed jogging for clearing my mind & boosting my mood.

After my daughter was born, a little over a year ago, I got back into running again. After years of saying I wanted to run in a 5k, I finally signed up ....for a triathlon! It was canceled unfortunately (or maybe fortunately lol) but in August I did my 1st 5k (pushed my 2 kiddos) & then in October, 3 days before a 1/2 marathon, I decided on a whim to sign up! I convinced my best friend/neighbor to start running with me & she also caught the running bug! She made a goal for us to run at least 1 race per month during 2023 so that has been a lot of fun so far!!



**Family Status:** Military Wife

**Occupation:** SAHM/COTA/Business Owner

**Favorite Movie:** I'm not a big movie fan, I tend to fall asleep within 5 minutes

**Favorite Restaurant:** That's tough...I love food. Texas Roadhouse, Olive Garden, Chipotle

**What are you Reading right now:** I'm not a reader

**Running Since:** early teens, for fun.

**1st race:** August 2022

**SRRC Member Since:** our Tacology social!

**Best Part about SRRC:** I'm excited to make friends in addition to gaining some real running knowledge.

**Running Motivation:** Running is my me time. It clears my mind & boosts my mood. I'm competitive so I love to try to improve my times. Through running I have lost around 50 lbs in the last year.

**PRs at Various Distances:** 5k-29:39, 10k-1:03:43, ½ marathon-2:42:32

**Running Partners:** My bestie & neighbor before moving to Springfield-Ashley Egan

**Favorite Place to Run:** I recently enjoy my run to Lincoln park because of all the wildlife I came across there but really I love to switch it up & jog to new places rather than taking the same routes

**Favorite Non-running Leisure Activity:** Camping, kayaking, hiking, billiards, organized & competitive sports, and gardening

*Welcome to the family!*



## *A challenge to all Abe's Army participants...*

# The Triple Crown and Mini Crown

Abe's Army participants, are you wondering what you will do after completing Abe's Amble? Well, since we want you to keep on running, the SRRC Triple Crown and Mini Crown is back! Let's start with some Derby history before we go over our rules:

The Triple Crown of Thoroughbred Racing consists of three races for three-year-old thoroughbred horses. In the United States, the Triple Crown consists of the:

Kentucky Derby, run over 1 and 1/4 miles (2.01 km) at Churchill Downs in Louisville, Kentucky.

Preakness Stakes, run over 1 and 3/16 miles (1.91 km) at Pimlico Race Course in Baltimore, Maryland.

Belmont Stakes, run over 1 and 1/2 miles (2.41 km) at Belmont Park in Elmont, New York.

The Triple Crown starts with The Kentucky Derby on the first Saturday of May. The Preakness follows two weeks later. The Belmont Stakes is three weeks after The Preakness in early June. Winning all three of these thoroughbred horse races is considered the greatest accomplishment of a thoroughbred racehorse.

**Based on this illustrious history, the SRRC has developed its own Triple Crown and Mini Crown.**

The rules are simple...

- 1) You must be an Abe's Army participant. You can be a new or returning participant.
- 2) You must have completed the 2023 Abe's Amble (10K/6.2 miles). Mini crown: (5K/3.1 miles).
- 3) You must complete the 2023 Shoreline Classic (15K/9.3 miles) *and be running it for the **first time***. Mini crown: (5K/3.1 miles) *and be running it for the **first time***.
- 4) You must complete the 2023 Frostbite Classic (10 miles) *and be running it for the **first time***.

Mini crown (2 miler) *and be running it for the **first time***.

After completing all three races, medals will be awarded to both groups and the Triple Crown will receive some extra surprises.

So, what are you waiting for? Grab a friend, your running shoes, and register now.

**"Marathon runners  
with bad shoes  
suffer the agony of  
de feet."  
- Unknown**

*"If the hill has its own name,  
then it's probably  
a pretty tough  
hill." - Marty Stern*





## Abe's Army

We're thrilled to have 237 recruits and leaders this year, participating in either the 5K or 10K programs. Abe's is geared for runners and walkers of all ages. The Army meets Monday evenings at 5:45 at either the Illinois State Fairgrounds or Lincoln Park. Big thanks to: Springfield Running Center for offering discounts and helping us with some games & Springfield Clinic for sharing their sports medicine gurus with us every week!



## Taco Tuesday Fun Run

Our SRRC Taco Tuesday Fun Run & Social was a great success! We had an amazing turn out and everyone had a blast! I mean, we are a running club, so who doesn't love running AND free tacos?! Members ran a 3 mile loop starting and ending at Tacology 201. Even better, we had the entire place to ourselves! We'll definitely be doing this one again! There were a lot of new faces, which we love to see! If you are new to the club, stay tuned for the next social and don't be shy!

-Randi Kuhn

Special Events Director  
& Club President

"A good run is like a cup of coffee.  
I'm much nicer after I've had one."

- *Unknown*



# Local 2023 Race Calendar

Links to more information and online registration can be found on our website at [www.srrc.net](http://www.srrc.net) or on our Facebook page.

## PLAN YOUR 2023 RACES

### 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!**

"Running won't solve all your problems. But then again, neither will house-work." – *Unknown*





**SPRINGFIELD ROAD RUNNERS CLUB**

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**Women's Distance Festival 2M**

<https://runsignup.com/Race/IL/Springfield/WomensDistance>



**Parade Run 2M and Abe's Amble 5K/10K**

<https://runsignup.com/Race/IL/Springfield/ParadeRun>

<https://runsignup.com/Race/IL/Springfield/AbesAmble>

