

FOOTTRAILS

SPRINGFIELD ROAD RUNNERS CLUB



Above: The Frostbite Premier Winter Road Race is the last race of 2013 in the SRRC Point Series. 10 and 2 mile distances, 9 a.m. start on December 1. Photo Courtesy of HardyBreed.com



2013 - ISSUE 3

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Blast from the Past!
2008 Frosttoes training group convening at FitClub to run the course

Lincoln Presidential Half Marathon to celebrate 50th Anniversary

What began in 1964 as a race that coincided with Lincoln's birthday in February, the "Lincoln Half" has changed courses, dates and names over the years. In 2014, the course will change again, but only slightly and for the better.

On April 5, the 50th anniversary running of the Lincoln Presidential Half Marathon will step off east of the Old State Capitol on 6th Street and follow the same route as it has for the past several years until the course enters the Enos Park neighborhood. Instead of having runners head to 7th Street and the Prairie Heart Institute, they will run down 5th Street toward downtown. The finish line will be on the north side of the Old State Capitol on Washington between 5th and 6th.

The change in location for the finish line will provide more room for spectators and bring the post-race party closer to the action. Runners will be able to pose with Mr. and Mrs. Lincoln on the grounds of the Old State

Capitol and then walk across the street to the Alamo for food, drink and live music.

This year's shirt (men's and women's sizes) and awards will feature a specially commis-

sioned work of art depicting Springfield's favorite son in a manner never seen before. The finisher's medal will also be a bit different (think of other currency that features Abe's face). Stay tuned for details on both.

Check out the revamped race website and register at www.runabe.net. Early registration ends March 1.

If you haven't run the course, you can take virtual tour by clicking on the course tab on the website or using this QR code.



SRRC Board

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Newsletter

We welcome all submissions on any topic of interest to runners. Final selections will be at the discretion of the editor and/or the board of directors.

Editor

Anne Baker
abaker61@gmail.com

Printed at Capitol Blueprint, Springfield

SRRC ONLINE

www.srrc.net
https://www.facebook.com/srrc.net



Club Info

Membership

Annual Membership Rates:
\$20 Family
\$15 Adult
\$7.50 Students

Memberships run from
January 1st to December 31st.

Renew or join online at
<http://www.srrc.net>

Address/e-mail changes:

Madalyn Draper
membership director:
SRRCMembership@gmail.com

Board Meetings

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

Advertising

At the present time, we plan to publish Foottrails on a quarterly basis. This schedule is subject to change. Advertising rates are as follows:

\$60 - Full page ad
\$40 - Half page
\$20 - Quarter page
\$15 - Eighth Page

Contact the editor for more info:
abaker61@gmail.com

Discount Cards

As a member of the SRRC you are entitled to carry our new discount card and receive money saving deals from a few local merchants. Here's who is participating this year:

Springfield Running Center

2943 W. White Oaks Dr.
10% Off

R&M Cyclery

832 W. Washington
10% Off

Nutrition Source

2737 S. 6th St.
5% Off

AZTCA Mexican Grill

2753 Chatham Rd.
Buy One Dinner Get Second One Half Off

Corkscrew Wine Emporium

2613 Chatham Rd
10% Off

Boone's Salon

301 W. Edwards
Buy One Appetizer Get Second One Half Off (no sharing)

Westwoods Lodge Pub & Grill

2406 W. Jefferson
Free Soft Drink with Purchase

Hubcap Motors

2829 Clearlake Ave.
Free Oil Changes for a year with purchase of a car.

Gold Springs Premium Spring Water

1315 W. Lawrence
217-679-0518
10% off a case half liter bottles
or full liter bottles

Calendar

Thursday, November 28

Cold Duck Run - Washington Park
Celebrate Thanksgiving Day day with your fellow club members at the SRRC's annual informal gathering in Washington Park. Bring food and drink. Running is optional Please note: a small fundraiser 5K is planned for that day, so we will be sharing space with this group.

Sunday, December 1

Frostbite Premier Winter Road Race
9:00 a.m. - 2 mile and 10 mile distances.
FitClub West, Springfield

Saturday, January 18, 2014

Morning - Time TBA
Group run with keynote speaker
Chris McDougall

6 PM Post Race Party - Springfield Hilton
Awards, food and fellowship
Keynote speaker: Chris McDougall



President's Message

David Drennan

We are down to one race left for the year, Frostbite! Most know this challenging 10 mile course

and have developed a love/hate for it. Plus, you never know what you will get with the weather. Last year it was over 60 degrees and we had a huge turnout. Rumor is this year there are great long sleeve shirts and awesome awards so be sure to sign-up and end the year with one of Springfield's hardest courses!

I have seen a lot of new faces coming out to the Frost Toes training program, which is awesome. The Frost Toes have had some large crowds so far and I look forward to seeing that spill over into Halfwits...Rumor is they are already gearing up!! When you have FrostToes mixed with HalfWits do you get FrostWits or HalfToes??? Be sure to following both of them on FaceBook or you can find there link at training.srrc.net The year may be winding down, but it's not

over! It has been a great year for the club and running in Springfield. We had a lot of successful races, two night socials, a family night at the ballgame, two trail runs, and we saw the first ever marathon take place in our city! There is a lot of great stuff coming up next year that will be very exciting and hopefully top 2013! We have a great speaker coming in January to our awards banquet, there are already some great socials in the works, and our Lincoln Presidential Half Marathon will be celebrating its 50th anniversary!! Be sure to sign up for the awards banquet January 18th not only to hear Christopher McDougall, but to get an overview of what will be happening for in 2014...oh and to hear Bryan Glass karaoke to N'Sync!

As always – THANK YOU to the volunteers, run-

ners, sponsors and families that support our club, its races, and events! We could not do it without you! Here is to a great 2013 and an even better 2014, Cheers!

Sincerely,
Dave

FROSTBITE PREMIER WINTER ROAD RACE

Sunday, December 1, 2013
FitClub West
2811 West Lawrence Avenue
Springfield, IL

10-Mile Run at 9:00 AM
2-Mile Run/Walk at 9:00 AM

GetMeRegistered.com

SRRC Post Race Party

Christopher McDougall, author of national best seller "Born To Run", is the keynote speaker for SRRC's annual meeting January 18, 2014

The big SRRC event in the "off season" is the Post Race Party – the annual meeting and awards ceremony. This year's party kicks off at 6 PM, Saturday evening, January 18, 2014, at the Downtown Hilton Ballroom. We are very pleased to announce that the keynote speaker will be Christopher McDougall, author of the national best seller "Born to Run".

Who is Christopher McDougall?

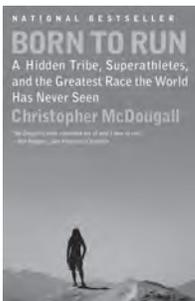
Christopher McDougall is an American author and journalist best known for his 2009 best-selling book *Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen*. He has also written for Esquire, The New York Times Magazine, Outside, Men's Journal, and New

York, and was a contributing editor for Men's Health.[2]

In *Born to Run*, McDougall tracks down members of the reclusive Tarahumara Indian tribe in the Mexican Copper Canyons. After being repeatedly injured as a runner himself, McDougall marvels at the tribe's ability to run ultra distances (over 26.2 miles, commonly 100 miles or more) at incredible speeds, without getting the routine injuries of most American runners. The book has received attention in the sporting world for McDougall's description of how he overcame injuries by modeling his running after the Tarahumara.[3] He asserts that modern cushioned running shoes are a major cause of running injury, pointing to the thin sandals called huaraches worn by Tarahumara runners, and the explosion of running-related injuries since the introduction of modern running shoes in 1972.



Look for details regarding club group run Saturday morning with Christopher McDougall.



Where are they now?



Debbie Rolf 2009 Scholarship Recipient

After graduating from Springfield High School in 2009, I attended the University of Miami, Coral

Gables, Florida, where I double-majored in motion picture production and international studies, with a minor in marketing. I graduated this May with honors, having been on the Dean's List every semester. I spent the spring semester of 2011 in England and stayed that summer to study film in Prague. I moved to New York in June of this year and am currently freelancing with multiple film production companies, including College Humor Media, where I interned last summer.

While I competed in volleyball and track in high school, I did not compete competitively in college. I did, however, participate in intramurals, and was on an Ultimate Frisbee team, which traveled to tournaments throughout Florida. I also obtained my scuba certification – after all, I was in Miami for four years. Running continued to be a part of my everyday life and exercise routine. I found it interesting to run various unique courses, including the Biscayne Bridge across Miami Bay. This spring, while interning for an accounting firm producing its training and marketing videos, I participated in the Miami Chamber of Commerce Corporate Run for the accounting firm. As it turns out, I ran

a PR in the 5K race that day representing Kaufman, Rossin & Co. well and surprising some of those on staff. Since moving to New York, I have joined a road running club named North Brooklyn Runners, and go on a few runs a week with them, as well as regularly running on my own.

I again want to thank the Roadrunner's Club for its scholarship.



Kathy Rolf 2009 Scholarship Recipient

After graduating from Springfield High School in 2009, having competed in track and volleyball for four years, I enrolled at

the University of North Carolina at Chapel Hill. I double majored in mathematics and economics with a business minor. I graduated this May with honors, having been admitted to the Honor's Program as well as having been on the Dean's List for seven semesters.

As part of my undergraduate course of study, I spent one summer in Italy, thinking there would be no better place to knock out my humanities credits by studying art and architecture in Italy. Throw in a noncredit course on wine and that experience became even more valuable. I am currently enrolled in the Masters of Accounting Valuation program at Vanderbilt University in Nashville, which I will complete in May, 2014.

While I was not involved in competitive athletics at the University of North Carolina, I did participate in intramural sports of all

kinds, including flag football, volleyball, and softball, among others. I was also involved in numerous campus activities, particularly Lutheran Campus Ministry, where I ultimately served as President of the organization. Through LCM, I went on mission trips each spring break, including trips to Immokalee, Florida, Germany, the Gulf Coast, and Panama. I was also a volunteer coach for the local Girls on the Run organization for the last four years. It is a great organization with a unique approach which has been one of the most rewarding aspects of my life thus far.

Although I did not run competitively in college, running has continued to be a part of my life. I generally ran at least four days a week throughout my college career. I completed two half marathons, one in the fall of 2010 and one in the fall of 2012. One thing I learned is that there are a lot of hills in North Carolina. I also participated in numerous 5K's and other fundraising races, the most unique of these being the Krispy Kreme Challenge which I ran every year and successfully completed in less than the hour given to challengers.

I remain thankful for the Roadrunner's Club scholarship. As I said in my essay I submitted four years ago, I anticipated that I would continue my running and have enjoyed doing so.

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Training Groups

training.srrc.net

FROSTTOES

Train through the fall and early winter for the Frostbite Premier 10 mile race

HALF WITS

Half marathon training for the Lincoln Memorial Half. Group runs start in January. Watch the website for announcements.

ABES ARMY

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Race Roster

Marathons, 5ks, triathlons, mud races...we love to race! Let the club know where you've been racing.

Sarah Mander Blissett

October 20: Springfield Marathon (full)
October 27: 4 mile Athens Road Race

Tammy Edmonson Bumgarner

The races I've done this year that are not SRRC point series are the Indy 500 Mini-Marathon and the STL Rock and Roll Half. Coming up is Abe's Trail Trek 10k and St. Jude's Half Marathon in Memphis.

Melissa Wiseman Buxton

September: Shoreline 15K, Decatur
Women Rock Half Marathon, Chicago
Columbus, OH Full Marathon

Donna Hillyer

Abe's trail trek coming up in November 5k, 10k or 15k trail runs at New Salem state park

Cheryl Harrison Davis

October: St. Louis Rock N Roll 1/2 Marathon; Hot Chocolate 15K, Chicago
Will be racing Frostbite also.

Matthew Duff

Since September 1st, I have run:
Green Lake, WI 13.1 half marathon
Royals Charities 5k @ Kauffman Stadium (Kansas City, MO)
Shoreline Classic 15k (Decatur)
Quad Cities Half Marathon
Memorial Medical Center 5k
Des Moines, IA Half Marathon
Canal Connection 10k (Utica)
Next up is the Frostbite 10 miler.

Debbie Fortman

AMA 5 K
Radish Run 5k
Memorial Gardens 5 mile trail run
5 Mile Full Moon Fun Run
Burgoo Boogie 5k
Abes Amble
Shoreline Classic
Springfield Half Marathon
Plan on doing the Petersburg 10 k trail run

Tracy Lane

Run River City 25K (Peoria), Springfield half

marathon, Canal Connection 10K (Utica), and in Dec. will do St. Jude Memphis Grizzlies 5K (Memphis TN) and possibly Frostbite 10m.

Barbara Manson

September: Harvest Challenge Half in Lebanon, Illinois; Shoreline
October: Springfield Marathon
December: Hot Chocolate 5k and possibly the Frost Bite
February 2014: Ragnar Del Sol.

Kristina Mucinskas

October: Milwaukee Lakefront Marathon

Carrie McCrary Ward

September: Shoreline 15K- Decatur, IL
Women Rock Half Marathon, Chicago
October: Nationwide Children's Hospital Full Marathon
Upcoming-
Jingle Bell 5K, Springfield, IL



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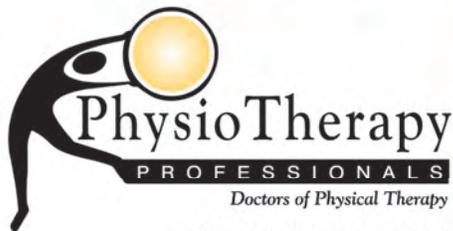


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