

January/February 2019 — Volume 36, Number 1

IN PASSING

NEWSLETTER OF THE SECOND WIND RUNNING CLUB

Running East-Central Illinois



IN THIS ISSUE



Allerton Race Recap
Beginning Women's Running
Group 2018 Recap

Join us at the Annual Banquet
Going Streaking with Laura
Green Team Year-in-Review



Keep those stories coming!

Your contributions to the newsletter are vital. Please e-mail your race results, articles, photos, etc. by **February 15th** for the March/April issue.

Articles and accompanying photos to
newsletter@secondwindrunningclub.org

Results and race photos to raceresults@secondwindrunningclub.org

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Board Meetings

[Second Wind Running Club board meetings are open to all members and occur on the third Tuesday of each month. Additionally, the board meeting agenda and meeting minutes are available online.](#)

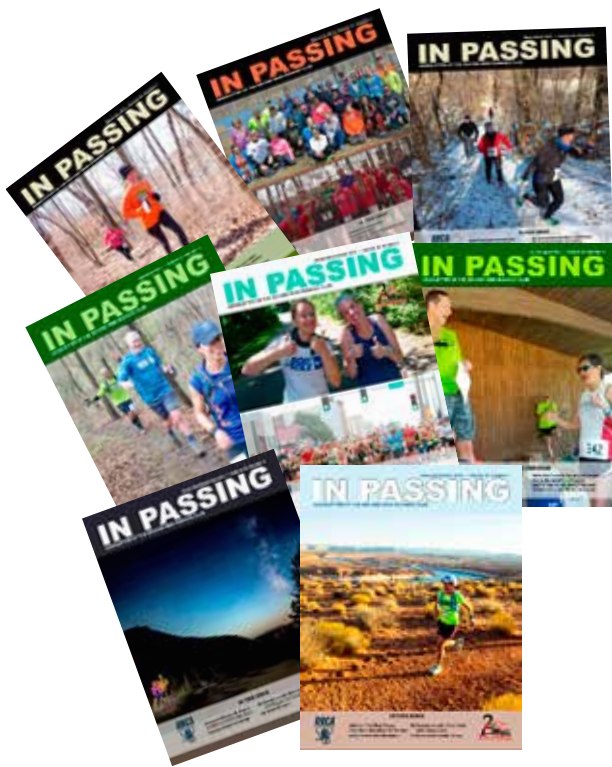
Please send corrections, comments, criticisms, or suggestions to Nicholas Heller at newsletter@secondwindrunningclub.org. When submitting an article, please include the text and captions for photos in a text document and the photos as separate files, also attached to the email.

For changes in telephone number or e-mail address, please contact the SWRC membership coordinator at membership@secondwindrunningclub.org. Second Wind Running Club is proud to announce that *In Passing* newsletters are available online and will no longer be printed and mailed - instead, the newsletter will be available in full-color online and notification of issue release will be sent via email if you have supplied your email address to the SWRC membership coordinator.

Cover Photo: The cover photo was taken at the Allerton Park Trail Run on Sunday, 28 October 2018 by Second Wind Member Beth Scheid. The runners are off to a sunny start before heading into the woods. Many Second Wind members can be seen at the front of the pack!

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Join the club
and receive many great issues each year!

For membership information, visit

<http://www.secondwindrunningclub.org/membership>.

Want to know about new running events, changes, or last-minute updates?

All members are part of the club’s email list on Google Groups. Make sure your Google preferences are set to receive these emails.

President's Corner - Volunteer for Next Year!

Second Winders,

Happy Fall!

As the weather will eventually shift towards winter, I've been thinking about what next year needs to hold for Second Wind. To me, one of the most important things we need to accomplish is recruiting new people into leadership roles. As President, I've been worried about this for the future for the better part of two years. We have so many long term volunteers who have served the club in key roles and some of them have left in the last couple years, and it's harder and harder to find someone to take on a job. That doesn't mean we don't have club members willing and able to help.

So rather than ramble on philosophically about the joys of volunteering and try to tie this back to the changing seasons, I ask you this. Are your friends represented in the club leadership? Are any of the people you meet up with at fun runs and talk to

responsible for a club program? If the answer is no, why? It doesn't matter if you're "fast" or "slow" at a board meeting. It doesn't matter if you work a job with an unusual schedule to update our website. It doesn't matter if you don't really run any more or travel for work every other week when you're timing a race 4 Saturdays a year.

We need a new Web Team Lead, Newsletter Editor, Race Timing Team members, Board members and have several roles coming open for 2019 that the Board is considering how to handle going forward. We'll need a new President one of these days too ;)

Second Wind needs people with new ideas and enthusiasm to help push us forward. We can't become the club you want without you involved!

See you on the trails!

Magdalena
president@secondwindrunningclub.org

Help wanted!

Newsletter Editor

Second Wind needs a new Newsletter Editor! Help create one of the ways we reach our club members, In Passing. Issues come out bimonthly and the job can be one person who collects and edits content, and then does the layout, or the job can be split into two roles. Preference will be given to those with professional design experience, but we are willing to train the right volunteer(s).

Communications Coordinator

Second Wind is looking for a dedicated communications coordinator to help make sure we are consistently sharing exciting news about our club programs and events in the best possible way on social media and via email.

If interested, please email a resume (if relevant), and a paragraph explaining why you're the right person for either role to president@secondwindrunningclub.org.

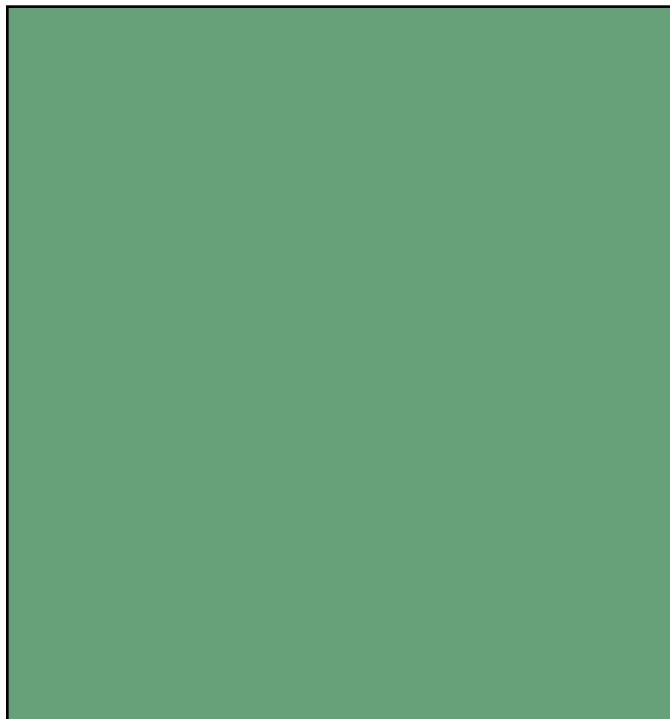


Photo Caption



Jim Fair III

RRCA Asking for Nominations, Advertising National Convention

The RRCA is looking for nominations for the following categories (a) [board positions](#), (b) [running awards](#), and (c) [volunteer recognition](#) (hyperlinks for each category will lead the reader to the RRCA website for more information for each category).

The [annual RRCA convention](#) (click to follow the embedded hyperlink) is being held in New Orleans, Louisiana from the 28th-31st of March, 2019. Second Wind is not sponsoring participants at the convention this year. The convention this year will be held in conjunction with the Run and Walk through History 5k and 1/2 mile. The RRCA Convention consists of several social networking events, educational seminars on best practices for the running community, the RRCA Annual Meeting of the Membership, the National Running Awards Banquet, and more.

New Members for August, September, October, and November

August	Alexis Jones	October	Sophie Rogers
Michelle Gray	Jackie Meyer	Kelly	Ryan Santens
Barbara Morgenroth	Jennifer Moreman	Barbour-Conerty	Caitlin Souza
Caroline Morgenroth	Jacqueline Morey	Lila Cardell	Janya Swami
Eberhard	Tonya Nunn	Ashley Dennis	Emily Tillmaand
Morgenroth	Daniel Panno	David Dennis	Dmitry Voznyuk
Geoff Ower	Paola Parraga	Kathryn Funderburg	Donna Willette
Bobbie Riley	Tyler Reifsteck	Amish Goel	Bettina Wiltse
Amy Roady	Carlos	Ryan King	
Siddhartha Satpathi	Salazar-Lazaro	Erica LeMay	November
	Michelle Tushevski	Rick Lindquist	Steven Burgess
September	Becky Witt	Ximin Piao	Dulcy Ludwig
Susan Bywaters		John Reed	Melissa Lux

2018 SWRC Race Circuit

by Juan Salas

Here is the complete list of race circuit events for 2018.

Jan - Siberian Express 7.45 mi. trail
Feb - Charleston Challenge Mid-Winter Classic 15/10/5K
Mar - Mountain Goat 4.4/8.8/mi
Apr - Allerton Trails 10K/Half
Apr - Mahomet Run for the Library 5K/10K
Apr - Illinois Marathon 5K
Apr - Illinois Marathon 10K/Half/Full
May - Kirby Derby 5K/10K
May - Buffalo Trace Trail
Jun - Countryside 10K
Jun - Lake Mingo Trail Run
Jul - Freedom Run 5K
Jul - Fisher Fair 5K
Jul - Bagel Run 5K/10K
Jul - SJO 5K
Jul - Mile at the Pines
Aug - Mahomet 1/2 Marathon and 10K (not the 5K)
Sep - Arthur Cheese Festival Rat Race 5K/10K
Sep - Arcola Broom Corn Festival 5K/10K
Sep - Shoreline Classic 15K
Sep - Wild Wild Wilderness trail
Oct - Women's Fitness 5K
Oct - Allerton Trail Run 5.7 mi. trail
Nov - Indianapolis Monumental Marathon and Half Marathon
Nov - Rattlesnake Master 5K/10K
Dec - Bement Memorial 5K



The first two races in the 2019 circuit are:

Siberian Express and Charleston Midwinter Classic! See you there!



Below is the final list of the 2018 circuit winners who will be recognized at the annual banquet in January.

To qualify for an award you needed to finish in the **top 3 in your age group** AND have **completed at least 4 circuit events** in 2018.



Therefore some categories have fewer than 3 awardees. Also, one category has 4 awardees because there was a tie for third.

2018 SWRC Race Circuit Winners

F<19 none
F20-29 Bethany Carmien, Paula Cler, Emily Floess
F30-39 Krista Overstreet, Elizabeth Chominski, Ank Michielsen
F40-49 Renee Trilling, Susan Mynatt, Laura Owen
F50-59 Cathy Giffel, Dawn Carson, Tina Ammermann
F60-69 Rose Mary Wentling, Karen Iehl-Morse, Nancy Sivertsen
F70+ Bonnie McElwee

M<19 Payton Wendell, Naser Salas
M20-29 Nicholas Heller, Christopher Wendt
M30-39 Tom Gelsthorpe, Nic Carter, Fabian Dettenrieder
M40-49 Jim Fair III, Juan Salas, Scott Silverman
M50-59 Mike Tankersley, Brad Giffel, David Ammermann, Scott Hendren
M60-69 Patrick Mills, Ivan Fink, Don Shane
M70+ Ken McMillen, Stan Shobe

Congratulations to all!

-Juan P.

31st Annual Allerton Park Trail Race Recap

by Jim Fair III, RRCA Certified Race Director

As the sun began to warm up the trails, nearly 400 runners and walkers arrived to pick up their race bibs for the 31st running of the Allerton Park Trail Run. This is the capstone race presented by the Second Wind Running Club, where more than 25% of finishers also qualified for Monticello Triple Crown race circuit award. Despite



a steady downpour of overnight thundershowers that brought a little moisture to the park, the trails were very runnable. Diane Ducey of Stevie Jay Broadcasting arrived as the race EmCee, playing music and entertaining the crowd until the race director kicked off the race. Before the start of race, the national anthem was sung live by Jenny Meyer. After an unprecedented short delay, the race began in two waves: the first wave was the Trail Run, the second was the Nature Walk.

Finishers

The overall male winner was Zach Boemke with a chip finish time of 34:41, and overall female winner was Kate McCormick with a chip finish time of 38:08. As with tradition, each overall winner earned a ceramic vase professionally hand crafted by Tracy Thomas of Marvelous Mud, ASICS running shoes courtesy of Body N' Sole Sports, and a customized metallic Age Group award with the annual theme. Age group awards were provided to the top three winners of each age group category in the Trail Run for each of the men's and women's divisions, including Athena and Clydesdale. A door prize sponsored by the Great Harvest Bread Company was also presented to a Nature Walk participant by random selection, although the Nature Walk is exempt from age group awards. Also, Merlin Anderson continued his race



2018 age group award: The award was inspired while mapping a new walk course in a flooded park in summer.

participation streak strong with another age group award, completing his 31st consecutive Allerton Park Trail Run. All finishers were able to receive professional attention from Athletico trainers.

Monticello Triple Crown

2018 was the 5th anniversary of the Monticello Triple Crown, the area's largest and most competitive of hometown race circuits, with 104 finishers qualifying for the award. Kelly Finet of Kelly's Accounting Services has made the generous sponsorship each year to promote running in the city of Monticello. Monticello Triple Crown qualifiers receive a complimentary series award, which has been a technical style jacket in recent years. To qualify for the Monticello Triple Crown award at the Allerton Park Trail Run in October, one must also have completed any race event from both of the other Triple Crown races in the same year: the Allerton Half Marathon & 10K in April and the Kerby Derby 5K/10K in May.



Photos-Costumes-Potluck Brunch

Before, during, and after the race Beth Scheid (below) captured photographs around the park...capturing runners in action, volunteers helping, and anyone



in costume. Participants and volunteers competed in the costume contest sponsored by the Great Harvest Bread Company for bread baskets given to overall male, female, and group participants. Other awards were given out for runner ups who were judged by the EmCee. Great Harvest also provided bread baskets and spreads featured at the post race pot luck style brunch. The brunch remained a huge hit as participants brought dishes to share. This year, the Second Wind Green Team was on hand to help ensure compost and recycling were disposed of properly.

Race Transition

Although it has definitely not been an easy feat, it has been a quite the experience to take over the Allerton Park Trail Run from Ben Newell. I put many of my “exciting ideas” on an emergency backburner this year to focus first on preserving the tradition of the



The timing team always does an amazing job of making sure every PR is captured correctly and results put out quickly and accurately.

race. I hope to release at least a couple of those exciting ideas each year over the next few years. New this year we enjoyed hearing the national anthem sung live by Jenny Meyer before the race start. In addition, the Trail Run course markings were executed to ensure no runner would get lost. Further, the Nature Walk course was rerouted while the Nature Walk division received official completion times so those participants could enjoy the race finish experience in a manner similar to the Trail Runners. We saw more Second Wind members signed up for this year’s Allerton Park Trail Run than the prior year. Less noticeably, we procured walkie talkies for the race and used committed Race Captains to help facilitate a more efficient race day communication.



Despite the amount of detailed preparation I invested into making this transition an error free experience, I still made some rookie mistakes as a first time race director as a few hiccups were inevitable. A grueling amount of time and effort was put into preparing for the race and its vast list of detailed tasks. Our wonderful team of volunteers used patience, expertise, and consistent efforts to provide the participants with the best race experience possible. Once again, I thank all of our volunteers from the Race Captains to the Race Timing Team, packet pickup, aid stations, and everyone in between.

Beneficiary of the Race

Thanks to a strong turnout in this year’s race from

both runners and walkers, I am excited to announce the Second Wind Running Club is donating \$1,000 from the race proceeds back to the park. The park is great at maintaining the trails, making Allerton one of the most enjoyable trail running locations in the Midwest. Last year's donation funded the completion of the Greenhouse Café. In prior years, our donations helped complete other projects including the installation of: a water fountain with a water bottle refilling station in the visitor's center; a composting toilet at the Schroth Trailhead (think of the Allerton Half Marathon & 10K course); recycling bins; railing on the trail; and trail erosion control.

Race Sponsors

We once again would like to thank this year's sponsors, including: Diane Ducey of Stevie Jay Broadcasting, Kelly's Accounting Service, Body N' Sole Sports, Asics, Great Harvest Bread Co, Champaign County Realty and Appraisals by Trautman, Athletico, Marvelous Mud, the Kirby Medical Center along with both Cisco Fire Department and Mid-Piatt Fire Rescue, the Chicago Recovery Room, the Second Wind Running Club, and the American Trail Running Association (ATRA). We also thank the staff at the Allerton Park &

Retreat Center for allowing us to present this event for your enjoyment.

More Info

Learn more about this event on our website at <https://secondwindrunningclub.org/races/allerton>. You may also find links for parking and directions to the park, information on the Strava course, and our Facebook page with race photos. Registration for 2019 should be open to Second Wind members on the night of the annual meeting in January 2019. Remember, this event is always the last Sunday of October.



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In 2019, we are shaking things up and having our annual banquet at the City Center in downtown Champaign (above the Amtrak station). There are new award categories, and an after party! The banquet is family-friendly, and the venue is accessible by car, bicycle, and transit options. The cost is \$15 per adult and children are just \$1. Skip dinner and just attend the award for free!

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Beginning Women's Running Group

by Martha McSims, Lynda Ramirez, and Carol Osgood

An end of the year recap of WBRG and what it means to me to be leading it. By Martha McSims

I have the coolest volunteer job. I absolutely love leading the beginning women's running group program. We had an amazing year. Our Spring program targeted the Kirby Derby 5K in May which was the first time in doing so. We had a very cold April, but it didn't stop the beginning runners. We had a great group who came out every Tuesday, no matter the crazy weather we had, and trained well. The women enjoyed running the Kirby Derby race, and they were excited to get a finishers medal afterwards (picture below).



The women's fitness 5K, which is our Fall program targeted race, was earlier than normal this year. This meant our training started in July. I was worried about the program starting earlier because of the heat and people not being in the area because of Summer vacations. As always, we had a great group of women sign up. I also want to give a "shout-out" to Jodi Heckel. She published an awesome article the morning of the first work-out and we had four more people sign up from the article. Amazing, I tell you! The best part of the Fall I program was I wasn't on the sidelines. I was able to run with the women which meant so much to me. It was an awesome feeling to run with the women and have the chance to get to know them better. The women's fitness 5K is one of my favorite local 5K's. Jan Seeley puts on a great event every year. It supports two great causes, is a fun course, and my favorite part is the potluck afterwards. It gives

me a chance to talk to the women about their race.



The Beginning Women's Running Group, Fall 2018 after the Women's Fitness 5k.

Since the Fall program started earlier than normal, we were able to have another program. Happy Dance! The Fall II program targeted the Cupcake 5K in November. We had many returning runners participate including four new runners. Race day was super windy, but the women persisted and each of them had an absolutely awesome race. As I mentioned earlier, I really enjoy the potluck after the women's fitness 5K, so after the women had their cupcake, we met for breakfast at Original House of pancakes. I love hearing the women plan their future meet-ups for runs and their future 5k's.

The program would not be successful without its mentors. They are the glue to this wonderful program. They are a very diverse group of women who help out the new runners tremendously.

I appreciate each one of you who volunteer your time each week between helping out on the Tuesday

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The Beginning Women's Running Group, Fall 2018 part two! after the Cupcake 5k.

run and/or the two optional weekly runs. I treasure the friendships I have made with each one of you.

I feel it's important to stay connected with the women. So, I like to have special events in between the programs. June 6th was Global Running Day. A few of us met, ran a few miles, then we celebrated GRD with ice cream and gelato at Red Bicycle. This was the first night I ran since my injury thanks to my awesome friend Lynda Ramirez. I also organize a Sunday fun run every week which is sometimes followed by coffee and donuts. Nancy McCarty, one of our amazing mentors, hosted a brunch after one of Sunday fun run's which included many laughs. The Green Team hosted a virtual plogging weekend in September. After our Sunday run that weekend, we picked up trash near Central High School and Hessel Park. I plan to keep plogging one Sunday a month with the women in 2019. We ended the year with a Christmas run around Morrissey park, and of, course donuts at Pandmonium. It was a great way to end the year. We laughed a lot and everyone talked about their goals for 2019. It is such an awesome feeling to be part of this group, and to have the friendships that Tammy and I have with these women.

As I think about the past year leading this program, three very special personal moments come to mind.

The first one was when my good friend Lynda made the decision for me to start running again. As mentioned earlier we celebrated Global Running Day. I showed up with my bike and Lynda suggested I put the bike up and run. Sometimes we just need some extra motivation. It was the best feeling in the world to be running again. I didn't care I might be in pain the next day. Lynda met with me two-three times a week after that night and mentored me back to running. I participated in my first post-injury 5K in June and she walked/ran it with me. She has become a really good friend which would not have happened without this program. My second special moment was when the some of the women completely surprised me to cheer me on during a 5K in October. They were technically supposed to be running their training optional run. In fact the first thing I said to them when I seen them decked out in the WBRG gear on the corner, "why are you not running!." Then I had tears to my eyes and finished the 5K with a post-injury PR. Have I mentioned how much I love these women? The third special moment was the most precious to me. It still makes me tear up as I think about it. My new friend Carol who had never ran before and was one the woman who signed up after reading Jodi's article gave me a hug right before she crossed the finish line at the cupcake 5K. That was one of those moments you think to yourself you might just be doing a pretty good job mentoring these women.

When I first agreed to be the leader of this program, I had no idea it would add so much joy to my life. My favorite part is getting to know the women of each program and help them reach their running goals. I love when they keep in touch or when I run into them in various places in town and we catch up. Another favorite part of the program is watching each woman cross the finish line at the targeted race. To know the training these women put in 8 weeks prior and to see the sense of achievement as they cross the finish line is a wonderful feeling on my part. The program has be-



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come a huge part of my life and I am always trying to think of ways to make it the best that it can be. I look very forward to making more memories with beginning and returning runners in 2019.



Homecoming 5k, “the race that a few of the women surprised me to cheer for Christina Wendt and I.”

The Joy of Mentoring By Lynda Ramirez

In the fall of 2015, an article in the News-Gazette written by our own Jodi Heckel caught my attention. The article was about the Women’s Beginning Running Group sponsored by the Second Wind Running Group. Maria Alyce was the runner featured in the article, and the progress she had made with the group was described. Women who could run a whole mile were overqualified for this group, the article explained. I knew that I could not run a mile, but I really, really wanted to try. Before I could change my mind, I signed up for the group. What had I gotten myself into?

I didn’t want to embarrass myself on the first night of the program in three weeks, so I began to practice and train on my own. I did countless laps around Hessel Park, mostly in the early, early morning when no one would be out to see me. By the time the program started, I was able to run two minutes with-

out stopping, but I couldn’t do very many repeats. I still wondered what I had gotten myself into. Letitia Moffitt was the leader, and through her guidance, my fears started to melt away. She inspired me to do my best and to achieve what I thought would be impossible: to run an entire 5k without stopping to walk. Without her excellent mentoring, I would never have been able to accomplish that goal. I was not able to attend the target race (Women’s Fitness 5k) at the end, but ran a practice race at Crystal Lake on the 5k course with my friend Ophelia Chan. Not only did we run the entire way, it is still the fastest 5k I have ever done! A PR that will stand forever! I am still grateful to Letitia as my first mentor. I am also grateful to the many friends I made in the fall of 2015, many of whom I still see and run with frequently.

When the program began again in the fall of 2016, I decided to become a mentor. I certainly was not a role model for speed or endurance, but I thought I could be a role model for other “chronologically gifted” women (i.e., old). If I could start running at the age of 62, I wanted to show other women that they, too, could accomplish their bucket list goals.

Being a mentor that fall was one of the most rewarding experiences I have had. Mentoring was better than running! I was able to share my experiences, tips, trials, and tribulations with women who were just starting their running journey. We talked about how to hold an imaginary Pringle in your fingertips, how to put quarters in your pocket (thanks to Jan Seeley), and setting realistic goals. Each week, I saw their progress and confidence increase. It was my pleasure to have Martha and Tammy McSims in that group. While doing 3:1, 2:2, or 1:3 walk:run intervals, Tammy and I were amused by Martha’s inability to walk faster than a sniffing dog. Of course, on the run intervals, Martha always caught up with us. Being their mentor formed the basis of our long term friendship. The same could be said of many other people in that group. So many friendships with participants and other mentors result-

ed from that experience. Way too many to list here. I hope you know who you are.

Since that fall, I have signed up to be a mentor every season: Spring 2017, Fall 2017, Spring 2018, Fall I 2018, and Fall II 2018. I could not have been prouder when one of my mentees, Martha McSims, became the leader of the group in the Fall of 2017. Martha struggled with leg issues that began in that season, but she exemplified all the qualities of a great leader and focused her attention on motivating others. Every season, we watched the successes and progress of our participants. Finally, this fall Martha was able to be the runner she has always wanted to be. As her original mentor, I was happy to re-mentor her on her road to return and share her first “return 5k” this summer.

So many seasons and so many new runners, almost all of whom have gone on to surpass anything in running that I could ever dream of. I am still a lousy runner, but I take a lot of pride in being one of the first people they encounter on their road to success. Speed and endurance are not the most important factors in running. I can't offer that, but I am privileged to offer support and encouragement to women who want to be healthier and better versions of themselves. Without hesitation, I can say that being a mentor in this group has been life changing for me.

Second Wind Running Club has created and maintained this opportunity for new runners to reach their goals. I wonder how many members are aware of how vital this experience is for us. We offer our gratitude to you and hope that this program will always be available for both the mentors and the mentees. As a mentor, I know that I am the winner because I get to participate in the success of so many women in their quest to achieve their goals.

A Surprise Victory By Carol Osgood

I was reading the News Gazette one morning last July and was intrigued by an article about a class for first time Women runners. I'm not sure why I was intrigued cause I had never thought much about running or had much of an interest. But, by that afternoon, I had signed up and found myself in a pair of running shoes at Meadowbrook park - surrounded by wonderful women. Two classes and two 5K's later, (at 65 years old) I am a runner!

I think I signed up mostly as a challenge to age. I was months away from my 65th birthday and thought that running my first 5K would be a good way to celebrate. And besides, if I was going to push my body and work towards getting in better shape, the clock was obviously ticking. What I hadn't expected was that I would enjoy running so much and feel so much better because of it.

I can't say enough about Martha McFarland, the mentors and the participants of our classes. No offense guys, but there is nothing quite like hanging out with a bunch of wonderful women who share a common goal. There is no way I would be a runner at this point in my life if it weren't for this class and these women. I was especially inspired by the mentors and participants who are my age and older. They inspired me to challenge my assumptions about age and my assumptions about what is possible for me as I age.

SWRC Women's Beginning Running Class is a gift to our community – and has been a gift to me. If I keep running, I will very likely live longer and enjoy a higher quality of life. The whole experience has been awesome – and surprising. It's nice to know that I can still be surprised by life – and I can still surprise myself!



The last event of the year - run and donuts!

Join us this year in the Beginning Women's Running Group!

Recover Right to Run Your Best

by Jeff Kelly, MS Exercise Science

There are generally four types of training – endurance; lactate threshold; VO2 max and speed. There is also, a fifth element, however, that is arguably ignored, although this is also, in some ways, the easiest to implement. That fifth element is recovery. Let's dive in to the nuts and bolts of how to carry out your recovery runs for maximum benefit.

First, what is a recovery run? This is, by definition, any run carried out with the only purpose being to deliver blood flow and, thereby, nutrients to your muscles. This, in theory, speeds recovery faster than just sitting around and watching Netflix (hey, I'm not pointing fingers). Here's how this works – your hard workouts create micro-tears in your muscle fibers so that, with sufficient rest, these muscles rebuild stronger than prior to the hard work. You can't stress your muscles, joints and tendons to the utmost every day. Something will give, most likely you.

So, let's say you do a workout of 6 X 800

meters at 5K pace on a Tuesday. Wednesday, if you are diligent about things, you would plan to do a recovery run day. What is the pace of this recovery run? Here's where we get into some sticky territory, but...not really. You see, for recovery runs, we have to shed entirely this "type A" runner's persona that most of us have. Many times, runners (myself included) want workouts so planned, our paces so targeted, that we freak out if there's no precise pace given. Let me quote former elite marathoner Kyle O'Brien who once told me that if you're running for recovery your pace is "whatever it takes."

What that means is you run as slow as your body needs in order to be moving efficiently while not doing unnecessary pounding to your legs, muscles and joints. You see, our aerobic system isn't the system that needs to recover. Remember, our bodies do. While you may physiologically feel capable of running 30-60 seconds slower than marathon pace on



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a recovery pace, let's slow that down. Expert physiologist Pete Pfitzinger recommends running recovery runs about 2 minutes per mile slower than your 15K to half-marathon pace.

Let that sink in for a minute. If you run a half-marathon at 7-minute pace, which is very decent, your recovery runs shouldn't be done any faster than 9-minutes per mile. "Gasp....but that's so slow!" Trust me, I feel your pain. Remind yourself, though, that there's absolutely no fitness gains to be made on these pure recovery days. All you're doing is....well, slogging along.

What is the best duration for a recovery run? Again, there is no hard and fast rule, which can be frustrating but yet relieving once you buy into the whole mentality of recovery days. Remember, you're trying to carry out training that is truly polarized – i.e., your hard days are much, much harder than your easy days, which are so ungodly easy your grandmother could keep up with you. When I ran with the U of I Track Club, the "recovery day" run was up to, but no longer than, one hour. The pace was whatever you felt like doing, which most days, felt like a crawl, honestly. I don't think we were ever allowed to run faster than 8-minute pace, despite the fact that some of these athletes could run a 10K in less than 33 minutes. Pfitzinger advises that for experienced runners training over 60 miles per week, recovery runs should be 30 to 50 minutes but can sometimes be up to 60 minutes long. You could also try the approach of implementing two, shorter recovery runs – one in the a.m., one in the p.m., which can A) boost your mileage B) reportedly provide more of a recovery boost than one longer run.

So, I'll end this by giving you the bonus of some great recovery run advice from some of my running buddies I've made through the years. I can't say that I enjoy recovery runs, but I've made peace with them. If you see me jogging down the road and you think "geez, he's barely moving," that's fine with me. I'm probably just recovering.

Jeff Riddle (60 years young), runner for 46 years, 18:05 5K lifetime PR (age 21), 22:19 5K at 45 yrs. Former volunteer cross-country assistant coach Urbana High School (2014-2017), finisher of 76 ultramarathons/marathons, 103,779 lifetime miles through September 2018:

JR- "A recovery run to me has to feel so slow it's almost laughable. Depending on how tired you are it could be two to three minutes slower than 5k pace. I've found a true recovery run is not much over 30 minutes, definitely not over 45. As I get older, recovery could include walking and/or running/walking mixed. The main thing is to get blood flow to the muscles. I've read reports of world class marathoners running recovery runs at approximately 50% of marathon pace i.e. 4:50 min pace x 50% = 7:15 pace."

Brandon Smith, formerly of Mahomet, 15:50 5K PR, USATF Level 2 Endurance Coach, current high school cross country coach

BS- "I like two-and-a-half minutes slower than 5k PR (personal record) pace on a flat surface. With that said, let's throw pace out the window, because who cares? Recovery pace should be a treat to the mind and body. A great tactic is to wear your watch upside down on the opposite side of your wrist so you can't see any data. Start the watch and end it on time so you can maintain your weekly training minutes/ volume but avoid the temptation to look at it. The pace of an easy run will increase during runs with elevation change and undulating surfaces. I believe that doing recovery runs on trails with changes in elevation is a great way to continue to build aerobic capacity while also allowing the body to recover. Grab a friend, have a conversation, tell some jokes, and enjoy being on a run that feels light on the feet and easy on the mind. These types of runs get you excited to run a workout.

Sleep is an essential part of recovery and is often a neglected part of life and recovery for an athlete. Sleep is essential to physical regeneration (absorbing your training), emotional regulation, and maintaining focus on athletics and balancing life outside of athletics.

Daily general strength and mobility helps the body recover as well.

Length of recovery runs vary based on the weekly volume and past experiences of each runner. Breaking easy runs into two runs of 20-40minutes as opposed to one run of 45+ min is a great way to reduce the stress on the body and more truly recover."

Green Team Year-in-Review

by Fred Bird and the Green Team

Hello, I'm Fred Bird, and that's one of my people I'm perched on in the photo. Apparently she's a member of something called the Green Team, which she and a few other members of her running club started up this year. I figure it has the word "green" in it, and I am a green-wing macaw, so it must be related to me. As such, I've provided a brief recap of the team's doings this year.



Recycling and composting at races: The Green Team provided clearly marked bins for recycling and composting at the following races: Clinton Lake Ultra, Buffalo Trace Trail Race, Freedom 5K, Women's Fitness 5K, and Allerton Park Trail Race. These bins helped ensure that plastic/glass bottles and metal cans would be recycled rather than mixed in with landfill trash, and that food waste such as watermelon rinds and banana peels would be composted. I quite like watermelon and banana myself, though I had no idea

what happened to the rinds and peels until my person started collecting them and putting them in her compost bins to turn into natural fertilizer for her vegetable garden. This is good; this means more veggies for me.

Virtual Plog: In September, the Green Team hosted a "plog." Club members walked or ran while picking up trash along their favorite running route or in their neighborhood. This event helped clean our community while also encouraging people to recycle and reduce waste. My macaw buddies Boston and Phoenix went along with our people on their plog; I stayed home and kept an eye on things. And ate all the watermelon.

Terracycle: The Green Team set up an account with Terracycle, an organization that teams with various companies to recycle plastic waste that otherwise would end up in landfill. Club members brought packaging from Clif, Gu, and Larabar products to club fun runs and training runs to be sent to Terracycle for recycling. Less plastic waste in the environment is better for everyone. I don't know about you, but I could certainly do without bits of plastic in my drinking water. Gross.

What's in store for next year? The Green Team is considering many possibilities, including providing locally grown food for post-race goodies, incentives for carpooling, and T-shirt opt-outs and/or eco-friendly swag for local races. The team encourages all Second Wind members to think of ways the club can continue to "go green" and be as eco-friendly as possible. As my person says, healthy runners need a healthy planet. I do too, so think of me. That's really all that matters.

Contact the Green Team at

greenteam@secondwindrunningclub.org

Second Wind Updates

by Magdalena Casper-Shipp

Spring marathon training registration is now open! The program starts

Thursday, 03 January 2019 !

Crazy enough to want to run a marathon? Or maybe you're only half crazy and 13.1 miles sounds like plenty. Second Wind Running Club has a marathon/half marathon training program to help you go the distance! Both our half and full spring marathon training programs are open for registration now!

Find more here <http://secondwindrunningclub.org/marathontraining>

Looking to dip your foot into the wonderful world of ultra running?

The Clinton Lake 30 miler will be on

Saturday, 23 March 2019 !

Visit Ultrasignup to learn more about the race and register:

<https://ultrasignup.com/register.aspx?did=59580>.

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First-time Streaker

by *Laura Owen*

My year started with a broken toe, then I had two respiratory illnesses in the spring, and by May and June I had a bad case of runner's knee. By July, I was going stir crazy. Several of my friends had made significant progress in their running, and here I was unable to keep up and losing motivation. I needed to get back on track, stay healthy, be consistent, and force myself to get those runs in. I turn into a running zombie in the heat and humidity, so it is important for me to run early most days in the summer.

July 2nd was the day I decided to start my first run streak. I hoped to reach 1,000 miles for the year, but on that day I was 160 miles behind schedule. You might be thinking, why not July 1st? I had to get started as soon as the idea popped into my head. Why wait for the perfect time or a certain date; I was ready that day. In the past, I've set too many unattainable goals at once. Guess, what happens? I wound up not reaching any of them because they became overwhelming. This time, I decided on a one week running streak and tried not to get hung up on mileage, races, or pace so much that they would overshadow my number one goal.

Getting started was rough. It was hot, humid, and I felt like a slug. I doubted whether I could even get through a week. I took many walk breaks. By the second and third weeks, it got a little easier. I was developing a habit of getting up earlier to beat the sun and getting outside began to feel effortless. Unfortunately, the feeling didn't last. I signed up for the Mahomet Half Marathon three days before the race, and had only run up to 7.5 miles. I knew it would be hard, but the hardest part was not the race itself (although I really had to drag myself through the second half). I still had to run at least a mile in the days following to keep up the streak. Those were some of the hardest days. A few short painful miles proved to me that I could keep going. Keeping up the streak after Howl was an even bigger challenge. I signed up in the spring and was not trained at all. I decided to do it, allowing myself to walk whenever I felt like it. I also had an ache in my foot that I worried would be a stress fracture (it wasn't). With the help of a friend who paced me for a few loops (thanks Michele!), I



Day 41 with Michele Cohen at Howl on August 11th

was able to complete 26.32 miles that day (or 8 loops of the course). Despite walking a lot, the next couple of days I could barely move. Normally, I take several days off after a hard race. This time, I didn't have that option. I learned to appreciate shakeout runs. They seem impossible at first, but after the initial shock and warm up, they feel pretty good!

There were also busy days when I had to leave early and knew I had to run my mile at 9 or 10 pm. There were a couple of days when I was ready to give up, but by this point my family had become a part of it. My 12 year old daughter said one day, "Mom, it's not a choice anymore. You have to do it!" I could tell they were proud of me, but they know how easily I can give in sometimes when I'm tired and stressed. I probably would have given up on several occasions without that little push out the door.

As of October 9th, I have run 414 miles since I started the streak. My heart rate has decreased during hard workouts and my VO2 max has increased. I am stronger in areas where weakness has led to injury in the past. I learned to like speedwork again, because I started a half marathon training plan in August that uses specific paces based on my ability and goals, so I'm not going all out unless Kara Goucher says so. One of the most enjoyable sessions was one mile each warmup and cool down with 8x800 meters a little faster than goal race pace. Instead of feeling exhausted, I felt energized because the pace wasn't supposed to use up every ounce of my energy. I tried not to worry too much about not reaching 30 miles a week which was a secondary goal. I came close



Your VO₂ Max is **43** which is excellent for women ages 40-49. Your fitness age is that of an excellent **20 year old**. That's the **top 15%** for your age and gender.

several times, but had to keep in mind that the streak is still the main goal and it was alright to reach 27 or 28 instead. Anything that followed was the icing on the cake, like reaching 1,000 miles for the year. Now, I'm only 21 miles behind, and I should have over 1,100 miles for the year. I will be celebrating my 100th consecutive day of running on October 10th!

Thinking about starting your own run streak? It's not as hard as it seems. Here are a few tips:

1. Have a plan in advance and make sure it is one you can keep up with. Try to make only small adjustments when necessary. The more you stray from the plan, the farther you move away from your goal.

2. Get up early. Before July, I was great at making excuses not to get up in the morning to run. When I run first thing in the morning, I don't have to worry about not having the time, missing dinner with my family, or come up with excuses not to run. I often run in the evening on short days of just a mile or two, because then I can still run longer distances the next morning without being too tired.

3. Set one attainable goal. Other secondary goals will likely follow. If you overwhelm yourself with goals, you may not reach any!

4. Mix it up. Streaking doesn't mean running the same distance or pace everyday. You still need a variety of runs to follow the stress, recovery, and adaptation cycle that makes your training count. Maintain a balance of short, long, fast, and slow runs to avoid feeling tired all the time or becoming injured.

5. Be flexible. There were days I was tired and cut out a few miles. That is alright and can be better

than pushing yourself through a terrible (or extremely hot and humid) run. When I adjusted my plan, it was because I needed another easy short day. It only takes one mile per day to keep up the streak, and a mile or two off isn't going to ruin your training.

6. Share your goal with anyone who will listen! You will find you have more supporters than you think. People I don't know very well regularly offer encouragement and help hold me accountable. I listed every day of my streak in Strava labeled with the number of days I was at. Knowing that people will see if I miss a day keeps me from being lazy and skipping for no good reason.

7. Have fun and believe you can do it! We are capable of so much more than we think and you never know how you might surprise yourself.



Day 70 was Women's Fitness 5k with Susan Mynatt

Race Results

Compiled by Juan Salas and Nicholas Heller

Allerton Park Trail Run
Allerton Park, Monticello, IL
Sunday, October 28, 2018

Run the Woods 8k

Hudson, IL
Saturday, 06 October 2018

1	Nicholas Heller	38:11:00	
4	Tara Beveroth	41:11:00	1OA
14	Michele Heller	49:16:00	

Chicago Marathon

Chicago, IL
Sunday, October 7, 2018

7906	Carl Larsen Jr	3:49:05	
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GO! St. Louis Halloween 10k

St. Louis, MO
Sunday, October 21, 2018

89	Scott Silverman	48:56	
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The One and Only 5k

Farmer City, IL
Saturday, October 27, 2018

2	Scott Silverman	21:47	1AG
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3	Tom Gelsthorpe	0:36:24.6	1AG
7	Kate McCormick	0:38:08.1	1OA
8	Fabian Dettenrieder	0:38:51.8	3AG
9	Noel Naughton	0:38:57.9	1AG
10	David Schug	0:39:07.7	2AG
13	Nick Paulson	0:39:48.4	2AG
20	Nic Carter	0:41:37.6	
22	Gage Williams	0:41:49.0	3AG
25	Michael Tankersley	0:42:18.6	1AG
34	Andrea Penrose	0:43:45.8	1AG
35	Sarka Petrickova	0:43:48.6	1AG
37	Hannah Remmert	0:43:54.1	2AG
41	Patrick Mills	0:44:20.5	1AG
42	Jay Bennett	0:44:31.9	
43	Tara Beveroth	0:44:45.3	2AG
55	Minh Do	0:46:11.6	
67	Dawn Carson	0:47:17.1	1AG
68	John Reed	0:47:18.1	
71	Emily Floess	0:47:32.2	3AG
74	John North	0:47:47.6	3AG
79	Aniket Ravan	0:48:09.8	
80	Judith Havlicek	0:48:14.6	1AG
83	Ed Roy	0:48:41.6	1AG
87	Juan Salas	0:48:57.3	
91	Krista Overstreet	0:49:14.4	
97	David Dennis	0:49:38.1	
108	Ashley Dennis	0:50:38.0	3AG
116	Bethany Carmien Onwodi	0:51:15.7	



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118 Jennifer Moreman 0:51:21.2
 119 Eric Benson 0:51:31.8
 120 Becky Williams 0:51:44.7
 122 Paula Tankersley 0:51:50.4
 128 Katherine Hayek 0:52:03.8
 132 Andrea Stack 0:52:38.6
 143 Renee Trilling 0:54:01.3
 145 Eberhard Morgenroth 0:54:07.1
 147 Scott Hendren 0:54:13.8
 153 Dmitriy Voznyuk 0:54:52.7
 156 Brad Giffel 0:55:05.0
 159 Jane Domier 0:55:22.2
 176 Angie Wischart 0:56:41.7
 181 Chuck Foran 0:57:28.6
 183 Elizabeth Chominski 0:58:01.3
 187 Nikita Borisov 0:59:32.0
 191 Casey Kashnig 0:59:44.0
 206 Laura Owen 1:01:19.9
 207 Nicole Lake Olmo 1:01:19.9
 219 Naoki Watanabe 1:02:38.5
 226 Susan Mynatt 1:03:14.7
 227 Jeffrey Haas 1:03:15.5
 230 My Nguyen 1:03:38.1
 231 Paul Littleton 1:03:51.2
 232 Megan Parsons 1:03:57.3
 234 Nathan Parsons 1:04:01.4
 235 Melissa Lux 1:04:02.8
 237 Bobbie Riley 1:04:11.2
 240 Grace Gao 1:04:22.2
 242 Leslie Hammersmith 1:04:36.0
 248 Cathy Giffel 1:05:09.4
 249 Jesse Reichler 1:05:11.2
 259 Amy Roady 1:07:29.2
 261 Jody Littleton 1:07:36.4
 267 Kimberly Eveland 1:08:09.5
 275 Dianne Cherry 1:08:57.4
 284 Kate Blahnik 1:10:04.6
 292 Tina Ammermann 1:11:15.8
 293 Erica Tibbetts 1:11:19.9
 299 Ellen Hedrick 1:12:26.4
 304 Stephanie Hayek 1:13:11.3
 319 Richard Buse 1:15:23.4
 324 Sue Ellen Finkenbiner 1:17:29.6
 326 Melissa Whittall 1:20:10.2
 329 Rachel Morlan 1:21:46.8
 330 Michelle Hart 1:21:46.9

2AG

Indianapolis Marathon
 Indianapolis, IN
 Saturday, November 3, 2018

Half Marathon

287 Justin Blue 1:28:26
 313 Marcus Lockhart 1:29:16
 456 Nick Paulson 1:34:06
 483 Bing Zong 1:34:59
 811 Christopher Wendt 1:42:15
 1056 Carl W Larsen Jr 1:45:59
 1212 Edward Mehnert 1:48:20
 1232 David Ammermann 1:48:32
 1308 Brian Moline 1:49:29
 1590 Bethany Carmien Onwodi 1:52:27
 1874 Krista Overstreet 1:55:05
 2390 Angela Wischart 1:59:12
 2549 Jenna Zerrusen 2:00:27
 2627 Priscilla Ferronato 2:01:14
 3171 Nikita Borisov 2:06:28
 3333 Laura Owen 2:08:00
 3462 Leslie Hammersmith 2:08:58
 3867 Eileen Lichtblau 2:12:30
 3868 Daniel Lichtblau 2:12:31
 4076 Sara Myers 2:14:45
 4401 Dianne Cherry 2:18:08
 5091 Sisi He 2:26:58
 5401 Cara Finnegan 2:31:47
 5441 Kelly Barbour-Conerty 2:32:40
 5729 Alexis Jones 2:38:05

Marathon

360 Shane Cultra 3:07:53
 1984 Don Dodson 4:01:22
 2613 Elizabeth Chominski 4:21:12
 3204 John Murphy 4:42:28
 3224 Patrick Grenda 4:43:19
 3935 Anne Sickles 5:21:47

Ozark 100 Mile
 Steelville, MO
 Sunday, November 4, 2018

Sarka Petrickova 23:18:22 10A
 Patrick Mills 31:07:07 1AG

Rattlesnake Master
Meadowbrook Park, Urbana, IL
Sunday, November 4, 2018

5k				
3	Noel	Naughton	19:14.6	2AG
5	Nic	Carter	20:25.3	1AG
11	Dawn	Carson	23:04.1	1OA
26	Brad	Giffel	26:40.8	3AG
29	Nikita	Borisov	27:05.3	2AG
34	James	Doyle	27:54.5	2AG
37	Nancy	Roth	28:37.7	3AG
47	Alan	Singleton	30:59.2	
52	Cathy	Giffel	32:20.8	
53	Amish	Goel	32:25.1	
75	Jackie	Christensen	37:34.0	2AG
81	Luisa	Palacios	40:13.0	

10k

1	Tom	Gelsthorpe	0:37:52.0	1OA
2	Fabian	Dettenrieder	0:38:33.3	1AG
3	Nicholas	Heller	0:39:52.9	1AG
9	Ruairi	McEnroe	0:46:42.6	
16	Michele	Heller	0:48:14.0	1AG
17	Scott	Silverman	0:48:54.8	3AG
19	Emily	Floess	0:49:47.0	1AG
20	John	Reed	0:49:55.4	2AG
22	Ed	Roy	0:50:27.6	1AG
23	Juan	Salas	0:50:36.3	
24	David	Ammermann	0:50:45.7	3AG
25	Matt	Sherer	0:52:12.2	
26	Krista	Overstreet	0:52:18.1	2AG
32	Dmitriy	Voznyuk	0:54:16.3	
38	Charles	Gibson	0:56:14.5	
42	Deborah	Seiler	0:58:03.7	
43	Debra	Herche	0:58:19.7	
44	Susan	Mynatt	0:58:23.5	2AG
49	Megan	Parsons	1:00:19.0	
50	Pat	Webb	1:01:21.8	2AG
51	Daniel	Panno	1:01:23.7	
56	Stan	Shobe	1:13:08.8	3AG
57	Sue	Finkenbiner	1:13:09.7	3AG

Santa Chase 5k
Mattoon, IL
Saturday, November 17, 2018

6	Scott	Silverman	23:19	1AG
7	Paula	Tankersley	23:39	
26	Paul	Spinner	30:03	

Santa Chase Half Marathon
Mattoon, IL
Saturday, November 17, 2018

3	Robert	Shanahan	1:34:08	
4	Nic	Carter	1:39:27	
6	Mike	Tankersley	1:39:43	
9	Michele	Heller	1:42:16	1OA
12	Don	Dodson	1:47:17	
13	Eric	Berlin	1:50:16	

Turkey Trot STL 5k
St. Louis, MO
Thursday, November 22, 2018

104	Scott	Silverman	23:21	
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Oglesby Turkey Trot
Oglesby, IL
Thursday, November 22, 2018

8	Jeff	Kelly	17:18	1AG
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Junior Woman's Club Of M-T Turkey Trot
Thiensville, WI
Thursday, November 22, 2018

56	Renee	Trilling	26:21	
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St. Jude Memphis Marathon
Memphis, TN
Saturday, December 1, 2018

311	Carl	Larsen Jr	04:01:15	
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Half Marathon

623	Michele	Heller	1:54:41	
1064	Brian	Moline	2:00:21	
1889	Ryan	Anderson	2:10:28	
3234	Letitia	Moffitt	2:22:43	
7236	Karinsa	Moline	2:59:05	

Mike Walsh Memorial 5K

Bement, IL

Saturday, December 8, 2018

2	Tom Gelsthorpe	17:45:00
3	Nicholas Heller	18:37:00
6	Mike Tankersley	19:55:00
10	Patrick Mills	20:59:00
11	Carl W Larsen Jr	21:45:00
13	Brian Moline	22:11:00
14	Erin Smith-Urbana	22:16:00
15	Jim Fair III	22:39:00
16	Michele Heller	22:44:00
17	Dawn Carson	22:53:00
18	Matt Sherer	23:04:00
19	Eric Benson	23:15:00
20	Paula Tankersley	23:17:00
23	Emily Floess	23:46:00
25	Juan Salas	24:52:00
29	Chuck Foran	25:55:00
33	Brad Giffel	27:30:00
34	Laura Owen	27:34:00
35	Leslie Hammersmith	27:35:00
37	Jeff Rohde	27:44:00
38	Nicole Lake Olmo	27:45:00
39	Valeria Rohde	27:45:00
43	Lori Heller	28:12:00
47	James Doyle	29:05:00
53	Cathy Giffel	32:05:00



Above, runners await the start of the Mike Walsh Memorial 5k.

Below, the 2018 edition of the Mike Walsh Memorial 5k was a record-setting year for the race, and a great last circuit race for many Second Wind members.



Don't see your results?

Send them to:

raceresults@secondwindrunningclub.org

to make sure they are included

in the newsletter!

Hope to see you at the start line!