

March/ April 2019 — Volume 36, Number 2

IN PASSING

NEWSLETTER OF THE SECOND WIND RUNNING CLUB

Running East-Central Illinois



Keep those stories coming!

Your contributions to the newsletter are vital. Please e-mail your race results, articles, photos, etc. by **April 15th** for the May/June 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.](#)

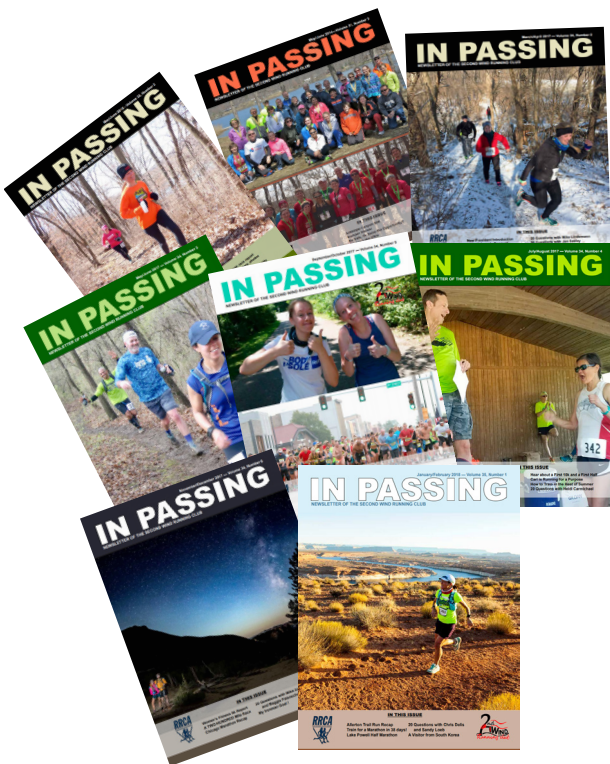
Please send corrections, comments, criticisms, or suggestions to Nicholas Heller at newsletter@secondwindrunningclub.org. When submitting an article, please include the text and captions for photos in a text document and the photos as separate files, also attached to the email.

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. You can also [follow us on Facebook](#) and see what your fellow runners are up to!

President's Corner

Hello Second Wind members!

My name is Jim Fair III and I am honored to serve you in the role of president of the organization. With the help of the board, this year's annual meeting was refreshed at a new venue (Cityview Events Center) in downtown Champaign. At the meeting...engagement, growth, and value were the three words I expressed as representing the principles behind why I chose to pursue the role of President of the Second Wind Running Club.

Without rehashing the entire speech from the banquet, I hope to create models for the organization to help expand and engage the membership base, help bridge the gap between club membership and board governance, and re-evaluate revenue streams. One initiative I hope we can resurrect in launching towards making those words more tangible include working to have both of the twin cities of Champaign & Urbana designated with the five year "RRCA Runner Friendly Community." This should create benefits both for current members and future leaders.

Although the board voted to neither sponsor nor subsidize sending members to the annual RRCA convention for the first time in years, I still encourage anyone interested in attending the convention this year for her/his personal benefit to do so. This year the board chose to focus on maximizing the use of the club's race timing equipment by sponsoring a couple of members to attend the national race timing convention. This will allow us to provide a better race timing service for our race partners, retain a steady revenue stream, and ultimately help keep membership dues low.

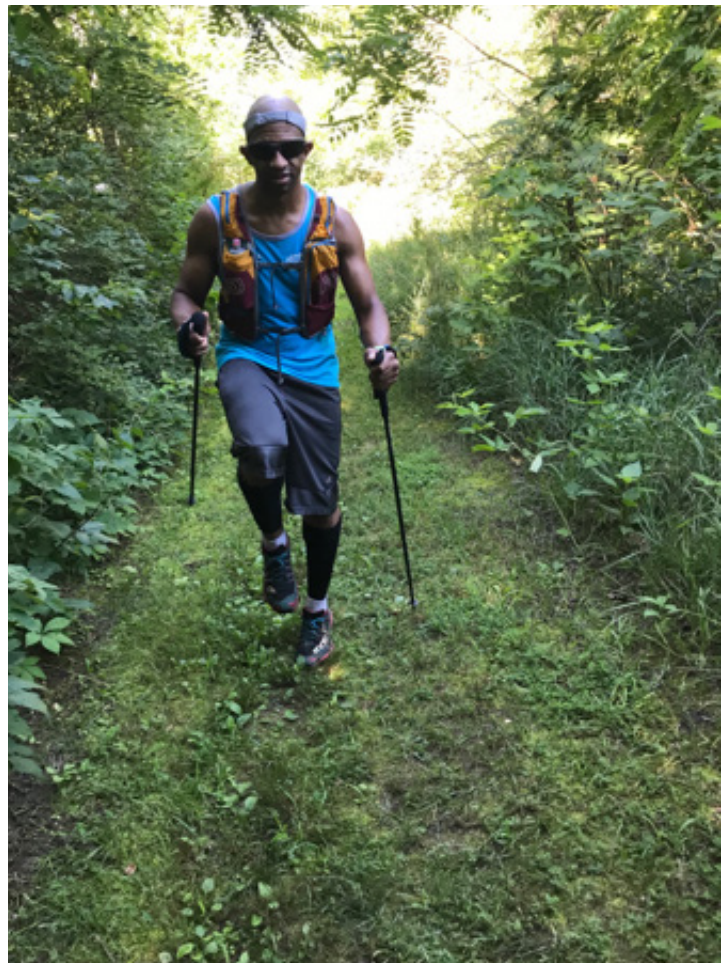
Keep an eye out for more information about our weekly announcements, spring pizza party, the Illinois Marathon Expo Booth, our club races, and more. Please note while some information is communicated both via email and on social media, some things like running photos and unofficial group runs may be posted on social media (Facebook, Twitter, Instagram). Other info may be shared only by email (maybe a membership only promotion or race

discount?). Both are good ways to stay informed, so keep your membership dues up to date.

If you want to share any ideas, a little feedback, or express interest in joining a potential project or committee I encourage you to contact me. I look forward to working for you to keep Second Wind running!

Jim Fair III,
President & RRCA Certified Race Director

president@secondwindrunningclub.org





Jim Fair III

Second Wind would like to congratulate the 2019 RRCA Hall of Fame Inductees and the 2018 RRCA National Running Award Recipients. Included in the Award Recipients for Outstanding State Representative of the Year is the RRCA State Rep for Illinois, Doug Pitchford. As included in the article as published on February 11, 2019:



Doug's biggest attribute in his more than six years as the RRCA Illinois State Rep is his pride in representing RRCA throughout the state. He uses his veteran State Rep experience and enthusiasm to promote running and RRCA programs. He assists member clubs and events by answering questions and providing guidance on best practices. He actively recruits, selects, and attends RRCA State Championship events. In 2018, he attended six events on behalf of the RRCA to present awards and support race directors. He also solicits donations from the event hosts to support RRCA programs. His personal knowledge of club leaders, events, and race directors in his state is evident in any conversation you have with him. He hosted RRCA booths at the Chrisite Clinic Illinois Marathon the Quad Cities Marathon. He actively maintains the RRCA Illinois Facebook page. He attends club socials proudly in RRCA gear to show support such as the Chicago Area Runners Social/Chicago Marathon weekend happy hour and the Rockford Runners 50th anniversary dinner, to name a few. He is instrumental in working with communities annually to acquire the Runner Friendly Community designation. Doug's RRCA presence in Illinois, and his commitment to the RRCA, make him a most deserving recipient of the Outstanding State Rep Year Award. Again, congratulations Doug!

New Members

December

Mouché, Allie
Vidanagamage, Jithma
Lowe, Kevin
Jaeger, Michelle
Chauhan, Shubhendra
Wendell, Courtney
Konopka, Adam
Kumar, Praveen
Nafziger, Judy
Nafziger, Ken
Ames, Brandi
Wyant, Tanner
Jamison, Melissa
Heater, Theresa
Klekamp, Chelsea

January

Fagen-Ulmschneider, Kiri
Henson, Emily
Chen, Yahsin
Macku, Craig
Nikolai, Annie
Stawiasz, Katherine
Post, Jeff
MacAdam, Scott
Ebelhar, Libby

February

Troyer, Steve
Adams, Annie
McQueen, Jennifer
Uhlenkamp, Lisa
Heller, Harlan
McIntyre, Tracy
Shpungin, Elaine
Gunderson, Jon

Is your membership expired? Or are you just getting into Second Wind and ready to join for the first time?

Join or renew online at <http://secondwindrunningclub.org/membership>



Want to run (or run more often) but don't know where to start?

Our Women's Beginning Running group prepares you to finish a 5k in 8 weeks in a couch to 5k style program.

**Our Spring 2019 program starts March 19!
Find more info and sign up online!**

<http://secondwindrunningclub.org/events/training/womensrunning/>

Interview with Riddle Run 2019 Champion, Brian Farrell

by Nic Carter

How many times have you ran this event? Thrice

How did you first hear about it? Brandon Smith invited me a few years ago at the Second Wind banquet. I didn't go. It was really snowy and I chickened out.

Is this your longest run to date? Yes. Previous long was a marathon

Considering taking on Ultramarathons in the future? No. Not as a focus, at least. Possibly the occasional slow long run on the trail.

What were your biggest challenges for the 2019 Riddle? The snow and ice made running pretty challenging. The first loop was a few degrees below zero but it warmed up enough that I stayed comfortable.

Take any falls? Aid, water, weather issues? No falls. I noticed ice crystals growing in my water bottle. After a few loops I couldn't unscrew the top, but luckily

Tom Rice started a nice fire and Nic Carter kept the bottle warm by the fire, refilling it with water and electrolytes as I needed it.

What are your recommendations someone running this for the first time? Would you do anything different? As a non-ultra runner, take it easy. Don't plan on doing the whole thing. Start with a few loops, and then go loop by loop. But don't start the sixth loop unless you're prepared to do one more.

Where will you display the roll of toilet paper with 20 years of signatures and times? It's preserved in a plastic bag in the dark, where it'll be safe from the damaging effects of UV rays.

On a perfect running year where would you put an Ultra on your schedule? In the 13th month.

Did you get a cupcake? Yup, it was a great reward for finishing.



Brian Farrell with the Champion Toilet Paper.



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at KirbyHealth.org

2018 Second Wind Annual Award Winners



Congratulations to the 2018 Second Wind Award Winners! Our annual banquet celebrates the accomplishments of our club, and we want to share the best stories of the runners in our community at the banquet. We decided to refresh our award designations to better meet that goal. Our new award categories have parallels to the old awards. We kept some categories, like Runner of the Year, but added things like My Mentor, to reflect how our running friends shape our lives. Thank you to everyone who submitted nominations, and an extra special thank you to those who presented awards to the recipients!

Back Row:

Pat Mills, Destination Unknown; Bruce Butler, My Mentor; Nic Carter, Runner of the Year; Melony Barrett, Volunteer of the Year; Susan Mynatt; Most Consistent; Richard Brannon, Most Consistent; Carl Larsen, High Milage Engine

Front Row:

Julie Mills, 4th Place; Michele Cohen, Runner of the Year; Tina Ammermann, New Runner of the Year; Laura Owen, My Mentor

Not Pictured:

Tom Gelsthope, Orange and Blue



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BATES FROM GUN TO TAPE...

Emma Bates said in her pre-race interview on Friday that she had one simple goal for today: to win. When the gun went off, she paid no attention to the other 98 elite women and pounded aggressively through the opening stages of the race. She split 10-K in 34:41, a 2:26 pace. She slowed only slightly through halfway (1:13:24), but later admitted that she had started too fast.

“I just felt so good,” Bates said with a laugh. “You get wrapped up in it, and there’s so many people running around you, all the guys, everybody cheering. The adrenaline is really is really hard to keep at bay. I went out a little too aggressive, I think. I definitely wanted to run the second half a little bit faster.” Like Llano, Bates had a big lead through the halfway point. The number-one seeded woman in the field, Stephanie Bruce, 2009 RRCA Roads Scholar grantee, was a full 83 seconds back. Was Bates worried about getting caught?

“I wasn’t,” she said. “I didn’t know where the other women were behind me, but I knew I was keeping a decent pace, a solid pace. So, I wasn’t worried at any point. I just wanted to run a fast time. At the end of the day, I just wanted to do my best.” Bates was never challenged. She cruised through the final miles and looked remarkably fresh at the finish line.

The original article “Austin Bates win CIM” was published 12/02/2018 at <https://www.rrca.org/news-articles/news-archives/2018/12/02/austin-bates-win-CIM>. This has been edited slightly.

Her time of 2:28:18 made hers the seventh-fastest USA marathon debut for a woman. It was also her first national title at any distance.

“I said that I wanted to win, but first, actually, to be a reality is something that I’m really proud of,” she told Race Results Weekly.

Bruce, who had run the TCS New York City Marathon exactly four weeks ago, finished second in a personal best 2:29:20 at age 34. She immediately knelt on the pavement in exhaustion, and was quickly comforted by her husband, Ben, who had just finished the men’s race.

“It was the hardest marathon I’ve ever run,” Bruce said. “I’ll take it, man, I’ll take it.

On a near-perfect day for marathon running with sunny skies and comfortably cold temperatures, Brogan Austin of West Des Moines, Iowa, and Emma Bates of Boise, Idaho, won the USATF Marathon titles at the California International Marathon here this morning. Austin, 27, who attended the RRCA’s RunPro Camp in 2015, entered the race with only a 2:24:39 personal best, and was a surprise winner, while Bates, 26, who is a 2017 RRCA Roads Scholar grantee, was one of the favorites, despite making her marathon debut. Austin clocked 2:12:38 while Bates was timed in 2:28:18. Both athletes earned \$20,000 in prize money plus a \$1500 bonus for achieving USA

Olympic Trials Marathon qualifying times.

Remarkably the men’s race had only one leader from the one-mile mark to the nearly the 26-mile mark: Matt Llano of Flagstaff, Ariz. Llano, 30, who is coached by Olympic marathoner Ryan Hall and was a 2014 RRCA Roads Scholar grantee, found the opening mile split of 5:09 too slow for his liking and quickly ramped up the pace. He ran the second mile in 5:02, then the third in 4:52, and quickly put a gap on the rest of the field. He said he was prepared to run alone, if necessary.

“You know, everything Ryan and I had been working on was just focusing ahead, focusing on my race,” Llano told Race Results Weekly. “I knew that there would be a chance I’d be running alone today, and I was ready for that. I knew it was going to be a risk, and I thought it was one that would pay off.”

As the miles ticked by, Llano’s lead grew larger, and larger. He went through 10-K in 30:49, and halfway in 1:05:12, just under course record pace. Wearing a white hat, sunglasses, black arm warmers and black gloves, the Hoka One One athlete strode confidently, clicking off steady miles at, or just under five minutes. His lead at halfway was 53 seconds over a two-man chase group of Sergio Reyes of Palmdale, Calif., and Wilkerson Given of Atlanta, Georgia. Austin was with the main pack still farther behind.



“To be honest, at

half-way, I was hurting at halfway,” Austin told Race Results Weekly. “I went out too hard.”

Llano, who later said that he never looked back during the race, held his pace all the way through 19 miles. He was so far ahead the photographers on the lead truck could only photograph Llano because everyone else was so far away. But in the 20th mile, Llano began to feel the strain of the hard pace. He slipped to a 5:08 for the 20th mile, then 5:09 for the 21st, 5:14 for the 22nd and 5:21 for the 23rd. He knew he was slowing, but he also knew he had a big lead. Was it enough?

“I was gaining confidence with every mile that passed,” Llano said of the first half of the race. He continued: “So, I just tried to keep that confidence going, but I started to see the miles get a little bit slower. Like that’s all right. I still have time on the field, I’m still in a good spot. The last mile I looked at was, maybe, 23, and it was, like, a 5:19. And I was like, I cannot look anymore.”

Meanwhile, Austin was having an up and down race and wasn’t sure how he was actually doing.

“I got a second wind around mile 18,” Austin explained. “I’m making a move, then I started bonking again at 21. I’m like, OK, I think I’ll just hang back here. And then at mile 23 I’m like, you know what? I’ll pick it up a little.” He picked it up more than a little.

“I went from, like, a 5:08 mile down to 4:52 mile,” Austin recounted. “And, then I got excited and I ran a 4:44 mile, and then I saw Matt in the distance. Then I was like, oh my God! I can catch him.” Llano



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October 27, 2019
Sunday at 9:00am



5.7mile Trail Run; 2mile Nature Walk

LOCATION: ALLERTON PARK & RETREAT CENTER - MONTICELLO, IL

REGISTER ON-LINE through <https://www.SecondWindRunningClub.org/races/Allerton>

Wear a costume and bring a brunch item to share! Enjoy a beautiful and challenging trail race or nature walk through the unique gardens and statuary in the fall colored forests of Allerton Park. Celebrate at the post-race pot luck brunch.

NO REFUNDS - NO RACE DAY REGISTRATION

- * Triple Crown Award registration ends on Oct 20 at 7pm
- * \$2 member discount excludes Body'N Sole race sign up

EARLY REGISTRATION PRICE (NOW thru JULY 31)

- * \$26.75 WITH race shirt / \$21.75 NO race shirt

LATE ENTRY – (Tentative shirt order deadline is Sep 30)

- * \$ 27.75 shirt / \$24.75 no shirt when signed by Sep30
- * \$ 27.75 no shirt when signed up by Oct20 7pm
- * \$ 30.00 no shirt when signed by Oct25
- * \$ 32.00 from 12am-6pm - Online Only Oct 26

PACKET PICK UP

- * October 26 11am to 5pm: Body'N Sole (Savoy, IL)
- * October 27 7am: Allerton Park & Retreat visitor center

VOLUNTEERS - REGISTER ONLINE IN JUL/AUG 2019!

AWARDS INFO

For the 5.7 mile trail run, overall male and female winners earn ceramic trophies and Asics running shoes. Age group awards are earned by the top three males and the top three females in each of the following age groups: 12 & under, 13-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+, Athena (Ladies 165lb+), and Clydesdale (Gents 220lb+). No age group awards for nature walk. All participants receive chip start & finish time. Overall winners determined by gun time. You may be placed in a starting corral based on your 10K race pace.

A costume contest with overall awards for male, female, & teams is sponsored by the Great Harvest Bread Company. Race starts promptly at 9am (NO exceptions). Policies, waivers, and any news updates are available on our website.

Monticello Triple Crown is sponsored by Kelly's Accounting Service. Awards are separate from the above mentioned awards and race shirts. To qualify, register to run or walk by 7pm October 20 after completing the other two 2019 Triple Crown races to earn the Monticello Triple Crown award.

Post Race Stretching By:



Music provided by





Thanks to Doug Pitchford, RRCA Regional Rep, for this article about RRCA races in the area!

We are very lucky this year as our region of the country will be hosting many Road Runners Club of America Championship races, including three RRCA National Championship events. The 2019 National Championship One Mile Run will take place at the Swedish American State Street Mile in Rockford on August 3. Have you ever wondered how fast you could be if you only ran one mile? Here's your chance to compete against some really fast runners, on a fast, downhill course. This is an afternoon run, only 185 miles from Champaign, so easily accomplished after your Saturday morning run. www.rockfordroadrunners.org

Another RRCA National Championship is a little further away, just across the border in Wisconsin. The Ice Age 50 Mile in La Grange, WI is May 11, and should fill up quickly. If you're interested, I suggest you check on the website for when enrollment begins. <https://iceagetrail50.com>

The RRCA National Championship 10k will be held in St Paul, MN at the Get it In Gear 10k on April 27. For information see www.getingearerevents.com The RRCA National Championship 5k is the Kalamazoo Klassic 5k on June 15. <http://kalamazooklassic.org>



If you would prefer to stay in Illinois, we are hosting Championship events at all distances this year:

Herrinfesta Road Races, 1 Mile Run, Herrin, May 27 This race in Southern Illinois about 185 miles from Champaign is part of a community festival associated with the Memorial Day celebration in the small town of Herrin. www.herrinfesta.com

Good Life Race, 5k, Oak Park, April 7 This is a favorite race of many Chicagoland runners, usually ranked as the best run 5k in the area. The race runs from Oak Park High School on a looped course. Men and women run separate races, and all women are awarded a rose at the finish line. A must do 5k. <http://good-liferace.com/>

The Fox and the Turkey, 4 Mile (Open), Batavia, November 28 This event is put on by the Fox River Trail Runners, held on Thanksgiving morning, and widely attended. Proceeds from the run support a local food pantry. <http://foxrivertrailrunners.org/racing/the-fox-the-turkey/>

Route 66 10k, Edwardsville, June 8 The Metro Milers Running Club puts on this annual race just minutes from St Louis and honors the highway that runs from Chicago to the west coast. <http://www.route6610k.com/>

Fly With the Eagles, Half Marathon, Carterville, February 9 Almost all of this race, put on by the River to River Runners, takes place in a national forest in southern Illinois at a time of the year that is conducive to good outdoor temperatures. (Already run this year, but would be a good early year half marathon for those who like to start new year running.) rivertoriver.net

Wintrust Lakefront 10 Miler, Chicago, April 13 Another popular area event, this is the first Chicago Area Runners Association race to host an RRCA Championship event. Want to run along Chicago's lakefront? Then this is the event for you. <https://www.caralakefront10.com/>

Christie Clinic Illinois Marathon, Champaign/Urbana, April 27 Always a great event, this site has hosted both RRCA Championship Marathons and Half Marathons, including the National Half Marathon Championship last year. This is one of my favorite half marathons. <http://illinoismarathon.com/>

HOBO Trail Races, Ultra, Rockford, September 15 The Rockford Road Runners put on this classy ultra as part of a three day festival of races in Rock Cut State Park. <https://www.rockfordroadrunners.org/hobo-runs.html>

Illinois is also hosting the RRCA Central Division 10k Championship at Abe's Amble in Springfield on August 18. This is a hilly run which starts behind the grandstand at the Illinois State Fairgrounds goes through Oak Ridge Cemetery past Lincoln's burial site and back to the fairgrounds. Race participants get free parking and free entry to the last day of the State Fair. <https://www.srrc.net/abesamble>

When planning your running events for this year, consider one or more of these RRCA Championship Races put on by runners, for runners. Most would be day trips from Central Illinois but could be part of a site seeing trip with family and friends. So check them out and grab yourself one of those great looking RRCA medals.

Doug Pitchford, Illinois RRCA State Representative

2019 SWRC Race Circuit Events

by Juan Salas

Here is the complete list of race circuit events for 2019.

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



BUFFALO TRACE TRAIL RACE
5-mile run, 2-mile noncompetitive walk



2018 SWRC Race Circuit Winners

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.

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.

Illinois Cub Relay Results

February 23, 2019

High jump

Tyler Ammermann - placed 2nd with 1.8 meters

Mile

Fabian Dettenrieder 4:58

Nicholas Heller 5:02

Corey Plotner 5:35

Mike Tankersley 5:49

Emily Tillmaand 5:59

Elli Sellinger 6:05

Paula Cler Tankersley 6:31

Emily Floess 7:09

3000

Nicholas Heller 9:50

Randy Stearns 11:53

4x400 Meters

Tyler Ammermann, Nicholas Heller, David Ammermann,
Mike Tankersley 4:38

Emily Tillmaand, Elli Sellinger, Kathleen McCormick,
Paula Cler Tankersley 4:59

Ali Ball, Anna Fedders, Janet Slater, Emily Floess 5:39



Second Wind Runners at the Illini Club Track Meet in the Armory on February 23, 2019. This is the 3rd year in a row we have had a team - watch for our return in spring 2020!



From left to right:
Emily Floess, Janet Slater, Ali Ball, Anna Fedders

This group ran the 4x400 meter race at the Illini track meet, finishing in 5:39.

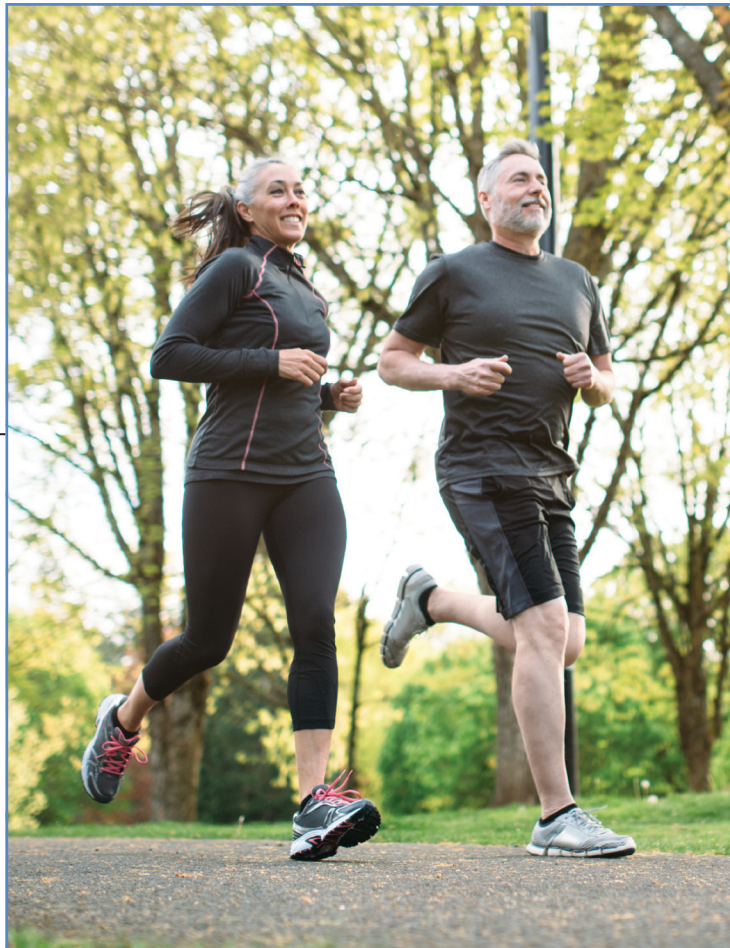
Race Results

Compiled by Juan Salas

Siberian Express Trail Run
Kickapoo State Park, IL
Saturday January 5, 2019

6	Tom	Gelsthorpe	0:49:16.3
11	Nicholas	Heller	0:52:14.3
12	Brian	Farrell	0:52:38.0
19	Corey	Plotner	0:55:07.5
29	Mike	Tankersley	0:57:21.4
30	Jeff	Kohmstedt	0:57:28.3
32	Nic	Carter	0:57:34.6
37	Pat	Mills	0:59:18.7
48	Tara	Beveroth	1:01:16.8
55	Payton	Wendell	1:01:58.8
69	John	Reed	1:04:52.1
79	John	North	1:06:07.4
81	Jim	Fair	1:06:27.9
89	Krista	Overstreet	1:07:25.0
91	Bruce	Hajek	1:07:58.2
92	Emily	Floess	1:08:23.4
93	Edward	Roy	1:08:24.7

94	Kati	Seeley	1:08:27.1
102	David	Ammerman	1:09:27.0
111	Minh	Do	1:10:02.4
119	Eric	Berlin	1:10:32.9
137	Patrick	Grenda	1:12:46.0
139	Andrea	Stack	1:12:48.6
148	Julie	Mills	1:13:43.4
149	Jennifer	Moreman	1:13:49.7
162	Scott	Hendren	1:14:49.2
169	Nikita	Borisov	1:15:07.7
270	Dianne	Cherry	1:34:19.1
277	Nancy	Sivertsen	1:36:20.9
279	Hanah	Choi	1:36:51.7
287	Michael	Astrosky	1:39:00.8
306	Erica	Tibbetts	1:54:27.3
307	Tina	Ammerman	1:54:27.6
308	Brad	Giffel	1:56:18.2
309	Cathy	Giffel	1:56:25.5
315	Caroline	Tonozzi	2:07:14.5



I don't have to run. I CAN RUN.

Christie Clinic's departments of physical therapy, orthopedic and sports medicine offer comprehensive care using state-of-the-art technology and surgical techniques to treat the injured athlete and get them back running faster, better, and stronger.

Physical Therapy

217.366.1323

Orthopedics

217.366.1237

Sports Medicine

217.366.2632

2110 Fox Drive, Suite B
Champaign, IL 61820



CHRISTIE CLINIC

We listen. We care.

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Swampstomper
 Memphis, TN
 Sunday January 20, 2019

25K			
14	Chris Delis	2:50:20	
26	MichaelSmith	3:14:30	
29	Tom Burton	3:19:15	
30	Don Fritchl	3:19:15	
31	Jake Jackson	3:19:15	
32	Becky Kasten	3:19:15	3AG
55	Roger Smith	3:40:04	
68	Tony Suttle	4:00:53	
95	Jodi Heckel	4:55:10	
96	Sandra Loeb	4:55:10	
97	Jody Littleton	4:55:10	
101	Kate Blahnik	4:59:12	
104	Bill Dey	5:05:13	
112	Jeff Riddle	5:22:19	

50K			
2	Sarka Petrickova	5:45:32	1OA
5	Aron McDonald	6:20:50	
12	Magda Casper-Shipp	7:14:22	2OA
15	John North	7:40:03	
16	AndreaStack	7:45:27	
29	Nikita Borisov	8:43:32	
31	Jim Fair III	8:44:13	

Charleston Challenge Mid-Winter Classic

Charleston, IL
 Saturday February 2, 2019

5K			
3	Dawn Carson	24:56.0	1AG
25	Tracy Kleparski	36:13.2	1AG
29	Judi Geistlinger	38:09.4	

10K			
5	Scott Silverman	0:50:27.9	1AG
8	Matt Sherer	0:52:16.4	3AG
14	Ivan Fink	0:55:52.1	1AG
29	MichaelAstrosky	1:12:33.0	
32	Rachel Morlan	1:17:59.0	1AG
34	Brandi Ames	1:22:16.5	

15K			
1	Nicholas Heller	0:59:57.7	1OA
2	Corey Plotner	1:03:28.9	1AG
4	Nic Carter	1:06:40.9	2AG

5	Michael Tankersley	1:06:52.9	1AG
6	Jeff Kohmstedt	1:08:07.7	3AG
7	Patrick Mills	1:08:18.1	1AG
9	Michele Heller	1:11:12.8	1OA
10	John Reed	1:13:21.8	3AG
12	Don Dodson	1:15:56.7	
16	Jodi Heckel	1:20:11.3	1AG
19	Emily Floess	1:23:29.9	2AG
20	Juan Salas	1:25:41.4	
21	Nikita Borisov	1:26:17.7	
24	Dianne Cherry	1:34:33.4	1AG
25	Hanah Choi	1:37:40.7	3AG

Rocky Raccoon
 Huntsville, TX
 Saturday February 2, 2019

136	Magdalena Casper-Shipp	27:47:37	
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Run for the Chocolate 5K
 St. Louis, MO
 Saturday February 9, 2019

15	Scott Silverman	23:41	1AG
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Black Mountain Marathon
 Black Mountain, NC
 Saturday, February 23, 2019

22	Sarka Petrickova	4:24:55	3OA
72	John North	5:19:04	
132	AndreaStack	6:03:21	
133	Jake Jackson	6:04:53	
148	Magdalena Casper-Shipp	6:16:41	
163	Laurel Halfar	6:28:10	
218	Gregg Rose	7:17:41	
239	Jeff Riddle	8:22:49	

Don't see your results?

Send them to:

*raceresults@secondwindrunningclub.org
 to make sure they are included in the
 newsletter!*