IN PASSING

Second Wind Running Club Newsletter
Champaign-Urbana
Running in East-Central Illinois

January/February 2020
Volume 37, Issue 1

Justine Paul showing off her race swag from the Body’N Sole New Year’s Eve run
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Upcoming Events

Annual Meeting & Banquet January 25, 2020
-Annual Banquet
-Club Awards
-Race Circuit Awards
-Join us after for fun times at Pour Brothers!

Buffalo Trace Trail Run February 29, 2020
Clinton Lake Ultra 50K March 28, 2020
Spring Pizza Party March 31, 2020
Buffalo Trace Trail Race 2020
Lake of the Woods Forest Preserve
Sat February 29, 2020 at 2 PM

Mahomet, IL

All runners receive a finishers mug & hot chocolate

Race Day is Leap Day so we are mixing things up! The race will be run reverse of the “normal” direction, but don’t worry, it will be extra fun!

The Buffalo Trace Trail Race is a Second Wind Running Club race and is part of the race circuit. The race course takes you through the 5-mile trail at the Lake of the Woods Forest Preserve. You will run through the prairie and on wooded trails. Online registration is available through race day. A percentage of the proceeds from the race will be donated to The Friends of Lake of the Woods.

Parking is ONLY available at the Mahomet-Seymour high school. The race start/finish is a short walk north of the high school by the Lake of the Woods Forest Preserve west parking lot off Crowley Road.

Pets and running strollers are not permitted in the race.

https://SecondWindRunningClub.org
2020 Christie Clinic Runner's Symposium

Two-time Olympian Todd Williams will headline the 2020 Runners’ Symposium on Saturday, February 1. He will deliver a powerful and interactive program called RunSafer. It is designed to teach you safety techniques and tips to help protect yourself in a dangerous situation—whether running or in your day-to-day life. The FREE Symposium is sponsored by the Christie Foundation, with special thanks to Body n’ Sole Sports.

Timeline of the event:
10:00   Doors open.
10:30   Breakfast refreshments available
11:30   Todd’s presentation will start

Location: Christie Clinic at the Fields at 3101 Fields South, Champaign, IL.

Enjoy a health fair before Todd’s talk. Please RSVP that you’re coming at mtepovich@christie-foundation.org.

Illinois Club Relays 2020
FEBRUARY 29, 2020: U of I ARMORY

Second Wind Running Club has been invited to join the Illinois Club Relays this year. This is a fun indoor track meet hosted by the Illinois Track Club. Over the past few years, about a dozen Second Wind members participated. The mile and relays have been especially popular with our members. You are welcome to participate in as few or as many events as you would like on a 200 meter indoor track.

If you are interested in participating, please email Dave Ammermann or Laura Owens by February 10th to get registered. The cost is $10 per person per event, or $20 total per relay team. Payment is due the day of the meet. The schedule usually begins with field events, hurdles, and short races in the morning, moving to longer races and relays from early to late afternoon.


Email Laura at LauraOwen75@gmail.com or Dave at DTAmmermann@gmail.com if you are interested running for SecondWind.

60m Dash  4x800m Relay
3000m Run  4x400m Relay
1600m Sprint  4x200m Relay
1 Mile Run  Medley Relay
New running events, changes, or last-minute updates are posted via our Google Groups email list.

### Club Directors & Coordinators

#### Board Officers and Directors
- **President**: Jim Fair III
- **Treasurer**: Marc Mills
- **Secretary**: Laura Owen
- **Director**: Betsy Chominski
- **Director**: David Ammermann
- **Director**: Kate Blahnik
- **Director**: Magdalena Casper-Shipp
- **Director**: Martha McSims

#### Coordinators
- **Race Timing**: Melony Barrett
- **Race Circuit**: Juan Salas
- **Parents Run**: Michelle Tushevski
- **Tues. Fun Run**: David Ammermann, Jim Doyle
- **Speed Work**: Randy Stearns
- **Membership**: Susan Mynatt
- **Marathon Training**: Shirley Lemay
- **Fall Long Run**: David Ammermann

#### Communications Team
- **Web Editor**: Magdalena Casper-Shipp
- **Communication**: Kate Blahnik
- **Race Calendar**: Kirk Bedwell (*Until Dec*)
- **Newsletter**: Jim Fair III (Interim Editor), Juan Salas (Race Editor)

### Club Weekly Runs

**MONDAY RUN DAY** (resumes Spring 2020)
- ParentsRun@SecondWindRunningClub.org

**TUESDAY FUN RUNS**
- FunRuns@SecondWindRunningClub.org

**WEDNESDAY SPEEDWORK**
- Speedwork@SecondWindRunningClub.org

**THURSDAY RIGGS RUN** (resumes Spring 2020)

**SATURDAY LONG RUNS** (Summer/Fall)

### Club Races/Programs

**Buffalo Trace Trail Run** (MARCH)
- BuffaloTrace@SecondWindRunningClub.org

**Clinton Lake Ultra** (MARCH)
- Clinton@SecondWindRunningClub.org

**Countryside 10K** (JUNE)
- Countryside@SecondWindRunningClub.org

**Women’s Fitness 5K** (SEPTEMBER)
- jan.c.seeley@gmail.com

**Allerton Park Trail Run** (OCTOBER)
- Allerton@SecondWindRunningClub.org

**Christie Clinic Illinois Marathon Training**
- (Shirley LeMay, Lead Coordinator)
- MarathonTraining@SecondWindRunningClub.org

### Monthly Board Meetings

Second Wind Running Club board meetings are open to all members on the third Tuesday of each month. Board meeting agenda and meeting minutes are available on our website at https://secondwindrunningclub.org/content/board-meeting-minutes-agenda.
After the last newsletter was released, our twin cities of Champaign-Urbana was officially been designated as a RRCA Runner Friendly Community. More about that is covered in this issue. A month after submitting the application, I went out and had fun at the Urbana Turkey Trot. Photos below are with Ashley Dennis (Urbana Park District Outreach & Wellness Coordinator and Urbana Turkey Trot Race Director) and Kate Blahnik.

If you were one of the many who ran December 31 at the New Year’s Eve Run at Body’N Sole, you experienced a lot of great fun, food, and running! On the cover page of this newsletter is Justine Paul showing off her race swag from the event. There are more photos included in this newsletter from the run.

January 25 was is the date of our member’s annual banquet at 6pm (doors opened at 5:00pm). The annual membership meeting and awards ceremony follow the banquet at 6:40pm. The food served at the banquet is delicious. More details and links to the banquet, the awards categories, open board positions, and more are on the next few pages.

In case you are not aware, there is a Runners Symposium on Saturday February 1, 2020 from 10:30am until 1pm at Christie Clinic at the Fields. The symposium was developed to educate runners planning to compete in the upcoming Christie Clinic Illinois Marathon on April 23-25. The featured speaker is Todd Williams, who premiered 10,000 meter runner in the United States for nearly a decade. At the symposium will be a variety of vendors, door prizes, an light refreshments. RSVP to mtepovich@christie-foundation.org.

At the first meeting of the year in February, the new board will appoint the Treasurer and Secretary and Newsletter Editor. Please email the board of your interest in either of the three appointed positions to be considered. The board as already approved 2 attendees for the RRCA national convention. If you want to volunteer or help out, please send a message to BoardMembers@secondwindrunningclub.org.
New Members for November & December

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Member Activities & Benefits

Running related activities, free for members:
- Monday Run Day - 6:15pm weekly (resumes spring 2020)
- Tuesday Fun Run - 6pm weekly (meeting at the UofI ARC this winter)
- Wednesday Speed Work - 6pm weekly (meeting at UofI Armory this winter)
- Thursday Riggs Runs - 6pm weekly (resumes spring 2020)
- Summer Saturday marathon/half-marathon training long run (7am, location varies)
- Monthly Board Meetings (7:15pm on 3rd Tuesday of each month)

Second Wind offers two training programs, each of which cost an additional fee:
- Christie Clinic Illinois Marathon training program (winter/spring)
- Womens Beginning Running Group program (8 week program 2 - 3 times/year)

Socials and Other:
- Annual Membership Meeting & Awards Banquet held at the end of January
- Spring and Fall pizza parties (Second Wind pays for pizza, salad and soft drinks)
- Summer potluck cookout Second Wind pays for burgers, buns, and condiments
- Educational sessions, and more (periodically)

Notification of latest issue of In Passing, (bi-monthly newsletter with race results)
10% discount on purchases at the Body ‘n Sole Sports in Savoy
Occassional discounts to other races as announced
Renew today at: https://secondwindrunningclub.org/membership
Area runners have a nearly 40-year-old running club, a marathon that brings thousands of participants to the community, and local government officials and businesses that support running and racing. Those factors helped Champaign-Urbana to be named as a runner-friendly community by the Road Runners Club of America.

RRCA makes the designation to about half a dozen communities per year. Its Runner Friendly Community designation recognizes communities that meet its criteria in terms of infrastructure, community support and government support. The application for C-U was submitted by Second Wind Running Club.

Community support includes collaboration between public and private organizations and support by specialty running stores and other businesses. The application highlighted two programs of Second Wind Running Club — a new family-oriented run that is a partnership with Lodgic in Champaign and includes a special child care rate, and a weekly run from Riggs Beer Company in Urbana.

“I thought that was really interesting, and it gets at the heart of the program: working in public and private spaces,” said Andy Smith, RRCA’s program manager. “With Lodgic hosting runs for families, contrasted with the program at Riggs Beer Company bringing running into a non-traditional space and attracting people who don’t want to run on their own with the social aspect — that dichotomy is a perfect example of touching all aspects of running in a community and what goes into making a community runner-friendly.”

Smith said the presence of a local running store is a big plus as well. Body n’ Sole Sports in Savoy provides a gathering spot for the start and finish of Second Wind’s marathon and half-marathon training program aimed at preparing runners for the Christie Clinic Illinois Marathon events.

“Having an active running store that’s more than just a place to buy shoes speaks to making a community runner-friendly, and it indicates an interest within the community that such a place can thrive. Having that resource is very important,” he said.

Jan Seeley, the co-director of the Christie Clinic Illinois Marathon, wrote a letter in sup-
Seeley said the number of runners in C-U has increased dramatically since the marathon began, meaning a more active and healthier community. The leaders of both cities and the University of Illinois have been supportive of the marathon, and more than 75 local businesses are sponsors, she said.

“The entire community becomes a big welcome wagon. I think nothing shines a brighter light on the community than Christie Clinic Illinois Marathon weekend, and it shows how hospitable everyone is to our out-of-town guests,” Seeley said.

Local governments have a good relationship with the marathon, said Scott Friedlein, who has been the emergency services coordinator for the event after retiring from a career with the Champaign Police Department. City officials, police and fire, and public works collaborate with race officials to make the event a success, he said.

“There’s a great deal of pride in how well our communities work together,” Friedlein said. “The event is trying to showcase the community and benefit the community. That combination made it easy for policymakers to say, ‘This is something we’re embracing.’ We’ve never had them say no to our requests. From a law enforcement perspective, it’s ‘Let’s see how we can make this work.’”

For example, the 5K race during marathon weekend shuts down a section of campus to traffic, creating a challenge to respond to an emergency within the race route. The fire departments put an engine within that area to make sure they can respond quickly to an emergency, he said.

Infrastructure, such as networks of pedestrian paths and running tracks, is one of the most important criteria, Smith said. The application for C-U noted the sidewalks and pathways available for running, as well as both indoor and outdoor tracks, he said.

RRCA’s Runner Friendly Community designation is valid for five years and can be renewed at the end of that time. Smith said the designation is used by communities for public relations or marking, or to lobby for pedestrian-friendly infrastructure improvements, to bring a race or an event to town or to otherwise encourage investment in this component of the community.

Jodi Heckel, a writer for the University of Illinois News Bureau, is a runner and triathlete. Her email is jheckel@news-gazette.com, and you can follow her on twitter (@jodiheckel).
Four communities have the “right stuff” of community infrastructure & support plus local government involvement for designation.

The Road Runners Club of America (RRCA) is pleased to announce and welcome its Runner Friendly Community® designations for fall 2019:

- Belmont, CA
- Champaign-Urbana, IL
- Houston, TX
- Williamsburg/James City County, VA

Runner Friendly Communities have shown that they meet the program’s criteria, which includes community infrastructure, community support and local government support for running. Each community has shown they have an infrastructure that can foster physical activity in a safe environment. They have a proven track record that organizations and businesses work together to promote running as a healthy exercise and sport, with the most important criteria being positive relationships between the running community and their local government.

“The quality and quantity of references from city and state government leaders for this round of Runner Friendly Communities highlights the importance of positive relationships between the running community and local officials,” said Jean Knaack, RRCA Executive Director. “The investment in safe pedestrian networks and trails in these communities shows a dedication to making physical activity a priority for the residents in their communities.”

The goal of the RRCA’s Runner Friendly Community program is to shine a national spotlight on communities that standout as runner-friendly and provide incentives and ideas for communities to work towards becoming runner-friendly communities. Runner Friendly Communities have leveraged the designation as an opportunity to present the RRCA-sponsored recognition plaque to local leaders during city council meetings or at commemorative events involving a variety of community leaders.

In the coming weeks, the RRCA will provided daily highlights on RRCA.org for each Runner Friendly Community from this round of designations, with the goal of celebrating the communities and inspiring other communities to achieve the designation.

Below at the last meeting of the 2019 Second Wind board members on Jan 14, 2020.
Call for Board Members

It is that time of year again! The Second Wind Running Club is looking for volunteers to serve on the Board of Directors! In this role, we hope to use your energy, excitement, and passion for running to motivate members or help transfer ideas into actionables.

If you are interested in joining the Second Wind Running Club Board of Directors for 2020 and 2021 please email BoardMembers@SecondWindRunningClub.org.
THE Annual Banquet and Membership Meeting

will be held on the evening of

January 25, 2020

We cordially thank you for joining us for our annual banquet and membership meeting. The venue is at the CityView in downtown Champaign, above the Amtrak station. We will celebrate the accomplishments of our club and club members with a family friendly social gathering featuring a formal banquet, acknowledgements, and award presentations!

BANQUET FAQ’s

- Family-friendly banquet
- Venue accessible by vehicle, transit.
- RSVP ONLINE WAS BY 1/15/2020
- Skip dinner to attend the annual meeting & award ceremony for free!
- Award Presentation
- Photos from this year!
- Doors open 5:30p/Banquet starts at 6p
- Location:

We thank you for joining us for our annual banquet to enjoy a buffet, celebrate our club’s accomplishments, & enjoy an award presentation.

DISH catering is the official sponsor of the Second Wind Running Club’s annual meeting and banquet. More info at https://dishpassionatecuisine.com/

For the 2020 annual meeting and banquet, they will pass out appetizers while you mingle and catching up with friends!

Post banquet social is at Pour Brothers

* Registration at the annual banquet is not required in order to attend the Annual Meeting. Dinner is not provided to unpaid attendees. The City Center is at 503 S Chestnut St, Champaign, IL 61820
RRCA’s Cold Weather Running Safety Tips

Always follow the RRCA General Safety Guidelines (see next page)

Leave the headphones at home. Your ears may help you avoid dangers your eyes cannot see. Wet, wintry conditions may weaken tree limbs causing them to fall. Hearing the crack before the fall may be the difference between avoiding a falling branch or being tackled by a dead limb.

Avoid running on the roads in snowy conditions. Drivers have a decreased ability to maneuver and stop.

Winter means fewer daylight hours. Wear bright-colored, reflective clothing or a reflective vest so you are noticeable to area traffic. For added visibility, wear a lightweight headlamp or flashing light.

Wear layers of clothing that will help you maintain your core body temperature during the run but will keep you warm during warm-up and cool-down phases.

Consider wearing traction devices on your shoes if sidewalks, trails or roads have snow or ice cover.

If you drive to a running trail or route, leave a change of dry cloths and a blanket in the car for emergency situations.

Stay alert and aware of your surroundings and the weather conditions. Oncoming storms can quickly drop the temperature putting you at risk for frostbite or hypothermia if you are caught wearing the wrong clothes. Know where to find shelter on your route if the weather gets really bad.

Do not ignore shivering. It is an important first sign that the body is losing heat, and you may be in danger of hypothermia.

https://SecondWindRunningClub.org
RRCA’s General Running Safety Tips

- These are republished from the RRCA’s website.

- **DON'T WEAR HEADPHONES.** Use your ears to be aware of your surroundings. Your ears may help you avoid dangers your eyes may miss during evening or early morning runs.

- **Run against traffic** so you can observe approaching automobiles. By facing on-coming traffic, you may be able to react quicker than if it is behind you.

- **Look both ways before crossing.** Be sure the driver of a car acknowledges your right-of-way before crossing in front of a vehicle. Obey traffic signals.

- **Carry identification** or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information.

- **Always stay alert and aware** of what’s going on around you. The more aware you are, the less vulnerable you are.

- **Carry a cell phone** or change for a phone call. Know the locations of public phones along your regular route.

- **Trust your intuition about a person or an area.** React on your intuition and avoid a person or situation if you’re unsure. If something tells you a situation is not “right”, it isn’t.

- **Alter or vary your running route pattern; run in familiar areas if possible.** In unfamiliar areas, such as while traveling, contact a local RRCA club or running store. Know where open businesses or stores are located in case of emergency.

- **Run with a partner. Run with a dog.**

- **Write down or leave word of the direction of your run.** Tell friends and family of your favorite running routes.

- **Avoid unpopulated areas, deserted streets, and overgrown trails.** Avoid unlit areas, especially at night. Run clear of parked cars or bushes.

- **Ignore verbal harassment and do not verbally harass others.** Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.

- **Wear reflective material if you must run before dawn or after dark.** Avoid running on the street when it is dark.

- **Practice memorizing license tags or identifying characteristics of strangers.**

- **Carry a noisemaker.** Get training in self-defense.

- **When using multi-use trails, follow the rules** of the road. If you alter your direction, look over your shoulder before crossing the trail to avoid a potential collision with an oncoming cyclist or passing runner.

- **Call POLICE IMMEDIATELY** if something happens to you or someone else, or you notice anyone out of the ordinary. It is important to report incidents immediately.

The RRCA encourages our members and the press to reproduce and circulate these tips (please be sure to acknowledge the RRCA as your source for General Running Safety Tips).

These tips can be found at the following web page: https://www.rrca.org/education/rrca-general-running-safety-tips
AUSTIN, Texas, November 20, 2019 -- The Ascension Seton Austin Marathon presented by Under Armour is proud to be named a 2019 Champion of Economic Impact in Sports Tourism by Sports Destination Management. The Austin Marathon injected $48.5 million into the Austin economy during race weekend, an $11 million (23 percent) increase from 2018. The Austin Marathon partnered with Dr. Ali Dadpay, Associate Professor of Finance at the Gup­ta College of Business at the University of Dallas. The 29th annual Austin Marathon, owned and produced by High Five Events, will take place on February 16, 2020.

“Austin is known as a great place to live, to visit, and now -- to run a marathon,” said Austin Mayor Steve Adler. “The recognition highlights the impact the race on the economic health of the city as more runners are realizing there’s no better city in which to recover!”

Other large-market champions include 2019 NCAA Final Four, BMW Championship, and TCS New York City Marathon. Sports Destination Management is the leading publication with the largest circulation of sports event planners and tournament directors in the sports tourism market. They announced the 2019 Champions of Economic Impact in Sports Tourism in a special feature in their November/December issue. This year’s winners are responsible for contributing more than $1.2 billion to the national economy over the past year. The issue’s cover photo, taken by renowned photographer Patrick Wong, features the legendary Austin Marathon start line with the iconic...
Texas State Capitol in the background.

“The Ascension Seton Austin Marathon presented by Under Armour is exactly what we have in mind when we use the term, Champion of Economic Impact,” said Mary Helen Sprecher, Managing Editor, Sports Destination Management. “The Austin Marathon generates a sizeable benefit to the City of Austin and showcases partnerships between multiple agencies, all working together to create a world-class event.”

The Austin Marathon will celebrate its 29th year running in the capital of Texas in 2020. Austin’s flagship running event annually attracts runners from all 50 states and 30+ countries around the world. Having start and finish locations just a few blocks apart, being within walking distance of many downtown hotels and restaurants, and finishing in front of the picturesque Texas State Capitol makes the Austin Marathon the perfect running weekend destination. Registration is currently open.

Designation stems from 2019 Austin Marathon’s $48.5 million economic impact.

The original title of this article is “Austin Marathon Named Champion of Economic Impact for in a Row”

RUN@WORK and RUN@School Day

In September 2020, if you are interested in coordinating a RUN@WORK or a RUN@SCHOOL day, we would like to know and support! Please email us at Newsletter@secondwindrunningclub.org. For 2020, you can share Pictures and Experiences for the newsletter.

Take to social media using the hashtag #runatwork to share pictures of and observations on how you and your peers celebrate the day. Any images and reflections may be combined to produce a wonderful collage and timeline that represents not only the rich diversity of offices, workplaces and schools.
Tuesday March 31, 2020: 7 pm

6PM: DESTINATION FUN RUN in front of Jupiters at the Crossing. Watch your email, our website, and social media for more details.

7PM: MEMBER PIZZA PARTY in the lower level of Jupiters. Members & their families may join us for our semi annual pizza party! This event is also our post fun run social!
- Club will provide pizza & salad & soft drinks for members and their families
- RSVP ON Facebook by clicking on this page

Questions? please email funruns@SecondWindRunningClub.org
RRCA Sponsor RunSignup Leads Industry with New Sales Tax Functionality
11/13/2019

It is imperative for RRCA members to understand how the landmark Supreme Court decision of South Dakota v. Wayfair of 2018 will impact events as it relates to sales tax.

(Moorestown, NJ)—RunSignup is rolling out their new sales tax functionality throughout this month, addressing the dynamic changes in sales tax laws and making it easier for races to stay in compliance with their state laws. The release will be gradual, beginning with the first five states (Florida, Michigan, Tennessee, Kansas, and Missouri) yesterday, November 12, 2019. All states are expected to have sales tax functionality in early December.

The new sales tax system is a response to a wave of changes to state sales tax laws following the landmark Supreme Court decision on South Dakota v. Wayfair, Inc in 2018, which changed the way in which online sellers are treated in regard to sales tax.

Tax laws are exceptionally complicated, and RunSignup cannot provide tax, legal, or accounting advice. However, they have worked with professionals to prepare a taxability study indicating what they believe is taxable of the common items sold on the site (such as registrations, merchandise, memberships, and processing fees). This complex set of rules is built into the sales tax system to help take the guesswork out of sales tax collection and reduce their potential liability.

With the new ruling, two groups of states have emerged:
Marketplace States are those with laws that require an online entity such as Amazon, Wayfair, or RunSignup (and other registration companies) to collect and remit sales tax on behalf of the sellers (or races) on their platform. By the beginning of 2020, this group will contain 38 states. When the sales tax system is fully released, RunSignup will be required to collect and remit sales tax for all Marketplace States.

Non-Marketplace States are those in which the online entity (like RunSignup) is not required to collect or remit sales tax for an event. However, in some of these states, the race is still responsible for sales tax collection and payment. In Non-Marketplace States, races will be able to choose if they want to use the sales tax system to calculate the taxes they should be collecting, but will be responsible for remitting the taxes.

Bob Bickel, CEO and Founder of RunSignup said, “In the aftermath of the Wayfair case, we felt that we had a responsibility to take a leadership position in the endurance industry. Races who are not correctly collecting sales tax are in jeopardy of owing back taxes and the new sales tax system will help them to comply with their state’s laws. Additionally, by complying with the new Marketplace Laws and remitting on behalf of the races in those states, RunSignup ensures that those customers will not get ensnared in any legal or financial fallout from non-compliance. At the end of the day, it’s all about mitigating risk for our customers.”

The roll-out of the new sales tax system began with a release in five Non-Marketplace States (Florida, Michigan, Tennessee, Kansas, and Missouri), where races can now opt-in to use the system. The first Marketplace States, Washington and South Carolina, are expected to be released during the week of November 18, with the remainder of Non-Marketplace States being turned on before Thanksgiving and all states fully released in early December. In some states (but not all), nonprofits are exempt; any exempt nonprofits will have until December 15, 2019 to specifically setup the exemption within the system.
For more information about the new sales tax system on RunSignup, review the Sales Tax Policies, the Implementation Details, and their Sales Tax Webinar.

About RunSignup
RunSignup is the leading all-in-one platform for endurance and fundraising events. More than 20,000 races, supporting over 8,000 nonprofits, use RunSignup’s free and integrated solution to save time, grow their events, and raise more. Built on a powerful CRM, RunSignup delivers the art of technology to power the entire race cycle, with promotional tools, registration, a full fundraising platform, and a suite of RaceDay products – including the runner-tracking app RaceJoy and race timing software, RaceDay Scoring.

**ADVERTISE WITH US**

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**WHY ADVERTISE HERE?**

Readers who click on your ad will be directed to your web site.

We can insert your InDesign pages directly into our Newsletter!
I started Warrior Dashing in 2015 while I was in college. I wasn't a runner then. Actually- I really hated running then. Oh how the times have changed! I wanted to do something out of my comfort zone, and Warrior Dash looked like it was going to be a good time. Since then, I have participated in 4 Warrior Dash's and have loved every minute of every race. For those who don't know, a Warrior Dash is an obstacle course that combines running, climbing, trudging, jumping, sliding and more. I'm telling you - if you have ever wanted to participate, you wont regret it!

This past weekend I signed up to be a volunteer from 6:30 -12:30, and in doing so I received a free registration. Not a bad deal! For those volunteer hours, I clapped and cheered for so many people. Everyone had such a great time. I was stationed at the very last obstacle so many people were PUMPED that they were at the finish line. In total, I clapped over 4 miles according to Fitbit. :) At 12:30pm we were relieved of our duties and now it was my turn to run this 3 mile course. In total, there were 10+ obstacles set up to conquer, each one with it's own set of challenges. Along the way I had to jump over mounds of dirt into a sloshy pit of water, climbed up and over nets, slid upside down, army crawled under barbed wire, tried my hand at the warped wall, and even leaped over fire. By the finish line, I was caked in mud from head to toe. Warrior Dash really brought their best this year - it was just plain fun. I hope I've talked you into signing up for the next one!
RRCA Certified Race Director Program

The RRCA has partnered with Road Race Management and leading event directors from around the country to provide an affordable education opportunity for anyone interested in putting on road or trail running events.

Our Program Goals
Provide a baseline of knowledge for anyone that directs road or trail running events;
• Provide a structured program for individuals seeking to become certified race directors through a recognized national association for the sport;
• Provide credentials to race directors that may assist in the permitting process;
• Provide continuing education opportunities & requirements
• Provide a Code of Ethics for Certified Race Directors to follow to ensure integrity in the sport and running event management.

For more info, please visit https://www.rrca.org/our-programs-services/programs/race-director-certification

List of 2020 RRCA National Championship Race Events

April 18, 2020 - 10 Mile Championship - Wintrust Lakefront 10 Miler - Chicago, IL

May 24, 2020 - Half Marathon Championship - Hibiscus Half Marathon - Honolulu, HI

June 20, 2020 - 5K Mile Championship - Heart and Sole Run 5K - Billings, MT

July 4, 2020 - 1 Mile Championship - The Mile - Terre Haute, IN

September 19, 2020 - 10K Championship - Prefontaine Memorial Run - Coos Bay, OR

November 14, 2020 - Ultra Championship - Stone Mill 50 Mile - Montgomery Village, MD

December 13, 2020 - BMW Dallas Marathon Championship - Dallas, TX

Find RRCA Regional and State Championship events on the RRCA Calendar.
RRCA Champions win the wildly-popular RRCA Championship medals sponsored by Ashworth Awards.
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Learn more about our services at KirbyHealth.org
Single Track Trail Tips
-American Trail Running Association (ATRA)

Rules on the Run
“Rules on the Run” are principles of trail running etiquette that foster environmentally-sound and socially-responsible trail running. These principles emulate the well-established principles of Leave No Trace, and Rules of the Trail by the IMBA. The American Trail Running Association (ATRA)*, believes that by educating trail runners to observe “Rules on the Run,” trail runners will be able to enjoy continued access to their favorite trails and trail running competitions.

Stay on Trail
Well marked trails already exist; they are not made on the day you head out for a run, i.e., making your own off-trail path. There is nothing cool about running off trail, bushwhacking over and under trees, or cutting switchbacks up the side of a hill or mountain. Such running creates new trails, encourages others to follow in your footsteps (creating unmarked “social trails”), and increases the runner’s footprint on the environment. When multiple trails exist, run on the one that is the most worn. Stay off closed trails and obey all posted regulations.

Run Over Obstacles
Run single file in the middle of a trail, even when laden with a fresh blanket of snow or muddy. Go through puddles and not around them. Running around mud, rocks, or downed tree limbs widens trails, impacts vegetation, and causes further and unnecessary erosion. Use caution when going over obstacles, but challenge yourself by staying in the middle of the trail. If the terrain is exceedingly muddy, refrain from running on the trails so that you don’t create damaging “potholes” in the surface. Moisture is the chief factor that determines how traffic (from any user group) affects a trail. For some soil types, a 100-pound runner can wreak havoc on a trail surface in extremely wet conditions. In dry conditions the same trail might easily withstand a 1,200-pound horse/rider combination. There are many situational factors to consider when making your trail running decision. Trails that have been constructed with rock work, or those with soils that drain quickly, may hold up to wet conditions—even a downpour. But, in general, if the trail is wet enough to become muddy and hold puddles ALL user groups should avoid it until the moisture has drained.

Run Only on Officially Designated Open Trails
Respect trail and road closures and avoid trespassing on private land. Get permission first to enter and run on private land. Obtain permits or authorization that may be required for some wilderness areas and managed trail systems. Leave gates as you’ve found them. If you open a gate, be sure to close it behind you. Make sure the trails you run on are officially designated routes, not user created routes. When in doubt, ask the land managing agency or individuals responsible for the area you are using.

Respect Animals
Do not disturb or harass wildlife or livestock. Animals scared by your sudden approach may be dangerous. Give them plenty of room to adjust to you. Avoid trails that cross known wildlife havens during sensitive times such as nesting or mating. When passing horses use special care and follow directions from the horseback riders. Running cattle is a serious offense. Consider turning around and going another direction when faced with disturbing large herds of animals, especially in winter when animals are highly stressed already.

Keep Your Dog on a Leash
Unless otherwise posted, keep your dog on a leash and under control at all times. Dogs running off leash may result in adverse impacts on terrain and wildlife and degrade the outdoor ex-
IN PASSING

experience of other trail users. If an area is posted “no dogs” obey signage. This may mean that you leave your dog at home. It is also imperative that you exercise Leave No Trace practices with respect to removing any dog waste, packing out what your dog may leave on the trail. Be prepared with a plastic bag and carry the waste until you come across a proper disposal receptacle.

Don’t Startle Other Trail Users
A quick moving trail runner, especially one who seemingly emerges from out of nowhere on an unsuspecting trail user, can be quite alarming. Give a courteous and audible announcement well in advance of your presence and intention to pass hikers on the trail stating something like, “On your left,” or “Trail” as you approach the trail users. Keep in mind your announcement doesn’t work well for those who are wearing headphones and blasting music. Show respect when passing, by slowing down or stopping if necessary to prevent accidental contact. Be ready to yield to all other trail users (bikers, hikers, horses) even if you have the posted right of way. Uphill runners yield to downhill runners in most situations.

Be Friendly
The next step after not startling someone is letting them know that they have a friend on the trail. Friendly communication is the key when trail users are yielding to one another. A “Thank you” is fitting when others on the trail yield to you. A courteous, “Hello, how are you?” shows kindness which is particularly welcome.

Don’t Litter
Pack out at least as much as you pack in. Gel wrappers with their little torn-off tops, and old water bottles don’t have a place on the trail. Consider wearing apparel with pockets that zip or a hydration pack that has a place to secure litter you find on the trail. Learn and use minimum impact techniques to dispose of human waste.

Run in Small Groups
Split larger groups into smaller groups. Larger groups can be very intimidating to hikers and have a greater environmental impact on trails. Most trail systems, parks, and wilderness areas have limits on group size. Familiarize yourself with the controlling policy and honor it.

Safety
Know the area you plan to run in and let at least one other person know where you are planning to run and when you expect to return. Run with a buddy if possible. Take a map with you in unfamiliar areas. Be prepared for the weather and conditions prevailing when you start your run and plan for the worst, given the likely duration of your run. Carry plenty of water, electrolyte replacement drink, or snacks for longer runs. Rescue efforts can be treacherous in remote areas. ATRA does not advise the use of headphones or iPods. The wearer typically hears nothing around them to include approaching wildlife, and other humans. The most important safety aspect is to know and respect your limits. Report unusually dangerous, unsafe, or damaging conditions and activities to the proper authorities.

Leave What You Find
Leave natural or historic objects as you find them, this includes wildflowers and native grasses. Removing or collecting trail markers is serious vandalism that puts others at risk.

Giving Back
Volunteer, support, & encourage others to participate in trail maintenance days.

Upcoming trail races!
- Jan 4: Siberian Trail Run
- March ?? - Buffalo Trace Trail Run
- March 31: Clinton Lake Ultra
- April 5: Allerton Races 5K
- April 6: Allerton Races 10K & 13.1mi
The World Anti-Doping Agency (WADA) has imposed a four-year ban on Russian teams in international athletics competition. The decision ended 20 months of playing cat-and-mouse with the Russian doping authorities, specifically the Moscow lab where state-sponsored doping was prevalent.

The ban would include the 2020 Tokyo Olympics. There will be some loopholes, such as allowing clean Russian athletes to compete as neutrals.

The U.S. Anti-Doping Agency (USADA), headed by Travis Tygart, sharply criticized the WADA decision as being incomplete. In a press release issued on December 9, Tygart stated, "To allow Russia to escape a complete ban is yet another devastating blow to clean athletes, the integrity of the sport, and the rule of law."

Furthermore, the International Olympic Committee has held a series of closed-door meetings suspected of being deliberations to take the ban to the Court of Arbitration for Sport and reinstate the Russian team to the Olympics.

This story was also published in the E-News publication of Road Race Management (RRM).
RUNNING SHORTS

Autumn Destination Racing
-by M.J.
“Destination races were a great way for me to explore new runs and take in fall color!”

Matt Zyskowski’s favorite season for running is fall. This autumn, he thought that destination racing might be a good way to enjoy the cooler weather and changing colors. While Matt participated in a few races in the Second Wind race circuit (Decatur Lake Shore Classic 15K, Allerton Trail Run, Monumental Full Marathon), he also participated in the Wilmington Half Marathon (MA), the Galena River Fall Half Marathon (IL), the Whiskeydaddle Half Marathon in Peoria (IL), and all of the races on Philadelphia race weekend (8K, Half Marathon, and Full Marathon).

Matt found that his destination races all offered something unique and different: the Wilmington Half Marathon had an extremely low registration fee; the Galena River Fall Half Marathon was so scenic it was well worth the drive; the Whiskeydaddle Half Marathon provided high-quality race swag and free high-resolution race photos; the race courses in Philadelphia were beautiful and stirred up nostalgia in Matt, taking him back to places that he visited while growing up and going to university, years ago.

In the course of his autumn destination racing, Matt set a number of personal records: he ran the Whiskeydaddle Half Marathon in 1:50:58; he ran the Monumental Marathon November 9th 2019 in 4:00:51; he placed #22 out of 73 male contestants in Philadelphia’s Liberty Bell Challenge. Matt’s first timed race was a 5K in November 2018, so these destination races nicely concluded his very first year of running. He looks forward to the challenge and joy of more running in 2020, and hopes that his running will take him to some exciting destinations in the year ahead!
RUNNING SHORTS: New Year’s Eve run presented by Body’N Sole Sports

https://SecondWindRunningClub.org
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https://SecondWindRunningClub.org
RRCA Coaching Certification

The program offers educational opportunities that includes a Level I and Level II curriculum and certification process for interested coaches.

**RRCA Certified Coaches**

* work with runners and emphasize the use of intelligent training plans * coach clients one-on-one * coach training programs for groups of runners working towards a common goal * volunteer with their local running clubs *

Training Plans are based on a scientific body of knowledge and designed to help a runner achieve their goals, while minimizing the risks of injuries.

For more info, please visit
https://www.rrca.org/our-programs-services/programs/coaching-program

**Continuing Education Credits**

The American College of Sports Medicine’s Professional Education Committee certifies that this offering meets the criteria for 16.0 credit hours of ACSM Continuing Education Credit.

More details available at https://www.rrca.org/our-programs-services/programs/coaching-program/level-one-courses/faq

**DID YOU KNOW...**

RRCA Coaching Certification Level I Courses are scheduled at selected locations around the U.S. throughout the year. Courses are primarily hosted by RRCA member clubs, and only a few slots remain for the general public following the registration period for the host’s local running community. We are currently scheduling courses for 2020. Courses will be posted as they are planned.

Visit the RRCA website for more details and answers to common questions on their website.

The American Council on Exercise certifies that the Level I Coaching Certification course equates to 1.6 CEU for ACE Continuing Education Credit. The American College of Sports Medicine’s Professional Education Committee certifies that this offering meets the criteria for 16.0 credit hours of ACSM Continuing Education Credit. Upon completion of the RRCA Coaching Certification requirements, you must email coaching@rrca.org to obtain CEC codes or certificates for ACE and/or ACSM credits.
Our starting line was not as wide as in prior years, for this year’s event was chip timed from start to finish. Also unlike prior years, we officially held race day registration. The cost of race day registration may have been a little higher than a couple of runners expected. This was partially to motivate more people to register in advance as a way to relieve the pressure on our race day volunteers. Just like last year, the Second Wind Green Team was on hand to help ensure compost and recycling were disposed of properly.

The race itself began in three waves: the first couple were of the Trail Run, and the last the Nature Walk. The Nature Walk course followed the same redesigned route as last year, where walkers could receive official finishing times after starting and ending on the same course as the Trail Run. The trail was in great runnable condition, since the trail normally drains very well.

Merlin Anderson continued his race participation streak strong by completing his 32nd consecutive Allerton Park Trail Run, and earning another age group award. All finishers were able to receive professional attention from trainers from Athletico and trainers from the Chicago Recovery Room. In addition, finishers were free to grab a finisher’s medal for the event.

The overall female winner was Whitney Johnson with a chip finish time of 40:26. The overall male winner was Zach Boehmke with a chip finish time of 34:56. As with tradition, each overall winner earned a ceramic beer mugs professionally hand crafted by Tracy Thomas of Marvelous Mud, Brooks running shoes courtesy of Body N’ Sole Sports, and a customized metallic Age Group award with the annual theme of the Girl with a scarf. 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. The 2019
age group award was inspired when I was out for a stroll on a sunny afternoon, when I passed through the garden where the girl was sitting comfortably adorning the scarf.

Also, the 2019 Monticello Triple Crown is the 6th anniversary of the series, the area’s largest and most competitive of hometown race circuits, with 108 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 was a comfortable fleece hoodie for 2019.

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 calendar year: the Allerton Half Marathon & 10K & 5K Glo Run in April and the Kerby Derby 5K/10K in May.

This year I took a couple of ideas to help make our volunteers be more effective from the backburner and put them into action. Those ideas included purchasing weather tested signage and appealing parking barricades. I chose to implement this year partly because we agreed with the park officials to maintain the traffic and parking situation under control, and the other to help our volunteers better direct participants. In addition, we officially added a race day sign up for anyone who wanted to race the course on an urge.

We thank Kelly’s Accounting Service and our other race sponsors for sponsoring our event. Our other sponsors included RacerPal; the Chicago Recovery Room; Diane Ducey of Stevie Jay Broadcasting as the race EmCee; Jenny Meyer who sang the national anthem; the Kirby Medical Center along with both Cisco Fire Department and Mid-Piatt Fire Rescue; Body N’ Sole Sports; Brooks Running; Curtis Orchard and Pumpkin Patch; Athletico; Marvelous Mud 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.

Before, during, and after the race Beth Scheid took photographs around the park... capturing runners in action, volunteers helping, and anyone in costume. Participants and volunteers competed in the costume
petizing edible Halloween treats awards including apple cider and pies for the overall winners of the costume contest. The race provided door prizes to runner up contestants in the costume contest. Our race sponsors Athletico and Chicago Recovery Room also provided door prizes.

Race proceeds are donated back to the park. The park is great at making improvements or maintaining the trails, making Allerton one of the most enjoyable trail running locations in the Midwest. Prior year donations 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.

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.

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 social media (Strava, Instagram, Facebook). Registration for 2020 should open in the spring. Remember, this event is always the last Sunday of October.

https://SecondWindRunningClub.org
2020 Race Circuit & Scoring Rules
by Juan Salas

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

JANUARY
  Siberian Express 7.45 mi. trail
FEBRUARY
  Charleston Challenge Mid-Winter Classic 15/10/5K
MARCH
  Buffalo Trace Trail Run
  Mountain Goat 4.4/8.8/mi
APRIL
  Mahomet Run for the Library 5K/10K
  Allerton Trails 10K/Half
  Illinois Marathon 5K
  Illinois Marathon 10K/Half/Full
MAY
  Kirby Derby 5K/10K
  Lake Escape 5K/10K
JUNE
  Countryside 10K
  Lake Mingo Trail Run
JULY
  Freedom Run 5K
  Fisher Fair 5K
  Mile at the Pines
  Bagel Run 5K/10K
  SJO 5K
AUGUST
  Mahomet 1/2 Marathon and 10K (not the 5K)
SEPTEMBER
  Arthur Cheese Festival Rat Race 5K/10K
  Arcola Broom Corn Festival 5K/10K
  Shoreline Classic 15K
  Women’s Fitness 5K
  Wild Wild Wilderness trail
OCTOBER
  Allerton Trail Run 5.7 mi. trail
NOVEMBER
  Rattlesnake Master 5K/10K
  Indianapolis Monumental Marathon and Half Marathon
DECEMBER
  Bement Mike Walsh Memorial 5K

Have fun seeing how many of central Illinois’ races you can compete in!

Race Circuit standings can be viewed on our website at https://secondwindrunningclub.org/racecircuit
Second Wind’s Race Circuit Scoring Rules

To be eligible to participate, members must join/renew membership by April 30 and include their birth date on membership form. All eligible members will be automatically entered into the circuit standings. To qualify for a circuit award, runners must finish in the top three of their age group AND have completed at least four circuit races during the year (the four-race rule was instituted in 2015). Awardees will be recognized at the annual awards banquet in January.

Scoring is done within age groups (M/F): 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. Your age group (AG) is determined by your age on January 1, and you stay in the same AG all year. Special scoring for Illinois Full Marathon: Illinois Marathon finishers (26.2 mi) will receive 5 bonus points (note this bonus does not apply to the Monumental Full, only the Illinois Full).

Scoring

The winner of each AG automatically earns at least 2 points. Everyone who participates in a circuit race gets at least 1 point. If 10 or more eligible Second Wind participants are in an AG in a race, points are awarded as follows:

+ 1st = 10 pts
+ 2nd = 9 pts
+ 3rd = 8 pts ...and etcetera...

If fewer than 10 SW participants in an AG, then 1st place gets points = # of participants, and down from there. So, if 6 participants:

+ 1st = 6 pts
+ 2nd = 5 pts
+ 3rd = 4 pts ...and etcetera...

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https://SecondWindRunningClub.org
# Member Race Results

Compiled by Juan Salas

## Fisher Bunnies 5K

Fisher, IL

Saturday November 2, 2019

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<td>Ken McMillen</td>
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<td>16</td>
<td>Bethany Onwodi</td>
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## Rattlesnake Master

Meadowbrook Park, Urbana, IL

Sunday November 3, 2019

### 5K

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<td>9</td>
<td>Ross Kimme</td>
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<td>10</td>
<td>Hannah Remmert</td>
<td>21:59</td>
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<td>12</td>
<td>John Reed</td>
<td>22:25</td>
<td>1AG</td>
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<tr>
<td>16</td>
<td>Dawn Carson</td>
<td>23:32</td>
<td>1AG</td>
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<tr>
<td>26</td>
<td>Emily Henson</td>
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<td>Elizabeth Chominski</td>
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<td>Daniel Panno</td>
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<td>38</td>
<td>Kent Choquette</td>
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<td>39</td>
<td>Bethany Carmien Onwodi</td>
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<td>Bill Jones</td>
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<td>Nancy Roth</td>
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<td>Charlotte Pursian</td>
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## Indianapolis Monumental

Indianapolis, IN

Saturday November 9, 2019

### Half Marathon

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<td>Tara Beveroth</td>
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<td>Juan Salas</td>
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<td>Eric Berlin</td>
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<td>Matt Sherer</td>
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<td>Erika Kramer</td>
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<td>Christopher Korose</td>
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<td>Erica Tibbetts</td>
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### 10K

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https://SecondWindRunningClub.org
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Marathon

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<td>Stephen Johnson</td>
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Veterans Day 5K Run

Danville, IL
Saturday November 9, 2019

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<td>Jeff Howes</td>
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<td>Lorri Howes</td>
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<td>Jennifer Hall</td>
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Shalynn’s Shuffle 5k

Atwood, IL
Saturday November 9, 2019

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Interact Club Turkey Trot 5K

Urbana, IL
Saturday November 16, 2019

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Hot Chocolate 5K

St. Louis, MO
Sunday November 24, 2019

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Turkey Trot STL 5K

St. Louis, MO
Thursday November 28, 2019

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Frostbite Festival 10M

Springfield, IL
Sunday December 8, 2019

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Mike Walsh Memorial 5K

Bement, IL
Saturday December 14, 2019

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<td>Nic Carter</td>
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<td>Michael Tankersley</td>
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<td>Brian Moline</td>
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<td>John Reed</td>
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<td>Paula Tankersley</td>
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<td>Laura Owen</td>
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<td>Karen Iehl-Morse</td>
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<td>Lori Heller</td>
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Santa Stomp 5K

Teutopolis, IL
Saturday December 21, 2019

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EDITOR’S CORNER

I am really looking for a creative person to take over the newsletter. If you are interested or if your article is missing from this issue, email me at: newsletter@secondwindrunningclub.org.

THE NEXT DEADLINE FOR IN PASSING IS FEBRUARY 29!

Your contributions to the newsletter are vital to keeping In Passing running strong! Send your stories (or comments & feedback) and related photos to newsletter@secondwindrunningclub.org. When submitting an article, please include the text and captions for photos in a text document. Cover page submissions should be preferably in a higher resolution quality.

For the next issue of IN PASSING, we encourage you to send us your original running story, training advice, race recap, photos, and more for the newsletter! Possible things you can send us include:

1. REFLECTIONS, your miler, 5K, 10K, full or half Marathon; Training.
2. EXPERIENCE: IN WOMEN’S BEGINNING RUNNING GROUP
3. YOUR RACE RECAP OR DESTINATION DISTANCE
4. FAVORITE CLUB EVENT
5. WHY YOU VOLUNTEER
6. WHY YOU DON’T VOLUNTEER
7. RUNNING SHORTS (RUNNER SHORT STORY - could be a couple of photos with a caption, a quick statement ranging from one sentence to two paragraphs, or a combination of the both)
8. A REVIEW ON A RUNNING WATCH, BOOK, APP, MOVIE, SHOE, ETC.
9. What you want the club to do differently
10. What you think the club is doing right and should not change
11. What we use to do that you really miss most

HAPPY RUNNING!!!
-Jim A Fair III, RRCA Certified Race Director (Interim Editor)

VOLUNTEER TODAY!

Our volunteer program that replaced the Build a Better Second Wind is active, after being approved by the board at the November board meeting. Qualify to celebrate with the club at a volunteers only event at year end. But you must volunteer to qualify. If you would like to volunteer in something, please email BoardMembers@secondwindrunningclub.org.

JOIN THE 2ND WIND BOARD!

If you are still interested in joining the board, email the Board to ask more about the becoming appointed as a Director or Officer (such as Secretary; Treasurer; Newsletter Editor; Director)

Positions available: 1 appointed Secretary, 1 appointed Newsletter Editor; and assistant coordinator for the Monday Run Day.
- As club Secretary, can you take notes for an hour or two once a month during a board meeting & arrange future board meeting locations?
- As Newsletter Editor, can you step up to the plate to design and layout our club newsletter? Maybe you’re savvy with Microsoft Publisher, or just a little dusty with Adobe Indesign and QuarkXpress?

Again...please, join the board! We could use

To help ensure they are included in the newsletter, please send your race results to the following email address: raceresults@secondwindrunningclub.org. Please Include: event name, distance, state, and your finish time,& age group placement.

https://SecondWindRunningClub.org