

**For Runners and Walkers of All Abilities Since 1968**

## **Heritage Run Marks 25 Years**

-Gerrie Gustafson

Remember the days when a Rockford race could attract 1,000 runners? Those were the heady days of the running craze -- the early 1980s. The Heritage Run was born then.

Begun in 1982, the Heritage Run was one of a number of activities held as part of the observance of Historic Preservation Week. The idea behind the event was to spotlight historic preservation by having runners race through downtown Rockford and surrounding neighborhoods. The major sponsor of the 1982 and 1983 race was a local bank. The race was suspended in 1984 for lack of sponsorship.

That was when the late Dick Green approached OSF Saint Anthony Medical Center and Gerrie Gustafson, marketing and communication director, about sponsorship of a "new" Heritage Run. Having just opened a sports medicine and fitness center, Saint Anthony took up the challenge and the Heritage Run again hit the streets on Sunday, April 28, 1985. The race then, as it does now, included 10 kilometer (6.2) and two-mile races and a kids' ½ mile fun run. Today, the Heritage Run is one of the few 10k races around the area.

In 1985, the registration fee was \$6 and \$8 the day of the race! Medals were awarded but no monetary prizes were given to the 900 plus runners who participated. Winners of that first 10k Heritage Run were Craig Young with a time of 29:44 and Carolyn Smith in 37:44. A name well known in today's racing circles, Jessica Langford, was the 1985 female two-mile winner in 12:47. Gregory Barker was the male two-mile winner in 10:09.

The Moonlight Jazz Orchestra was recruited in 1986 to provide music for the event and Paul Logli was the emcee. The Moonlight Jazz continued to entertain runners and spectators through 1996 when funds could no longer support their appearance. Bob Presman joined Logli for races in 1990 through 1994. They called out names of runners as they neared the finish line but also provided a lot of comic relief.

In 1987, the first prize money of \$100 was given to anyone who could break the previous 10k records. Carolyn Smith won in 37:36, shaving 8 seconds off her 1985 time. Other changes took place over the years. We experimented with a two-mile race-walk in 1989 and 1990. It was discontinued because of the difficulty in judging participants over the two-mile route. Wheelchair athletes competed in the 10k in 1992, 93 and 94. This competition also was discontinued because of the challenges of establishing a safe route for the wheelchair competitors. However in 1996 through 1999, two-mile wheelchair races were part of the Heritage Run. A lack of recent participation has seen that portion of the race eliminated.

In 1988, a new system of awarding monetary prizes was begun using a handicap system supported by The Athletic Congress (TAC). This continued until 1997, when international age-group standards, approved by the World Association of Veteran Athletes (WAVA) were used. This practice was suspended in 1998 because it created confusion and dissatisfaction among participants. In 1998, the present award system was adopted with monetary awards for the top three male and female finishers and the top male and female master's finisher.

Other things changed with the times, in particular the registration fee. In 1995, the fee was \$15, \$18 in 2002 and \$20 and \$22 in future years. This year may see an even larger increase because of the additional expense of police protection along the course and the growing increase in prices of shirts and medals.

Past beneficiaries of the Heritage Run include Youth Outreach programs of the YMCA, the Wildcats running group, Rockford Road Runners for scoring equipment, and the Saint Anthony College of Nursing. For the past three years, Big Brothers Big Sisters of the YMCA of Rock River Valley has been the beneficiary, as it will be again this year.

The Heritage Run has a long and proud tradition and is among the favorite races of local runners. It also has attracted some elite athletes from the Chicago suburbs and the Wisconsin area.

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Check out the club web site at:  
**[www.rockfordroadrunners.org](http://www.rockfordroadrunners.org)**

Non-commercial advertising for members is free. Contact the newsletter editor for commercial advertising rates.

The Rockford Road Runners Inc. is a monthly newsletter of the organization of the same name. Articles for the newsletter must be submitted no later than the 15th of the month prior. The cutoff date is also listed in the calendar in the back of the newsletter. All articles should be sent to:

**Communication Chair**

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If you have questions I can be reached @ 815-988-5741

**APRIL BIRTHDAYS**

1 Nan Vodick-Mapes  
2 Debra Ward  
2 Connie Jacobs  
2 Chris Chenoweth  
3 Elijah Nitz  
4 Irene Meeker  
5 Bill Nothof  
6 Christine Leonhardt  
7 Cesare Manetti  
7 Kai Mulford  
7 Belinda Barr  
8 Kateri Polen  
9 Kristy Johnson-Moore  
9 Mike Mulford  
10 Norman Yarger  
13 Adam Seiter  
13 Ben Ross  
13 Jerry L. Rumble  
15 Tim Austin  
16 Yon Ough  
17 Claire Gallenz  
18 Hunter Cejka  
18 Brad Born  
19 Scott W Wright  
19 Ava Bingley  
20 Mary Canterbury  
20 Michael Knapp  
20 Dennis Chapman  
21 Rick Rehfeldt  
24 Barb Clucas  
24 Marilyn Goepfert  
25 Charles Kolb  
25 Renee Perry  
26 Wayne Gilmore  
26 Beth Fritts Roe  
26 Tom Krause  
26 Mike Mapes  
26 Matthew Kortze  
27 Bill Edgren  
27 Dave Deem

**NEW MEMBERS**

**Tim Austin**  
**Laura Austin**  
**Charles Bloom**  
**Eva Bloom**  
**Isabella Doll Jaycox**  
**Carl Hays**  
**David Krueger**  
**Jane Krueger**  
**Olivia Mulford**  
**Cam Mulford**  
**Joe Roarty**  
**Jeff Winterheimer**

**Monthly Meeting**  
**Reminder**  
**Next Meeting at**  
**Stockholm Inn**  
**Wednesday. @ 7pm**  
**April 1, 2009**  
Eat at 6:00 pm  
**Meeting starts at 7:00 pm**

**MARCH MEETING**  
**ATTENDANCE**

**MEMBERS**

Bob Sharp	Henry Gallenz
Claire Gallenz	Norm Yarger
Joyce Yarger	Kathleen Yarger
Tom Lichty	Jim Dunkel
Mary Dunkel	Scott Schallberg
John Noonan	Gerrie Gustafson
Mike Mapes	Norene Caliva
Larry Swanson	Jim Simmons

**GUESTS**

Melanie Lichty

## What Happened here?



## What is the Red Shoe Run?

The Red Shoe Run for Donor Awareness is a competitive event to be held during National Donate Life Month as we honor donor and recipients families. This fund raising event serves to raise awareness of the critical need for organ, tissue, cornea, blood and marrow cell donors.

Each year more than 35,000 people from all racial, ethnic and socioeconomic backgrounds are diagnosed with life-threatening blood diseases such as leukemia and lymphoma. Many could be cured with marrow cell transplant, but they need matching donors. Doctors search the Registry each day hoping to find a matching "tissue type" for their patients in need of a life-saving donor.

The only way to find the matches so desperately needed to live is to grow the marrow registry. The Rock River Valley Blood Center Marrow Donor Program must continually recruit and tissue type more donors.

The cost for tissue-typing is \$52 per person added to the registry. Each year we seek to raise money to help the Rock River Valley Blood Center Marrow Donor Program.

The funds raised will cover the laboratory cost for tissue typing for prospective marrow cell donors.

## You know You're a Rockford Road Runner if...

You know you are a Rockford Road Runner when you buy a new purse and the only thing you are concerned about is an easy accessible outside pocket for your combination locks.

Tammy Henry

You're at home after a trail series race and you download your GPS unit that records everything. You notice that your average heart rate for the whole race was 98% of max, that small bit of information brings a smile to your face, you know you put forth a good effort.

Tom Krause

You're on a brief but steep downhill portion of the Turkey Trot and you sneak up on your training partner and yell loudly to get his old, slow butt out of the way. He immediately jumps and you spring into action as you go by, but then suddenly your air borne because of some very slippery leaves. You look over at your training partner as you sail by just knowing it going this is going to be the one of the topics for several future group training runs.

Tom Krause

Despite the progress, we are nowhere near the need. Today only 2 out of 10 patients will receive the transplant that could save their lives.

- The need in the USA is 3 times our current availability of donors
- And, 4-5 times our current availability of Asian donors
- And, 5-6 times our current availability of Hispanic donors
- And 9 times our current availability of African American donors

We need committed people like you standing ready to save a life. To learn how you can help and to join the marrow donor registry contact the Rock River Valley Blood Center or e-mail [www.redshoerun@rrvbc.org](mailto:www.redshoerun@rrvbc.org). It takes just one special person to save a life – Let it be YOU!

To register today on Illinois' new Organ & tissue Donor Registry, please visit [www.lifegoeson.com](http://www.lifegoeson.com).

## See the race schedule for more info

**It's very hard in the beginning to understand that the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside you that wants you to quit.**

- George Sheehan

## 10<sup>th</sup> Annual Northwest Passage New Date! Special Guest Speaker!

The 10<sup>th</sup> Annual Northwest Passage 5k will be held on May 3, 2009. We have moved the start time to 10 am in hopes of drawing more participants to the race. The course will remain the same, starting at Northwest Community Center and proceeding down the Mel Anderson Bike Path and through Searles Park.

We are excited to announce the Jenny Spangler, 1996 US Olympic Trials Marathon champion will be our speaker. Jenny will be speaking about those important three weeks before your marathon; what to eat, how to taper, clothing choices and any other questions that you may have for her. Jenny has started a racing team, Jenny Spangler Racing, in Lake Forest and coaches many successful area athletes. We encourage any runner to come out and hear the great advice that Jenny can offer- even if you don't race, come out after your long run, have some pancakes and get geared up for the Rockford Marathon! The pancake breakfast and talk by Jenny is offered to all runners for only \$5.

Once again, Northwest Passage will offer CASH prizes to the top three male and female runners.

We thank you for helping support the Northwest Community Center, a nonprofit organization that has a rich history of providing quality and affordable programs and services in Northwest Rockford. Supporting our race will help fund the youth programs of NWCC, including the before and after school programs and the breakfast program for youth in the neighborhood. Your running makes a difference for NWCC!

We look forward to seeing you on May 3<sup>rd</sup>

Any questions, please contact race director:  
Jessica Langford at [jlangford@niu.edu](mailto:jlangford@niu.edu)  
or 815-742-2651

## Army Course Records:

**5K Male - Brent Alexander 16:10**  
**5K Female - Jessica Langford 17:46**  
**10 Mile Male - Ben Schneider 0:56:37**  
**10 Mile Female - Shannon Fitzgerald 1:06:50**  
**\*\*\* \$250 if you set a new record!**

## *Volunteer?? For the Army ???*

Please help me offer a better quality race by volunteering or encouraging your family or friends to volunteer. Currently, I am short timers and course marshals. Please come out to watch and help.

The race will go on if I am not able to recruit enough volunteers. However, splits will not be offered every mile and there will be less directional help on the course.

Please consider helping out so that those who put so much time into training for the race will have a top-quality event. We want the day to go very well!

Also ...

A request has been submitted to Mother Nature to provide 50 degree temperatures with cloudy skies and a gentle breeze.

We have lined up great door prizes including a baby jogger from Shosie's Cyclery, items from Runner's Image, a giant cut-out from Al Grace, and of course, a round trip flight for two to anywhere in the continental US where Southwest flies.

See you on race day ... Saturday, April 4, 2009, at 8:30 a.m. at Harlem High School in Machesney Park. The 5K will begin at 8:40 a.m.

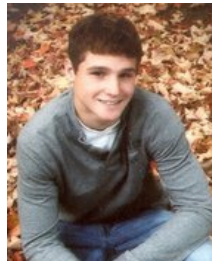


## Meet Nik Ritschel

He's a typical 18 yr old: fun , outgoing, & athletic. Nik was diagnosed with Synovial Sarcoma which is a rare form of cancer. Only about 100 cases in the US are diagnosed each year.

Although Nik is receiving the best health care, it comes at a high price. Insurance does not cover it all. There is a lifetime max, and the treatment requires trips to Boston. This places an enormous burden on his mother, Kelli Ritschel Boehle, who is still working full time to support her family between commutes to Chicago and Boston.

Kelli has been a runner for a long time and was a member of Rockford Road Runners for many years.



For more info go to :  
[Helpnik.blogspot.com](http://Helpnik.blogspot.com)  
Nik ran in the Jingle Bell 5K.

**There will be a benefit to  
help provide financial  
support for Nik.**

Saturday, May 9th, 7:00-11:30PM  
Noonans at Aldeen  
1902 Reid Farm Road  
Rockford, Illinois  
**Tickets \$25 per person**  
**7:00-8:30PM Appetizers**  
**8:30-11:30PM Dance to The Classix**  
Cash Bar and Silent Auction

**Many runners measure success  
by the number of finish lines  
they cross, regardless of the  
physical toll. But if your over-  
riding goal is optimal health  
and wellness, measure your  
success in the number of runs  
you start fresh and injury free.**

- Elinor Fish  
Editor, Trailrunner Magazine

## 2008 Rockford Road Runners of the year

### DEANNA MENZIES

When it comes to the women's overall leaders of our events, you can be sure Deanna will be one of the women crossing the finish line first. We are all used to seeing her collecting her medals for another great run. We are also used to seeing her shouting encouragement to others as the race continues. She is the biggest fan, it seems, of every other runner out there with her. We are used to seeing her as a volunteer at packet pick- ups and along courses for those races she does not run. To top it off, she even carries the coveted title as one of the Super Model Runners".

### STACEY KRUGER

Stacey not only has continued to be one of the circuit leaders with 304 total points and another year of top finishes in all the races he participated in, but he has also continues to give extra time to the club with his help in evaluating scoring systems and equipment. He also stepped in to maintain the club's website earlier this year while Brian was out west.

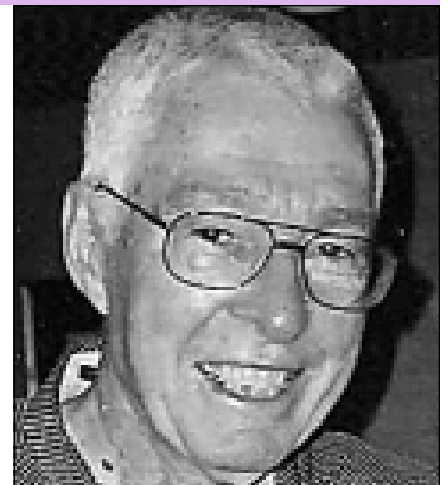
### CONNIE MARSH

We have always been used to seeing Connie at races and seeing her name as one of the top finishers in her age bracket. We also have heard of the tales told of Connie's famous but failed attempts to finish marathons and qualify for Boston. 2008 was to be her year. But then a freak accident during the winter left all her plans in doubt. The knee injury suffered on the way in to see the movie "The Spirit of The Marathon" was not going to be enough to keep this year's women's master of the year from reaching her goal. Not only has Connie recovered from her injury, she is running stronger than ever. She has gotten the marathon monkey off her back and she will be joining all the other elite runners in Boston next April.

### JIM SIMMONS

Jim Simmons has seemingly come out of nowhere to become one of the top men's master runners in the area. Regardless of the distance or the surface Jim can be found near the top of the results sheet. He accumulated 371 circuit points this year and participated in 22 of our events. He is one of the most enthusiastic members of the Road Crew, a charter member of the Coyotes and impossible to hold back.

**Dr. Charles F. Nichols, 80,**  
of Rockford died Sunday,  
March 8, 2009, in his home.  
He was a founding member  
of the Rockford road Run-  
ners, Ran two Boston Mara-  
thons, participated in many  
regional races and mara-  
thons.



# WILDCAT'S 13TH YEAR STARTS RUNNING

- Mike Mapes

It is Saturday March 7th a very rainy and cold morning. It is the first practice of the beginning of the 13th year. The Wildcats have been on winter break since there last run in the AAU National

Youth Cross Country meet the first Saturday in December of last year. It is a three month break that the coaches all look forward to have a very hectic fall schedule. But here we are getting hand outs and sign-up release forms ready a couple of hours before the first practice of 2009. It is very rainy and cold the number one combo that I like running in the least. I expect a small group as it is pouring rain and only a forty-five minutes till practice starts. Still I expect to see a number of runners as we advertise that we run in any weather except lightning. So off I go prepared for the worst. Arriving fifteen minutes ahead of time it has now at least tapered off to sprinkles. Wildcats come popping out of cars, not many but close to twenty, considering the weather it is a good turn out.

Year to year I am never sure what to expect number wise but one thing seems always certain is that there are children who want to go for a run. And as often as not they are children of non-running parents. So if the dedicated group of coaches and parent helpers did not volunteer these children would not be able to participate in our sport.

It is now a week later Saturday the 14th of March we are on just our 4th practice of the spring session meeting on Sat., Mon., Tues, & Thurs. We have now seen over 85 different children in four days.

With a couple of practices of around 50 including the pictures here from March 14.



Our goal for the spring session is simple, the completion of the Heritage Run 2 mile race. Although when you are a new runner and some what small in size it can seem pretty daunting to say the least. For many of us running to the Symbol and back is just a warm up for a longer run. For many of our Wildcats it is pretty exciting to make their way out the River Path to the Symbol and back. Next time you go by the Symbol take a moment and think back to when you first started running and how those early miles were so much harder then.

Over the next few weeks leading up to the Heritage Race we will be going further and faster as we learn pacing, build some confidence with some time trial events and just go for some runs building a foundation as these young runners put a few miles in each week. Our very youngest runners will only run 4-8 miles a week and some of our oldest and most experienced will be doing 12-18 miles and rest in-between. Come April 26th they will all know that they can run two miles.

**More info call 815-654-3252 or  
visit our website:  
[www.wildcats.rockriver.net](http://www.wildcats.rockriver.net)**

## Rockford Wildcats

If you have a child who would like to try running or you are an adult wanting to ease back into shape, we have a place for you helping the children run. We have all ability levels!

Even better this Rockford Road

Runners youth running group does not charge for children to join so it is very easy for children and families to come and give running a try.

You can join at any of our practices. We have children who run at nearly every practice and others who run as little as once a week.

We hold a summer session with our goal race of the State Street Mile.

The fall session which begins in late summer and runs through the fall is a series of youth cross country meets for runners age 6-14.







# Rock Cut

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# "SURVIVOR"

## TRAIL SERIES 15K





# I'M A ROAD RUNNER

## Ruth Jassmann Larson, 62

Physical Education Teacher

I've been running for 60 years.

*I started running because walking is too slow.*

If I could no longer run, I would have to learn to walk faster.

*My favorite run is hands down, the trails at Rock Cut. I'm primarily drawn to the peace and quiet and the beauty and serenity of the park. I love the feeling of dirt instead of pavement under my feet and I love the downhill! (I have a love/hate relationship with uphill.)*

I like to run with anyone I can keep up with.

*Something most people don't know about me is when I was 3 years old my nickname was Chubby.*

*Also, I'm a two-time cancer survivor.*

*I know that many people have suffered much worse with cancer and other illnesses. Family, friends, my students (it's impossible to feel sorry for oneself when a 5-year-old has come to you for her first hug of the day.) Softball, volleyball and, yes, running got me through cancer. There were times when I just told my husband, "I've got to go run." And I would run and run around the track at East H.S.*

After a COYOTE morning run I enjoy having some of Jim's "chocolate coffee" and Joyce's baked goods. After an evening run - macaroni and cheese, good bread and a glass of merlot.

*When I'm not running I enjoy going out for breakfast, playing volleyball, softball, reading, photography, scrapbooking, gardening, and being with my children and grandchildren.*

I am inspired by strong (physically and emotionally) women.

*I'm continually learning that I can do more than I ever thought possible. I completed the 15 mile Hobo Run! Over a year before that, I never ran more than 2 miles at a time. 8 years ago, I earned my master's*



Interviews by Carol Bingley

Enjoy this month's profiles and check out all the RRR profiles at [www.rockfordroadrunners.com](http://www.rockfordroadrunners.com)

If you'd like to recommend someone to be our next "I'm a Road Runner", send an email to [carol@b2design.com](mailto:carol@b2design.com)



*degree, finishing it during the semester that I was diagnosed and treated for breast cancer. It would have been almost impossible to do that if I couldn't have continued to run and play sports.*

The local runners I most admire are Connie Marsh, Tonya Thayer and Joan Gillette. They are all three strong, compassionate women.

- When I first met Connie, she had a huge brace on her leg; amazingly, a short time after that (it seemed to me anyway), she was running -- and running well! Now she's going to Boston!
- Tonya works so hard on Tuesdays at Road Crew to make sure that we all have successful runs and that we are safe doing it. And she works harder at her running than anyone.
- Joan not only works to improve her running, but she is the ultimate fan and supporter of all who run; she cheers each on from the first across the finish line to the last person to come in.

*To push myself on a run, I run hard to the next tree/rock/mile marker, etc; then when I reach that, choose another landscape goal and go for it. My greatest running accomplishment is the 2008 Hobo Run. Before that the longest race I had done was a 5K. I had run 9 miles once before on a Saturday morning, but never in a race. I was pleasantly surprised that it didn't feel difficult until about 12 miles.*

My next goal is finishing the 2009 Trail Series, and then running the Literacy Half Marathon.

*My advice to other runners is to accept yourself where you are now, while continuing to work to become stronger and faster.*

I plan to run until the pain overcomes the euphoria.



# I'M A ROAD RUNNER



## Mark Robinson, 27

*Physician's Extender, Athletic Trainer, Personal Trainer, and Tumbling coach/instructor*

I've been running for 15 years. I think I came out of the womb running. I started running because my parents were big into sports. My dad ran a 2:48:00 Boston Marathon and has been hounding me to try and beat him. I am more into triathlons though (only because I don't know how I could beat his time).

*If I could no longer run, I would crawl a marathon. Or just swim, bike, row, but above all else I would still compete. I love competition.*

My favorite run is at the bottom of the Grand Canyon. I once ran a massive boulder field left by the Colorado River. Amazing scenery.

*I like to run with my dogs and anybody that loves to run.*

Something most people don't know about me is that I can do a standing back flip, and I won the Rockford Kickboxing toughman in 2002.

*My favorite thing to do after a hard workout is take an ice bath. I know I am crazy, but my muscles love me after the first five minutes of torture.*

When I'm not running I like to walk and spend time with the mrs. She puts up with a lot of crap.

*I am inspired by motivational quotes and anyone that does anything amazing or overcomes great adversity to reach a goal. Going above and beyond.*

I've run 2 marathons while carrying a 3 x 5 foot American flag. I read about someone doing it in a magazine. I have always wanted to try. I have friends and relatives in the military. I figure what better way to show

support than to put my body through a little bit of torture. The first one I ran, was in the quad cities and I got such a great response. A lot of people thanked me for doing it and told me that they had a son or dad or uncle in the military and they appreciated it. The people cheering on the roadside would get up and take off their hats or cover their hearts. It was very emotional and amazing how a symbol can bring about so much happiness. The roar of the crowd at the end was very motivating. It brought tears to my eyes. And of course it was awesome the first time, so I had to try it again. And what better time than Rockford's first marathon held in over 20 years. Plus, the burn in my shoulders was so strong that my legs didn't even hurt.

*The local runner I most admire is Ed Clucas. I don't know how young he is, but his outlook on life and running is awesome.*

To push myself on a run, I think about all the races I have signed up for (and I know I better get moving). I set time goals. I do all kinds of distances with all different kinds of races. I run on all types of terrain.

*My greatest running accomplishment is finishing a marathon with a flag. 26.2 miles...ouch. I planned on changing hands every mile. At mile 15 I started to change every minute it seemed like. I sat in an ice bath for 30 minutes like I usually do, but I also had 2 frozen bags of peas on each shoulder. Feel the burn.*

My next goal is to do the Hawaii Ironman before I am 30.

*My advice to other runners....Think about what life would be like if you were out of breath at the top of a flight of stairs. Think about what the world would look like if you only see it from the inside of a car (there are just some places that cars can't go). Think about all the wonderful food you can eat and then burn off. And if you are not running fast enough, imagine a crazy dude chasing you... and then run faster.*

I plan to run until they prove that you can trade in your wings for a pair of running shoes.



**Favorite Quotes...**

**Parties who want milk should not seat themselves on a stool in the middle of the field in hope that the cow will back up to them.**

– Elbert Hubbard

**I do not fear failure. I only fear the "slowing up" of the engine inside of me which is pounding, saying, "Keep going, someone must be on top, why not you?"** – Gen. George S. Patton Jr.

**The vision of a champion is someone who is bent over, drenched in sweat, at the point of exhaustion when no one else is watching.**

– Anonymous

For years, members of the Rockford Road Runners have been running at Rock Cut State Park. Trail runners seem to be a "different breed," so, on a run over a year ago, we decided to call ourselves the Coyotes.

The face of the Coyote is always changing. Members come and go, but once a member, always a member. The Coyotes are a secret society...so secret, many of it's members don't even know they are members. If YOU love running trails, you are already a Coyote!

The Coyotes run from Lions Club at Rock Cut, 8:00 am every Saturday.



**A coyote is a runner who loves the freedom of being away from civilization, but also loves the camaraderie of the his/her pack.**  
-Sue Connant

**Fun loving....  
Trail Running...  
Promoting....  
Empowering....  
Encouraging....  
Protecting....  
Pack-like  
Playfully competing....  
Family.**  
- Deb "Tarzanna" Hayes

**What is a Coyote?**  
**ME! :)**  
- Tanya "Mogli" Eggert

# COYOTES

t r a i l r u n n i n g



**When asked the question...**  
**"What is a Coyote?"**  
**no two answers were the same.**

As Indian legend would have it....the coyote is the spirit of mischief...and as Warner Bros. would have it....the arch nemesis of the Roadrunner, both superb "trail runners"...with the roadrunner being the sprinter and the coyote being the natural "all day trotter", constantly on the move, looking for FUN around every bush.  
The uncle coyote, beginning my 47th year of "trotting" through the woods, Larry.  
- "Uncle Larry" Swanson

WHAT IS A COYOTE ? a cult following of runners, that will twist your mind into having large amounts of fun trail running or running in general no matter what your ability  
!!!!!!!  
Leader of the fun - - Wheezie Bingley -aaawwwooooo  
- Jeff "Coach" Wilmarth

Runs where man (and woman) evolved to run, in the trees and on the trails.  
- Shawn Pollock

Opportunistic and wiley and if my memory serves me right from one too many cartoons from my youth Wile E. Coyote is also a "super genius" so Coyotes must be smart.  
- Mike Mapes

**On any given Saturday morning, if you look out your window and think to yourself, "wow, it's nasty outside, I wonder if the coyotes will still be running?" The answer is always YES!**



### A Coyote is:

- Extremely skilled in life and running.
- Outstanding shining citizens
- Cultured but not obsessive.
- A Coyote has no (noticeable) behavioral disorders (if there are behavioral disorders they are hidden and probably help society in some way)
- A Coyote has not been not raised by wolves. He has no fleas and does not get lost searching for himself. Not lonely and not a Lone Wolf.

– Bernie “MacGivor” Burke

A Coyote is someone who loves to run in the woods, along the paths up the hills and thru the meadows, preferring to see rather than be seen. Coyotes frequently congregate in large groups and when they do there's quite a bit of yipping & yapping. Coyotes love to have fun and have been known to smile and laugh on a regular basis. The most notable trait of a Coyote is the support and encouragement they show their fellow runners.

See you at the "Cut"

AAAAAAA OOOOOO WWWW!!

– Jim “Sally” Simmons

*The Coyote mythlore is one of the most popular among the Native American. Coyote is a ubiquitous being and can be categorized in many types. In creation myths, Coyote appears as the Creator himself; but he may at the same time be the messenger, the culture hero, the trickster, the fool. He has also the ability of the transformer: in some stories he is a handsome young man; in others he is an animal; yet others present him as just a power, a sacred one.*



*As the culture hero, Coyote appears in various mythic traditions. His major heroic attributes are transformation, traveling, high deeds, power. He is engaged in changing the ways of rivers, standing of mountains, creating new landscapes and getting sacred things for people.*

*More often than not Coyote is a trickster, but he is always different.*

– Encyclopedia Mythica

– Christy “Guns & Roses” Young

### What's a Coyote?

What's a coyote? How would you know?

You'll often see them romp through the snow  
O'er hills and streams, brush and trees;  
A coyote's happiest when howling with glee.

I saw some coyotes while once at Rock Cut  
They gather there weekly...no matter what!  
They're friendly and kind, silly and funny,  
Their company makes even dreary days sunny.

So if you come out to run on the trails  
Coyotes will greet you all wagging their tails.  
But don't be afraid as they come 'round the bend,  
One thing you can count on...a coyote's your friend.

– Joyce “Mama Coyote” Kortze

# COYOTESTRONG

### Who are Coyotes?

They are young.  
They are old.  
On the trails,  
They are bold.

Some run fast.  
Some slow the pace.  
But they run hard,  
Wind in each face.

Spring rains fall.  
Hot summer heat.  
On the trails,  
They can't be beat.

As leaves drop,  
The runners fly,  
Through Rock Cut,  
Time goes by.

Too cold to run?  
No such thing.  
Winter comes,  
Jingle Bells ring.

With the snow,  
Wind and ice,  
Coyotes run.  
They don't think twice.

What are they?  
One tough breed.  
Come out to play.  
Larry will lead.

Up the hills.  
Runs the pack.  
Down the stairs.  
To single track.

So much to see.  
Look around.  
The beauty of trails  
Is always found.

But take the time,  
To stop to chat.  
Coffee, sweets.  
They won't get fat!

For all runners know,  
When the work is done.  
Food and fellowship,  
That's the true fun.

See you on the Trails!

– Tonya “Wild T.” Thayer

To boldly go where no  
coyote has gone before!  
– Captain” Kirk Wescom

# Tecumseh Trail Marathon

- Tom Walsh

The marathon is grueling enough. But what makes a runner sign up for a marathon where the race director boasts a "total ascent of ... 3500' feet " And if that isn't enough to scare one off he adds this: "The trail surface varies from narrow forest trail to wide fire roads, gravel, dirt, and paved roads. Several up and down hills of 200-300' elevation are along the course, along with many smaller hills." Hum, they forgot to mention that the sharp gravel on the frozen ground drove into the bottom of your feet with each step.

Well, a few of us crazy runners decided to take on this trail marathon called Tecumseh. Under the guidance of Coach Ron we spent the majority of 2008 training our bodies to endure the punishment Tecumseh would inflict.

Fast forward to Race morning - Weather: A cold 20F & 20 mph winds, with up to an inch of snow expected. What do I wear, the heavy shirt or the light shirt??? Better use the bathroom one, two, three times.....hum should I go one more time before the start? Too late the gun goes off and we're off.

600 runners converged onto a narrow snow covered fire road. Larry, Tanya, and I engaged in conversation as we work our way through slower runners. Finally, we entered the single track. Tight groups of runners wove their way through the woods in single file climbing then quickly descending hill after hill. Passing runners became difficult on these narrow trails but Tanya's years of Hockey, and her ability to check, came in handy. I wish I had a video of her. She was amazing.

Snow continued to fall covering the thick layer of brown leaves except for the trail forged by runners. There was no question the direction the trail went but hidden beneath the leaves were roots, large rocks, and uneven ground glazed by snow. This resulted in unpredictable and dangerous footing at times.

They grow the hills very large in the land of Tecumseh. The real big hills are impossible to run or even walk straight up without ladders or ropes. Since we didn't have any of these the only way to the top was a series of many switchbacks. It became apparent late in the race that running the steepest portions of these switchbacks was futile. Our new survival strategy = walk the steepest parts of the hills and run everything else. The race came

down to who could walk up the hills the fastest. With Tonya right on my heels I was walking fool :) One note post race: I think Ron must have an extra lung or he was carrying climbing ropes with how fast he went though these hills.



Tom Walsh pictured above at a recent race, and below at the Tecumseh Trail Marathon





The final 3.

The course lacked mile marks except for the aid stations. I personally liked not knowing my mile splits in this marathon. This raw, visceral type of running seemed to be more appropriate on such a tough course. The kind of running that has been ingrained into our DNA after thousands of years of chasing down our food or being chased down as food. I knew the last three miles were crucial. I was being hunted down by a wild coyote dressed in pink -Tanya E. "No time to stop and stretch this 50 year old back and nagging hamstring" I said to myself, "you need to finish this and finish it strong". The months of hard training and hill running were paying their dividends as I caught and passed many runners over the final 3.

The last hill.

Friday evening before the race Ron and I scoped out the finish and the final BIG HILL. About one mile from the finish you exit the single track onto a gravel road. At this point in the race you are ready to be done with the technical challenges of the single track for the more predictable footing of the road. However; as mentioned above, running on sharp gravel against frozen ground is pure torture to the bottom of the feet. And we had a mile of gravel road to be tortured and one BIG HILL. The final mile was a test of the body and mind. How much pain can you endure. I was so glad Ron and I had scoped out that final mile. I knew that after I climbed that final BIG HILL and turned left I had only 800 yards (1/2 mile) to go. "Run up this last hill Tom" I could hear Ron saying in my head. Push .....Push don't give in. Finally the top of the hill. Turn left and keep pushing. The road was very icy and slippery over the final 800 yards. As I ran I could see a man laying on his back pointing a camera at me with a large lens. As I pass I hear the shutter snapping continuously and a voice from behind the camera, "Go Tom, push to the finish, PUSH! Another left and I can see the finish. Kathy, (my wife and better half), cheers along with the rest of our group as I cross the finish line. Less than two minutes later Tanya is running down the finish line. I yell out her name as loud as I can. She is a warrior who has fought a very tough battle and deserves the recognition. Nice Race Tanya you did well!!!

What a great race and what a fun group of people to share it with. In closing I have to say how amazed I am over what Ron has accomplished the past 5 year. His consistency to finish among the top runners year after year is no simple feat on such a tough course.

- Tom



Tanya Eggert at the finish line.

Jim Simmons running at Tecumseh



# Tecumseh Trail Marathon 2008

- Jim Simmons, aka, "Sally"

Snow falls gently, the sun rises arching through the sky. The air crisp and refreshing mingles with the moist tendrils exhaled by all. The white blanketing splendor of new snow provides a picturesque setting for the day. The trail is before us. Runners of all sorts are waiting in an atmosphere of anticipation. Last minute preparations should be finished. The start is oh so casual and relaxed. As our feet skim the frozen ground we pray that they propel us to the finish 26.2 miles yonder. Cheers and happy fit bodies flow onto the trail amidst talking, smiling, laughing, breathing, seeing, listening, hoping, running, and living. The forest is a friendly place. The trees stripped of leaves are reaching upward ever higher in order to become home and protection to the creatures that depend upon them. The rolling hills, of which we find many, contain tiny worlds of their own. The trail meanders through thick forested sections winding back and forth, up and down. Slipping and sliding we go. Only school kids could have more fun. The trail is technical. The conditions are treacherous. The scenery is breathtaking. The effort of this marathon is more than rewarded by the sense of calm and stillness caused by taking in my surroundings. I run. Free to go as fast or slow as I please. I choose to run hard, and I know I will suffer. It is the suffering of my choice. I also choose to have fun, and to be fully aware of the beauty that surrounds me. I am motivated by those who have inspired me. Runners, friends, and family each have played a role in bringing me to this point. Onward I go, thankful that I can challenge myself in such a wonderful environment. It comes down to finding out what is on the inside. Tecumseh is the perfect place for me to take the test. I love the trails, the connection with nature, and the challenging hills. I become lost in my own thoughts. "My heart opens. Energy flows. Love pours. With faith and hope I find my way." Thinking so much, and yet so little. I will never forget, and I smile. Experience it. "Run, Sally, Run".

These are just some of my thoughts from running in my very first marathon. We would love to hear what you have experienced on any run. It doesn't have to be a race. Any thing you share as a runner would be a benefit to all of us runners. Who knows how many people you may inspire? Maybe you've been someplace that is wonderful and you just have to share it. We all have something we can share. Submit your story today.

## Nothing Like Each Other

Breathing is a rhythm  
Rays of light  
Shine through the trees  
Snowflakes twinkle  
along the ground  
Birds fly up above  
Little creatures  
scurry about

### I AM RUNNING.

Little creatures seem to quiet  
Birds flutter out of sight  
Packed snow solidifies the  
rolling terrain  
A tunnel vision of trees  
guide the way  
Gasping for every breath

### I AM RACING.

- Tanya Eggert

## Tecumseh

Tho immense the journey  
Alone in my quest  
Over the frozen earth  
Thru wild trail and open field

With my heart open  
I feel the energy and love  
Pouring into the depths  
Of who I am

Looking and listening  
Breathing deeply  
Accepting strength and gratitude  
Asking..., and receiving..., Life

- Jim Simmons



# Were you cold? Did the snow bother you? Was it slippery?

## How'd it feel to do 26 miles?

- Tanya Eggert

Hmmm....I could barely recall the weather or the mileage. That was such a small part of my first marathon.

A lot of what I remember were moments like these....

Along the run, my glove had gotten tangled up with a tree and dropped to the ground, I think to myself "Do I slow the line to pick it up?" "That is litter." "Should I lose my spot in this line?" "Someone will pick it up." Someone did. They passed it up the line to find it's owner - ME. *Someone was kind enough to stop their progress to make sure I got my \$2 glove.*

Up and down the hills, through the thickets, we were passing people. At last, a road to mellow things out but to my surprise this road has sharp rocks. I could feel everyone of them and they are hurting my feet. "I would rather be on the trails." I claim. "Me, too", says Tom. *I realized I was running with a friend during this race.*

**The moment of truth. lay ahead** Tom's pace was getting stronger. Do I try to stay with him or should I run my own race? "Take em' down Tom", I think to myself. *I was so proud of him and his strength.*

"Have some M&M's. Do you want any Hot Cocoa? What about a banana?" The aide stations were every 2-3 miles and *helping* were such nice people. *We were running like animals, yet we were catered upon like royalty!*

As the miles dwindle down my mind becomes weary and tired. At Mile 23, I was running through an aide station when I saw Jim and Stella. They had walked 2-3 miles just to cheer me on. *They don't even know what a spark of life they were!* My pace quickened and I was back on track.

Along the end of my journey, I ran past a few men. One man running slower than I, stepped aside to wish me "Good luck." Another was walking and as I passed him he states, "Way to go, keeping it strong." I was beaming on the inside just for passing them. **Finally, the man in red...** the man that I was playing tag with all throughout the race... "You can have this one." he says. And to my surprise, I yell at him, "No, you don't! Now, let's go!" (Needless to say he did and beat me by a few seconds.) *It wasn't just a race anymore.* (Okay, I am a softy...three broken men is too much for even me to take.)

The last hill came upon me....do I walk it or do I run it? I have to decide because it keeps getting closer. I decided to save my legs and walk it. At the crest of the hill, I see my good friend "Ron" with his camera. (Smile, Tanya, smile - Am I talking to him?)

What does this guy get me into?....just some thoughts going through my head.) "C'mon Tanya, go", he says. "I can't, my legs won't move." I say back. "PICK UP YOUR FEET!" he yells. Somehow, I do as I am told and I finish strong. *(A true friend never holds back. The strong finish I owe to him.)*

Ah, yes, the finish. One would think it would be about the clock or the time at this point but I see clearly now as I am running along the straight away.....our families and friends. They have been standing for hours in the windy, snowy, icy, 20 degree weather waiting to cheer us runners across the finish line. (I almost cried.) It gets no better than this I thought until I see Ron's face .....**His eyes sparkled and his face glowed.** **It spoke more than words could say.....It spoke "This is Tecumseh!"**

"Where is he?" Jim (another marathon runner) and I wonder. It is our turn to wait with cold feet, wet clothes and we were shivering. We wanted to get a glimpse of *our friend "Larry"* coming over the last hill for this is Tecumseh.



## Running Fever

It's getting to be spring! Finally! With spring comes better weather, more time spent outdoors, and races. Yes, we mean everyone's favorites are on their way. From the fun runs, and the long runs with a training group, to the big time races. Of course one of the most famous is the Boston Marathon. Since it is impossible for us to ever host that event here, we want to give out our best wishes and congratulations to all of the area runners who will participate in the running of "Boston". We do have quite a number of quality running events in the area. With distances from 1 mile to Marathon and beyond. There are so many good causes which benefit from the sponsorships and entry fees of these races. Join a group or enjoy the calm of a quiet lone run in preparation for this year's race season. I'm sure if you look there are plenty of opportunities for running, or volunteering at any of the local running events. This month's newsletter has featured some writings about the Tecumseh Trail Marathon. It's because several of the Rockford Road Runners have went to the race and loved it. Runners of all ages have a chance to enjoy a good run. If you have a story, or a group heading to a race destination, send in an article or small write-up of what you've experienced. And don't forget to keep your running shoes at the ready. Have a great run!

If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no. If you don't step forward, you're always in the same place.

Nora Roberts

## Mikael Leonhardt,

finished the Tecumseh 5-mile trail fun run. He improved his time by five minutes and overall place compared with last year. The slick conditions made running fast a real challenge this year.

## *Musings of a fellow runner.....*

### **Beginning (warm-up), Middle (race), & End (cool-down)**

Got here last minute...I didn't warm up...oh well...Man, its cold...I didn't wear enough...I gotta pee...I drank too much... oh well...Last bathroom break...Im hungry...Did I eat enough?...Get to the start line...Man, its cold...There is a guy in shorts and one shirt...Its not cold...Here we go...Did I drink enough?...At mile 3...I am sure that is incorrect...much closer to 6...I am tired...It is official...It is not 6...because I just went by the 4...people are on the course cheering...wierd coyote types...mile 5...I am sure I am instrumental in helping Steve Seiter up the rope all the while kicking Trey Fisk in the head/torso behind me with my YAKTRAX...but I could be wrong...at mile 6 Joyce Kortze passes me...stops...dusts off a Larry direction pie plate so nobody behind her gets lost...and is still ahead of me...I like to think I would have done the same...probably not...I still was hoping the 6 was an upside down 9... I know its not because I would be on the always windswept park road over the dam...I am overdressed...I am thirsty...I am hungry...and finally, I see mile 9...I am pretty sure I am last...but the sense of accomplishment is great! Everybody who runs these races knows what I mean...I cross the finish line ,shake Steve Seiter's hand and think about leaving....I see someone with chili and ask how it is?...He says..."It's the best I have had...today!"...I try it and he is right!...Before I leave, I see Larry...he tells me the next race (20 K) will be my 27th straight trail race...I guess I will show up next month...Good Luck Everyone!

- Shawn Bradley



# **Rockford Road Runners Inc. Meeting**

## **March 4, 2009 Minutes**

Rockford Road Runners  
Stockholm Inn

- I. The meeting was called to order at 7:00 p.m. by Past President Bob Sharp.
- II. Minutes –February minutes were approved as printed in the March newsletter.
- III. Treasurer’s Report – No report
- IV. President’s Remarks – Larry Ward was out of town.
- V. Vice-President - No report
- VI. Race Coordinator

- A. Larry Swanson reported on the third Trail Run which was held February 21 in blinding snow. Next Trail Run is March 21.
- B. There will be no race directors’ clinic this year. Instead, Larry is meeting with race directors if they have questions or concerns. Mike Mapes reported that a race director outline developed by Stephanie Baliga is available which would be helpful to any race director, new or old.
- C. Bob Sharp said race circuit information was needed by the equipment manager and at Runner’s Image.

### **VII. Communications Chair**

- A. Mike Mapes, interim communications chair, noted that the e-mail version of the newsletter was available and all that was needed was to give your e-mail address to Norm Yarger to receive one. Some members reported that the mail version of the March newsletter was not received as of the meeting date.
- B. Jim Simmons has agreed to take on the communications chair position which entails editing the newsletter. The executive board approved his appointment. His e-mail address will be listed in the newsletter. Deadline for copy is the 15<sup>th</sup> of the month.
- C. The board is investigating newsletter costs and convenience, and there may be a new printer by the next newsletter.

### **VIII. Membership**

- A. Norm Yarger said renewals were coming in strong. Some new members also have joined, in great part because of promotion at the Trail Runs. Norm will have a membership count in April.

### **IX. Staff Positions**

- A. Equipment Manager – Bob Sharp reported that there was a need for new safety vests. The vests being considered have “race official” printed on the front. Norm Yarger moved and Tom Lichty seconded a motion to purchase 20 vests for \$100. It was approved.
- B. Web Master – Kathleen Yarger said she was adding a runner’s blog to the web site. The site also includes a link to the Annie’s Locker site.
- C. Circuit Scoring – Marilyn Goepfert was complimented for the great job she does with circuit scoring.
- D. Wildcats Liaison – Mike Mapes noted that the 13<sup>th</sup> year for the Wildcats. begins in March. This is the third year that the group will provide scholarships.

### **X. Old Business**

- A. Tom Lichty reported that the Rockford Marathon training group had 40 participants broken into four groups, depending on experience and the race entered. The Hal Higdon training plan is being used. Training is held on Tuesdays, Thursday, and Saturdays starting at Peak Sports Center.
- B. Gerrie Gustafson reported that plans were in place for the OSF Heritage Run on Sunday, April 26. Volunteers will be needed for the finish line.
- C. The Army Johnson Classic is Saturday, April 4.
- D. Winter handicap races are attracting between 17 and 21 people, according to Norm. The cost is \$2 per race or \$8 for the series. It was suggested that these races be promoted more extensively.

### **XI. New Business**

- A. The Red Shoe Run will be held April 11 on the NIU Rockford campus.
- B. Bob Sharp reported on the State Street Mile and noted that past winners will be invited to participate.
  - 1. Bob requested \$1,000 in seed money for the race since it is the 25<sup>th</sup> anniversary of the event. Mike Mapes moved and Norm Yarger seconded the motion for the club to provide \$1,000 in seed money for the State Street Mile which was approved.
  - 2. Bob suggested that the Rockford Road Runners provide a training group for those who have never run a mile. It would be necessary for the club to pay a coach for the group.
- C. Steve Jaycox is the race director of the 911 Run which will be held Saturday, June 6.

X II. Next Meeting – will be held Wednesday, April 1 at the Stockholm Inn.

XIII. Meeting was adjourned at 7:45 p.m.

Respectfully Submitted,  
Gerrie Gustafson  
Secretary

# Calendar of Events

## April

- 1 Rockford Road Runners Meeting,  
Stockholm Inn Restaurant  
6:00 pm eat, 7:00 pm meeting
- 4 **Army Johnson**, 10 mile & 5 km., 8:30 am,  
\*\*\*Circuit Race\*\*\* Harlem H.S.,  
**For more info:** Tonya Thayer, 815-636-4573  
Online Registration : [www.rockfordhabitat.org](http://www.rockfordhabitat.org)
- 11 **Red Shoe Run**, 5 km., 8:00 am,  
\*\*\*Circuit Race\*\*\* NIU, Rockford Campus.,  
**For more info:** 815-398-9628  
Online Registration : [www.redshoerun.org](http://www.redshoerun.org)
- 15 Newsletter deadline for May
- 26 **Heritage Run**, 10 km. & 2 mile. 1:00 pm  
\*\*\*Circuit Race\*\*\* Stewart Square.,  
**For more info:** Gerrie Gustafson, 815-395-5342  
Online Registration [www.osfhealth.com](http://www.osfhealth.com).

## May

- 2 **Cinco de Mayo**, 5K  
\*\*\*Circuit Race\*\*\* Belvedere  
**For more info:** Cristina Gloria, 815-540-8841
- 2 *4th Annual Peanut Butter Duathlon*, 9:00am  
Rockcut State Park, Olson Lake  
**For more info:** 815-965-2466  
Online Registration [www.rvp.org](http://www.rvp.org)
- 3 **Northwest Passage**, 5K, 10:00am  
\*\*\*Circuit Race\*\*\* Northwest community Center  
**For more info:** Jessica Langford, 815-742-2615
- 6 Rockford Road Runners Meeting,  
Stockholm Inn Restaurant  
6:00 pm eat, 7:00 pm meeting
- 9 **Literacy Half Marathon**, 13.1 mi, 9:00am  
\*\*\*Circuit Race\*\*\* Vasa Park 6616 42nd St  
**For more info:** Literacy Council, 815-963-7323  
Online Registration [www.theliteracycouncil.org](http://www.theliteracycouncil.org)
- 15 Newsletter deadline for May
- 17 **Rockford Marathon** , Full, Half, Relay, 7:00am  
\*\*\*Circuit Race\*\*\* State St. and Wyman  
**For more info:** 800-554-4160  
Online Registration [www.rockfordmarathon.com](http://www.rockfordmarathon.com)

## June

- 6 **Rockford Fire Dept. 911 run**, 3K, 8:00am  
\*\*\*Circuit Race\*\*\* Davis park  
**For more info:** Sandy Stansell, 815-987-5797  
Or: Steve Jaycox @ Runners Image

### Rockford Marathon Update

The Rockford Marathon is now less than 90 days away. For you runners waiting to sign up, don't hesitate too long, prices will be going up soon. Check the web site for details, [www.rockfordmarathon.com](http://www.rockfordmarathon.com).

We have the water stops planned out, the medical aid stations, food and all the support services. Now we need hundreds of eager volunteers to help us man these stations and serve as course marshals. Leslie Schaeffer has once again mobilized the schools for the "Spirit of the Marathon" award and we have new groups such as the Riverside Church offering to assist us this year. To volunteer please do so through the web site [www.rockfordmarathon.com](http://www.rockfordmarathon.com) or contact Leslie Schaeffer 815-636-8533, Tom Lichty or Steve Korn 815-484-0077 x200 and we'll make sure we have something for you to do come race day.

One other change, the awards will be handed out at Davis Park this year. We hope everyone sticks around after the race to get their awards or show their support for those who win awards.

### Race Directors & Rockford Road Runners

List your race dates or other important running events and dates here. Plan ahead and have them listed early, also submit article(s) about your race or event. For best results plan on sending more than one article and have it in so it appears in a couple of newsletters prior to your race or event. If your race is in June plan on submitting information by April 15 the earlier the better. If your race raises awareness or funds for a community group tell us about that group or cause. If you have course records or special awards be sure to include them. For those with April and May races or events try to have your initial information submitted by March 15 to have the best exposure and coverage of your event. Thank you, Jim Simmons

Races listed in **Bold** are circuit events.

Race directors, send information to the newsletter for a free listing here. Participants, you can send in information on your favorite races too.



## **Treasurer's Report**

*No report submitted to newsletter  
before the deadline.  
For details or questions  
contact the Treasurer.*

## **IN THE WORKS**

One mile training group for the 25th annual State St mile.

If you have interest in this Please call Bob sharp  
@ 815/968-4465

**Rockford Road Runners Race Circuit**  
**Results are posted on the website.**  
**Races will be posted as they occur.**

## **Reminder(s) !**

*If you have any info that would benefit  
the Rockford area runners and want to get  
the word out, just send the info to us. Any  
and all ideas for this publication will be  
considered. This is your newsletter. We  
want each of our readers to feel that this is  
the best piece of mail (or email) they re-  
ceive. Your feedback is important. Does  
our mix of local events, history, pictures,  
info, and quotes need something.  
Please let us know.*

*- Jim Simmons  
Newsletter Editor*

## **ROCKFORD ROAD RUNNER APPLICATION**

As a member of the Rockford Road Runners, you will receive a monthly newsletter, a list of monthly running events sponsored by the club as well as other area races, discounted race entry fees, and discounts at local sports stores. Note: if you prefer getting your newsletter through e-mail, you will get it about one week earlier. Annual dues include \$1.25 for a subscription to the RRCA's quarterly magazine, Footnotes for one year.

Please circle yes or no for **CIRCUIT** if you wish to be scored or not scored in the race circuit for this year.

### **MEMBERSHIP STATUS (check one)**

New.....☐

Renewal .....☐

### **MEMBERSHIP FEES (Annual) (check one)**

Student .....☐ \$20.00

Individual.....☐ \$25.00

Couple/Family .....☐ \$30.00

If you choose to receive your newsletter  
Via email you can subtract -\$5.00 from  
Your membership

### **HOW WOULD YOU LIKE YOUR NEWSLETTER DELIVERED?**

(Check one) E-Mail.....☐

U.S. Mail .....☐

### **PLEASE MAKE CHECKS PAYABLE TO:**

Rockford Road Runners  
P.O. Box 7991  
Rockford, IL 61126

		<b>CIRCUIT YES NO</b>	
<b>NAME</b>		<b>BIRTH DATE</b>	
<b>ADDRESS</b>		<b>PHONE</b>	
<b>CITY</b>	<b>STATE</b>	<b>ZIP</b>	
<b>EMAIL ADDRESS</b>			
If application is for couple or family:			
<b>SPOUSE'S NAME</b>		<b>BIRTH DATE</b>	
If a family membership, list dependents. More than three, add separate sheet			
<b>NAME</b>		<b>BIRTH DATE</b>	
<b>NAME</b>		<b>BIRTH DATE</b>	
<b>NAME</b>		<b>BIRTH DATE</b>	
<b>NAME</b>		<b>BIRTH DATE</b>	

## **SUPPORT THE MERCHANTS THAT SUPPORT US!**

Being a member of our club entitles you to discounts at several Rockford area merchants who specialize in running gear. These merchants are located around the entire city, including the larger shopping malls. Listed below are the various stores where your RRR membership entitles you to a 10% discount.

### **Shosie's Cycling & Fitness**

514 Windsor Rd.  
Loves Park, IL 633-0755  
DISCOUNT APPLIES TO ALL  
BUT FULL BIKES

### **Runner's Image**

219 E. State St.  
Rockford, IL 963-2171  
DISCOUNT APPLIES TO  
SHOES & APPAREL

### **Kegel's Cycling & Fitness**

2605 Charles St.  
Rockford, IL 229-5826  
DISCOUNT APPLIES TO ALL  
BUT FULL BIKES

### **Cycle M**

11604 N. 2nd  
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