

**Monday,  
June 15, 2009**

**Time: 6:30 p.m.**

**El Toro Bravo  
(2461 W. Springfield)**

**Second Wind Running Club**

**SPEAKER SERIES**

**Lessons Learned from the Illinois Marathon**



Second Wind Running Club would like to invite our members (and guests) to listen to highlights and lessons learned from the club's training program coordinators and the race director for the 2009 Illinois Marathon. It will start at 6:30 p.m. on Monday, June 15, 2009 at El Toro Bravo on Springfield Rd. Dinner and drinks are at your own expense.

Second Wind Marathon Training Coordinators, Kelly Bails and Nancy McCarty and ½ Marathon Training program coordinators, Mike Lindemann and Jan Seeley, will discuss the 2009 program and highlight the successes with testimonials from a few of the participants and mentors. They will also share the proposed changes for the 2010 program. This is your chance to learn how the program worked and how you can get involved as a mentor or participant next year!

Joe Bails will discuss lessons he learned as the race director for the Illinois Marathon. From the first stages of planning almost two years ago to post-race, he will provide an insight into what went right and what needs improvement. This talk will include both personal and overall lessons that he learned during this process.

~Kelly Bails is President of SWRC, Coordinator of registration for both training programs, Mentor for the Marathon Training program and finished the Illinois Marathon.

~Nancy McCarty is a Board Member of SWRC, Coordinator and Mentor for the Marathon Training program and finished the Illinois Marathon.

~Jan Seeley is Coordinator for the ½ Marathon Training program, publisher of Marathon and Beyond, Illinois Marathon Race Committee Member and finished the Illinois ½ Marathon.

~Mike Lindemann is Coordinator for the ½ Marathon Training Program, an Owner of Body n' Sole Sports and Illinois Marathon Race Committee Member.

~Joe Bails is a Board Member and Race Coordinator of SWRC, Assistant track coach at MSJH, Personal Running Coach, and Race Director for the Illinois Marathon.

Questions? Call Kelly 840-8082