In this Issue:

A Host of Race Results
5Ks, 10Ks, Marathons and Ultras!!!!

New Features
Club member profiles
Works of Literature

Pictured above: Tom Rice in full gallop at the Siberian Express
### Spring 2004

**Marathon Training Schedule**

*Most runs start at 8am on Saturday (some runs may be moved to Sunday, as determined by coordinators’ schedules):*

<table>
<thead>
<tr>
<th>Date</th>
<th>Distance</th>
<th>Starting point</th>
<th>Coordinator</th>
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<tbody>
<tr>
<td>March 21(SUNDAY)</td>
<td>16 miles</td>
<td>Crystal Lake Park, Urbana</td>
<td>TBA</td>
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<tr>
<td>April 3</td>
<td>18 miles</td>
<td>Meadowbrook Park, Urbana</td>
<td>Julie Mills</td>
</tr>
<tr>
<td>April 17</td>
<td>20 miles</td>
<td>Buffalo Trace Trails, Mahomet</td>
<td>Chris Migotsky</td>
</tr>
<tr>
<td>May 1</td>
<td>23 miles</td>
<td>Allerton Park, Monticello</td>
<td>Bonnie McElwee</td>
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<tr>
<td>May 15</td>
<td>20 miles</td>
<td>Hessel Park Pavilion, Champaign</td>
<td>Pat Mills</td>
</tr>
<tr>
<td>May 30</td>
<td>26.2 miles</td>
<td>Mad City (Madison, WI) Marathon</td>
<td>Madison Festivals, Inc.</td>
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IN PASSING

I can’t believe this is our second edition already. I want to thank all of you who submitted race results and articles. In upcoming issues you’ll start to see some new features-- club member interviews, advice columns, and so on. I’d like to extend an open invitation to all club members to make your contribution to the newsletter. Send us your results, articles and photos and we’ll do our best to get them in.

Tony

Email: suttle1@uiuc.edu
Mail: Second Wind Running Club
   P.O, Box 6082
   Champaign, IL 61821
Website: http://www.secondwindrunningclub.org/

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Champaign, IL 61822
phone: 217.244.8771
e-mail: sethomps@uiuc.edu
New Members
WELCOME TO THE CLUB!

Angie Dribble
2002 Middletown Dr #C
Mahomet, IL 61853
586-4789
angie_pri_01@msn.com

Angela Frazee
P.O. Box 245
Newman, IL 61942
837-2069

Paul Martin
804 Phaeton Place
Normal, IL 61761
309-824-3745
paulmartin@afninet.com

Don’t forget to renew your membership!

Also, for changes in street address, telephone number, or e-mail address, please contact the Second Wind database manager, Kim Nystrom at knystrom@uiuc.edu

And our newest club member...
Audrey Jean Heckel

On Dec. 13, 2003, several Second Wind women gathered for a run/baby shower for Jodi Heckel. Pictured are (left to right): Joan Bessman, Julie Mills, Jane Kuppler, Jodi Heckel, Sara Latta, Cara Finnegan, Brenda Mehnert, and Sue Anderson. Not pictured: Binky Jandrich, Jan Seeley. The group went on a short run and then gathered at Cara Finnegan’s house for food, gifts, and shower games. (Baby Audrey Jean Heckel arrived a month later on Jan. 11, 2004.)
Pictured above: The Buffalo Trace Trails under a rising full moon. Join Second Winders next month for a “Full Moon” Run at the Buffalo Trace Trails in Mahomet. Every month runners from the Club meet at the park to run the trails by the light of a full moon. See Page 4 for more details and directions to the trail.
It’s all over. This is my last column as club President. I’m sure some members are happy I’m retiring, some are sad, and most just don’t care one way or the other. It doesn’t matter. This isn’t about me. It’s about the club. Let me remind you why this little running club is so great.

Second Wind has been around for over 20 years now. It’s grown from about ten members to just over 400! We still have our weekly fun runs, we still have In Passing (our newsletter), and we still sponsor races. But we now have more events than we had 20 years ago. We have track sessions to complement the weekly fun runs. Our Website and listserv are bigger and better than ever. The marathon training program is growing by leaps and bounds. We sponsor three full club races (Buffalo Trace, Women’s Fitness, and Allerton) and assist in about seven other local races. The club sponsors social gatherings each year too—the awards banquet, pizza parties to start and end the outdoor fun run season, and a summer picnic. We throw in several other odd events along the way—a hash run, a trail fun run, prediction runs, poker runs, and so on. I’m sure the new board would be interested in your ideas for new and creative events that the club could pursue.

One thing has not changed in the last 20 years—the club, with its various events, is simply a gathering place for runners. We meet and make friends. We find new running partners. We swap stories and training ideas. We share breakfasts and coffees. We toss back a beer or two. Second Wind is really just a formal way for runners to meet and socialize. It was the same back in 1983 as it is in 2004. Runners are good people and we want to meet other good folks. Second Wind is a springboard for lasting friendships. Over the last few years I’ve met and become friends with dozens of members. I hope to continue seeing old friends and making new friends in the years ahead. It feels good to be a “regular old member” of Second Wind Running Club. I send out a huge “thank you” to all of the board members and officers I’ve served with over the last few years. And of course, I wish the best to the new board and officers too.

Moon Runs
mark your calendars!

Spring Schedule:

Monday, April 5
Tuesday, May 4

Join Second Wind’s Moonmaster (ex-Prez, the runner formerly known as President POD, Chris Migotsky) out at the Mahomet Buffalo Trace Trails to run under the full moon. Need directions? Directions are available on Second Wind’s website: www.secondwindrunningclub.org/directions_2_mahomet_trails.htm
Planets Align Once A Year
by Pat Mills

Once a year, the planets come into perfect alignment on Thanksgiving morning, and magical things happen. This mystical force has no stronger effect than that on the family of Pat and Julie Mills. Most every local runner knows of Pat and Julie’s deep immersion into the world of running. It is also evident to many that their daughters, Maggie (16) and Rory (12), are headed down that slippery slope, with their increasing involvement in scholastic cross-country (Central and Edison) competition, road and trail racing, and even marathoning. (Maggie completed her first this fall.)

But wait! Don’t they also have a son? Yes indeed! But Devin (20) proudly asserts that the planets and the running demons have no claim on his mortal soul. Unfortunately, despite the strength of his convictions, he can’t seem to fight the magical power of the planetary alignment. So once a year, he finds himself toeing the starting line of the Fox and Turkey 4-mile Prediction Run in Batavia, IL, with his parents and sisters. And with one thought only, “I can’t wait ‘til this is over and for the 364-day recovery,” he heads down the Fox River Trail. However, with each passing year the strength of the planetary force seems to weaken and it may soon lose its grasp on his soul (or sole). The only hope for regenerating the strength of the force may be a winning prediction of his run time and its resultant reward—a fat, frozen turkey. Then again, he ain’t cookin’ it, and there’s always plenty of hot turkey and fixin’s on raceday afternoon. Only time will tell if Devin breaks free or is fully consumed by the force. Stay tuned for more on the continuing life-and-death saga of “The Run of the Mills.”

Race Results
Fox and Turkey
4-mile Prediction Run
Batavia, IL

<table>
<thead>
<tr>
<th>Name</th>
<th>Time</th>
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<tr>
<td>Rory</td>
<td>35:16</td>
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<tr>
<td>Maggie</td>
<td>30:27</td>
</tr>
<tr>
<td>Devin</td>
<td>36:35</td>
</tr>
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<td>Julie</td>
<td>34:20</td>
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<tr>
<td>Pat</td>
<td>25:13</td>
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Pictured above: The Mills Family (left to right): Devin, Pat, Rory, Julie, and Maggie.
Jingle Bell Run for Arthritis
5K Run Race Results
December 7, 2003
Champaign, Illinois

2  Patrick Nowlan  16:57.6
6  Jack Peirce  17:27.8
7  Rob Raguet-Schofield  17:33.4
9  Dan Beaver  17:57.7
12  Matt Opdyke  18:26.4
14  Dave Soucek  18:36.7
16  Jason Riddle  18:39.6
17  Marty Ern  18:40.5
21  Paul Weiss  18:51.6
22  Bill Thornhill  18:55.2
24  Hannah Hogan  19:00.8
31  Kenneth Brooks  19:32.6
32  Chris Breault  19:40.9
35  Tracy Hogan  19:47.9
41  Bruce Rodgers  20:06.2
46  Mike Monson  20:20.9
52  Mike Breault  20:42.5
53  Ed O’Sullivan  20:49.1
59  Chris Koerner  21:15.6
61  Joe Murphy  21:23.4
64  Joseph Bails  21:30.4
65  Carl Isermann  21:32.2
68  Lucas Rose  21:49.8
72  Kristy Powell  22:05.1
76  Brooke White  22:12.7
78  John Cheney  22:16.7
89  Que Harbor  22:52.4
90  Mellissa Raguet-Schofield  22:55.4
100  Tanya Riddle  23:15.0
103  Robert Pool  23:27.0
109  John Pool  23:38.3
126  Jake Seeley  24:38.7
130  Stan Shobe  24:58.0
131  Bonnie McElwhee  24:58.4
133  Jeremy Pepper  25:04.4
141  Donna Creditor  25:34.5
189  John Warriner  28:35.6
206  Curtis Ghent  30:17.4
218  SrinivasaI Muthakpalli  31:20.4
229  Stan Wasserman  32:44.4
**Second Wind**

**RUNNERS RAISE MONEY FOR ARTHRITIS**

Jingle Bell Run for Arthritis  
5K Walk Race Results  
December 7, 2003  
Champaign, Illinois

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<tr>
<td>3</td>
<td>Tim Collin</td>
<td>32:00.5</td>
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<tr>
<td>6</td>
<td>Michele Neill</td>
<td>38:21.6</td>
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<tr>
<td>27</td>
<td>Sarah Wasserman</td>
<td>44:33.9</td>
</tr>
<tr>
<td>63</td>
<td>Meghan Brooks</td>
<td>49:25.2</td>
</tr>
</tbody>
</table>

Photos by Tom Rice

Opposite Page Above: Matt Opdyke  
Opposite Page Below: Brothers Bob and John Pool stride to the finish.

**Way to Go, Curty Ghent!**

by Dave Ghent

My 8-year-old son, Curtis, experienced his first 5K at the local Jingle Bell Run last December. Thanks to everyone who cheered and high-fived little Curty during his first race. His unusual training methods prior to the run included playing soccer and chasing his buddies through the back yard. Despite stomach cramps around mile 2, he toughed it out for a 30-minute race.

I was really proud of him. We couldn’t stick around for the awards afterwards, as I had a prior engagement to attend to, but when I got home from that, I was greeted by a “DAD, DAD, DAD, DAD, DAD, DAD!” (and then something went whizzing by my face. I’m glad it didn’t hit me as it turned out to be a Jingle Bell medal—those things are heavy) as he jumps into my arms bollering, “I PLACED THIRD, I PLACED, I PLACED, I PLACED, I PLACED, I PLACED, I PLACED.” Thanks for bringing that medal by, Mr. Suttle.

Pictured above, father and son, Dave and Curty Ghent enjoy a fun day at Centennial Park, and Curty’s first 5K.
THE HUFF 50K TRAIL RACE

by Dave W. Ga-Hent

Saturday December 27, Huntington IN; sunny, light winds, a balmy 45 degrees.—A rather large contingent of local area ultrarunners set off for this year’s Huntington Ultra Frigid Fifty (HUFF 50K Trail Race). OK, I know runners like to complain about their aches and pains, but I have this condition with the nerve on my first toe in from my big toe on my left foot. It’s called MELONEUROSIS-FOOTISH-DAMNTHISTHING@##*INGHURTS, or something like that.

Anyway, other than thinking about amputating my left foot and never running this far again, the thing I’ll remember most about this Ultra is Duane. Mr. Frichtl just did not want to be there that day. It was very un-Duane like. Maybe it was the two prior DNFs he’d had in this event, maybe because the conditions are usually sub-arctic (not this year), maybe he was missing his sweetheart, maybe he slept too close to Spencer Nelson the night before. I don’t know what it was, but he was a grouch. For a while Duane was running with one of those running weirdos. You know the type: they go on and on about their heart rate monitors, their pedometers, their arteries, and their stupid non-lactated-acid prerace carboloading Atkins diet. After just stopped, let the guy go, and waited for me to catch up as he pointed and bellowed, “I’m not running with that %###*ing guy!”

As the race wore on, I got ahead of Duane and I began to develop two goals, to finish in under six hours and to finish with my friend Duane. Duane however, wanted no part of my silly aspirations and brutally chastised me for them, which made me sad. In the end, however, he seemed to give in and we hoofed it in the last mile securing our sub-six hour 50K and PR for me. Then, happily, in the warm December sunshine, Duane and I exchanged manly hugs, quaffed down some “want some chili with your chili powder” kind of chili, had our pictures taken with most of the other Buffalo Buddies, and went on our merry way.

Buffalo Road Trippers: Dave Ghent, John Sanders, Duane Frichtl, Harlee Sorkin, Jimmy Smith, and Spencer Nelson face the frigid, harsh weather conditions in Central Indiana.
As runners, we often have to put up with unpleasant situations and circumstances. We are all too familiar with snotty sleeves, sweaty clothes, and the ever-looming “intestinal issues” that plague us during our runs. Just as I’ve learned to put up with these nuisances, I’ve learned that, occasionally, I may have to run through some rather smelly situations.

Any runner who has traversed the streets of Western Champaign near Parkland Community College knows the overwhelming power of the KRAFT factory. And the lovely town of Urbana provides its own brand of organic odor in the form of the University’s South Farms. But wait. Lest you begin to feel particularly unlucky to live in such a stench-filled state, I’m here to tell you that North Carolina stinks too!

After several months of running on a treadmill or not running at all, I recently discovered some run-worthy trails within driving distance of my home in Rocky Mount, NC. Adding to my excitement, I learned that a group of teachers and principals at a nearby school frequently got together to run these trails. On a warm and breezy Sunday morning, I happily made the half-hour trip to meet these people and run a 7-mile section of the Roanoke Rapids Canal Trail. The run was going great. With every step, I felt better and better, and for a second, I almost stopped cursing the day I moved to NC. I felt right at home running happily alongside middle-age men who talked excitedly about their latest ultras and upcoming marathons.

Suddenly, out of nowhere, it hit me—the most offensive odor I’ve ever encountered. A putrid cocktail of rotten eggs and dead fish forced its way into my nostrils and lungs, which strained powerlessly to block out the appalling stench. Awestruck and gagging, I looked up to see the black smokestacks of the Roanoke Rapids Paper Manufacturing Company, each one puffing out thick clouds of putrid-smelling smoke. I held my breath and kept running.

“A putrid cocktail of rotten eggs and dead fish forced its way into my nostrils and lungs…”

After the run that morning, the guys I ran with congratulated me on my quick pace. “If you thought that was quick,” I thought to myself, “you should see me run when I’m actually breathing.”

On the drive home, I thought longingly of running through Allerton Park where the most offensive smelling thing you’ll encounter might be Tony Suttle (gotcha, ’Tony). But as I’ve discovered in other aspects of my life, North Carolina is never going to feel like home. And while I’m here, I might as well take what I can get, stench or no stench.
Barb and I both did the half-marathon, the other options being 50K or 10K; the 50-miler has been dropped. A half-marathon was quite enough for me on this course—my ankle is still recovering from Flat Rock, and I have not been doing a lot of training.

A previous training run on the Quivering Quads course four weeks ago had left me limping. As it turned out, we both had a reasonable day. I was a bit slower than before, finishing 8th (3rd masters) in 1:41:11; Barb was happy to only fall down three-and-a-half times (apparently, it only counts as half a fall if you fall sideways), and finished feeling much better than last year in 2:34:45.

The course was in surprisingly good shape, given that there had been a lot of rain in the previous week. The creek-crossings were splashy and the low-lying area after the first creek crossing was really sloppy, but the rest of the course was not very muddy at all. It was a chilly day, never getting out of the 40s. I ran in a singlet and shorts and would have been OK if it had warmed up a bit or I had been able to keep racing up the hills. As it was, I was feeling a bit dizzy from the cold by the finish and it took me a long time to warm up afterwards.

But it is a beautiful course and a well-organized race (also this year, without the 50-miler, the start times of the different distances were re-ordered and there was much less overlap in the races). It is a rocky trail, but does not seem so bad after Flat Rock.
Kentucky Arches
34-Mile Trail Run
by Don Frichtl

Our November road trip to Kentucky was loads of fun. It was Wes Seitz, Bill Dey, Curt Chambers, and cousins Don and Duane Frichtl. We got there Friday evening for the pre-race buffet and briefing. Duane turned pale as race director, Herb Hedgecock, talked of stone arches, cliffs, suspension bridges, and a number of deaths due to falls. Duane is scared of heights.

Race day was cool in the low thirties rising into the forties. The arches were beautiful and not that scary to run across. Some of the cliffs we ran along were dangerous. At times the trail was very narrow and eroded away with 200-foot drops if you stepped off the trail. The course has several 500-foot “elevation adjustments”; the first part had steps carved into the stone and wooden steps or switchbacks elsewhere. We were at all the places shown on the Web site:
http://people.morehead-st.edu/fs/h.hedgec/archpics.html.

The crevice that we went through was neat. I ran the first 10 miles with the lead pack of about seven. One lead runner, Bethany Hunter, told me a little about some of her races. Bethany is a young very talented ultra runner. She was on the cover of April’s Ultrarunning magazine. She reminded me of a little pitbull…lots of power in those short legs (a cute pitbull, of course). I doubt if she was even 5 feet tall. She had run some crazy race in Pennsylvania, which was 250 miles in 6 days on a trail. Hundred milers are her favorite race. I decided that I should let the leaders go ahead. I had no business running with this group that trains in the mountains.

In the valleys I would get cold. I had shed my long sleeve shirt at the four-mile aid station and was wearing shorts and a sleeveless shirt. The trails were poorly marked at times. No offense to Herb. I understand not wanting to mark up the park with lots of ribbons. The park service regulations are strict, resulting in a trash free gorgeous setting. Herb gave us a three-page map, which I kept folded in a ziplock bag. I was now by myself and worried that I was lost. I hadn’t seen any markers in awhile. Then I spotted someone. It was Wes. He should be behind me, but he had accidentally cut the course short somehow. I ran a mile or so with him and then he said good-bye. Later he was lost again. Wes hears voices up the ridge. He climbs up there to find rock climbers repelling down the cliff. Down he climbs again. Curt, Bill, and Duane meet him running towards them, the wrong way. I struggled through miles 15 to 18. Intestinal problems if you get the picture. I couldn’t take it anymore. It was nothing that hiding behind a tree wouldn’t fix. I shouldn’t have eaten frog legs and deep fried okra the night before, along with a few beers. I saw many runners trip and fall. Luckily, I did not. Many knees were bloodied this day, though. There were many rocky inclines. The trail ran over many rugged hills and rocky streams and past towering rock cliffs. It even ran along a fenced in pasture of buffalo.

At the 23-mile aid station I learned that most of the runners were getting lost. I had not. From now to the finish I would consult the maps often. At miles 28 Bethany comes up behind me again. How did she get behind me? She figured it cost her a half hour while lost. I was running strong now and felt good. She passes and gets a few yards ahead of me along with a guy named Rick. We come to a road where Bethany takes off. We holler to her that she is going the wrong way, but she insists that she is correct. She was then lost for another 2 ½ hours. It turns out that we were only 150 yards from the final aid station when this happened and only 4 miles to go. Rick leaves me at the aid station, so I run the last 4 miles by myself. I about wore out those maps determined not to get lost now. Finally! There was the last suspension bridge and the finish line. Herb was worried about me because I wore so little. Most of the area was quite inaccessible. An immobilizing injury could lead to hypothermia and possibly death. I agreed with him. That was a stupid thing to do. Next time I’ll tie my shirt around my waist. Here comes Bill to the finish line, then Duane, two of the very few runners who did not get lost. It became a big joke about everyone getting lost, but Herb did not think it was all that funny. Luckily everyone was found and brought back or finished by dark. Many beers were consumed while we waited for others to finish. Of course I gave Bethany a hard time for not listening to her elders. She ended up running an extra 10-15 miles. She suggested a pizza place close by. There I somehow ended up at a table full of rock climbers! Oh well, I get along with about everyone.
And so here’s my Story. I don’t precisely remember when I said yes to this event, but after I slashed and splashed and crashed (twice) my way through the Tecumseh Trail Marathon this Saturday, I think I fell deeper in love with a sport that has opened itself to me and yet has so much more to give since I originally started a bit more than 2 years ago. This is the third year I have let myself venture out from the traditional pavement running. On Saturday, December 6, I ran the not so typical running race, a trail marathon. This proved to be one of the most challenging and rewarding experience so far in my hobby turned somewhat obsession.

I was pointed in this direction after crossing paths with some individuals belonging to a web-based community. After completing the Chicago Marathon for the third straight year, I started surfing various Web sites and conversation/support boards to add variety to just the running part. After browsing a bit, I found Hal Higdon’s V-Team, a community comprised of many unique and supportive individuals whose everyday conversation threads included many witty and intelligent questions, comments, and sometimes-relevant answers.

I arrived in Bloomington, IN, around 6:00 P.M. EST the night before the race. Shortly thereafter, I received a text message on my cell that someone within the V-Team group had been gracious enough to collect the bibs (and CLIF bars) for the remaining members. This was awesome. This was one less thing I had to worry about. This was my first trail marathon. My thanks goes to Deidre Wesley and Bob Cohn of the V-Team community for braving the rain that night and traveling 10 miles from the hotel for all of us.

The night continued with the trickling in of V-Teamers from all over, though a few were obviously missed by many and received many a phone call in the wee hours of the morning (Julio & Thorin). Bob Cohn was gracious with his spaghetti dinner, stuffing us with beer, wine, bread, and sauce until I thought that maybe the only reason I would be running tomorrow would be to lose the calories I had taken in a span of a half hour. By the way, I believe that three beers the night before the marathon is the perfect muscle relaxer, enabling the body to easily resort to a deeper sleep when it is laid to rest before a race.

Morning started simple enough, bright and early with a crisp chill in the air. I managed to bring a few bagels from Panera with me, which settled my stomach. At this point I wasn’t quite sure how I would perform during a trail marathon, with my long runs being much shorter than those I did for my Chicago training. I trained much faster for this race, picking up the pace in many of my shorter practice runs, stretching myself to a 8:55 minute mile pace. I kept saying to myself that I had run Chicago only two months prior and that my base should still be there. In addition I had dropped my weight from 205 on October 14 to 189 pounds for this race, quite a difference. (Much of this had to do with a change in my everyday diet).

 Fellow V-Teamer Dan Swartz and I trucked off to the race in my dependable Saturn and made it with about 20 minutes to spare to catch the bus. For some reason I ended up on a separate bus than all my yellow-cap companions, though I did end up sitting by a fellow Kennekuk Road Runner member, Donald Galvin, from Westervelt, IL. I think he said he was a member of Second Wind as well, but I can’t remember. He runs at about the same pace as I do, and he started this whole marathon thingy at about the same time as well. Great guy and we had a fine conversation!! Hope to see you soon Don.

We finally made it to the race after a longer than expected ride. Mostly everyone who needed to go did not even bother to line up at the porta potties but headed right to the trees to relieve themselves. All I remember from the pre-race speech was that three beers the night before the race would be to lose the calories I had taken in a span of a half hour. By the way, I believe that three beers the night before the marathon is the perfect muscle relaxer, enabling the body to easily resort to a deeper sleep when it is laid to rest before a race.

Mile 1–6: This IS a “trail” marathon, no easy path at all. Wrapping up and down hills, through trees and over stumps. Using the smaller trees as pivot points and stabilization, I swung around corners. I had to be careful not to trip over myself after spotting the fresh deer carcass around mile 4 (no kidding, right beside the trail). Gun shots in the distance. Bang Bang! This is excitement! I ran a little bit with everyone in my group through these miles I believe, except for Bob Cohn and his gang, and of course Dan. Right before mile 6 I experience my first fall. All I really remember is looking at dirt thinking “wow, I actually fell.” I hopped right back up, though, acknowledging a few runners’ concerns in front of me. At this point I felt like I was experiencing a real trail run. Dirt mixing with...
I hope you heal well. Good job, Mike, for finishing on a sprain! someone with much more courage than me. 9 was related to me. Man, again I found McKenna, where his story of injury at mile this mile I caught up with V-Teamer Mike down a Hammer Gel. I believe that after or so and drank a few extra cups to wash Mile 18-22: the next 5 or 6 miles pretty easily. joined up with us around here) picked up her to set my own pace, we (two others After asking her permission if I could use whose pace was impeccably consistent. fourteen I fell behind a runner named Jodi became quite excited. At about mile Mile 12-18: After the slight incline after mile 12, I seemed to have passed a barrier. It was kind of weird. My legs sort of became numb and I developed a good pace. I became quite excited. At about mile fourteen I fell behind a runner named Jodi whose pace was impeccably consistent. After asking her permission if I could use her to set my own pace, we (two others joined up with us around here) picked up the next 5 or 6 miles pretty easily. Mile 18-22: I stopped for water at mile 18 or so and drank a few extra cups to wash down a Hammer Gel. I believe that after this mile I caught up with V-Teamer Mike McKenna, where his story of injury at mile 9 was related to me. Man, again I found someone with much more courage than me. Good job, Mike, for finishing on a sprain! I hope you heal well. I think somewhere within a few miles I actually began running alone. I remember looking ahead and behind me and not seeing a single soul. It was kind of peaceful and nice, and I felt like I had the whole forest to myself. Running through the pines was especially memorable. Mile 22-ish: I caught up with runner Jodi again, where we picked up right where we left off at mile 18. I believe she helped my time immensely, and I owe her my thanks. Around Mile 24.5 I stopped again to drink a few cups of Gatorade, and made off to finish the race by myself. At this point I still had a strong pace, and I hadn’t walked a hill for quite a while. There were a few runners who I would pass on the way up, and then they would blow by me on the way down. One of them I found coughing up some Gatorade with about 100 yards to go. This same guy would sprint by me about 10 yards away from the finish with encouragement from a few people cheering him on as he passed me. I understand sprinting at the end if you want to beat a certain time mark, or you are actually trying to place, but just to beat the next Joe runner the last ten yards just eludes me. At this point in a marathon what would be the difference if you come in 152nd or 153rd place? I think he looked kind of foolish personally, especially after wretching 90 yards back. Besides, we flip-flopped places about 50 times the last 4 miles, where he would walk then run, compared to my consistent pace. Ah well, I hope he enjoys that 152 finish. My official finishing times was 5:15:08. After the finish I made my way up to the finish pit and chowed down some grub. Here I also thanked runner Jodi for pacing me and met up with a few fellow V-Teamers getting the gist of how everyone did. I also ran into Pat Mills, another Second Winder member (he didn’t recognize me, but he is one of those souls who is recognizable everywhere). He had run the race with his wife and daughter. I quickly introduced myself and chatted a quick moment. I believe he stated that this was his daughter’s first marathon. Neat! We also discussed the local trail runners club after I expressed my interest, and I think I might meet up with them sometime soon. It was really cool seeing Pat and his family there! I will say that this was a challenging race for me, but I loved it. I think this will be my most memorable after my first, at least until I actually get around to running an ultra. This run will be a definite for next year, even if I have to run it by myself. Check out the website at http://www.dinoseries.com/run/schedule/2003/marathon.htm.

by Jeff Riddle

Bloomington, IN, December 6, 2003: This was the weekend of the Kentucky 50-mile road race that I have run many times. However, the race was cancelled after last year because of too much traffic on narrow curvy and hilly back roads. So, in searching a nearby substitute, Pat Mills told me about a trail marathon in Indiana, the Tecumseh Trail Marathon in Yellowwood State Forest. Julie Mills and daughter Maggie were also planning to run, this being Maggie, age 16, and first marathon.

Well, we ran and all finished in good shape. With 230 runners (222 finishers), I ran 4:44:44 for 97th place and the three Mills ran together, finishing in 5:18. They looked like they could have done it again!! It was a net downhill finish, as buses took you out north of Bloomington and you finished at Yellowwood Lake. It was a beautiful run on forest fire roads, horse trails, single-track trails, about .5 miles of road and 3-4 miles of gravel roads.

I ran with a guy who had also ran the trail marathon in Pinckney, Michigan and he said Tecumseh was lot harder. The winner ran 3:10. Curt Carey from Spencer, IN. was 3:14, but I think he got lost at mile 22-23.

I highly recommend this race for next year. You can run it and still recover for Deer Run, at least I hope so, since I’m running Deer run for the first time this year.

by Don Frichtl

I would encourage everyone to someday participate in this race. I’ll briefly tell a little about it. Sunmart offers a gently rolling and fast trail in the woods north of Houston. Some portions have numerous roots. The race draws elite runners from across the country, such as Pam Reed (Badwater Death Valley 135 mile record holder), Connie Gardner (ultra runner of the year), Yiannis Kouros (world record holder from Greece), Valmir Nunes of Brazil, and many more. The host hotel is one of Houston’s finest, and rooms were half rate to early reservers. The pre-race meal included was great. Participants are given gym bags, hats, shirts, water bottle and belt, gloves, and much more. Finishers get a choice of a jacket or an afghan. Sunmart offers a golden opportunity to meet your running heroes!

Sunmart 50K/50M
Race Results
December 6, 2003
Huntsville, Texas

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<td>4:32</td>
</tr>
<tr>
<td>Wes Seitz</td>
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The Sunmart Texas Trail Endurance 50M/50K Runs draw elite athletes from across the country, even other countries. Yiannis Kouros, who holds several world records, came from Greece. Vamir Nunez from Brazil, Pam Reed, who holds the women’s course record at the Badwater Death Valley 135-mile run, Mark Godale, and Connie Gardner, ultra runner of the year, were among many of the top runners who participated. There were over 1,000 registered for the biggest ultra in the country.

Don Frichtl and I hopped in my truck for the 1,000-mile journey. The host hotel, The Wyndham, was top of the line. Room rates were half price for early registrants. A pre-race banquet the night before was included in you entry. Runners also received a gym bag, shirt, hat, race belt, and lots of other goodies. Finishers had a choice of a jacket or an afghan. Sunmart Oil kicks a lot of money into this event. Breakfast at the race site was provided, as was a meal after the race. They constructed temporary buildings for all this. The winning trophies were bronze stallions that weighed sixty pounds. Boy, would it be nice to have one of those—but I’m dreaming. The 50 K course is two out and backs and two 12.5 Mile loops. There are lots of gently rolling hills—you are in a pine forest most of the time. There are places with a lot of roots. It is a lot like the Allerton trails—a good trail runner could run it all—mostly hiking trails, some on access roads and a little on boardwalks over a swamp. I didn’t see any gators, but I bet they were there!

It was a good race for both of us. It was a 50K PR (4:32) for Don by a little over 10 minutes. It was my 50K PR (5:32) by over two hours! My previous ultras were on MUCH tougher courses and in Kentucky at Arches, where I was lost a lot and have no idea how far I ran that day (see the Arches story elsewhere in this newsletter).

Don was 40th over all and 6th in his age group, but he would have placed in both the younger and older age groups. I was 176th, 3rd in the 60 to 64 age group. I did get a bronze stallion mounted on a marble base, by far the nicest award I’ve ever received. Of the 1000+ entrants, 618 finished the 50K and 213 finished the 50M. 125 runners DNF’d.

This race is very well organized, the course is well marked, and the trails are quite run-able. So, if you can deal with the long ride, this is the place for you ultra PR.

See www.rogersoler.com for the results.

IN HUNTSVILLE, TEXAS

by Wes Seitz
Faces in the Club

The Second Wind Newsletter Committee has added “Faces in the Club” as a new regular feature in In Passing. Every issue, two members of the Club, new and old will be interviewed. This is the initial installment of interviews. Hopefully, it will help you put faces with names and possibly identify runners with similar goals and training regimes. This month’s featured members are Dan Beaver and Heather Pelkey, both new runners to the Club.

New to the area, Dan Beaver has actively joined the running community. Dan was recently interviewed in the Daily Illini and can be seen at the Body n’ Sole Shop.

LEAVE IT TO DAN BEAVER

When and why did you start running?
I started running on a whim, on the 4th of July 1999. I was a baseball player for many years, and absolutely hated running any distances or speeds (that is probably why I became a pitcher). My buddy of mine talked me into doing a 4th of July 5K race in Door County Wisconsin. After I talked him into joining me on a Polar Bear club annual New Year's Day swims in Lake Michigan, John figured he would get back at me with a run in 98 degree temperatures. I had been playing competitive racquetball for a few years and was in pretty good shape. I figured the worst thing that could happen is that at the end of the run I would get to take care of my soreness with a bottle or two of tequila. So I threw on a pair of old racquetball shoes and went for it. By the time I finished I was hooked. I’m not sure what my actual time was, but I ran the entire way and beat him!!!

Have you done marathons, triathlons, etc.?
By the end of 1999 I had decided that I was going to run a marathon. I trained by myself outdoors in the Wisconsin winter of 1999-2000. I finished the 2000 Madison Marathon with a 3:48:00 and couldn’t stop thinking about doing it again and faster. I have been able to keep my streak going of “PR’s.” I have now ran hundreds of races, from 5Ks up to and including seven marathons. I just finished my first sub-3-hour marathon this fall in Columbus with a 2:58:00. I’m now realize that this goal is going to be hard to keep up with, but just don’t tell me! I’m just finished my second trail race (The Siberian Express) last weekend and am now getting myself prepared to start training for my spring marathon.

Why did you join Second Wind?
I joined SWRC for a couple of reasons: to have a fun bunch of people to run with and talk about running with, and to help give back to the sport and all the other unselfish people like Julie Mills that are always there to help out.

What is your occupation?
I have been working at Body n’ Sole since arriving here, after several years of working in the interior design industry.

Where and when are we most likely to see you running?
You are most likely to see me running 6-7 days a week around the Champaign, Urbana, Savoy, White Heath areas. You will probably see me trying to keep up with Randy Stearns on most of my long runs. I will be the one with shorts and a singlet. (Those Wisconsin winters kinda get you used to the cold).

Do you have any first impressions of our club that you’d like to share?
My first impression of SWRC was excitement: a group of people as addicted to running as I am.

What other interests, hobbies, or pastimes do you have?
My other interests include Cincinnati Reds baseball and Ohio State Buckeye’s athletics, most notably the football team!!!
When and why did you start running?
I have only started really running this past summer in preparation for my first marathon with Team In Training (Rock ‘n’ Roll Arizona in Phoenix on Jan 11)! Before that, I played soccer all my life, but not organized running.

Why did you join Second Wind?
I joined Second Wind to have people to run with as I prepared for the marathon.

How long have you lived in C-U or area?  If you’re imported, what brought you to our town?
I’ve lived in this area for 3 years. I moved here for vet school at U of I.

What is your occupation?
Student in veterinary medicine.

How often do you run?
4-5 times a week

Have you done marathons, triathlons, etc.?
Ask me in a week! My first marathon is January 11.

Where and when are we most likely to see you running?
Late afternoons after class, usually around Meadowbrook and the streets surrounding the park.

What other interests, hobbies, or pastimes do you have?
Hiking/camping, piano, and soccer.

Do you have any first impressions of our club that you’d like to share?
Everyone has been so nice and has given me great advice on how to train for my first marathon. I am excited to continue to run and get to know more people in the club!

Heather Pelkey is a graduate student at the University of Illinois and just recently completed her first marathon.
# Siberian Express

*Kickapoo State Park*  
*January 3, 2004*

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Above: Knowing that the new year has just begun, Chris Byron runs away from the Second Wind due collectors.

Below: Teresa Halfar finishes strong.
The Siberian Express is one of the Kennekuk Road Runner Club’s many superb races. This year was the race’s 20th Anniversary. While some years have had extreme conditions such as heavy snow, and other years have had mild weather, this year’s race had extreme mud conditions. Many compliments to Scott Hendron, Race Director for another fine event.

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## Race Results

### Rattlesnake Master Run
10K and 5K Run, 5K Walk  
November 2, 2003  
Urbana, Illinois

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<td>6 Que Harbor</td>
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<td></td>
<td>9 Mike Anderson</td>
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<td>10 Ed Mehnert</td>
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<td>12 Marcie Ridgeway</td>
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### East Peoria Festival of Lights
4 Mile River Trail Classic  
November 29, 2003  
East Peoria, Illinois

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<tr>
<th>Rank</th>
<th>Runner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Rob Raguet-Schofield</td>
<td>22:24</td>
</tr>
<tr>
<td>63</td>
<td>Que Harbor</td>
<td>27:06</td>
</tr>
<tr>
<td>65</td>
<td>Joseph Bails</td>
<td>27:09</td>
</tr>
<tr>
<td>105</td>
<td>Melissa Raguet-Schofield</td>
<td>28:53</td>
</tr>
<tr>
<td>130</td>
<td>Charles Kennedy</td>
<td>29:43</td>
</tr>
</tbody>
</table>

### Da Deer Run Run
8K X-C  
December 13, 2003  
Hudson, IL

<table>
<thead>
<tr>
<th>Runner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>David Scott</td>
<td>31:20</td>
</tr>
<tr>
<td>Rob Raguet-Schofield</td>
<td>32:11</td>
</tr>
<tr>
<td>Chris Byron</td>
<td>32:45</td>
</tr>
<tr>
<td>Matt Opdyke</td>
<td>32:52</td>
</tr>
<tr>
<td>Steven Butler</td>
<td>33:00</td>
</tr>
<tr>
<td>Chris Koerner</td>
<td>35:00</td>
</tr>
<tr>
<td>Gabriel Lopez-Walle</td>
<td>35:36</td>
</tr>
<tr>
<td>Eric Smith</td>
<td>36:21</td>
</tr>
<tr>
<td>Gregg Rose</td>
<td>37:16</td>
</tr>
<tr>
<td>Edward O’Sullivan</td>
<td>37:38</td>
</tr>
<tr>
<td>Jeff Riddle</td>
<td>41:43</td>
</tr>
<tr>
<td>Chris Migotsky</td>
<td>41:44</td>
</tr>
<tr>
<td>Danielle Rideout</td>
<td>42:16</td>
</tr>
<tr>
<td>Tony Suttle</td>
<td>42:17</td>
</tr>
<tr>
<td>Barbara Ann Bailey</td>
<td>43:41</td>
</tr>
<tr>
<td>Charles Kennedy</td>
<td>43:55</td>
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<tr>
<td>Robert Pool</td>
<td>45:42</td>
</tr>
<tr>
<td>John Pool</td>
<td>47:15</td>
</tr>
<tr>
<td>Brian Tieman</td>
<td>51:27</td>
</tr>
<tr>
<td>Louie Tieman</td>
<td>51:30</td>
</tr>
<tr>
<td>Karin Gibbs</td>
<td>51:58</td>
</tr>
</tbody>
</table>

### Frostbite 10 Mile
December 7, 2003  
Springfield, Illinois

<table>
<thead>
<tr>
<th>Runner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 Charles Kennedy</td>
<td>1:24:30</td>
</tr>
<tr>
<td>65 Marcie Ridgeway</td>
<td>1:26:15</td>
</tr>
<tr>
<td>85 Tony Rose</td>
<td>1:35:00</td>
</tr>
</tbody>
</table>

### Owen Putnam 50/50 Trail Run
November 1, 2003  
Spencer, Indiana

<table>
<thead>
<tr>
<th>Distance</th>
<th>Runner</th>
</tr>
</thead>
<tbody>
<tr>
<td>50K</td>
<td>Gabriel Lopez</td>
</tr>
<tr>
<td></td>
<td>Gregg Rose</td>
</tr>
<tr>
<td></td>
<td>Chris Migotsky</td>
</tr>
<tr>
<td></td>
<td>Dave Ghent</td>
</tr>
<tr>
<td>13.2 Mile</td>
<td>Jimi Beth Myers-Lopez</td>
</tr>
</tbody>
</table>

*Pictured from left to right: Jimi Beth Myers-Lopez, Prez Gabriel Lopez, Gregg Rose, Dave Ghent, and Past Prez Chris Migotsky.*
Run for Justice 5K
November 8, 2003
Crystal Lake Park, Urbana

Rob Raguet-Schofield 16:49 1AG
Chris C. Koerner 18:57 2AG
Bruce Rodgers 19:14 3AG
John Cheney 20:44 3AG
Dennis Ohnstad ??? 1AG
Que Harbor
Bruce Winter

Pictured above, Que Harbor; below, John Cheney; and right, Bruce Rodgers.
The radio alarm sounded with a song he hadn’t heard in years, and though he was still in that fuzzy, gray area of consciousness he immediately recognized it. He lay in bed for a few more minutes, staring at the ceiling fan and counting the number of blades. Still five. Just like yesterday, and the day before. He threw the sheets off, and with a few grunts and a little more effort than should have been necessary, put his legs over the side and planted his feet inside his slippers. He rose slowly and once standing took a deep breath and headed towards the bathroom. After a hot shower, he went downstairs to get some breakfast and settle into his favorite chair in front of the TV.

Since retiring three years ago he had repeated this morning ritual countless times. His wife had urged him to take up a hobby or find something that would add some spark to his day but he resisted. There was comfort in the predictable and, at his age, he saw little reason to mix it up. Challenge and spontaneity were for the young, and he had neither the energy nor motivation for much more.

As he flipped from channel to channel, he came across one he didn’t recognize. The description at the top of the screen said “TSN-Total Sports Network.” After a commercial break that took him through half his breakfast, an early morning aerial view of the Chicago skyline appeared. After a few seconds an announcer came on to welcome everybody to the 43rd running of the Chicago Marathon. He promised this year’s race would be an exciting one and, if history was any guide, to expect a fast race. In fact, the men’s World Record of 2:02:27 could be in jeopardy.

He had been there. Years ago. As a different person though. He stood on that very street, strangely absent of city traffic. In the dark, nervous energy flowing, trying to stay calm and steal some warmth from those around him. It almost seemed like another lifetime but surprisingly, he remembered the details well. The nerves he remembered, but they were the kind you got the night before vacation when you were a kid and not the kind you got before giving a presentation in high school. There was the city itself. Big, but softened by the sight of thousands of other runners, easily identifiable by their seemingly identical attire: long sleeved race shirt, jeans and running shoes. Then there was the race itself and the feeling of being a part of something big. The sound of helicopters overhead, the smell of early morning sewers and frequently used Porta-Johns and the never ending sound of hundreds of thousands of spectators. Yeah. He had been there.

He ran several of these races, and other races as well. But after several years and thousands of miles, he eventually stopped running altogether. It wasn’t so much a conscious decision as it was a gradual separation from routine. Like most people, he just got busy. At first he felt guilty but over time he accepted it and chalked it up to getting older. Besides, his best years as an athlete were probably behind him so it was probably time to move on. Still, from time to time, he missed it. He certainly had challenges in his life besides running, but they were usually the type that were forced upon him and could probably be better defined as “obligations.” Looking at him now he certainly missed his previous self, the one that was about twenty pounds lighter and arguably more fit. There were also his running buddies. There had been many over the years, though he had lost touch with most of them. Some had moved, or like him, had kind of dropped out of the scene and moved on to other things.

The race finished and he found himself still seated, with half his breakfast untouched. When he finally pushed himself out of the chair he went upstairs to his closet and dug around, through the bags of old clothes and junk that had accumulated over the years, and took out an old shoebox. The shoes were placed neatly inside and on the sole there was a date written in black ink, his way of remembering when to buy a new pair. A few minutes later he walked downstairs, wearing a pair of old running shorts, a faded T-shirt usually reserved for mowing the lawn and the pair of running shoes he had just uncovered. His wife, looking through the morning paper, did a double take and after a few seconds smiled and said, “where are you going?” Looking over his shoulder on the way out the door, he said, “I’ll be back in a little bit. I have some catching up to do.”
LAKE OF THE WOODS PARK
MAHOMET, IL
SATURDAY, APRIL 10, 2004 — 9:00 a.m.

BUFFALO TRACE ENTRY FORM

EVENT:  □ 5-Mile Run  □ 2-Mile Walk
(both are $12 by April 3, $15 afterwards)

SECOND WIND MEMBER?  Yes □  No □
($2 discount for members)

AGE ON RACE DAY:  _________

SEX:  □ Male  □ Female

T-SHIRT SIZE:  □ XL  □ L  □ M

Name: ________________________________

Address: ______________________________
City, State, ZIP: _______________________

Phone: ______________________________

Liability Waiver:
In consideration of your acceptance of this entry, I, the undersigned,
tending to be legally bound, hereby for myself, my heirs, executors,
and administrators, waive and release any and all rights and claims for
damages I may have against Second Wind Running Club, Champaign
County Forest Preserve District, the Village of Mahomet, and any
other supporters and their representatives, successors and assignees
for any and all injuries suffered by me in said event. I attest and verify
that I am physically fit and have sufficiently trained for the completion
of the event. I also give my permission for the free use of my name
and pictures in any broadcast, telecast, or other written account of the
event.

Signature ______________ Date ______

Please make check payable to SECOND WIND RUNNING CLUB
and mail to Chris Migotsky, P.O. Box 602, Mahomet, IL 61853

RACE SPONSORS:
SECOND WIND RUNNING CLUB
GREGG ROSE DDS
REMAX REALTY ASSOCIATES-MAHOMET
GREAT HARVEST BREAD COMPANY
MAHOMET IGA
BODY N' SOLE SPORTS

EVENT AND COURSE
Second Wind Running Club is proud to sponsor the second annual
Buffalo Trace Trail Run & Walk at Lake of the Woods Park at
Mahomet, IL. This 5-mile trail run and 2-mile non-competitive trail
walk is near an ancient buffalo trace or trail created by a massive
herd of buffalo. The 5-mile course will traverse rolling hills, small
forests, open meadows and prairie, and at least one stream. The
walkers will have a less challenging, but still scenic route.

AWARDS
Awards will be given to the top three male and female runners in the
following age groups: Under 15, 15-19, 20-29, 30-39, 40-49, 50-59,
60 and over. Special prizes for the overall and master male and
female champions. Random prizes also awarded to both walkers and
runners.

REGISTRATION & PACKET PICK-UP
Advanced registration cost for the run or walk is $12. Must be
postmarked by April 3. No refunds.

Early race packet pick-up (and registration) at Body n' Sole store
at Old Farm Shops (corner of Kirby and Mattis in Champaign) on
Friday, April 9, Noon–6 p.m.

T-shirts guaranteed only for pre-registered runners and walkers.
Registration available race day 7:00–8:30 a.m. for a cost of $15.
Race-day registration, check-in, and parking will be on the west side
of Mahomet-Seymour High School on the corner of Crowley Rd.
and State St. in Mahomet.

The race will start and end at the west parking lot of Lake of the
Woods Park off of Crowley Road (north of the high school).
Participants will walk a quarter mile from the high school to the race
start.

Due to insurance policies, no dogs or baby strollers are allowed.
Information available at Second Wind's Web site:
www.secondwindrunningclub.org
(or call Chris at 217-649-2305).

DIRECTIONS TO PARKING & CHECK-IN
Take I-74 to the Hwy 47 exit at Mahomet, IL. Head south on Hwy 47
until the first stop light (Franklin St.). Turn right on Franklin. Follow
Franklin uphill to a stop sign. Turn right at stop and go to next stop
sign. Turn left onto State St. Stay on State St. for about a half mile
until you reach Crowley Rd. (high school will be on your right).
Take a right (go north) on Crowley Rd and enter parking lot on side
of high school.
**March**

**SATURDAY, MARCH 13**
Race of a Champion, 5K and 15K
8:30 AM Lincoln Trail State Park-
Red Oak Shelter, Marshall IL
Contact: Doug Rees (217)826-3916
trees@comwares.net

**SUNDAY, MARCH 14**
Delavan Panther Frostbite 1/2
Marathon
1pm Delavan High School, Delavan, IL
Contact Dave Camp (309) 244-7737
davec2@mtco.com

**SATURDAY, MARCH 20**
Mountain Goat Run 15K and 10K
10:30 AM Kickapoo SRA
Danville, IL
www.kennekuk.com

**SATURDAY, MARCH 20**
Kentucky Ultra Trail Sojurn 31K or 51mile
7:00AM Moorehead, KY
http://people.morehead-st.edu/fs/h.hedgec/kyultra8.html

**SUNDAY, MARCH 21**
35th Annual Sam Costa Half
Marathon
1pm Clay Junior High School
Indianapolis, IN

**April**

**SATURDAY, APRIL 3**
Lincoln Memorial Classic 1/2
Marathon & 5 Mile
8:30 AM Springfield, IL

**SATURDAY, APRIL 3**
4th Annual McNaughton Park 30, 50 or 100 Mile Trail Runs
There is also a 10 mile fun run that
starts at the same time.
6 AM Pekin, IL
Contact Andy Weinberg at 309-346-3601 or e-mail at
aweinberg@pekinhigh.net or
www.geocities.com/running_50/homepage.html

**SUNDAY, APRIL 4**
Bridge the Gap 10K or 5K
Run the bridge spanning the
Mississippi
8:30 AM Adams Park, Quincy, IL

**SUNDAY, APRIL 4**
Cross the Line at Northwoods 5K
3 PM Northwoods Community
Church, Peoria, IL

**SATURDAY, APRIL 10**
Buffalo Trace Trail Run
5 miles
9 AM Lake of the Woods Park
Mahomet, IL

**SATURDAY, APRIL 17**
Double Chubb 25K and 50K trail race.
St Louis, MO.
http://www.stlouisultrarunnersgroup.net/

**SATURDAY, APRIL 17**
River to River Relay 80 miles
Southern, IL

**SUNDAY, APRIL 18**
Germany to France Marathon
Historic West Baden Dome Arches
to the French Lick Springs Valley
Highschool
French Lick, IN

**MONDAY, APRIL 19**
Boston Marathon
Boston, MA

**SUNDAY, APRIL 25**
Sullivan Triathlon
1/4 mile swim - 13.4 mile bike - 3.1
mile run
http://www.sullivanil.us/triathlon.htm

**May**

**SUNDAY, MAY 9**
Quad City Distance Classic Half
Marathon and 5km
7:30 a.m. Augustana College, Rock Island, IL
Contact: CBRC at 563-326-1942
www.cornbelt.org

**SATURDAY, MAY 15**
Twin Cities Twosome
5K Relay Run, 5K Open Run, 5K
Relay Walk, 5K Open Walk
Contact Kim at Human Kinetics at
351-5076 for more details.
Second Wind membership is open to anyone interested in running, walking, and fitness. The goals of the club are to provide social events, quality local races, companions for exercise or racing, and information and advice related to running, walking, and fitness.

**EVENTS**
Weekly Fun Run/Walk every Tuesday at 6:30 p.m. at Meadowbrook Park in Urbana from April through October. Winter runs are held at the U of I Armory at 6:00 p.m.

Marathon Training Group during the summer and winter that meets every other Saturday for long runs on well-marked routes.

Club board meetings are held monthly. A potluck dinner picnic is held in the summer, and in winter the club holds its annual member awards and recognition dinner.

**RACES**
The club organizes the Women’s Fitness Run/Walk (October) and the Allison Trail Run (October). In addition, the club provides finish-line equipment and volunteers for the Uni High 5K (May), Twin Cities Towsome (May), Freedom 5K (July), Champaign Mini-Triathlon (August), Mahomet Half Marathon/5K (August), and Jingle Bell Run (December). The Twin Cities Towsome, Freedom 5K, Allerton, and Jingle Bell include a walking event.

**NEWSLETTER & WEB SITE**
Second Wind’s bi-monthly club newsletter, In Passing, contains a race calendar, race results, articles, and photos. Members also receive Footnotes, the quarterly publication of the Road Runners Club of America. The Second Wind Web site at www.pritzimet.org/secondwind keeps you up to date on club activities.

**DISCOUNTS**
Club members are entitled to discounts at Body n’ Sole (Old Farm Shops and Campus) and at club-sponsored races.

**MEMBERSHIP RATES**
The annual rate for an individual membership is $15; a family membership is $25. Membership begins on Jan. 1. Rates are half price after Aug. 1 for the rest of the year.

**MEMBERSHIP APPLICATION**

Adult(s) joining the club:

Name: __________________________
Birthday: __________ Sex: ______
Work phone: ________________

Name: __________________________
Birthday: __________ Sex: ______
Work phone: ________________

Children joining the club:

Name: __________________________
Birthday: __________ Sex: ______

Household Mailing Address:

Street: __________________________
City: __________ State: ______ Zip: ______

Home phone: __________________________

E-mail: __________________________

**Liability Waiver**
I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races, including falls, contact with other participants, the effects of the weather including high heat and/ or humidity, road and traffic conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the RRCA and the Second Wind Running Club from all claims or liabilities of any kind arising out of my participation in any of these activities, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature of Member(s): __________
Date: __________

Please make your check payable to Second Wind and mail it with this application to:
Second Wind Running Club
P.O. Box 6082
Champaign, IL 61826

Check one: [ ] Renewal [ ] New Member
Stay active AND healthy with the latest services and treatments at Kirby Hospital!

Advanced Diagnostic Imaging Services
- Computed Tomography (CT Scanning)
- Conventional X-ray
- Mammography
- Ultrasound
- Bone Densitometry

Comprehensive Physical Therapy Services
- Evaluation and Treatment
- Outpatient Treatment of Injuries
  (including sports injuries, and post-surgical care)
- Range of Motion Exercises and Rehabilitation
- Soft Tissue Manipulation
- Heat, Cold, Electrical Stimulation, Ultrasound
- Pain Management

Physical Therapy Hours: Tuesday and Thursday, 7:00 - 12:00
Monday, Wednesday, and Friday 7:00 - 5:00

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Champaign, IL 61826

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