



JENNY SPANGLER
RACING

JSR Team News:

January through mid-April 2017

Welcome to our first edition of the New Year! Racing season is already underway, and although some of our team is currently banged up a bit, we've had some great performances and PRs already, and people are working on getting healthy and race-ready again.

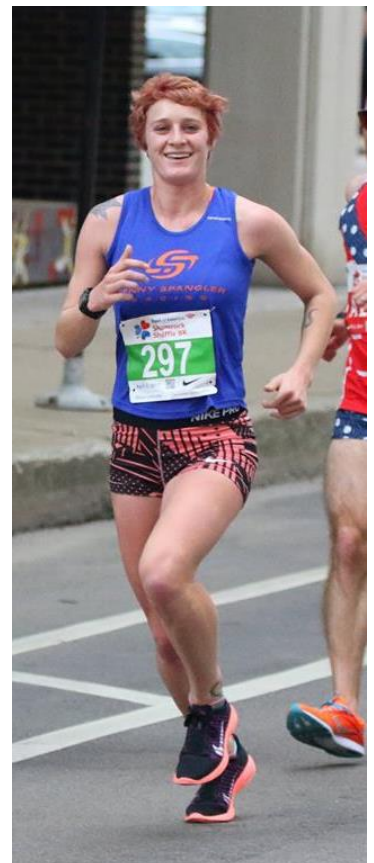


Team News – Welcome to Amanda Macuiba and Jason Rush!

At our kick-off meeting in February, we welcomed new team members Amanda Macuiba and Jason Rush. Both are fast former collegiate runners who still have a strong desire to compete. Amanda and Jason are already representing the team well, having smoked the Shamrock Shuffle. Amanda is also going to be racing the Boston Marathon this month (good luck!). Here's a little bit more about them, in their own words:

Amanda Macuiba

Hey everyone! As many know, I played soccer most of my life, but during college, I made the transfer to running, and have never regretted it! I ran cross country, and during track, and specialized in steeplechase (if you don't know what it is, I recommend looking it up, it's an entertaining race). I miss running steeple, but I've taken up marathons, and I absolutely love the distance. Much more than I expected, actually! My goal right now is to break 3 hours, and hopefully I can keep chipping away at my time until I hit 2:45 (Some distant day). Currently, I work as a graduate assistant at DePaul for the cross country and track team, and I've become really passionate about coaching. I hope to keep doing it as a career, but we'll see where life takes me. While doing that, I'm getting my Master's in Human Resources. Outside of running, school, and coaching, I love reading, hanging out with my dog, and bocce ball.



Jason Rush

I ran cross-country (my favorite!), track and also swam in high school then ran at Loyola University of Chicago. After college I began my career as a teacher, cross-country and track coach. I would run periodically with my athletes getting into good enough shape for some summer and fall races but never committing to a training program. I've raced many different distances but I most enjoy 5k to half-marathon events. The JSR group has helped me renew my commitment and refresh my point of view about running and racing. It's an absolute blast to run with JSR for "phase 2" of my running career.

I found my PRs for you too!

5k - 16:30.27 - Park Ridge 5k - 9/26/15

8k - 28:07 - Shamrock Shuffle 8k - 4/2/17

10k - 37:30 - Buffalo Grove Stampede - 9/4/16

Half-Marathon - 1:29:37 - Prairie State Half-Marathon - 10/11/14

Marathon - 3:13:48 - Prairie State Marathon - 10/8/11



Race Results

Our first group race of the year resulted in three PRs for three racers, at the Icebreaker Indoor Half Marathon in Milwaukee. Brian Falcone, Mike Marty and Steve Clark all raced the indoor half by running 47-1/3 laps around a track that surrounds a speed ice skating rink. Brian took third place with a PR of 1:16:18, and Mike and Steve, who raced together the whole way, took the next two spots with matching PRs of 1:18:19. Special thanks to Jim, Kristine, Brian, Dave and Pam, who came out to support our team.



Our next team race, the first official team race of the season, was the Wintrust 10 Miler. Our team of Jim Burgess, Mike Marty and Josh and Mesh Rich raced well despite the windy conditions. Their times and places were as follows:

Jim Burgess, 57:50, 16th OA, 4th AG

Mike Marty, 59:53, 4th AG

Mesh Rich, 1:03:33, 2nd AG

Josh Rich, 1:03:33, 6th AG



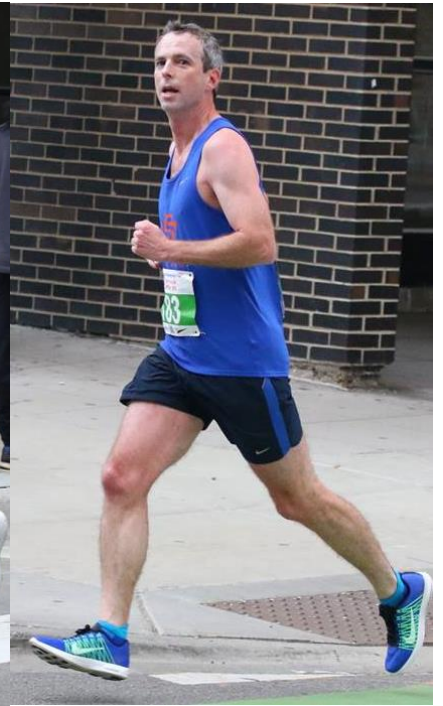
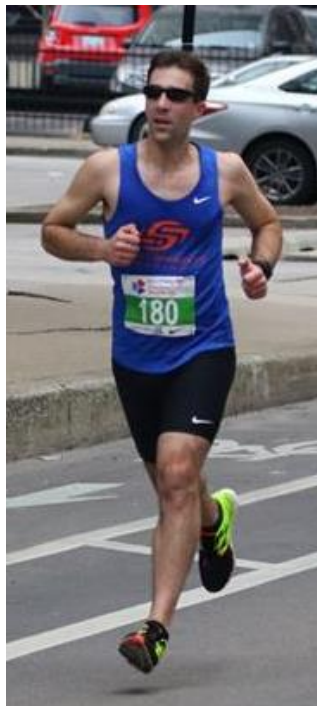
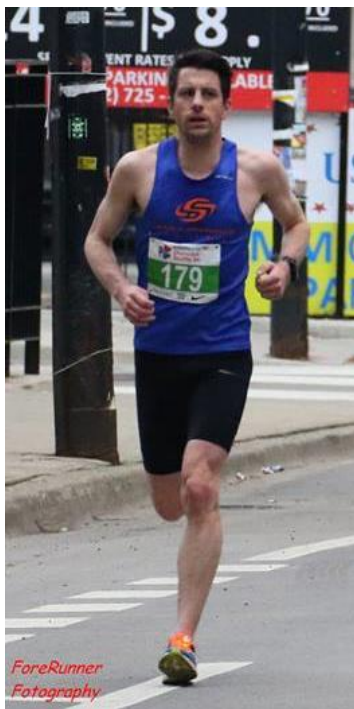
The Shamrock Shuffle was next, and we fielded two men's elite teams and one women's elite team. We ran a little leaner than expected, due to injuries, but still had some great performances out there.

Our racers' times were:

Trey Robinson, 27:05
 Brian Falcone, 27:12, PR
 Jim Burgess, 27:24
 Jason Rush, 28:07, PR
 Dave Zeisler, 29:01
 Josh Rich, 29:05, PR
 Patrick Etherington, 32:37
 Kevin Claffey, 32:42, 3rd AG
 Miki Tasic, 37:03

Mesh Rich, 29:29, 2nd AG , PR
 Kate DeProsperis, 29:36, PR
 Wendy Jaehn, 29:39
 Amanda Macuiba, 30:45, PR
 Kristine Burgess, 51:19 (just a workout)





Other race results this year include:

S-No-W Fun Run (5 miler):
Cary Half Marathon:

Brian Falcone, 28:31, 7th OA, 1st AG
Patrick Etherington, 1:33:33 (just a workout)

Spotlight On . . . Kristine Burgess and Jenny Spangler

For this newsletter, we hear from two of our ladies – Kristine and Coach Jenny. (Deena's people are still getting back to me.)

Q&A with Kristine Burgess:

How has your pregnancy modified your training and day-to-day routine?

The first 12 weeks I had a lot of nausea so I wasn't running much since I was not eating much, plus I was super tired. The same was true for my day-to-day – I fell behind at work from the nausea and fatigue.

Once the nausea improved and my second trimester started I had more energy and was able to get in some slow runs before Shamrock. I really enjoyed racing Shamrock! When I have been running I have been monitoring my heart rate and if I start to consistently go above 160 bpm or if I'm no longer at a conversational pace, then I slow down or walk a bit. I also just started adding in some ElliptiGO rides. After Shamrock, I took a few days off running to try to catch up at work. Unfortunately, last week I overdid it at work and I caught a bad cold and cough so I needed to take some time off exercising. Once I am feeling better I hope to alternate running and ElliptiGO for as long as I can until September.



How have you stayed motivated through your recent hamstring issue and through pregnancy?

During the hamstring injury, I stayed motivated by completing my rehab exercises, working on core, and making sure to still meet up with the group for coffee post runs as much as possible. During the first 12 weeks of pregnancy, my motivation to run was pretty low but once I started feeling better I could feel the motivation return. Also, moderate exercise during pregnancy is recommended for both the health of mom and baby, so pretty easy motivation there!

What's something that you look forward to after having the baby?

For running, I look forward to getting back into speed workouts! I love track workouts and will definitely come run at track this summer, but I won't be running fast. For now, I would like to be able to run some shorter spring races in 2018 and then maybe a marathon at the end of 2018 or early 2019.

For home, I am looking forward to focusing more on home life. During my busy times at work, I can spend 60+ hours per week writing lectures, grading research papers or homework assignments, and dealing with administrative responsibilities (administrative work takes up a lot of my time since I am the main contact for first-year students). I will be changing my work structure quite a bit after the fall. I am leaving my director position once I return to work and

will take on a faculty-only role, so I'll be relieved of a lot of my administrative responsibilities. I am looking forward to focusing on being solely an educator for a while. I am in the process of prepping for my application to move from Instructor to Assistant Professor this summer.

Are you having any food cravings?

I am craving grapefruits, tortilla chips, & olives with hummus. After a workout, I have been craving bagels & peanut butter.

Besides the pregnancy, is there anything new in your life that teammates might not know?

Our kitchen renovation is almost done (!!)- thanks mostly to Jim because I have not been much help recently!

Do you think Baby Burgess will be more of a sprinter/hurdler, or a distance runner?

I am guessing 800m initially but distance races later... maybe some steeple?



Q&A with Jenny Spangler:

How is your training going?

I am actually taking a short break from running and concentrating on strengthening and stretching. My left glut has been bothering me for some time now and I never seem to have enough time during the day to do all of the "extras" that are necessary for healing and making sure I stay strong and healthy. I had been training for River to River Relay but our team has decided not to go for various reasons so I decided to take this opportunity to heal. I had a ton of fun on the ElliptiGO a few weeks ago (thanks Meg!) so am thinking about purchasing one and using that as a way to keep up with everyone on long runs and stay fit. I am so far in back now when I run with everyone and really miss the team camaraderie of the group runs so this would help me get in a great workout, be with the team, and also be a better coach by actually being able to watch all of you run.



Have you tried anything new in your training lately?

Most days I run on my own mid-morning. Due to time constraints and simplicity, I typically stick to the same route throughout the neighborhood. We have three forest preserves close to home and thanks to Miki's encouragement, I have been venturing out and adding a little variety in my training. I still run in the neighborhood quite a bit but have found I tend to run longer and with more enthusiasm when I mix up my training routes a bit. I have also put together a list of strengthening/stretching exercises and I choose 2 to 3 things off that list

every day. If I know I only have to do a few items then I tend to stick to the routine instead of getting overwhelmed with too much to do and then I don't end up doing anything.

How do you find motivation to stay fit with all that you have going on?

Thanks to my parents, physical activity and healthy eating has always been a part of my life. If I don't do something active most every day of the week, I feel "out of sorts" and am not happy. If I ever have a day where I am unmotivated I "fast forward" in my mind to what I am going to feel like at the end of the day and that usually gets me out the door. Plus, I know that all of my JSR teammates are working hard and that definitely helps keep me going.

What's something that you look forward to for 2017?

Three things: #1: Continuing the JSR camaraderie that we began last year. We had a fantastic 2016 not only in terms of achieving our running goals but also in re-establishing the "family atmosphere" that I feel is important for the success of any team. Everyone is so supportive of each other which is what this is all about. #2: Getting to know better the newest members of our team. #3: Continuing to watch and help Kelli grow into a young adult. It is scary but fun!

What's something that you DON'T look forward to for 2017?

Teaching Kelli how to drive this summer! I anticipate many loops through the Lake Forest Cemetery and Old School Forest Preserve!

What's your favorite food/beverage after a run?

Besides ice cold water, I enjoy a good strong cup of coffee with a bagel and peanut butter after a morning run. If it is a hard track workout, I initially like cold grapes or watermelon and then once the hunger kicks in....anything goes!!!

What's new in your life that JSR members might not know about?

I have been enjoying helping physically inactive kids discover the joy of "moving." This past fall and winter I met twice a week with a neighborhood girl who is in 5th grade. We would jump rope, take short hikes, run around the playground, skip, run, and other fun activities. She decided to join Girls on the Run this spring and asked me to be her running buddy for the 5K run in June. One of her comments that made me smile: "I sure sleep a lot better on the days that we get together."

Race Calendar

Here is the official JSR race calendar for 2017. Two down . . .

Wintrust Lakefront 10 10 mi March 18

Shamrock Shuffle 8K April 2

Good Life Race 5K April 23

Indy Mini Marathon 13.1 mi May 6

Ridge Run 10K May 29

4 on the 4th 4 mi July 4

Gurnee Days 10K August 12
Chicago Marathon 26.2 mi October 8
Swinging Bridge Trail Race 8K October 15
Lake Bluff Pumpkin Chase 5K October 28
Illinois Club XC Invite 5K November 11 (approx)

Also, good luck to Amanda Macuiba at the Boston Marathon, Trey Robinson at the Ironman North American Championship Texas, and Brian Falcone at the Wisconsin Marathon.

Merchandise and Sponsorship

If you have merchandise you would like screen printed, please contact Kristine to arrange getting them to Andre for printing.

On Sunday, April 9th, Chuck from ElliptiGO joined us on our long run and brought some ElliptiGO models for us to try out. Many of us had fun riding these on our big loop in Lake Forest. Thanks to Meg Sullivan for arranging this event. If anyone is interested in purchasing an ElliptiGO, please contact Meg (and be sure to ask her about the \$200 Meg discount).

Until next time, keep your game faces on!

