

## JSR Team Timeline

- Summer 2005 Steve, Dave, and Roger run track with Jenny Spangler for the first time
- Summer 2005 Steve, Dave, and Roger make "The Pact" to run the Trail Half together and break 1:30. They all succeed.
- Dec 2005 Roger, Steve, and Dave join the Gurnee running club and meet Shelley. They are hereby known as the Fab Four.
- Summer 2006 Brad joins Jenny's track program, trains with Shelley, Steve, Roger, and Dave, and become the Fab Five
- Summer 2006 Brad invites Rob and Amy to run with the Fab Five. Dave is intimidated. Rob's marathon PR of 2:50 seems unfathomable.
- Fall 2006 The Fab Five secedes from the Gurnee Running Club (with Miki's influence) and joins the Lake Forest Lake Bluff Running Club, where Miki is president.
- Summer 2007 Shelley, Brad, Steve, Rob, Amy, Dave, Kevin and others train thru summer 2007 and realize group training is making a real difference in their running.
- Oct 2007 Chicago and Milwaukee Marathons, heat wave, disaster. Amidst the overwhelming circumstances, Amy still gets top IL Female.
- Oct 2007 Upon seeing results of Grand Rapids, Rob decides to go for it again at Houston.
- Nov 2007 Rob, Dave, Mark, Joe, Trey attend Olympic Trials in Central Park, NY. The event of a lifetime and very, very inspiring
- Dec 2007 Rob runs Simulator in Lake Forest with the help of about a dozen fellow runners. The power of the team.
- Jan 2008 Rob and Amy set huge PRs at Houston, again crediting "teamwork." The power of training in a group environment is evident!
- Jan 2008 An impromptu, coffee induced meeting at Einstein's with Shelley, Rob, Dave, and Miki sparks an idea: Jenny Spangler Racing. "We should do this!"
- Jan 2008 We all see the movie "Spirit of the Marathon" and are again inspired.
- Jan 2008 The First Meeting at Jenny and Miki's house in a blizzard. We watched

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the DVD of Jenny at the trials. We were all amazed. In attendance were Jenny, Miki, Rob, Amy, Annie, Steve, Shelley, Brad, Dave. We all knew we had something special starting... JSR is born.

When asked who else should be on this team, immediately Pat, Matt, Kevin, Roger are invited to join.

Spring 2008 First team races were Cary and Shamrock and were huge successes. JSR takes 3<sup>rd</sup> place in the Co-Ed Team competition at Shamrock.

Jan 2009 Joe taps Brad and Rob to join him on a 20 mile simulator and later sets a big PR at Phoenix. Joe is later asked to join the team.

Summer 2009 Shelley randomly joins a group at Runners Edge to run MC200. She meets Eric, Adam, and Trey. They along with Alec and Allen train thru the summer with JSR and are asked to join the team.

Fall 2009 Many memorable marathon performances by JSR team members at Chicago, Whistlestop, and Columbus marathons.

Jan 2010 Team “road trip” to Arizona for the Rock’n’Roll Half.

April 2010 The challenging Boston Marathon sees PRs from Trey, Joe, Eric, and Alec.

Summer 2010 Another team road trip to Minneapolis to scout the Twin Cities marathon course. Also, “Rookie” Jim and Tracey join JSR.

October 2010 Team marathon at Twin Cities is a defining moment for the team as many bring home PRs. The reach of the team is evident as almost 20 friends and many families take part in the weekend.

Winter 2011 Promise of a large signing bonus and private jet lure Kate to join JSR.

Spring 2011 JSR Ultra Team is established. Shelley and Alec with the JSR team as “crew” run impressive 50 mile races.

Summer 2011 After running and training with the team for over a year, Kristine is asked to join JSR.

July 2011 Major pub when Jenny is featured in Running Times with Amy, Eric, and Kate.

August 2011 The team announces a new logo and singlets, orange on blue, to be debuted at the Chicago Marathon in October.

October 2011 Chicago Marathon, four team members bring home PRs and the team competition sees 2nd place Men’s Masters and 3rd place Coed.

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Also: Jim and Kristine get married, first team wedding!

Dec 2011 Kate realizes a lifetime goal and qualifies for the Olympic Trials by running 2:45:16 at the California International Marathon  
Also: The JSR Ultra Team rolls on with Shelley being selected to run the Western States 100 Endurance Run in June 2012  
Also: Mike Terry, a consistent team supporter and all around endurance king, is asked to join JSR.

January 2012 A large contingent of the JSR team travels to Houston to support one of their own, Kate D, in the Olympic Trials. Kate runs 2:53:29 only five weeks after CIM.