

THE PACESSETTER

September/October 2016 | Volume 41, Issue 5

Newsletter of the Prairie State Road Runners—Will County's Running Authority Since 1975

www.psrr.org



**The Pacesetter is for
Runners, Walkers, and Fitness
Enthusiasts
of ALL abilities.**



PRAIRIE STATE ROAD RUNNERS

Trying to embrace taper week is like feeding a kid candy then telling him to sit still.... it ain't easy!!



PACESETTER

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Weekly Club Events

- **Sunday** run with the Breakfast Club at 8AM on the I&M Canal towpath/Channahon State Park. Breakfast follows at Lалos Bar and Grill at approximately 10 AM.
- **Thursday** Group runs from DNA Athletics in Crest Hill. Contact store at (815)588-0908 for seasonal schedule.



Dues

Individual Memberships
are \$18.00 per year
Family Memberships
are \$25.00 per year
Student Memberships
are \$12.00 per year
Checks Payable To:
Prairie State Road Runners
Mail To:
Prairie State Road Runners,
P.O. Box 293
Channahon, IL 60410-0293

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THE PACESETTER is published six times annually and emailed to all paid members.

Send your articles, error corrections or comments to: newsletter@psrr.org. Visit our website at www.psrr.org

On the cover:

Lianne Holloway at the AF Canyon Run Against Cancer Half Marathon in American Fork Canyon, Utah

UPCOMING CIRCUIT RACES AND EVENTS

SEPTEMBER

September 11—Ashley Can Half Marathon
Bourbonnais IL

[Race Website](#)

September 25—Plainfield Harvest Fest 5k
Plainfield IL

[Race Website](#)

OCTOBER

October 15—Forte 5k
Channahon IL

[Race Website](#)

October 16—Cornerstone “J” Run
Joliet IL

[Race Website](#)

October 23—JJC Haunted 5k
Joliet IL

[Race Website](#)

Membership dues must be current in order to earn circuit points



Prez

SEZ...



BY MARK BOWMAN
PRESIDENT

The Bucket List

Greetings PSRR members:

I hope the summer has been treating you well and you've been staying healthy. We all have our own reasons for starting up in this sport of running. We all have been doing this for different amounts of time (anything from just getting started to running for years). We all have our own reasons for continuing to do this time after time, day after day, week after week and so on. And we all have different goals of what we want to accomplish. But I would be willing to bet that just about all of us have at least one thing in common. That is once we have reached a goal, we start looking for another one, and then another one, and another one.

It might be entirely informal, but we each have some kind of 'bucket list'. I am sure you have probably heard this term before. My definition of the bucket list is deciding on all those things you want to do or accomplish somewhere in your future. It can be anything, from travel to a specific career, from education to raising a family, or pertaining to our sport, reaching new distances, getting faster or finding new destinations for running and racing. Our natural tendency is to want and do more in our lives. Think about the aftermath of a race, when everyone is standing around having a good time and enjoying the camara-

derie. The conversations will be all over the place, but it is inevitable that somewhere along the line

it will include how the race went, congratulations on our finish and/or time and finally, what are we going to do next. Most of us probably don't have a formal list, but judging from the social media posts, we are always looking for that next thing. Or if we actually have a formal list, it might be just for the next six months or possible even a plan for each year. This is all well and good and can be very valuable, but I am talking more about that long term bucket list. What are the dreams that we would like to do? If you are into movies, there was what I thought a very good one back in 2007. It was actually called "The Bucket List" starring Jack Nicholson and

Morgan Freeman. It wasn't about running, and unfortunately, most of us don't have the finances to do all the things they did in the movie, but if you have seen the movie it gives you an idea of what I am getting at. Putting those dreams down in some kind of hard copy form is what counts.

I didn't have a bucket list for a long time, but I finally got around to it a number of years ago. Not everything on

the list has to do with running, but a lot of it is, since I have been happily married for many years, have retired from a wonderful teaching career, raised three incredible daughters, and live a pretty damn good life these days. So here is my list including a couple of items that I have seen recently completed. I have a feeling that several will end up never being fulfilled, but that is not the point. It is keeping the hopes and dreams alive.

But I would be willing to bet that just about all of us have at least one thing in common. That is once we have reached a goal, we start looking for another one, and then another one, and another one. .

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That's my list. You are welcome to comment on it if you want, but what I am really getting at is for you to sit down and make your own 'bucket list'. What is it that you would you like to accomplish some day? And yes, some of the things on your list may never happen. But that's okay. It is all about the hopes and dreams that keep you striving and making life worthwhile. And once you have done this, if you want to share, feel free to send me your list at president@psrr.org. If you include your permission, maybe we can put some of your lists in the next newsletter.

Mark

- * Run across Illinois or run from Key Largo to Key West, Florida (could be the actual Keys 100 Mile race)
- * Run another 100 Mile race under 24 hours - **Done**
- * Take a trip to and run in Europe - **Done**
- * Take a trip to and run in Australia
- * Visit to 221B Baker Street in London - **Done**
- * Run a race with each of my grandchildren, Addison, Hunter and now Virginia
- * Run the Tarawara Ultramarathon in New Zealand
- * Run the Pike's Peak Marathon
- * Run the Overlook 50K (since I will never get into Western States, this race is on the Western States Trail)
- * Run the Tahoe 200 Mile





Are you on Facebook? Did you know there is a page exclusively for PSRR members? Come join us to discuss upcoming races, training, etc. Search for “PSRR Member Page” on facebook.

This newsletter is made possible with the help of many people. I want to thank some of the photographers who contributed to this issue: Cathy Morman, Mark Nelson, Jody Reddell, Mark Walters, John Warren, Diana Sorich, Craig Koerner, David Bohlke, and [Carla McClintock](#). I am sure I asked to “steal” from many others who are slipping my mind right now. I thank you ALL!. -judith

contact us

Would you like to comment on an article published in this newsletter? How about a congratulatory message to a fellow member? Or, maybe a few words of encouragement to a running friend on an upcoming race? Send me your comments and I will post them in the next publication. *The deadline for the Nov/Dec 2016 Newsletter is Oct 15th.* Please don't make me send comments to myself...send yours today!!

Email to: Judith Warren at newsletter@psrr.org



Have you noticed the Runner's Cooler near mile 42.5 on the I&M? That baby is filled by my own brother John Warren. Most weekend mornings during marathon season, you can find individual bottles of water or Gatorade and a gallon jug of water to fill your own bottles. Feel free to help yourself as needed. Thanks John! You're one of the good guys!

**Don't forget the new Distance Award!
You MUST report your results to be considered.**

Please report results to Jay at statistician@psrr.org in a timely fashion after your race. Please **DO NOT** wait until the end of the year and blow up Jay's mailbox with all your amazing results. Don't forget that 1 half or full marathon also can count towards your circuit award so even if you don't have multitudes of marathon miles in your plan this year, still report any that you do complete!

Much fun was had by all once again at the Liberty 5k. PSRR won the team award for the most members and donated the \$300 to Operation Welcome You Home.



Training Tips *By Robyn*

Robyn Bumgarner is an ACE Certified Health Coach, Personal Trainer and a PSRR Board Member.



Everything You Need to Run that isn't Running: Part IV

Go. To. The. Doctor.

I know, I know. You're a runner. You exercise with greater frequency and intensity than most people, you eat pretty well, and more than likely, you sleep pretty well too. So it's a waste of time and money right? You've chosen a lifestyle that predisposes you to be well, so why not take that money and put it aside for your next race registration?

Please reconsider. Make your appointment for your physical. *Make it today.*

I rely on a regimen of running, strength training, yoga, meditation, and plant foods to maintain my cancer-free status. Yet I still go every 6 months for visits with my oncologists and for screening tests. I will continue to have cancer scans every 6 months for the rest of my life.

Or, as I like to joke, I will have cancer scans every 6 months until something else kills me. Cancer fighters and survivors can make some morbid jokes, but I digress.

6 years ago, my regular check up saved my life. I went for my yearly appointment fully expecting a clean bill of health. After a discussion about my family history with my doctor, he opted to order a mammogram as a baseline. That mammogram revealed cancer in my right breast and saved my

life. My cancer was in the early stages and was still asymptomatic, meaning I could not feel a lump, nor did I feel sick in any way. The human body is amazing and adaptable, which makes many conditions asymptomatic, or silent, in their early stages.

Additionally, I regularly visit a naturopath to have bloodwork done to monitor everything from my blood cell counts to cholesterol to hormone levels to nutrient levels. I monitor my entire body for all kinds of things besides cancer, just to be safe.

It's a lot of time, and a lot of money, and it's all worth it. I know I'm doing everything I can to be well. I don't often discuss the doctors and the tests and all that goes along with it, but I realize now it's an important part of leading an ongoing conversation about health and wellness.

So please, make your appointment for a check up with your doctor. Take the time to discuss your family history with your doctor, and agree together on any appropriate screening tests for any conditions deemed to be a risk. It's stressful and no fun to sit in doctor's offices, and tests are no picnic, but it's worth the time to be here and to be well. I wish all of you clean bills of health for many years to come!

Nutrition Corner with Coach Robyn

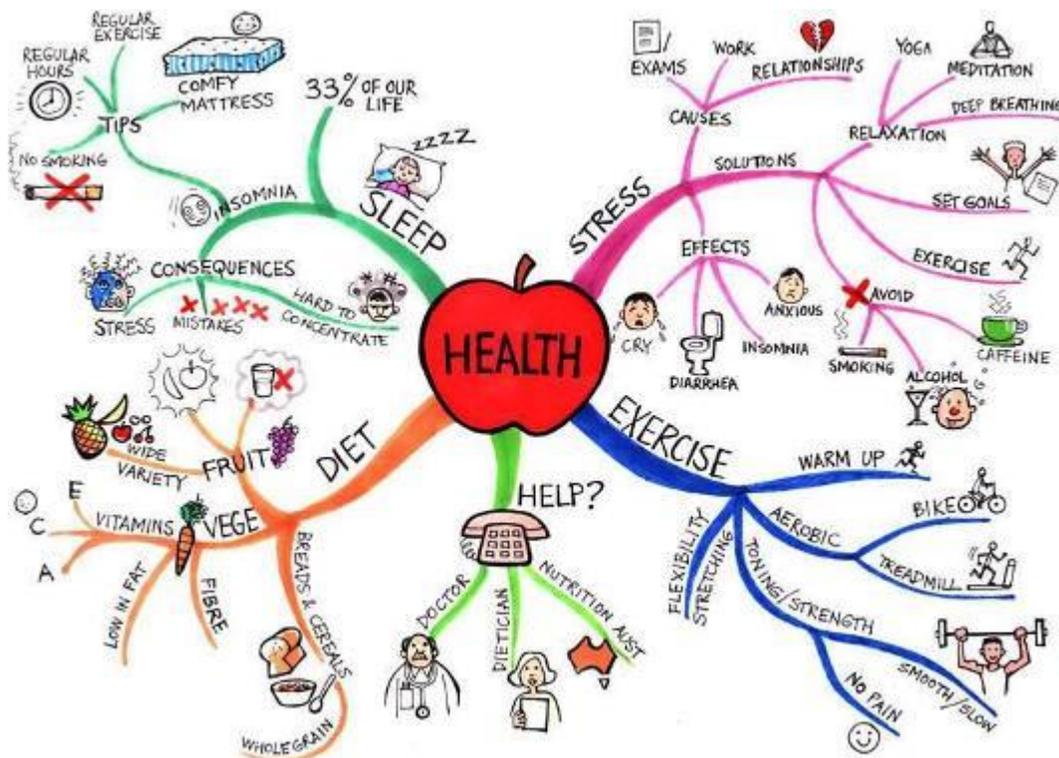
Fresh Mango Salsa

(adapted from several online recipes, mostly because I hate only using part of a pepper or onion)

- 3-4 mangos, ripe, but not overripe
- 1 medium red onion
- 1 large red pepper
- 1 bunch cilantro
- 2-4 jalapeños (depends on how much heat you like!)
- 2 TBSP fresh lemon juice (about 1/2 lemon)
- 2 TBSP fresh lime juice (about 1/2 lime)
- Salt, to taste



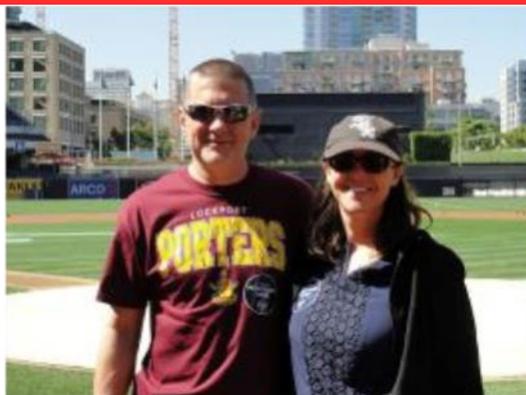
Chop all ingredients finely. Combine. Chill overnight if possible before serving, or for at least 30 minutes if you just can't wait. YouTube is a great resource for efficiently chopping up all kinds of produce, so check it out to shorten your prep time. Enjoy! P.S. You don't need chips. I eat this with a spoon regularly.



The Heart of It

BY RHETA MURDAUGH

On March 23, 2016, my life was forever changed by the death of the person I was to grow old with - from a Widowmaker heart attack. You may not experience any symptoms until it is too late. I want to share with you what you can actively do to hopefully prevent you and your family from this kind of absolute tragedy .



If you have any one of the following factors in your life, please get what is known as a Heart CT Scan (coronary calcium scoring):

- ◆ High Blood Pressure
- ◆ High Blood Cholesterol
- ◆ Family History of heart disease - *considered the TOP Risk factor*
- ◆ Diabetes
- ◆ Tobacco smoker
- ◆ Physical Inactivity
- ◆ Obesity

They also say age and gender are factors. However, we all know heart disease affects all ages and genders.

Your physician may also recommend one or more of the following diagnostic tests:

- ◆ Electrocardiography (ECG or EKG)
- ◆ Cardiac Stress Test
- ◆ Echocardiography
- ◆ Cardiac CT for Calcium scoring
- ◆ Myocardial perfusion imaging (MPI)
- ◆ Coronary catheter angiography



The scan detects calcium deposits found in the coronary arteries of the heart. It is a noninvasive way to

determine your increased risk for a heart attack. The exam takes very little time and causes no pain. It does not require an injection of contrast material. I have read that another advantage of this procedure is that they are able to view bone, soft tissue, and blood vessels at the same time. The doctors can determine the amount of calcium present in the arteries and the location. The information is scored ranging from zero to over two thousand. Zero is considered normal. They will call you if they detect a problem. Otherwise you will receive notification in the mail. This medical condition is treatable if



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diagnosed by putting in a stent in the location of the blockage or other medical procedures.

Again, not every heart attack comes with symptoms. If the left anterior descending “LAD” artery is blocked, you may not feel any symptoms until it is too late. Please be your own medical advocate and seek out diagnostic tests and preventive measures for a long and healthy life.

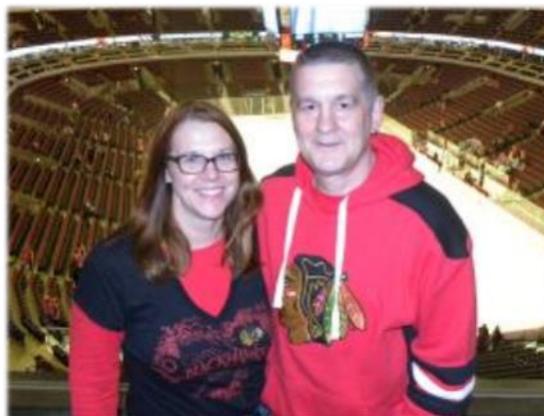
The cost ranges from \$65 to \$100. It is a cost-effective way to diagnose a wide range of medical conditions. The test is usually not covered by insurance, and most test sites do not require a doctor’s order. However, with a doctor’s orders you will get an earlier/priority appointment.

I called Presence Medical Group at 877-737-4636 to schedule my Heart CT Scan appointment. The nurse asked me a few questions based on risk factors which are all listed above. A doctor will review and they will call me back within a week to schedule. The nurse said if you have your own doctor’s order when you call to schedule, you will get priority scheduling.

My Heart CT Scan was done on 8/12/16. The Scan took less than 15 minutes to complete. I had to hold my breath for a few seconds, three different times. I should have the results within 48 hours. The whole experience was very pleasant and well worth the time. Save your life!

Now let me tell you about Bob Shoop – the reason behind this article. He was only 54 when he passed away from a Widowmaker heart attack. He had no symptoms. However, he did have a family history (his dad passed away at 51 from a heart attack) and high blood pressure. He should have been advised to have a Heart CT Scan by his doctors as they knew the risk factors.

Nothing could prepare me or any of us in his life for what was to come though. On 3/23/16 when I had not heard from him in hours I knew something was wrong. I thought he must have fallen and broken his hip. I could never anticipate the truth of what really happened. Never. He was gone.



All that we had planned for the future – overseas trips, grandkids, and ballparks to visit. We even planned to have races in our wheelchairs at the “old” folks’ home - all gone. I felt so incredibly sad for him because he had worked so hard to retire and live comfortably. He had so much to look forward to in the years to come. His retirement date was to be on 5/16/17. He was counting down the days. One test could have prevented this loss.



Most people referred to him affectionately as “Shoop”. He loved the White Sox and the Blackhawks. He was a White Sox season ticket holder for 23 years and had attended 30 consecutive Sox Home Openers. Many of our adventures revolved around these two teams. He was very active contributor to the White Sox Interactive community and Facebook. So many miss his witty comments and especially his “likes” on Facebook. He seemed to always be the first to like photo posts. His friends would joke to see how quickly he’d like something they posted.

While Bob wasn’t a runner due to an injury he had sustained damaging his left hip when he was in his early 20’s and a hip replacement in 2012, I would still consider him a cross-trainer. He had a daily exercise routine. He also maintained an excellent diet. Bob also saw his doctors regularly.

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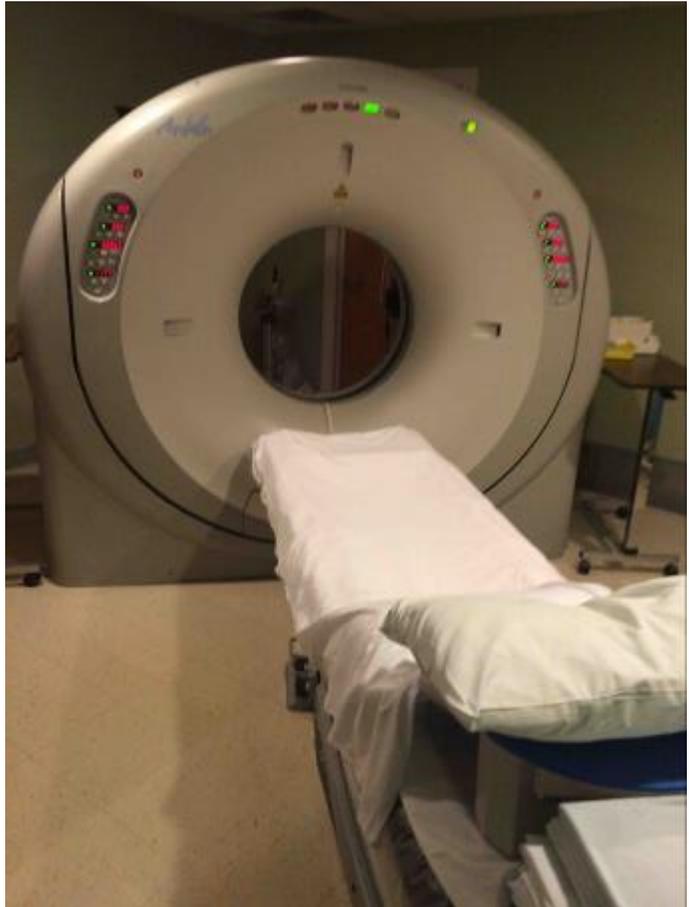
When I decided to start running last year, he was my biggest encourager. He even went to a few “Taco Tuesdays” to meet with up all of us after our evening run. For that I am so glad he got to meet some of you. He also went to packet pickups before race days with me, and we’d make excursions out of the trips. We were always making plans for the future.

So my message to you is to continue to make plans, but add one more to the list – “Get Heart CT Scan done” because the hardest part about living is living without someone you love.

Editor’s note: Rheta will be sharing her results when received. Below are several pictures from her appointment. Bob and Rheta were not able to complete their Bucket List items. Perhaps making an appointment for a scan will allow you and your loved ones to complete yours. I miss my friend Bob Shoop.



IMAGES FROM RHETA’S HEART SCAN:





Vol nteering Needs

BY KRICKET BALTZ—VP OPERATIONS

This edition's Volunteer Spotlight is on the awesome **Cathy McQuarters**



Is volunteering a family affair for you?

Yes, my husband lends a helping hand when an opportunity becomes available. My family, kids included, will be volunteering to assist the Poultry and Pie Predictor race on Thanksgiving.



Tell us something that most people don't know about you?

I've been a member of PSRR since January 2014. I have enjoyed the positive energy and the willingness to help/support a fellow run member.



Where were you born?

I was born in beautiful Evergreen Park, Illinois. I am a life long native of Illinois.

What sports did you play?

I wasn't involved in sports. I couldn't keep up with the neighborhood kids in sports such as tennis, because we spent more time chasing the ball and less time playing. Instead, I opted for band class. I played the trumpet and french horn in both Symphonic Wind Ensemble and Marching Band in high school.

What other groups or clubs are you a part of?

I am currently involved in a World War II women's living history league. Have you heard of the movie, A League of Their Own? The movie depicts women playing professional ball during the year 1943, while men are drafted and sent to war. The league was in existence from 1943 to 1954. We play softball as it was played in 1943 at historical re-enactment, county fairs and with teen softball teams at the historical Beyers Stadium, home of the Rockford Peaches, in Rockford, Illinois.

What is your favorite pre-race/training run food? Post race/training run food?

My favorite pre-race food is a plate of spaghetti the night before. The morning of a race I can eat too much, so I have a plain bagel with peanut butter with a cup of coffee. I have found this is satisfying for races no longer than a half marathon. After a race, my stomach dictates what I can eat. Usually, I am content with a bottle of water and a banana or two. I can always make room for TCBY when available!

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Vol nteering Needs

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List places you would like to go or things you would like to do?

I would enjoy participating in a run that is located in a neighboring state. It would make for a weekend race/get away. I'm currently entertaining the idea of participating in the Rock N Roll half marathon in St. Louis this October. It's the weekend after the Chicago Marathon, so I will need to give careful consideration to this race!

What is your favorite pre-race/training run food? Post race/training run food?

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Motivational quote that touches and inspires you?

I don't have a quote, rather, I have three words that inspire me to persevere.

They are *focus, relax and breathe.*

Any advice you would give to an athlete just starting?

I think of each runner as an individual. There are many aspects of running that a new runner should know. I would advise a runner to gather information from sources such as; magazines, books, the internet and talk to other experienced runners. After you have gathered information, then determine what works best for you.



run-
mag-





Yoga and Running by Tammy Munch

Too many runners suffer from bad backs and knees, so dedicated athletes are constantly trying to find better ways to take care of our bodies to prevent injuries.

Yoga has become increasingly popular in today's culture, and whether you're an advanced yoga student or a beginner, a simple routine can loosen tight spots, strengthen weak spots, and make us better, less injury-prone runners.

Many of the poses are perfect for developing greater flexibility, fitness, and mental focus, all areas that add significant value to the running community.

By incorporating just a few minutes of yoga after a run, when muscles are still warm, we can really enhance active recovery efforts, particularly after long runs or challenging interval workouts!

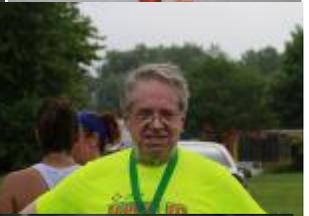
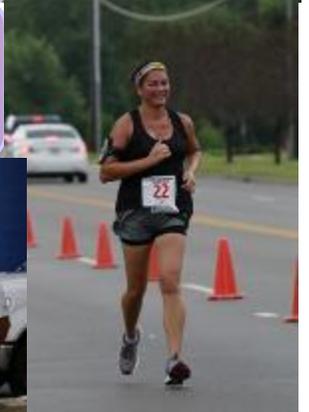


How to start practicing yoga (from Runner's World magazine)

- Time it right - Your yoga practice should have a converse relationship with your training: When you're ramping up mileage and churning out hard workouts, stick with relaxing sessions. When your training eases up, you can increase the intensity and frequency of your yoga workouts, says Sage Rountree, yoga instructor, triathlon coach, and author of *The Runner's Guide to Yoga*. If you take on a rigorous practice in the midst of a monster training month, "you'll interfere with your body's recovery and risk hurting yourself," Rountree says.
- Be humble - It can take years to master yoga poses, so don't go to your first class (or your first 20) expecting to be the star pupil--no matter how many races you've run or how fast your PRs are. "Focus on yourself, not what the person on the mat next to you can do," Rountree says. And realize there's plenty to gain from a less-than-perfect practice.
- Avoid injury - Runners' high pain thresholds coupled with their competitive natures can make them more prone to injury. If you have a troublesome or tight spot you'd like to target, talk to your instructor about ways to modify poses so you can get a gentle--and safe--stretch.
- **Editor's note: Tammy offers a free yoga class at times through DNA Athletics. Check their schedule!**



PSRR won the Team Award and donated the \$100 prize back to the official charity—the Wounded Warrior Project



History of the Prairie State Road Runners 1975-2016 by Dave Cyplick

Author's Note- In 2000, Gary Moss published a brief history of the Prairie State Road Runners. I've used that document heavily as a resource covering club history through 1992. From that point forward, I've been a club member and have used personal knowledge (with the help of old newsletters) in developing this information.

The early 1970's brought us the 1972 Olympics and the Gold Medal won by Frank Shorter in the Olympic Marathon, along with the incomparable Steve Prefontaine, who held US records in events ranging from 2,000 meters to 10,000 meters.

Running gained momentum as an everyday fitness activity for the average person; no longer was it the exclusive domain of ex high school and college runners or those training for other sports. From this background, running began to develop as an organized activity in the greater Joliet area.

In 1975, the Joliet YMCA Running Club was founded. The YMCA was located on Ottawa Street in a building that exists today and serves as a retirement home. The Y had a circular running track that was suspended from the ceiling. Needless to say, the running track couldn't have been the favorite running venue of club members at the time. The old Y building appears below.



During those first few years, the club had a couple of dozen members. Les Cox served as the first club president from 1975 through 1978. Jim Robinson then took over as club president from 1979-1981.

During the 1970's, road races began to appear in the Joliet area. By 1980, the YMCA running club began hosting races. They included the Musser Sports 7 ½ mile classic in New Lenox in May and the Joliet Days 10K in July. Our Poultry and Pie Predictor race began on Thanksgiving as a 5 miler the following year. The oldest area continuous race, the Frosty Five, began in 1980. At that time, typical race fees were \$6 if you pre-registered and \$8 for race day registration. The club also took over control of the Will County Road Race Circuit and renamed it the Prairie State Circuit. In addition to the Musser Sports race, Joliet Days 10K and the Frosty Five, the circuit included Gordies' Run 10k, the Crest Hill 10K and the Rockdale Rambling 10K. The club instituted 5 year age group awards as a standard procedure for our own races and other Will County races soon followed our example. We were the first running club to do this in the Chicago-land area as well as the first club to offer overall Masters awards at races.

Membership growth in the club was strong in the early to mid-1980's. The club went from 30-40 members to nearly

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300. The Joliet YMCA retained strict control over club activities and finances. As a result, the club split off from the YMCA in 1982 and officially became the Prairie State Road Runners, affiliating with the Road Runners Club of America, a relationship we still have currently. Gary Moss served as club president from 1982 through 1986.

In 1983, Musser's went out of business and for one year the race was known as the Marine Corp Classic and then became the Armed Forces Classic 12K in 1984. The Joliet Days race became the Joliet Summerfest race, eventually becoming a CARA circuit race in 1986, the last year it was held due to logistical difficulties we encountered with the Joliet Police Department. One other race was added in 1983, the Prairie State Half Marathon, which ran from Lincolnway High School in New Lenox out to Mokena and back. By 1985, this race was reduced in distance to the Prairie State 10 miler. Janet Velemir was club president from 1987 through 1989.

PSRR continued to host multiple races in the latter half of the 1980's and even added a fifth race, the Illinois Open State Cross Country 8k Championship in 1988 at the Camp Sha-Wa-Na-See 4H Camp across from Kankakee River State Park. Jim Hubbell was the first race director, later followed by Jack Picciolo. This race featured some challenging terrain including a steep ravine you found yourself sliding down if you didn't pay attention. In 1990 Dan Keenan served as club president followed by a one year return by Gary Moss in 1991.

In 1990, the club started the National Heritage Corridor 25K run. This race was initially held as a point to point race from Morris to Channahon. After the first year, the race became an out and back race starting on in Channahon and proceeding along the towpath heading to Morris. The 25k featured handmade Native American Indian items including dream catchers, dance sticks, Coo feathers and deer skin plaques. These awards were well received due to their uniqueness.



During 1990 to 1992, the club had 5 races: the Armed Forces 12K, Illinois Open 8k Cross Country, PSRR 10 miler, NHC 25K and the Pilcher Park Thanksgiving Predictor Race. By the end of 1992, the PSRR 10 miler was dropped so that the club could focus on the 25K as these two races had only been held a few weeks apart. Keith Theisen became PSRR president in 1992 and held this role through 1996.

One of our club highlights in 1993 was Gary Moss running the Chicago Marathon. Gary was the overall Masters champ and 33rd overall in the race in a time of 2:34:15. He was on TV for much of the race as he ran with a small pack of elite women runners, including Linda Somers and female champ Ritva Lemettinen.

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The masters champion only received \$250 those days. On the women's side, PSRR Cindy Woods finished in 10th place overall.

In the early and mid 1990's, PSRR teams had tremendous results at the hilly 80 mile River to River relay in Southern Illinois. Two of our teams continue to hold course records in the event, the Masters of the Shawnee Forest (masters division) in a time of 7:20:45 in 1994 and the Coed Masters of the Shawnee Forest in a time of 8:01:38 (mixed masters division)

In 1994, the last Armed Forces Race was held. Not too long after that, the New Lenox VFW, the Armed Forces staging area, suffered an extensive fire. As traffic was picking up along Francis Road, it probably would have been difficult to have the Armed Forces race much longer at the same New Lenox course. The inaugural New Lenox Sundowner race was held in 1994 on a course south of Lincoln Highway and west of Cedar Road. This evening race became very popular and the club basically outgrew the race location. Ultimately, the race was taken over by the Joliet Park District and moved to Pilcher Park and The Park District Greenhouse area where it continues to this day.

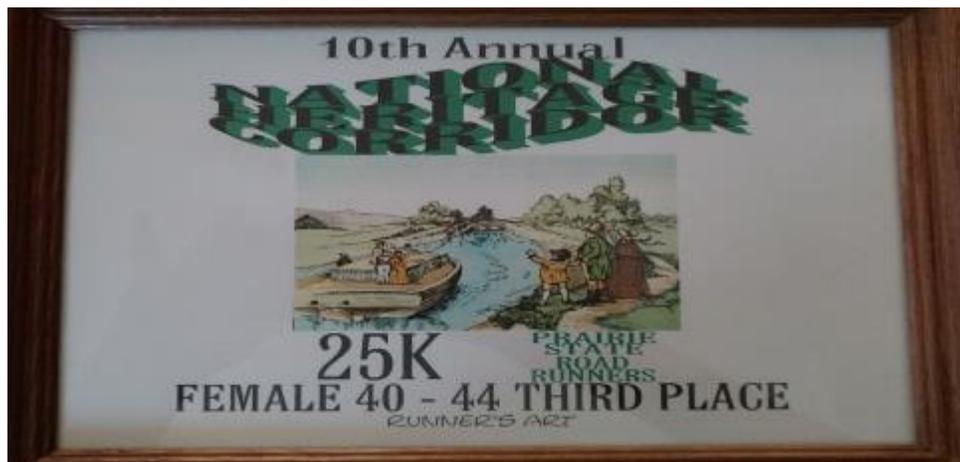
In 1995, the Armed Forces Classic became the Rose Classic 10k in honor of club member Greg Rose who was tragically killed by a drunk driver on the Briggs Street bridge over Interstate 80. Greg was a superb runner who was only 34 years old when he died. In 1995, the last Illinois Open Cross Country race was held and in 1996, the last Rose Classic.

Our oldest continuous club race, the Thanksgiving Poultry and Pie Predictor originally was a five-mile race but was later changed to 4 miles. In the late 1980's, we added a one-mile race for kids which was directed by Bob Maszak for many years. Recently, we have also added a Toddler Gobbler race for the little kids. The race shifted staging facilities from the Pilcher Park Nature Center in recent years to the Barber and Oberwortmann banquet facility next to the Joliet Park District Greenhouse though the actual course has remained largely the same.

Jeff Lindstrom was PSRR president in 1997 and 1998 and Mary Jones in 1999 and 2000. In addition to being club president, Mary edited the PSRR newsletter and directed the NHC 25K.

1995 through 2000 marked the highest participation rates for the NHC 25k. The race was considered a must do warm up for the Chicago marathon both by local runners and the CARA training groups. In 2001, we were headed for a record number of pre registrants, but then the tragedy of September 11th took place. Registration ground to a halt and only 80% of those registered showed up for the race.

In 1997, we introduced the Polar Predictor race on Super Bowl Sunday as a local alternative for our members. Similar to our Thanksgiving race, runners predicted their finishing times without the use of timing devices. This race was held through 2002 on at least a couple of sub-zero days starting from the Pilcher Park Nature Center.



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From 1999 through 2001, PSRR participated in the Southern Area Race Circuit. Four running clubs including PSRR, the Kankakee River Running Club, the Palos Road Runners and the Park Forest Running and Pancake Clubs made up the circuit. Each of the 4 clubs designated two of their local races as SARC races (for us, the Sundowner and the 25K) and points were awarded for the relative finish places of team runners. SARC encouraged race participation and friendly competition. There was a combined awards banquet at the Pilcher Park Nature center at least one of these years that participants of all the clubs attended.

Traveling to out of town races with fellow club members has long been a tradition with PSRR members. 2002 was no exception as a number of PSRR's headed to Duluth Minnesota for Grandma's Marathon. We entered both Women's and Men's teams in the Marathon team competition that year and placed 10th on the Women's side and in 12th place on the Men's side of the competition.

Jeff Lindstrom took over the reins of the PSRR from Mary Jones in 2001. Jeff had developed a medical condition that reduced his ability to run over the years, yet by 2003, he found himself acting as President, circuit statistician and newsletter editor. Fortunately, John Davis jumped in as newsletter editor to relieve the burden on Jeff.

In 2004, Jim Halstead took over as PSRR President. The club became an Illinois non-profit corporation at this time and we continue to maintain this status as well as our affiliation with the Road Runners Club of America where we derive our status as a 501c organization, exempting us from federal income tax. We also began the process of instituting a PSRR Hall of Fame, inducting our first nominees at our January 2005 annual meeting and banquet. Gary Moss, Greg Rose, Becky Criscione and Jack Picciolo were our first inductees.

Dave Cyplick was PSRR President from 2005 through 2007. In 2005 and 2006, PSRR hosted a series of cross country races (3 in 2005 and 2 in 2006) in conjunction with the Channahon Park District on the Minooka High School Cross Country Course in Channahon. This was an effort to get adults interested in cross country as well as giving the high school runners some extra access to cross country races in the summer. In 2006 and 2007, the club put on the Spring Kickoff Trail Race in Pilcher Park. This was a 4 miler that used some of the trails in Pilcher Park which hadn't been raced on for many years. It also served as a means of getting rid of a huge accumulation of extra race sweatshirts, t-shirts and windshirts we had accumulated over the years. The club conducted a Marathon/Half Marathon training program in 2007 which included an 18 week structured training program as well as free PSRR memberships for program participants.

For a long time, runners in our area had to travel to Lisle, Orland Park or Palos to go to a specialty running store. Andy Remley and Dave Johnson brought us Dick Pond Athletics to Crest Hill in 2005. The store later became DNA Athletics. Andy was PSRR President in 2008 and Dave served as the PSRR Treasurer. DNA has hosted weekly group runs for many years and has provided PSRR members discounts on their merchandise.

In 2009 and 2010, Sue Mores was the PSRR President. She arranged for us to have a great webmaster, Mike Wilson, who also worked on the Cal Striders website. Our communication to members was enhanced, we cleaned up our recordkeeping and added social activities such as a post-race party after the Firefly race.

Between 2009 and 2011, a Prairie State team competed in the 200 mile Madison to Chicago Relay, an event which ultimately was taken over by the Ragnar organization.

As 2011 rolled in, Laura McLean took over as PSRR President. Laura spent a lot of the year out of town working on projects as a union electrician, but was able to stay in touch and help the club continue to advance. Laura had also served as Vice President and Trustee for the club over a period of several years. 2011 marked the last year the National Heritage Corridor 25K was held. From 1990 to 2005, the race was held in the fall. Over the years, more long distance fall races were held and between 2002 and 2005, participation dropped by about 10% per year. After the 2005 race, we

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put the race on hold for a few years and then brought it back in the spring of 2008 at a new start/finish venue, the Four Rivers Environmental and Education Center, commonly known as Moose Island, in Channahon. The race never really gained any traction as a spring event and we decided that 2011 would mark the end of the race after 20 years.

Steve Koven was PSRR President from 2012-2015. We added three club sponsored races including the Manhattan Irishfest Parade 5K in 2014, the DNA/PSRR Free 5K in 2013 and the PSRR Cross Country Race in 2014. The Manhattan Irishfest Parade 5K is a logistically challenging point to point race which also features a beer test with a nice party afterwards. Steve and Ray Wertelka had directed this race in 2014 and 2015 and Ray took over the majority of race directing responsibilities in 2016. The DNA/PSRR Free 5k is a great service provided to the running community. We also encourage the donation of school supplies at this event. The PSRR Free Cross Country Race was held at Plainfield Central High School in 2014 and 2015. This is the third time PSRR has put on cross country races and it wouldn't be surprising if a fourth series of cross country comes up before too long. Two other significant items of note during Steve's tenure were bringing back the club picnic and the rewriting and enhancing of the PSRR bylaws.

Mark Bowman took over from Steve as PSRR President in 2016. Mark is an accomplished ultrarunner who has completed 3 of 4 attempts at 100 mile runs and has done close to 60 other ultras. Mark has coached both Middle School and High School cross country. He has been a PSRR member for over 30 years and brings valuable perspective from his past club experiences.

Club members have had some impressive running experiences over the years. Jim Harman, Dennis Killian and Sheldon Nicol are members of the 50 States Marathon Club. Several club members, most notably Spencer Hopper and Jerry Raino, have completed the Pikes Peak Ascent or Marathon a number of times.

One theme that has remained a constant through the years and will continue to remain most important to our club is that for PSRR to thrive, we need a constant stream of volunteers. The club future will remain bright if new volunteers continue to emerge.



DNA/PSRR Free 5k

This race is one of three races directed by the Prairie State Road Runners each year. It is kept free to encourage participation and to spotlight PSRR along with our sponsor DNA Athletics. Each year we collect monetary donations along with school supplies to donate. We also donate all the leftover food to the food bank. This year once again much fun was had by all at a race with much more temperate weather conditions.



DNA/PSRR Free 5k



PSRR/DNA Athletics Free 5K 8/21/16 0:18:48.
Pace / Mile
5K 6:04.1

Travelin' PRAIRIE STATE ROAD RUNNERS!



So where have you worn your PSRR gear?

This feature highlights those who have been in cool and exciting places, or anywhere for that matter wearing their PSRR gear. Send us a picture of you sporting your **PSRR pride** anywhere in the world!

Please send your pictures to Judith Warren at newsletter@psrr.org or on facebook.



Matthew Clark at Niagra Falls

Jess Conboy at Acadia National Park on top of Pemetic Mountain



Javier Martinez at Lollapalooza



Robyn Bumgarner at the summit of Mt Rendezvous, elevation 10,450 feet.

Travelin' PRAIRIE STATE ROAD RUNNERS!



Jim Harman, Mark Walters and Larry Bornhofen at Waterfall Glen Xtreme 10



Diana Sorich saving the universe at Disneyland in California

Rheta Murdaugh finishing the Mission:
Possible Run 5k for Morning Star Mission
in Joliet



Paul Nette, Tina Pirc, Diana Sorich, Cathy McQuarters, Sergio Arreola, Nydia Beard, Stella Paramo, and Kurt Wysock at a combined PSRR/IRC Speed Training Session



Travelin' PRAIRIE STATE ROAD RUNNERS!

Jody Reddell in Highlands Ranch, Colorado



Kathy Figuierras with Lori Hill Everts on a shakeout run after the Light at the End of the Tunnel Marathon in Washington State



Matt Clark in Toronto



Javier Martinez in the Rocky Mountains in Colorado



MILES FOR MARK

3 mile run & 1 mile walk

On July 16th, PSRR participated in the charity fun run for beloved Minooka native and track coach Mark Smith. Mark is fighting stage 4 brain cancer. But he isn't battling alone. A whole community is standing with him. At the end of the event, Prairie State gave \$295 from the Split the Pot we ran (\$150 plus \$145 given back from the winner) and a straight donation of \$250. Some of the PSRR members are logging #MilesforMark and #SmithStrong.

If you desire, you can donate to Mark's expenses as he battles [here](#).



You can also donate directly by setting up arrangements at marksmithbenefit@gmail.com

Happy
Birthday

Celebrating birthdays in September: Clark Anderson, Sergio Arreola, Marne Bailey, Gavin Carlson, Dave Cyplick, Rich DeGrush, Pat Fera, Chandler Horvat, Art Hostert, Janet Keiler, Patrick Kielian, Pete Klaeser, Patti Lauer, Morgan Manzke, Sue Mores, Caroline Portlock, Jeremy Sikes, Brian Tatroe, Timothy Tocwish,

Celebrating birthdays in October: Laura Berry, Nathan Brown, Jess Conboy, Liz Costa, Emma Forbes, Kristin Garcia, John Horvat Jr, Joy Hyzny, Lauren Keyster, Rob Kodura, Patrick Koerner, Laura Kuhel, Bill Lauer, Scott Lemke, Madison Manzke, Marty Manzke Sr, Jim Miller, Tami Miller, Mary Jo Minarich, Rheta Murdaugh, Lisa Orzech, Michelle Rhodan, Colleen Zawrasky

*Let's all help them celebrate another great year
of running through life!*



NEW MEMBERS

Brianna Johnston

Erica Kesler

Andy Keyster

Brandon Keyster

Kaylee Keyster

Lauren Keyster



2016 Circuit

<u>Date</u>	<u>Circuit Race</u>	<u>2015 Club Participation</u>
Jan 23	Midwinter Cruise 5k	Not on schedule in 2015
Feb 7	Winterfest 5k	5—Blizzard conditions
Feb 14	Frosty 5 Miler	59
Mar 5	Manhattan Irish Fest Parade 5k	52
Apr 16	Rockdale Ramblin' Run 10k	70
Apr 23	TCS Run White & Blue 5k	New to circuit
May 7	Quarryman Challenge 10 Mile	New to circuit
Jun 4	Kendall County Sweetness 8k	New to circuit
Jun 18	Minooka Summerfest 8k	34
Jul 3	Liberty 5k	35
Jul 21	Sundowner 5k	68
Aug 11	Firefly 5k	43
Aug 13	Theresa Lang Memorial 5k	New to circuit
Aug 21	DNA/PSRR Free 5k	42
Sep 11	Ashley Can Half Marathon	14
Sep 25	Plainfield Harvest Fest 5k	25
Oct 15	Forte 5k	38
Oct 16	Cornerstone 5k "J" Run	New to circuit
Oct 23	JJC Haunted 5k	48
Nov 6	Canal Connection 10k	39
Nov 24	Poultry & Pie Predictor 4 Mile	53

*****Membership dues must be current in order to earn circuit points*****

PRAIRIE STATE ROAD RUNNERS

2016 Circuit Award Rules

AS EXPLAINED BY JAY WAIT

At the 12/11/16 PSRR board meeting, the directors voted to continue with the Circuit Award structure established for 2015. The Traditional Circuit Award will continue to reward participation (running, volunteering, and participating in the club). The Age Group Circuit Award allows those who are really competitive to see how they stack up against those in their age group. The two award systems will work as follows:

Traditional Circuit Award: A member qualifies for a circuit award by earning 7 circuit credits, which may be earned by running circuit races, volunteering in club activities, and up to one credit for running a half marathon, marathon, or longer race anywhere in the world. The one exception to the 7 circuit credit requirement is that any member age 14 or younger on January 1st will only be required to earn 5 circuit credits. All members who earn the required 7 (or 5) circuit points will receive the circuit award, which changes from year to year, but typically consists of club merchandise with a value of about \$30.

Those members who run 7 or more circuit races will be ranked against other runners on the basis of their age-graded race scores, with the scoring done cross country style. Age grading is done using the [WMA Age Grading Calculator 2006/2010](#).

NOTE: On 2/12/16 the PSRR Board voted to use the updated factors found in the [WMA Road Age Grading Calculator 2015](#). These factors will be used starting with the Frosty Five Miler on 2/14/16.

At year end, the top 3 ranked runners will be recognized at the annual banquet. The award for being one of the top ranked runners is in addition to the circuit award, and is a much more modest award, such as a plaque. In the event of a tie on the basis of

the best 7 scores, additional races (best 8, best 9, etc.) will be compared until a winner is found. If that still does not break the tie, the runner with the most races will be declared the winner.

Age Group Circuit Award:

Because of the club demographics, there are not enough members in some of the traditional 5 year (or even 10 year) age brackets to provide any meaningful competition. The board has reviewed the demographics (and intends to do so annually) and has agreed to continue to use the 16 age groups (8 each for male and female) that were used for 2015 awards. The age groups are: Under 15, 15-29, 30-39, 40-49, 50-54, 55-59, 60-69, and 70 & over. For the purpose of determining age group, age on January 1st will be used and nobody will be allowed to compete in two different age groups during the year. For example, a person aged 54 on January 1st who turns 55 in March will remain in the 50-54 age group for the entire year.

Scoring in the age groups will be done cross country style, based on actual finish times rather than age graded scores. Ranking will be done on the basis of the best 7 race scores in each category except under 15 category, which will only require 5 race scores. Winners in each age group will be recognized at the annual banquet with a nominal award, such as a plaque. The three top ranked members based on age graded scoring will not be eligible for age group awards. Finally, ties will be broken using additional races as described above.



2016 Circuit Results

Completed 7 circuit races – eligible for circuit award and circuit ranking

Has 7 or more points via circuit races, volunteer credits, and 1 half/full/ultra – eligible for circuit award

Has 5 or more points (age 14 & under) via circuit races, volunteer credits, and 1 half/full/ultra -- eligible for circuit award

Colored numbers are the 7 lowest finishes used in calculating circuit score

8/22/2016

Report errors/corrections to statistician@psrr.org

Runner	1. Mid-Winter Cruise 5k	2. Winterfest 5k	3. Frosty 5 Mile	4. Manhattan Irish Fest 5k	5. Rockdale Ramblin' 10k	6. Trinity Christian School 5k	7. Quarryman Challenge 10 Mile	8. Kendall County Sweetness 8k	9. Minooka Summerfest 5k	10. Liberty 5k	11. Sundowner 5k	12. Firefly 5k	13. Theresa Lang Memorial 5k	14. DNA/PSRR Free 5k	15. Ashley Can Half Marathon	16. Plainfield Harvest 5k	17. Forte 5k	18. Cornerstone 5k "J" Run	19. JJC Haunted 5k	20. Canal Connection 10k	21. Poultry & Pie Predictor 4 Mile	22. Your choice half/full/ultra	23. Volunteer Credits	Circuit Score	Circuit Ranking
Acup, Fawn		9	15	17		11		8																	
Aguilar, Dan				16					11	12	18	10		14									2		
Anderson, Clark	2	1	2	1	1	2		3		4				4										12	2
Arreola, Sergio			7	6	6						5														
Auld, Michael	5	3	6	C		7	4			11	10	10											1	45	7
Bailey, Marne			40	32	21		9			21			9	21										153	18
Bak, Leo						32				44													1		
Baltz, Cricket	14	20	39		18	14																C	7		
Baltz, Tom		31	53	26																		C	1		
Baltz, Tommy John	13	17	47	38	24				24					27								C	1	190	26
Barry, James G.				64																					
Barry, James R.	21		46	45																					
Barry, Laura			52	53	37		10		31	30	68	34	13	32								C		187	24
Berta, Coral									40				3												
Biazekovich, Jenny						3																			
Bonacci-Klaeser, Ruth	15				33			18			54			26											
Bornhofen, Larry			20	18	14				12	9	15	14		10									1	92	12
Bowman, Jennifer				47																					
Bowman, Mark	3	4	19	7		3			2			3		3								C	5	25	5
Brown, Melissa			25		20				15		19	20													
Bumgarner, Layne																									
Bumgarner, Quinn																									
Bumgarner, Robyn			26	29								32													
Buturusis, Teresa		30	51		32						58			38											
Byrnes, Brenda				44																					
Calder, Kate			28		16			12	18	17	27			39										157	20
Calvey, Colleen				69									46												
Caracheo, Maggie									21		31														
Carlson, Craig			42								64														
Carlson, Ella											40	42													
Carlson, Garrett											4														
Carlson, Gavin											14	18													
Carlson, Grace											47	30													
Carlson, Kerri			33								57	45													
Carter, Clint		7	18	12																			1		
Clark, Matt			21		13				13	13		16		12								C			
Conboy, Jess			11	5										53											
Costa, Liz		18					15				25	24	7	16											
Cyplick, Dave		13	22			13			14	16	22			15									5	115	13
Davis, John										10															
DeGrush, Rich	8		10	10			6		7																



Club Member Benefits

- **BI-MONTHLY NEWSLETTER** – “The Pacesetter” is published every 2 months. Each issue includes a letter from the president, upcoming races, cartoons, race reports and running accomplishments by our club members. You are encouraged to send personal stories, race reports and pictures to newsletter@psrr.org so we can include them in the newsletter.
- **MERCHANDISE DISCOUNT**—Select items at DNA Athletics, 16133 Weber Road, Crest Hill, IL, Phone: 815 588-0908
- **ORGANIZED GROUP RUNS**
 - SUNDAY MORNING SHOW-N-GO RUN AND BREAKFAST**– Since many of our club members run at different paces and are training for various events, we may not always run as a group. We meet at the Channahon State Park (25302 West Story Street, Channahon) between 8:00 – 8:30 AM, finishing around 9:45 AM. At that time, we head over to Lалlos (25220 Eames St, Channahon) for breakfast.
 - GROUP RUN (SEASONAL)** – Takes place on Thursday nights at DNA Athletics, Crest Hill. All ages and abilities are welcome for a 3-5 mile run. Takes place all summer long with a 6:15 start. Stick around after the run to take advantage of your merchandise discount on select items in the store.
- **RACE CIRCUIT** — Consisting of approximately 20-22 races, including a “your choice” ultra, marathon or ½ marathon. All paid members are eligible for circuit participation awards.
- **RACE DISCOUNTS**—Select circuit races
- **ANNUAL BANQUET AND CIRCUIT AWARD EVENT**
- **EMAILS AND REMINDERS ON UPCOMING RACES AND EVENTS**
- **PSRR MEMBER ONLY FACEBOOK PAGE**

PRAIRIE STATE ROAD RUNNERS Membership Application

2016 NEW MEMBER RATES

INDIVIDUAL _____ \$18.00 STUDENT _____ \$12.00 FAMILY _____ \$25.00

PRIMARY MEMBER NAME _____ Gender (M/F) _____ AGE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

DATE OF BIRTH _____ PHONE (____) _____ E-MAIL _____

YEAR (OR APPROXIMATE YEAR) YOU JOINED THE PSRR CLUB _____

Family Membership Data – List All Members

Name	Age	Date of Birth	Gender (M/F)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

How did you hear about us? _____

Make Checks Payable to: PRAIRIE STATE ROAD RUNNERS
Mail to: P.O. Box 293, Channahon, Illinois 60410-0293

CLUB MEMBERSHIP 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 the risks associated with running and volunteering to work in club races including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on 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 Road Runners Club of America, the Prairie State Road Runners and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNATURE (Parent of guardian if applicant is under 18) _____

DATE _____

Visit our website at www.psrr.org
Contact us at president@psrr.org



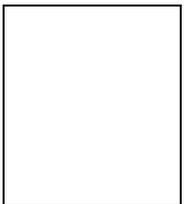
September/October 2016

PACESETTER

Prairie State Road Runners

P.O. Box 293

Channahon, IL 60410-0293



PRAIRIE STATE ROADRUNNERS



WILL COUNTY, ILLINOIS SINCE 1975

WWW.PSRR.ORG

Mail to:

From Will County's Running Authority



CARA

