

THE PACESETTER

January/February 2023 † Volume 48, Issue 1

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

www.psrr.org

What is the secret to PSRR runners success? The PSRR runners often appear early Sunday mornings to run and eat Chef Jeff's famous Chili concoction. Mystery solved!!!



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FACEBOOK



The Pacesetter is
for runners,
walkers and
fitness
enthusiasts of
ALL abilities



TABLE OF CONTENTS

Upcoming Circuit Races.....3

Acknowledgments.....3

Bulletin Board.....4

Letter from the Editor.....5

Prez Says.....6

January Awards Banquet and Business Meeting.....8

Run the Path 10k.....16

Paleozoik Devonian Fall II 25k.....17

Notable Accomplishments..... 18

Other Goings On!.....20

Annual December Run and Party.....21

More Other Goings On!.....22

Coache’s Corner - Ryan Hall’s Advice.....23

Circuit Results.....26

Parting Thoughts.....35

Click here to join PSRR!

Founded in 1975, the Prairie State Road Runners (PSRR) are one of the oldest running clubs in Illinois. The majority of our members are from Will, Grundy, and Kendall counties. The club sponsors the Thanksgiving Day morning Poultry Predictor 4 Mile Race in Joliet’s beautiful Pilcher Park and the Manhattan Irish Fest Parade 5K.

The Prairie State Road Runners is a member of the Road Runners Club of America (RRCA) www.rrca.org and is a defined 501(c)(3) organization under the RRCA charter.

UPCOMING CIRCUIT RACES AND EVENTS

January

Kick Back!

fEbruary

Sun Feb 5 Winterfest 5K, Bourbonnais - [Race Website](#)

Sat Feb 11 Frosty 5 Mile, Channahon - [Race Website](#)

Next race

Sat Mar 4 Manhattan Irish Fest Parade 5K [Race Website](#)

ACKNOWLEDGMENTS

Thanks to all who contributed. The pictures and stories on our facebook page help us document our activities. Keep it up!

If you want to report on races, book reviews, your training or anything else you would like to share, please send an email to John Steinmetz (johnsteinmetz4@gmail.com)



John Davis near the Pyramids. Can you top this picture while displaying a PSRR shirt? Send a picture for our next edition.

BULLETIN BOARD

MILE 20

When you catch yourself screaming "LIAR!" at the kid who says you look great.



What do you call a twig that won't stop looking in the mirror?

A narcissistick.

Just Saying

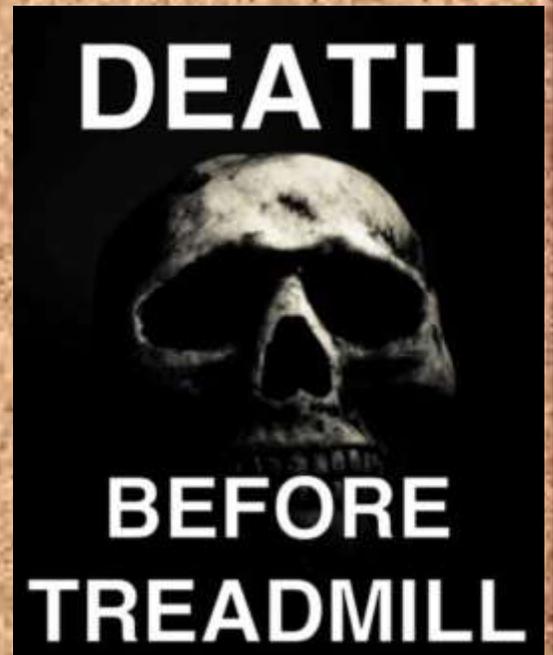
If you clean a vacuum cleaner you become the vacuum cleaner.

Math Challenge:

3,027 years from now, life will be either very good or very bad. Its 5050.



The Editor gasping for air while trying to butterfly 50 yards in the 200 Yard IM at a recent swim competition.



For great cross training at a low cost, join up with the Inwood Blue Tides Masters Swim Team. Includes swimmers, triathletes and PSRR members. Contact John Steinmetz PSRR for details or email Molly Hoover at mhoover@jolietpark.org. The training sessions are M-W-F 5:45 AM, Sat. 8 AM and T-T 9:30 AM and 6:00 PM. \$5 per session capped at \$35 per month.

Letter from the Editor

By John Steinmetz



In this edition we document the end of 2022 and the start of 2023! The editorial staff would like to give special thanks to Mark Walters. Mark has been working hard on the board since 2015 and continues as a non-board member to lead up the Irish Fest 5k. Mark has putting in many, many hours over the years and kept PSRR as one of the best running clubs in the Midwest! Also, the staff welcomes our new President, Mark Walker and the new Board members for 2023!

We withheld publication of the January/February Issue of The Pacesetter so that we could include pictures and happenings from the annual meeting.

Please check out the Coach's Corner tips gleaned from the fastest American Marathoner ever, Ryan Hall.

DEPARTING BOARD MEMBERS:

MARK WALTERS - PRESIDENT
RACHAEL GREENEY -DIRECTOR
SARAH ROSE - DIRECTOR
SHARRON SIMONS - VICE PRESIDENT
DIANA SORICH - TREASURER

WELCOME 2023 BOARD OF DIRECTORS (LEFT TO RIGHT IN PICTURE)

VICE PRESIDENT - JAVIER MARTINEZ, PRESIDENT - MARK WALKER
SECRETARY - EVA RAHN, VICE PRESIDENT - NYDIA BEARD
DIRECTOR - STEPHEN TOPF, PRESIDENT - AMY MCGOLDRICK
TREASURER - RAQUEL FRIASVICE, DIRECTOR - JOHN DAVIS
DIRECTOR - PATRICK J. KOERNER



PREZ SAYS



By Mark Walker

Greetings and Happy New Year!

Our club rang-in 2023 properly on New Year's Day with our New Year's Day Fun Run at Kerry Sheridan Grove (Moose Island) in Channahon. This has been a tradition since I have been in the club. On that day, 17 of us gathered at 10am in the parking lot for our pre-run picture. Then, while some headed to the paved prairie loop, others took to the I&M Canal trail. We met back at the cars, and after the obligatory post-run tailgating, a small group of us headed to Lallo's for something to warm our insides.

Next up, was our annual meeting and awards banquet on Saturday January 21. Once again we were at the beautiful and historic Jacob Henry Mansion in Joliet. There, the kitchen staff served a delicious buffet dinner with desserts. DeeJay Dave provided music during dinner. We started our business meeting around 7:20, and it lasted a little more than an hour. After the performance category awards, we inducted Janet Velemir Brown, Carol Walters, and Patrick J. Koerner into the PSRR Hall of Fame. Our final matter of business was presenting the 2022 circuit award to the 83 recipients, 70 of whom were at the meeting. Then, we turned things over to DeeJay Dave and the real fun began. After leading us in singing "Happy Birthday" to member Tammy Smith, he queued up ABBA's "Dancing Queen" while we managed to get as many members as we could together for a group picture. We pushed the speaker's podium, projector stand, and awards table aside to clear the dance floor. The music selection was perfect for circumstances. All in all, it was a memorable evening; the weather cooperated, the mood was jolly, and the turnout was excellent. Our dear friend Bob and Darcy Welsh drove all the way from their new home in Tennessee to join their Illinois running friends and family in fun and celebration.

With respect to our circuit, competition and participation are prime considerations. Location and race execution are important as well. Participation shows a level of engagement, which is why we want races on the circuit that our members are more likely to attend. Higher participation then leads to better (meaningful) competition. Competition makes us better runners. Or at least, makes us want to be better runners. So in 2023, we are splitting the F30-39 age group into two five-year groups. Of the 14 women in the F30-39 group last year, 5 were eligible for ranking in that 10-yr group. Competition in both of the new age groups could be 'fierce' in 2023, and in a good way! It all begins on February 5 at Winterfest. It'll be fun to watch, especially as we get into the heart of racing season. Minooka Summerfest, Summer Solstice, Liberty, and Sundowner should be hotly contested.

On the other hand, participation is key for our smaller, local races that depend on a club like ours that awards 'points' for participation. We boost turnout. The 2022 Shoop Scoot had but 48 runners; and 28 of those were PSRR members. Some of the happiest people you'll see at a race are those who are out for the pure enjoyment of the sport; they're not out to win anything, just to be among like-minded people. Their competition is within themselves; striving to do better than they did before, even if it's only by 2 seconds.

PREZ SAYS



By Mark Walker

New races on our 2023 circuit are Braidwood's Memorial Day 5K (May 27) and New Lenox's Water for Life 5K (Sep 4). Sadly, Fierce Fiesta 5k and Shoop Scoot 5K have been discontinued. At the annual meeting, members voted to add Tinley Park's Turkey Trot 5K over the Gobbler Hobbler 10K.

The new year also find us with a new board and club leadership. After three years as club president, I am stepping down. It pleases me to have a successor who is engaged, energetic, and enthusiastic in the person of Mark Walker. Mark has served as VP of Operations in his time on the board. In 2022, he directed the DNA/PSRR Free 5K while making 3 changes: race location (Prairie Bluff to Hammel), race day (Sunday to Friday), and race time of day (morning to evening). He is networked with other running groups and I think he will bring ideas to the board for their consideration. He also has a wonderfully diverse supporting cast in the other 8 board members, there to help him when and wherever he may need it. Please give him your full support in this challenge, and you did for me three years ago.

So this is my final "Prez Sez" article as club president. I have truly enjoyed my time serving the club in this capacity, and as you may suspect it has been challenging at times. The year 2020 (the COVID year) was especially hard to steer through, dealing with all the unknowns. I think we did fine, and much (and I do mean much) credit goes to those who were there to help me that year: Cathy McQuarters, Sarah (Prado) Rose, John Warren, Diana Sorich, Eva Rahn, Steve Koven, and Javier Martinez. We even managed to have a circuit award that year. And we did not collect dues for 2021. Three years as president may not seem like a long time, but I have served on the board as VP and club treasurer going back to 2015. That's eight years. I had said at the beginning of 2022, that it would be my last year.

Leaving the board with me in January are Diana Sorich, Sarah Rose, and Sharron Simons. To these ladies, I say a heartfelt "Thank You" for your steadfast support, respectful admonition, and excellent advice. And to Diana especially, because being club treasurer is no picnic. I also want to thank Eva Rahn, who is continuing on the board, though she was willing to step aside to let someone new come on. She has had the tough job of secretary, where you must listen intently in the meeting, noting who is saying what, and yet somehow allow your brain to percolate ideas to contribute to the discussion. Eva is among the best I have seen handle this. As for the new board, I will let the new club president introduce them in his own way, in his own time. If you were at the banquet, you know who they are. If you couldn't be there, you'll find their name on the pages of this issue of The Pacesetter. I'll simply say... what a fine group!

In closing, I just want to say that I feel that even now, 4 weeks into 2023 I can still say "Happy New Year" for two reasons. First, the Chinese New Year was on Sunday January 22, beginning the Year of the Rabbit. The second, is that my birthday falls on Groundhog Day, and so I begin my next trip around the sun on Planet Earth. Thankfully, on this occasion I remain in my same age group! But for me, the Year of the Rabbit could mean either that I run with the speed of the jackrabbit; or, that I become someone else's "rabbit" in a race! I hope it's the former.

Take care all! I'll see you at a circuit race, or on a Sunday morning at Channahon State Park for "Sunday Funday"!

Mark

January Awards Banquet

The Who's Who of Area Running Showed up on January 21st at the Jacob Henry Mansion!

Let's start with the fun stuff and finish up with awards.

Dancing Couples and Friends!



January Awards Banquet

The Who's Who of Area Running Group Picture



January Awards Banquet

Hall of Fame Inductees!

Patrick J. Koerner was inducted into the PSRR Hall of Fame. Patrick has long been a member of the PSRR group. Patrick is shown giving his acceptance speech, accepting the award for most circuit runs and is shown next to his son, Casey as an age group winner!

Also inducted, but not available to receive the award are Janet Velemir Brown and Carol Walters. Janet was the overall winner in the Will County race circuit in 1985 and placed in Top 5 Women four other times. Janet was club President from 1987-1989 and served as race director many times. Carol was a highly competitive runner in Chicago area races and in local races; clocking in at under 20 minutes in many. Carol ran the *Grandma's Marathon* in 2002 in 3:40.52. She was also the *race director* for the 2002 NHC 25K, a club race.



January Awards Banquet

And now we have the award winners!

Top row: Half/Marathon, Marathon Winners: 1st – Nydia Beard 168.3 mi, 2nd – Mark Walker 168.3 mi, 3rd – Amy McGoldrick 104.8 mi. Ultramarathon Events: 1st – Lilly Medina 374 miles, 3rd Mark Bowman 118.0 mi 2nd – Efrain Huerta 235 mi Mike Auld Most Volunteer Credits, 6. Patrick J. Koerner ran the most circuit races 16!

Age Group award winners are pictured in the lower left are: Traci Ethridge,, Debbie Scheckel, Britni Markland, Tammy Smith, Vickie Walker. Leslie Williams and Bailey Williams. Not pictured, Nydia Beard and Carol Stapleton.



January Awards Banquet

More Winners!

Eileen Skisak was the overall age adjusted winner. Javier Martinez took 2nd and Apollino (Junior) Esquiv-al took 3rd and are pictured below.

Below them are the men's age group winners. Casey Koerner and older brother Patrick J. Koerner, JT Markland, Bill Williams, John Steinmetz and Damien Mangabhai.

Larry Bornhofen, Mark Nelson and Mark Walker were picking up refreshments at time of picture.



January Awards Banquet

Some meat and potatoes from the business meeting:

Financials from the 2022 Treasurer, Diana Sorich

Prairie State Road Runners Receipts and Expenses for 2022 January 1, 2022 to December 31, 2022		
Beginning Fund Balance	1/1/2022	21,132.15
<u>Receipts</u>		
Irishfest	14,815.82	
Poultry and Pie Predictor 2021	2,312.70	
Donation	1,121.00	
Events-2022 Banquet	1,303.11	
Dues	972.00	
Merchandise	72.07	
		20,596.70
<u>Expenses</u>		
Events-Irish Fest 2022	(8,943.69)	
Events-Banquet 2022	(3,922.71)	
Operating/RRCA Dues/Insurance/Misc events	(3,116.95)	
Donations	(730.47)	
Events-Poultry 2021	(725.54)	
Events-June Picnic	(628.09)	
Events-Free 5K	(365.60)	
Events-Light Run	(454.65)	
Merch Return	(21.65)	
		(18,909.35)
<u>Net Receipts and Expenses</u>		1,687.35
Ending Fund Balance	12/31/2022	22,819.50
<u>Donations Made to</u>		
RRCA	25.00	
Impact Booster	100.00	
Rockdale School District	400.00	
Paws	105.47	
Plainfield Riverfront Foundation	100.00	
	730.47	

January Awards Banquet

Some meat and potatoes from the business meeting follow:

- Return of the Irish Fest 5K
- Members on several teams for the first River to River Relay since 2019
- 17 members participated at Galena Sky Trail
- Club Picnic (June) – GREAT TURNOUT!
- FREE 5k (August) – NEW LOCATION, DAY OF WEEK, TIME OF DAY
- Acquired a portable PA System
- Many members on bourbon trail relay (September)
- Holiday Light Run (December)– New Venue
- Mark Bowman accumulated 100,000 miles
- Three members competed in the Boston Marathon
- Many members competed in the Chicago Marathon
- Lily broker the 24 hour barrier in the 100 miler

January Business Meeting

More meat and potatoes

2023 PSRR CIRCUIT RACE SCHEDULE



Circuit Race No.	Date	Race Name
1	5-Feb	Winterfest 5k
2	11-Feb	Frosty 5
3	4-Mar	Manhattan Irish Fest
4	26-Mar	Shamrock Shuffle
5	23-Apr	Champion of Trees 10k (Morton Arb)
6	13-May	Quarryman 5k
7	20-May	Galena Sky Trail 8-hr
8	27-May	Braidwood Memorial Day 5k
9	17-Jun	Summerfest 5k
10	23-Jun	Summer Solstice 4 Mile
11	1-Jul	Liberty 5k
12	20-Jul	Sundowner 5k
13	4-Aug	PSRR Free 5k
14	26-Aug	Parkie's Famous 5k
15	3-Sep	Herscher Hare & Tortoise
16	4-Sep	Water for Life 5k
17	4-Sep	Hidden Gem Half Marathon
18	24-Sep	Plainfield Harvest 5k
19	1-Oct	JJC 5k
20	21-Oct	Forte 5k
21	5-Nov	Tinley Park Turkey Trot 5k
22	11-Nov	Paleozoic Devonian Fall II
23	23-Nov	Poultry Predictor
24		Your Choice - any race, any distance

List of Races for Circuit Credit Only

Quarryman Challenge 10 Mile

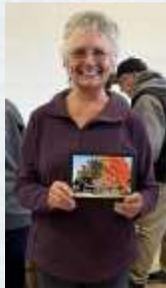
Galena Sky Trail 4-hour

CLUB EVENTS

RESULTS

Run the Path 10k, Mc Nabb, IL Nov. 6th

A great run over rolling hills in Western Illinois. Eva Rahn took an Age Adjusted 1st place amongst PSRR runners, cruising to a 56:10:31 10k time! The 1st, 2nd and 3rd place plaques were outstanding. "The fleece sweatshirts that went to all runners are extremely comfortable, and were made in memory of Starved Rock Runners' longtime member and past president Bob Renn, who passed in 2021 from COVID. The Starved Rock Runners put on a first-class event. After the race, several of us had brunch at the Uptown Grill in LaSalle, a sponsor for the race."



CLUB EVENTS

RESULTS

Paleozoic Devonian Fall II 25K - November 12th



A variety of surfaces make up this Paleozoic racecourse. Wide crushed gravel paths comprise about 90% of this course. Along the way you'll encounter a mix of narrower, more rugged dirt trails, and occasional grass segments. These non-crushed gravel sections can be moderately rocky with the occasional stray root. Compared to most others in greater Chicagoland, our Paleozoic course should be considered as "quite hilly."



Some outstanding performances at this 25k. Robert Jungwirth, age 69 ran a blistering 9:24.6 pace to take 1st place in the age adjusted PSRR standings. Junior Esquivel, age 53 ran at an 8:16.5 pace to take 2nd. Junior also placed 5th overall out of 79 runners. Lily Median at 9:13.9 and Michelle Rowbottom at 9:50.5 placed 2nd and 3rd in their age groups.

Notable Accomplishments



It'sRaceTime, Inc.

Dave Musgrave

7573

Half Marathon

Gender: Male

Age Group: Ages 55-59

City: Minooka

State: Illinois

Pace: 7:36 min/m

★ Add To Favorites

Net Time 1:39:38.6

OVERALL	Age Group
84/763	6/37
GENDER	
73/409	



Ashley Shulman started running in January of 2022 and did not stop until she finished two half-marathons! This one was the Schaumburg Half Marathon!!!

Notable Accomplishments



Grant Park 10k Turkey Trot. Nydia placed 1st in her Age Group!



PSRR runners at a Turkey Trot.



Other Goings On!

Sunday Funday Dec.
11, 2023



November 27th saw Harry & Debbie Scheckel, Gary Westefer and Lori Cunning Quigley receiving their awards at “Santas On The Run” from the big guy.



Annual December Run and Party!

December 15 saw the club Christmas run through Channahon. Great turnout with pizza and other treats at the Channahon Lanes.



Shots of Jello got the party going.



Other Goings On!

January 7th Sunday Funday begins again for



A November 11th gathering.



New year's day run celebration.



COACH'S CORNER

Ryan Hall on Strength Training for Runners, Lifting Heavy and Marathon Training

By John Steinmetz



Not the author (yet) but Ryan Hall.

Florence Gierman interviews famous runners. A recent interview was with Ryan Hall where Ryan shared some interesting insights. Ryan Hall is a retired American long-distance runner who holds the U.S. record in the half marathon 4:33 per mile in 2007. With his half marathon record time, he became the first U.S. runner to break the one-hour barrier in the event. He is also the only American to run a sub-2:05 marathon (2:04:58 at the Boston Marathon). However, this time is not eligible to be a record due to the course being point-to-point and a net-downhill course. Hall won the marathon at the 2008 United States Olympic Trials and placed tenth in the Olympic marathon in Beijing. Ryan's records have not yet been broken, even though we now have carbon fiber shoes and more scientific training!

Ryan is now coaching runners while he is transforming his body from a 137 lb runner to a 187 lb. super strong athlete. Ryan loves challenges and recently split a chord of wood and then ran down the South Kaibob Trail in the Grand Canyon with seven Gallon jugs, filled them up in the Colorado River and ran the 5000 yard vertical up the South Kaibob Trail with the jugs full! He ran 30 seconds hard, rested 30 seconds for 5 hours!

A link to the interview is at https://www.youtube.com/watch?v=5EugD_uoBzw.

Insight #1 Start Easy with Weight Training

When starting weight training, start easy. For the first week, stop when you feel like you could do 10 more reps. **Weight training done right, lessens the chance of injury. Train with runners, not muscle heads and you won't feel so intimidated.** Lifting strength varies with genetics, body type and your sport. Force yourself to do some lifting that pushes you. Train when you are strong (not starving).

Continued on next page.

Ryan Hall on Strength Training for Runners, Lifting Heavy and Marathon Training

By John Steinmetz

Insight #2 Cross Training

Cross training is important. Ryan likes weight training (heavy lifts) and biking or spin training. Threshold training for 2 hours on a bike is possible. Doing this running, would cause you to be injured. Cross training can help with your cardio!

Insight #3 Weight Control

Ryan looked at his brothers and the weight where he felt very comfortable and believes his natural weight at 5'10" is 165 lbs. Ryan trained at about 145 and raced at 137 lbs. Toward the end of his career, he tried to be as thin as a typical Kenyan and managed to get to 127 lbs.! He believes this weight loss made him susceptible to injuries and was a key factor in forcing him to give up marathon running. Every time he tried to race below his racing weight he did poorly or wasn't able to compete. Ryan's wife, Sarah Hall, is an elite marathoner. Her weight fluctuates only 3-4 lbs. Ryan would balloon up over to 150 lbs. from 137 lbs. over the Holiday season.

Insight #4 Do what you love!

Ryan now enjoys coaching and weight training. He believes there are many choices in life and these need to be enjoyed. Your passion may change as circumstances change. Find something you can enjoy.

Insight #5 Speedwork as a base is super important!

If you want to run at 4:33 per mile pace for a marathon, you need to be able to run a comfortable 5k at a 4:20 pace. Strength training and track intervals are very important. If you are naturally fast, the intervals maybe at 800 meters. If speed is a problem, interval training at 400 meters may be more appropriate.

Insight #6 Nutrition is very important!

Ryan eats every 3 hours and was also eating that frequently when he was running. Weight training requires more protein. Let your body recover after shedding weight and racing. This reset is very important.

Insight #7 Sleep is essential!

When you are assessing what needs to be done to get better, don't forget to get enough sleep!

Insight #8 Consistency is super important!

In any sport, being consistent with training, running nutrition, etc. is the key.

Insight #9 Your form should be monitored!

Take a video when you are running well. It should be analyzed. If an injury pops up, it may change your running form and lead to injuries. Take a video if you feel something isn't right and compare with your base video. Take corrective action, if you find you have changed your gait.

Additional tips on next page.

Ryan Hall on Strength Training for Runners, Lifting Heavy and Marathon Training

By John Steinmetz

Insight #10 Embrace the Pain!

The last 6 or so miles in a marathon are hard. Smile and know this is what you trained for. Ryan looked forward to the hard part of the marathon and he loved it when it got grimy and tough. Ryan will run up a mountain trail for example and get into the pain cave. At Stanford, Ryan learned to run smooth, even while embracing the pain.

Insight #11 Run the easy day easy!

The biggest mistake runners make, is running their easy days too hard. One, should not force your pace in recovery runs. Some days, easy will be relatively fast and other days, easy will be quite slow.

Insight #12 Don't test yourself during training!

Race time is when you go all out (unless you use racing to train). Go 95% on your fast days. Leave something in the tank.

Insight #13 Avoid Comparisons

Be yourself. Know your strengths and weaknesses and figure out how best to improve. Trying to run or train like someone else can lead to injury.

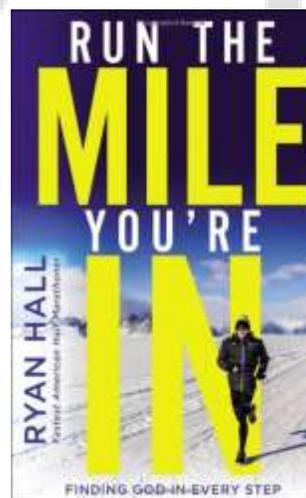
Insight #14 Keep a Positive Attitude

Expect to learn more from failures than your successes. Don't overreact to failure. Setting high goals is okay but don't beat yourself if you do not make it. Embrace the failures!

Insight #15 Just Take the Next Easy Step

Don't look too far ahead when you are in the middle of training.

If you enjoy Ryan's advice, you may enjoy his new book, "Run the Mile You are In!". His training is for every level of runners. He and Sarah coach at Run Free Training. <https://runfreetraining.com>



2022 Circuit Results Age Group Standings

Updated 12/9/2022 - Final

Runner	Winterfest 5K	Frosty 5 Mile	Manhattan Foot 5K	Shannon's 5th 5th 5K	Arboretum Champion of Trees 10K	Farce Fiesta 5K	Gabe's Sky 8 Hour	Race to the Flag 5K	Summerfest 5K	Summer Solstice 4 Mile	Morris Liberty 5K	Sunderland 5K	PSRR Free 5K	Park in Paradise 5K	Halo & Toronto 5K	Hutton Glen Hill Marathon	Shoop Scoot	Plainfield Harvest 5K	LJC 5K	Parade 5K	Run the Path 10K	Paleozoic Devonian Fall II 25K	November Choice Race	Score	Ranking	
FEMALE UNDER 15																										
Huerta, Iris				2									1												###	
Calvey, Palmer				2																						
Falcon, Destiny				1		1					4	3						1		2					8	2
Jaylyn Miller											2								2							
Williams, Bailey								1			1	1					1		1						5	1
Williams, Hannah											3	2							2	1						
FEMALE 15-25																										
Heidrich, Sofia													1													
Pinc, Brittany												1														
FEMALE 30-39																										
Bodillo, Susan	1	4	4	4		1	1			4															19	5
Bottomley, Elaine												6							3							
Calder, Kate		3	2	1	1					2	4	2													15	3
Craig, Jenn				6	2					1	3	3				2	1								18	4
Greeney, Rachael	2	6	7	5		2	2																			
Hall, Heather								2		5	5								1							
Mangan, Kristen		5		6		3			2	8	9	3						3							25	6
Markland, Britni		2	3					1			1	1			1	1		1	1						8	1
Pociak, Natalie																	2	2								
Raino, Lauren		8					2				10	5								3						
Ross, Sarah						5																				
Rowbottom, Michelle		1	1	3		1	3		1	2									2		2	1			9	2
Shulman, Ashley										7	8	4							2							
Tezak, Samantha		7	5			4					7								4							
FEMALE 40-49																										
Blank, Shari	2	3	2			2				2	7				1	2						2			13	3
Colleen Calvey				6																						
Curtis, Kelly		4	5	2							4															
Eberhardt, Traci	1	2	1		1	2												1	1						9	1
Henkelins, Amanda				4					2	7	6					3	1									
Hoeffler, Gina			8		3					8	5								4							
Madina, Lily		1	3	3		1	1			1	2											1			15	2
Nest, Sarah					3		2			6	3							3	1							
Norris, Tiffany				5																						
Passias, Michelle		7	5		4				3						2							3				
Sauerwein, Jill		5	4							3	1								1							
Simon, Sharon		8	7		3				2																	
Strobot, Jackie (Gertrud)	3		3	1					1						1				2							
Troha, Lois		6	8		2			1	1	5	4														25	4
Wagner, Ammand			7								9															
FEMALE 45-49																										
Bailey, Marnie		2	1	2																						
Beard, Nydia	1			1					1	1	1	1	1						1			1			7	1
Freeman, Angie		1				1	1			2	3				1											
Kessler, Erica			2			1				4	4						1			1						
Amy McGoldrick										3	2			1				1	2		1					

2022 Long Run Results
Your Choice Half Marathon/Marathon or Inbetween
Any Day 2022
Anywhere in the World

Any race from the half-marathon up to and including the marathon distance can be included in this list. Awards will be given to the three members who have the most accumulated miles. The only other requirement to be eligible for an award in this category is you must have 7 or more circuit credits.

Updated 12/9/2022 - Final

<u>Name</u>	<u>Miles</u>	<u>Total Miles</u>	<u>Race</u>	<u>Finish Time</u>
Nydia Beard	13.1	168.3	2022 Love Chocolate	2:03:56
	13.1		Deer Park St. Paddy's Day Half-Marathon	1:54:06
	13.1		Philly Love Run Half-Marathon	1:52:56
	26.2		Carmel Marathon	4:15:04
	13.1		Love of Lincoln-Way Half-Marathon	2:01:10
	13.1		Chicagoland Spring Half-Marathon	1:56:57
	13.1		NM Chips & Salsa Half-Marathon	2:08:28
	13.1		Prairie State Half-Marathon	1:57:29
	13.1		Boulder Half-Marathon	2:15:45
	13.1		Chicago Country Sole Half-Marathon	1:54:31
	26.2		New York City Marathon	5:18:21
Tom Ethridge	26.2	26.2	Chicago Marathon	4:53:30
Traci Ethridge	26.2	26.2	Chicago Marathon	3:32:15
Rachael Greeney	15.0	93.6	Earth Day 15 Mile	4:00:30
	13.1		Naperville Women's Half-Marathon	2:46:13
	13.1		Carmel Half-Marathon	2:53:11
	26.2		Chicago Marathon	5:33:50
	26.2		New York City Marathon	5:42:19
Gina Hoefferle	13.1	13.1	Naperville Women's Half-Marathon	2:31:13
Javier Martinez	26.2	65.5	Boston Marathon	3:30:41
	13.1		Illinois Half-Marathon	1:35:41
	26.2		Chicago Marathon	3:22:04
Taylor McDonald	26.2	26.2	Chicago Marathon	6:08:44
Amy McGoldrick	26.2	104.8	Chernun-Lyudbeck Marathon	5:01:34
	13.1		Forge Trail Half-Marathon	2:41:19
	13.1		Lincoln-Way Half-Marathon	2:21:18
	13.1		Deer Grove Half-Marathon	2:46:30
	26.2		Chicago Marathon	4:39:31
Mary Raino	13.1	13.1	8/11 Memorial Half-Marathon	2:12:13
	13.1	Naperville Women's Half-Marathon	2:51:34	
Jackie (Skobot) Garcia	13.1	78.6	Bunny Wabbit Half-Marathon	2:05:13
	13.1		Christa Clinic Half-Marathon	2:07:17
	13.1		Starved Rock Country Half-Marathon	2:02:16
	13.1		Run Woodstock Half-Marathon	2:36:10
	13.1		Dam Site Run	1:59:46
	13.1		Monumental Half-Marathon	2:00:31
John Steinmetz	26.2	52.4	Mississippi Gulf Coast Marathon	4:28:53
	26.2		Boston Marathon	4:01:07
Jill Sauerwein	13.1	13.1	Naperville Women's Half-Marathon	2:13:38
Mark Walker	13.1	168.3	2022 Love Chocolate	1:52:42
	13.1		Deer Park St. Paddy's Day Half-Marathon	1:45:34
	13.1		Philly Love Run Half-Marathon	1:48:08
	26.2		Carmel Marathon	3:58:53
	13.1		Love of Lincoln-Way Half-Marathon	1:49:48
	13.1		Chicagoland Spring Half-Marathon	1:49:29
	13.1		NM Chips & Salsa Half-Marathon	1:49:04
	13.1		Prairie State Half-Marathon	1:47:03
	13.1		Boulder Half-Marathon	1:56:34
	13.1		Chicago Country Sole Half-Marathon	1:57:14
	26.2		New York City Marathon	4:45:57
Vickie Walker	13.1	13.1	Carmel Half-Marathon	2:18:33
Mark Walters	13.1	13.1	Naperville Half-Marathon	2:16:29

2022 Long Run Results

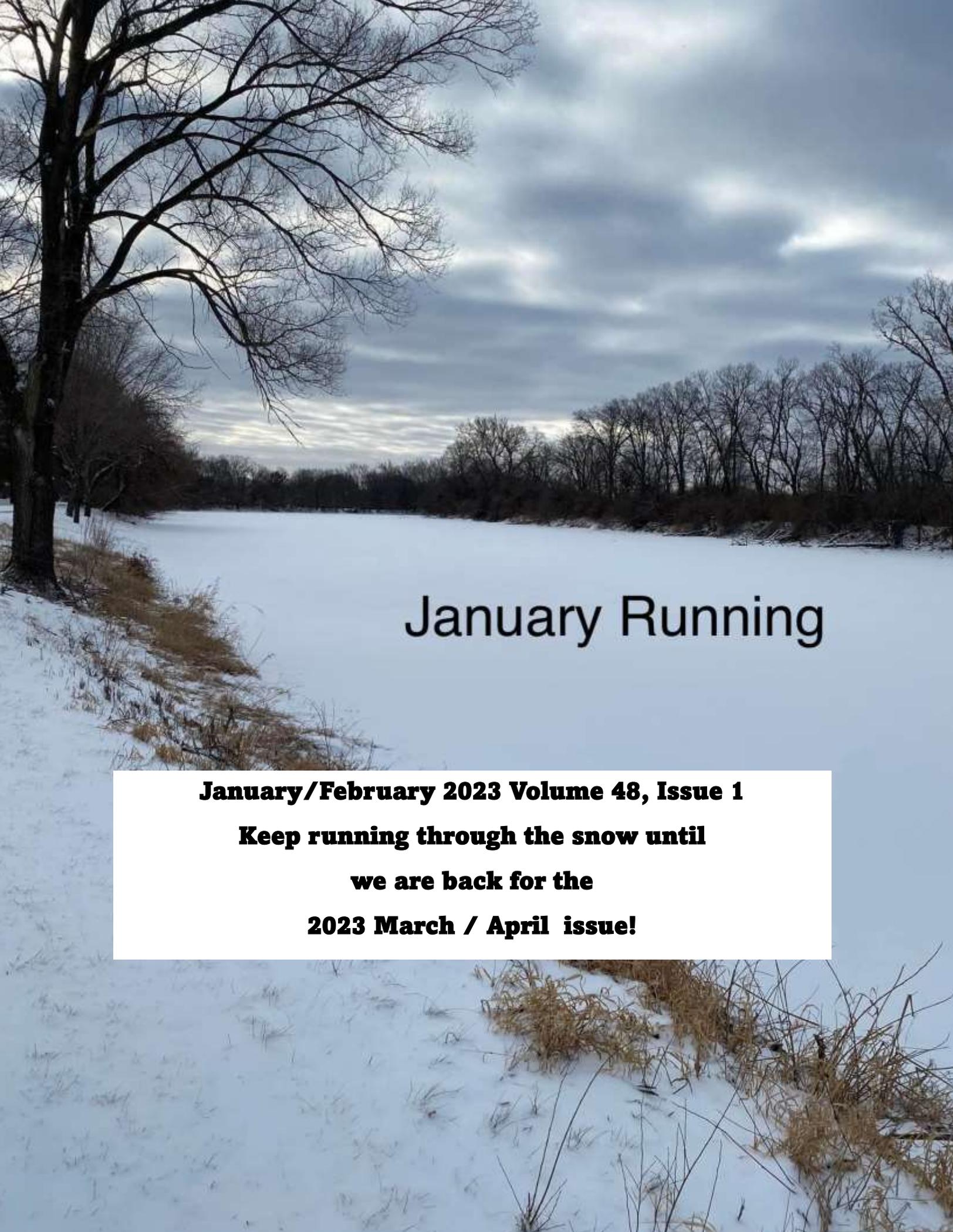
Your Choice Ultramarathon Any Day 2022 Anywhere in the World

Any race longer than the marathon distance can be included in this list. Awards will be given to the three members who have the most accumulated miles. The only other requirement to be eligible for an award in this category is you must have 7 or more circuit credits.

Updated 12/9/22 - Final

<u>Name</u>	<u>Miles</u>	<u>Total Miles</u>	<u>Race</u>	<u>Finish Time</u>
Mark Bowman	31.0	118.0	Paleozoic 50K - Spring	6:59:20
	56.0		Dog Days of Summer 12 Hour Run	11:51:41
	31.0		Des Plaines River Trail 50K	6:40:52
Efrain Huerta	31.0	235.0	Paleozoic 50K - Spring	6:46:25
	30.0		Potawatomi Trail Race	6:36:52
	31.0		Earth Day 50K	6:18:19
	62.0		Kettle Moraine 100K	14:04:20
	50.0		Marquette 50 Mile	13:13:53
	31.0		Paleozoic 50K - Fall	5:32:25
Amy McGoldrick	31.0	108.3	Badger Trail 50K	6:15:46
	27.3		Christmas in July 6 Hour	6:00:00
	50.0		Hennepin 50 Mile	10:20:05
Lily Medina	32.0	374.0	Frozen Gnome	6:24:05
	31.0		Paleozoic 50K - Spring	5:37:04
	30.0		Potawatomi Trail Race	6:14:27
	31.0		Earth Day 50K	5:15:00
	100.0		Kettle Moraine 100 Mile	22:20:44
	50.0		Marquette 50 Mile	13:13:53
	100.0		Hennepin 100 Mile	19:50:14

Note: The Galena Sky 8 hour run is not credited in this category as it is included in the circuit standings.



January Running

January/February 2023 Volume 48, Issue 1

Keep running through the snow until

we are back for the

2023 March / April issue!