

THE PACESETTER

JULY/AUGUST 2021 ☼ Volume 46, Issue 4

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

www.psrr.org



SUMMER SOLSTICE 4 MILE RUNNERS



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



PRAIRIE STATE ROAD RUNNERS - The Pacesetter

JUL/AUG 2021

www.psrr.org

Volume 46, Issue 4

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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.

PRAIRIE STATE ROAD RUNNERS

UPCOMING CIRCUIT RACES AND EVENTS

JULY

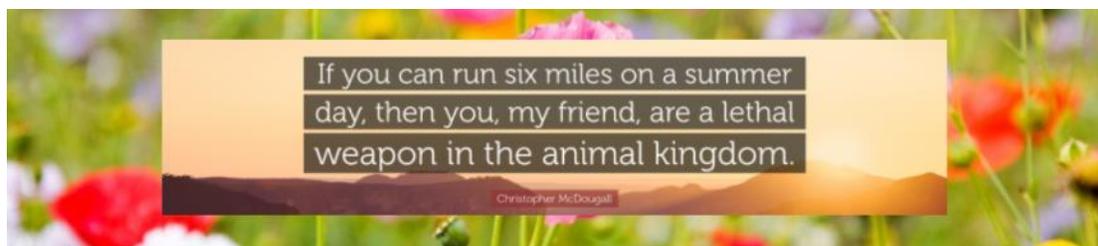
July 3rd	Morris Liberty 5k	CANCELLED
July 15th	Sundowner 5k	<u>Race Website</u>

AUGUST

August 28th	Parkies 5k	<u>Race Website</u>
August 28th	Bolt BBQ 5k	<u>Race Website</u>
August 29th	PSRR Free 5k	Website TBA

SEPTEMBER

September 4th	Minooka Summerfest 5k	<u>Race Website</u>
September 5th	Hare & Tortoise 5k	Website TBA
September 11th	Hidden Gem Half	<u>Race Website</u>
September 12th	Shoop Scoot	<u>Race Website</u>
September 26th	Plainfield Harvest 5k	<u>Race Website</u>



ACKNOWLEDGMENTS

Thanks to all who pitched in and wrote the Galena Sky race reports. The trip looked like so much fun, there may be quite the crowd next year! Thanks to Judith Warren for the Covid Frontliners race report. And once again, thanks to the brave ladies of the 2021 Pacesetter training project for sharing with us all of the various highs and lows in the life of a runner with a goal.

—LH

BULLETIN BOARD

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2021				1	2	3 IRC, State Park, 7:30 #Circuit 7 Liberty 5K CANCELLED
4 Sunday Funday 8am, State Park	5	6 CMRC, Moose Island, 5:30pm DNARC, DNA in Plainfield 6:20p	7	8	9	10 IRC, State Park, 7:30
11 Sunday Funday 8am, State Park	12	13 CMRC, Moose Island, 5:30pm DNARC, DNA in Plainfield 6:20p	14	15 Circuit 8, Sundowner 5K, 7pm	16	17 IRC, State Park, 7:30
18 Sunday Funday 8am, State Park-	19	20 CMRC, Moose Island, 5:30pm DNARC, DNA in Plainfield 6:20p	21	22	23	24 IRC, State Park, 7:30
25 Sunday Funday 8am, State Park- Welcome New /Beginning Runner!	26	27 CMRC, Moose Island, 5:30pm DNARC, DNA in Plainfield 6:20p	28	29	30	31 IRC, State Park, 7:30

Sprinters from Finland always win a race because whenever you start the race, they already Finnish.

"Daddy, why did Mommy run past our house?"

"Because she misjudged the distance of her long run, so she can't come back home until her GPS watch tells her it's OK."

DNA Ice Cream Run 2021



**Sunday July 18th: 8 AM
Lake Renwick Preserve**

July is National Ice Cream Month!! Help us celebrate by joining us from Lake Renwick Preserve in Plainfield for a fun run & walk. Each participant will be earning their ice cream by completing our scenic 1.2 mile loop.

For someone who runs all the time, I still have the ability to make it look like it's the first time I've ever tried.

PREZ SAYS



By Mark Walters

A Look at Long Course Miles

Like several other club members, I participated in the Galena Sky Trail 8-hr ultra in May. It was an incredibly fun and rewarding event. I completed 11 laps at Chestnut Mountain Resort for a total of 30.91 official miles. Now that several weeks have passed, I realize that I ought to take credit for my accomplishment in our club's 'Long Course' competition. But Galena is not your typical fixed distance event, so how would I do this? Let's have a look.

For those who may not be familiar with our Long Course distance competition, this is one of our annual award categories. There are two divisions: a) Half-Marathon/Marathon; and b) Ultramarathon. One can score and contend in both divisions, and this depends upon the type of event. The event must be a timed, in-person event that has an official result, usually in miles completed. To have your event miles added, you must report to the club statistician and include the following: race name; race date; bib no. and/or timed result. It would be most helpful to provide a link to the race results. The statistician will then add the race distance to keep a running total. Year-to-date totals are shown in the Long Course standing for the appropriate division. Since we are at mid-year, NOW is the time to report all long races for the first half of 2021.

Regarding the Galena Sky Trail ultra, it was a time-bounded event. By the event rules one could spend as much time accumulating laps (i.e., miles), providing that he or she completed a full 2.8-mile circuit before the 4pm close of the finish line - or as permitted (within reason) by the race director. Distance varied, of course. The number of full course circuits (laps) was used to determine the miles completed for the event and this is reflected in the official result(s). Since it was possible to run well more than a marathon distance in the 8-hr event, the event is considered as an ultramarathon. The 4-hr event was even more of an 'introductory' to trail ultras, and the mileage accumulated in that event are also considered to be ultramarathon miles, even though it might not have been possible for many to run a marathon distance in 4 hours there, given the trail's technical nature and its conditions.

My 30.91 miles are official! The total will be applied to my Long Course Ultramarathon tally, even though I had 13.1 miles in my Long Course Half-Marathon/Marathon tally. The 30.91 miles will most likely be my total for that category for the year. Though I 'had a blast', I think I

will stick to the 'shorter' distances for the time being! I will build on my half-marathon total but I am not going to show my hand at this point!

This reminds me to mention, that this year there is no mileage limit for ultramarathon distance - so long as you have an official result. Therefore, a 100K is 62.1 miles. A 'stage race' (one that takes place over several days) would be the combined total of all completed stages. A 'DNF' for any event is counted as the total miles ran or walked up to the last checkpoint or aid station, and hopefully that distance is recorded. In past years, there was a 50K limit on the number of miles that could be claimed for an ultramarathon.

Most of us who find satisfaction in doing long distance races, are either half marathoners or marathoners. Up to three (3) of these races can be applied as circuit 'choice' races for regular circuit credit. It may be more advantageous to have the miles applied to your total Long Course mileage, but the choice is yours. If you are close to having 7 circuit credits to qualify for the circuit award, you may want the credit as a 'choice' race. But if you are in the 'thick of competition' with your long course rivals, you may want the distance. You cannot have the benefit of both. Once you decide and the credit is applied, you will have 30 days to change your mind. This is because your change will affect others.

The Hidden Gem Half Marathon in September presents another special case. Since it is on the circuit, it would automatically count toward regular circuit credit. But if you want the 13.1 miles applied to your Long Course tally, simply let the statistician know that you intend to use the miles in that way so he can adjust the race scoring. In doing so, you will not receive circuit credit or a score for this race, so please keep this in mind. If you perform well in the Hidden Gem, you may want the circuit credit and ranking based on your age-graded result.

If you have any other question on credit or scoring, or need to get caught up on your Long Course mileage, contact our club statistician by email to statistician@psrr.org

Circuit Race Report and Summer Race Preview

We have reached the halfway point of our running season! In six months, we have completed and compiled results for six (6) circuit races: two (2) 10Ks, a five-miler, an 8K, a four-miler, and just one 5K. Three (3) of those races were new to our circuit: F³ at The Forge, Running O' the Green 8K, and Summer Solstice 4 Mile race. Each of the six races has been well attended, with not one having had fewer than 30 members participate. Summer Solstice saw thirty-four (34) members complete the 4-mile out-and-back course on a very muggy early evening.

We expected circuit adjustments in 2021, though we had hoped against having to make these. When we learned that Plainfield's Run for the Brave 5K was cancelled, we added Channahon's Fierce Fiesta 5K to replace it. This move proved most beneficial, as forty-seven (47) of our members were able to register and run this 'new' race. Prior to that, news came that Minooka's

Summerfest was being moved to Labor Day weekend; a development which created a 7-week gap in our circuit. The 'your choice any race for credit' option enabled our members to race anywhere, anytime to fill-in their personal schedule with in-person races. And just today, we learned that the Morris Liberty 5K (Circuit Race #7) was forced to postpone because of an industrial fire in town. We expect that the race will be rescheduled. Joliet's Sundowner 5K will be our only July race, unless Liberty 5K is scheduled for later in the month.

In August we have the unusual and accidental circumstance of two races on the same date. Both the Downers Grove BBQ Bolt and Bolingbrook's Parkies 5K are on Saturday August 28, followed by our Free 5K on August 29th. The conflict with the first two was unforeseen. We spoke with the respective event coordinators in early Spring to discover their plans, and then hopefully steer them to dates that were one week, or even one day, apart. Neither race date could be changed. Deciding to leave both races on the circuit affords our members the choice of one race or the other. Choice is good! Our club statistician agreed to score both races and said it would take a little longer to post the scores. Our Free 5K at Prairie Bluff in Crest Hill closes out the month of August. We are at work planning the event; the website will be updated to show the date, and race registration will open soon. If you are behind on credits, make sure to sign up or volunteer to help with the race.

With Summerfest 5K moving to Labor Day weekend, we have five (5) circuit races in September. So, the action will be 'heating up' and we head into the Fall season.

PSRR Summer Store Update

Our online Summer Store opening at DNA was brief, but we did have a total of 18 orders placed for a total of 33 items. Men's and women's tanks were offered in a few different styles and colors, as selected by the experts at DNA. Both women's and men's split running shorts and men's half-tights were also offered. All clothing except the split shorts will be printed with the familiar 'color block' logo that the club has used for many years. The clothing will be printed the week of July 5 and will be available late that week or early the following week. The caps and visors are expected to ship to DNA on July 12. These items will not have the color block logo but will have the club's name printed out in an alternative style - one that provides a fresh, distinctive look with perhaps a little flair. All caps will be gray and can be purchased from the store, even if you did not select when you ordered. All visors will be white with maroon trim and can be purchased as well, while supply lasts.

Happy 80th!

We would like to recognize an important age milestone for two of our members: Bob Thompson and Jim Harman. Both have recently celebrated their 80th birthdays.

Bob, who lives in Lockport, has been a member of our club for nearly 40 years, joining in 1982. He says he does but one or two races a year but remains a steadfast supporter of Prairie State Road Runners because the club has meant a lot to him over the years. Bob celebrated his 80th birthday on May 7. Keep a sharp eye out for Bob, because he says “if the good Lord is willing” we may see him at the Sundowner in a few weeks. I hope so

Jim turned 80 years young on April 7 and probably wishes that I wouldn't make such a fuss about it. But he is still going strong and setting an example of staying fit past 50. I had the pleasure of running with Jim at the Galena Sky Trail ultra in May. Jim was the only octogenarian in the event, and he logged well over 25 miles on that day. But even more amazing, just one week later he was in Stearns, KY doing the 34-mile Yamacraw trail run. Jim is a long-time member of our club as well, and a 2010 inductee into the PSRR Hall of Fame.



**Happy Belated Birthday
wishes to both Bob and Jim!**



WELCOME NEW AND RETURNING MEMBERS!



This just in from news headquarters:

New Members:

KIM CALDWELL
EFRAIN HUERTA
LINDSAY McDOWELL
LILY MEDINA
TONY NISSLEY

Returning:

RACHAEL GREENEY
PAUL NETTE
CHARLES SCHALK
DANIEL SCHALK
GINA SCHALK
NATHAN SCHALK

Whoa! The Boston Marathon Cutoff Time Is 7:47

Demand continues to exceed supply when it comes to Boston bibs.

BY SARAH LORGE BUTLER MAY 4, 2021

The COVID-19 pandemic has done nothing to diminish the allure of the Boston Marathon. If anything, the absence of the race the last two Aprils has made marathoners more eager than ever to gain a spot on the starting line of the race in October.

Organizers from the Boston Athletic Association (BAA) announced today that in order to earn a bib for the 2021 Boston Marathon, the 125th running, you had to be 7:47 faster than the qualifying time for your age and gender.

That's the biggest cutoff in the race's history. And 9,215 runners applied but were shut out.

Why? Numerous factors conspired against runners who have bettered their qualifying standard, but by only a relatively narrow margin.

First, the field size was reduced from 30,000 entrants to 20,000 to conform with COVID-19 safety standards. Of those 20,000, it was thought that roughly 16,000 bibs were reserved for qualifiers, and 4,000 were designated for those running for charities and other invitational entries. Today's announcement from the BAA said that only 14,609 runners got in with a qualifying time.

No entrants to the 2020 race were allowed to defer until 2021, so everyone who wanted to run this year had to re-enter. In addition, the qualifying period for this year's race spans years—it was open from September 15, 2018, until registration closed on April 23.

Boston hasn't been held in person since 2019. The 2020 race was postponed from April until September, and then became virtual only. The 2021 race has been postponed from April until October 11.

Hopeful qualifiers might have a better chance of getting into the 2022 Boston, which will likely return to its Patriots' Day date, April 18, 2022, and might have a field size closer to 30,000. The qualifying window runs from September 1, 2019, until the end of the to-be-announced registration period in the fall.

In 2020, before the race became virtual only, the cutoff time was 1:39 under the qualifying standards.

The change to a fall date and smaller field size are not the only concessions the race is making to the pandemic. The start will be rolling, with runners given appointment times, instead of going off in waves. Entrants will be charged an additional \$25 fee to support efforts to mitigate the spread of the coronavirus. Participants will have the opportunity to buy registration insurance. There will be no athletes' village at the start in Hopkinton.



REMEMBERING KILLER KOWALSKI



Richard “Killer” Kowalski passed away peacefully at his home in Foley, Alabama on Wednesday May 5, 2021.

He was born on December 13, 1933 in Chicago, IL. He attended Annunciation Grade School and Wells High School.

He married the love of his life, Marion, on July 11, 1953. Together, they raised six children. As a young father he took his family camping and fishing, to museums, zoos, and amusement parks. He worked two jobs – one at Western

Electric in Cicero and he was also a night watchman at Sears.

Richard’s interest in sports extended to the community and he helped expand the Romeoville Recreation program for several years as President of the Romeoville Recreation Board.

In 1978 he accepted a dare from a co-worker to train for a race. This resulted in a life-long passion for running. He has competed in thousands of races including the Chicago Marathon, The Bix, and the Steamboat Classic. He was a member of North Central College Alumni Running Club and Edward Health Club. His love for running was contagious and soon his wife Marion began running and racing with him. They travelled the country, racing in many classic races. Killer and Marion were members of Chicago Area Runners’ Association. Marion is in the CARA Hall of Fame and Killer is nationally ranked. They wintered in Gulf Shores, AL and made many friends with fellow snowbirds. A few years after Marion died, Killer moved to Foley, AL. There he continued his love of running and belonged to the Lower Alabama Fleet Feet Running Club and participated in the Senior Games in Tampa. He and his wife Barbara were active members of St. Margaret of Scotland Parish. He was a favorite performer at The Grove Karaoke Nights and added humor and laughter to any performance. Killer loved the friends he made at St. Margaret, LAFF and The Grove.

Richard was preceded in death by his wife of 50 years, Marion. Prior to Marion’s death, they endured the loss of their two sons Rick and Frank. Also preceding him in death are his parents Frank and Agnes (Michalski) as well as his older brother Frank. He is survived by his daughters Laura (Glen) Shadrick, Cindy, Tammie, and Patty (Jim) Rooks. He was the proud grandfather of 8 grandchildren – Sara, Jennifer, Teddy, Lindsay, Courtney, Jim, Frank, and Alayna and 4 great-grandchildren Ben, Eloise, Jack, and Emma. He is also survived by his wife Barbara.

In lieu of flowers, donations to the Richard Kowalski Memorial Scholarship fund would be appreciated. The family intends to establish a scholarship for a promising young runner.

MAY CLUB EVENTS: Fierce Fiesta 5k



RESULTS
LINK

7

62°
36°



B
L
I
N
G



MAY SUNDAY FUNDAYS

2
83°
59°



May 7 · ☁ · *** MOTHER'S DAY SUNDAY RUN HAS BEEN CANCELLED DUE TO WEATHER***.



May 13 · ☁ · FYI: There will be no Sunday Funday run this Sunday, **May 16**, 2021.



So sorry for the inconvenience.
See you all soon!



23
84°
64°

30
71°
37°



MAY RACERS

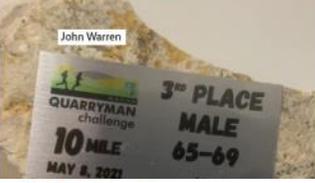


LEMONT QUARRYMAN 10 MILER
May 8, 2021

8
57°
31°



Patrick J. Koerner



John Warren



Jackie Skrobot -- Chicagoland Half Marathon



Judith Warren

Congrats to everyone who ran the 10 miler or 5k at the Quarryman Challenge. I'm seeing a few people who won rocks! Some of those I see are [Brittany Pirc](#), [Patrick J. Koerner](#), [John Warren](#), [Jill Pironti](#).



Mark Bowman
Sugar Badger
50k Ultra 5/29/21



HILL YEAH 5k
May 15, 2021

15
61°
46°



Sarah Prado's bachelorette party 5k
May 15, 2021



MAY 22, 2021

PSRR at CARA Spring Trail Chase 10k

CLUB EVENTS: Summer Solstice 4M



**RESULTS
LINK**

25
79°
70°



RUN



RUN



RUN



FUN



FUN



FUN

FUN



JUNE SUNDAY FUNDAYS

Diana Gonzalez Sorich June 6 no Sunday Funday
 Admin +1 · June 4 · 🌤️

The picnic is this Sunday, June 6th at Moose Island. I will be there early to drop my kayak in and or run. If anyone would like to meet between 9am-11am to run, walk, or try the kayak please post below. Reminder that there is no regular "Sunday Funday" due to the picnic.

Diana Gonzalez Sorich Sunday Funday 1 year anniversary!
 Admin +1 · June 9 · 🌤️

Last year around this time, deep in the throes of the pandemic, some of us had been running all along at State Park and collectively we decided- why not post for a Sunday Funday run? That is how the Sunday Funday project was born. We've always had Sunday runners, we just put a little life and love back into it. We've had tons of fun and we got thru this dang pandemic together. I don't do this alone, there's Mark, Becky, and our Big Chef to thank for all the contributions. And there's all of you to thank-all our runners, members and supporters who brought items to share, donated to the effort and RAN WITH US. Thank you all! With that said please join PSRR this Sunday, June 13, 2021 for our 1 year anniversary of Sunday Funday at State Park, 8am. As always ALL runners, walkers, and paces are welcome. Maybe I've given a clue as to post run rewards.....🤔



13
 88°
 65°



20
 84°
 64°



Life is not about waiting for the storm to pass. It's about learning to RUN in the RAIN.



27
 85°
 69°

NO PHOTO BUT THEY RAN.

MAY/JUNE RACERS

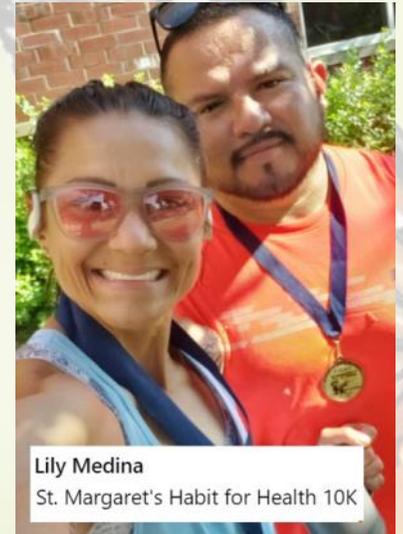
Darcy Welsh is with Erin Ralls.
PSRR presence at the Streator YMCA
Memorial Day 5K.



Tiffany Norris
5k .. Chasing the Sun .. I was able to PR .. best time so far this year !!!!



Judith Warren
River Grove FOP 5k -
1st in Age Group



Lily Medina
St. Margaret's Habit for Health 10K



Terri Putnam
Ashley Can Memorial 5k



Liz Siron Costa
Chasing the Sun 5K

**HEY
YOU**

**IF YOU
RUN A
RACE,
WE'D
LOVE A
PHOTO!
PLEASE
SEND
THEM
TO:**



Judith Warren
Cosley Zoo 10k with Eileen



Cathy Morman
Beck's 5K race



Diana Gonzalez Sorich
Not the best today-humid
just got it done.

PSRRnewsletter@gmail.com

CLUB EVENTS: PSRR Annual Picnic





CLUB CELEBRATIONS:

July and August Birthdays

Happy Birthday to You. Happy Birthday to You.
Happy Birthday dear...

1-Jul	Aidan Calvey	23-Jul	Tammy Smith	1-Aug	Brianna Johnston	24-Aug	Amanda Henkalin
	Jennifer Fracaro		Tommy John Baltz		Ryleigh Henkalin		Heather Hall
	Kevin Calvey	24-Jul	James Barry, Jr.	3-Aug	Toni Nissley		Robyn Bumgarner
3-Jul	John Bumgarner	25-Jul	Ruth Bonacci-	6-Aug	John Warren	25-Aug	Rachel Lynch
	Terri Putnam		Klaeser	8-Aug	Nicole Underhile	26-Aug	Thomas Lambert
4-Jul	Anna-Marie Forbes	26-Jul	Glenn Gabryel	11-Aug	Virginia Munro	28-Aug	Linda Sikes
	Rachael Greeney	27-Jul	Jody James	13-Aug	Colleen Calvey	29-Aug	Eva Rahn
5-Jul	Bill Gora		Tina Heidrich	14-Aug	John Davis		Mark Nelson
7-Jul	Emerson Raino	29-Jul	Jill Pironti	18-Aug	Sally Podolski		
8-Jul	Katie Klingberg	31-Jul	Lucas Weston	19-Aug	Daniel Schalk		
13-Jul	Alexander Erchinger			20-Aug	Kelly Curiel		
15-Jul	Ernesto Antonio			21-Aug	Kayleigh Henkalin		
16-Jul	Morgan Owens				Lauren Raino		
20-Jul	Daniel Aguilar			22-Aug	Jennifer Craig		
	Timothy Rose				Reese Koven		

HAPPY BIRTHDAY TO YOU!



CLUB MEMBER STORIES:

Race Report on The Covid Front Line Heroes 5k by Judith Warren



It has become a Warren tradition to do a race or three over Memorial Day weekend. But with things just opening up again, all the favorites were cancelled or virtual. So what does one do? Look to Indiana!

The COVID-19 Frontline Heroes 5k filled in the race void nicely. It took place completely within the beautiful 965 acre Oak Ridge Prairie County Park in Griffith IN. (Ok, I lived and worked near this park for 9 years and never knew it existed!) Once we registered, we started to receive the most polite, informative race emails I've ever seen! It was already a pleasant race experience.

The race was put on by the Indian Medical Association, Indian American Cultural Center, and the Chinmaya Mission NWI. Packet pickup was quick and easy onsite. Milling around it felt like a big family reunion. First, many of the Chicago area runners that attend races with us were there. That happens when it's one of the only events that weekend. Also, the Indian Community had turned out to support the race, charity, and have some fun.



PSRR was represented by myself, John Warren, Eileen Skisak, Terri Putnam, Harry Scheckel, and Debby Scheckel. The race took place mainly on the park road so there was no crowding. Although we started en masse, a chip-timed start allowed everyone to social distance as they chose. There really were some gorgeous views as we ran the course. It was a hot day, and they had several water stops. This was important as some of the participants were walking and out on the course awhile. There were also some dogs taking part.

The course though certified was unfortunately a tad short. Looking at the certification, it looked like the last mile was measured on a park road, and the last bit of the actual course was set up on a paved trail. At least the trail was pretty and shaded!

After the race there was a nice selection of snacks and a bakery sale of yummy items to benefit their charity. 100% of race proceeds were being given to charity. There was a presentation before the award ceremony. Frontline heroes including police officers, firefighters, and medical professionals were present and honored. There was even a helicopter and a SWAT tank there!

The race directors had five potted trees there and encouraged everyone to write notes of thank you or in memorial to attach to the trees. Afterwards the trees were to be planted at the Indian American Cultural Center and Chinmaya Mission campus in Merrillville as permanent memorials.

The presentation and award ceremony was somber along with being celebratory. The race took place as India was in the throes of the covid emergency. One speaker told how 22 doctors from his graduating class had just perished due to covid. But once we spent some moments absorbing the tragedies, we moved on to the awards.

Prairie State Road Runners was well-represented in awards. Eileen received Top Female Masters. John, Harry, and I all received 1st Place in the 5-year age groups. Debby got 2nd in a very competitive 65-69 year age group. It was so much like a family reunion that they took a big group picture of everyone still there after the awards.

I would definitely do this race again if it continues. It really was an informative, fun, family-friendly event.



CLUB MEMBER STORIES:

Race Report on The Galena Sky Trail Races

by Diana Sorich and John Steinmetz

DIANA SORICH:



All wonderful and amazing adventures start with a really stupid, terrible idea. The Galena Sky 4 hour and 8 hour Trail race is no exception. You travel from your home to a resort in Galena named Chestnut Mountain, a resort that has seen better days but yet conjures up quaint images of a 1950's era vacation spot. Once you arrive the first thing you notice is the beautiful view of the Mississippi river that winds around the resort and that contrary to what they say about Illinois, it is hilly! Illinois is not flat here. Further, it's not only not flat, it is

in fact quite hilly and that you've just signed up to run 8 hours in this terrain. Yay me! My Crew Chief just shook his head.

The object of the race is simple. You choose either the 4 hour or 8 hour time limit and you run a loop described as a 2.75 mile course around the resort as many times as you can in that time frame. That's it. Most miles wins and if you have the same miles as someone else in your 10 year age group, whoever gets to the finish faster gets the win. Now trail runners are different that road runners when describing mileage. When a road runner tells you about a 5k you know it is exactly 3.1 miles. When a trail runner tells you the course loop is 2.75 miles, it's 2.75 miles-ish or in our case 2.81 or more-ish, bless their trail running hearts. Cough. As an accountant who consistently does the mileage math in her head as she runs, I was just going to have to try to forget about all the decimals....ahem.



Now this "loop" is not a circle. It is a hilly, rooty, grassy, rocky up and down hill traverse in an out of the woods. Right out of the gate you have to go up a grassy hill that stretched out your calves to as far as they can go—it was just dig in and get up! That first part of the loop also had a steep mini hill where they enjoyed taking pictures of you trying to get up. It was also the point



of the famous “Butt Tree” that everyone enjoyed seeing—wait—are we the “butt” of someone’s joke?

The start finish line is set up in between the Mississippi and the resort. Spectators can set up tents next to the start to see their runners twice, once at the start and at about a mile into the loop. The start line is also equipped with tables of “nutrition” for the runners as they pass. I use the word “nutrition” loosely as the trail runner’s idea of race fuel consists of items like fun size candy bars, mints, Chips Ahoy, Oreos, Cheetos, Lays, Coke, ginger ale, Totino’s pizza rolls, grilled cheese, pb&J, oranges, watermelon, veggie straws and bean burritos—which were actually a hit with our group. The table looked like two 10 year olds got a hold of a couple hundred dollars and were asked to buy food for the day.

After you haul yourself up that first grassy hill and the mini steep hill with the butt tree, you run past the resort and past the area where spectators set up tents and watch foolish people go around in circles. For our group, Shelli Blenck brought her awesome large white easy up where PSRR set up base camp. We also brought our own snacks in case you needed something specific. My personal Crew Chief along with his assistant manned the PSRR tent without so much as a word to note our obvious insanity. Many of us brought extras clothes and shoes in case it rained—oh by the way did I mention that it rained? Fortunately the rain was only in the first hour or so and while it did make things a little muddy it wasn’t too horrible. The temperature was 51 degrees which felt just fine.



After passing our tent, you went into the part of the loop that was less than 2 miles but actually shaped like a three fingered claw on Garmin. We all had the same thoughts at the completion of the second claw—that it was the “fake out” because as you run on the grassy path you can almost see base camp BUT then it took you further out in the woods to the muddy area downhill and you realize you still have a bit to go before you finished your loop. Every time we got to this “fake out” point we all remarked that we would say “yay” followed quickly by “oh expletive” we still have the muddy woodsy part to run down. YAY! Once you did get down the muddy woodsy part you reemerged by base camp and crossed the finish line to complete a loop.

The beauty of this race is that you could do as many loops as you wanted in that time and only one loop gets you on the scoreboard. You can rest, go to the real bathrooms they had, eat something, drink something, then head out again. They did have a cutoff of about half hour before the 4pm finish time where you could not start another loop to ensure everyone makes it back before the close of the race. So that's it. Show up. Run around a mountain for 4 or 8 hours and eat junk food. A stupid terrible idea indeed that for some reason was on Carol Stapleton's bucket list.

She was set to do this last year and we all know covid happened so she decided to do it this year and tell Mark Walters all about it. Mark then posted the dang link and said it looked like a fun race to which Angela Freeman immediately signed up. I shared it to my page to think about it and Shelli Blenck said she was thinking about the 4 hour and Angie encouraged her to "sign up, Diana's already signed up". Not wanting to make Angie a liar, I registered and decided on the 8 hour because why not and Mark and Becky Rice had decided on the same time frame. Jim Harman chimed in that he does it every year and dragged Maria Enriquez along. Eileen Skisak joined in the mix as well as Lori Quigley who unfortunately was unable to attend.(We missed Lori and have decided we have to do this again next year so she can join.) John Steinmetz got roped in somehow and our newest runners Lilly Medina, an awesome runner I met in Oglesby at their turkey trot wanted in on the shenanigans when she saw the post in CMRC and got her husband Efrain Huerta involved. So, this my running friends, is how a stupid terrible awesome adventure gets born! If a running friend ever asks you to do something like this take a chance and do it.



All told, we ended up having a terrific time just running and enjoying the scenery as well as just seeing what we could do out there. Since the run was in loops we would all see each other on the course and would encourage each other to keep going. Shelli ended up switching to the 8 hour and became an ultra runner with her effort along with Mark, John, and Lilly---where Lilly had never run more than 13 miles prior to this event. Both John and Lilly placed, 3rd and 1st in their age groups in their first ever ultras. Becky’s 8 hour race proved her to be the comeback kid. Carol along with Eileen both ran the 4 hour race and both placed 1st in their age groups. Efrain ran his first ever marathon. Both Maria and Angie, no strangers to ultras were out there tearing it up. I had no idea what to expect and ended up with 6 loops with a little over 2 hours left to chill with my Crew Chief and his assistant. Well first I walked with the assistant a bit to round up my miles to an even 18 because NO ONE likes pesky decimals right? RIGHT?? In eight hours this fantastic group of runners posted up 314.72 “official miles” although our Garmins had a bit more because you don’t turn off your watches until the end. See our recap below courtesy of Mark Walter’s google doc. What’s racing with out stats?

2021 Galena Sky Trail Ultra - Team PSRR Results							2.81
RUNNER	EVENT	MILES	LAPS	AG PLACE	TOTAL in AG	OVERALL PLACE (4h)	OVERALL PLACE (8h)
Lily	8h	36.53	13	1	9	-	26
Angela	8h	33.72	12	5	18	-	46
John	8h	36.53	13	3	7	-	32
Shelli	8h	30.91	11	8	18	-	59
Becky	8h	22.48	8	11	16	-	106
Diana	8h	16.86	6	15	16	-	118
Jim	8h	25.29	9	1	2	-	94
Maria	8h	28.10	10	13	18	-	78
Efrain	8h	25.29	9	25	25	-	97
Carol	4h	11.24	4	1	1	66	-
Eileen	4h	16.86	6	1	1	35	-
Mark	8h	30.91	11	4	7	-	63
TOTAL		314.72					
Avg Miles, 4-hr runners		14.05	OFFICIAL RESULTS: https://www.webscorer.com/race?raceid=241294				
Avg Miles, 8-hr runners		28.66					

We then come to Jim, oh Jim, he is the beast we all want to be when we grow up. He placed first in his age group. We were all sitting eating dinner listening to the awards, when the announcer “finished” without having mentioning Jim’s category—the PSRR table erupted with Angie going up to correct the situation so that Jim got his 1st place in his age category. Never mess with a vegan ultra runner who runs with her dog is what we all learned. As Jim walked up to his over 80 category—some of the crowd stood up and clapped for him—it was such a cool sign of respect from this community.



What we all noted about this ultra community is that they were very encouraging and would give you shout outs on the course. We all had instances of the runners walking and or running with us and giving encouragement. These runners are good runners but some don't take things too seriously, they run and laugh and some even wear costumes which by the way was an award as in "best costume". I mean who runs dressed as a Viking for 8 hours carrying a shield? Certainly a runner I want to meet.



Post race, we all gathered at the hotel restaurant for a recap of events and some rewards. The rewards part of the experience continued to the next day where some of us gathered for brunch at Otto's. At Otto's we were able to convince our new friends Lilly and Efrain to join PSRR and come along for the ride in this crazy wonderful club of runners. We were able to fill them in on the cast of characters that we have in our club for all to enjoy. I really enjoy these types of travel races because I always get to learn a little about the runners we run with. What I am happily finding on these trips is that we all tend to possess a fighting spirit and a love of being a weekend warrior willing to try new experiences. You also learn that we are not just "runners" but people with some good stories to tell and share. So again, I tell you if you are ever presented with a "stupid" or "terrible" idea like this, my advice would be "HELL YES!".

JOHN STEINMETZ:

This is my first year in PSRR and it has been motivating, fun and at times painful. Taco Tuesday runs are becoming a staple of my training program. The PSRR annual picnic on June 6th was great. But I digress. I began training for the April Carmel Marathon seriously in January. A couple weeks into a 12 week program I did a hard strength training session followed the next day by a 14 mile road run. The result was peroneal tendonitis from my lower left calf down past my ankle to my lower foot.

The tendon's healed after 8 weeks of walking and elliptical training. Needless to say, I was undertrained for Carmel. The last 8 miles, I had to walk frequently and it felt like pins were being strategically placed into my quads for maximum pain. I kept pushing and ended up finishing in 4 hours and 24 minutes.

As you finish the last few miles of a marathon you end up passing and being passed by a few runners suffering as much as you are. That happened here and these other people helped carry me to the finish line. It also was great to see fellow runners Mark, Becky and Carol at the finish line to cheer me on.

My next challenge was the Galena Sky Race. We had a canopy set up near the 2.8 mile loop starting point and some PSRR family members cheered us on while holding down the fort. We all had a great time at the race, at the awards dinner afterwards and at the chateau bar in the evening.

I had recovered from the Carmel race held 5 weeks earlier and had worked up to one 40 mile training week and a long run of 12 miles.

I decided I would see what my body could withstand. The weather was ideal and I managed to run 7 hours and 47 minutes and a total of 37.5 miles. Good enough to finish 3rd of 7 runners in the 60 to 69 age group. Since this was my first ultra, I had no idea what I was capable of and was pleasantly surprised that I may be capable of running 50 miles or more on a flatter course.

The Galena Sky Race is located at the top of Chestnut Mountain Ski area and has many ups and downs thrown into the course. Like many people, I walked most of the uphill and attacked the downhill (maybe not the smartest strategy). The next morning, my quads, knees and ankles were all quite sore. Getting up from the breakfast table, I moved like my 99 year old mother.

I think most of the PSRR runners were not as beaten up meaning I have a lot to learn. Lily Medina shared a movie of her doing a wild party dance the day after the race. My lesson's learned: More hill training, lose 10 lbs. and run more 40+ mile weeks prior to an ultra.

After my Carmel and Galena experience, I'm looking forward to other PSRR travel adventures. I'm thinking a 50 mile ultra is in our future.



Diana Sorich and family in Galena



Mark Walters (L) and John Steinmetz (R) running



CLUB MEMBER STORIES:

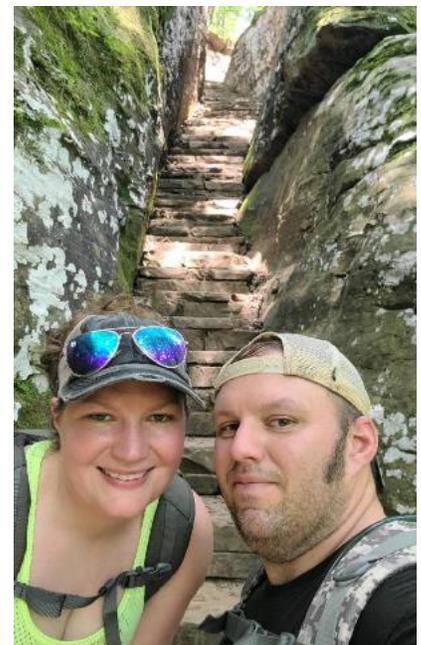
The 2021 Annual Training Project

by Heather Hall, Lianne Holloway,
Laura Loica, and Leslie Williams

MAY AND JUNE UPDATES
from the PSRR Pacesetting Sisters Ruling the Roads:

HEATHER HALL:

MAY UPDATE: Things here are going OK. I started short runs once weekly and was able to run pain free. Jason and I had a great trip to the Shawnee National Forest. We logged 8.5 miles with a lot of hills and stairs. I'm also doing the Daily Burn consistently, *yay 4am wake up calls!*. It feels good to have a routine again and amazing how much my confidence changes, in a good way, the more I move. Going to work on increasing to 2 weekly runs in June.



JUNE UPDATE: I haven't been running as much since my hip has become a constant source of pain. I increased from 2-3 miles a week to four, and it was enough to sideline me again. My chiropractor feels it is not my usual piriformis syndrome and is recommending I see a specialist and get an MRI. I have an orthopedic consult on July 12th. I'm terrified to find out what I did, but ready to get rid of this pain and back to running. I have consistently been doing Daily Burn workouts, modifying intensity, which still aggravates the hip some, but I need to do something. Despite my lack of high intensity cardio, I've managed to drop a few pounds.



I'm signed up for the Liberty 5k, my first live race since COVID. I'm hoping to run at least some of it and prepared to not feel great the next day.

I usually run and train alone. It's what fits into my schedule the best, but I miss training with a group. Unless I am running with someone, or when it's dark and I'm alone, or on the treadmill with a show, I listen to music. Whatever It Takes by Imagine Dragons and In the Stars by Tini Tempah give me energy.

LIANNE HOLLOWAY:

The end of April found me training for all three of my sports: running (trying to get distance up for the Lemont Quarryman 10 mile), bicycling on the Peloton (increasing cadence for the August 1 Naperville duathlon), and carrying buckets of dumbbells up the stairs at home (getting ready for the June 6 Spartan 10k obstacle course in Ohio). As luck would have it, my generally running-injury prone body decided to throw me a different curve this time when I pulled a hip flexor muscle doing a spinal twist in yoga, of all things. I missed almost 10 days of running and biking before I gingerly worked my way up to a super slow 7 miler about a week before Lemont. On May 2 when I was able to do a 60:00 interval run workout from my training plan without any pain, I finally breathed a sigh of relief and pronounced myself cured.

I ran the crazy hilly Quarryman, thought I'd die about a dozen times, dropped enough F bombs to decimate a small country, but finished it (along with my bud Jill Pironti) and walked away with a smile. 10.5 miles in over 2 hours and 42 minutes but I got it done. Only fellow runners embrace madness like this and call it fun.





As May wore on and the Spartan got closer, I upped my game with the more race-specific training by taking the workouts outside as well as indoors. I pushed and pulled heavy stuff around the back yard, carried a 40 pound bag of cat litter in a pillow case up and down the block, continued my pursuit of hill work by running the Hill Yeah 5k, upped my upper body weight lifting to 80% of my 1 Rep Max and did burpees until I thought I'd have a stroke. Around midmonth, I wrote in my training diary that I was starting to feel "ready" instead of "scared." Ya gotta love that fool hardy bravery!

I had a week's vacation from work and the Spartan was in the middle of it, so I had plenty of time to rest and prepare. Oddly, it wasn't the race itself that was the most stressful event of the weekend. It was the trip. I was originally going to drive but my boss (who'd been flying to Montana on and off all through the pandemic) convinced me to fly. The airport and simple one-hour flight to Cleveland probably took more out of me than every moment of the hot, hilly, muddy Spartan race I'd set out to do. Every shift since Pandemic Day 1 I'd been face to face with Covid at work, encased in PPE and avoiding infection. Said avoidance has somehow dominated my mindset since then and thus, walking into that swarm of masked, semi-masked and unmasked humanity became a major freak-out moment. Every time somebody started eating, I remembered the chart I saw of how the virus traveled on air currents from table to table in a restaurant. When a guy pulled off his mask, sneezed into the crowd, then put his mask back on, I wheeled around like he'd just spit on me and almost ran. It was only when I finally got on the plane and sat in a row of old ladies I figured were vaccinated that I sort-of relaxed and nestled into my old rhythm of traveling to a destination race.

Race Day came and I had the usual set of jitters but decided to enjoy it as much as possible by simply letting it serve as dress rehearsal for the half-marathon Spartan I'm doing in September. It proved to be all that and more. Lining up in the corral, the announcer was asking the crowd "who's from Ohio," "who's from Indiana" etc. The girl next to me was from Indiana and I raised my hand and hollered for Illinois, so we began chatting about being neighbors and doing Spartans. I started off at my usual slow pace with her and a friend slightly ahead of me. When we got to the first wall, her male friend (actually a coworker) offered to help me get over it and I accepted. That started a conversation that continued the entire race. They had done the half marathon Spartan the day before and were doing the



10k as well, but they were tired so they were doing it slow. We teamed up and conquered the whole thing together. It was fun, brutal, hot, wet, sunny, shady, difficult and glorious. And yes, it was a massive wake-up call.

I realized I need to be stronger, lighter and much more well endowed with endurance by September 18 when I do the half-marathon Spartan Beast. However following a couple of post-race rest days, I had to blend that concern into the plan then undertake preparation for the Naperville sprint duathlon which seemed to loom large on the calendar for August 1. Putting down the weighted buckets and picking back up the bicycle became Job One, so that was how I spent the rest of the month. But not before pulling that same darned hip flexor—this time doing Pilates! What the heck?! I only missed about 5 days of training on that occasion, so it was run/bike/lift for all of June afterwards and take it super easy on the flexibility work.



LAURA LOICA:

I recently signed up for the JJC Foundation 5k in October. Two years seems so long ago, having missed last year due to the pandemic. Keeping up with yoga, I'm doing Downward Dog every chance I get all over the house. Griffin laughs and doesn't complain.

My running left much to be desired in the spring. I did run for Global Running Day in June. As the school year wrapped up I hoped to have a more active few months ahead, and that came about. I ran with Griffin on Memorial Day and did work up to 8 miles on the Wauponsee Glacial Trail by the end of the month.



LESLIE WILLIAMS:

First 3.12 miles without walking since my injury.



As I sit here with in P.T. soaking my feet before laser therapy wishing the pain away.....

I have been getting some runs in some are painless and some want to make me want to cry afterwards. It is very frustrating at this point. I just want to lace up and run.

Fast forward, my plan is it run a mile in each state we pass through on the way to North Carolina. We have 12 people in our group and we only were in Maryland for 2 miles. (They said they wouldn't stop for that.) I got in all but West Virginia and like I said Maryland at this point. Unfortunately, my foot has been bothering me a lot lately but I am pushing through.

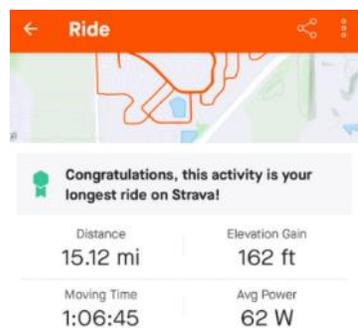
As far as music I go either way with or without. I listen to anything from 70's, 80's, Hair Bands, Toby Mac and Christian music depending on my mood. Sometimes nothing at all and just think.

I haven't been doing much training this year with the foot. Last year I did speed training on Wednesday's at Inwood in the Spring and Summer then did 5 mile runs during the winter. I also run with DNA and sometimes Channahon/Minooka Run Club on Tuesdays. I used to run alone all the time afraid to join clubs but I found I really enjoy running with other people.

I don't really have a favorite route. I do enjoy the I&M. I recently ran WFG for the first time. (I couldn't do the full route with my foot but I enjoyed it.) I am always afraid of getting lost so I stick to what I know unless we run as a group.

EDITOR'S NOTE: While Leslie has not been able to run, she has racked up probably hundreds of miles on the bicycle staying active, healthy and motivated despite her foot injury.

30 miles on the I&M. Met up with the Sunday run crew and rode with Rebecca then headed back. I didn't miss the rain on the way back.



16.5



13 miles Thursday, 12 Friday and 25 today on the



CLUB MEMBER SURVEY:

Running and Music

An April 2020 article in Runner's World debated the question "should you run with or without music?" This has been an issue among race directors for years, with some events forbidding earbuds and the like, while most do not issue a preference to contestants at all. USA Triathlon issues a time penalty to any competitors wearing earbuds and disqualifies anyone caught using a cell phone for communication, although one can be carried in a pocket or on the bike with music playing aloud. The RW article listed pros and cons as follows:

Pros—gets you pumped up, helps you maintain a certain pace, and makes runs feel easier.

Cons—you block out your environment, it may throw you off your pace and it detracts from the overall running experience.

According to research reported in Frontiers in Psychology, music is perceived as more beneficial in terms of reducing "perceived exertion" among runners engaging in low intensity endurance work than those in higher intensity training. So we asked our members for their opinions about listening and running. This is what they said.

Carla Hutley
earbuds

Britni Markland
Big thumbs up for aftershokz!

Rob Kodura
Listen to Mother Nature. Never put anything in my ears during a run.

WHEN YOU RUN ALONE, do you listen to the following through earbuds or, God forbid, a speaker?

- Added by you
With music  22 votes
- Added by you
With naked ears  6 votes
- Added by you
With podcasts, books or spoken word listening  4 votes
- Added by you
With audio coaching  1 vote

Terri Putnam
Girls just want to have fun/Gangnam Style

Judith Warren
Don't Stop Me Now - Queen, Birdhouse In Your Soul - They Might Be Giants, Viva La Vida - Coldplay

Mike Auld
 Just the symphony in my head!

Alex Gliwa
I listen to Mother Nature

Britni Markland
I love running to Outlander novels. Diana Gabaldon is metal. 🍷🍷🍷

Terri Talarico Tatroe
This American Life or The Daily are great podcasts!

Patrick J. Koerner
America (Neil Diamond), Running Down A Dream, Born To Run, Late In The Evening, Feelin Stronger Every Day

Judith Warren 
I use aftershokz bone conducting headphones so I can still hear around me

Heather Hall
Imagine Dragons, Whatever It takes; Jason Aldean, The Only Way I Know

Diana Gonzalez Sorich 
The Glamorous Life Sheila E! The TIMBALES!!

Angela DeLeon Freeman
I also use aftershokz and I do podcasts or music

Sources

<https://www.runnersworld.com/gear/a20799208/should-you-listen-to-music-while-running/>

<https://www.frontiersin.org/articles/10.3389/fpsyg.2020.00074/full>

TRAVELIN' PSRR

CANADA



Mark Walker and Nydia Beard in Phoenix



Lily Medina in Mexico

1 mile in Indiana at a rest stop.



North Carolina.

3.01 too windy and busy to try running on the beach.



1 mile in Pennsylvania



Leslie Williams — all the way to North Carolina



Cathy McQuarters in Wisconsin

MEXICO

Mexico

When the sun is shining I can do anything; no mountain is too high, no trouble too difficult to overcome.

—Wilma Rudolph

PSRR PACESETTER - July/August 2021

PHOTO CREDIT: Heather Hall