



**MARCH/APRIL 2014**

Issue 2

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Visit [www.psrr.org](http://www.psrr.org) for race results, race applications, club info and more!

**Prairie State Road  
Runners**  
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# PRAIRIE STATE ROAD RUNNERS



## UPCOMING CIRCUIT RACES AND EVENTS



### **Manhattan Irish Fest Parade 5K—March 1, 2014**

<http://www.runrace.net/findarace.php?id=140601L>



### **First Day of Spring—March 20, 2014**

Celebrate with a run on your favorite route or trail!



### **Rockdale Ramblin' 10K—April 12, 2014**

<http://www.jpdrun3.com/rockdale-ramblin-run.php>

**MEMBERSHIP DUES MUST BE CURRENT IN ORDER TO EARN  
CIRCUIT POINTS.**

# Prairie State Road Runners

## Pacesetter

RUN HAPPY  
RUN GRUMPY  
RUN SPEEDY  
RUN SLOW  
RUN A LITTLE  
RUN A LOT

JUST RUN

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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 Lallo's Bar and Grill at approximately 10am.
- **Wednesday** night track workouts will resume in the spring.
- **Thursday** Group runs from DNA Athletics in Crest Hill. Contact store at (815)588-0908 for seasonal schedule.

I wonder what "normal" people do on Sunday mornings.



### DUES

**Individual Memberships** are only \$18.00 per year. **Family Memberships** are only \$23.00 per year. **Student Memberships** are only \$12.00.

**Checks Payable To:**  
Prairie State Road Runners

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Channahon, IL 60410-0293

Newsletter created by Susan Mores

*Many thanks to all contributors who submitted articles and pictures!*



# Prez Sez...



—Steve Koven

On March 18, 1995, Michael Jordan announced his return to the NBA through a two-word press release reading simply: "I'm back." On February 9, 2014, I announced my return to running by wearing a leprechaun costume and kilt in the Frosty Five! OK, OK, totally not the same thing, and if I had it my way, I probably wouldn't have been in a costume that was screaming "look at me!!!" either, but I'm not above making light of myself if the situation warrants. I'm just saying, I never saw myself running in costume, but then life happens, and you find yourself co-directing a race in a town you'd never been to before, and then you just do what you gotta do. I ran in costume. It really happened!

For those of you who have been reading these "Prez Sez" columns the past few newsletters, this is what I've wanted to write about in October. This is what I wanted to write about in December as well. It's been difficult being injured, not just being unable to run, but the other things on the periphery... People insinuating that you were injured because you "ran too much" or that you "had it coming". We're runners, and we know there are people out there who have trouble hiding that grin when they find out we're injured... They're kind of happy to see it. Even though I was injured at work, and it was unrelated to running, people assume otherwise and love to remind you of that.

I like to think of my time as a runner as more journey, and what a journey it's been! I never saw myself as President of a running club, or co-directing a race totally from scratch. It's amazing sometimes how life can get out on a tangent. While the journey is the ultimate reward, it's important to stay true to yourself and your objectives at the same time. For me, I had to give serious thought to why I was a runner in the first place, and what I would accomplish by coming back. Perhaps hard to think about, but still important to consider, the very question, should I come back? Should I hang up the motion control shoes and move on with my life? I missed running terribly, but I was never afraid to consider that maybe I should find some other outlet... If you don't believe me, I have two expensive bikes to prove it!

It was August of 2007 when I got started running. I was the father of a little boy who was very... active. Reese learned how to walk before he learned to crawl. I was overweight, had asthma, and a bad case of bronchitis, while trying to chase a baby boy around... wherever we were. It was from chasing little Reese around, and knowing little Ryan was on the way, that I decided I needed to get in shape! A few co-workers

*(Continued on page 4)*

were running around the airport after work and I decided to join them. It took months for me to keep pace with them, (and by then they'd moved on to something else) but for me, I got my start as a runner 100 feet from where I ended up suffering the torn plantar fascia which sidelined me for nine months.

*“I wasn’t about to hobble through life and miss out on the important things.”*

Six and a half years later, with a shoebox full of marathon medals, I had come full circle. The layoff hadn't been kind to me. I didn't have goals to train for, and I wasn't able to work out as much as I'd have liked because some days I was in pain just walking around. That little voice that said “dude, don't eat that, you have to run tomorrow” was on hiatus. And I'm not really proud of that, but it's there and I have to own up to it. The same reasons I started running for were coming into play now, only it was, can I run and still coach the baseball teams, the basketball teams? Can I put in the extra hours at work to earn some extra money? If running was going to cost me somewhere else, then it's hard to see the value. I wasn't about to hobble through life and miss out on the important things.

All along, my mindset was that running would come last. I would get back to life, but running would be the last thing that I did. Even though it wasn't a running injury, there's no denying that to run puts stress on the foot... So after I could manage the other things in life, that little slice that was just for me was the only thing left.

I was lucky enough to have two weeks' vacation during the Christmas holiday, so this was the perfect time to try to get back into things again. Over the first week I rested it and tried to stay off it, and the second week I took advantage of the time off to get started again. I reasoned, if it aggravated the foot, I had the second week of vacation to rest it... Meanwhile, I could isolate it and learn if running would bother the foot, or if it was all the standing and working off ladders at work.

Getting back into the swing of things was a difficult at first. I wasn't 100% pain free, but the small amount of running that I was doing didn't limit the rest of my life. It took me three weeks to be able to run over a mile without stopping, but then one day it just happened. I just kept upping the pace on the treadmill... It was as magical as a dreadmill run could ever be! Emboldened by that, I decided to sign up for the Frosty Five, which was the last run I finished before the injury. Of course, with the Manhattan Irish Fest Parade 5k coming up, I felt the need to help promote the race and a festive atmosphere for the inaugural running. I would run in costume. It was something I had to do!

It seemed like it took forever for the race to get started. I was anxious and kept checking the clock... I swear it was stuck at 12:10 forever! Of course once the clock struck 12:45, it seemed I barely had time enough to stretch out and get out there. I haven't been running outside much, so without a treadmill to keep pace I was kind of lost. I settled in to a brisk pace with a fellow PSRR and we had a nice run together. It's so much

*(Continued on page 5)*

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better when you can run with a friend out there, especially when you haven't been out much lately. As we neared the finish line, I just wanted to kick a little. My heart rate was going crazy, but for a quarter mile, I wanted to know if I could pick it up a little and run like I did before the injury. While my breathing was out of control, for that quarter mile, I felt like it was 2012 again. If nothing else, it gives me hope that I can get back to where I was; that I haven't lost a step. I have lots of work to do, but I feel I can get there.

If it was Reese and Ryan that got me started in running, the ultimate good luck charm I've had as a runner is my little girl Cassidy. I broke the four hour marathon (after five tries) when Kelly was pregnant with her, and after she was born I took more than 20 minutes off of that. I ran a 20:20 5k when she was two weeks old, and haven't come close to that since! So while it might be coincidence to some, for me, everything good about my running has happened in her lifetime. After I crossed the line and caught my breath, Kelly came over with Cassidy. Reese and Ryan were off running around somewhere, possibly hustling the volunteers inside for pizza, but my little Cassie, she gave me the longest, best hug ever. It was the kind of hug where you don't dare let go. From a little girl who on most days would rather scratch at my face or poke my eyes, the longest hug ever is the greatest reward one could ever have after a run.

So maybe I am back. Possibly, but I'm not taking anything for granted. I look at it like a baseball pitcher on a hard pitch count. I'll do what I can tolerate and go from there. I enjoy every run, every experience and struggle. I'm not afraid of adversity and relish a challenge. I see the opportunity in a setback and am looking forward to the chance to get back to where I once was. And if not, that's OK too, because I did get the longest hug ever, and all it took was to run five miles in a leprechaun costume!

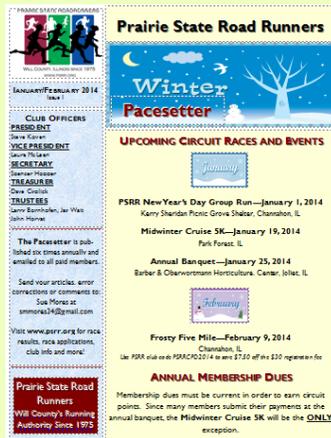




## NEWSLETTER COMMENTS

I just wanted to let those who are responsible know that the current Pacesetter [January/February 2014] was fantastic! What a great newsletter! Very professional!

—MARK BOWMAN



**PRESIDENT'S NOTE:** And, I think it's great too. Really good involvement from the club members too!

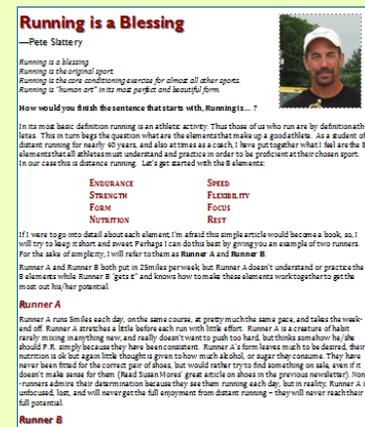
**EDITOR'S NOTE:** Thank you, Mark! And, I would like to personally thank EVERYONE who has submitted articles, pictures, etc. for all Pacesetter publications. Without your contribution, the newsletter would lack in content and character. Every member has a story to tell—please consider sharing yours.

## RUNNER A—RUNNER B

I really enjoyed reading Pete Slattery's article "Running is a Blessing" in our last newsletter. Pete really got the point across nicely that it's a good idea to run with a purpose in mind when you go out there. I thought about his example of Runner A who does the same thing on each run – that's the rut I've been in a lot over my running years. I have had years though when I've been a Runner B – someone who runs a varied routine with a purpose. When I've done that, I've had good years.

Thanks Pete! Food for thought for all of us!

—DAVE CYPLICK



## 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 May/June Newsletter is April 10.** Please don't make me send comments to myself...send yours today!!

Email to: **Susan Mores** at [newsletter@psrr.org](mailto:newsletter@psrr.org)

# MY BIRTHDAY ULTRAS

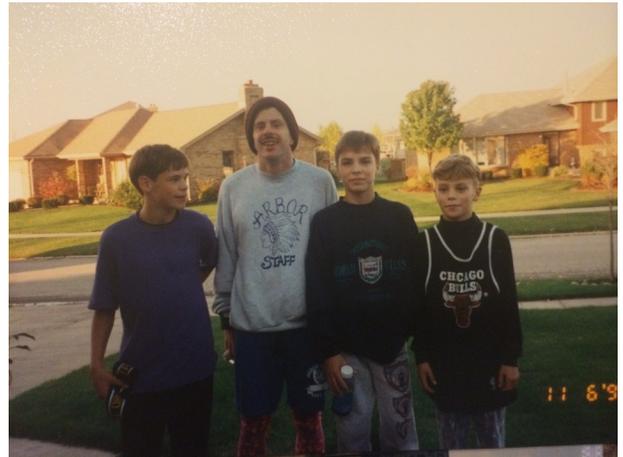
—MARK BOWMAN

What motivates someone to run very long distances? I mean distances that most people, even other runners, tend to think of as being crazy. All I know is that it is something that I have grown to love.

I have been a runner for most of my life; starting with Cross-Country and Track at Lemont High School, taking a hiatus during my undergraduate years, and then taking it up again soon after I was married in the summer of 1976. After several 5Ks and 10Ks, I tried my first marathon in 1977 at the Chicago Marathon. Notice I used the term "tried". I didn't finish that first one. I ran into the wall like a freight train. Considering I only had put in about 200 miles, most people could have seen the DNF coming. But I redeemed myself the following year with my first marathon finish at the same race.

By the time I was approaching 40, I had a good 80 or so races under my belt including 14 marathons. I had been running over 2000 miles a year for the last 8 or 9 years and even had whittled my marathon time down to 2:56 back in my early 30's, but things were beginning to change.

For those of you who have reached that milestone age of 40, you know what it is like. Although in today's society, 40 is not really considered old, it still means for many of us, depending on your family history, the halfway point in our lives. For a runner, we notice that we just don't have the speed anymore, recovery is harder and we start to wonder what we are still capable of accomplishing. This is where I was mentally. I did know that physically, I was still very fit. So I decided that I would try to run 40 miles for my 40th birthday. I needed to know that I was able to do something like this. It would be a new type of challenge. But I decided very early in the endeavor to make it as much a



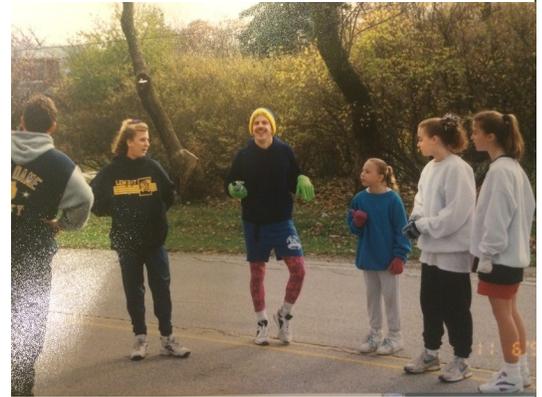
celebration as a run. The course was easy to create. I ran from my home in Mokena to my parent's home close to Bolingbrook. At the time was I was coaching at both Lemont High School and Arbor Middle School where I teach. I invited my daughters and any of my athletes from both schools to join me whenever and for however long they wanted to along my route. Maps were supplied and approximate times were given.

As you probably figured out by now, it was a success. I not only made it, I was joined by runners at a number of places along the way. I even had some parents of my athletes join the fun. It was just a fantastic day. At the halfway point, at my parent's home I was able to regroup and refresh. And it was a very convenient place for my daughters to join me. One of the extras that I wasn't expecting, however, was how I felt the next day. After my marathons, I would always be lucky if I was able to do the "death" shuffle for the next

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couple of days. But the next day after the 40 miles, I was able to run 10 miles pretty comfortably. This was great. Going slower and just enjoying myself was a significant change from my marathons and I couldn't had been happier. I soon learned that anything over the marathon distance was called an ultramarathon and I was hooked. I eventually ran some 50K and 50 mile races, some 8 hour races, and even a 100 mile race over the next decade, but my mainstay was the birthday run.



Each year I would either run a race that was at least as far as my age in miles or I would run my age in miles on my own. Because the day of the week that my birthday falls is always changing, I very seldom actually run on my birthday itself, but I just make sure that I run somewhere close to the date. Whenever I would do it on my own, I would let people know and extend the invite. I never had as good a turnout as that first one, but I have always had some other runners join me at some point. This went on until my 50th birthday. I was trying to come up with something special for this one, a half-century living on this planet. And I found it. There was a 100 mile race in Ohio that

would start the day before my birthday and with luck, I would finish on my 50th birthday. It was called the Dan Rossi 100 Mile. It was just meant to be. I had already finished the Kettle Moraine 100 Mile three years earlier, so I knew I could finish a 100 miler. So I sent the application in and added a note to the race director, joking about what age group I should be included in, 40-49 or 50-59, since I would start the race at 49 and finish at 50. She appreciated it, but told me I would be in the 40-49 group. As it turned out it really wouldn't matter. I have never had a better race. It was the first and only time I have ever won a race outright. Everyone dreams of that perfect race and this was mine. I finished just a touch over 19 hours and won by two hours. What was really cool, the RD had a birthday cake waiting for me at the finish. This is what is so great about ultras. The personal touches.



This would have probably been a good point to have stopped the Birthday Run, but I just couldn't. It was part of a tradition, now. There was a bit of a problem, however. My birthday is in November, so the days are pretty short. I realized that I would have to run a significant amount of my run in the dark since I was slowing down and as I got older, would continue to do so. For safety reasons, I really didn't want to do this, so I made the decision to change over to kilometers. It still achieves the ultra distance, but I could easily finish in daylight and do this without having to leave extra early. And this is what I have done ever since.

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By the time I did my 50th, we had moved to Joliet. I have had a number of different courses over the years, but the one I did the most was an out-and-back that ran through parts of Joliet and Crest Hill down to the I&M Canal Towpath at the Joliet Iron Works and then out through Lockport and on towards Lemont. Each year I would go a little farther and then head back. Each year I would be joined by several people ranging from my daughters and now their husbands, fellow coaches and my athletes.

But last year, I decided to change things up. I guess I was starting to get a little wanderlust. I talked my wife into getting up at the crack of dawn to drive me out to Marseilles, IL to where the I & M Canal Towpath runs through that small community and drop me off. I then proceeded to run from there all the way back to the Rock Run Trailhead in Joliet. It was a terrific run, the trail as most of you know is mostly the nice crushed limestone and it was just a pleasure to travel along it. The scenery was great and I even managed get a few good pics along the way. It did make it a little more difficult for people to join me, but my daughters and my fellow cross-country coach, Gary, became part of the run as I went through Channahon.



This year I was up to 59 kilometers. I wanted to try something different again. So I used Map My Run to create a course that would lead from my house in Joliet to Oak Forest High School where I have been coaching for the last 8 years. The idea was to make it very easy for my athletes that live in Oak Forest to join me when I got close to the high school. The course wound from my home on the west side of Joliet, to downtown Joliet, out Collins Street into Lockport, then cross-country along Bruce Road until it turns into 167th street, then winding through Orland Park, Tinley Park and Oak Forest using a combination of roads, bike paths and even through one section of prairie between 88th Avenue and LaGrange Road in Orland Park.

It turned out to be a sunny, clear day, but a bit cold to start with. I got started a couple of minutes before 7:00 a.m. As usual, it was a slow start. This body of mine needs a good fifteen to twenty minutes to warm up these days. But soon I was feeling pretty good and moving along steadily. I got to Collins Street about five minutes earlier than estimated. As I headed to Bruce Road along Collins, there is a very nice uphill as well as another one once I turned onto Bruce. Just a little before Briggs Street, there is a small Forest Pre-

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serve Picnic area. This is where I had planted my first set of supplies the day before. Refilling my water bottles and grabbing some food to eat, it was a nice area for a break. Once renewed, I headed back east on Bruce. After about 30 minutes of running, Gary joined me. Gary has joined me for part of this run for the last 5 years. It was nice to have someone to talk to. Next, on to Orland Park, where I had my second set of supplies. This was where I got off the roads and ran around the prairie area before crossing LaGrange Road. By now, the legs were starting to tire a bit, but overall, I was still feeling pretty good and moving at a very respectable pace. Finally, I reached Tinley Park where I would be running most of the rest of the way on the bike path which eventually runs around George Dunne Golf Course. This is where I anticipated having some of my runners join me. Alas, no one ever showed up, and I had to finish the run all by myself. After six hours and seventeen minutes I arrived at the Oak Forest High School parking lot and spotted my wife's car waiting for me. It was a very satisfying run. I ended up being about thirteen minutes faster than I estimated. The only disappointment was that none of my runners had joined me.



I guess it takes a certain type of person to run these distances. Whether you consider me a little off my rocker or not, this is my thing and I hope to keep on doing this for many more years. What motivates me? It is really hard to put into words. I guess I just love being out there and enjoying the fact that I can do it.

Next year is another one of those special birthdays; the big "6-0". Please take this as an official invitation to join me next year. I will make sure to post a link to my 60th birthday plans on the PSRR Facebook page. I will have to think of something different. If anyone has an idea, feel free to let me know.



**SAVE THE "APPROX" DATE**

**11 07 14**

**MARK'S BIRTHDAY RUN**

**60th**



# Determination, Positive Attitude and Refusal to Give Up

## Brittany's Story

By Tina Pirc

**Hello everyone – my name is Tina Pirc and my daughter is Brittany Pirc.** We are new to the group and I was asked if I would like to share our story from a variety of perspectives: my start to running, my daughter's return to running or our running together. After some thought, no matter which perspective I chose, they all had the same theme - my daughter. Brittany has been an avid runner since the 5<sup>th</sup> grade when our local school started competing in track. Her favorite race was the 800m and she would always laugh anytime it was suggested that she run the mile. The coaches finally talked her into doing both the 800m and mile at her 8<sup>th</sup> grade sectionals and that year she qualified for State in both distances, along with setting the school record (also in both) at the IESA State Competition.

Brittany's first introduction to cross country was as a high school freshman. We always reminded her how much she complained about the mile being too long and now she was doing 5k's and loving it. Brittany thrived at cross country working her way to the varsity team as a freshman and starting on varsity as a sophomore. Her sophomore year she was improving substantially. She set the team record for the season at sectionals, which was no easy feat. The course started with a hill that would intimidate most, and not only did Brittany achieve a PR, but she also set the season record at 19:27.

As for me, I was a spectator. I had never run and would laugh at the suggestion. Well my daughter inspired me to start and in 2011, I did. I slowly progressed to the point that I felt comfortable enough to sign up for my first 5k, which was the Warrior Dash, and then a Turkey Trot later that year. Needless to say Brittany could have completed the races twice by the time I was done, but I did it. By the end of the cross country season of her sophomore year, she was already planning her training strategies for the summer. She was going to turn our neighborhood into her own personal training field. We had also registered for the Warrior Dash and the Soldier Field 10 mile.

*“I knew from my many years as a firefighter/paramedic the potential of this type of an accident.”*

Then on March 27, 2012, everything changed. I was on Old Plank Trail doing a long run when I suddenly saw my husband driving towards me on the trail. My first thought was, what in the world is he doing. I quickly realized something was wrong. I had missed several phone calls and numerous messages from my co-workers at



Brittany at the Firefly 5k—8/8/13

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the fire department that Brittany had been involved in a car accident on her way home from track practice. She was hit by a semi at Schweitzer Road and Rt. 53 in Joliet. I knew from my many years as a firefighter/paramedic the potential of this type of an accident. That was further confirmed while on our way to St. Joe's Hospital. I called the emergency room and all the emergency room doctor would tell me was that we needed to get there as soon as possible. When we arrived, the Battalion Chief from my department was already there and I was met at the door by a close friend who was on the department that transported my daughter. It was unbelievable how quickly a support system was established and we were going to need it. After twenty years in the fire service, and everything I had seen during that time, I was not prepared to see Brittany in the condition she was in.

The accident had caused several critical injuries. Brittany had a fractured neck, fractured clavicle, contused lung, lacerated kidney, and a Traumatic Brain Injury (TBI). They were preparing to take her into the operating room to remove part of her skull bone to relieve the pressure off her brain. They had her on the operating room table, head shaved and incision lines drawn when the pressure came down to a point that they did not feel they needed to proceed with the surgery. We spent the next several weeks in the Neuro Intensive Care Unit not knowing if Brittany would ever wake up, or if she did, what her quality of life would be. We were then transferred to the Rehabilitation Institute of Chicago (RIC) where we spent the next three months slowly progressing through recovery.

*“Our lives had completely changed in ways that are impossible to explain.”*

When we first arrived at RIC, Brittany did absolutely nothing; not even a look of acknowledgement that she knew we were there. They had to teach her how to do absolutely everything over again. Something as simple as following an object with her eyes was an accomplishment and sitting up was proving to be an impossible feat. The recovery phases a person with a TBI goes through is devastating and the process is very slow and heartbreaking. The first time they put her in the walking harness it took three therapists – one to guide the machine that was supporting all of her weight, and the two others to move her legs. She still did not show any recognition that she knew what was going on around her; the therapists were simply putting her through the motions of walking. Days turned into weeks, weeks into months. Our lives had completely changed in ways that are impossible to explain. Still to this day there is no way to explain to anyone what this was like. When Brittany was discharged from RIC after three months of intense in-patient rehabilitation, she had just started talking again. She was just beginning to walk without the use of any assistive devices, her balance was still very unstable and her short term memory was non-existent. She is still receiving out-patient therapy and continues to recover from the injuries she sustained.

On October 27, 2012, seven months to the day after the accident, we ran/walked our first 5k together. I had to encourage Brittany to keep going and to not give up. This was the hardest race both mentally and physically that she had ever completed. Crossing that finish line was her first step to getting back to running. Her second race was the PSRR Poultry Predictor. The distance of 4 miles proved to be a bit too challenging. She had a lot of issues with leg pain and was not able to complete the second loop. She did not allow the difficulties that she experienced to discourage her though and she continues to work hard in therapy with the attitude that she would continue to improve. We ran several races in 2013 and Brittany had herself in the bad habit of com-

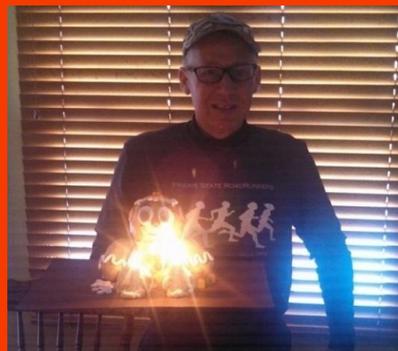
(Continued from page 12)

plaining about everything and anything the entire time we were running. During one of the races, I finally told her to stop complaining and run. The looks I got from the fellow runners around us were priceless, but she took off having one of her best finishes yet. She had set her goal to compete with her cross country team for her senior year and we continued to run throughout the summer preparing for the upcoming season. By the end of the summer it had become more difficult for me to keep up with her. Her last race before the cross country season was the Firefly 5K in Channahon. We started out together just like all of the previous races, but Brittany was having one of her best runs and was increasing the gap between us. At one point I could see her looking back trying to locate me. I motioned her to go and she did finishing way ahead of me.

*“Brittany was accomplishing her goal and improving with every race she ran. She was one of the most encouraging members of her team always telling the other runners who were also struggling, regardless of what team they were on and many times during the course of a race, that if she could do it, so could they.”*

Brittany did achieve her goal and competed with her cross country team her senior year. At times it was difficult for her realizing where she was competitively as compared to before the accident, but the determination she has and the inspiration she gives to her teammates and everyone who knows her story, is amazing. Brittany was accomplishing her goal and improving with every race she ran. She was one of the most encouraging members of her team always telling the other runners who were also struggling, regardless of what team they were on and many times during the course of a race, that if she could do it, so could they. Her cross country team had their best season in the history of the program qualifying for State as a team. Even though Brittany was not one of the top runners, she was responsible in more ways imaginable in the success of the team and the team picked her to be one of the alternates for State. She also received “The Most Improved” recognition for the season, because of her never ending determination, positive attitude, and refusal to give up. She continues to run knowing that it is one of the best therapies she can do for herself, and I am positive you will see her in the starting corals and crossing the finish lines at numerous events in the coming years.

**Tom Baltz celebrating his birthday in his favorite shirt!**



# PERSONAL RECORDS, GALORE!

—SUSAN MORES

In July of 2012, I had the pleasure of meeting **Judith Warren** through Facebook when she was nominated for the Chicago Area Runners Association's (CARA), Athlete of the Month award. Judith



was nominated by a friend who wrote that she had been on an incredible weigh-loss journey as a runner, racing at least twice a month and continuing to get faster. Well, that was 2012...let's talk about 2013. What I recently found out is that 2013 was also an incredible year for Judith, in that she PR'd in 6 out of 7 race distances. Yes, she continues to get faster! In fact, the only distance she did not PR in was the 5-mile event, which was the "Frosty 5" in Channahon.

And, from what I remember of that day, the weather was pretty cruddy.

So, here is a rundown of Judith's PRs, to date—all from 2013

- 5k— **Reindeer Run** (Brookfield Zoo) **31:02**
- 4 Mile—**4 on the 4<sup>th</sup>** (Elmhurst) **42:54**
- 8k—**Shamrock Shuffle** (Chicago) **51:40**
- 10k—**Be a Hero for Hope** (Downers Grove) **1:05:57**
- 10 Mile—**Soldier Field** (Chicago) **1:51:14**
- Half Marathon— **Naperville Half Marathon** (Naperville) **2:29:22**

## So, How Did She Do It?

When I asked Judith what she attributes this year of PRs to, she responded they came out of 2 things:

1. She started, but did not finish her second marathon – Chicago in 2012
2. Her very competitive brother [PSRR Member, John Warren] pushes her to be her best

Judith also added, "I went about it several ways. I added cross-training in the form of a boot-camp and other cardio/strength

classes. I worked harder at losing weight. I often would punch in numbers at this website to remember how much difference even a little loss could make: <http://www.runningforfitness.org/calc/diet/weighteffect>. I joined the "500 Mile Challenge" put on by "I Run This City" on Facebook, which kept me honest with how many miles I was running. A lot of the club members were doing it too and "liked" every post. I will finish the year at 630ish. But I think the thing that helped the most was doing some speed work on the high school track and on the treadmill using the Galloway 10k app and running hills. Up until this year, all my runs were the same. I love running so much that I was happy to just run along tra la la la la at the same (slow) speed. Training, races, whatever...all the same. Running makes me happy and I didn't care that it was slow. I ran 32 races this year. I PR'd 12 times. Not too bad for a 52 year old that celebrated my 4 year "runiversary" in November!"

Judith also mentioned, "My first (and so far only) marathon was Chicago in 2011. I finished in 6:04:12. That 4:12 haunts me. I WANT and NEED a 5 as my first number! I ran Chicago in 2012

*(Continued on page 15)*

(Continued from page 14)

when I had stomach flu and had to stop at mile 22 after 13 miles of not even being able to keep down water. After that, I decided I would not register for another marathon until I put in the work to make my goal.”

### Setting a New Goal

Judith stated that the time she is most proud of is the 5k, as accord-

ing to Athlinks she finally broke the 10 min pace barrier in a race with a 9:59. She wrote, “Not that speedy-sounding to some, but my first 5k was a 13:47 pace in No-

**“That 4:12 haunts me. I WANT and NEED a 5 as my first number!”**

vember 2009. It really does show that anyone can run and improve.” Her goal in 2014 is to go for that marathon PR! Based on Judith’s

running history, I have no doubt she will do that.

### Best Wishes in 2014

One of the other great things Judith did in 2013 is join PSRR. What she probably doesn’t know is that we are even more excited that she joined our club! She is such an inspi-

ration, provides motivation to so many and, personally, I am so proud to call her my friend! I wish you all the best in 2014, Judith!!

**HAPPY  
NEW  
YEAR**



Club members braving the elements and welcoming in the new year!

**2ND ANNUAL NEW YEAR'S DAY RUN!**

2014 PSRR ANNUAL AWARDS BANQUET



# 10 Years of the Prairie State Road Runners Hall of Fame

The **Hall of Fame** was established in 2005 to recognize a long-standing member's running accomplishments, participation in the club and contributions to the running community as a whole. They are nominated by their running peers and elected by the club's Board of Directors and existing Hall of Fame recipients.

*This year we are proud to welcome **Sergio Arreola!***



**Class of 2014**—Sergio Arreola

**Class of 2013**—Dennis Killian and John Davis

**Class of 2012**—Jim Barry, Tom Lambert and Susan Mores

**Class of 2011**—Keith Theissen, Bill Lauer and Terry Bergin

**Class of 2010**—Jim Harman, Clint Carter and Larry Bornhofen

**Class of 2009**—Jeff Lindstrom, Dick Macknick and Dave Cyplick

**Class of 2008**—Mary Jones and Lance Bovard

**Class of 2007**—Bill Murphy

**Class of 2006**—Pat Koerner and Bob Maszak

**Class of 2005**—Becky Criscione, Jack Picciolo, Greg Rose and Gary Moss

# PRAIRIE STATE ROADRUNNERS

## 2013 CIRCUIT AWARD WINNERS

### OVERALL WINNER—CATEGORY AGE 15-64

Michael McCahey (R)



### OVERALL WINNERS CATEGORY JR./SR. (TIE)

Kyle Bell (L) and Tommy John Baltz (R)



### OVERALL WINNERS (TIE)—CATEGORY MOST RACES RUN

(13 + HALF/FULL/ULTRA)

Susan Mores (not pictured) and Jay Wait (R)



### ALL CIRCUIT AWARD WINNERS

Fawn Acup  
Sergio Arreola  
Clark Anderson  
Michael Auld  
Krickett Baltz  
Tom Baltz  
Tommy John Baltz  
James Barry  
Grant Bell  
Kyle Bell  
Terry Bergin  
Ruth Bonacci-Klaeser  
Amanda Bornhofen  
Larry Bornhofen  
Mark Bowman  
Robyn Bumgarner  
Katherine Calder  
Colleen Calvey  
Clint Carter

Becky Cherry  
Doug Cherry  
Matt Clark  
Dave Cyplick  
Rich DeGrush  
Sharon DeVault  
Howard Ellison  
Glenn Gabryel  
Ken Goodwin  
Susan Gregory  
Marcus Hardy  
Robert Jungwirth  
Gerald Kielian  
Pete Klaeser  
Craig Koerner  
Kelly Koven  
Dick Macknick  
Javier Martinez  
Michael McCahey

Patrick McFarland  
Susan McLean  
Mary Jo Minarich  
Susan Mores  
Brian Norrick  
Jill Pironti  
Rudy Pironti  
Benjamin Riley  
Evan Sather  
John Sheridan  
Keith Smith  
Bob Thompson  
Paige Vanderhyden  
Jay Wait  
Mark Walters  
John Warren  
Raymond Wertelka

# 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 tech shirt at the Great Wall of China, carrying your PSRR duffel bag along the beaches of Costa Rica, or wearing your PSRR fleece in International Falls, Minnesota! Anywhere outside of the Joliet area qualifies!

Please send your pictures to [newsletter@psrr.org](mailto:newsletter@psrr.org)



**Jim Harman**—in his PSRR fleece near the Christmas tree at the **Ritz Carlton, Marana, AZ**



**Sue McLean**—Wearing her PSRR hoody at the **Ritz Carlton, Marana, AZ**



While Chicago was being blanketed by MORE snow, the Bornhofen family enjoyed warm temperatures and mild ocean breezes in **Cancun, Mexico!** Pictured L to R are **Larry Bornhofen, Amanda Bornhofen** and **Sarah Bornhofen-Orr** (along with future runner **Baby Orr**).



# Mid Winter Cruise 5K Circuit Race 1



2



3



1



4



5



6



1

7



8



9

1. Terry Bergin, Cricket Baltz and Dick Macknick
2. Mark Walters
3. And the winner is... Evan Sather!!!
4. Cricket Baltz
5. Group Shot
6. Jill (2nd to the left) and Rudy Pironti (kneeling)
7. Street Gang??
8. Cricket Baltz and Dave Cyplick
9. Judith Warren
10. John Warren
11. Phil Newberry
12. Dave Cyplick and Cricket Baltz



11



10



12



1. Evan Sather
2. Tom Baltz, Tommy John Baltz, Cricket Baltz, Ray Wertelka, Keith Smith, Kate, Calder, Sue McLean, Vera Erickson
3. Tammy Munch, Ken Goodwin
4. Max Munch, Tammy Munch, Jim Harman
5. Sue McLean, Steve Koven, Vera Erickson

# MAY/JUNE FEATURE

## HOW DO YOU DISPLAY YOUR BLING?

**Yes!** Someone actually used an old rake! Brilliant!! How have you displayed your race medals, trophies, shirts and/or bibs? Let's share some ideas. Send us your pictures so we can publish them in the next newsletter.

**Send yours today: [newsletter@psrr.org](mailto:newsletter@psrr.org)**



## NEXT YEAR IS THE CLUB'S 40TH ANNIVERSARY!



Hello fellow Prairie State Road Runners! Can you even believe it has been that long? As a commemorative/retrospective tribute I would like to have a t-shirt quilt made with any Prairie State Road Runner sponsored race shirt or logo'd shirt to be raffled off or bid-on at the club picnic or to be used as a door prize, etc.

I have the following shirts: PSRR Half Marathon, PSRR 10-miler, Greg Rose Run, Sundowner (from New Lenox days), Armed Forces Race, Illinois Open Cross Country Race, National Heritage Corridor 25K and the well known Poultry & Pie Predictor. I also have a polo shirt with the Illinois state shaped logo with the runners running across the state. If you have any shirts or know someone that has some shirts that could be used to make the quilt, it would be great to have them. If anyone remembers the details of these races, I would be interested in a write up about the run, where it was, the course and any performances that stand out.

You can reach me via email at [mjonespt1216@gmail.com](mailto:mjonespt1216@gmail.com) or phone me 815-685-3124 to arrange donation of the shirts etc.

**40th Anniversary!!**

Thanks,  
Mary Jones



## YOU SAY IT'S YOUR BIRTHDAY!!

Celebrating birthdays in **MARCH** are Fawn Acup, Cricket Baltz, Grant Bell, Michael Bertolini, Deborah Bertolini, Kate Calder, Clint Carter, Kim Craig, Christina Eagan, Ken Goodwin, Pat Koerner, Ryan Koven, Javier Martinez, Mary Ann Oliver, Jack Picciolo, Brittany Pirc, Kelli Piskur, Maureen Pulaski, Sheila Russum, Harry Scheckel, Mary Starling, Mark Vanderhyden, Judith Warren, Stella Weisfus, Carol

Wojciechowski, Paul Wojtkiewicz

Celebrating birthdays in **APRIL** are Kristin Barry, John Breshears, Hannah Cherry, Jurgen Dartz, Ha-leigh Gorman, Susan Gregory, Jim Harman, John Horvat, Bert Hume, Marsha Lambert, Pat McFarland, Julie McGrath, Duane Minarich, Maxwell Munch, Mary Raino, Veronica Salazar, Tim Servi, Keith Smith, John Steinmetz, Clinton Underhile, Abbie Vanderhyden

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



*Bienvenido*

# Welcome!

*Willkommen*

*No matter how you say it, we are so happy you joined us!*

*Bienvenue*

*Welkom*

**James Barry**

**Kristin Barry**

**Cathy McQuarter**

**Maureen Montgomery**

**Mike Montgomery**

**Paul Nette**

**Robin Nette**

**Valerie Nette**

**Terri Putnam**

**Eileen Skisak**

**Carol Stapleton**





# 2014 Circuit Race Schedule

<b>DATE</b>	<b>RACE</b>	<b>2013 CLUB PARTICIPATION</b>
January 19	Midwinter Cruise 5K, Park Forest	21
February 9	Frosty Five Mile, Channahon	56
March 1	Manhattan Irish Fest Parade 5K	New Club Sponsored Race
April 12	Rockdale Ramblin' 10K	55
May 3	JJC 5K, Joliet	27
May 17	St. Mary Immaculate 5K, Plainfield	15
June 21	Minooka Summerfest	19
July 3	Liberty 5K, Morris	26
July 24	Sundowner 5K, Joliet	66
July 26*	Kankakee YMCA 5K	11
August 7*	Firefly 5K, Channahon	33
August 17	DNA Athletics/PSRR FREE 5K, Crest Hill	29
September 6*	Shorewood Scoot 5K	35
September 7	Ashley Can Half Marathon, Bourbonnais	New Club Sponsored Race
September 28*	Plainfield Harvest 5K	20
October 5	Run for Palesh 5K, Manhattan	New Club Sponsored Race
October 18	Forte 5K, Channahon	15
November 2*	Canal Connection, Utica	17
November 16	Red Eye 8K, Joliet	55
November 27	Poultry and Pie Predictor 4-Mile, Joliet	55
December 6	Jingle Bell 5K, Lockport/Crest Hill	25
Any	Your Choice half/full/ultra	

\* Unconfirmed Dates



# Prairie State Road Runners

## Financial Statement

### Fiscal Year 2013

Account balance December 31, 2012	\$12,283.74
Account balance December 31, 2013	\$12,283.73
Net loss	-\$0.01

Total Receipts 2013 \$7,984.82

Total Expenses 2013 \$7,984.83

#### Receipts

Membership Fees	\$2,196.00
Race receipts-Poultry Predictor	\$4,215.00
2013 PSRR banquet receipts	\$650.00
Sales of PSRR merchandise	\$551.82
Tornado Relief Collection	\$372.00

**Total receipts** \$7,984.82

#### Expenses

Race Expenses Poultry Predictor	\$2,549.47
Timing equipment and software	\$484.90
2013 PSRR banquet	\$944.61
2014 RRCA membership/insurance	\$935.00
2013 circuit awards and plaques	\$1,109.05
One Boston Fund	\$575.00
Office supplies	\$36.94
Post Office Box	\$46.00
PSRR Web hosting fees	\$362.00
Incorporation fees	\$10.00
Heritage Corridor CVB membership	\$100.00
Free Race	\$253.37
2013 PSRR picnic expenses	\$254.00
Postcard Flyers	\$22.00
Frosty Five change	\$50.00
Meeting Expense	\$252.49

**Total Expenses** \$7,984.83

Submitted by David Cyplick, Treasurer 1/25/2014

# 2014 Circuit Results

15-64

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

Completed 6 circuit races and 1 half/full/ultra -- eligible for circuit award

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

Posted 2/11/14

Runner	1. Midwinter Cruise 5k	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Rockdale 10k	5. JJC 5k	6. St. Mary's 5k	7. Minooka Summerfest 5k	8. Liberty 5k	9. Sundowner 5k	10. Kankakee YMCA 5k	11. Firefly 5k	12. DNA Athletics/PSRR Free 5k	13. Shorewood Scoot 5k	14. Ashley Can Half Marathon	15. Plainfield Harvest 5k	16. Run For Palesh 5k	17. Forte 5k	18. Canal Connection 10k	19. Red Eye 8k	20. Poultry & Pie Predictor 4 Mile	21. Jingle Bell 5k	22. Your choice half /full/ultra	Circuit Score	Circuit Ranking
Anderson, Clark	1	2																						
Arreola, Sergio		8																						
Auld, Mike		9																						
Bailey, Marne		34																						
Baltz, Cricket	7	25																						
Baltz, Tom		40																						
Barry, James		43																						
Bell, Grant		28																						
Bornhofen, Larry		15																						
Bowman, Mark		13																						
Bumgarner, Robyn		29																						
Calder, Kate		31																						
Calvey, Colleen		46																						
Conboy, Jess		17																						
Cyplick, Dave	6																							
DeBoer, Ted		20																						
DeGrush, Rich		10																						
DeVault, Sharon	9	39																						
Erickson, Vera		36																						
Forbes, Sean		37																						
Gabryel, Glenn	10	45																						
Goodwin, Kenneth		35																						
Gregory, Susan		49																						
Horvat, John		18																						
Jungwirth, Robert		6																						
Kielian, Jordan		21																						
Kielian, Patrick		27																						
Klaeser, Pete	14	51																						
Koven, Steven		47																						
Martinez, Javier		7																						
McCahey, Michael		1																						
McLean, Susan		22																						
Minarich, Duane		33																						
Minarich, Mary Jo		30																						
Munch, Tamera		5																						
Newberry, Phil	3																							
Pirc, Tina		42																						
Pironti, Jill	13																							
Pironti, Rudolph	12																							
Podolski, Sally		14																						
Putnam, Terri		44																						

Runner	1. Midwinter Cruise 5k	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Rockdale 10k	5. JJC 5k	6. St. Mary's 5k	7. Minooka Summerfest 5k	8. Liberty 5k	9. Sundowner 5k	10. Kankakee YMCA 5k	11. Firefly 5k	12. DNA Athletics/PSRR Free 5k	13. Shorewood Scoot 5k	14. Ashley Can Half Marathon	15. Plainfield Harvest 5k	16. Run For Palesh 5k	17. Forte 5k	18. Canal Connection 10k	19. Red Eye 8k	20. Poultry & Pie Predictor 4 Mile	21. Jingle Bell 5k	22. Your choice half /full/ultra	Circuit Score	Circuit Ranking	
Riley, Benjamin		52																							
Sather, Evan	2	3																							
Servi, Tim		11																							
Sheridan, John		32																							
Smith, Keith		24																							
Sodt, Robert		23																							
Starling, Mary		19																							
Stempniak, Katie		50																							
Walters, Mark	5	16																							
Warren, John	4	12																							
Warren, Judith	8	41																							
Weisfus, Stella		38																							
Wertelka, Raymond	11	48																							
Wojkiewicz, Paul		4																							
Zemaitis, Nicole		26																							

## 2014 Circuit Results

### Junior -- Senior

Completed 5 circuit races -- eligible for circuit award and circuit ranking

Completed 4 circuit races and 1 half/full/ultra -- eligible for circuit award

Colored numbers are the 5 lowest finishes used in calculating circuit score

Runner	1. Midwinter Cruise 5k	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Rockdale 10k	5. JJC 5k	6. St. Mary's 5k	7. Minooka Summerfest 5k	8. Liberty 5k	9. Sundowner 5k	10. Kankakee YMCA 5k	11. Firefly 5k	12. DNA Athletics/PSRR Free 5k	13. Shorewood Scoot 5k	14. Ashley Can Half Marathon	15. Plainfield Harvest 5k	16. Run For Palesh 5k	17. Forte 5k	18. Canal Connection 10k	19. Red Eye 8k	20. Poultry & Pie Predictor 4 Mile	21. Jingle Bell 5k	22. Your choice half /full/ultra	Circuit Score	Circuit Ranking	
Baltz, Tommy John		2																							
Barry, James G.		7																							
Bell, Kyle		1																							
Bergin, Terry	1	5																							
Kielian, Gerald		8																							
Macknick, Dick	2																								
Munch, Maxwell		4																							
Thompson, Bob		6																							
Wait, Jay		3																							

# PRAIRIE STATE ROAD RUNNERS

## Membership Application

2014 NEW MEMBER RATES (Dues paid for year 2014 if joining after October 1, 2013).

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](http://www.psrr.org)  
 Contact us at [president@psrr.org](mailto:president@psrr.org)



March/April 2014

# 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

