

THE PACESETTER



July/August 2014 | Volume 39, Issue 4

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

www.psrr.org

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PRAIRIE STATE ROADRUNNERS



WILL COUNTY, ILLINOIS SINCE 1975
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UPCOMING CIRCUIT RACES AND EVENTS

July

Liberty 5K, Morris—July 3

<http://raceroster.com/events/2014/1773/liberty-5k-runwalk>

Kankakee YMCA 5K—July 19

Sundowner 5K, Joliet—July 24

<http://www.jpdrun3.com/sundowner.php>

August

Firefly 5K, Channahon—August 7

<http://www.channahonpark.org/2014-Summer/special-events/Firefly5K.php>

DNA Athletics/PSRR **FREE** 5K, Crest Hill—August 17

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

Prairie State Road Runners

Pacesetter



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Weekly Club Events

- **Sunday** run with the Breakfast Club at 8AM on the I&M Canal towpath/Channahon State Park. Breakfast follows at Lallo's Bar and Grill at approximately 10am.
- **Wednesday** night track workouts at 6PM—Troy Middle School, 5800 W. Theodore, Plainfield
- **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 \$18.00 per year
- Family Memberships** are \$23.00 per year
- Student Memberships** are \$12.00 per year
- Checks Payable To:** Prairie State Road Runners
- Mail To:** Prairie State Road Runners, P.O. Box 293, Channahon, IL 60410-0293

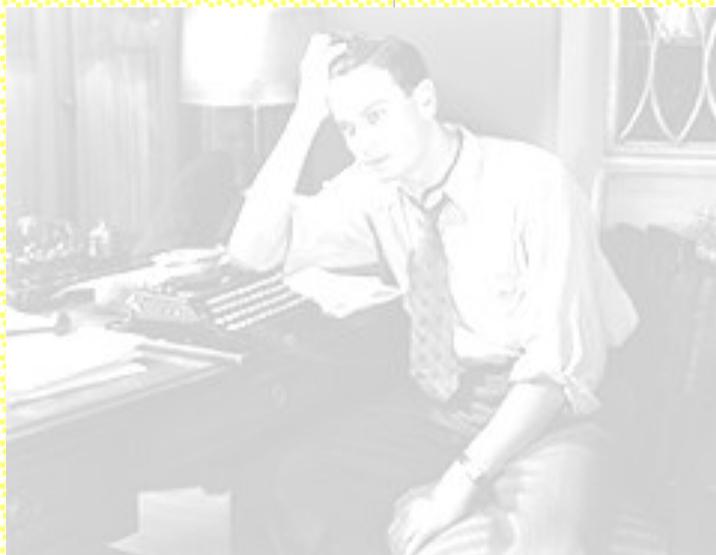


NOTHING...

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 Sept/Oct Newsletter is August 10.** Please don't make me send comments to myself...send yours today!!

Email to: Susan Mores at newsletter@psrr.org



EDITOR'S NOTE: 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.

Prez Sez...

BY STEVE KOVEN



The pitcher toed the mound, peered in at the batter, and delivered the first pitch of the game. “Strike!” the umpire bellowed, and the pitcher relaxed and grinned from ear to ear as he caught the return from the catcher. Sometimes the narrow margins of success in youth baseball is an umpire’s call, and for my son Reese, he never smiles on the mound, and is never happy until he throws that first strike. Strike two came soon after, followed by a pitch in the dirt with a 1-2 count that drew a bewildered swing for strike three. Maybe it was unintentional, but from where I was standing, it was beautiful baseball, a perfectly wasted pitch. He was dealing now, getting stronger with every successful pitch, on his way to striking out three batters while giving up only one hit... Not too shabby for a 7 year old!

I went for a run after the game and was so proud, it seemed the miles flew by as I was lost in the fog of his success. This past spring I’ve spent so much time coaching baseball, both my son’s teams, and spending less time than I’d like running, but moments like that are the reward. Seeing first time ballplayers get game winning hits and first time pitchers get strikeouts has been a great experience.

Reese’s next outing didn’t go so well. He struggled to throw that first strike and grew frustrated, and this particular umpire had a different idea of what constituted a strike. He eventually recovered to strike out the last batter, but the damage was done. Even though he had only given up a single run (the only one he’d give up all season), it wasn’t up to his own standards. “I’m the worst pitcher on the team,” he moaned after the game, even though pitchers on both teams struggled to throw strikes with Mr. Postage Stamp Sized Strike Zone calling the game.

I went for a run after the game and tried to figure things out, how to teach him to handle the setbacks and disappointments that are part of the game. Why was he so negative and unable to see how good he’d been doing? I was nearly home when I began to feel a stabbing pain with every step. It was in the top of my left foot (not the one I hurt last year) at the base of the ankle and it was causing me to limp noticeably.

At this point, I had enough of the nagging injuries that I have been dealing with since last spring. I was sure this was due to all the time I have spent playing ball with the kids... Pitching batting practice, catching their pitches for hours until the sun went down... or their parents took them home from practice. I limped to the dinner table, and figured I’d wait on running a few weeks until the season was over and the ankle had hopefully quieted down. I treated myself to an extra helping of Kelly’s home cooking, and chased it down with pretzels and beer during a late night TV watching session, and forgot about running for a while.

The next day I woke up and everything made sense. They say in competition, we learn about ourselves and how we react to adversity. Running had helped me learn things about myself that I would have never learned otherwise, and in turn, it taught me about Reese. When I began as a runner, it was because I wanted to be healthy and in shape for my

(Continued on page 5)

(Continued from page 4)

kids, but along the way the competitiveness struck me. It wasn't necessarily to win the race; rather, it was about setting goals and attacking them. When I didn't get a sub four hour marathon on my first try, I was upset and no matter what anyone would say, they couldn't convince me that running "only a 4:07" was OK. When Reese has a bad game and is feeling negative, I understand. I've been there. How could I ask him to master something I was still figuring out?

The only thing that ever worked for me when I was disappointed in a race was to work harder. Train more, run more, try harder. Being injured means throttling back, so my natural response is off the table. Play-

ing baseball with my boys has been a real joy, and I don't miss running as much because we're having so much fun together.



Reese and I measure out 38 feet in the front yard and go to work after his "worst day ever." I told him to think of something funny whenever he gets upset on the mound, and after throwing a couple wild pitches, he looks in, grins, and then nearly doubles over in laughter. I don't know what he was laughing at, but soon we're both doubled over in laughter. We calm down, he throws another wild one, and we laugh some more. It's summertime, school is out, and we're playing baseball with joy in our hearts... What could be any better?



PSRR Gives Back to the Running Community



Prairie State Road Runners
20956 S Ron Lee Dr
Shorewood, IL 60404-8926

February 5, 2014

Dear Prairie State Road Runners,

One Fund Boston is successful because of you. Over 195,000 people have donated and the generosity continues. Donations have been received from all 50 states and over 50 countries around the world, from individuals and businesses, from lemonade stands, and neighborhood fundraisers.

We are profoundly touched by the various ways in which people have conveyed their solidarity and support. Children are seeking donations in lieu of birthday presents; messages of hope and well wishes are written on envelopes, checks, and in letters; and thousands of paper cranes have arrived from Japan in hopes that they will bring peace and recovery to victims, survivors, and their loved ones. These acts of kindness are helping people heal.

We have been able to provide some relief and peace of mind to hundreds of affected individuals and families thanks to your generosity. We are truly grateful for your gift in the 2013 calendar year. One Fund Boston, Inc. (the "One Fund") acknowledges receipt of your contribution of \$575.00 to be used for the charitable purposes of the One Fund; EIN 46-2547157. One Fund is a 501 (c)(3) organization and your contribution is tax-deductible to the extent allowed by law. No goods or services were provided in exchange for this contribution.

The recovery is just starting for many and it will be a long road. The resilience of the people affected by the events on April 15, 2013 and in the days that followed has inspired our city and nation, and we ask that you continue to support and stand united with them. As we approach the anniversary, we'd like to thank you for your continued support of the One Fund.

Gratefully,

Lori van Dam
Executive Director



PSRR Gives Back to the Community by Donating to the Villages of Coal City and Diamond Tornado Relief

Dear Dame,
I know the holidays are past but please accept our sincere "Thank You" to the Prairie State Road Runners for the generous donation of \$372.00. You will be receiving a receipt.

Best wishes,
Jerry Kerna
Mayor

Dear Friends-
In our time of need You were there with a kind act or deed, a word of encouragement, or a thoughtful prayer. Your kindness helped keep our spirits high and our hope alive. As we enter into the Holiday Season with hope, joy, and love, we pray that You will be Blessed, just as we have been Blessed by you and so many others.
With Our Sincere Gratitude & Best Wishes to You and Yours
The Village of Diamond & The Village of Coal City





By Susan Mores

In June of 2001, new club members Mike and Maureen Montgomery's daughter, Ashley, was diagnosed with a brain tumor. After surgery at the University of Chicago Hospital she was referred to St. Jude Children's Research Hospital for treatment. For 7 years during her follow ups there was no evidence of disease. At her 7 year checkup Ashley's cancer was back and in a way never seen before. Over the next 2-1/2 years, Ashley would go through several surgeries, 2-1/2 years of chemo, 33 rounds of maximum dose radiation and a year of antibiotics to treat an infection. During this time Maureen did some research and discovered the lack of awareness and funding in Childhood Cancer. She decided to do something about it and so she founded the **AshleyCan Pediatric Cancer Foundation**.

The AshleyCan Pediatric Cancer Foundation is dedicated to raising awareness for Pediatric Cancer, providing assistance to families of children with cancer, providing funding for research, and helping to ensure a future for the brave children fighting this disease.

Maureen strongly believes in a quote of actor and founder of St. Jude Children's Research Hospital, Danny Thomas: "Success has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others."

This year, PSRR is so proud to add **The AshleyCan Half Marathon** in Bourbonnais to the list of circuit races. It is on September 7, 2014. We hope to see you there!



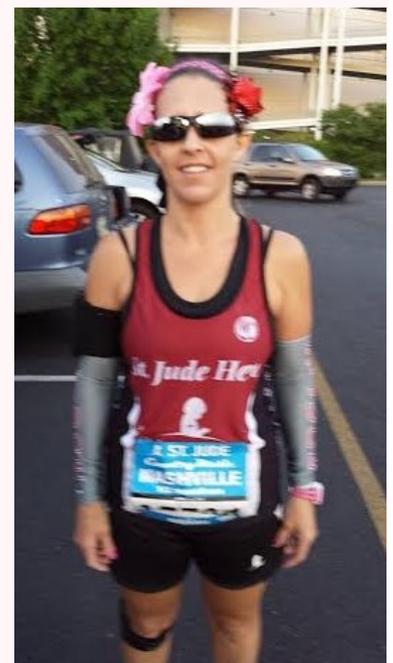
At the December 2013 **St. Jude Memphis Marathon/Half Marathon Expo**, Maureen bought this flower to put in her hair during the race. Sadly, due to inclement weather the race was canceled and she did not get to wear it.

“

*Tomorrow I will wear my flower in my hair . My flower is Pink. The Pink Flower symbolizes Gratitude. To endure against the odds. To unite and connect. To admire, to Love. To Honor a Hero. To be a Hero. **Because this is so much bigger than me.*** —Maureen Montgomery on the day before the St. Jude Country Music Nashville Half Marathon.

So when life hands you lemons, some people make pink lemonade. And that's exactly what Maureen did. On April 26th, she wore her pink flower at the **St. Jude Country Music Nashville Half Marathon**.

Congratulations on a great accomplishment, Maureen!



Races



John Sheridan and Judith Warren
CARA Lakefront 10 Mile Run
Chicago



Club Members L to R (back row) Phil Newberry,
Eileen Skisak, John Warren and (front row) Terri
Putnam and Judith Warren
**AshleyCan Foundation's
Mother's Day 5K Run**
Bourbonnais



St. Mary Immaculate 5K
Club Picture

Confessions of a First-Time 50Ker

...or, How **NOT** to Prepare For Your First 50K!



by Sharon DeVault

On April 5, 2014, I ran the **Chicago Lakefront 50K** as my first 50K. The race is a relatively small one, with about 330 participants, and is quite low-key compared to many other races. The race starts at Foster Avenue Beach, and runs south to the North Avenue Beach turnaround point, and then back again to Foster Avenue Beach, for a loop of slightly more than 10 miles. Do this three times, and you have a 50K. I made up my mind last year, when I turned 50 that I wanted to do a 50K while I was still 50. The timing of the Chicago Lakefront 50K was perfect—I would still be 50 on race day, with a couple of months to spare.

Some of the course is on crushed gravel, and some is on asphalt and/or concrete. The course passes the Lincoln Park Golf Course, and runs along the lakefront. The views were quite nice. There were three aid stations on the course—at the start area, then just south of the totem pole in Lincoln Park, and then the final one at the south turnaround at North Avenue Beach. Each aid station offered a wide variety of goodies—M&M’s, pretzels, gummy bears, olives, pickles, Gatorade, soda, cookies, etc. The staffers at each aid station were cheerful and friendly, and kept record of each participant passing the aid station.

The race has an official time cutoff of seven hours. Participants who finish after the seven hour

cutoff still get finisher medals, but are listed as “Finished” in the race results, rather than having their time listed. My goal was to finish within the seven hours, and when I registered in early January I thought I might have a good chance at succeeding.

However, due to the horrendous winter we had, plus ongoing hamstring issues and low motivation, my training this winter was pretty abysmal. The longest training run I did was the Polar Dash 14 Miler in January, run on a watery, icy course about three months before the 50K. I also ran a half marathon about three weeks before the 50K, and did better than I had expected due to some help from my best running friend. This half mara-

thon gave me confidence to give the 50K at shot, as I figured that at the very least I would do two loops for just over 20 miles, as my last long run before the Illinois Marathon at the end of April.

The day dawned sunny and cool, with light winds coming from the northeast. Packet pick-up was very easy, and parking right near the start line/north turnaround point was plentiful (although not free—you had to pay the meter, but the fees were pretty reasonable). I saw a number of my running club buddies, and we chatted before getting ready for the start at 8:30AM. I went to the back of the small pack, and started just a minute or two after the official start of

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the clock. I went out very easy, as I knew my hamstring and hip would need to be babied. The nice thing about the race is that you saw the other participants frequently throughout the race, so I got a chance to see my running club buddies. I enjoyed seeing one runner with his dog, who was pretty awesome, just going along with his human at a nice easy pace. I was fearing that I was wearing too many layers during the first southbound portion of the course, but as soon as I reached the south turnaround and went back towards the start area, the light winds from the northeast hit me, and made me glad that I had the layers.

I finished the first loop at my goal pace, in about two hours, and felt pretty good. I took about 15 minutes at the turnaround, grabbing some munchies and using the port-a-potty, and just resting my leg. When I started the second loop, my friend Amanda, who was not running the race but came downtown to provide support to me and some other running buddies, ran with me to about a half mile short of the south turnaround, and then waited until I came back on the northbound route. She ran with me until we reached the midway point on the northbound route, and then ran

with some of our other friends. I really appreciated Amanda's support, and her confidence that I could finish the whole 50K. I finished up the northbound route, and got back to the start area/north turnaround in about four and a quarter hours.

I took another 10 minutes at the north turnaround after the sec-

“ I put my music on and tried to ignore the wind, but really spent the majority of the final southbound route thinking “I just want to get out of this f’ng wind!!”

ond loop, and shook out the gravel that had accumulated in my shoes. After grabbing some more munchies and some soda, I set out on the final loop. By this time, my hamstring and hip were really starting to bother me. Also, the wind had shifted and increased, coming out of the south. I put my music on and tried to ignore the wind, but really spent the majority of the final southbound route thinking “I just want to get out of this f’ng wind!!” I was so happy to reach the south turnaround, but was also concerned about my pace, which had really fallen off. The race directors had advised that in order to meet the official time cutoff of seven hours, you needed to reach the final south turnaround at about five and a half hours. I reached it at about five and three quarter hours. I was doing a lot of walking at

this point, trying to keep the worst of the hamstring/hip pain at bay. I was trying to keep the walking pace pretty brisk, and felt like I could still make the seven hour cutoff despite walking about 90 percent of the final loop.

When I neared the aid station near the totem pole on the final northbound route, I had a little over three miles to go, and was walking briskly. I came upon one of my running buddies, who had been ahead of me the entire course—she was running

with another of her friends who came downtown to provide support. I had intended just to ask them if they were doing alright and then continue on at my brisk pace, but we started chatting about jobs, families, etc. Before I knew it we had .35 miles to go, and only about eight minutes before the seven hour cutoff. My running buddy and I took off—I amazed myself that I could run that fast at that stage of the game—and sprinted to the finish. I looked up at the clock, and saw 7:01:29. My friend and I must have been the first two finishers with no official time, as the volunteer at the finish line had to ask another volunteer how to record our times. When I heard the second volunteer say “Just list them as Finished,” I was disappointed, but was happy

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to get my medal. They had more food at the finish line, including the traditional (and famous) red beans and rice. However, given all the various things I had eaten during the previous seven hours, my stomach was not ready for red beans and rice. Oh well, maybe next time! I also had the very pleasant surprise of seeing my speedier running buddies waiting for me at the post-race area. It was great to see their smiling faces welcoming me as a 50Ker!

I guess the moral of this story is that it is possible to do a 50K race even on minimal training, although I would not recommend it. I do have to say that the large amount of walking that I did in the last loop helped my legs recover pretty quickly—I

was able to go up and down stairs with relative ease the following day. I also learned that I need to take less time after each



loop--I think I could have beaten the cutoff time if I had been quicker at the north turnaround each loop, and if I hadn't spent time chatting with my friends on

the last leg. However, that's part of why I started running—to make friends with people who share my love of running—so I can't begrudge the time spent getting to know fellow runners a bit better.

Overall, I think the Chicago Lakefront 50K is a great race for a first-time 50Ker, and I recommend it. In fact, I've already signed up for the Fall 50K put on by the same race directors, only on the south part of the lakefront bike trail (from just south of 57th Street up to 31st Street, three times). I'm looking forward to seeing another part of the lakefront bike path that I don't usually get to see during Chicago-area races, and I plan to train diligently and crush my April time! They also offer a 50 Miler in the fall, but I'm not ready to take on that challenge—yet! 🏃



One of the benefits of being Newsletter Editor is that I can print whatever I want. With that said, let me start out by saying, **GO WHITE SOX!!** I would also like to congratulate **Phil Newberry** (left) and **John Warren** (right) on placing in their respective age groups at the **Lockport Foundation 5K** on May 4, 2014. John ran this race on the morning after he ran the Indy Half Marathon. Great sweatshirt, Phil!



Way to go, guys!!

New Places Same Great Faces

It's time for some HILLS!

By Rich DeGrush

Except for the occasional Sunday race or really nasty running surface (ice, excessive water etc.), some of us in the club run most every Sunday morning—year round—on the Towpath, starting at the Channahon State Park. Having differing individual training/mileage goals and running paces, we may start as early as 6:00 AM or as late as 8:30 AM. Instead of a group start to our Sunday morning runs, we each plan our run to finish around 9:30. Then head off together to Lallo's Bar and Grill for breakfast, and perhaps a Bloody Mary.

The Towpath is a great place to run. The crushed limestone surface is very runner friendly on the legs and the trees lining the path provide both shade and a

partial break from the wind. But, unless you venture out to the trail in McKinley Woods or go out on the road, the Towpath is as flat as a pancake. So, sometimes the Sunday morning running group travels.

The Sunday Group travel runs are generally going to be on trail loops with the length of the run being 8 to 12 miles. Anyone wishing to run fewer miles can still join and get their targeted mileage by just doing an out-and-back run over part of the course. We will send out e-mail reminder (and a Face Book posting) to provide directions, confirm the run starting time and other relevant information (course maps) a week before the run date. Non-club members are welcome, so bring a friend!

PSRR SUNDAY GROUP TRAVEL RUNS

The advance dates, locations and tentative start times have been set for the 2014 PSRR Sunday Group Travel Runs:

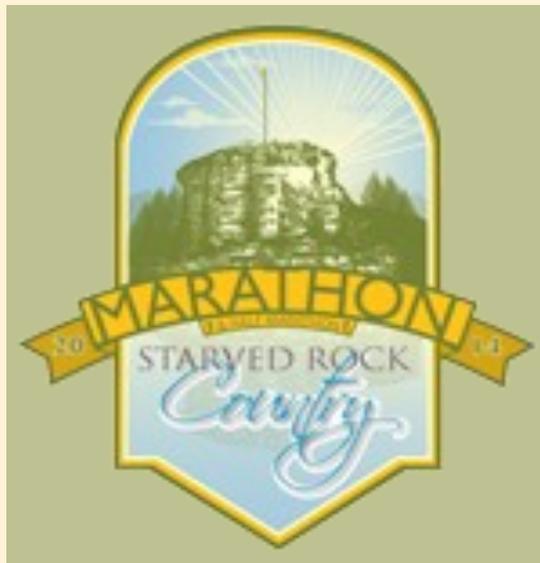
Date Locations & Start Times

May 25 Swallow Cliff at 7:45 AM
June 29 Waterfall Glen at 7:15 AM
July 27 Kankakee State Park at 7:30 AM
August 31 To be determined 7:30 AM
September No run planned
October 26 Swallow Cliff at 8:00 AM
November 23 To be determined at 8:15 AM

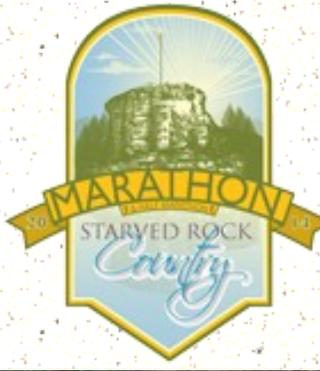


May 25th Group at Swallow Cliff

Marathon and Half Marathon Photos and Reports



Many club members competed in the inaugural Starved Rock Country Marathon and Half Marathon on May 10, 2014. Enjoy their stories and pictures on the following pages. It will inspire you to sign up next year!



Congratulations to our finishers at the Inaugural Starved Rock Country Half Marathon and Marathon!

1. Sue McLean, Jim Harman, Mary Starling, Ken Goodwin, 2. Sue McLean, Jim Harman, 3. Mark Bowman, 4. Mary Starling, 5. Ken Goodwin, Mary Starling, Cricket Baltz, Sharon DeVault, Mark Bowman Sue McLean, 6. Mike Auld, Dave Musgrave, 7. Tom Baltz and Tommy John Baltz, 8. Cricket Baltz and Mary Starling, 9. The Baltz Family, 10. Rudy and Jill Pironti, 11. Kate Calder, Ken Goodwin

MY FIRST HALF MARATHON

13.1

Nine-year-old club member, Tommy John Baltz, impressed us all when on May 10, 2014, he ran his first 13.1—The Starved Rock Country Half Marathon. In his own words, he tells us about his training and race day experience!

THE WORDS OF TOMMY JOHN BALTZ



Tommy John Baltz (gray sweatshirt) at the start with his Dad, Tom Baltz (left).

I decided to run a half marathon after I ran the Dirty Turkey 15K, I thought it would be kinda cool if I ran a half marathon. The hardest thing about training for it was the wind and the hills, and really cold temperatures. Race day it got really hot!

My favorite shoes are my Reeboks, they are blue, the bottoms have white squares that look like marshmallows. I call them my marshmallow shoes. During my training runs I would think about anything that popped into my mind. I like to stare at the ground. I call the gravel and dirt on the side of the road cookie dough. I ran on the cookie dough because it is softer than the road.

There are two places that are extra special to me because of my training runs. The Shepley/I80 overpass is special because I crossed that bridge the day I ran my mock half. Me and my Mom put our arms up and cheered at the traffic below us. The Dollinger Family Farm was on another route. Sometimes my Mom would let me stop and play for a few minutes while we drank water and fuel.

A lot of people thought it was awesome for me to be training for a half marathon. I inspired my P.E teacher Mrs. Larson, who survived cancer, to sign up for a half marathon. My friend Javier has a hole in his heart but got inspired by me and wants to run races and run with me. Tyler who lives by me thought I would hurt myself. My friend Sean told me he ran a marathon. We argued about that till I got him to admit that he ran separate miles that added up to 26.2.

The night before the race I had to go to bed early. My Mom helped me put my kit together with everything I would need for the race. I thought about “not being there” during the race, I was going to be with my Mom on a training run so I wouldn’t feel scared. People in the corrals looked at me funny, like why is he here? During the race like 20 people asked me how old I was. I told them I was nine and they

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thought that was crazy! They thought I was awesome. That made me proud.

“ When it was over I felt like I was gonna barf. I felt really proud of myself.”

During the race some kids had signs that said “hit here for free power” so I hit both of them and yelled wooo hoooo! There was a guy running his sprinkler and some people were running through it. I didn’t because I didn’t want to get my sweatshirt wet. I love my sweatshirt and even though I was hot and Mom told me to pitch it to the side during the race, I just couldn’t.

My Mom trained me, but my Dad ran the Starved Rock race with me. At the end me and my Dad lifted our knees and sprinted as hard as we could! When it was over I felt like I was gonna barf. I felt really proud of myself.

The race day aid station people were so nice to me.

They kept saying great job, keep going! My training run aid stations never did that. My training run stations were two signs. One said caution steep grade and the other one said speed limit 45, I made sure not to run faster than that.

I think all kids should run any distance that they want to. I want to do more half marathons. I am signed up for the Ashley Can half in September. My Mom got permission so I won’t have to be 12 for the day like Starved Rock. 



PSRR JACKETS are EVERYWHERE!

Club Member,
Ben Riley #162,
At the start in the
**Starved Rock Country
Marathon**
in his PSRR jacket.



Three of us started out on the course together – my husband Rudy, my friend and training partner Melanie and me. The plan for the day was pretty simple – finish under the official time limit and stay together if it works, but feel free to run your own race. We came into the marathon at different readiness levels, but we agreed to a run 4 minutes / walk 2 minutes interval plan. We positioned ourselves in the starting area – back of the pack & proud to be there!



We were passed by much of the field that started around us in the early part of the race. The first runner I remembered nicknaming as she passed by was “Granny-Green-Socks.” She appeared to be just a little older than me and she wore a bright yellow and green shirt and even darker green knee high compression socks. She

THE BACK OF THE PACK

Is All About The People

BY RUDY & JILL PIRONTI

passed us up very early on as we were going up the first bridge. I told Rudy her nickname, explaining that I wanted to try to remember some of the folks that passed us by in case we saw them again further into the course.

The mile 7 curvy hill was where we met Sean. We did not know that was his name at the time. We were all walking up the hill. He was struggling a little with it and we ended up alongside him for a few minutes. As we passed by he said, “I could really use a turkey sandwich.” Rudy offered him one of the extra protein bars that he packed (Rudy packs food for any run, walk or hike over 4 miles). He declined the offer, talked a little more about turkey sandwiches and Rudy told him about his race food needs and then he went on ahead of us. “Turkey Sandwich Guy” was added to the list. “Orange Shirt Guy” passed us by at this point also, with just brief nod in passing.

As we entered Starved Rock State Park, we again met up with “Granny-Green-Socks,” aka Margaret. It was comforting to see her green socks and we said, “Looking great” as we passed. It was also encouraging to know that keeping to our planned pace was keeping us going

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steady.

While running through the beautiful park I started to notice that we were keeping pace with a woman who I then affectionately dubbed “Purple Lady” after the color of her shirt. We would get close to her on our run interval and then drop back on our walk. Knowing she was in sight had become a fun pacing beacon.

Just before our trio separated, on our last planned 4/2 interval together, our timer chimed to ‘run’ and we ran a bit faster than usual. From behind us we heard a lady’s voice call out... “Ugh! You’re too fast!” We turned back for a second and smiled. She was pacing us like we were pacing “Purple Lady.” I called back, “Don’t worry, you’ll catch us again on the walk interval!”

The crowds went away quickly on the marathon side, with no official spectator zones between the beginning of the race and mile 11. A few much appreciated locals gave up their time to fill in this gap. There were some folks out on their front lawns, a few others who parked their cars on side street intersections and cheered the runners on from the back of pickup beds or just standing at the crossroad. We thanked these folks as we went by, commenting on pets or anything noticeable, enjoying the diversion from the run. We had the advantage at the back of the pack to really take in the scenery around us – fields, farms, houses, rivers, birds, small animals, people, the clouds and the breeze. All of it was part of a beautiful day!

Crossing over the bridge that would take us toward Buffalo Rock State Park, we met Alice. We had separated a bit on the bridge – Mel & Rudy being speedier on the inclines. Alice was walking, like me. She told me that she was the oldest woman in the

marathon at 64 years old. I told her she was amazing! She said that she was not at the pace she had planned when she started out, having initially hoped for a 5-hour finish, she was now hoping for under 6-hours. I told her about our 4/2 intervals and that finishing was all that mattered! She said she would try to stick with us on the 4/2’s for a while but we lost her at the water station at the base of the hill. I thought about Alice several times during the remainder of the race. Twice we saw an ambulance dispatched; both times I hoped it was not for her or any of the other older most awesome runners we

passed. I hoped they were going to aid with a something simple.

Eventually we lost sight of “Purple Lady” completely. It was during a rough spell where Rudy & I did a little extra walk-

ing and Rudy had a bite to eat. Mel had split off to run her own race, as my hamstring and hips had decided that 4/2 or even 2/2 were not going to get me to the finish line in good shape. I needed to go down to 1/1 and Rudy was ready and happy to do the same.

The water stations and the volunteers were another great diversion. We thanked them for being there & for cheering on us late arrivals. Sometimes we asked who had the least runners take water from them & we would grab the cups being held by that person – usually the last person in the water line! The hours ticked by quickly and as we came through Naplate, life had started going back to normal around us. The course cones were moved over and they created a small lane next to the center of the road and a larger lane to the right. We were running in the large right lane when a car pulled up behind us. There were no other runners or course volunteers in sight at this section and we became a little anxious. We thought maybe the traffic had been opened back up to both

“ We had the advantage at the back of the pack to really take in the scenery around us – fields, farms, houses, rivers, birds, small animals, people, the clouds and the breeze. All of it was part of a beautiful day!

”

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directions and we were supposed to run in the small middle lane, so we did, single file. Half a mile later at an aide station with firefighter / paramedics, one of the men quickly came into the street to steer the traffic on the other side further from the center aisle we were running in. We realized then that we belonged in the right lane the entire time; it was the car that had come up behind us that was out of place. We thanked the guys for being there to keep us safe & we walked, ran & danced through the town using the safer large right lane. We looked ahead for the next volunteer or police officer directing us where to go. I told Rudy to eat again when he started getting cranky. There were no crowds lining the streets, no clear path to go at times and we worried that we would miss seeing a volunteer or there would just not be one and we would miss a turn of the course. They were always there though, right where they needed to be to get us where we needed to go. There was a neighborhood section of road where we shared the street with cars without even cones to separate our spaces. I was extremely relieved when I saw the police officer that signaled us to turn left and we headed onto a street without cars!

Two sets of spectators made our finishing pass through Ottawa memorable – the gentlemen sitting out with their sprinkler offering us a nice cool zone and the ladies with the signs letting us know that we only had a 5K left to go!

In town, just after the 5K signs, we caught up with “Purple Lady!” We exchanged encouraging words and continued our races. The excitement was starting to build, the finish was nearing! This was it... the last twists and turns, crossing over the bridge once more, through town and out on to the straightaway that led to the Harbor.

It was on the final leg that we reunited with two

more friends from the course – “Orange Shirt Guy” & “Turkey Sandwich Guy!” “Turkey Sandwich Guy” looked like the going was getting a bit rough. I called back to him “I can see the finish just ahead – Keep going - they have turkey sandwiches there!” He laughed and replied “Thanks! That did it!”

Mile 26.1 just before the turn to the finish corral, I saw Phil (the guy who started my interest in running) sitting on the hill with his wife – they got up to wave. Then Cricket Baltz called out our names! WOW! What an amazing feeling! Cricket had finished an hour before us and Phil, an hour-and-a-half, but here they were cheering us on!! Wonderful people!



Mile 26... we had a plan... cross the finish line together holding hands to celebrate our 25th wedding anniversary!

Finish line! Hugs and Thank Yous!

While we picked up our shirts and received our

medals, “Purple Lady” crossed the finish line just behind us! I congratulated her and introduced myself. I told her about her nickname and how she helped us through the race. She shared her real name; Caroline.

Rudy ran into Alice in the parking lot & congratulated her on her finish, giving her a hug. Then he joined me by the Baltz Family and PSRR members on the hill next to mile 26.1. We ate some delicious watermelon, had great conversations and cheered on the remaining runners! Rudy and I left to go take ice baths, while Cricket and other PSRR members still watched the end of the course and cheered people on until the last runner cleared the field.

To all those runners we nicknamed after anything catchy enough to help our carb depleted brains remember you later on – Thank You! You helped make this race an excellent day!

We will be participating again next year and we hope to see you again, at the back of the pack, where the people you meet make the day!



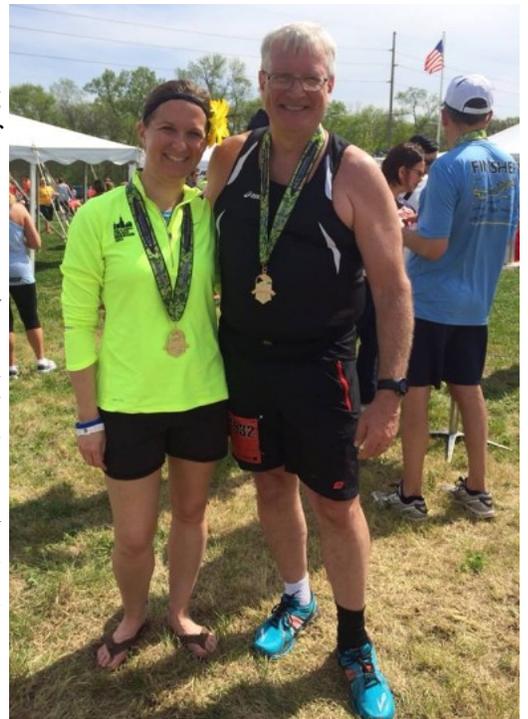
STARVED ROCK MARATHON AND HALF MARATHON



lives up to it's name!

BY KATE CALDER

I have to admit this: when Cricket Baltz asked if I was planning to run the first ever Starved Rock Country Marathon and Half Marathon, I had some misgivings. It's generally my rule to wait a year or two to run a new race just to let the organizers get all the kinks worked out. However, after the Chicago winter to beat all winters and in light of Cricket's enthusiasm, I let the run-happy (and sometimes less logical) side of my brain win out, and signed up for the half. The last time I signed up for a spring half marathon, I ended up overtraining and injuring myself: sadly, I watched my best friend finish the Indy Mini-Marathon from the stands, and in a boot. "Not this time!" I told myself. After running a half marathon PR (1:52 and some change), here are my observations for those of you considering the Starved Rock Country Marathon and Half Marathon for 2015.



Kate Calder pictured with Ken Goodwin after the race

PRO: WEATHER

After suffering through one of the worst winters for running that Chicago has seen in years, spring weather was a welcome change for all of us. The Starved Rock race took place on the second Saturday in May this year, and we could not have asked for better racing weather. The race began at 7 a.m. at a comfortable 52 degrees. I wore shorts, a tech shirt, and arm warmers. By mile 2, the arm warmers were in my pocket and I enjoyed great weather through the finish.

CON: SUNNY FINISH

The last mile or two back to the finish line was a little hot, and that was just for the half marathon, which I

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finished around 9 a.m. The final stretch took us down straight asphalt with no tree cover, so it was a sweaty 15-20 minutes with no cloud cover to end the run.

Marathon finishers ended their race after 10 a.m., and the sun certainly hadn't let up. I heard from a few marathoners that the last few miles were pretty tough.

PRO: DOWNTOWN OTTAWA START

We were bussed to the start of the race, which began at the center square in downtown Ottawa. Many local residents came out early in the morning to help kick off the race, and there were several families with signs and homemade water stops along the race route. The local police were out as well to help block roadways, but for all intents and purposes were mostly unnecessary. There were few, if any, cars driving around early enough to cause any problems. The roads on which the race was run were quite wide and many of the potholes were marked (thanks again, Chicago winter!), making for a comfortable and clear race experience.

CON: DOWNTOWN OTTAWA START

Parking for the race was set up at the finish line, in Heritage Harbor. The field was unexpectedly muddy, making it difficult for some vehicles to drive on. My SUV (purchased this winter, so again, thanks Chicago!) fared just fine, but one or two Mustangs had to be pushed through the soggy terrain. We were bussed to the race start, which worked out fine for me since I was at the front of the line waiting for busses. The line behind me, however, was pretty long. Had I been waiting for much longer, I would have felt rushed getting to the start line and might not have been able to make a bathroom stop in advance of the race start.

PRO: COURSE SUPPORT

There were a perfect amount of water stops along

the half course (and I heard from others that the marathon was well-supported, too). Gatorade and water were offered, and miles were marked nicely as well.

CON: BATHROOMS

I might not have been paying attention (and fortunately it wasn't a necessity), but I noticed no porta-potties along the half course. They may have been there, and I might have missed them, but one or two at the turnaround for the half would have been nice. We also could have used a few more in downtown Ottawa for a pre-race potty stop. Lines moved pretty quickly, but were a little longer than I would have liked. Fortunately, we didn't have to travel far to the start area and there weren't thousands of runners waiting to go.

PRO: SWAG

The race promised a tech shirt, and when I first picked up my packet, the included shirt did not really excite me. I know, I know, we don't run races for the "stuff", but we kinda do. My disappointment was thwarted once I finished the race, however, because every finisher received a second shirt (what?!) that was MUCH better than the packet shirt. Our "finisher" shirts for the half were blue (the full shirts were red), and had the race logo right across the front. The shirt had a course map on the back, with the word "FINISHER" in all caps. Nice! The medals were pretty high quality also, so it was worth the wait for what was included.

(SORT OF) CON: DISTANCE, COURSE, AND PACKET PICK-UP

Starved Rock is a decent drive for many of us, and I was a little disappointed that the half marathon course didn't wind through anything very scenic until the end of the course (there was a short stretch along the river). Packet pick-up was only offered on Friday, and I had to drive all the way out to Ottawa and back. In reality, it wasn't much farther (or

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longer) to drive to Ottawa than it would be to drive to Chicago for a race or packet pick-up, so really I shouldn't be complaining: it wasn't that bad, and the traffic was non-existent compared to trying to get into the city on a Friday night.

PRO: POST-RACE PARTY

Each finisher got a post-race beer, and there was food and music as well. Tall tables were set up, along with a tent, and it was easy to head back to the finish line area to watch for other runner friends to finish the race. I was able to get my beer in time to see a few other PSRR members finish up the half, and it was easy to meet up with them afterwards. It was a short walk to our cars, so we could change and get some money for food and more beer, and with the nice weather, it was a great day to just hang out and enjoy the end of the race. In addition to all this, proceeds from food purchases benefitted the local YMCA in Ottawa, so I felt like my dollars were being reinvested wisely into the local commu-

nity. The pulled pork sandwich was pretty tasty, too!

CONCLUSION:

In running a "new" race, I try to go back through my pro and con list and decide if the pros outweigh the cons when considering whether I would run a race again. All in all, I really enjoyed running my first spring half—training started in February, right as the weather became nice enough to get outside without a parka and snow boots. Race day weather was great, and the number of runners was manageable and made this a perfect sized race to run in a nice, "country" setting. What I most enjoyed were the after-race festivities and getting to catch up with several PSRR runners, which makes any race a great experience. Would I run this race again? Absolutely. The Starved Rock Country Marathon and Half Marathon was worth the money and the minor travel, and by next year I expect race organizers will have worked out any minor kinks necessary to make this an enjoyable race for everyone.



RUN FOR PALESH 5K

Ryan Palesh lost his battle with cancer in September 2009. He was an educator at Manhattan Junior High School, where he taught history and geography to MJH students for over four years, and he also coached the school's cross-country, basketball, and track teams. At the age of 34, Ryan left behind a loving family, including a one year-old son, as well as a community that deeply respected him.



Ryan Palesh

This is a **PSRR circuit race** and our club member, **Pete Slattery**, plays a big role in organizing this race. All proceeds will benefit N.O.R.D. (National Organization of Rare Diseases), Manhattan Athletic Boosters and the Ryan Palesh Character Award Fund.

DATE: Sunday, October 5th, 2014 (Rain or Shine)

TIME: Race will start promptly at 9:00 A.M. (Registration and t-shirt/bib pick-up are available between 7:00-8:00 in the MJHS commons and gym)

LOCATION: Manhattan Junior High School
15606 W. Smith Road, Manhattan, IL 60442
(*Limited* parking is available east of the school)

ENTRY FEE: (Pre-Registration Closes September 12th, 2014)
***T-Shirt Only - \$10.00
***Race Without a T-Shirt - \$15.00
***Race With a T-Shirt Included - \$20.00
****ADD \$5 TO TOTALS ABOVE AFTER PRE-REGISTRATION DATE*

COURSE: Residential area, mostly flat, on street. The race is only open to runners and walkers. Strollers are allowed (curb-side only).

AGE CATEGORIES:

A: 14 and under	B: 15-19	C: 20-29		
D: 30-39	E: 40-49	F: 50-59	G: 60 and Over	

TIMING AND AWARDS:

- ***Disposable chip timing system! Fast results at the finish!
- ***Split times will be called at the 1-mile and 2-mile marks.
- ***Medals will be presented to the 1st, 2nd, and 3rd place times in each category, both male and female. 1st, 2nd and 3rd best *overall* times, male and female, will also be awarded.

REGISTRATION: Drop-off and walk-in registration are accepted until September 12th, 2014. Forms should be returned to the MJHS office only (Send mailed-in registration forms to “Run for Palesh”, Manhattan Junior High School, 15606 West Smith Road, Manhattan, IL 60442). **AFTER SEPTEMBER 12TH, THE REGISTRATION FEE WILL BE INCREASED BY \$5.** Race day registration opens at 7:00 A.M. and closes promptly at 8:00 A.M.

REGISTRATION FORM ON FOLLOWING PAGE

Visit <https://manhattanathleticboosters.shutterfly.com/runforryan5k> for further details!

Run for Palesh 5K Official Entry Form

LAST Name: _____ Home Phone: _____ Address: _____ _____ Email Address: _____	MJHS ALUMNI Yes <input type="checkbox"/>
--	--

Office Use	First Name of Each Participant	Category Must Circle One A: 14-Under D: 30-39 B: 15-19 E: 40-49 C: 20-29 F: 50-59 G: 60-UP	Gender Circle One	T-Shirt Size Youth and Adult Sizes
		A B C D E F G	MALE FEMALE	
		A B C D E F G	MALE FEMALE	
		A B C D E F G	MALE FEMALE	
		A B C D E F G	MALE FEMALE	
		A B C D E F G	MALE FEMALE	
		A B C D E F G	MALE FEMALE	

Fee Enclosed: _____ T-Shirt Only - \$10.00 _____ Race without a t-shirt - \$15.00 _____ Race with t-shirt included - \$20.00 <div style="background-color: yellow; padding: 2px; text-align: center;"> ***ADD \$5 TO TOTALS ABOVE AFTER SEPTEMBER 12TH, 2014. </div> _____ TOTAL AMOUNT INCLUDED

*****Please Make Checks Payable to Manhattan Athletic Boosters.**

Waiver: I know that running/walking a road race is a potentially hazardous activity. I know that I should not enter a run/walk 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 race. I also know that although security will be provided, I assume the risk of running/walking in traffic. Having read this waiver and knowing these facts and in consideration of you accepting my application and non-refundable entry fee, I, for myself and anyone entitled to act on my behalf, waive and release Manhattan School District 114, its employees, school board members, the Manhattan Athletic Boosters and their members, the Village of Manhattan, and all other sponsors, officials, volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this run/walk event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this run/walk event for any legitimate purpose.

Signature: _____ Date: _____

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!

Please send your pictures to Susan Mores at newsletter@psrr.org



Kate Calder wearing her PSRR jacket on the beach at Hilton Head Island, SC

Jen Krzak, Larry Bornhofen and Dave Cyplick, along with other PSRR members, at the infamous picture setting after River to River—Ohio River in Golconda, IL



Mike Wilson ran and accepted his 1st Place Age Group Award at the Catalina State Park 10.3 Mile Trail Race (Oro Valley, AZ) in his PSRR tech shirt. Way to go, Mike!!



Judith Warren (wearing her PSRR jacket), along with her friend Gabi, at “The Race That’s GOOD for Life 5K” in Oak Park, IL

SUMMER VACATION PLANS?

DON'T FORGET TO PACK YOUR PSRR GEAR!!



Continued...

Travelin' PRAIRIE STATE ROAD RUNNERS!



John Warren (center) and Judith Warren (right) showing off their PSRR jackets at the 500 Festival Mini Marathon in Indianapolis.



Tommy John Baltz and Cricket Baltz at Books Galore in Festus, Missouri



Tommy John Baltz wearing his PSRR jacket in St Louis, MO and having his training shirt signed by actor Randolph Mantooth! Now maybe some of you are too young or just not cool enough to remember this man—the star of the long running 1970's television show, "Emergency", where he starred as a fireman/paramedic!

Future Runners



Congratulations

Sarah and Jeremy Orr

on the birth of your daughter

Vivian Grace

May 4, 2014

7 lbs. and 9 oz., 20.5 inches long

And, also to Vivian's Grandparents, **Larry and Sue Bornhofen**, and Aunts, **Elisabeth Adler, Amanda Bornhofen and Anna Bornhofen**



Congratulations

Kristin and Nick Garcia

on the birth of your son

Levi Nicholas

May 18, 2014

6 lbs. and 6 oz., 18 inches long

And, also to Levi's Grandparents, **Dave and Nancy Cyplick**, and Aunt, **Amy Cyplick**



YOU SAY IT'S YOUR BIRTHDAY!!



Celebrating **birthdays** in **July** are Tommy John Baltz, James Barry, Kyle Bell, Mary Lou Bowman, Cody DeBoer, Dwayne English, Anna Marie Forbes, Glenn Gabryel, Bill Gora, Ruth Klaeser, Chase Kohlmeyer, Tamera Munch, Jill Pironti, William Piskur, Terri Putnam, Curt Ruch, Katie Stempniak, Paige Vanderhyden, Teal Weisfus

Celebrating **birthdays** in **August** are Jennifer Bowman, Katie Bowman, Robin Bumgarner, Colleen Calvey, John Davis, Karl Johnson, Brianna Johnson, Donna Koerner, Reese Koven, Tom Lambert, Virginia Munro, Sally Podolski, Eva Rahn, Carol Reeb, Linda Sikes, Robert Sodt, Terri Tatroe, John Warren, Raymond Wertelka, Nicole Zemaitis

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



NEW MEMBERS

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

Leo Bak Jr.
Omar Carrillo
Heidi Carrillo
Sezar Carrillo
Priscilla Carrillo
Pat Fera



CIRCUIT RESULTS (as of June 15, 2014)

 PRAIRIE STATE ROADRUNNERS WILL COUNTY, ILLINOIS SINCE 1975 WWW.PSRR.ORG Runner	1. Midwinter Cruise 5k	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Rockdale Ramblin 10k	5. JJC 5k	6. St. Mary's 5k	7. Minooka Summerfest 5k	8. Liberty 5k	9. Kankakee YMCA 5k	10. Sundowner 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	23. Volunteer Credits	Circuit Score	Circuit Ranking
Acup, Fawn			15			5																			
Anderson, Clark	1	3	3	2		2																			
Arreola, Sergio		9	9	7																					
Auld, Mike		10	8																				1		
Bailey, Marne		37	21	26																					
Baltz, Cricket	7	28		30		10																C	4		
Baltz, Tom		43	27	18																		C	1		
Barry, James		46																							
Barry, Kristin																							1		
Bell, Grant		31																							
Blazekovich, Jenny																						C			
Bonaci-Klaeser, Ruth				41																					
Bornhofen, Amanda				42																					
Bornhofen, Larry		16																							
Bowman, Mark		14		15	2	3																		2	
Bumgarner, Robyn		32	19																						
Byrnes, Brenda				27	8																				
Calder, Kate		34		21		6																			
Calvey, Colleen		49	36	45	15																				
Cherry, Becky																								1	
Clark, Matt																						C	1		
Conboy, Jess		18		9																		C			
Cyplick, Dave	6					7																C	3		
DeBoer, Ted		23	14																						
DeGrush, Rich		11	10	12																			2		
DeVault, Sharon	9	42	26	33	10																				
Ellison, Howard				32	13	17																			
English, Dwayne				46																					
Erickson, Vera		39			5																				
Forbes, Anna Marie				48																					
Forbes, Sean		40	27	31																					
Gabryel, Glenn	10	48		37																					
Goodwin, Kenneth		38				13																C			
Gregory, Susan		52	36		11																				
Hardy, Marcus				11	3																			1	
Horvat, John		19																						3	
Jungwirth, Robert		7																						1	
Kapala, Janet				29																					

CIRCUIT RESULTS (as of June 15, 2014)

 PRAIRIE STATE ROADRUNNERS WILL COUNTY, ILLINOIS SINCE 1975 WWW.PSRR.ORG	1. Midwinter Cruise 5k	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Rockdale Ramblin 10k	5. JJC 5k	6. St. Mary's 5k	7. Minooka Summerfest 5k	8. Liberty 5k	9. Kankakee YMCA 5k	10. Sundowner 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	23. Volunteer Credits	Circuit Score	Circuit Ranking
Kielian, Jordan	24																								
Kielian, Patrick	30	17																							
Klaeser, Pete	14	54																							
Koerner, Craig				22																			1		
Koerner, Patrick			22	19	4																				
Koven, Kelly			16			9																			
Koven, Steven	50		39																				5		
Kuhel, Susan			35	34	12	16																			
Lambert, Tom																						C	2		
Leonard, Dale			30																						
Leonard, Mary				24																					
Lopez, Fatima	21	13	13																						
Martinez, Javier	8	5	5																			C			
Mason, Jim				10																					
McCahey, Michael	1	1				1																			
McLean, Laura			39		17																			3	
McLean, Susan	25	24	37	7																					
McQuarters, Cathy			29		9																				
Miller, Jim				23	6	11																			
Minarich, Duane	36		28																						
Minarich, Mary Jo	33		20																						
Montgomery, Maureen			23																						
Montgomery, Mike			34																						
Munch, Tamera	6	6																							
Munro, Kent																						C	1		
Munro, Virginia			31			14																	1		
Nette, Paul				17																					
Newberry, Phil	3																								
Pirc, Brittany			32																						
Pirc, Tina	45	25	35																			C			
Pironti, Jill	13																							2	
Pironti, Rudolph	12																							2	
Podolski, Sally		15	14																						
Putnam, Terri		47	40																						
Rahn, Eva		20																							
Reiter-Gorman, Brenda			40																						
Riley, Benjamin		55	43																						
Ruch, Dawn																								1	

CIRCUIT RESULTS (as of June 15, 2014)



Runner	1. Midwinter Cruise 5k	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Rockdale Ramblin 10k	5. JJC 5k	6. St. Mary's 5k	7. Minooka Summerfest 5k	8. Liberty 5k	9. Kankakee YMCA 5k	10. Sundowner 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	23. Volunteer Credits	Circuit Score	Circuit Ranking
Sather, Evan	2																								
Scheckel, Debbie			18			8																	1		
Servi, Tim		12																				C			
Sheridan, John		35																							
Sikes, John			38	44																			1		
Skisak, Eileen		2	2	1	1																				
Slattery, Pete																							1		
Smith, Keith		27	20			11																			
Sodt, Robert		26																							
Starling, Mary		22		16																					
Stempniak, Katie		53		47																					
Tatroe, Terri																							1		
Vanderhyden, Paige					16																		1		
Walters, Mark	5	17	12																				1		
Warren, John	4	13	11	8		4																C	1		
Warren, Judith	8	44	33	36		15																			
Weisfus, Stella		41																					1		
Wertelka, Raymond	11	51																				C	4		
Westefer, Gary					14																		2		
Wojtkiewicz, Paul		5	7	3																		C	1		
Zawrazky, Colleen				6																					
Zemaitis, Nicole		29		25																		C	1		

Juniors/Seniors

Baltz, Tommy John		2	2	3		2																	C		
Barry, James G.		7				7																			
Bell, Kyle		1		1																					
Bergin, Terry	1	5	4			3																			
Johnson, Karl			6	4		6	4																		
Kielian, Gerald		8	5																				1		
Lauer, Bill						8																	1		
Macknick, Dick	2																						2		
McFarland, Patrick			3	2		4																			
Munch, Maxwell		4																							
Peterson, John						2																			
Picciolo, Carol			1																						
Scheckel, Harry						1	1																1		
Thompson, Bob		6																					1		
Wait, Jay		3				5	3															C			



2014 Circuit Race Schedule

DATE	RACE	2013 CLUB PARTICIPATION
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 19**	Kankakee YMCA 5K	11
July 24	Sundowner 5K, Joliet	66
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,

** Revised date of Kankakee YMCA 5K from July 26 to July 19 (SM 5/3/14)

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
Contact us at president@psrr.org



July/August 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

