

# THE PACESETTER

November/December 2016 | Volume 41, Issue 6

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

[www.psrronline.com](http://www.psrronline.com)



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



# PRAIRIE STATE ROAD RUNNERS

Daddy, why would a princess want a glass slipper when she could have a pair of running shoes instead?



## in every issue

- 3 Upcoming Races and Events
- 4 Prez Says—Mark Bowman
- 5 Letters to the Editor
- 7 Training Tips by Robyn—Robyn Bumgarner
- 14 Volunteering Needs U—Krocket Baltz
- 16 Travelin' Prairie State Road Runners
- 24 Birthdays & New Members
- 25 2016 Circuit Race Schedule
- 26 Circuit Award Rules—Jay Wait
- 27 Circuit Results
- 30 Club Member Benefits
- 32 PSRR Membership Application

# PACESETTER

## table of contents

November/December 2016  
Volume 41, Issue 6

## features

- 6 AshleyCan Half
- 9 Plainfield Harvest Fest 5k
- 10 Triathlon, What?—Kent Munro
- 13 Forte 5k
- 14 Cornerstone 5k "J" Run
- 15 JJC Haunted 5k
- 19 PSRR Running Around



## Weekly Club Events

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



## Dues

### EARLY BIRD RATES

#### Individual Memberships

are \$15.00 per year

#### Family Memberships

are \$18.00 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

# PRAIRIE STATE ROAD RUNNERS

## CLUB OFFICERS

### President

Mark Bowman

### VP/Business

Ray Wertelka

### VP/Membership

John Warren

### VP/Operations

Kricket Baltz

### Secretary

Robyn Bumgarner

### Treasurer

Mark Walters

### Directors

Dave Cyplick

Cathy Morman

Tina Pirc

---

### Newsletter Editor

Judith Warren

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

Send your articles, error corrections or comments to: [Judith Warren](mailto:Judith.Warren@psrr.org). Visit our website at [psrr.org](http://psrr.org).

**On the cover:** Clint Underhile and Damien Mangabhai racing to the finish of the AshleyCan Half Marathon. Picture provided by Bob Williams.

## UPCOMING CIRCUIT RACES AND EVENTS

### NOVEMBER

November 6—Canal Connection 10k

Utica IL

[Register here](#)

November 24—Poultry & Pie Predictor 4 mile

Pilcher Park, Joliet IL

[Register Here](#)



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



# Prez

# SEZ...

BY MARK BOWMAN  
PRESIDENT

## Greetings PSRR members:

**W**hen it comes to running, each and every day I have a choice.

I can put on my running clothes and shoes, open the front door, step outside and start running down my street.

Or I could just set myself down on the couch watching the

old boob tube (the

TV for you younger folks) and stuff

myself with potato

chips and veg out.

So why do I

choose the former?

I don't always

know. I have been

running now for over 40 years and it is

definitely a part of me. It doesn't matter

how long I go or where I do it. It

doesn't matter whether I feel like crap

or I end up energized and elated. It is

when I am moving along on my own

two feet that I feel alive. Being outside

in cold or warm,

sun or rain, it

keeps me bal-

anced. I can use the time to solve my

problems or I can simply forget about

them and just enjoy the fact that I am

still able to do this even after all these

years with no end in sight yet. After all

this time, I can't imagine what it will be

like when I can no longer do this. I

hope it is still a long

way off. This is how

running is important

to me.

So, the next time you

have that choice of

heading out the door

or not, ask yourself

what running means

to you. What is it about this activity

that attracts you to it? Hopefully the

answers will keep you going day after

day until it becomes part of you.

Till next time...

*Mark*





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

Have you taken a look at the new PSRR website yet? Scott Lemke has done an awesome job of setting it up. Go to [psrr.org](http://psrr.org)!

## 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 Jan/Feb 2017 Newsletter is Dec 15th.* Please don't make me send comments to myself...send yours today!!

Email to: [Judith Warren](mailto:Judith.Warren@psrr.org)



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

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

AshleyCan 5th Annual Half/Half Relay/10k/5k/1 Mile Family Run



# Training Tips *By Robyn*

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



## *Everything You Need to Run that isn't Running: Part V*

### Rest, Stretch & Roll

Three things many runners neglect are resting, stretching, and rolling. Pounding the pavement day after day and mile after mile is more than most bodies can take. Taking the time to incorporate these things into your training can make the difference between continuing to train or sitting on the sidelines with an injury.

**Rest.** Sleep. Rest days. Time off. It's necessary to give your body ample time to recover after hard training. Have you been irritable or more tired than usual? Are you craving caffeine or sugary snacks to try and keep going? The answer might be to skip your miles for the day. The answer might be to cut your miles back for the day. The answer might be to trade your miles for some gentle stretching or yoga. The answer might even be to go take a nap. It's okay to give your body time to rebuild and recover, and you might surprise yourself by going faster and feeling stronger the next time you lace up.

**Stretch.** Did you just get done with your miles today? Great! Try to build in 5-10 minutes of stretching now that you're home again. Taking time to loosen up tight muscles will pay dividends in preventing future injuries. Focus particularly on the lower body, and include your hips, hamstrings, quads and calves. Do not bounce in stretches, which can lead to pushing too far and pulling a muscle. Check out the photo from the Fleet Feet blog ([www.fleetfeetsports.wordpress.com](http://www.fleetfeetsports.wordpress.com)) for some ideas on stretches to incorporate into your regular training.

**Roll.** This fits right in with stretching. If you haven't already invested in a foam roller, I recommend you add one to your Christmas list. There are lots of great YouTube videos out to teach you how to use it, and your fellow runners will be happy to help you as well. If you already have a roller, it can also be helpful to have a collection of balls of various sizes. Golf balls are great for feet, and baseballs or tennis balls are wonderful to work into the glutes. You can roll nearly anytime that is convenient for you. I often will roll while watching television at night. I roll my feet on a golf ball every morning before I put any weight down to ease the tension on my plantar fascia. Rolling can be uncomfortable while it's happening, but it will do wonders to release the tight spots stretching couldn't get.



*This wraps up another year of Trainer Tips, and this series as well. How many did you incorporate into your training this year? Happy holidays and happy running, my friends!*

## Nutrition Corner with Coach Robyn

### Southern Black-Eyed Peas and Cauliflower

This sweet and savory black-eyed pea dish, from vegan cookbook author Chloe Coscarelli, calls for canned beans so it comes together in about a half hour.

#### INGREDIENTS

- 2 tablespoons olive oil
- 1 large onion, finely chopped
- 1 green bell pepper, seeded and diced
- 2 cups cauliflower florets, roughly chopped into 1/2-inch pieces
- 2 cloves garlic, minced
- 1 tablespoon ground cumin
- 1 teaspoon chili powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon cayenne pepper
- ½ teaspoon sea salt
- 2 (15-ounce) cans black-eyed peas, rinsed and drained
- 1 (14-ounce) can tomato sauce
- 1 cup water
- ¼ cup soy sauce
- ⅓ cup packed brown sugar or maple syrup
- 2 tablespoons white or apple cider vinegar

#### PREPARATION

1. In a large pot, heat oil over medium-high heat and sauté onions and green peppers until soft. Add cauliflower and cook, stirring frequently, until it is lightly browned, about 5 to 8 minutes. Add garlic, cumin, chili powder, cinnamon, cayenne and salt, and cook a few more minutes.
2. Stir in black-eyed peas, tomato sauce, water, soy sauce, brown sugar and vinegar. Reduce heat to medium. Simmer, uncovered, for 10 to 15 minutes. Adjust seasoning to taste. Serve in soup bowls with biscuits and whipped maple “butter” on the side.



**Robyn will once again be hosting the CMRC/  
PSRR Holiday Light Tour run.**

**This year's run will take place on Tuesday,  
December 13th. Stay tuned for time and  
details.**

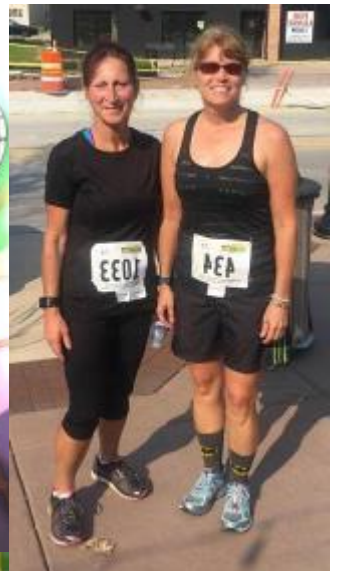
**Healthy Driven** Edward-Elmhurst HEALTH

**Plainfield Harvest  
5K Run/Walk  
& Kidz Miler**

Sunday, Sept. 25, 2016  
[www.plainfieldharvest5k.com](http://www.plainfieldharvest5k.com)

PACC CARA REGISTERED RACE



# TRIATHLON, WHAT?

BY KENT MUNRO



**O**k you've got this running thing down pat. Yeah, you can probably ride a bike. Chances are you've been in the water at some point. Why not do all three in one event?

So what's a triathlon? Swim, Bike and Run. Yes, in that order almost without fail. How far? It varies. Just like in running, a little education is required. Your non-running friends may think any running event is a marathon. You try hard not to laugh when they say they did a marathon last weekend. And when asked where, you know it was something shorter, yup it was a 5k. To them it probably felt like a marathon. Hopefully, it will catch on and they'll do and learn more about running. Same goes with triathlons. There are three common

standard distances, Olympic (31.9mi), Half Iron (70.3mi) and Full Iron (140.6mi) but there are tons of triathlon events under the Olympic distance that fall into a category called Sprint triathlon. Most of the time the swim varies but they are usually under  $\frac{3}{4}$  mile, 20k for the bike and a 5k run for a total of 16 miles or so. Indoor triathlons can be even shorter. Just commit to doing a sprint or an indoor triathlon to get your feet wet. Ha, get it?

No wetsuit? No problem! You don't have to own one. Wetsuits can be rented or borrowed. When you get serious, you can drop a bit more money on equipment, or you don't have to. Don't own anything other than a hybrid or mountain bike? A friend



has a hybrid bike that he pushes between 22-23 miles an hour for the 40k Olympic distance bike portion. He did add aero bars to get low to reduce his wind resistance. My first two years of triathlons were on a handed down 30 year old steel road bike after doing my first on a mountain bike and then second on thinner tires on that same bike. Honestly, all I would have needed was a fez and I would have passed for a parade Shriner.

Ok, swim, bike and run. What else? "Transitions" the fourth discipline! This is an area you can

Continued on page 11

Continued from page 10

trim time in your event. How long does it take to get from the water to get on the bike? And, again, from the bike to the run? Most people start by getting out of a wetsuit, drying off your feet, putting on socks, bike shirt, helmet, glasses and bike shoes. Then you fast walk/run in weird shoes along your bike until you reach the line that says “Mount Here”. You get on and start peddling. Pros? They have their shoes locked on the bike, don’t bother with drying feet or even socks. They’re out of the wetsuit in a flash, put on a bike helmet and don’t need a bike shirt because they have a tri-suit under their wetsuit. They put on the helmet, run along their bike and jump on in one swift move without stopping. They peddle for a short bit on top of their shoes and then slip into and fasten the shoes while moving and then really go. The swim to bike transition is complicated compared to the bike to run transition. This transition is getting off your bike at the dismount here line, parking your bike, taking off the helmet, swapping into running shoes and get going. Well it sounds easier until you realize your legs feel very strange at the start of the run because of the bike action just before. That is something that eases when you train more.



Triathlons are one of the best things you can do as a runner to make your running easier. I’m no speedster at running unless it’s against other 220+ lbs runners, but in training for triathlons, I have PR’d more running events even though I cleared the half century mark. OK, some of the previous PRs were not that spectacular but they were not completely novice. Look at it this way. When you are injured and can’t run, what activities are recommended? Yup, swimming and biking in many cases. Choosing to do those while healthy helped my run. I’ve found that swimming helps the cardio for the run and running helps the power for the bike and biking helps build endurance without the impact of running. That’s my story and I’m sticking to it.



One other consideration. Nutrition. What works for a half marathon would probably do well for an Olympic distance and less. Half and Full Iron distances are a completely different story. What would you need to power through 5 to 12 hours of an endurance event? A story for another time.

The question is... Did I paint a picture of something that confirms you will never do it, or make it a challenge for you to tackle. “Tri” it, you may like it.





# Vol nteering Needs

BY KRICKET BALTZ—VP OPERATIONS

## This edition's Volunteer Spotlight is on ALL of you!

I Choose  !!!



We all love to participate in various types of running events throughout the year. We choose races, plan a training schedule and watch the weather carefully close to race day to help us decide what gear to wear. On the other side of “the shoe” race directors have been busy coordinating every last detail so that your race day will be no less than spectacular if they have anything to say about it.

A Race Director first has to choose to *be* a race director! The position requires a cool head, a pinch of bravery and a dash of crazy. Next it's time to rally some hands to lighten the work load. When asked to volunteer, most people are honored to step up and help out. But have you ever reached out to a race director to offer your time? Either way

your effort will be much appreciated by the growing crew of others lending a hand and of course, those participating in the race

From planning to bib packing, packet pick up, course marshals, aid stations and timing, there is much to do. All of this is truly a rewarding experience. Make volunteering a part of your race regime if you haven't already!

Race Directors Steve Koven and Cathy McQuarters are readying their list of volunteers for our club sponsored Thanksgiving Day race. Volunteers will receive two circuit credits. If you plan on running there are still opportunities for you to help out. We thank you in advance!

Poultry & Pie Predictor  
Thursday November 24, 2016 - 9:00am  
Joliet, IL - Pilcher Park

Needed:

12 non runner  
17-19 runners



Email Cathy McQuarters if you'd like to volunteer at [mccallypeels@aol.com](mailto:mccallypeels@aol.com)



# 2016 Joliet Junior College Haunted 5K Run and Walk

Sunday, October 23, 2016

Joliet Junior College • 1215 Houbolt Road Joliet, IL 60431



# Travelin' PRAIRIE STATE ROAD RUNNERS!



*So where have you worn your PSRR gear?*

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

Please send email your pictures to [Judith Warren](#) or via message on facebook.



Ken Goodwin and John Warran at Dwight Harvest Days 5k

Javier Martinez and Eileen Skisak at the South Holland Heritage Haul Half Marathon



Judith Warren, Paige Vanderhyden, and Stella Weisfus at the Detroit Free Press Races



Kathy Figuieras in Nashville

# Travelin' PRAIRIE STATE ROAD RUNNERS!



Lori Everts, Julie Loving and Kathy Figueras  
at the Milwaukee Lakefront Marathon



Jody Reddell and Judith Warren at  
Fort2base—Great Lakes IL

Diana Sorich, Tina Pirc, Cricket Baltz and Cathy  
McQuarters at the Fox Valley Final 20 Expo



Donna Turner, Caroline Portlock, Pat Fera,  
and Mary Andreotta at the Quad City races



## Travelin' PRAIRIE STATE ROAD RUNNERS!



Kricket and Tommy John Baltz at the  
Woodridge Mini Tri

Diana Sorich in Chicago IL



Eileen Skisak, John Warren and Judith  
Warren at the Hero Half/10k in Indiana



Kathy Figueras at Niagra Falls

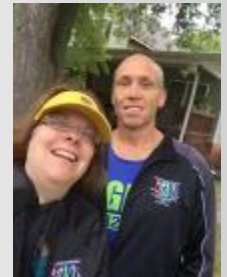
# PSRR running around



# PSRR running around



# PSRR running around



# PSRR running around the Quad Cities



# PSRR running around the Chicago Marathon





## BIRTHDAYS THIS MONTH

**Celebrating birthdays in November:** James Barry, Larry Bornhofen, Mark Bowman, Ted DeBoer, Nick Garcia, Amy Henderson, Charlie Henderson, Spencer Hopper, Aubrey Hopper, Joe Host, Eileen Hostert, Robert Jungwirth, Andy Keyster, Gerald Kielian, Craig Koerner, Susan Kuhel, Dick Macknick, Sue McLean, Paul Nette, Carol Stapleton, and Gary Westefer

**Celebrating birthdays in December:** Tom Baltz, Jenny Blazekovich, Matt Clark, Vera Erickson, Delaney Henderson, Lianne Holloway, Chantal Host, Hayden Host, Damien Mangabhai, Cindy Parks, John Peterson, Luis Rhoden, Debbie Scheckel, Nikki Sikes, Julie Skuturna, April Veerman, Jay Wait, and Mark Walker

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

*Happy Birthday*



## NEW MEMBERS

*Join or Renew now and take  
advantage of Early Bird Rates  
through December 31*

[\*Click Here!\*](#)



## 2016 Circuit

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

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

## PRAIRIE STATE ROAD RUNNERS

# 2016 Circuit Award Rules

AS EXPLAINED BY JAY WAIT

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

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

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

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

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

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

### **Age Group Circuit Award:**

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

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



## 2016 Circuit Results

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

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

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

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

10/24/2016

Report errors/corrections to [statistician@psrr.org](mailto:statistician@psrr.org)

Runner	1. Mid-Winter Cruise 5k	2. Winterfest 5k	3. Frosty 5 Mile	4. Manhattan Irish Fest 5k	5. Rockdale Ramblin' 10k	6. Trinity Christian School 5k	7. Quarryman Challenge 10 Mile	8. Kendall County Sweetness 8k	9. Minooka Summerfest 5k	10. Liberty 5k	11. Sundowner 5k	12. Firefly 5k	13. Theresa Lang Memorial 5k	14. DNA/PSRR Free 5k	15. Ashley Can Half Marathon	16. Plainfield Harvest 5k	17. Forte 5k	18. Cornerstone 5k "J" Run	19. JJC Haunted 5k	20. Canal Connection 10k	21. Poultry & Pie Predictor 4 Mile	22. Your choice half /full/ultra	23. Volunteer Credits	Circuit Score	Circuit Ranking
Acup, Fawn		9	15	17		11		8								8	13							81	19
Aguilar, Dan				16					11	12	18	10		14	7		15		10				2	79	18
Anderson, Clark	2	1	2	1	1	2		3		4				4		2	2	3						11	3
Arreola, Sergio			7	6	6						5														
Auld, Michael	5	3	6	C		7	4			11	10	10				4	7	5					1	34	8
Bailey, Mame			40	32	21		9			21			9	21				23				C		136	29
Bak, Leo						32				44													1		
Baltz, Cricket	14	20	39		18	14									8			15				C	7	128	27
Baltz, Tom		31	53	26																		C	1		
Baltz, Tommy John	13	17	47	38	24				24					27				26				C	1	169	37
Barry, James G.				64																					
Barry, James R.	21		46	45																					
Barry, Laura			52	53	37		10		31	30	68	34	13	32				32				C		182	41
Berta, Coral									40				3				14								
Blazekovich, Jenny						3																			
Bonacci-Klaeser, Ruth	15				33			18		54				26		21		35						202	45
Bornhofen, Larry			20	18	14				12	9	15	14		10			10	7	7			C	1	69	16
Bowman, Jennifer				47																					
Bowman, Mark	3	4	19	7		3			2			3		3	1			4				C	5	19	5
Brown, Melissa			25		20				15		19	20						19							
Bumgarner, Layne											27						21								
Bumgarner, Quinn											15														
Bumgarner, Robyn			26	29							32						25					C			
Buturusis, Teresa		30	51		32						58			38			36								
Bymes, Brenda				44																					
Calder, Kate			28		16			12	18	17	27			39				18						136	28
Calvey, Colleen				69								46													
Caracheo, Maggie									21	31															
Carlson, Craig			42							64															
Carlson, Ella										40	42						19								
Carlson, Garrett										4															
Carlson, Gavin										14	18						4	5							
Carlson, Grace										47	30						32								
Carlson, Kerri			33							57	45						18								
Carter, Clint		7	18	12																			1		
Clark, Matt			21		13				13	13		16		12								C			
Conboy, Jess			11	5										53											
Costa, Liz		18						15			25	24	7	16		13		27						118	25
Cyplick, Dave		13	22			13			14	16	22			15			17	10	12				5	93	21
Davis, John										10															
DeGrush, Rich	8		10	10			6		7																

28

# HAPPY HOLIDAYS





## Club Member Benefits

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

## 2017 PSRR Membership Renewal



Hello Running Colleagues,

The RunRace website is now up and active for renewing your membership for 2017 or to join the Prairie State Road Runners for 2017. As usual, from now until December 31, 2016, renewal or new memberships will be at a discounted rate of \$15.00 for individual membership and \$18.00 dollars for family membership. As of January 1, 2017, the rate goes up to \$20.00 and \$25.00, respectively. For new members, joining now will cover the rest of 2016 as well as 2017. The website is [here](#). For those who prefer to have paper applications, a link will be available by the end of the week on our home website, [psrr.org](http://psrr.org). Thanks to all who join or renew.

Mark L. Bowman  
PSRR President



Online registration to join Prairie State Road Runners [here](#)



Prairie State Road Runners present the 35th Poultry & Pie Predictor on Thanksgiving morning in beautiful Pilcher Park. Predict your finish time to be eligible to win a turkey or pie. Sponsored by DNA Athletics! Register today.

This race sells out! [Register here!](#)



# Early Bird Rates

## PRAIRIE STATE ROAD RUNNERS Membership Application

2017 RENEWAL/NEW MEMBER RATES (Dues paid for year 2017 if joining after October 1, 2016)

INDIVIDUAL \_\_\_\_\_ \$15      STUDENT \_\_\_\_\_ \$12.00      FAMILY \_\_\_\_\_ \$18

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)



November/December 2016

## PACESETTER

Prairie State Road Runners

P.O. Box 293

Channahon, IL 60410-0293



From Will County's Running Authority



Mail to:

Empty rectangular box for mailing address.

