

THE PACESSETTER

NOVEMBER/DECEMBER 2020 ☿ Volume 45, Issue 6

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

www.psrr.org

With special memories as we celebrate our club's 45th anniversary this year.

SHOOP SCOOT 5k RUNNERS



CLICK BELOW
TO FIND US ON
FACEBOOK



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



PRAIRIE STATE ROAD RUNNERS - The Pacesetter

Nov/Dec 2020

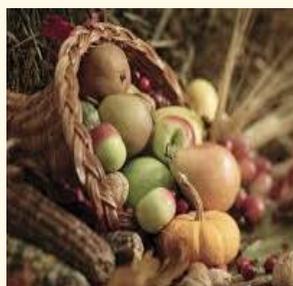
www.psrr.org

Volume 45, Issue 6

TABLE OF CONTENTS

Upcoming Circuit Races.....	3
Acknowledgments.....	3
Bulletin Board.....	4
Prez Says.....	5
September Races and Running.....	8
October Races and Running.....	20
Birthdays.....	29
Race Report: Sky 5k by John Warren.....	30
Race Report: Prairie State 1/2 Marathon by Kelly Curiel and Mark Walker.....	32
Race Report: Morton Arboretum Fall Color 5k by Glenn Gabryel.....	34
Article: Winter Running by Judith Warren.....	37
Club History 2010-2020 by Dave Cyplick and Susan Mores.....	40
Travelin' PSRR.....	46
2020 Circuit Results.....	47
Parting Thought.....	49

[Click here to join PSRR!](#)



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

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

PRAIRIE STATE ROAD RUNNERS

UPCOMING CIRCUIT RACES AND EVENTS

NOVEMBER

November 8th - Gobbler Hobbler 10k - [Race Website](#)

November 26th - Poultry and Pie Predictor 4 Mile - CANCELLED

DECEMBER

No races scheduled.



ACKNOWLEDGMENTS

Thanks to everyone who posts photos to the Facebook group. These make The Pacesetter not just a memory and information-sharing missive between club members and friends but also a historical document which will be used by the PSRRs of the future when they write our 50th, 60th or 100th anniversary issue. In this issue especially, much gratitude to Erica Kesler, Diana Sorich, Debra Walters and Judith Warren. Your attention to the rest of us at events is so much appreciated. And thanks again for photos from your archives, Susan Mores!

Thanks to everyone who wrote a race report or article. We really do enjoy hearing your thoughts about races and living vicariously through your adventures.

Thanks to the new members for bringing their fresh faces to our club and ensuring its existence many more decades into the future.

And thanks to every single member of the Prairie State Road Runners. In this very crazy year, being in your midst has made life more bearable. Apologies if there are any errors in this issue because it was truly done on the fly between 12-hour shifts and family pandemonium. Next month, your editor will definitely do better.

BULLETIN BOARD

The Spruce Shuffle 5K Run and Walk

MORTON ARB

Schedule and location
Saturday, December 12

Start

7:00 a.m. – 3:00 p.m.*



<https://www.mortonarb.org/events/spruce-shuffle-5k-run-and-walk>

SHIRTS FOR SALE! NEW DESIGN



**See Diana.
She's got the goods.**



Wm. Knapp & Son, Inc. 1975

www.psr.org

*Hey, don't forget!
Diana is still selling
45th anniversary
commemorative pint
glasses.*

1 for \$5, 2 for \$8 and 3 for \$10
She will take them to the State Park
runs and can accept cash or Venmo
where her address is:
@Diana-GonzalezSorich

THIS SPACE FOR RENT

SANTA FUN RUN & WALK
Saturday, December 5, 2020 | 10:00 a.m.
Van Buren Plaza | Downtown Joliet

- Everyone receives a Santa Hat & Santa Beard Gaitor!
- Special Appearance by The Grinch
- Group Discounts
- Prizes for Best Costumes, 1st Place Runners & More

Logansport Chamber of Commerce & Visitors Bureau
JOLIET CITY CENTER PARTNERSHIP

<https://www.runrace.net/findarace.php?id=203401L>





By Mark Walters

The Racing Season That Maybe Wasn't – But the Running Year That Certainly Was

This 'headline' is all too true for many of us.

The year 2020 will be forever remembered as that year when we had Great Expectations to grab all the 2020 commemorative clothing and hardware that we could afford! And some of you have done well in that regard. The year 2020 was "The Year of the Virtual Run" for many.

But we RAN. Lots. Without real races. Many of our club's members logged over 1,000 miles this year. Though real, live races were hard to find, we still trained and trained some more, because we feel that running is our way of life! It's a way for us to maintain fitness for the other things we enjoy doing.

So now, the end is near... of Daylight Savings Time, I mean. This time of the year marks the beginning of what some might call "Race Planning Season". I am reminded of member Laura Loica's creative and delightful 2020 race storyboard for her ambitious hoped-for achievements. I suspect that many of us had done something similar, on a smaller scale. In my case, I simply bought a Runner's World 2020 calendar and put all my race plans on it. Of course, I planned to travel. Needless to say, I have many 'strikeouts'.

Alas, coronavirus decimated our 2020 Race Circuit and ruined individual best laid plans for an epic 2020 which I know included "Road Trips". And milestone birthdays and other special days. Our PSRR circuit started with 23 races and will end up with only 6. One-hundred thirteen (113) miles of competitive racing reduced to less than 24. We will have several members who will have done all 6 races; whether by blind faith, or out of some sense of loyalty, or from sheer personal commitment, I am impressed.

One bright spot in a year that seemed to have so few, was the Manhattan Irish Fest Parade 5K in March. Our club hosted the race for the 7th year, and we did very well in all aspects. We made money to help pay for our programs and to enable us to give back to our community. Our member volunteers were key to our success, and on behalf of the board, I thank all of you!

Soon after Irish Fest, things began to change. The virus was spreading, and we are all aware of the measures being taken to control it. By the end of March, we were practicing social distancing and finding that many of our favorite parks and preserves were gated. Those masks. Group fun runs were gone! We watched in dismay as race after race was postponed or cancelled. When the Boston Marathon was postponed, it sank in; most knew we were in for a disappointing racing season. Eventually, Boston and most all the other world majors were cancelled. Live races, even small local ones, were hard to find.

On a personal level, I ran the fewest number of races in 2020, than in any one of my 20 years of racing. Oddly, one of my two races was the 2020 Walt Disney World Marathon in January. An unexpected glitch in their registration service enabled me to register for the marathon one week before the event! I finished and had a Honey of a time. But that's a whole 'nother story. Four weeks later (and 50 degrees cooler), I ran the Frosty 5 Mile; and with that, my racing season ended. But in fact, I chose to end it. Others much more determined than I found races to run during the year. And some races adapted to the times we were in.

So what of 2021? Dickens' *Tale of Two Cities* begins with the familiar "it was the best of times; it was the worst of times"; and then "it was the spring of hope, it was the winter of despair." Shall we reverse that? If 2020 was the 'City of Despair', may 2021 be the 'City of Hope'? We shall see. Even now as I write, the Boston Athletic Association has announced that the running of the 125th Boston Marathon has been postponed until the fall of 2021.

As we reflect on the season, or the season that wasn't, we may find ourselves, what 'makes' our club? What makes it fun? Why do I belong? Do I belong? Hopefully the answer to that last question is 'yes'. And with that, perhaps the answers to the other questions are answered. What makes us want to come together, to engage in friendly competition, or more importantly to support and encourage others, and find support? And in the answer to that question we may find reason to continue and the promise of a better tomorrow.

Since March, our club has operated more like a 'virtual' club: four of our five board meetings thus far have been on Zoom. Still, we have managed to make the decisions needed, guided by an honest appraisal of what was best for our club. We extended club memberships through the end of 2021. We approved modified circuit rules and criteria for awards. We did, however, decide to cancel our Free 5K and Poultry and Pie Predictor, but in each case we did so out of concern for safety – because we treat these events more as social gatherings, rather than racing for prizes. Meanwhile, our Anniversary Committee secured 45th anniversary pint glasses, then also designed and ordered those strikingly handsome blue and white running tanks. Our Sunday Fun Runs during the summer

enabled us to reconnect and meet new runners. We will be sending out our annual survey in a few weeks.

For 2021, our 46th as the Prairie State Road Runners we are looking to build upon the foundation laid by those who came before us. We seek strength and sustainability as an organization, and a sense of community among our members. The more engagement we have from our members, the better we will be. We don't have that crystal ball, but we will do our best to construct a circuit that we hope will be fun and challenging to many and pleasing to most. I suspect we will have fewer races, with more of them taking place in the second half of the year. But as I enjoy saying as of late - we have a clean slate! So, please feel free to provide input and ideas. We have a board meeting scheduled for Nov 19, followed by another on Dec 10. Send your race ideas, or any ideas for a special race series or competition to president@psrr.org. Now is the time!

Keep on running, stay safe, and have a joyous holiday season!

Mark



Ernesto Antonio

Dori Arocho

Elaine Bottomley

Jennifer Craig

Wesley Craig

Peyton Craig

Alexander Erchinger

Raquel Frias

Shannon Hagenbaumer

Tina Heidrich

Ethan Heidrich

Julian Heidrich

Sofie Heidrich

Jeff Heidrich

Paul Jackson

Casey Koerner

Natalie Pociask

Erin Ralls

Raymond Smith

Rita Smith

Mary Smrekar

Lucas Tanner

Lois Troha

2020'S NEW MEMBERS

NEWS UPDATE

As of mid August, Will and Kankakee Counties had been under the same “warning level” restrictions which cost us the Free 5k due to increased COVID cases and this continued into the beginning of September.

THE HERALD-NEWS

For third straight week, IDPH lists Will County at 'warning level' for COVID-19

LOCAL NEWS

The state banned indoor service at bars and restaurants in the region. Patrons are also required to make reservations if they want to dine outdoors at establishments.

Social events and gatherings are also limited to 25 guests or 25% of overall room capacity, whichever number is lower. Party buses are banned. Gaming venues and casinos must close at 11 p.m.

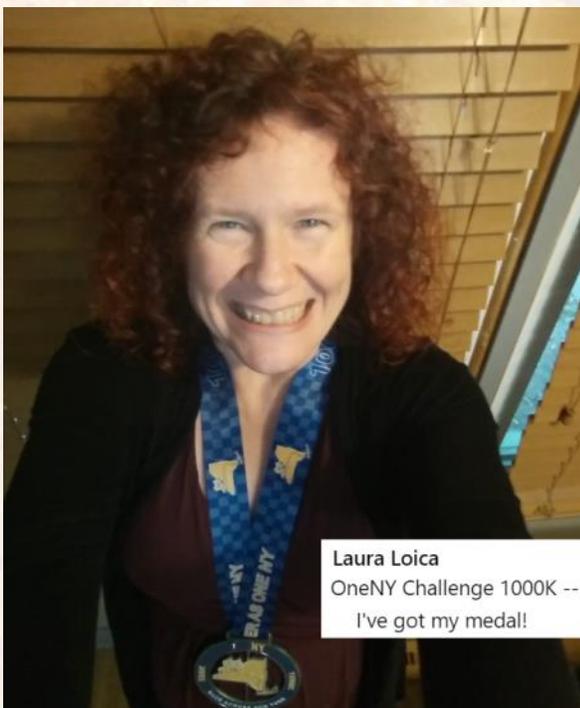
But
you
know



SEPTEMBER'S FIRST MILES



The Taco Tuesday group (above) was out on the first day of the month and so was Mary Smrekar.



Laura Loica received a well earned reward for running 1000k.

A light blue graphic featuring a stethoscope. The text reads: "A 78-minute run was just what the doctor ordered!" Below this is a small circular photo of a woman and the name "Mary Smrekar".



Heather Hall
Remote learning time is perfect for some not so remote running.

MORE FIRST MILES OF THE MONTH



Cathy Morman
We made it out for September's debut!



Carla Hutley

Started the Circumpolar Race Around the World today. Picture is of some of our team members., Catherine Costello, Alicia Tocwish, and I. Other members not present are Susan McLean, Tim Tocwish, Brenda and Micheal Byrnes, Gloria and Ed Dollinger, and Maggie Caracho.



Lori Cunning Quigley
1 solo run & 1 group run today.
💙💙💙 PSRR singlet!



Judith Warren
CARA Go Run 5k - Warren Park with Terri



Mark Walker
DNA run

SUNDAY FUNDAYS

State Park group runs

7

81°
65°

Actually
Monday,
Labor Day
(rained out
on Sunday)



13

76°
59°

20

73°
49°

We may not have had a full circuit of races but we had a few months full of fun runs.



27

79°

52°

September Sunday runs still found us having mostly nice weather and always tasty treats for “after”



MIDMONTH AND BEYOND — runners gonna run



LEFT:
Angie Freeman and Dixie Dog



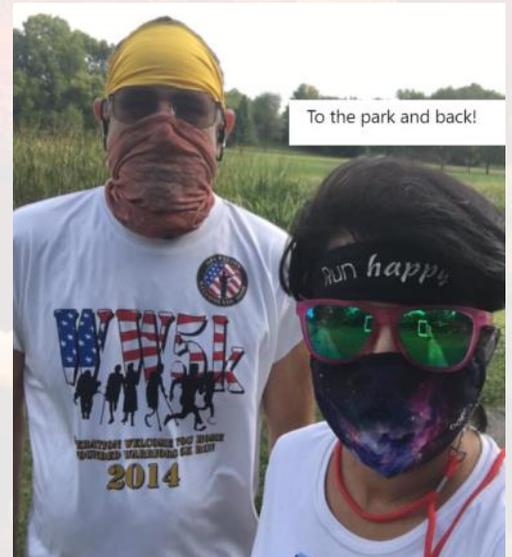
RIGHT:
Fawn Acup and friends

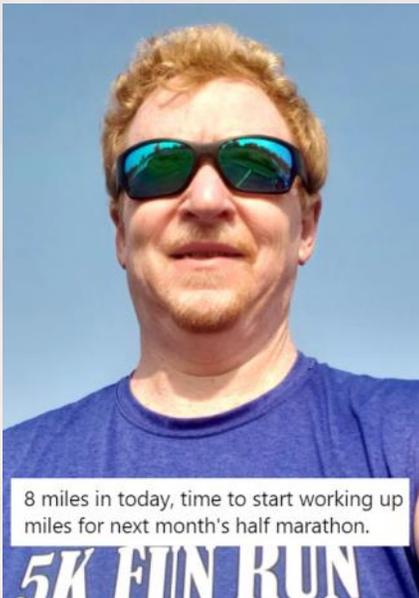


LEFT: “Nick at Night” Nick Garcia



RIGHT: Mary Jo and Duane Minarich





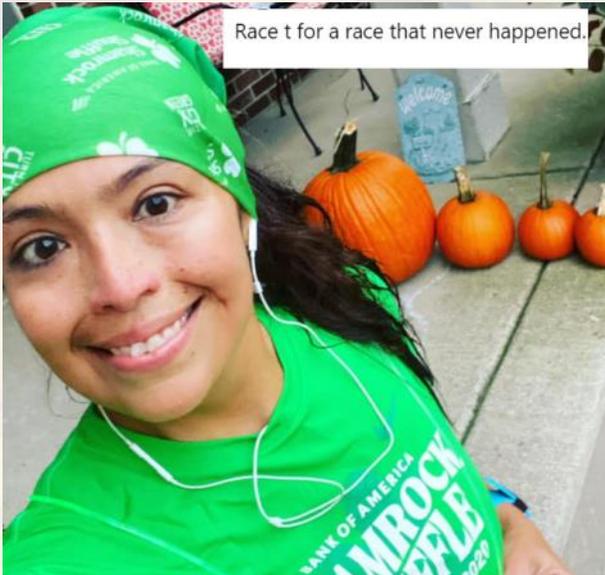
8 miles in today, time to start working up miles for next month's half marathon.

5K FIN RUN

**Mark Nelson:
a man with a plan**



Leslie Palmer Williams and a band of happy runners



Race t for a race that never happened.

Diana Sorich wears the shirt even if she couldn't run the race: resilience!!



2.5 mile walk at Hammel



Kankakee Sands Trail 4 miles with Tammy Smith

ABOVE: Jaylyn, Batman and Jason Miller trekking at Hammel Woods

LEFT: Debra Walters and Tammy Smith: Will County Forest Preserve explorers

but wait...there's more...

NOT JUST ONE... BUT TWO

CIRCUIT RACES!



On a beautifully warm and sunny Sunday, September 13, fifty runners lined up for a socially distanced, safe and fun race thanks to Rheta Murdaugh and the crew who hosted the SHOOP SCOOT 5k at Ellis Equestrian in Minooka in memory of Bob Shoop and to benefit the American Heart Association.

13
76°
59°

Posing with Race Director Rheta Murdaugh are...

PSRR's Fastest:

the fastest Male and Female club members in this race.



CASEY KOERNER, 1st AG /2nd overall



ANGELA FREEMAN, 1st Female/AG

Oldest runner:



Patrick J. Koerner a/k/a proud grandpa

Newest members:



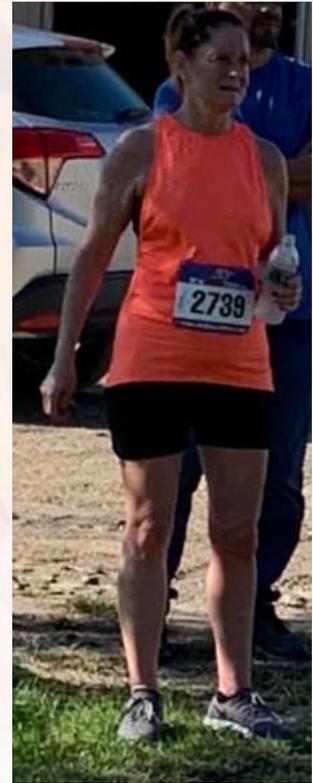
Raymond and Rita Smith

...and the rest of us



Eric and Toni Johnston

Shelli Blenck and Lois Troha



Fawn Acup



Jane Kiernan



Natalie Pociask and Sarah Prado



Marne Bailey



John Warren, Eileen Skisak, Larry Bornhofen



John Hannon and Jody James



Gerald Raino and Lauren Raino



Nick Garcia and Dave Cyplick



Rheta Murdaugh and Darcy Welsh



Judith Warren and Carol Stapleton



Debra Walters



Terri Putnam



and Lianne Holloway who sent this selfie to her son when he texted "Hey Ma, what you up to?" during the race



plus a good looking horse who silently cheered us on



SOME VERY NICE PRIZES WERE RAFFLED OFF

Raffle winners:

- Dawn Straith
- Toni Johnston
- Erica Cogswell
- Larry Bornhofen
- Gerald Raino
- Rob Riggs
- Sarah Prado

MANY THANKS



To

RHETA MURDAUGH AND HER AWESOME TEAM OF VOLUNTEERS

Tom Podlin (above)

Maureen Misewicz, Ryan Shoop, John Taskay, Mark Bowman



RESULTS : <https://results.itracetime.com/results.aspx?CId=17095&RId=2241>

“A race is a work of art that people can look at and be affected in as many ways they’re capable of understanding.”

Steve Prefontaine

Healthy Driven Edward-Elmhurst HEALTH

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

Sunday, Sept 27, 2020



The second circuit race of September was held on another sunny and warm fall Sunday. PSRR had a great turnout and scored some more bling when several club members won AG awards. It was safe and fun!

27

79°

52°

John Warren and Virginia Munro.



Britni Markland



Bob Jungwirth



Debra Walters



Terri Putnam

Lianne Holloway

Judith Warren



Mike Auld



Eileen Ehrhardt Skisak



Included here are photos from official race photographer:



ADDITIONAL PHOTO CREDITS: Debra Walters, Judith Warren



It was wonderful for everyone to run together again!



Thanks to all who made this a great race.



OCTOBER'S FIRST MILES



Diana Gonzalez Sorich
Supporting "Bigger than the Trail"



SAT, OCT 3 Bigger Than The Trail Group Fun Run

Angela DeLeon Freeman

Hooray for Fall running weather 🍁🍂🎃! This Saturday October 3rd, come enjoy beautiful Channahon Community Park for a run or walk. I'll be there with refreshments and some giveaways representing Bigger Than The Trail, a nonprofit that uses running to shine a light on mental health. As a survivor of suicide loss and a Bigger Than The Trail ambassador, my goal is to end the stigma surrounding mental illness and make sure help is available for everyone.

Angie Freeman hosted a charity run on October 3 and promoted the club at the event as well.



Cathy Morman
This morning's miles... pretty trail



Judith Warren
4 mile hike at the Arb



Susan McLean
Virtual Twin Cities 10 miler today



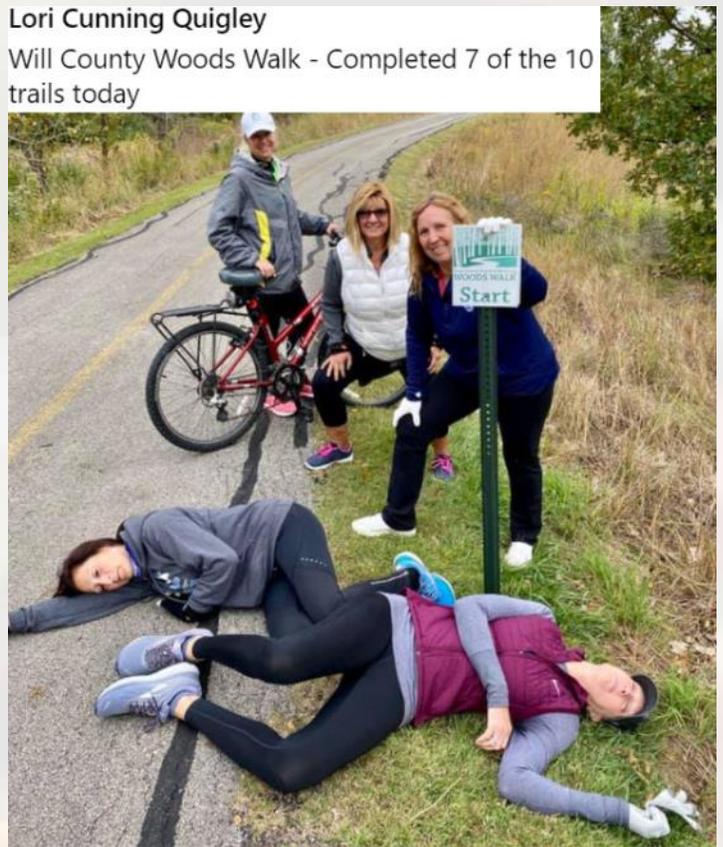
Jody Ann
Climbed Camelback Mountain in Arizona!



Terri Putnam

MID MONTH MILES

Lori Cunning Quigley
Will County Woods Walk - Completed 7 of the 10 trails today



Debra Walters
Stopped by the I&M canal after work and got 3mi in before dark.



Nick Garcia
Enjoying a warm morning run



Corn Maze 5k (live race)
Mark Walker and Nydia Beard



Leslie Palmer Williams
Hill repeats with head wind! Not pretty!!



Heather Hall

4miles of beautiful hiking trail at Rock Cut State park with my boys today



Taco Tuesday

END OF MONTH CHICAGO'S HOT CHOCOLATE 5K

Laura Loica
Old Plank Trail 8 miles



Shelli Blenck
I love running around to find decorated yards in Joliet.



Alicia Tocwish



Lois Katherine

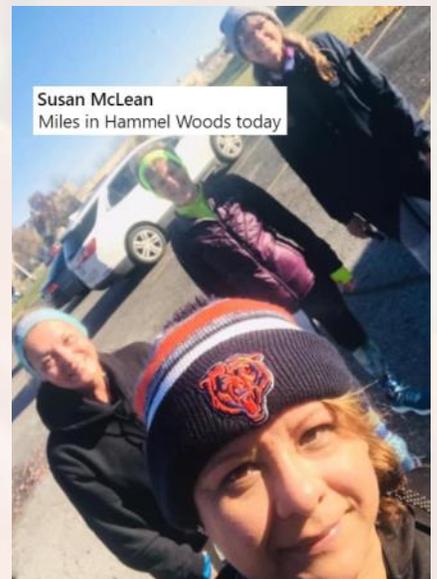
Ran my very first half marathon on Halloween!!!



It's Dave!



Susan McLean
Miles in Hammel Woods today



SUNDAY FUNDAYS

State Park group runs

4
56°
37°



11
75°
56°

18
59°
36°





25
47°
39°

and runners doing RACES IN OTHER PLACES

Mark Nelson

Ran a half marathon in Hudson, Illinois on Sunday. Finished with a personal best 2:15:15, taking 17 minutes off my previous best.



John, Eileen, and Robert ran the Run MI Cheap South Haven Half today. Both John and Eileen won their age groups.



Larry Bornhofen, Nick Garcia, Eileen Skisak, John Warren, Judith Warren, Leslie Williams

Fraidy Cat 5k/8k



and then came the coolest run of the whole month....

31

59°

29°

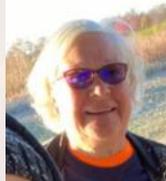
Carrera de Muertos 5k fun run

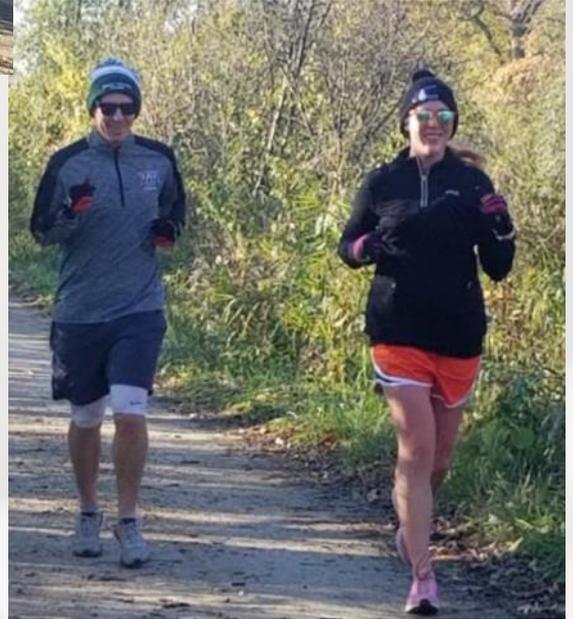


When the Carrera de Muertos 5k race went virtual, Diana decided to host the virtual run as an event for club members to enjoy a bit of Mexican culture and fun, while putting a running spin on the lost souls we were celebrating: races which fell during 2020. The PSRR Board had a reservation for an outdoor shelter which we didn't use so it was staged there.

Barbecued arrachera and traditional Mexican foods were provided (and being us, of course there were drinks and desserts), and all were invited to come in Halloween costumes or Catrina makeup if they wished to run and feast and celebrate with friends. An ofrenda, traditional altar dedicated to those who have passed on as an invitation to them to join the festivities, was erected with the names of races we could not run in person as submitted by club members. It was a crazy chilly morning! But nothing stops PSRR once we actually get out the door and get together. A great time was had by every last shivering one of us.









RUNNING WITH US IN SPIRIT



CLUB CELEBRATIONS:

November and December Birthdays

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

Alisson Atwood

Tom Baltz

James Barry

Nydia Beard

Larry Bornhofen

Mark L Bowman

Alan Brusich

Kristen Clark

Matthew Clark

Vera Erickson

Laura Esquivel

Andrea Fewkes

Nick Garcia

Shannon Hagenbaumer

Julian Heidrich

Amy Henderson

Charlie Henderson

Delaney Henderson

Lianne Holloway

Spencer Hopper

Robert Jungwirth

John Kalicki

Chad Kelly

Erika Kesler

Craig Koerner

Dick Macknick

Damien Mangabhai

Britni Markland

JT Markland

Susan McLean

Tiffany McQuarters

Paul Nette

Cindy Parks

John Peterson

Brent Radomski

Erin Ralls

Kelsey Rice

Isabelle Salkas

Sarah Schalk

Deborah Scheckel

Nikki Sikes

Raymond Smith

Carol Stapleton

Dustin Tatroe

Connie Taylor

Samantha Tezak

Stephen Topf

April Veerman

Jay Wait

Mark Walker

Gary Westefer

Chris Weston

Michelle Weston

Caleb Weston

Aimee Wigton

Alex Wigton

HAPPY BIRTHDAY TO YOU!



CLUB MEMBER STORIES:

RACE REPORT on Sky 5k

by John Warren



Being the race junkie that I am, I'm always searching for new races to do. When I came upon a listing for the Sky 5k held at the Hoover Forest Preserve in Yorkville, I thought here's a possibility.

Reading further I saw that you had to pick up your packet ahead of time which wasn't gonna work for me. Sooo I emailed the race director and asked her if there was anything she could do. She told me sure she'd bring my packet and to ask for her when I got there. I now had no reason not to do it so I decided to sign up. Well I tend to procrastinate and when I got around to signing up registration was now closed. So once again I emailed the race director and she said she'd open it back up for a couple of hours so I could register. So now I'm finally registered.

This race was originally scheduled for the spring with over 200 entries but only about 80 people showed up. I was to start in the second wave but my favorite timer Kent Munro said it was ok if I went in the first group.

When the gun went off I started at my usual pace and was quickly in the lead. I soon was passed by a girl and her dog, a young boy and a Kendall County policeman. I figured he would be my toughest competition. As we approached the 1/2 mile mark we had a sharp left hand turn. It was at that point the dog tried going straight and taking me out. Luckily I avoided him and continued on.

I now set my sights on the other two. I passed the boy at about the one mile mark and pulled even with the policeman. I told him you're running a pretty good pace and you're killing me. He said wait until the hill at the end it's a killer. What he didn't tell me about were two hills in the middle that were a very steep 60 to 70 feet.

I made it a point to not look back and I got into defensive mode from there on in. I was running not to lose.





I went up those hills very slowly and ran as hard as I could on the flats and on any downhills. When I got to the last hill I took it slow and glanced back and didn't see anyone behind me. I gave it everything I had the last 1/4 mile and ended up winning by 20 seconds. I really was quite surprised but happy. And old guy like me doesn't get many chances to win so you have to capitalize when you can.

There was no awards ceremony but I ended up getting a medal and \$85 in gift certificates which was a very pleasant surprise.

I will definitely try to do this race again. They really go out of their way to take care of the participants and it also is for a good cause. It is put on to support the Kendall County Juvenile Justice Council.



How to Win a 5K

Getting faster isn't the only way.

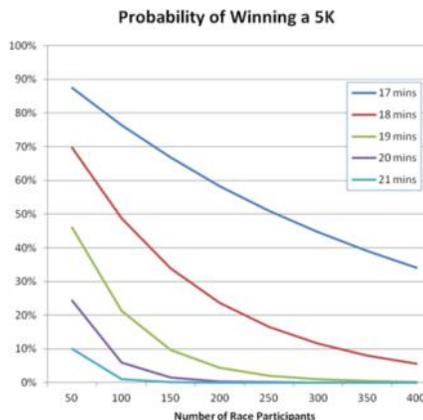


BY JIM WARRENFELTZ APR 29, 2013

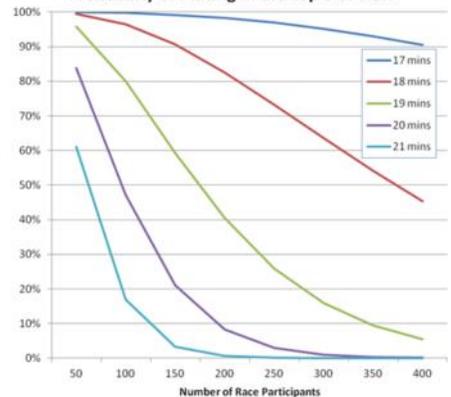
<https://www.runnersworld.com/news/a20796196/how-to-win-a-5k/>

Using over 6500 points of data from small-town 5Ks ranging in size from 20 to just under a thousand finishers, I used a binomial distribution to calculate the odds of winning a 5K (or at least placing in the top 3), given finish times from 17 to 21 minutes, and race sizes from 50 to 400 participants.

Though it may seem like a 17 or 18 minute 5K is a "guaranteed" top-three performance in races with 50 to 100 participants, the odds are actually only at 99.97% to place. Three times out of 10,000, you would get fourth—or worse!



Probability of Placing in the Top 3 of a 5K



Likewise, the odds of winning a 5K with a 21-minute 5K are not exactly 0. In a race with 400 participants, you have a 0.000001% chance of placing! That's about the same odds as being killed by a lightning strike in a given year.

So, if you really want a place on the podium, instead of getting faster, try finding a smaller race—your odds are better that way. However, as with all statistical constructs, this depends upon real-life circumstances. No matter how small the race is, if faster people show up that day, all the numbers and equations in the world won't help you outkick them.

CLUB MEMBER STORIES:

RACE REPORT on the Prairie State Half Marathon—Long Grove, Illinois 10/3/2020

by Kelly Curiel and Mark Walker



Kelly Curiel

1981

Half Marathon

Gender : **Female**

Age Group : **Ages 40-44**

Age : **43**

City : **Minooka**

State : **Illinois**

Pace : **8:53 min/m**

★ Add To Favourites

KELLY CURIEL: So the Prairie State Half Marathon was put on by All Community Events and took place in Long Grove, IL. The course was through their cute downtown area and then the neighborhoods and parts were hilly. We ran on pavement and crushed limestone as small parts of course were on trails.

The weather was perfect! It was like 54° I believe. I was looking to PR as my last half marathon was a 2:09...I finished in 1:56!! I felt I could have done even a tad better if my legs would have not taking so long to loosen up.

All Community Events did a great job with all the precautions they needed to follow. We had to wear mask in the start/finish area. Everyone was given a different 10 minute starting slot with about a group of 25. Once you got to start, you were standing 6 feet apart by everyone and you moved up the line...everyone started on their own. Then once you were out on course you could take your mask off and we were told to just be cautious of passing other on course and do what we felt comfortable doing. At the finish you crossed and they handed out a bag with all our race goodies and our medal. We couldn't mingle in the race area once finished so had to celebrate in parking lot. We also were given a beer ticket for a local brewery where we could partake in a celebratory beer either inside or outside next to a firepit

It was a fun day and to be able to race a live race was great. I didn't have any worries about anything

MARK WALKER: Let me just start out by saying way before I was an ambassador, I have loved All Community Events. In running social circles, I would talk about just how laid back and understanding the people who work their races are.

The Long Grove Prairie State 1/2 marathon was my first live race since Irish Fest way back in March. ACE did an amazing job. To stagger start times, we were given the choice of a start time. You could arrive 5 minutes before your time. Cones were laid out 6 feet apart at the start line. No one was able to hang out in the race area, however your bib came with a beer ticket for the brewery across the street. As you finished, they gave you a goodie bag with your medal and snacks in it. In my opinion they did an A+ job with this race.

The weekend after the 1/2 marathon, I ran the ACE Corn Maze 5k. Again, an amazing job. Cones were 6 feet apart and you were assigned a start time. Running this race, I didn't really run into any people except for a few that I passed (all were cool to space out while passing). Afterwards, they gave you a goodie bag with your medal inside.

On Thanksgiving, ACE will be having their annual Turkey Trot 5k as a live race. I am looking forward to that one.



Mark Walker

1909

Half Marathon

Gender: **Male**

Age Group: **Ages 45-49**

Age: **47**

City: **Plainfield**

State: **Illinois**

Pace: **8:06 min/m**

★ [Add To Favourites](#)



The PSRR crew at the Long Grove races.

CLUB MEMBER STORIES:

RACE REPORT on Morton Arboretum Fall Color 5k



by Glenn Gabryel



It ain't like the old days ... but it'll have to do". So that isn't a photo of the 2020 version of this fine fall running event. One could wish. In the Age of Plague such a thing would not be allowed or even advisable. However those who have done this race in DuPage county before know it's about what the start *would* look like, as the combined attendance was usually around 2,000 runners and walkers. In keeping with

'restrictions' Morton's race director was compelled, like the few others that have managed real live races this year, to make significant changes:

- * Race spread over 2 days
- * Staggered start times, from 08:00 to 12:00
- * Start groups released at 15 min intervals
- * No water stations or marshalls out on the course
- * Shirts sent to you after the race, not handed out on site

The route was about the same as recent years, a long loop on the west side grounds with start and finish near the visitors center. You stayed on asphalt roads beginning up a long and fairly steep hill then meandered past various ponds, wetlands and tree collections. This included some smaller rolling hills.

I elected to run on Saturday 10-3 with a 10:30 start time. At the line, I was the only one there and wondered if I had screwed up and missed the race. The timer (other side of the road) looked over and advised "you're on chip time, start when you want". After some 1/4 mile I eventually encountered other runners and walkers enjoying the morning of 50 something



temps, overcast sky, mild breeze and intense green suffused light through the trees. The multiple start system by design meant far fewer racers on the road at any one time. The instructions were for face coverings whenever near other racers or people ... for that my old 'buff' gaiter from the Park Forest Pancake and Runners Club was pressed into service. We scattered runners drew strange stares from regular visitors near the road wondering what we were doing. Eventually I reached the finish line where there was minimal staff. Runners were encouraged to 'grab a water and keep moving' as the traditional post-race congregation was prohibited.

With Covid capacity limitations and almost no other events or seminars, the 2020 Fall Color 5k as a fundraiser for Morton took on greater significance. Thus it was great to learn that attendance came up to about 50% of a regular year ... 919 run / walk finishers and 92 more on the 'virtual' option (the thank-you email stated 200) for a total of 1,011. Capacity cap or no, the leaders were some seriously fast runners with the top 5 under 6 minute mile splits:

2020 Fall Color 5K Run/Walk

Socially Distant 5K
919 entries in race

FULL COURSE		OVERALL	GENDER	DIVISION	PACE	TIME
	Ben Bocher M 39 Bib 86 Naperville, IL, USA	1	1	1	5:10 MIN/MI	16:05
Claim	Mitchell Gilbert M 28 Bib 306 Lisle, IL, USA	2	2	1	5:12 MIN/MI	16:11
Claim	Adam Nelligan M 31 Bib 625 Lisle, IL, USA	3	3	1	5:52 MIN/MI	18:16
Claim	Michael Conwood M 37 Bib 953 Lisle, IL, USA	4	4	2	5:53 MIN/MI	18:18
Claim	Stephen Rogers M 33 Bib 717 Lombard, IL, USA	5	5	2	5:58 MIN/MI	18:33

Lastly in my view the new arrangement did have solid logistics virtues. In previous years, that 2,000 something participants resulted in parking lot overflow, traffic back-ups onto Rt 53 and frantic runners trying to get to the start line. Worse, on the narrow road course there was very tight and rather annoying bunching and jostling with dedicated runners trying to bypass 'social runners'. The otherwise exemplary venue really isn't capable of accomodating that many racers properly. For those reasons in 2019 I'd declined the Fall Color 5k, replacing it with the smaller but less stressful Hinsdale Rotary 10-5-3k the same day (which went 'virtual' weeks ago). Yes in 2020 you missed some of the 'big race' buzz though with compensation of better running karma. Plus with the long sad list of races cancelled by The Plague (including back in April Morton's own and PSRR circuit pure 10k) this REAL LIVE 5k was an

exceedingly much appreciated race. Particularly as my MD didn't like the protocol for the Plainfield Harvest 5k and advised me 'no'. Depending on how the Hobbler Gobbler 10k and our own Poultry and Pie Predictor actually go next month, Morton might have been the final local live race of this depleted and disquieting year.

Resolving to continue with style,
Glenn G



More of the PSRR crew at the Morton Arboretum 5k

AND AN UPDATE FROM GLENN:

FYI, Morton Arboretum just posted a new 5k to be held on Dec12. See link below.

And stuff me with green apples, it's a REAL LIVE race, not 'virtual' anything.

Just hope it stays live,

Glenn G

<https://www.mortonarb.org/events/spruce-shuffle-5k-run-and-walk>

CLUB MEMBER ARTICLES: REPORT on Winter Running

by Judith Warren



Covid Winter is nipping at our heels. Whether by choice or circumstance, many of us will be putting in our miles outside this winter.

Mel Diab of Running for Kicks in Palos Heights told me, "Running on the treadmill, elliptical, or stair climber, we sweat and increase breathing. Running or walking outdoors is the way to go. Layer up and stay healthy and safe."

Hopefully, I can help you figure out those layers. Sometimes it's difficult to decide. I have a million texts from friends and my brother asking, "what are we wearing?"

Good question.

Of course, you don't want to freeze or overheat on your run. I turned to Andrew Remley from DNA-Active Lifestyle Outfitter in Plainfield for some expert advice. He told me "We have found the perfect way to determine the appropriate level of clothing is to go off the "feels like" temperature. Whatever the feels like temperature is dress as if it were 10 degrees warmer than that. Note that you will start the run feeling just slightly cold but as your body generates heat you will settle into the perfect temperature for running at your best without getting too hot."

So that still doesn't answer the question of what to wear. There are various charts on the web to help you decide. I personally like Dress My Run <https://dressmyrun.com> as it puts in location and temperature for you. My quick and easy way to decide though is to put on what i think I need and then take off one layer. My mind always thinks I need that extra shirt!

So let's talk specifics.

Starting at the top you need a nice winter stocking cap per Andy. He likes a thinner hat above 30 degrees and a thicker layer below 30. I get hot running so above 32 I tend to grab one of my fuzzy knit headbands. Look for a dri-fit option for maximum wicking. If it's snowing, I might ho with a hat with a brim.

Now is the time to mask up. Not just for safety but because you don't want your face to freeze. You can find buffs in a variety of materials. And don't forget the sunglasses. They can help with glare along with wind. I prefer goodrs. I might be a goodr





addict. If there is a cold breeze, a thin layer of vaseline can protect your face. And don't forget the sunscreen!

Although I have a winter running jacket, I like to layer thinner layers on top on all but the coldest days. I tend to use tech shirts from races but my go-to base layer is from the brand 32 Degrees. Men and women's styles are available at Costco and very affordable. Most of the shirts I've gotten were less than \$9. Arm warmers are also a great accessory to have available. I keep a pair in my running backpack. They can be an easy fix if you are cold but don't want another full layer.

My biggest winter expense is usually my tights.

I like fleece-lined for the coldest days and thicker compression tights for when we aren't in Chiberia weather. There are also running pants from many brands for those not into tights. I wear cheaper brands when it's a bit warmer but i do feel the name running brands from my local running store do the best for me in the colder temps. Note: My tushie tends to get colder than the rest of my bottom half. There are winter running undies for both men and women that can solve that problem.

I think having the right gloves can make the difference between a happy or a miserable run. There are a lot of different types. I prefer to wear a thin glove then put a mitt over the top for cold or wind. Andy at DNA agrees with me about the mitt: "I would say a winter mitt is a must for most of us with sensitive fingers. Even the thickest glove is not much help to my fingertips because each finger is separated from the next and they are unable to generate heat together. I would say a nice mitt would be a winter staple...and we always have several brands to pick from in DNA."



Don't forget to choose appropriate socks. You might need to invest in some that go higher on your ankle or leg. In the coldest weather, I put on a thin sock and add a heavier sock on top. Smartwool is my favorite in the winter since your feet may be wet running in snow.

Your summer shoes may not work for winter running. Heavier trail shoes, Yaktrax, or creating "screw shoes" (<http://skyrunner.com/screwshoe.htm>) can all help to keep you from falling.

Many times we will be running in low light or the dark in winter. There are some amazing running clothes that light up like crazy when light hits them. Andy suggests a reflective jacket or vest. Noxgear can light you up and it's just fun to wear. All these help you to be seen. You may want to add some knuckle lights or a head lamp so you don't stumble over something.

I asked some PSRR folk to tell me about their essential winter gear or rule:

Cathy McQuarters: When I first started to run, I found dri-fit long sleeved shirts with micro fleece lined on the inside. They were Champion brand, but I've also found an Under Armour brand. I know there are other brands that would be better, but these were inexpensive and suffice. I won't do cold weather running until I've first put on one of these shirts. I couldn't live without them!

Angie Freeman: Once I discovered trail gaiters (ankle gaiters) I run with them all the time, especially in winter. They keep snow, ice, and rocks out of your shoes and keep the snow from clumping around the opening of the shoe.

Diana Sorich: For me I need fleece lined tights—I have UA and Nike and a no name brand from Walmart that are just as good and reflective as well.

Mark Walker (very succinctly!): My running vest.

JT Markland: My #1 essential for winter is my “Rule of 20.” I assume my body will produce 20F of heat and I plan my wardrobe around that. (As an aside, shorts are acceptable to 20F)

I hope this gives you a start to planning your winter running. I've often seen the meme "There's no bad weather, just bad gear." Take that to heart this winter and go find the calm in a trail with newly fallen snow!

EDITOR'S NOTE:

Very solid advice for fall, winter and beyond.

Who among us is ever going to forget this lovely spring race?!



CERTAINLY NOT ME!!



CLUB MEMORIES: PSRR 2010-2020

by Dave Cyplick and Susan Mores

The decade which began on January 1, 2010, will likely be remembered as a time marked by political instability and continued armed conflict carried over from the previous ten years. The War on Terror, the Arab Spring, the birth of ISIL and the deaths of both Osama bin Laden and Moammar Khadafi filled the headlines in the decade's first half. Populism, authoritarianism and the rise of China and Russia played out on the world's political stage.

While extreme weather began to take its toll in the form of larger and more frequent tornadoes, hurricanes, floods and storms, people of all ages found escape in super hero movies as the Marvel Cinematic Universe introduced us to The Avengers and more. Children of all ages enjoyed cartoons like Frozen. In music, Adele was Rolling in the Deep, Pharrell Williams was Happy, and Lady Gaga was engaging in Bad Romance. On television, Game of Thrones became a sensation which soared on dragon's wings before ending with a thud.

In sports, the Chicago Blackhawks won the Stanley Cup in 2010, 2013 and 2015 thanks to Jonathan Toews and Patrick Kane. The Boston Marathon was the talk of the country for the worst of reasons: a bombing.. Unbelievably, the Chicago Cubs won the World Series in 2016. And in Will County, Illinois, PSRR was still the running authority.



FINAL EXCERPT from Dave Cyplick's 2016 article detailing 40 years of club history:

Between 2009 and 2011, a Prairie State team competed in the 200 mile Madison to Chicago Relay, an event which ultimately was taken over by the Ragnar organization.

As 2011 rolled in, Laura McLean took over as PSRR President. Laura spent a lot of the year out of town working on projects as a union electrician, but was able to stay in touch and help the club continue to advance. Laura had also served as Vice President and Trustee for the club over a period of several years. 2011 marked the last year the National Heritage Corridor 25K was held. From 1990 to 2005, the race was held in the fall. Over the years, more long distance fall races were held and between 2002 and 2005, participation dropped by about 10% per year. After the 2005 race, we put the race on hold for a few years and then brought it back in the spring of 2008 at a new start/finish venue, the Four Rivers Environmental and Education Center, commonly known as Moose Island, in Channahon. The race never really gained any traction as a spring event and we decided that 2011 would mark the end of the race after 20 years.

Steve Koven was PSRR President from 2012-2015. We added three club sponsored races including the Manhattan Irishfest Parade 5K in 2014, the DNA/PSRR Free 5K in 2013 and the PSRR Cross Country Race in 2014. The Manhattan Irishfest Parade 5K is a logistically challenging point to point race which also features a beer test with a nice party afterwards. Steve and Ray Wertelka had directed this race in 2014 and 2015 and Ray took over the majority of race directing responsibilities in 2016. The DNA/PSRR Free 5k is a great service provided to the running community. We also encourage the donation of school supplies at this event. The PSRR Free Cross Country Race was held at Plainfield Central High School in 2014 and 2015. This is the third time PSRR has put on cross country races and it wouldn't be surprising if a fourth series of cross country comes up before too long. Two other significant items of note during Steve's tenure were bringing back the club picnic and the rewriting and enhancing of the PSRR bylaws.

Mark Bowman took over from Steve as PSRR President in 2016. Mark is an accomplished ultrarunner who has completed 3 of 4 attempts at 100 mile runs and has done close to 60 other ultras. Mark has coached both Middle School and High School cross country. He has been a PSRR member for over 30 years and brings valuable perspective from his past club experiences. Club members have had some impressive running experiences over the years. Jim Harman, Dennis Killian and Sheldon Nicol are members of the 50 States Marathon Club. Several club members, most notably Spencer Hopper and Jerry Raino, have completed the Pikes Peak Ascent or Marathon a number of times.

One theme that has remained a constant through the years and will continue to remain most important to our club is that for PSRR to thrive, we need a constant stream of volunteers. The club future will remain bright if new volunteers continue to emerge.

LEADERSHIP UPDATE since the 2016 article:

Cathy McQuarters became PSRR President in 2018 and served until 2020 when she passed the torch to Mark Walters. Cathy and Mark have both been longtime club members with consistent involvement in both racing, organizing and volunteering at club functions.

PHOTOS FROM THE ARCHIVES OF SUSAN MORES

on the next 3 pages



2010 SHOREWOOD SCOOT:
Back row: Dave Cyplic, Pete Slattery, Nate Kershner,
Tammy Munch, Spencer Hopper, Susan Mores
Front row: Aubrey Hopper, Sergio Arreola, Susan
McLean



2010 KANKAKEE YMCA 5k

ALL 3 PHOTOS: 2010 Chicago Marathon Aid Station Volunteers





2012 Autobaan 4 miler



2012 DNA Fun Run



2012 JJC 5k



2013 New Years Day run and Lallos outing



2013 Midwinter Cruise with Forest Park Pancake Club



2013 Danville Siberian Express



2013 Towpath Cleanup in Channahon



2013 Kankakee Winterfest 5k



2013 Ashley Can Half Marathon



2013 Tiger 5k

2013 CIRCUIT AWARD WINNERS

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

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

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

OVERALL WINNER—CATEGORY AGE 15-64

Michael McCahey (R)



2014 CIRCUIT RACES

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



2014 Poultry and Pie Predictor—from the Pacesetter



PSRR BANQUET PHOTO 2015—from Susan Mores

Here we will close this year-long series of the 45 years of PSRR as seen through the eyes of its members. 2016-2020 are well represented on the website in the form of past issues of The Pacesetter. When we reach our 50th anniversary, we can cover this ground again and devote more time and space to the past five years since they will seem more like history at that point and less like recent events. See them at: <http://www.psrr.org/newsletter.html>

Thanks to everyone who shared their memories, photos and old newsletter copies going all the way back to the days of copy machines and mimeograph, snail mail and Polaroids.



Whether recalling early legends like Gary Moss, Lance Bovard and Greg Rose or enjoying future stars like Jaylyn Miller and Craig Koerner we remain the one and only Will County Running Authority.



TRAVELIN' PSRR

Show off your club gear and/or send your race photos to us at this [link](#). Then come back and find them here!

Mike Auld in Southern California



Mark Bowman in White Tank Regional Park, Arizona



Mark Nelson in Hudson, IL



Jody James and John Hannon climbed Camelback Mountain in Arizona



Britni Markland...well...



MEXICO

Mexico

2020 Circuit Results

Completed 3 circuit races -- eligible for circuit award and circuit ranking

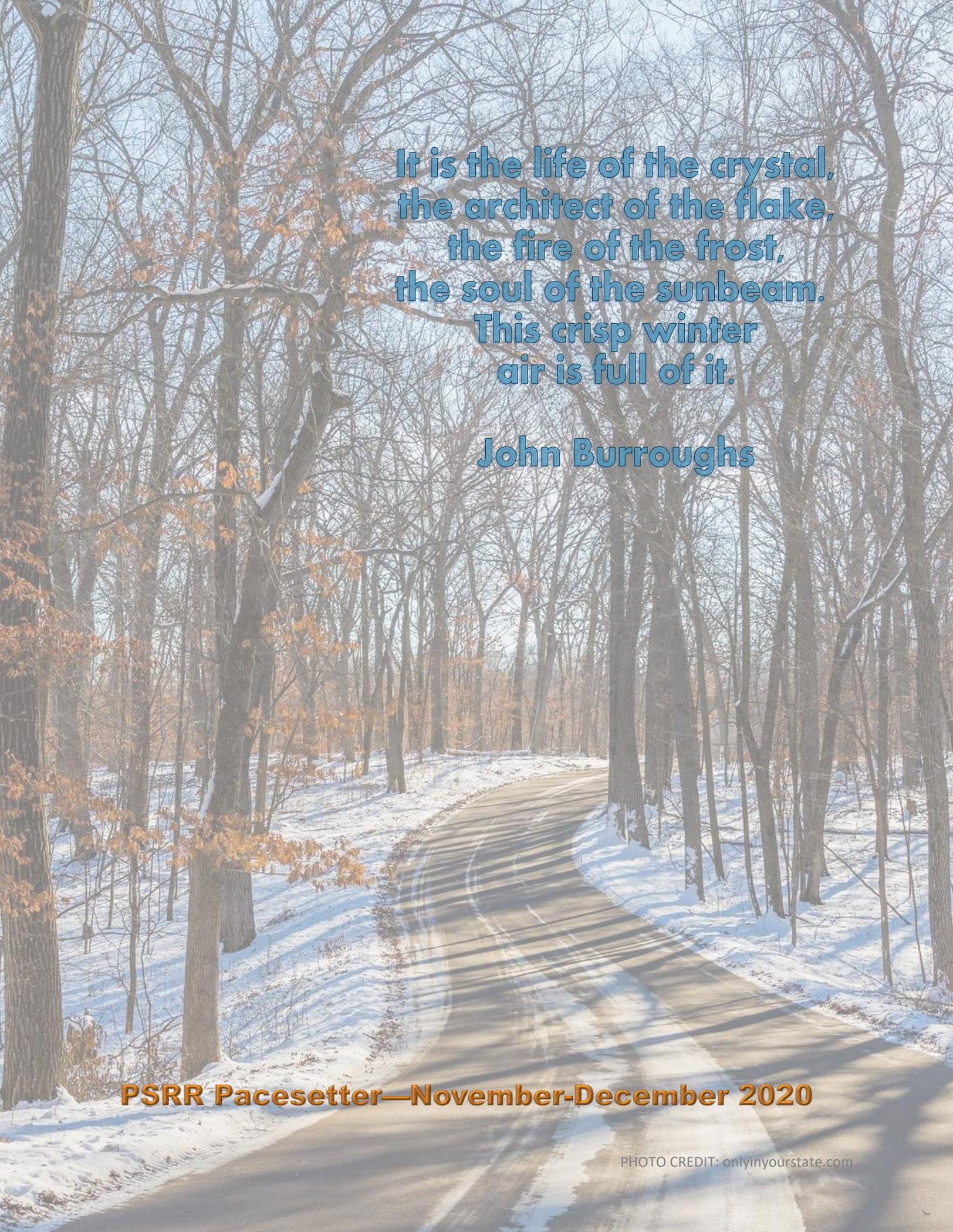
Has 3 or more points via circuit races, volunteer credits, and 1 half/full/ultra -- eligible for circuit award

Has 3 or more points (age 14 & under) via circuit races, volunteer credits, and 1 half/full/ultra -- eligible for circuit award

Posted 10/29/2020

CIRCUIT STANDINGS

Runner	1. Winterfest 5K	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. (postponed) Bollingbrook Half Ma	5. (psotponed) Bollingbrook St. Pado	6. (cancelled) Shamrock Shuffle 8K	7. (cancelled) Arboretum Champion	8. Fierce Fiesta 5k	9. Soldier Field 10 Miler	10. Zero Prostate 5K	11. Minooka Summerfest 5k	12. Summer Solstice 4 Miler	13. Liberty 5k	14. Sundowner 5k	15. Parkie's Famous 10K	16. DNA/PSRR Free 5k	17. Hidden Gem Half-Marathon	18. Shoot Scoot 5K	19. Plainfield Harvest Fest 5k	20. JJC Haunted 5K	21. Forte 5K	22. Hobbler gobbler 10K	23. Poultry & Pie Predictor 4 Mile	24. Your choice half /full/ultra	25. Volunteer Credits	Circuit Score	Circuit Ranking	
Markland, Britni																			11									
Markland, JT	2	7	5																5								12	4
Martinez, Javier		1	2																									
McFarland, Patrick J.	22	27	25																								74	19
McLean, Susan			19																									
McQuarters, Cathy		20																								3		
Miller, Jaylyn																										1		
Murdaugh, Rheta																										1		
Nelson, Mark	16	24	21																								61	15
Newberry, Phil	10																											
Pirc, Brittany		30	29																									
Pirc, Tina		33	22																							1		
Pociask, Natalie		35	31															15									81	21
Podlin, Tom																										1		
Portlock, Caroline																										2		
Prado, Sarah		47	43															26									116	27
Putnam, Terri																		21	18									
Quigley, Lori	9	19	13																								41	9
Rahn, Eva	6	8																										
Raino, Craig		46																										
Raino, Emerson		29																										
Raino, Gerald	19	32																16									67	18
Raino, Lauren	24	43																23									90	25
Raino, Mary			17																									
Rice, Kayla		17	15																						C			
Rice, Rebecca		36																							C	2		
Scheckel, Debbie	15		24																9							1	48	
Scheckel, Harry	4		4																3							1	11	3
Sheridan, John																										2		
Sikes, John			41																									
Skisak, Eileen			1															1	1							1	3	1
Smith, Tammy																										1		
Sorich, Diana																										1		
Stapleton, Carol	18		26															14									58	14
Tezak, Samantha		38	34																									
Topf, Stephen		22																										
Lois Troha																		17	13									
Underhile, Clinton		13	18																									
Underhile, Nicole																										1		
Wagner, Amanda																				12								
Wait, Jay	27																											
Walker, Mark			9																						C	1		
Walters, Debra	25	45	39															22	16							1	63	16
Walters, Mark		4																							C	2		
Warren, John	1	2	3															2	2								5	2
Warren, Judith	23	39	38															19	15								57	13
Welsh, Darcy	26		41															24									91	26
Westefer, Gary	20	26																								1		



It is the life of the crystal,
the architect of the flake,
the fire of the frost,
the soul of the sunbeam.
This crisp winter
air is full of it.

John Burroughs

PSRR Pacesetter—November-December 2020

PHOTO CREDIT: onlyinyourstate.com