

THE PACESETTER

THE PACESETTER IS FOR
 RUNNERS, WALKERS, AND FITNESS
 ENTHUSIASTS OF ALL ABILITIES.



Prairie State Road Runners Board	Other PSRR Positions
President: Cathy McQuarters VP Business: Steve Koven VP Membership: Jody James VP Operations: Mark Walker Treasurer: Mark Walters Secretary: Eileen Skisak Directors: Mark Nelson, John Warren and Eva Rahn	Statistician: Mark Bowman Website: Scott Lemke Newsletter Editor: Tom Lambert Once again: Special Thanks to Judith Warren for sending results, pictures and an inspirational story! (Page 6)

TABLE OF CONTENTS:

Starting Lines..... 2

Prez Says 3

Prairie State Road Runners Roots – Remembering Dick Manthei 5

Robyn Bumgarner: To Hill With Cancer ~ By Judith Warren 6

Bursitis..... 8

Upcoming PSRR Circuit Schedule Races..... 9

2019 PSRR Circuit Standings 10

PSRR July and August 2019 Race Pictures and Results 14

Finishing Lines - (Be Inspired!) 20

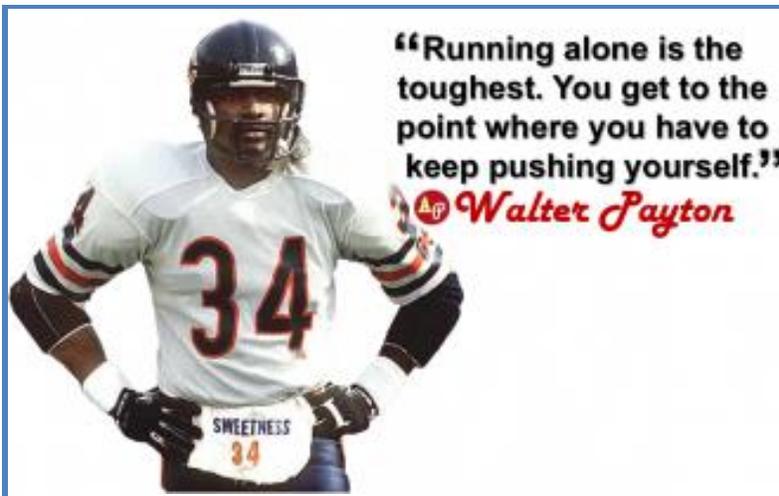
Starting Lines



Warren Utes ran in more than 270 races and almost always finished near the top of his age category. Fourteen of those races were marathons, the last of which he ran in 1998 at age 78. "Warren was a phenomenal athlete," said Carey Pinkowski, longtime director of the [Chicago Marathon](#). "He was one of our country's greatest runners in his age group and a wonderful ambassador for the sport of running."

"When people retire, they have to avoid that deadly triangle: sleeping, eating and watching television. You've got to keep moving."

Warren Utes



"Running alone is the toughest. You get to the point where you have to keep pushing yourself."

Walter Payton

Prez Says

By Cathy McQuarters
President

Injury. It can happen to anybody at any time. It swoops in, with a mind of its own, necessitating a revision in training plans. An injury could mean a simple few days of rest or a total catastrophe; a wave of the white flag and cancel race participation. Not to worry! There are a few tips that can help save the day...race day, of course!

Gradually build up your mileage. The biggest mistake leading to injury is to run too much, too soon, and too fast. Your body needs time to recover and adapt to the changes in mileage. It's best to go with a training plan that already has your run mileage planned out ahead for you; however, a rule of thumb is to build on your weekly training miles by 5 to 10 percent. Adjust the percentage according to your running ability, thus, avoiding an injury. A beginning runner or a runner coming back from an injury would want to be closer to the 5 percent mark. Whereas, a seasoned runner without an injury can train closer to the 10 percent mark.

Listen to your body. Pay attention to all symptoms of aches and pain, especially if the pain is persistent. Don't ignore these signs! Make the tough decision to run or rest. If the pain no longer exists after a period of rest, then begin to run cautiously at a slower pace. Of course, never hesitate to have an injury checked out by a doctor. A medical diagnosis could have you healed, feeling better, and back on the track to running sooner than later.

Strength training. It's important that your body remains properly aligned, from head to toe, while running. The core and hip muscles are two important muscle areas to concentrate on strengthening. Stronger hips and glutes will help the legs to continue or last during your runs. As well as, eliminate the possibility of future injury to your knees.

Stretching. It's not a surprise that runners have tight muscles. Some areas, not limited to, are the hamstrings, calves, quads and glutes. Injuries to these areas increase when there is a lack of flexibility. It is a good idea to warm up for 10-15 minutes, stretch, and then move on to your workout. Injury can occur when stretching cold muscles. Also, stretching can be done after your workout when your muscles are already warmed up. It's your choice when to stretch, before or after a workout, but remember to warm up first!

Pain should never accompany a stretch. You could be over stretching or performing the stretch wrong. Recheck your form, back off from the stretch and try again with less force. When you strive to make stretching a part of your daily routine, you can expect increased



flexibility and decrease the risk of down time due to injury. Personally, I suggest incorporating a yoga class at least one day a week to get a deep stretch. Oh...and treat yourself to a massage. Your body thanks you!

A few other tips that could prevent an injury from occurring are replacing old and worn shoes, cross training at least one day a week, running on an even surface, and rest. These help break the repetitive pattern of running and the wear and tear that it creates on the body.

I have been dealing with plantar fasciitis for almost two years. I've had it in both feet, but recently it's been only one foot. That is a good thing; I'll take it! I've had cortisone injections four times, use night splints, iced, 800 mg anti-inflammatory prescription, orthotics, physical therapy...the list goes on and on. Throughout the two years, I've continued to run despite the pain. I have decided...no more. It's just not fun when you have persistent pain and you are constantly wondering what I can do to make this pain go away. Rest. The answer is rest, but for how long? I have thrown up the S.O.S. flag in pure defeat. I will rest until I no longer have pain when I run. Does this make me happy? Absolutely not! I was at my best that I've been in a long time at the beginning of summer. My distance increased, my pace increased and my core was becoming stronger. However, the heart breaking sentence of "rest" has resulted in some setbacks. I won't let that get in my way. I'll be running again...soon as I am injury free!

Prairie State Road Runners Roots – Remembering Dick Manthei

***Special thanks to Margaret Downey
(Coordinator, Cardiovascular Services,
Cardiology and Cardiopulmonary Rehab AMITA
Health Saint Joseph Medical Center Joliet)***

Prairie State Road Runners lost a true running champion on June 15, 2019. Richard “Dick” William Manthei. Dick and his wonderful wife Judy were active members of our club. Dick ran many of the club races with great enthusiasm and faithfully supported other runners. Judy was perhaps the most energetic “cheerleader” – one could expect to see her cheering on all runners during a race.



Dick graduated from Joliet Township High School West Campus, Joliet Junior College, Lewis University and Governor's State University. He taught Computer Science at Waubensee Community College and Joliet Junior College.

In addition, Dick and Judy were very active volunteers in the community with Mended Hearts, at St. Joseph Medical Center in Joliet and a Child Passenger Safety technician in Joliet. Mended Hearts is a national and community-based non-profit organization that has been offering the gift of hope to heart disease patients, their families and caregivers. Dick and Judy were recognized for their hundreds of hours of volunteer service to the Mended Hearts program at Saint Joseph Medical Center.

Following heart surgery in the early 1990's, Dick organized the first, Prairie State Road Runners Racing Hearts 10kM event to benefit the American Heart Association. This was a 10kM run and Fun Fitness walk that started and finished on the campus of Saint Joseph Medical Center. Dick ran his first Chicago Marathon finishing the race in 4:12:28. Dick ran several marathons.

Dick and Judy represented living proof that patients and families can take responsibility and control for their future health and well-being following heart surgery or treatment. This philosophy is imparted to the patient and family members as a result of the visiting program. The Mended Hearts volunteer motto is "It's great to be alive and to help others!" That is precisely what Dick and Judy did for many heart patients, family members and the running community.

I will always remember Dick's loving and compassionate heart.

Robyn Bumgarner: To Hill With Cancer ~ By Judith Warren

On July 19, former PSRR Board Member Robyn Bumgarner (in light blue singlet @ RIGHT) made the facebook post she never wanted to make: It's back. Yeah. Breast cancer. Round 2.

Immediately her family, friends and even total strangers embraced Robyn in a loving community hug of support. PSRR member Kathy Figuierras started to plan an event. When runners need to show support what do we do? We run. We run hard. We run hills. To Hill With Cancer was born.



On Saturday, August 10, the community rallied around Robyn "to walk Robyn's road for as long as you can stand it. We are going to run McKinley Woods hill repeats, and when you think you're done, when you think you want to fall to your knees, you'll do more hill repeats, because Robyn doesn't get to be done when she wants. She's not done until the cancer is done."

Robyn won Overall Female with 33 hill repeats. Some walked a little; some ran 10 miles; some volunteered or brought food; some did remote runs and hills; all came together to support Robyn.

Coach Robyn has made such a huge impact on so many people. PSRR VP Jody James said of Robyn "an amazing woman who literally changed my life during a chance meeting in a locker room years ago. It was a pleasure to run some hills today."

It wasn't just our runner community that showed up. Friends, neighbors, the mayor of Channahon, and Pink Heals were all there honoring Robyn in the best way possible - a party!!

Robyn's response was "My heart is full. Yesterday's event was overwhelmingly full of love, friends and surprises. All the posts and photos will carry me through recovery from surgery. If I haven't liked or commented, I promise I will. Love to everyone."

Robyn has been one of my biggest cheerleaders. I wish her all the best as she continues on her recovery. I owe her a cartwheel.

Edited to add Robyn's facebook post on Aug 13th: There better be the 8th wonder of the world at the end of this difficult road. Heading home this morning to recover.



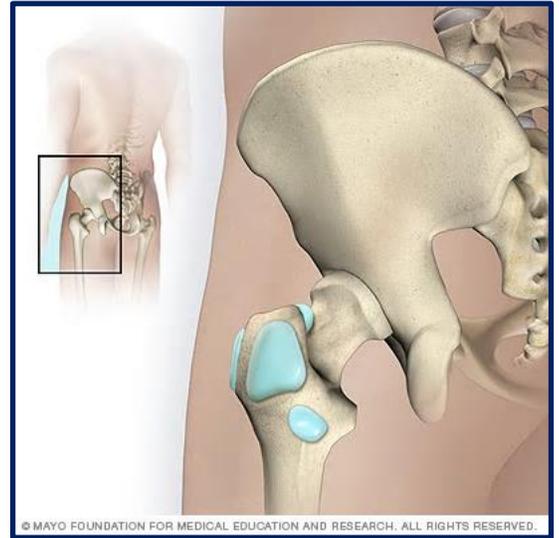
Bursitis

(Source: www.mayoclinic.org)

Bursitis (bur-SY-tis) is a painful condition that affects the small, fluid-filled sacs — called bursae (bur-SEE) — that cushion the bones, tendons and muscles near your joints. Bursitis occurs when bursae become inflamed. The LIGHT BLUE areas of the photos represent the bursae of the hip and knee.

The most common locations for bursitis are in the shoulder, elbow and hip. But you can also have bursitis by your knee, heel and the base of your big toe. Bursitis often occurs near joints that perform frequent repetitive motion.

Treatment typically involves resting the affected joint and protecting it from further trauma. In most cases, bursitis pain goes away within a few weeks with proper treatment, but recurrent flare-ups of bursitis are common.



Symptoms

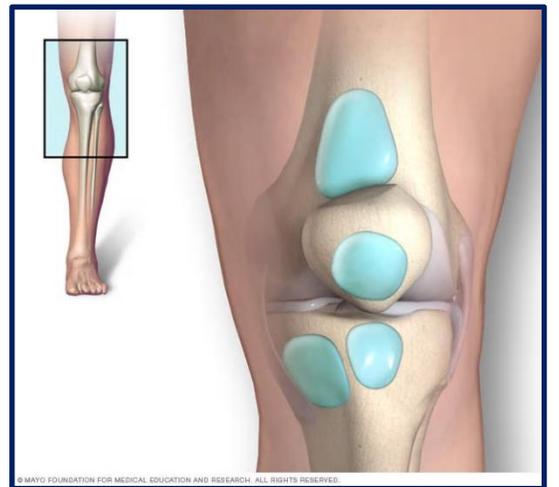
If you have bursitis, the affected joint might:

- Feel achy or stiff
- Hurt more when you move it or press on it
- Look swollen and red

When to see a doctor

Consult your doctor if you have:

- Disabling joint pain
- Sudden inability to move a joint
- Excessive swelling, redness, bruising or a rash in the affected area
- Sharp or shooting pain, especially when you exercise or exert yourself



Personal Note: Following surgery, a certain “older” (me) club member started back running too much and too soon. Ouch! Long story, short: Reminder to stretch properly before and after a run. For more information, see the article on, “Hip Flexors” in the PSRR Newsletter. (March-April 2019)

Upcoming PSRR Circuit Schedule Races

September 8th – Ashley Can Half-Marathon

September 29th – Plainfield Harvest Days

October 20th – Red Eye 5kM

October 26th – Forte 5kM

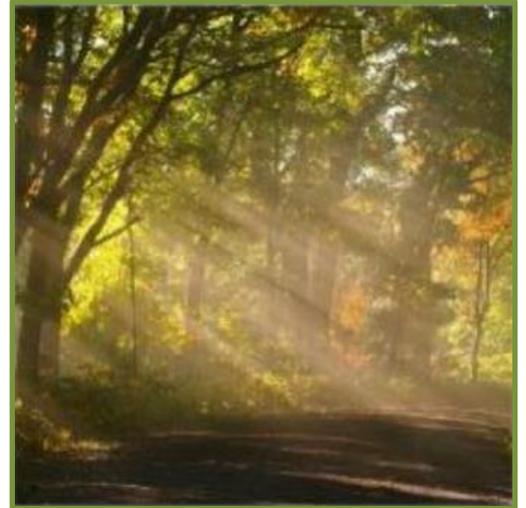
October 27th – JJC Haunted 5kM

November 5th – Canal Connection 10kM (Utica)

November 28th – Poultry Predictor 4 Miler

NOTE: Please refer to the PSRR web site for complete list including details and race site information.

www.psrr.org



2019 PSRR Circuit Standings

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 & 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

9/10/2019

CIRCUIT STANDINGS

Runner	1. Winterfest 5K	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Bollingbrook Half Marathon	5. Shamrock Shuffle 8k	6. DNA No Foolin' 5k	7. Morton Arboretum 10k	8. Fierce Fiesta 5k	9. Soldier Field 10 Miller	10. Kendall County Sweetness 8k	11. Minooka Summerfest 5k	12. Liberty 5k	13. Sundowner 5k	14. Run for the Riverfront 10K	15. DNA/PSRR Free 5k	16. Shoot Scoot 5K	17. Ashley Can Half-Marathon	18. Plainfield Harvest Fest 5k	19. Forte 5k	20. Red Eye 5k	21. JJC Haunted 5K	22. Canal Connection 10k	23. Poultry & Pie Predictor 4 Mile	24. Your choice half /full/ultra	25. Volunteer Credits	Circuit Score	Circuit Ranking
Acup, Fawn			11	7			7		6	11	5	4	4												44	6	
Aguilar, Dan		12	36	12			3	3		18	15													1	99	12	
Arreola, Sergio		4		5																							
Atwood, Allison							35							23													
Atwood, Katherine							8			14		31															
Auld, Michael	1		1	3	2	3																					
Bailey, Marne		18		20				18						16	20	3							C				
Baltz, Cricket							54			24														1			
Baltz, Tommy John										27																	
Barry, James, Jr.		39																									
Barry, Laura			41	27						42				22													
Beard, Nydia			10		7			5	8	12		8		7									C		57	8	
Bonacci-Klaeser, Ruth														15													
Bornhofen, Larry			29	15		4	6		7	13	10			7	5									1	52	7	
Bowman, Mark		14			2									30									C	4			
Bumgarner, Layne							25																				
Bumgarner, Quinn												55															
Bumgarner, Robyn							17																				
Calder, Kate			31	18			10																				
Calvey, Colleen				31	19																						
Carter, Clint										12	21																
Costa, Liz	4	15	21				15	11				20											C				
Curiel, Kelly		19	27	17			18					19															
Cyplick, Dave		20	26		10	16		10		19	23			12										1	110	14	
Davis, John												25															
DeGrush, Rich		9	9																					1			
Enriquez, Maria														20	24												
Erickson, Vera															15												
Fera, Pat											50																
Fewkes, Andrea					22									29													
Figuieras, Kathleen																							C	1			
Forbes, Anna Marie														39													
Forbes, Benjamin														19													
Forbes, Sean		31	34									28		17													
Forster, Alex							1					4															
Forster, Kathryn							50																				
Forster, Miles							43																				
Forster, Paige							20																				
Freeman, Angela		16	14				44																C				
Gabryel, Glenn		37			20	14								27													
Garcia, Nick									14	14	20	26	10	10	10											104	13
Goodwin, Kenneth	7										31																
Greeney, Rachael					30					26	46	54											C				
Hall, Heather		40		29			28				34			18													

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Harman, Jim	3	5	7	4		2	9								6	6											33	4
Holloway, Lianne					18	12	49	14							24										1			
Hutley, Carla			28						8			22																
James, Jody		30	42	24	16	11	29									21									2	173	17	
Johnson, Karl		48																										
Johnston, Eric			60		27					23						30												
Johnston, Toni		17	23	6	9	6			9	13						28										83	11	
Jones, Mary					12																							
Jungwirth, Robert				3				2						2											1			
Kelly, Chad		44	49									48																
Kesler, Erica			58				47	22	42	52	34														1			
Kiernan, Jane				16			22				36			8	8													
Kisner, Griffin	9									13					11											1		
Kisner, Lucas															40											1		
Klaeser, Pete					28			24	25						37	29												
Koerner, Pat											6																	
Koerner, Patrick J.		23	16	10	4		5	6		4	6	6	3	3											2	31	3	
Koven, Cassidy															21													
Koven, Kelly															33													
Koven, Reese																										1		
Koven, Ryan														9														
Koven, Steven																										3		
Kraus, Joyce		47		35		16		15			39													C	1			
Lambert, Tom																										1		
Laurie, Lisa											36	47																
Loica, Laura	17						40								22											1		
Lukanich, Christine		24		32							24	30														2		
Lynch, Rachel	14											32			13										C			
Macak, Matt		7	8				4	5			8	11														C		
Macknick, Dick															28											1		
Mangabhai, Damien		22	19	14			12						16															
Mangan, Kristen		46																										
Markland, Britni		28		9	26						35																	
Markland, JT		13	6	4	9				4		9																	
Martinez, Javier		1								2	2	2		1	1										C			
McFarland, Patrick J.			39			15					18		31			19												

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McLaughlin, Alicia			47			21		33																				
McLean, Susan			24	5	13				7	7																		
McQuarters, Cathy		43			25		7			13			28	34												6		
Meehan, Stephen		10	18					10				11		18														
Miller, Jason								52																				
Miller, Jaylyn								26				30			32													
Minarich, Mary Jo									8																			
Morman, Cathy	10	29						21		15			27			16								C	2			
Murdaugh, Rheta						26		41		21	21	40	52		36										1	237	19	
Musgrave, Carol					33																							
Musgrave, David		6	5		6							10			12													
Nelson, Mark	13	27	35				8					27	33															
Nette, Paul		8										10	8															
Newberry, Phil			22																									
Norris, Tiffany					38			53				49	57															
Pirc, Brittany			44								15		24			14								C				
Pirc, Tina		38	43		22		10		9				25											C	2			
Podlin, Tom						29		42				43	53		38	31									1			
Podolski, Sally													21															
Portlock, Caroline		45			37							44														2		
Prado, Sarah			59					45				45		12	34	27												
Putnam, Terri	20				36						22	41																
Quigley, Lori	6	21	25	8			5	14		12		16				11								C	1	72	9	
Rahn, Eva		2	4							2						26									2			
Raino, Craig		49			39																							
Raino, Emerson		32																										
Raino, Gerald	11		46	10																								
Raino, Lauren	15	41	53	11		17		38									4									179	18	
Raino, Mary	5					11																						
Rice, Kayla				7																								
Rice, Rebecca												39																
Rose, Tim																										1		
Russell, Amy																										1		
Russell, Andy			33		19																							

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Schalk, Daniel											1	1	1														
Schalk, Nathan											14	13															
Scheckel, Debbie	8	30			13					16	23			14	17										1	121	15
Scheckel, Harry	2	12			6					3	4	7		5										1	39	5	
Sheridan, John		34	51				36							41	26									1			
Sikes, John													38	46													
Skisak, Eileen			2	2	1	1	1		1					1										1	9	1	
Smith, Tammy						25	13					15	17	7													
Sorich, Diana					34	15																		1			
Stapleton, Carol		25				14	24							22		13	18										
Stephenson, Liz										17																	
Tatroe, Brian			13									3															
Tatroe, Terri			50										29														
Taylor, Connie							32	16					35														
Tezak, Samantha		42	54																								
Thompson, Bob													43														
Tocwish, Alicia			37	22			27	11				26															
Tocwish, Timothy			45				34	16				33															
Topf, Stephen			32				23						38														
Underhile, Clinton			20				11						12				2						C	2			
Underhile, Nicole			61				53																	C	2		
Vanderploeg, Danielle		36					37																				
Veerman, April		33	48	21	9								29		23									1			
Viramontes, Carlos				8			4						9														
Wagner, Amanda			38				30						40														
Wait, Jay		15	40						20				50		25												
Walker, Mark			15		8				6	9	17		9	9										C		73	10
Walters, Debra	18	35	55	30	23		39		19	19	32	37	11										C	1	152	16	
Walters, Mark		3										5	3	3										4			
Warren, John		11	17	11	5	3	2	3	1	5	7	5	4	2	2	1								1	14	2	
Warren, Judith				28	13	31	12																C	1			
Watkins, Boyce			52		24	46							49														
Welsh, Darcy	19		56							20	36	44		25													
Westefer, Gary	12	26									17													1			
Weston, Christopher																								1			
Weston, Michelle			57																								
Williamson, Shelli							48	23		47	56																
Williamson, Stanley						50	25	48																			
Wojtkiewicz, Paul			3	1																							

PSRR July and August 2019 Race Pictures and Results

Liberty 5km Run/Walk – July 3, 2019 (Morris, IL>)

<https://www.itsyourrace.com/results.aspx?id=8837>

Run For The River Front 10kM – August 3, 2019 (Mooseheart, IL.)



<https://www.itsyourrace.com/Results.aspx?id=5168&y=2019&eid=88663&q=A&amin=0&amax=99>

DNA Free 5kM Race – August 25, 2019 (Channahon, IL.)
(Sorry - could not find race results)





Sundowner 5kM - July 2019 (Joliet/New Lenox, IL.)

Race Results

<https://www.itsyourrace.com/results.aspx?id=9755>

Shorewood Shoop Scoot 5kM – September 2, 2019 (Shorewood, IL.)

(Could not find 2019 Race Results)

Javier Martinez won the race!





Herscher Tortoise and Hare 5k – September 2, 2019

Race Results: <http://krrclub.x10host.com/2019/hersch1f.html>



Finishing Lines - (Be Inspired!)

Inspiring Stories About Runners

BY Stacy Conradt

#1: One of the many amazing stories to come out of the (2013) Boston Marathon tragedy is that of the blood-donating runners. In case you haven't read about it, many of the runners finished a grueling 26.2 miles (or close to it), then kept on running to the hospital to give blood, even in their depleted states.

#2: In December 2012, Kenyan Abel Mutai was the first to cross the finish line of a cross-country race in Burlada, Spain. At least, he *thought* he crossed the finish line. Ivan Fernandez Anaya, a Spanish competitor who was right behind Mutai, knew better. Mutai had pulled up a little short of the finish line, but instead of taking advantage of the situation and plowing right passed him, Anaya used gestures to urge Mutai forward to complete his rightful first place finish.

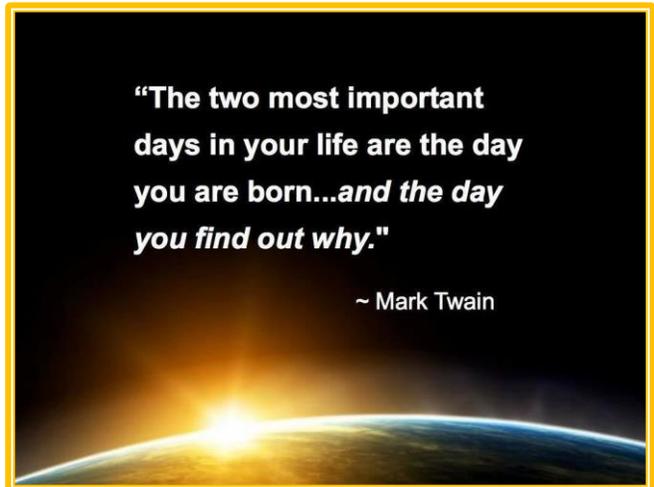
"I didn't deserve to win it," Anaya said afterward. "I did what I had to do. He was the rightful winner. He created a gap that I couldn't have closed if he hadn't made a mistake."

A Parting Thought:

(Source www.active.com)

Coming back from a running injury stinks. But, it stinks a lot less than the time spent actually dealing with the injury. The first and perhaps most important thing to keep in mind when getting back to running after a long hiatus due to injury or an accident: Be grateful for every mile.

Injuries have a way of giving runners a bit of a reality check; in coming back from all that time spent rehabbing and cross-training, it is important to retain that perspective and not get greedy with miles. The last thing you want during a comeback is to re-injure yourself, or to get a new injury.



KIAWLAN AND CAROL: CHINA DOLLS