

# THE PACESETTER

May/June 2015 | Volume 40, Issue 3

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

[www.psrr.org](http://www.psrr.org)

## PSRR VOLUNTEERING



## MANHATTAN'S IRISH FEST 5K



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





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

Send your articles, error corrections or comments to: newsletter@psrr.org. Visit our website at www.psrr.org

# The Pacesetter

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**OUR AMAZING PSRR VOLUNTEERS AT THE MANHATTAN IRISH FEST 5K ON 3/7/15.**

## DUES

### **Individual Memberships**

are \$18.00 per year

### **Family Memberships**

are \$23.00 per year

### **Student Memberships**

are \$12.00 per year

### **Checks Payable To:**

Prairie State Road Runners

### **Mail To:**

Prairie State Road Runners,  
P.O. Box 293  
Channahon, IL 60410-0293

Membership Application is always included in this newsletter or at [www.psrr.org](http://www.psrr.org).

## UPCOMING CIRCUIT RACES AND EVENTS

### MAY

**St. Mary Immaculate 5K, Plainfield**

May 16, 2015

[Click Here for Race Info](#)

### JUNE

**Minooka Summerfest 5K**

June 20, 2015

[Click Here for Race Info](#)

**PSRR Cross Country Open, Plainfield**

June 27, 2015



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

## WEEKLY CLUB EVENTS

- **Sunday** run with the Breakfast Club at 8AM on the I&M Canal Towpath/Channahon State Park. Breakfast follows at Lallo's Bar and Grill at approximately 10 AM.
- **Wednesday** night track workouts—Contact Dave Cyplick via text at (815) 347-4717 or [daverun@aol.com](mailto:daverun@aol.com) via e-mail
- **Thursday** Group runs from DNA Athletics in Crest Hill. Contact store at (815)588-0908 for seasonal schedule.
- **Friday** evening Nitty Gritty Miles—Arrowhead Community Center, Channahon, 6 PM start. See Page 8 for more details.



# Prez

# SEZ...



BY STEVE KOVEN—PRESIDENT

It was finally over. The moment everyone was waiting for, the end of the race, and there I was, results in hand ready to take the stage to announce the winners! From start to finish, putting on a race is a long road that begins long before race day. The 2015 running of the **Manhattan Irish Fest Parade 5k** was in the books, and race directors Ray Wertelka and I could finally breathe again.

One of the biggest challenges of this race is the setting, spread out over a small town and immediately preceding a parade. Logistically, this race is an interesting event because we are literally spread out all over town, from the Metra station to Gallagher's to Hawk Health and seemingly everywhere in between. We are literally a flash mob, with volunteers at seven different locations at various times before, during, and after... Include course marshals, and it becomes sixteen locations!

*“For my money, what makes this race special is the parade and the fest. It is the rug that ties the whole room together, making this race the unique event that it is.”*

Some have asked “Why is it so complicated?” or “Why do we need buses?” (I’d love to cut out the buses, they’re expensive!). But it comes down to one question, really... “Do you want to run before the parade, and on the day of the fest?” For my money, what makes this race special is the parade and the fest. It is the rug that ties the whole room together, making this race the unique event that it is. To make this happen, we need to be flexible and work with the knowledge

that the fest and the parade were there long before we were... We’re lucky to have such great partners, and such synergy between these events.

*“For all the hard work Ray and I put into this event, it wouldn’t have been possible if it weren’t for the volunteers.”*

One of the most inspiring things about directing a race is getting to work with the volunteers. Ray and I can plan the race... I could promote it and get people to register. Ray could literally go door to door and do an amazing job selling sponsorships (turning what was at best a break even event into something much more), unprecedented in my time with the club... We could do all this and without volunteers to come and work the race, it is all for naught, and Ray and I likely end up with

hundreds of very upset runners bearing down on us! As it would turn out, everyone wanted to run this race, so finding volunteers was a challenge indeed...

I was inspired and felt thankful as I checked the course and got the course marshals in place before the race. Thankful for the

(Continued on page 5)



(Continued from page 4)

spouses and friends of members guiding runners and keeping them safe.. My older brother Ron was there, even though he isn't a runner, he always has my back, no matter what. I was thankful for the members who chose to help instead of run, and those who lent a hand before lacing 'em up to run the race. For all the hard work Ray and I put into this event, it wouldn't have been possible if it weren't for the volunteers.

The awards were over, and our work was nearly done. Lost amid my duties as co-race director was how my family did in the race. I didn't get to see them before the race, but I did see Kelly and Ryan on the course. Reese had got off to a fast start and Kate Calder, one of our runner/volunteers decided to pace him and make sure he would be OK... Ryan would shave another minute off of his PR, and Reese took five minutes off of his,

down to just over 25 minutes. I was grateful Kate had taken care of him during the race (I'm not used to missing my kids' events... People think I'm crazy for coaching both of their teams at the same time, but the benefit is,

we never get double scheduled. We don't have to split up or miss anything!), and helped him to a memorable day.

I had a celebratory root beer (still had a basketball game to coach after the race) and enjoyed the post-race music. The race is a ton of work, but

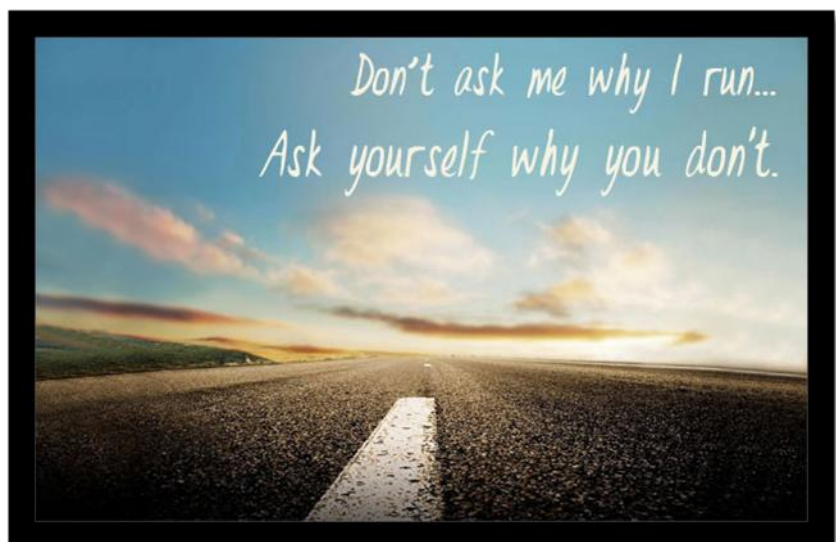
to see everyone enjoying themselves there was totally worth it. The weather was good, the parade and bagpipes were amazing, what else could one ask for?



Pictured on Page 4 is **Steve Koven** and **Ray Wertelka**. Pictured above in the back row (L to R) is **Sue McLean**, **Kate Calder**, **Kelly Koven**, **Kricket Baltz** and **Cathy McQuarters** Front Row (L to R) is **Ryan Koven**, **Reese Koven** and **Tommy John Baltz**



# Motivation



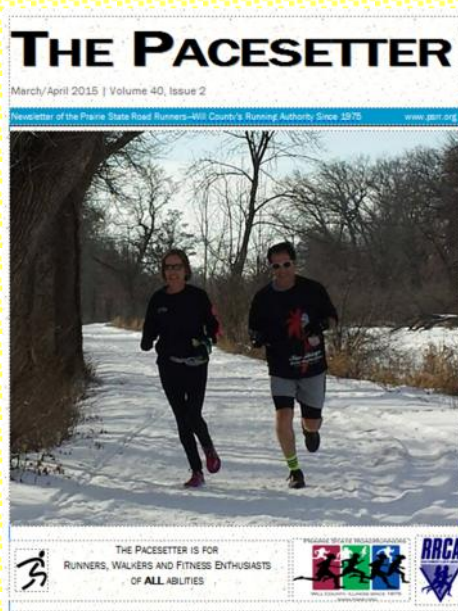


## contact us

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 July/August 2015 Newsletter is June 1, 2015.** Please don't make me send comments to myself...send yours today!!

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

## March/April Newsletter Feedback



"Great newsletter, Sue!!! Love the recurring "training tips!!"

**- Kate Calder**

"Awesome newsletter!"

**- Judith Warren**

"I enjoyed Cathy Vaisvilas McQuarters's piece. It brought back some memories of when my father (and eventually my mother) tried running in their later 40s, having 2 sons as cross country & track distance runners. The 2013 Shorewood Scoot was fun. ABC 7 took the video down, but you could see me starting that race."

**- Evan Sather**

"Kate Calder's article was a nice perspective on initiating yourself as a serious runner. It definitely goes beyond looking the part. Even if you don't think you're fast, act like a real runner anyway, especially on race day! P.S. Who's that goofball in the lower right hand part of page 21?"

**- Evan Sather**

"Great newsletter! I'm lovin' it."

**- Javier Martinez**

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

# Newsletter Happenings



## What's New in 2015

By Susan Mores—Newsletter Editor

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As you scroll through the newsletter, you will see a few exciting changes!

1. There will now be a **Cover Photo** of a club member (or members) in each edition. If you have an awesome photo that you would like to submit for consideration, please send it to me. While there is the possibility we could receive several submissions for consideration, please understand that we can only choose just one. Therefore, if your photo does not make the most current edition, **PLEASE** resubmit, as I would like to give everyone the opportunity to be a star!  

2. **Training Tips by Robyn** is a new feature—see page 15. PSRR Board Member, Robyn Bumgarner, will be submitting training tips in each Pacesetter edition. I am very excited about this new feature! Robyn has agreed to do this on a trial basis as her busy schedule permits. If you happen to RUN into Robyn, give her a **BIG** thanks for this very valuable contribution.
3. **The Track Workout** was kicked-off by club President Steve Koven in the March/April edition and is a column dedicated to running and music. Club members are encouraged to write about their favorite songs or music they listen to when they run. Judith Warren shares her favorites in this edition.  

4. **Product Review** begins with this edition and is on page 9. Have you tried a really cool product that you would like to tell your fellow members about? A new reflective vest (I know from reading Facebook some of you have received a new one...Hint! Hint!)? Running socks? Hydration Belt? Tell us what you like, what you don't like, pros, cons, whatever... You will be helping members make wise buying decisions and you may even learn about some new products from others as well.
5. **Upcoming Circuit Races**—see page 3—will move from the cover to the Dues and Club Events page.

I hope you enjoy the changes and I look so forward to your contributions.

Please submit all contributions to [newsletter@psrr.org](mailto:newsletter@psrr.org)



# PSRR Shirts are Everywhere!



Club Member, **Jody Reddell**, at her favorite running spot, the I&M Canal State Trail/Towpath in Channahon.

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## Nitty Gritty Miles

This group run opportunity is perfect for those who want to run with other people but often find themselves alone on the trail (super speedy or super slow). The 1-mile loop is post marked at each  $\frac{1}{4}$  mile, allowing you to leave your Garmin at home and run a little lighter. Most of the 1-mile loop is crushed limestone with a small section that is black top. Bathrooms are available at this location as well. For inclement weather we'll just meet at the Heritage Crossings Fitness Center indoor track (small fee for non-members of the fitness center).



**When:** Fridays from 6:00-7:00 PM

**Where:** Channahon Arrowhead Community Center, 24856 W Eames St. Park in the large parking lot and meet by the mile one marker.

**Contact:** Cricket Baltz at [tommyjohn1@hotmail.com](mailto:tommyjohn1@hotmail.com) for more information

# Product Review

By Susan Mores, PSRR Newsletter Editor

# KNUCKLE LIGHTS



**D**uring the daylight hours here in Southern Arizona, the skies are a brilliant blue with a golden warm sun. But when the sun sets and the air cools you will find yourself in a very dark, pitch-black place. It's been said that Tucson has the darkest night skies of any city its size in the country. This is due to a law that was first passed in 1972 limiting artificial light-pollution in order to conserve energy and to preserve the crystal clarity of the dry desert air, which has drawn professional astronomers for more than a century. Great for astronomers, bad for runners and walkers, especially when the snakes and other desert critters come out to play at night. Not all of us have the luxury of running in the daylight hours, so we are forced to take on the challenges of nighttime skies.

Having the proper gear is important for safety and one product that is beyond mandatory is a good light source. I've been using the same headlamp for several years, but it doesn't compare to the new LED lights that are on the market now. One night on a training run with a friend, I was told about these new fangled Knuckle Lights. I had an Amazon gift card, so I came home, read about them and decided to give them a try.

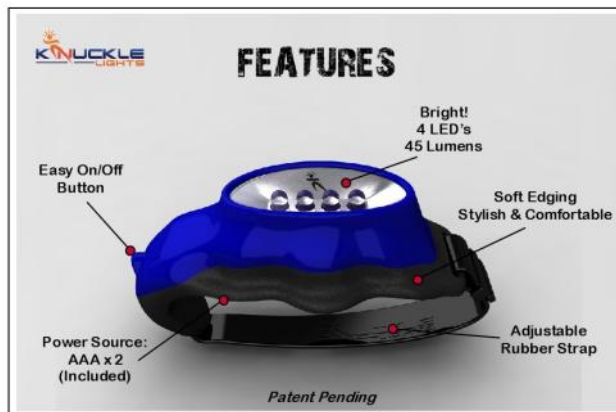
Basically, when positioned correctly on your hands, Knuckle Lights light your path and allows you to be seen in the dark. Here is a short review on my experience with this product.

## BASIC FEATURES:

- 2 Lights Per Set
- EACH Light is a Super Bright 45 Lumens on High Power
- 3 Power Settings: High, Low & Blinking
- Adjustable Silicone Straps fit any size hands & over gloves
- Weatherproof
- Batteries Included (Each Unit Operates on 2 X AAA)

## FIT:

The lights are “one-size-fits-all” with silicone straps that adjust very easily and stay locked in place. They also adjust to fit a wide range of hand sizes. My hands are relatively small and they adjusted to fit just right. I can also adjust them larger to fit over gloves. The locking device has a high quality clip that would appear to last a long time.



## COMFORT:

On the inside of the lamp there is a small cushioned pad that fits over your knuckles and prevents the light from slipping. However, I did find that the lights did slip slightly, but was able to correct that by loosely clenching my fists. Overall, I found the Knuckle Lights to be comfortable, but I did always know they were there. Conversely, with my headlamp, I would forget after a while that I even had it on. I don't generally wear rings when I run, but if you

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do, you would likely want to remove them before using the Knuckle Lights, as the lights will lie over your rings and could be uncomfortable. Knuckle Lights are also extremely lightweight, which I really liked.

### **EASE OF USE:**

Once you slip the Knuckle Lights on your hands, you will find a push button switch that easily allows you to power the unit on and select your desired power setting (high, low and blinking) using your thumb. The door on the battery compartment was also very easy to open and close. Basically, just install the batteries, turn the unit on and go. Super easy!

### **EFFECTIVENESS:**

I found the lights to be very bright, especially when using the high setting. When using both lights, they also illuminate a wide area. And, since the lights come in a set you have many options for altering the amount of light. For instance, when using both lights, turn one to high power for brightness and the other to blinking to be more recognizable to cars. If you're on a trail, you may find that just one light is enough. Or if it's really dark, use both for plenty of brightness and range.

Since the lights slip onto your hands, they are actually closer to the ground than a headlamp. This is very important for us desert dwellers who also need to be on high alert for snakes and even Gila Monsters, which I happened to see on a neighborhood road recently. Eeek!

If you wear a hydration belt, you can even loop the lights onto the belt and not worry about carrying the lights all.

One final thing that I liked, is that the Knuckle Lights give you the option to quickly shine the light in any direction, versus a headlamp, which stays static on your head.

### **COST:**

Amazon offers the Knuckle Lights for \$39.99, which includes free standard shipping. I'm not sure about Illinois, but in Arizona, Amazon is now charging sales tax. The lights also come with your first set of batteries making them even more cost effective.

### **OPTIONS:**

Knuckle Lights come in a variety of colors including blue, black, silver, yellow, pink (closer to purple in my opinion). I bought the pink, which I really like.

### **QUALITY:**

I've been using my Knuckle lights for only a few months now and I have to say that I've been very satisfied with the quality of this product. They appear to be well made with high quality materials.

### **WARRANTY:**

According to the website, Knuckle Lights are guaranteed for 5 years against defects in materials or manufacture. This guarantee does not cover damage caused by accident, unreasonable use, modification of the product, incorrect usage, or leaking batteries.

### **OVERALL:**

Overall, I would recommend this product for the reasons mentioned. Having not ever seen the Knuckle Lights prior to buying them, I wasn't sure if I would like them or not. However, I must say, I was pleasantly surprised. Give them a try and tell us what you think! Check out their website at <http://www.knucklelights.com/>



# Terrain Too Run

By Cricket Baltz—Club Member and  
VP of Operations



I prefer to vary the type of terrain that I run for a few reasons. The first reason is to keep running **BIG**. By that, I simply mean keeping it interesting! One of my favorite races took us right through a stream! How I fretted the days before the race wondering what my feet would feel like on the other side of the bank. I was pleasantly surprised and relieved that my feet did not get cold once I got out of the stream in spite of 40 degree temps. That same trail race offered fallen trees and other woodland challenges such as witch arms (tree roots), dragon scales (leaves), and troll slobber (stream crossings).

I've only heard tell. For me those races are far less about my finish time and more about pure joy.

And of course there are the Road Runs! Our club circuit offers much opportunity throughout the year to accommodate the scheduling needs of our members while supporting local organizations with their races. Many times these great races offer a combination of street and Forest Preserve beauty. My favorite road race by far is the Minooka Summerfest. For my family, that is where it all began.



To avoid injury, running on softer surfaces such as dirt or grit can take a lot of the stress off joints offering an opportunity to "runcover" (recover). My favorite runcovery runs are along a country road shoulder after a gentle rain.

I also like to look for an occasional race that's out of the box, such as a Color Run. Talk about fun photos! A Foam Run and Spartan Race are on my list, although



# Manhattan Irish Fest 5K

By Club Member, Mary Jo Minarich



Mary Jo Minarich is a PSRR member and Blogger. Check out her website at [www.runandsmile.com](http://www.runandsmile.com) and like her Facebook page: Run and Smile

Who hoo, I have been looking forward to this race since January. Duane and I ran the Manhattan Irish Fest 5K this weekend. This is a brand new race for the Hubs and I. And we were both excited to run 3 miles in a new place.

I was worried about how we were going to do. We still had tons of snow and then a layer of ice mid-week. Plus we have gotten pretty cozy at the indoor track the last couple of months. So there wasn't a lot of running outside for the two of us.



But we were definitely ready to get out. The race offered early packet-pick-up so we decided to get our packets on Friday. We also wanted to see where we were supposed to park. That makes race day a little less stressful. Oh and look, my running idol, **Dean Karnazes** was on the bag. That's a great sign!



Since we were out and no one wanted to cook, we ate at one of our favorite restaurants, **Hero's West** on the way home. I love adding a date night to a race!

I carbed up with a yummy veggie pizza and sweet potato!



The race was on Saturday and it was a point-to-point race. We parked at the Manhattan Metra Station and we were shuttled to the race start. This went very smoothly. The drivers were nice and there was plenty of buses.

This is a super-organized race by the **Prairie State Road Runners** (one of my run clubs) with a lot of support before, during and after the race. Plus we were run-



ning on a parade route. People were sitting along part of the course cheering for us as we ran by them. I loved it! The parade began right after the race started.

5Ks are harder for me than half marathons. I like the idea of a steady pace compared to the all-out, get-to-the-finish feeling of a 5K. So it was nice having people cheer for us. I didn't do too bad. I got second place in my age group.



Thank you **Mestrength** for keeping me hydrated during this run! I believe you are becoming a really important part of my running life now.

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At the finish there were these beautiful cookies waiting for me!



Afterwards we hung out with our run clubs in a giant tent. You could pick any type of beer or root beer for

your after-race treat.



There were even bagpipe players! We bought a delicious corn beef sandwich and Irish Soda Bread too. If you run this race, bring some money. There was a ton of stuff to eat! *NOW THAT'S A POST PARTY!*

I would definitely recommend this race to everyone and we are already plan-

ning on coming back next year.



**R**unning partners can provide an unlimited source of **inspiration and motivation** when your energy runs low. Check out our numerous group runs throughout the week to stay on track, have some laughs and meet new friends with like-minded goals.

SEE PAGE 3 FOR SCHEDULE

where we  
running to

i dunno...u  
started running  
so i did too

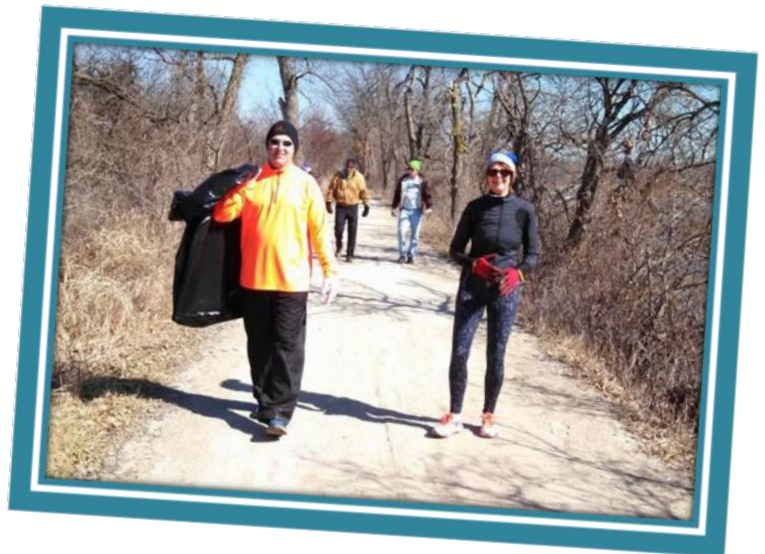


# I&M Towpath Clean-up

Who thought  
**picking up garbage**  
could be as much  
**FUN**

as it was!

Thank you to all PSRRs who  
volunteered at the annual  
I&M Towpath Clean-up  
in Channahon!



# Training Tips *By Robyn*

**Robyn Bumgarner** is an ACE Certified Health Coach and Personal Trainer at P3 Academy in Morris, IL and a PSRR Board Member.

## Yoga: The Perfect Companion to Running!

Looking for a new way to get in some resistance and strength training? How about a way to improve your mental game and concentration when race day arrives? Yoga can accomplish both for you. When I began practicing yoga, I practiced for one hour a week and have worked up to 2-3 hours per week. I got in touch with my yoga instructor, Christi Smith, to discuss some of the benefits of yoga for runners.

A regular yoga practice integrates the mind-body connection, which is also an important component of making race-day goals a reality.

Yoga develops deep, relaxed breathing. As a runner, you are well aware of the impact breathing can have on your performance. Deep, relaxed breathing is the foundation of reducing performance anxiety and improving concentration. Yoga will help you develop a habit of breathing

deeply and correctly.

Yoga is not just stretching! Great strength can be developed in yoga practice. The slow, focused movements will build a strong core. Isometric contractions found in many yoga poses add a new form of resistance training not found in typical machine-based strength workouts.

Yoga will improve your balance. Yoga is the perfect way to incorporate balance exercises into your training routine. Balance exercises are often overlooked by athletes, but they are one of the most effective ways to correct muscle imbalances or problems with body mechanics. It's important for runners to balance and build more than just running muscles to avoid injury. Yoga can address these types of muscle imbalances.

Yoga counts as cross-training! Runners, like all athletes, need cross-training to build strength, avoid injury, and recover from hard workouts. Yoga can be done at varied levels of intensity, and there are hundreds of postures that will provide a workout for any athletic need. There are many styles of yoga that range from very dynamic, active movement to slow-paced practices that hold each posture for several minutes at a time to form an intense strength training and balance workout.

Yoga is for everyone. From personal experience, I found that joining a class was the best option for me to learn and embrace what yoga could do for me. Often, classes can easily be modified to

*(Continued on page 16)*



(Continued from page 15)

accommodate both advanced yogis and beginners simultaneously. If you're still unsure about walking into a yoga for the first time, I can assure you that our classes at P3 Academy are geared toward an athlete's needs, and are also laid back and open to beginners.

However you go about it, whether you join a class or follow a video or book at home, give yoga a try and reap the benefits on race day! Namaste, my friends!

## Nutrition Note

Phew! It's heating up out there and it's time to start thinking about hydration and electrolyte replacement on your long runs! Commercial sports drinks are loaded with chemicals and colorings that aren't remotely necessary for rehydration or electrolyte replacement. If you use a commercial sports drink to fuel your runs, give this a shot next time. It's easy and less expensive.

## RobynAde

- 2 cups Simply Lemonade
- 2 cups water or brewed green tea if you like a caffeine shot
- 1/4 tsp salt. Any kind of salt will do.
- Optional: splash of 100% pure, organic cranberry juice or other tart juice for flavor.

Mix all ingredients  
Chill  
Enjoy!



## Preview of Next Month's Newsletter

### **Prairie State Road Runners go to Boston!**



Stay tuned  
for  
articles and photos!!

\*\* Advertisement \*\*



PASSION. POWER. PERFORMANCE.

FOR RUNNERS. BY RUNNERS.

DO YOU HAVE A BIG RACE COMING UP? OF COURSE YOU DO!

ARE YOU ON THE HUNT FOR A NEW PR? ARE YOU MAKING A COMEBACK AND WANT TO INJURY-PROOF YOUR BODY? ARE YOU NEW TO RUNNING AND NEED HELP TRAINING? COME SEE **COACH CHRISTI SMITH**. CHRISTI IS AN ACE CERTIFIED PERSONAL TRAINER, TRACK COACH, AND FORMER HIGH SCHOOL TRACK STAR. NO ONE UNDERSTANDS A RUNNER'S NEEDS BETTER THAN CHRISTI.

ARE YOU UNSURE HOW TO PROPERLY FUEL YOUR BODY WHILE YOU TRAIN? DO YOU KNOW WHEN YOU NEED CARBS AND WHEN YOU NEED PROTEIN? ARE YOU BONKING ON YOUR LONG RUNS AND YOU AREN'T SURE WHY? COME SEE **COACH ROBYN BUMGARNER**. ROBYN IS AN ACE CERTIFIED HEALTH COACH, ACE CERTIFIED PERSONAL TRAINER, AND AVID RUNNER AND ROAD RACER.

YOUR FIRST CLASS IS FREE. WALK-INS ARE WELCOME. CHECK OUT THE SCHEDULE AT [WWW.P3ACADEMY.NET](http://WWW.P3ACADEMY.NET). CONTACT US AT [815-513-5685](tel:815-513-5685). COME SEE US AT 824 LIBERTY STREET, MORRIS.



**Robyn Bumgarner**—Enjoying a post race beverage following the Manhattan Irish Fest 5K



# Races



**Mark Walters**—finishing the Manhattan Irish Fest 5K



**Mary Leonard**—After the Paleozoic 25K Trail Race—her longest race ever! Way to go, Mary!!



*And the Winner is...*  
**Evan Sather**—Manhattan Irish Fest 5K



Our *Awesome* Members at the Manhattan Irish Fest 5K



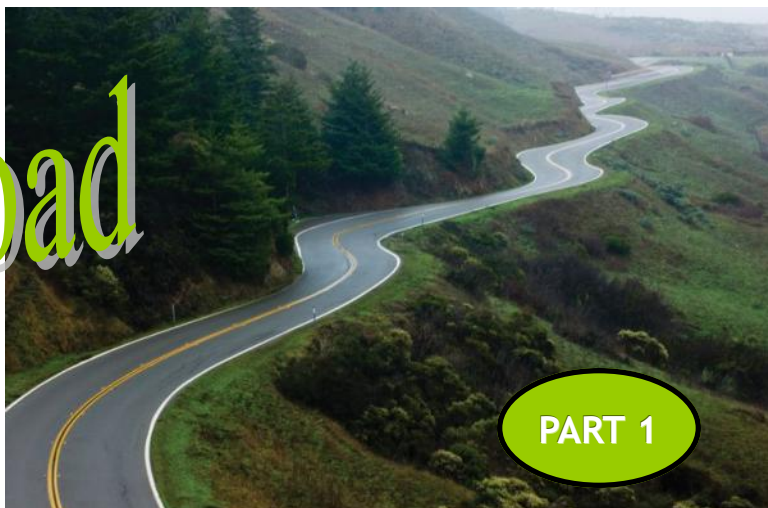
Irish Fest



More *Awesome* Members at the Manhattan Irish Fest 5K



# The Long Road to 100 Miles



By Club Member, Mark L Bowman

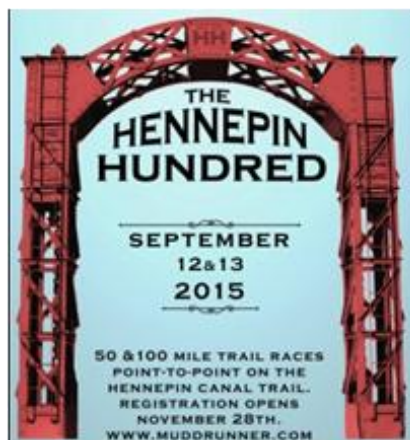
I am 60 years old and have been running for over 40 years and have been doing ultra marathons for the last 20. I have completed over 50 of these ultras including three 100 Milers with the last 100 occurring in 2008. I have wanted to do one more before I might get to old, but didn't get around to trying it again until 2013. This was the Black Hills 100 in South Dakota. Unfortunately, I only made it to the 50 mile mark and dropped out for various reasons. In 2014 I signed up for the Hallucination 100 in Michigan which was in September. But I ended up having meniscus surgery on my left knee at the end of June and that pretty much put an end to that. I did manage a 50K on that day. So with these two unsuccessful attempts, I am even more determined to give it a try in 2015!

This article will be the first of three chronicling my way to, hopefully, success this year. I will try to cover my plans leading up to the 100, my training, and anything else that comes up pertaining to the race.

So, in early January I started putting together my calendar of races for the year. I chose as my 'A' race a new 100 mile, the Hennepin Hundred. The reasons I picked this one were several.

1. Easier to get into because of the newness (although because of a website glitch, I couldn't sign up for the first hour) and after reading about races filling up in minutes, I was starting to panic. But after about two hours, I got in.
2. The course is along the Hennepin Canal Towpath (non-technical & flat limestone path)
3. Point-to-point (have not run one before)
4. Almost impossible to get lost
5. Second weekend of September (still should be warm and have all summer to prepare.

With the Hennepin Hundred now on my schedule, I wanted to find some races that would fit into a training plan leading up to the 100. After some searching, I found what I was looking for: three races that should fit the bill, each one progressively giving me more time on my feet.



The first one will be in May. I signed up for the Starved Rock Marathon in Ottawa, IL. I ran the inaugural one last year. It was a well-organized race with a really nice course that I struggled to finish in a bit over 4 hours. This was during my left knee problems before my meniscus surgery, so the result was not really unexpected. It wasn't that the time was slow; it just was a hard last few miles. I am figuring that four to four and a half hours will actually be a good training run for this year. With my training starting in February, I should be ready for this.

I haven't really found a long race to do for training in June. But I do have two shorter trail races lined up. One is another Kennekuk race, the Lake Mingo Trail Run (7.1 miles around Lake Mingo in the Kennekuk Cove County Park) and the second is the Dew It! 13.1 Mile Trail Run in Griffith, IN. Since I couldn't find a long one to fit in, I will just run extra miles each of these days after the races. These two races should give me some work on a bit more technical

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trails than what I have around home. Plus most of my home training will inevitably be on the roads.

July: The big training race this month is Christmas in July at Lisle, IL. It has a 5k, 10K, 6-Hour, 12-Hour & 24-Hour. I will be doing the 6-Hour. It is a about a one mile loop course that will make the logistics easy. Planning on running it easy and hopefully reach about 30 miles. What is really nice about the 6-Hour is that it starts at midnight, so it will give me a nice run in the dark. I will definitely be doing nighttime running during the hundred.

August's training race has been by far my favorite race over the years. It is the Howl at the Moon 8-Hour Run which takes place at Kennekuk Cove County Park near Danville, IL. It is so well run and is almost more party and get together than race. The people are great and the atmosphere is just wonderful with camping both the night before and after. It is a 3.29 mile loop that is mostly trail. This will be my 17th running of the race. Although I want to use this as my last long training run, it will be hard for me not to be competitive. I have always done pretty well here finishing as high as 4th place overall and winning my age group several times. Given that I have just entered a new age group by turning 60, I know that subconsciously I will be wanting to try for an age group win again. But consciously, I have to not push too hard with the Hennepin Hundred only four weeks later. What has made this race even more special the last few years is that some or all of my family has come down, camped out and spent the day with me. And last year, my middle daughter, Lexie, entered and ran it with me. She covered her first ultra distance of over 27 miles. This year my oldest daughter, Jennifer wants to run it. Lexie had wanted to do it as well, but found out just recently that she is going to have her first child (my third grandchild). So it should be a terrific time.

One other thing about my long training races; I intend them to be a measure of where I am in my training and to check my level of fitness at each juncture. I also plan on enjoying the company of running with others. I have found that ultra runners are such great people, that you can't help but have a good time when you are around them. This should be a nice change of pace since most of my training will most likely be solo.

I also plan on running a number of shorter races (5Ks, 5 milers, 10Ks, etc.) throughout all this training which will be

my speed work. And many of these will be on the PSRR circuit race schedule which I also love participating in.

So here is the list of my planned races for this year. It is a pretty extensive list, but a majority of it will be in preparation for the Hennepin Hundred. And, of course, it is not set in stone. I will feel free to adjust, add, drop or change anything in the list. It is just a guide and an idea of what I would like to accomplish this year.



| <u>DATE</u>   | <u>RACE NAME</u>                      |
|---------------|---------------------------------------|
| 3 - January   | Siberian Express (Trail) (7.45 miles) |
| 1 - February  | Winterfest                            |
| 8 - February  | Frosty 5 Mile                         |
| 21 - March    | Mountain Goat 8.8 Mile                |
| 11 - April    | Rockdale Ramblin' Run 10K             |
| 19 - April    | Race to the Plate 5K (Joliet)         |
| 25 - April    | Frankfort Half-Marathon               |
| 16 - May      | Starved Rock Marathon                 |
| 13 - June     | Lake Mingo 7.4 Mile (Trail)           |
| 20 - June     | Dew It 13.1 Mile (Trail)              |
| 27 - June     | PSRR Cross-Country Open               |
| 3 - July      | Liberty 5K                            |
| 17 - July     | Christmas in July 6-Hour Run          |
| 23 - July     | Sundowner 5K                          |
| 9 - August    | Howl at the Moon 8-Hour Run           |
| 16 - August   | DNA/PSRR Free 5K                      |
| 5 - September | Shorewood Scoot 5K                    |
| 12 & 13-Sept  | Hennepin 100 Mile                     |

It was a pretty mild winter through the first of the year, but soon after the bitter cold set in for weeks. I did manage to maintain my fitness pretty well through this cold, but it wasn't the most pleasant time for me. I am really a warm weather runner. My best runs have been in the heat. I did have a great time at the Siberian Express. This was the first time I have run it. It is run in Kickapoo State Recreation Area and is on trails. The weather was still mild, but very wet. I was cruising along very well for the first half of the race even with the wet, buddy trails. But then came the first major hill which took me forever to get up to the top. I kept slipping down a step for every two I up. The rest of the second half had a lot of up and downs and I

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managed to slip and fall several times before I reached the end. But it was a great experience.



The first PSRR circuit race of the year for me (since I didn't make it down to Kankakee for the Winterfest 5K on account of the 5th biggest snowstorm

in Chicago's history) was the Frosty 5 Mile in Channahon. I was Very happy with the results, with virtually all of my training in the 9:30 to 10:00 minute per mile range in the freezing cold. I ran 37:21 which works out to a 7:28/mile pace. Overall, I finished 36th out of about 230 and 4th in my age group out of 14. There are some really good runners in my age group, so I am really pleased with how I did there. I have to admit, even though I have slowed down quite a bit over the last 10 years, I am blessed that I am still capable of doing what I do at my age. There so many people who cannot even get to the starting line of a race like this. And here I am planning on running a race of 100 miles. So, I can't really complain at all.

The last day of February was moving day. We decided to move back into a home from a townhouse. We are still in Joliet, but now we are in the southwest corner.



Out here there are separate subdivisions, but a lot of open spaces and country roads. And it is virtually all flat. Definitely, I will have to find some hills for hill work.

The weather finally decided to break as March came in which allowed me to get a bit more training in. I had two

consecutive Sunday long runs. First it was a 15 miler and the following week it was a nice 19 miler on the I & M Canal Towpath. I parked at McKinley Woods and ran east to almost I-55, then back. After a quick stop at the car to refill my bottle, I then headed west for another couple of miles and back. The towpath was a bit sloppy in places, but overall it was in pretty good shape after the winter's thaw. I really felt good for most of it keeping my heart rate between 120 and 130 and clicking off 9 and a half minute miles. In general, I have been able to get in 50 to 60 mile weeks since the beginning of March.

The Mountain Goat Run was up next. It is in Kickapoo State Recreation Area like the Siberian. But it is on the roads. It is a race that I have done a couple of times. The last time was 2012. I finished 52nd in 1:16:47. It is a tough race, but can be fun. It has 12 very steep uphill and downhill and is 8.8



miles long. Surprisingly, I did quite well. Much better than expected, because of the lack of hill work. Ended up 26th out of 142 with a time of 1:12:01. The hills were tough, but I handled them pretty well. The weather was great. Started out in the mid 40s and reached 60 by the afternoon. A lot better than the weather at the Siberian. Overall, I had a great time with a number of PSRR members who also made the trip down. And as a checkpoint in my training, it bodes pretty well so far. Recovery went well and I am back in my training plan.

*July/August Pacesetter - Part 2 will pick up from April*



# The Track Workout

By Judith Warren—Club Member



**M**usic and running are intertwined for me. Running is the only time I listen to my favorite songs. It's my "me time" and my reward for running. A perfect song can take me from a tail-dragging walk back into a skipping, happy run.

My suggestion is don't depend solely on your music to keep you going. My first 8k (my second race ever) was the Rudolph Ramble. I had a great playlist selected. However I still had a cheap mp3 player at that time and something went wrong. I ended up listening to Freewill by Rush. Over and over. About 13 times. I eventually got a nano thanks to my brother John. I spent happy hours carefully crafting playlists as part of my race experience.

For the majority every single race started with Thunderstruck by AC/DC, The Impression That I Get by the Mighty Mighty Bosstones in the middle and ended with These Are Days by 10000 Maniacs. Everything else varied by race and mood. My first marathon in Chicago 2011 I asked those close to me to pick a song to help me along. The songs included A Wall I Must Climb – Michael McDermott, Truckin' – Grateful Dead, Bouncing Around the Room – Phish, Reach for the Sky – Social Distortion, Firework – Katy Perry, Everybody – Ingrid Michaelson, My Melody of Love – Bobby Vinton, I Hope You Dance – Lee Ann Womack (in memory of my Daddy) and Hallelujah – k.d. lang. Each one made me smile as they came on carefully spaced along the course.

These days I run 5ks mostly music-free after suggestions by John and Kibet. Most other runs are done on "shuffle". These are ten songs that really can pick me up:

- Let the Day Begin – The Call
- Counting Stars - OneRepublic
- Dog Days Are Over – Florence & the Machine
- We Weren't Born to Follow – Bon Jovi
- Uptown Funk – Mark Ronson featuring Bruno Mars
- Viva La Vida – Coldplay
- Feel This Moment – Pitbull with Christina Aguilera
- Move Along – All-American Rejects
- Roar – Katy Perry
- Don't Stop Me Now - Queen



# Travelin' PRAIRIE STATE ROAD RUNNERS!



## *So where have you worn your PSRR gear?*

This feature highlights those who have been in cool and exciting places, or anywhere for that matter, wearing their PSRR gear. Send us a picture of you sporting your PSRR tech shirt at the Great Wall of China, carrying your PSRR duffle bag along the beaches of Costa Rica, or wearing your PSRR fleece in International Falls, Minnesota!

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



**Mark Walters** surrounded in a beautiful forest at the Real Florida 5K and 10K in **Apopka, FL**



**Jenny Blazekovich**— heading out for a training run in **Panama City Beach, FL**



**Larry Bornfofen**—First interval at the Mountain Goat 15K in **Danville, IL**

**Javier Martinez**—Vacationing with his family in **Washington DC**



**SUMMER OR FALL GET-AWAY?**  
DON'T FORGET TO PACK YOUR PSRR  
GEAR!!





Celebrating birthdays in **MAY** are Priscilla Carrillo, Amy Cyplick, Donna DeBoer, Benjamin Forbes, Levi Garcia, Marcus Hardy, Marlon Heuer, Shalyn Horvat, Jordan Kielian, Cassidy Koven, Patrick Lancaster, Kai Lemke, Phil Newberry, Judy Olson, Spencer Ruch, Gwen Ruch, Peter Slattery, Charlese Stempniak and Bob Thompson

Celebrating birthdays in **JUNE** are Leo Bak Jr., Terry Bergin, Brenda Byrnes, Sharon De Vault, Casey Koerner, Bradford Kohlmeyer, Stephen Koven, Fatima Lopez, Cathy Morman, Kent Munro, Gerald Raino, Kibet Rono, John Sheridan, John Sikes, Steve Stempniak, Liz Stephenson, Mike Wilson

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



# Welcome!

*Bienvenido*



## NEW MEMBERS

Melissa Brown  
Nathan Brown

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

*Bienvenue*

**Willkommen**

*Welkom*

# 2015 CIRCUIT AWARD CHANGES

BY JAY WAIT—CLUB STATISTICIAN

At the October 17<sup>th</sup> PSRR board meeting, the directors voted to make the following changes in the Circuit Award structure for 2015. As previously communicated, the purpose of these changes is NOT to replace an award system that encourages participation with one that puts the emphasis on winning. The Circuit Award system will continue to reward participation (running, volunteering, and participating in running the club). In addition, we will institute age group scoring so that those who are really competitive can better see how they stack up against those in their age group. The two award systems will work as follows:

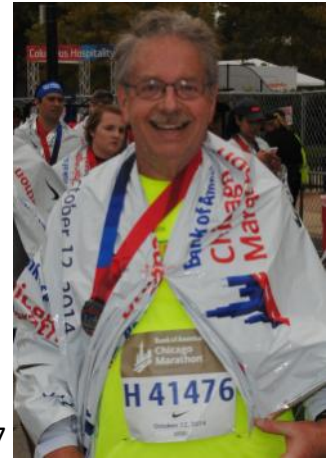
**Traditional Circuit Award:** This Circuit Award will be administered as it is today with two significant changes. First, since scores are age graded anyway, there will be only one division instead of the two (15-64, and Junior/Senior) that exist today. As today, a member qualifies for a circuit award 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 full/half/marathon anywhere in the world. One exception to the 7 circuit credit requirement is that any member age 14 or younger on January 1 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. 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. The second change is that a procedure is being put in place to handle tiebreakers. 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:** While there has been interest in establishing age group awards, doing so presents several challenges related to the demographics of the club. Simply put, there are not enough members in some of the traditional 5 year age brackets to provide any meaningful competition. Even in 10 year age brackets, it is likely that in some brackets there will not be enough participation to produce an age group winner. The board has reviewed the demographics and has established 16 age groups (8 each for male and female) to be used for 2015 awards. It is the intent of the board to review and adjust these annually to account for changes in the club demographics. The age groups designated for 2015 are: Under 15, 15-29, 30-39, 40-49, 50-54, 55-59, 60-69, and 70 and over. For the purpose of determining age group, age on January 1 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 1 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 the 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.



## CIRCUIT RACE RESULTS—THROUGH APRIL 18, 2015

| Runner                | 1. Winterfest 5k | 2. Frosty 5 Mile | 3. Manhattan Irish Fest 5k | 4. Rockdale Ramblin 10k | 5. Race to the Plate 5k | 6. St. Mary's 5k | 7. Minooka Summerfest 5k | 8. PSRR X-Country Open | 9. Liberty 5k | 10. Sundowner 5k | 11. Firefly 5k | 12. DNA Athletics/PSRR Free 5k | 13. Shorewood Scoot 5k | 14. Ashley Can Half Marathon | 15. Plainfield Harvest 5k | 16. Forte 5k | 17. JJC 5k | 18. Canal Connection 10k | 19. Red Eye 8k | 20. Poultry & Pie Predictor 4 Mile | 21. Your choice half /full/ultra | 22. Volunteer Credits | Circuit Score | Circuit Ranking |
|-----------------------|------------------|------------------|----------------------------|-------------------------|-------------------------|------------------|--------------------------|------------------------|---------------|------------------|----------------|--------------------------------|------------------------|------------------------------|---------------------------|--------------|------------|--------------------------|----------------|------------------------------------|----------------------------------|-----------------------|---------------|-----------------|
| Acup, Fawn            |                  |                  |                            | 26                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Aguilar, Dan          |                  | 16               |                            | 14                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Anderson, Clark       | 1                | 2                | 2                          | 2                       |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Anderson, Rick        | 3                | 12               |                            | 17                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Arreola, Sergio       |                  |                  |                            | 9                       |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Auld, Mike            |                  |                  |                            |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  | 1                     |               |                 |
| Bailey, Marne         |                  | 37               | 30                         | 45                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Bak, Leo              |                  | 60               |                            | 71                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Baltz, Cricket        |                  | 26               | 43                         | 64                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  | 4                     |               |                 |
| Baltz, Tom            |                  | 23               |                            |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  | 1                     |               |                 |
| Baltz, Tommy John     |                  | 21               | 10                         | 23                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  | 1                     |               |                 |
| Barry, James G.       |                  |                  | 46                         |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    | C                                |                       |               |                 |
| Barry, James R.       |                  | 45               |                            |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Barry, Laura          |                  |                  |                            | 57                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Bell, Grant           |                  | 42               |                            |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Bell, Kyle            |                  | 5                |                            | 7                       |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Bernhardt, Jennifer   |                  |                  |                            |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  | 1                     |               |                 |
| Blazekovich, Jenny    |                  | 15               |                            | 15                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Bonacci-Klaeser, Ruth |                  |                  | 37                         | 50                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Bornhofen, Larry      |                  | 11               |                            | 18                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Bowman, Jennifer      |                  |                  |                            |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  | 1                     |               |                 |
| Bowman, Mark          |                  | 6                |                            | 4                       |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  | 2                     |               |                 |
| Brown, Melissa        |                  |                  |                            | 33                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Brown, Nathan         |                  |                  |                            | 67                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Bumgarner, Robyn      |                  | 30               | 20                         | 36                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  | 1                     |               |                 |
| Calder, Kate          |                  |                  | 24                         | 32                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  | 1                     |               |                 |
| Calvey, Colleen       |                  |                  | 48                         | 65                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Carter, Clint         |                  | 13               | 8                          | 22                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Cheek, Patty          |                  |                  | 31                         |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Cherry, Becky         |                  |                  |                            | 5                       |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Clark, Matt           |                  |                  |                            | 21                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    | C                                |                       |               |                 |
| Conboy, Jess          |                  | 9                | 9                          | 13                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Cyplick, Dave         |                  | 40               |                            | 38                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  | 5                     |               |                 |
| DeGrush, Rich         |                  |                  |                            | 11                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  | 1                     |               |                 |
| DeVault, Sharon       |                  |                  |                            | 62                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Ellison, Howard       |                  |                  |                            | 44                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| English, Dwayne       |                  | 55               |                            |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Erickson, Vera        |                  |                  |                            |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  | 1                     |               |                 |
| Fera, Pat             |                  |                  |                            |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  | 2                     |               |                 |
| Figuieras, Kathleen   |                  | 44               | 33                         |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Forbes, Anna Marie    |                  |                  |                            | 70                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Forbes, Sean          |                  |                  | 35                         | 52                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |

[illegible]

# CIRCUIT RACE RESULTS—THROUGH APRIL 18, 2015



| Runner             | 1. Winterfest 5k | 2. Frosty 5 Mile | 3. Manhattan Irish Fest 5k | 4. Rockdale Ramblin 10k | 5. Race to the Plate 5k | 6. St. Mary's 5k | 7. Minooka Summerfest 5k | 8. PSRR X-Country Open | 9. Liberty 5k | 10. Sundowner 5k | 11. Firefly 5k | 12. DNA Athletics/PSRR Free 5k | 13. Shorewood Scoot 5k | 14. Ashley Can Half Marathon | 15. Plainfield Harvest 5k | 16. Forte 5k | 17. JJC 5k | 18. Canal Connection 10k | 19. Red Eye 8k | 20. Poultry & Pie Predictor 4 Mile | 21. Your choice half /full/ultra | 22. Volunteer Credits | Circuit Score | Circuit Ranking |
|--------------------|------------------|------------------|----------------------------|-------------------------|-------------------------|------------------|--------------------------|------------------------|---------------|------------------|----------------|--------------------------------|------------------------|------------------------------|---------------------------|--------------|------------|--------------------------|----------------|------------------------------------|----------------------------------|-----------------------|---------------|-----------------|
| Pirc, Tina         |                  |                  | 26                         | 46                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Podolski, Sally    |                  | 17               |                            |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Portlock, Caroline |                  | 58               |                            |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  | 1                     |               |                 |
| Putnam, Terri      |                  | 48               |                            | 58                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Rahn, Eva          |                  |                  | 4                          |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  | 1                     |               |                 |
| Raino, Gerald      |                  | 54               |                            | 41                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Raino, Lauren      |                  | 59               |                            |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Reddell, Jody      |                  | 53               | 40                         | 59                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Reeb, Carol        |                  |                  |                            | 16                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Riley, Benjamin    |                  |                  | 47                         |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  | 1                     |               |                 |
| Ruch, Dawn         |                  |                  |                            | 54                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Ruch, Julia        |                  |                  |                            | 48                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Sather, Evan       |                  | 3                | 3                          |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Scheckel, Debbie   |                  | 29               | 16                         |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Scheckel, Harry    |                  | 22               | 12                         |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Servi, Tim         |                  | 19               |                            |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Sheridan, John     |                  | 33               | 27                         | 34                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Sikes, Jeremy      |                  |                  |                            | 55                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Sikes, John        |                  |                  | 51                         | 61                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  | 1                     |               |                 |
| Skisak, Eileen     |                  | 1                | 1                          | 1                       |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Skuturna, Julie    |                  | 61               | 49                         | 66                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Smith, Keith       |                  |                  |                            |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  | 2                     |               |                 |
| Starling, Mary     |                  | 43               |                            | 35                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Stephenson, Liz    |                  |                  | 21                         |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Tatro, Terri       |                  | 34               |                            | 40                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  | 1                     |               |                 |
| Underhile, Clinton |                  | 28               | 14                         | 29                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  | 1                     |               |                 |
| Wait, Jay          |                  | 49               | 36                         | 47                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  | 2                     |               |                 |
| Walters, Mark      |                  | 25               | 11                         | 24                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  | 1                     |               |                 |
| Warren, John       |                  | 8                | 5                          |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Warren, Judith     |                  | 50               | 44                         | 63                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Weisfus, Stella    |                  |                  | 45                         |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |
| Wertelka, Raymond  |                  | 57               |                            |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  | 5                     |               |                 |
| Westefer, Gary     |                  |                  |                            |                         |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  | 1                     |               |                 |
| Wojtkiewicz, Paul  |                  |                  |                            | 8                       |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  | 1                     |               |                 |
| Zemaitis, Nicole   |                  | 31               | 29                         | 37                      |                         |                  |                          |                        |               |                  |                |                                |                        |                              |                           |              |            |                          |                |                                    |                                  |                       |               |                 |

CLICK HERE FOR AGE GROUP STANDINGS: <http://www.psrr.org/files/2015%20Age%20Group%20Standings.pdf>

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

4/12/2015

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



# 2015

## Circuit Race Schedule

| Race # | Race                                    | Date       | 2014 PSRR Participation |
|--------|---|------------|-------------------------|
| 1      | Winterfest 5k (Kankakee)                | 2/1/15     | Returned to Circuit     |
| 2      | Frosty Five Mile (Channahon)            | 2/8/15     | 63                      |
| 3      | Manhattan Irish Fest 5K                 | 3/7/15     | 46                      |
| 4      | Rockdale Ramblin' 10K                   | 4/11/15    | 52                      |
| 5      | Race to the Plate (Joliet)              | 4/19/15    | NEW                     |
| 6      | St. Mary Immaculate 5K (Plainfield)     | 5/16/15    | 21                      |
| 7      | Minooka Summerfest 5K                   | 6/20/2015  | 40                      |
| 8      | PSRR Cross Country Open (Plainfield)    | 6/27/15    | 9                       |
| 9      | Liberty 5K (Morris)                     | 7/3/15     | 43                      |
| 10     | Sundowner 5K (Joliet)                   | 7/23/15    | 59                      |
| 11     | Firefly 5K (Channahon)                  | 8/6/2015 * | 45                      |
| 12     | DNA Athletics/PSRR Free 5K (Crest Hill) | 8/16/15    | 34                      |
| 13     | Shorewood Scoot 5K                      | 9/5/2015 * | 28                      |
| 14     | Ashley Can Half Marathon (Bourbonnais)  | 9/6/2015 * | 16                      |
| 15     | Plainfield Harvest 5K                   | 9/27/15    | 22                      |
| 16     | Forte 5K (Channahon)                    | 10/17/15   | 28                      |
| 17     | JJC Foundation 5K                       | 10/25/15   | 26                      |
| 18     | Canal Connection 10K (Utica)            | 11/1/15    | 29                      |
| 19     | Red Eye 8K (Joliet)                     | 11/15/15   | 60                      |
| 20     | Poultry & Pie Predictor 4 Mile (Joliet) | 11/26/15   | 53                      |

\* Date not yet confirmed.



## 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 (25365 South Fryer Street, Channahon) for breakfast.
  - TRACK WORKOUTS (SEASONAL)** – These speed work sessions take place on Tuesday evenings and are lead by a club member in the spring and summer months. We currently meet at the Troy Middle School, 5800 W. Theodore, Plainfield.
  - 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 18-20 races, including a “your choice” marathon or ½ marathon. All paid members are eligible for circuit participation awards. Runners age 15 through 64 must participate in seven circuit races to receive an award. Runners 14 and under, or 65 and over, must participate in five circuit races.
- **RACE DISCOUNTS**—Select circuit races
- **ANNUAL BANQUET AND CIRCUIT AWARD EVENT**
- **EMAILS AND REMINDERS ON UPCOMING RACES AND EVENTS**

## PRAIRIE STATE ROAD RUNNERS Membership Application

2015 RENEWAL/NEW MEMBER RATES (Dues paid for year 2015 if joining after October 1, 2014)

INDIVIDUAL \_\_\_\_\_ \$18.00    STUDENT \_\_\_\_\_ \$12.00    FAMILY \_\_\_\_\_ \$25.00

PRIMARY MEMBER NAME \_\_\_\_\_ Gender (M/F) \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_\_ E-MAIL \_\_\_\_\_

YEAR (OR APPROXIMATE YEAR) YOU JOINED THE PSRR CLUB \_\_\_\_\_

### Family Membership Data – List All Members

| Name  | Age   | Date of Birth | Gender (M/F) |
|-------|-------|---------------|--------------|
| _____ | _____ | _____         | _____        |
| _____ | _____ | _____         | _____        |
| _____ | _____ | _____         | _____        |
| _____ | _____ | _____         | _____        |

How did you hear about us? \_\_\_\_\_

Make Checks Payable to: PRAIRIE STATE ROAD RUNNERS

Mail to: P.O. Box 293, Channahon, Illinois 60410-0293

### CLUB MEMBERSHIP WAIVER

*I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running and volunteering to work in club races including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Prairie State Road Runners and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.*

SIGNATURE (Parent of guardian if applicant is under 18) \_\_\_\_\_

DATE \_\_\_\_\_

Visit our website at [www.psrr.org](http://www.psrr.org)

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



**PACESETTER**  
May/June 2015

Prairie State Road Runners

P.O. Box 293

Channahon, IL 60410-0293

PRAIRIE STATE ROADRUNNERS



WILL COUNTY, ILLINOIS SINCE 1975  
WWW.PSRR.ORG

From Will County's Running Authority



Mail to:

Empty rectangular box for mailing address.

Empty rectangular box for postage stamp.