

THE PACESETTER

March/April 2023 † Volume 48, Issue 2

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

www.psrr.org

Climbing out of Winter. Worlds biggest snowperson in Bethel, Maine in 2008. Note, that pine trees are used as arms!



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

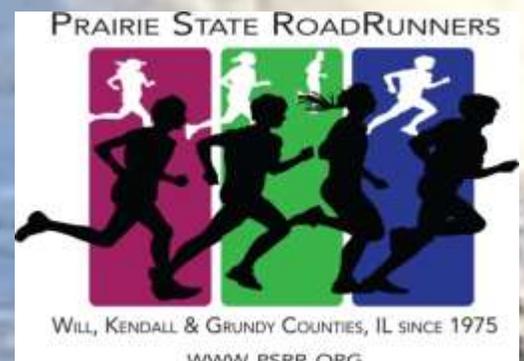


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Click here to join PSRR!

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

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

UPCOMING CIRCUIT RACES AND EVENTS

March

Sat Mar 4th Manhattan Irish Fest Parade 5K [Race Website](#)

March 26th Shamrock Shuffle, Chicago - [Race Website](#)

April

April 23rd Champion of the Trees 10k, Lisle - [Race Website](#)

Next race

May 13th Quarryman 5k, Lemont - [Race Website](#)

ACKNOWLEDGMENTS

Thanks to all who contributed. The pictures and stories on our facebook page help us document our activities. Keep it up!

If you want to report on races, book reviews, your training or anything else you would like to share, please send an email to John Steinmetz (johnsteinmetz4@gmail.com)



BULLETIN BOARD

What keeps sheep up at night?

Velcro Fences.



Some members are planning hikes. What is your next adventure?

- Susan Marie Weber The Dove Mountain trails in Tucson (Marana).
- John Steinmetz The Wisconsin Ice Age Trail in Late April into May.
- David Musgrave The Shawnee National Forest
- Darcy Welsh The Appalachian Trail and hikes Bays Mountain 3 miles from Bob and Darcy's home. **Bays Mountain Park features over 40 miles of beautiful hiking trails that cover most of the 3,750 acres of the park.**
- Vera Olson Ericson Hiking the Trail Du Mont Blanc in July with a group of people.
- Susan Marie Ericson Hiking in the Tucson area

Shawnee National Forest



Trail Mont Du Blanc



The DNA Parade One Mile is on March 12th!

For great cross training at a low cost, join up with the Inwood Blue Tides Masters Swim Team. Includes swimmers, triathletes and PSRR members. Contact John Steinmetz PSRR for details or email Molly Hoover at mhoover@jolietpark.org. The training sessions are M-W-F 5:45 AM, Sat. 8 AM and T-T 9:30 AM and 6:00 PM. \$5 per session capped at \$35 per month.

Letter from the Editor



By John Steinmetz

The Winter season is leaving us as we get into some competitive events. The competition at the top is heating up as some fast people have joined the club. This edition of PSRR Newsletter is coming out just before the Irish Fest 5k. Mark Walters is doing another great job pulling this race together. Thanks Mark and thank you for the volunteers.

This newsletter hopefully captures our clubs experiences and provides a little entertainment. I truly believe that our members can provide entertaining and informative articles to make future newsletters better. We have had great articles in the past from some of our members. Thanks Amy McGoldrick., Mike Auld., Mark Bowman, Javier, JT and others that contributed last year.

I believe supporting our race directors is super important. I would propose giving up to a circuit credit to those who contribute articles of one to three pages long to the Newsletter. Articles may cover anything of interest to the PSRR members. You decide. I personally like to hear how accomplished runners achieve their success. I really enjoyed Mark Bowmans 100,000 mile article. Amy's article on running the hills of Europe was amazing. I learned form JT's training and Boston experience. I'm hoping people share their through hiking experiences and how the training impacted their running.

Circuit credits for articles is a board decision. Board, what do you think?

Your editor,

John Steinmetz

CLUB EVENTS

[RESULTS](#)

[RESULTS](#)



Kankakee Winterfest 5k, Feb. 5th

PSRR showed up in full force for the 38th running of the Kankakee Winterfest 5k on February 5th. We had at least 40 runners/walkers participate with many members picking up awards. The weather was exceptionally delightful with a 45F temperature and sunny skies. The winds from the west were the only damper to the first PSRR circuit race of 2023.

The Kankakee Running Club took the time to post videos of each runner's finish. Click on each of the RESULTS links above to check it out! 2023 new members that ran at the 5k were: John Collet, Mary Beth Casarez, Charlene Hamann, Tracy Graal-Smith, Jamica Barcus and Robert Reiter.

John Collett took 3rd overall and garnered 1st in the PSRR Age Group Standings. Traci Ethridge took 1st was the first female finisher and Clark Anderson took the Male Master's 1st place finish and 4th overall.

Pictured below is our pre-race group picture and some of our award winners.



CLUB EVENTS

RESULTS



Kankakee Winterfest 5k, Feb. 5th

More Pictures!



Above, Dan Bullock with Diana Sorich and Dan finishing his 5k. To the left, Lesly Williams with some bling, Mark Walters with friend and Mary Beth, Traci, John and Tom. Finishing their races below are Mary Beth Cesaraes, Clark Anderson, John Collet (lower left) and Charlene Hamann (lower right).



CLUB EVENTS

RESULTS

Frosty Five, Channahon, IL - November 12th

Turned out to be a great day for the 2023 Frosty Five Mile Race on Saturday, February 11. Almost 50 members completed the 44th annual running and not a hint of frost was in sight. Thank you to all who participated and thank you to all the awesome volunteers. Attached is a short video for your viewing pleasure.

<https://www.youtube.com/watch?v=AK5SXIbyjQQ>



Sunday Funday



Notable Accomplishments

2nd place in AG for Vickie Walker at the Usole 4mile trail race in Schiller Park



Other Goings On!

January 7th Sunday Funday begins again for



A November 11th gathering.



New year's day run celebration.



COACH'S CORNER

How to Run Downhill

By John Steinmetz

Begin the training season running downhill slowly, focusing on foot strike and form. If you are heel striking first, you are running too fast. As your training progresses, you should be able to pick up speed gradually, maintaining good form and landing properly.



2023 Long Run Results
Your Choice Half Marathon/Marathon or Inbetween
Any Day 2023
Anywhere in the World

Circuit race participation will be awarded for a half marathon, full marathon (or any distance in between) of your choice. No points awarded, but if a member were to run 6 circuit races (4 for age 14 & under) and a marathon, that would fulfill the requirement for 7 races (5 for age 14 &

Posted 2/8/2023

<u>Name</u>	<u>Miles</u>	<u>Total Miles</u>	<u>Race</u>	<u>Finish Time</u>
Nydia Beard	13.1	13.1	Charleston Half-Marathon	2:04:03
Mark Walker	13.1	13.1	Charleston Half-Marathon	1:51:47

2023 Long Run Results
Your Choice Ultramarathon
Any Day 2023
Anywhere in the World

Circuit race participation will be awarded for an ultramarathon of your choice. No points awarded, but if a member were to run 6 circuit races (4 for age 14 & under) and an ultramarathon, that would fulfill the requirement for 7 races (5 for age 14 & under) to qualify for a circuit award.

Posted 2/9/2023

<u>Name</u>	<u>Miles</u>	<u>Total Miles</u>	<u>Race</u>	<u>Finish Time</u>
Efrain Huerta	31.0	31.0	Frozen Gnome 50K	6:31:10
Lily Medina	31.0	31.0	Frozen Gnome 50K	5:54:24



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Just run like the Irish until you reach the
2023 May / June issue!