

# THE PACESETTER

November/December 2015 | Volume 40, Issue 6

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

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



**7,815' OF  
ELEVATION GAIN...**  
FROM MANITOU SPRINGS TO THE TOP OF PIKES PEAK

**...AND BACK  
DOWN AGAIN**  
ARE YOU UP TO THE CHALLENGE?



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 photos, articles, error corrections or comments to: [newsletter@psrr.org](mailto:newsletter@psrr.org).

**Deadline for next newsletter is 12/1/15.**

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

# The Pacesetter

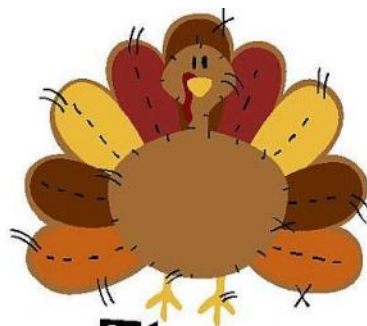
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# Happy Thanksgiving



## 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

### NOVEMBER

Cancel Connection 10k, Utica—November 1, 2015

[Click Here to Register](#)

Red Eye 8K, Joliet—November 15, 2015

[Click Here to Register](#)

Poultry and Pie Predictor, Joliet—November 26, 2015

[No Link](#)

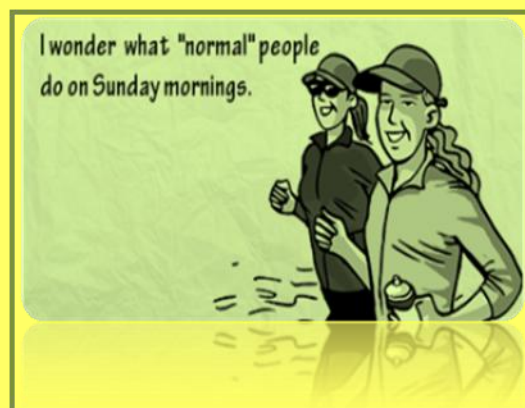
### DECEMBER

No Circuit Races in December

**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—Seasonal
- **Thursday** Group runs from DNA Athletics in Crest Hill. Contact store at (815)588-0908 for seasonal schedule.





# Prez

# SEZ...



BY STEVE KOVEN—PRESIDENT

It's hard to believe that 2015 is drawing to a close! Along with a new calendar year will come our Annual Banquet in late January and a few important organizational changes. The first news I have to share involves my future as President... I will be stepping down at the end of my term in January. I have thoroughly enjoyed my time as President, and it has truly been a rewarding and enriching experience. I know that sounds like standard boilerplate resignation-speak, but it is absolutely true. When I think of what I've learned about running a non-profit organization, what I've learned about people, volunteers, and the various situations one encounters in this role, I have benefitted in ways I never imagined. The experience I've gained in this role without a doubt will help me with interviewing for and being successful in leadership/management positions in my career field. Everything from people skills to communication, writing and public speaking, meeting planning to representing an entire organization. At the time I took on the job, I wasn't looking for personal development, I was merely stepping up to fill a need within the club. Looking back; however, this was the perfect place to learn and hone career skills that can pay dividends down the road.

The good news is, we do have an incredibly qualified successor to nominate for President at our Annual Banquet in January. Mark Bowman has been a club member since I was in diapers, has experienced everything from relays to 5k's to 100 mile ultramarathons, and made a living teaching and training young runners to achieve their best. I have no doubt he will be a wise and inspirational leader for our club, and will be extremely proud to hand over the reins to him at the Banquet this January. Mark has been serving the club as VP of Membership for the past year and will be ready to hit the

ground running in the new year.

It has been a busy year for us as an organization, with a lot of behind the scenes work going on with regards to our club's bylaws. As an IRS recognized 401(c)3 non-profit, and Illinois non-profit corporation, we are governed by a set of bylaws which were voted in by membership in 2005. A lot has changed since then... Our club has grown substantially, we have new and different events, and running is more popular than ever. Our bylaws are two pages long and consist of 18 statements that sum up everything about the organization, from our mission to roles and responsibilities of the board. The bylaws have served a purpose for regulatory reasons, but they are vague at best. Many times, especially when I was new as President, I have wished there was more guidance and instruction in the bylaws. Basic things; like how to conduct an election, what do I need to consult the board on, how often to have meetings, or how to fill a vacancy on the board if someone moves or resigns during their term, are totally absent from the bylaws as currently written. There's a good reason, as the club was much smaller then... But now as the club has grown, its time now to update the bylaws to help next leadership group flourish and be successful. For the membership at large, there will not be any major changes. The bylaws revision is merely us codifying how we've been doing business so there is more consistency through the years as leadership changes and people move in and out of various roles.

This year was a great opportunity to update the bylaws, with Board of Directors consisting of a mix of experienced board members and new faces whom we hope

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will comprise the next generation of senior leadership. We have a diverse and experienced group from various backgrounds. Everything is in place to help set the club on a course for a bright future.

The re-write is nearly complete. We did our best to keep the bylaws simple but informative, so that if anyone is thrust into a role for any reason, they will have a clear understanding of how the club functions and what their roles and responsibilities are. At the same time, we're keeping things open enough so we're not bogged down with red tape. Once the re-write is completed,

the board will review everything and vote on it. Once we have a document we can agree on, it will be submitted to membership for review, and voted upon at our Annual Banquet and meeting.

As the process plays out over the next few months, I urge you to be part of the process and share your thoughts with us. For one, it helps us avoid any surprises at the banquet, and two, it can help us develop a better document that will help the club achieve its goals. Thank you in advance for your participation, and it has been a pleasure serving you as President these past four years!



## PSRR CLUB TRIP

Join PSRR Members at **2016 Zion Half Marathon** on **March 12, 2016!** Stay at the beautiful Cable Mountain Lodge and take in the beautiful scenery at one of America's most stunning national parks!

[Race Info](#)



### ELEVATION MAP

You can see the elevation map below. It looks a little scary, but pay attention to the real elevation gain. It's very gradual (about a 2 feet gain for every 100 yards). Besides, downhill courses are for wimps. 😊



*For more information,  
you can also contact  
Susan Mores at  
[newsletter@psrr.org](mailto:newsletter@psrr.org).  
Hope to see you there!*



NOTHING....



## 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 January/February 2016 Newsletter is December 1, 2015.*** Please don't make me send comments to myself...send yours today!!

***Email to: Susan Mores at  
newsletter@psrr.org***

**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.

**Reminder:** Please send any photos that you would like to contribute to [newsletter@psrr.org](mailto:newsletter@psrr.org). Not only is that the best way for me to keep track of the photos, but it is also your approval for me to post them in the newsletter.

**Thank you!!**







# On the Cover



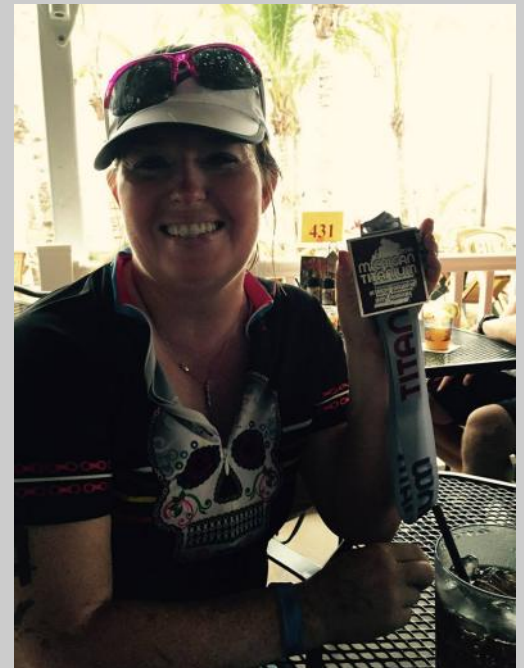
Club Member **Spencer Hopper**, pictured with his son, **David**, at the start of the Pikes Peak Marathon in Manitou Springs, Colorado. Spencer has done the Pikes Peak Ascent Half Marathon twice and the Marathon 4 times. That includes 2011 where he ran the Double (Ascent on Saturday and Marathon on Sunday). His brother, **Matt Hopper**, has Doubled 3 times and this year was his 14th run up the mountain. Club members, **Jerry and Mary Raino** also ran the marathon this year. Congrats to all !!



Congratulations **Mary Jones** on your PR at the  
**Full Michigan Titanium Triathlon!**

2.4M Swim + 112M Bike + 26.2M Run = **AMAZING!!**

*Way to go!!*



# Meeting the Challenge on Pikes Peak

By Newsletter Editor, Susan Mores

**B**ack in 2007 when I was looking for a new challenge, I came across a marathon with a description that went something like this: *"Your legs, lungs, heart and mind will be worn to a ragged nothingness; what little air remains can't satisfy the endless stream of zombies hoping only to survive their next step – a death march right out of a scene from Dawn of the Dead; trees don't bother growing above a point on the course because they can't – making one wonder if trees are smarter than runners."* Hmm... Well, now you have my attention!

This description was found on the website for **The Pikes Peak Marathon**, which takes place each year in Manitou Springs, Colorado. The ascent portion of the marathon is a 13.32 mile climb to the summit of Pikes Peak with an elevation gain (start to summit) of almost 8,000 feet. The start is at 6,300 feet in Manitou Springs and the turnaround is at 14,050 feet. After the turnaround, the descent is made by simply running back down the mountain to the starting point – 26.21 miles in total. *Putting that into perspective, the Sears Tower is 1,450 feet tall. That equates to almost SIX times up and down the tower.* However, what makes the Pikes Peak course even more challenging is that as you approach the summit, oxygen supplies continue to diminish by up to 43% when compared to that at sea level. There are also large rocks and rugged terrain to deal with. That year, Sergio Arreola (PSRR Club Member and Hall of Famer) joined me in running this marathon.

Our adventure began when we arrived to Manitou Springs 6 days before the marathon in order to acclimate to the change in altitude and train on the mountain. On our first day there, we strolled around charming downtown Manitou Springs familiarizing ourselves with the area, and at one point, I struck up a conversation with a man sitting outside on a bench who told me that he and his dog climbed **"The Incline"** that morning. When I asked him what that was, he pointed to a clearly visible carved out trail on the mountain, which he described as a onetime railway that cut steeply up the side of Pikes Peak. He went on to say that everyday numerous people venture out there to take on the approximate 3-mile climb. Excited by the prospect of a new challenge, I later pointed out **"The Incline"** to Sergio and the next morning we ventured over there to test our endurance on the mountain.



Training day on the mountain with Matt Hopper directly behind me.

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Well, we promptly realized that “The Incline” was more of an arduous stair climb over rocks and railroad ties instead of a run. I also noted that what the gentleman in downtown Manitou Springs neglected to tell me was that “The Incline” had many false summits. Several times, just when I thought we reached the top, we were confronted by yet another endless staircase cutting further up the mountain. Unsure if there if there was ever an end to this thing, I began to wonder if somehow I had entered into the twilight zone! Once we reached the top, we spent a few moments admiring the beauty and scenery surrounding us – it was simply captivating! From that point, we picked up the legendary **Barr Trail** and ran 4 miles down to our car where we took great pleasure in our first major milestone on the mountain.

Subsequent days were spent training on the mountain with our two friends, PSRR Club Member **Spencer Hopper** and his brother **Matt Hopper**, who were competing in the Ascent the day prior to our marathon.



Training day at the summit of Pikes Peak with (L to R) Spencer Hopper, Kathy Arreola, Sergio Arreola, Matt Hopper and myself.

Race day quickly rolled around for Sergio and I and we were greeted by sunshine and temperatures in the low seventies. With the sound of the gun, the race started and the ascent up the Barr Trail on Pikes Peak began. The scenery was magnificent and I continued to ascend up to the 10-mile marker noting my time at 3 hours. At that point, we were moving just past the timberline which I



Nearing the turn-around and summit of the mountain

found fascinating – one minute we were in a lush forest, and then almost instantly we were surrounded by nothing but rocks. I was pleased with my time at that moment thinking with just 3 miles to go until the turn-around, and at my current pace, I should be to the summit within an hour. However, when I looked up, I saw an endless, single file line of people moving very, very slowly most likely from exhausted legs and the limited supply of oxygen. *It's the zombies, I thought!* It was a grueling 1-1/2 hours of traversing the rocky sections of the trail and stepping up through 15 of the 16 Golden Stairs (16 pairs of switchbacks (32 switchbacks in all) that meander through the large boulders to the top) before finally reaching the half way point – the summit.

At the summit, I was now 4-1/2 hours into my race with fatigued legs, and the hearty supply of animal cookies, M&Ms and pretzels offered at the previous aid stations

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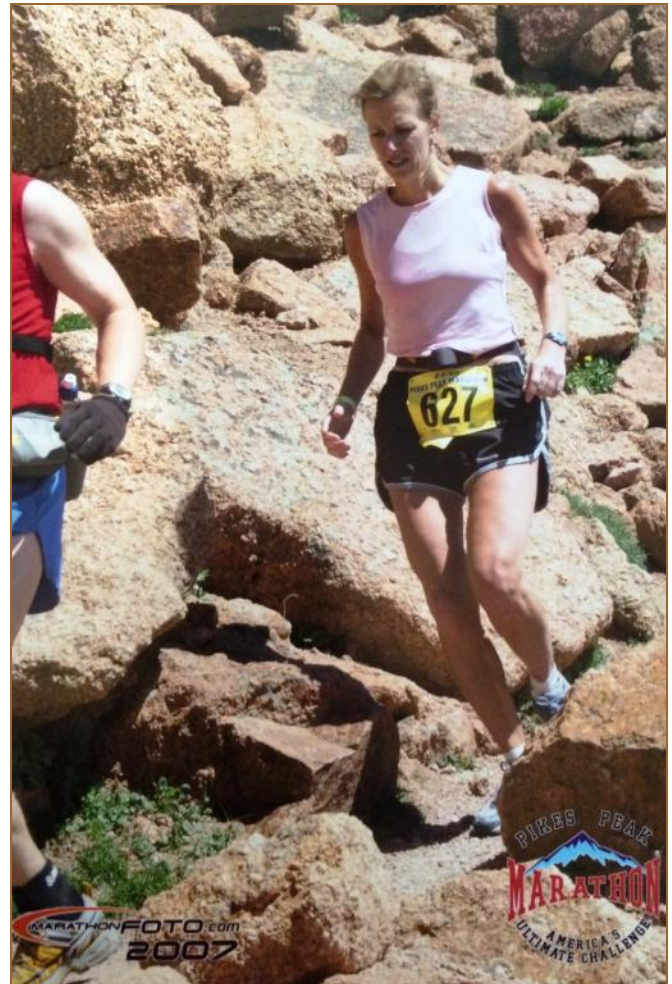


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no longer satisfied my overwhelming craving for food. At this 13.32 mile mark, *I crammed a half of banana, a couple of orange slices and a countless number of Jelly Belly's into my mouth while wondering how on earth I was ever going to get down from this mountain!* Yet, to my surprise, I was quickly revitalized from my much needed sugar fix and found running the entire descent to be exhilarating! I was feeling fantastic cruising along back down the Barr Trail for approximately 12 miles with only just one tumble over a rock or tree root...still not sure what I tripped over.

The final mile of the race was down Ruxton Avenue in Manitou Springs, and unlike any of my other marathons, that mile was by far the easiest and my strongest. It was on asphalt so the surface was level and footing was no longer an issue, the field was thinned out, and it was straight downhill. At that point, I passed a man from Ohio that I met earlier in the race and I encouraged him to finish with me. We ran together for about a quarter mile and then he decided to walk to the finish – I continued on and it was great seeing Sergio and Kathy Arreola cheering me on near the finish.

The Pikes Peak Marathon was certainly a unique experience and I can now understand how it got its moniker – America's Greatest Challenge. No other marathon has ever presented me with such a test of my physical and mental endurance and strength. Reflecting back on my overall experience on the mountain, I concluded that the



Feeling refreshed while descending the mountain at mile 14

description I came across earlier that year was a tad bit embellished. However, I think it goes without saying that the mountain did take my breath away in more ways than I ever could have imagined!



The Incline—A must-do on your Bucket List !!

# The Long Road to 100 Miles



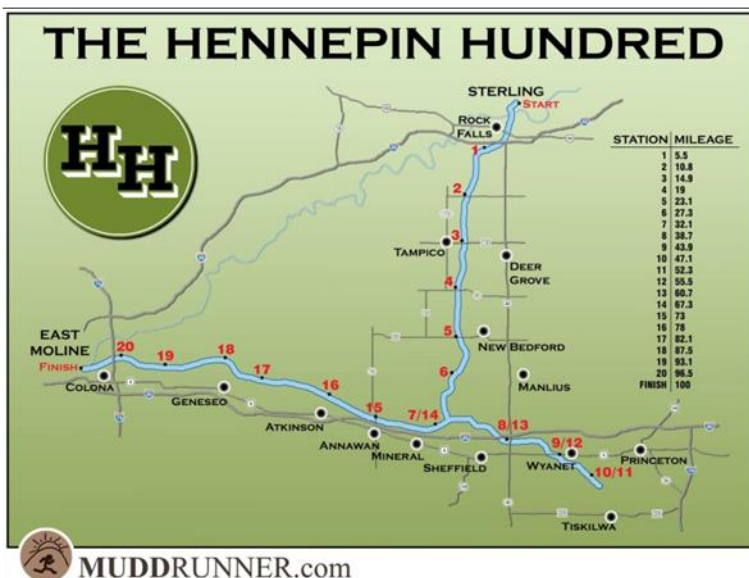
By Club Member, Mark L Bowman

So, here I am on the trail heading west into a beautiful sunset. It would be dark soon. Although I am starting to slow down a little and my feet are aching, I am still moving forward at about a ten and a half minute per mile pace. I am between Aid Stations #14 and #15 at about mile 71 when I get a sharp pain from my little toe on the left foot that brings me to a standstill. Both my little toes have been bothering me, the right since about mile 20 and the left from about mile 50. But as I've kept going, they have reached a kind of numbing effect. I know it is blisters, but you just have to bear it. This new pain feels different. It feels like the toenail might have actually ripped off. I tentatively try to walk, and the pain tends to recede the farther I go until it is back to about what it was before, but I am concerned. I still have two miles to go to the next aid station where we can have a look. I try to focus on everything that has got me to this point.

I finished up my training in good health with my last long run three weeks before race day and managed a pretty good taper, although tapering always drives me a bit batty.

## Final Stats

Week of Run	Total Miles	Long
August 16	75.5	16.1
August 22	93.1	32.4
August 30	53.8	15.1
September 6	25.6	8.1



## Pre-Race

It turned out that I was joined to go to this race almost at the last minute by Mark Clark, who decided to try his hand at the 100 even though he knew he wasn't totally ready and had a weak achilles. But with the type of course Hennepin was, he wanted to get some experience for the future. With my crew (my best friend, another Mark), the three Marks headed west to Colona, IL, Friday afternoon, where the 100 would finish. We checked into our motel by the Quad Cities Airport, laid out a bunch of our supplies, packed drop bags, and headed out to the finish area and packet pick-up. We found the finish easy enough, but I messed up thinking that packet pick-up was at the finish. It turned out it was on the other side of town. We did finally find it just in time for the mandatory pre-race meeting. It was a typical meeting, just going over the rules, safety and answering any questions. It was also the place we had to deliver our drop bags. I had decided to have one at aid station #4 (19 miles), #7/14 (32/67

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miles), and #10/11 (47/53 miles). In the drop bags I had just about anything that I thought I might need, including shirts, socks, jacket or sweatshirts, body glide, Tailwind packets (I had decided to get most of my calories in liquid form), headlamp for the night, etc. As usual, I packed much more than I ever needed. But I always like to be prepared as much as possible. The weather for the race was looking to be exceptional. The start was about 50 degrees, with a high of about 70 during the day and back down to about 50 for the night. Considering that most of the previous week was in the high 80s and by the following Monday, it was supposed to be back there, we really got lucky. After the meeting, I got to meet the RD and then we headed out for our late dinner. We ended up back at the motel by about 9:15, set the alarm for 4:30 a.m. and was in bed soon after.

## Race Day

I actually slept pretty well and woke up about 5 minutes before the alarm. Mark C. drove separately, so he and I left for the finish line where he could park and a bus would take us to the start at Sinissippi Park in Sterling, IL. This allowed Mark K. to sleep in a bit, since he would probably be up all night. He would meet me the first time at aide station #3 (15 miles). If everything worked out well, it would be about 9:30 a.m.- 9:45 a.m. I had set up a timetable with four goals depending how the day went. Dream goal was sub-21 hours, Ecstatic goal - sub-22 hours, Happy goal, sub-24 hours, and Satisfied goal, just finish under the 30 hour cut-off. And I made the final decision to go with my 10/2 strategy.



Arriving at the start with about a 45 minute wait, it was plenty of time to hit the bathroom and relax a bit. Although, the temp was about 50 degrees, as predicted, I tended to be cold even with pants and windshirt. But soon it was time to start. We listened to the Star-Spangled Banner, got rid of the pants, kept the windshirt on and we were off right at 7:00. The first mile or so was on a bike path that ran along the Rock River. We crossed the river on a cool pedestrian bridge and we were now on the Hennepin Canal Towpath. Most of

you are familiar with the I & M Canal Towpath. The Hennepin Towpath is very similar. The major difference between the canals is how much wider the Hennepin Canal is compared to the I & M.



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The Hennepin Canal was constructed from 1892 to 1907. It was the first American canal built of concrete without stone cut facings. Although the Hennepin enjoyed limited success as a commercial and industrial waterway, its construction involved a number of engineering innovations, and its waterway, locks, aqueducts and adjoining tow-path continue to provide a beautiful recreational resource. The towpath provides 156 miles of hiking/biking fun from the Illinois River to the Rock River, including a 104.5 miles of linear park spanning five Illinois counties (Rock Island, Bureau, Henry, Lee and Whiteside).



It took me awhile to warm up, but I finally shed the windshirt after about an hour. A lot of woods along this section of the path made it a very pleasant run. About five or six miles into the run, we had a nice cheering section right on the canal. It was a group of kayakers called the Yak Yak Sisters. It definitely

was motivating. At the first aid station, I had a major surprise. Besides the usual goodies, they had coolers of [Tailwind](#). This meant I didn't have to constantly mix it I with water. The volunteers there were pretty sure that Tailwind would be at the remaining aid stations. This would save me time and hassles. Although, it turned out, not all stations had it.



Things were going smoothly and I met Mark K. a bit before 9:30 a.m. at aide station #3. We exchanged water bottles (I went from a fancy pack bottle to a hand-held full of 'Tailwind') and I was off again. Crew access was limited to only some of the aid stations, so I wouldn't see him again until #7 (32 miles). With plenty of time before I would get there, he waited for Mark C. Mark C. knew he was going to be much slower than my pace, having just jumped into this, but would run his own race.

I continued running my 10/2 and was moving well averaging about 10 minute miles. I had hoped this wasn't too fast. An average of 12 minute miles would get me to the finish in 20 hours, so I was well ahead of that. But I was running smoothly and kept to my two minute walk, so I figured why not. I knew I would not feel any better slowing down. This was the stretch where my right little toe started acting up. The pain got to a certain point, but never got worse, thankfully.

I cruised into aide station #7 a bit before 1:00 p.m. still feeling good except for the toe. There were 20 aid stations in all and many had themes. Aide station #7 (32 miles) was manned by Christmas in July people and was appropriately decorated. Pretty cool. Met Mark K. at this station and he helped me top things off. The mileage to the next aid station was the most in the race, close to seven miles, and being the hotter part of the day, I decided to take both water bottles. It turned out to be a good decision. Although the temp was only up to about 72, the humidity was increasing. And up to this point all the aid stations had Tailwind. Heading out of #7 we now had an out and back



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section. This meant that the aide stations #8, 9 and 10 aid stations were also #11, 12 and 13. No Tailwind at these. I did have a couple of my pre-bagged pouches, so I was able to mix a couple of bottles during the out



and back. But for a good part of this I depended on other nutrition at the aid stations. This was a 35 mile section (17.5 out and 17.5 back). It was during this section we had a couple more themed aid stations. Aide station #8/13 (39/61 miles) was Ten Junk Miles (a very cool running podcast), where I got to meet Scott Kumar from the podcast and aide



sta-

tion #9/12 (44/55.5 miles) was "Mom's Run This Town" with some very interesting signage.

In a number of places the canal widens way out and almost resembles a small lake. It was at one of these places between aide stations #8 and 9 that I really got a boost (and I would guess many others did, too). Heading around a bend there was a group of eople sitting in lawn chairs just having a great time cheering all the runners on. I have no idea where they came from, because it was in the middle of nowhere, but there they were with a couple of coolers, and thoroughly enjoying the show. And



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three hours later on the way back, they were still there. There were also a number of amusing signs along the way. I was able to get a picture of this one to the left.

My 10/2 strategy was still working well for me as I hit the halfway point at about 3:45 p.m. (under 9 hours which would have been a good time for just a 50 mile). Back at aide station #11, I ran into my only problem so far. The drop bag here had my headlamp for when it got dark. The problem was that the drop bags for this station were not here. Somehow they didn't get delivered. I found out from a volunteer that they on their way, but I didn't want to wait. Fortunately, I was running so well, that I might not need it until after aide station #14. Mark K. was at this station and he said he would wait for the bag, grab the headlamp and bring to aide station #14. He also wanted to try to wait for Mark C. who was about two hours back by this time. So on I went on still doing my 10/2 and still on about 10 minute per mile pace.

A unique part of the trail was the large culverts that allowed us to pass under many of the roads. Instead of road crossings and worrying about cross traffic, we could run through these without stopping. But I couldn't help myself when I would run through one. Every single time, I would let out a big "Woohoo" and just loved the echo.

The way back was generally uneventful except that the distance seemed to have lengthened by about three or four miles. By this time the left little toe decided to match the right, but I did make it back to aide station #14 (67 miles) in daylight. I also ran into Mark C. about mile 42 and he said the Achilles was acting up and he would probably drop at aide station #10 (47 miles). Unfortunately, Mark K. had forgotten to grab the headlamp. This was really the only time I got upset during the run. I did have the foresight to stick a small handheld flashlight in the drop bag at this station. It wasn't the best, but it would at least give me some light as I faced twilight. Oh, and the remaining aid stations had Tailwind.



So, back to the sharp pain in the left little toe. After a little while, I was back to running, but at a 7 or 8/2 pace. Eventually, after what seemed like an awful long time, I reached aide station #15. It was a small station manned by only two gentlemen, but I asked if one of them had any experience repairing feet. The answer was no, but they had a first aid kit and would give it a go. It was all I could ask for. He got the shoe and sock off and the nail was still there, but easily had more than one blister surrounding the whole toenail. Still not sure what set off the sharp pain, but guessed one of the blisters must have popped. After draining the remaining blisters, he duct-taped the toe, and managed to get my sock and shoe back on. Mark K. was there with my headlamp and I was ready to set out again. He also told me that Mark C. did drop at 47 miles, but still was pretty satisfied. All in all, it was about a 12 minute stop, easily the longest I spent at any aid station.



I wouldn't see Mark K. again until aide station #18. By this time, it was totally dark. I hadn't seen anyone for the last hour and would only see three more people the rest of the way. Two I would catch up and pass and one that would catch me. It was a wonderfully clear night, and being out in the middle of nowhere with no outside lights, the view of the heavens was magnificent! I haven't seen that many stars since I ran a race at Lake Tahoe. Beautiful! The picture doesn't really do it justice. The only problem was every time I looked up at the sky, I would wander sideways and the next thing I knew I was off the trail. I was back to

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pretty much 10/2 through the next two aid stations, but I was down to 12 minute miles and this nine mile stretch seemed so much longer.

Even though I was slowing down, I was having a fantastic race with a possible sub-19 hour finish. But between aide stations #17 (82 miles) and #18 (87.5) is where I started to break down. Although the wheels hadn't come off, they were getting a bit flat. I had trouble running even five minutes at a time. I was walking more often, but kept it to 1 to 2 minutes at a time. The sub-19 hour was quickly evaporating, but sub-20 was still very achievable even if I was reduced to walking. Met Mark K. at

aide station #18 and he remarked that this was the first time he could see that I was struggling. He sat me down for about five minutes, got me a little food which I had to work hard getting down, and told me to get my butt back out there. It was shame I couldn't really eat because this aid station was called "Breakfast with the Patter-sons" and they had a lot.

The break renewed me a bit and I was able to run a bit more, but by mile 90 all I could do was walk. It was a good brisk walk, but I just couldn't get the knees up for actually running. I guess you could call it kind of a half walk/half run type of forward motion. I never got sleepy the whole race, but I did have a few hallucinations during this stretch. I swore I saw an actual dinosaur at one point, but it turned out to be a tree over the trail. The worst ones made me move from one side of the trail to the other because it looked the trees/bushes were reaching out to grab me at times.

Sub-20 hours now seemed to slipping out of my grasp, but I kept powering on. If you remember, my dream goal was sub-21, I couldn't complain if I was over 20. I still deeply wanted that sub-20, so I kept pushing as hard as I could. It was all mental by now. Running a 100 miles with a one as the first digit of your time is incredibly significant. With about two miles to go, the trail turned into a paved bike trail leading into Colona. This made it a little easier and I even managed a little bit of running for about 30 seconds at a time.

Soon, I could see the lights of the finish area, but it seemed to take forever to get any closer. Finally, I was close enough to see the clock. It looked like it was at 19 hours and 59 minutes and counting. I was about 100 meters from the finish and somehow I was running, but I was afraid it was too little too late. The clocked clicked over, but then I realized it had been at 57 minutes, not 59. Yeehaa!!! I crossed the line at 19:58:06. Exhausted, but incredibly pleased. Mark K. was there at the finish and helped me stay on my feet. One of the co-RDs handed me my 100 Miles In One Day buckle and the age group award. Then Mark K. helped me over to a chair by a rip-roaring fire. And as I sat there, the fire felt good, because I was starting to feel chilled. After about 15 minutes, I was feeling cold even with fire, so I told Mark we needed to go. I needed a hot shower. It was about 3:30 in the morning by now. We got back to the motel, showered and hit the bed. With all the aches and pains, I only managed about three hours of sleep.



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It was a good day! If someone had told me at the beginning I would have been under 20 hours, I would have said they were crazy. I ended up 10th overall out of 98 starters, and I won my age group (60-69) by over three hours. Full results can be found at [https://ultrasignup.com/results\\_event](https://ultrasignup.com/results_event).

I would like to thank all the volunteers and spectators for their support at the event. They all did a tremendous job to help us reach our goals. And a special "Thank You" to Mark K. I couldn't have done it without him. He was a tremendous asset.

a year off. I am the assistant Boys Cross-Country coach at Plainfield Central this year. And at our practice the following Monday after the race, my head coach, Matt Clark, and the team surprised me with a cake.

All in all, it was one heck of a day. I felt a sense of accomplishment that doesn't come often in life. It will stay with me for a long time. Although this was not my first hundred finish, I consider it a true milestone in that many people would consider that I have reached the beginnings of old age at 60 years old and I was able to prove that there is still a lot left that a person can still do if you put your mind to it.



**Congratulations on a Great Year  
and Thank You So Much for Sharing  
your Journey with the Club.**

*Way to go, Mark!!*



# Training Tips *By Robyn*

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

**H**appy Holidays, runners! Many of us are kicking off our running shoes and resting on our laurels after an awesome fall running season! The fall brings cooler temps and longer races, and it's a popular time for runners to meet that new distance goal or set a personal record in a half of full marathon. So we are done now until spring, right?

No way! We can't be done! Don't hang up your running shoes just yet! Some of my favorite runs have been the ones when bright sunshine makes a fresh blanket of snow sparkle.

Here are a few tips for winter running:

- Gear will make or break your winter run. Dress in layers, including lightweight gloves and a hat. Experiment with how many layers you need, because you might need more or less than another runner. Moisture-wicking clothing is imperative to keep wetness away from your skin in cold temps.
- Be flexible on pace, distance, and even which days you run. The weather plays a big factor in winter training. A weekend blizzard can stop your long run, and a dangerous wind-chill factor or wet shoes can force you to cut a run short. This is the time of year to run just for the love of it.
- Play it safe. Always be sure to run with at least one other person, if not a group. Carry a phone with you in case you need help for any reason. A simple slip and fall can turn dangerous quickly in cold temperatures with the threat of frostbite and hypothermia.
- Have a backup plan for workouts. Since outdoor workouts are easily derailed, this is the time of year to try a new fitness class or other form of indoor cross-training. One of my personal favorites is grabbing the kids and heading out to the local roller rink for a couple of hours.
- Sign up for a winter race. You likely won't PR, but you're guaranteed to see some beautiful scenery and make new friends too! It's a great time to find a city race on the lakefront because you won't have to share the path with anyone aside from the other runners.



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- One final reason to keep up your running fitness is the 4th Annual Holiday Light Run hosted by yours truly! It's fun, free, and all of your fabulous run club friends are going to be there! Stay tuned to Facebook for more information!

## Nutrition Note

Soup! It's what's for dinner! There's nothing better than a steaming hot bowl of nourishing soup on a cold winter's night. Check out Cricket Baltz's Hulk Smash soup; it's sure to be a hit with the whole family!

- 1 quartered onion
- 3 cloves garlic (or more as desired)
- 3 TBSP sea salt
- 1 medium yellow squash, diced
- 1 medium zucchini, diced
- 5-8 stalks of celery, cut 1-inch or smaller
- 1 small bag baby carrots
- 1/2 cup mung bean (or brown lentils)
- 4 cups split peas



Add all ingredients to a large crock pot. Fill with water, leaving about an inch from the top of the crock pot. Turn heat to high and cook 4-5 hours until it bubbles. Blend everything with an immersion blender until smooth. Serve with crackers or warm crusty bread. This recipe is forgiving, so feel free to add other vegetables you enjoy, just take care not to overfill the crock pot!



## HAND-TIMED RACES



### FINISH LINE ETIQUETTE FOR THE NEW AND NOT-SO NEW RUNNER

By Steve Koven, Club President

I get asked this question every time we put on the Free 5k, and often am asked the same of the Poultry and Pie Predictor: “How can you guys afford to put on a Free (or \$8 in the case of the Predictor) race when almost every other race is \$30?” It’s a question I love being asked, and the answer is simple at first and more complicated when you dig deeper, but one of the biggest factors (besides the omission of the obligatory race tech shirt) is that we time these races by hand. **When you take chip timing out of the equation, you’re no longer padding someone else’s bottom line, and are freer to either raise funds or keep costs low.** We’re dealing with that now as we shop for chip timing for the Irish Fest 5k... It’s inevitable that we chip time that particular race, but it also is very expensive and can make or break a race.

I’ve only been a runner for eight years, but over this time I’ve seen many changes in the sport. The sport has continued to grow and various races have fallen by the wayside and been replaced with others. Runners have a multitude of choices year round, but the irony is that along with the increased competition amongst races, prices have actually risen! Take a minute and think about that. **In almost every other industry**, whether we’re talking plasma TV’s or air travel, **competition leads to more choices and lower prices, but for runners, we’re paying more than ever for our races**, and the trend will only continue. Of course one can argue that a chip timed race offers more accuracy and quicker results, but whether or not this is worth the added cost is debatable... I can get immediate and accurate results using my Garmin with a couple of well-timed button pushes!

It was just a little while ago that the idea of chip timing was something right out of science fiction. A few short years ago, the Poultry and Pie Predictor was timed with popsicle sticks. It took a bit longer and didn’t scale well for the larger event it has become, but it worked well enough and allowed us to bring a fun event to the public at an insanely low cost. **Thankfully a few dedicated volunteers stepped up and created a computerized, manually operated system that allows more runners to participate while keeping costs incredibly low.**


As chip timing has grown in popularity the older methods gradually fell by the wayside and we’ve seen runners’ habits change as well. This is extremely troubling! **We’ve had several instances where runner behavior has affected the results for every single participant who finishes after them...** When you get into multiple instances per

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race it becomes a herculean task to deconstruct a race and figure out who finished where, and nearly impossible considering the need to get results out quickly. In the past few years we've encountered the following:

- **Bandit runners who wear their bib from the previous year.** They crossed the finish line, but since they weren't registered, another runner(s) had two finishing times for their bib number. How do we know which bib the registered runner wore? We don't! So the bandit runner gets a free run, and the runner who paid has a 50/50 chance of getting an accurate time... They might miss out on a turkey or pie! So if you're wondering why the bib number sequences are what they are... Why we did four digits for Irish Fest, or 700's for other races... This is why, to reduce the chance of a duplicate bib via a bandit. Expect random bib numbers from now on.
- 
- **Runners leaving the chute before their bib number is recorded.** This is a big problem! When a race is hand timed, one volunteer will press a button on the race timer every time a runner crosses the finish line. The rest of the volunteers record the bib numbers of the finishers in the order that they finished either by using hand held smart phones, or by pulling the tab at the bottom of the bib and placing it on a series of large diaper pins. Often both ways are used for redundancy. After the race, the list of finishing times is combined with the list of finishers, and results are created. If you leave the chute before your bib number is recorded, you will not have a time. Period. You leave, no time for you! The worst part is, if you leave the chute early, the volunteers recording bib numbers might not see where you were and runners who finish after you have their times affected. Along the same lines, if you do not stay in the chute in the order in which you finished... Your time will not be correct.
  - **Runners not having their bibs visible, or removing their pull tabs from the bottom of their bibs before the race.** If we can't see your bib number, or you remove your tab before the race, we won't know who you are at the finish line and won't have a time for you.
  - **Runners crossing the finish line multiple times, or non-event participants crossing the finish line.** I get it, you convinced your best friend to take up running, trained them and cheered them, and then the big day comes they want you to cross the finish line with them. And it's a great moment for the both of you, but the problem is that it creates issues for the volunteers working the finish line. The person working the timer hits the button once for every runner who crosses the line, whether they see a bib or not. The volunteers recording the order of finishers have to figure out who actually has a bib, if they finished already, and how many "placeholders" to assign to non-participants. This is going on in a matter of seconds and mistakes can happen because the workload is high. So please, if you're in this situation, by all means run them in, but break off before the finish line and let them enjoy their accomplishment solo. When you have 100 registered participants, and 120 finishers, this creates a real problem for timers, and could very well effect the results for your first time finisher friend.

**I don't by any means wish to take away from anyone's fun on race day, but runners do need to understand that their actions at the finish line directly affect each other's results.** There was a time not too long ago when very large races could be hand timed, and there was a certain behavior that was more or less the norm. There were always shenanigans with bandits and the like, but the system was more or less able to handle a few issues if it wasn't out of hand and most participants cooperated. This isn't the case anymore and hasn't been for a while, and with shorter races being the norm (used to be 10k was the standard distance), volunteers don't have much time to

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solve problems and keep up with the steady stream of finishers. **We need to realize that the volunteers working the finish line are just that... Volunteers. They don't get paid and this might be their first time doing this job. Please respect them and comply with their requests. If volunteers are treated poorly by runners they won't come back and we will not be able to put on these events!** (A perfect example of this occurred in the Irish Fest 5k in 2014. A runner angrily berated a police officer volunteering their time to work traffic for the Fest. As word of this encounter moved up the chain of command in Manhattan, we received stiff resistance to holding the race for 2015... No communication for months. We were told that certain individuals were dead set against the race coming back due to this encounter. It took a big effort from Ray Wertelka and I, along with having a few other strong advocates of the race, lots of emails, promises, and butt-kissing... In order for there to be an Irish Fest 5k for 2015. We never did find out who the angry runner was, but they very nearly ruined this race for everyone!)

Our organization is proud to put on several low cost or free races every year. One of the main reasons we are able to do this is because we time these events using “old-world methods” by hand. Please keep the following in mind when running events like this and we can keep them fun for everybody involved:

- Follow all instructions from the Race Director
- Wear your bib visibly on the front of your clothing, and do not alter your bib in any way.
- Cross the finish line one time only. Do not encourage non-event participants to “jump-in”
- Stay in the order you finished while in the chute.
- Do not leave the chute until your pull tab is taken, or your bib number is recorded.
- Do not cross the finish line if you are not registered.
- Be polite to, and thank your volunteers. We can put on a race without an individual runner, but lose a few volunteers and the whole event can come crashing down. One of the most difficult jobs of being a race director is finding volunteers, so please treat these individuals as the precious resource they are!

Thank you and I look forward to seeing you at our next race! I am confident if we turn back the clock to “back in the day” and finish the race like we would have in 1982, we can keep these “old-world” timing methods alive and viable... Providing inexpensive racing for all!









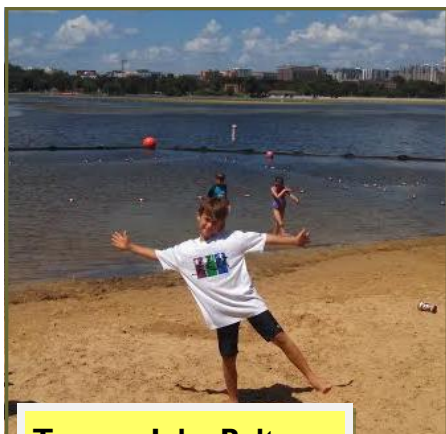
# Travelin' PRAIRIE STATE ROAD RUNNERS!



## *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)—Next Deadline 12/1/15



**Tommy John Baltz** catching some rays and a great view of the capital building at Bernie's Beach in **Madison, WI.**



**Jody Reddell** hanging out at the **Pacific Beach Boardwalk, California.**

**Susan Harper-Kuhel** (with parents and sister) at the Run FORE Cancer race in **Scottsdale Arizona.**

**Jody Reddell (L)** and **Cathy Morman (R)** sporting their PSRR shirts at the Superhero Challenge 5K in **Denver, CO!**



## VACATION GET-AWAY?

DON'T FORGET TO PACK YOUR PSRR GEAR!!







Celebrating birthdays in **NOVEMBER** are James Barry, Larry Bornhofen, Mark Bowman, Ted DeBoer, Nick Garcia, Spencer Hopper, Eileen Hostert, Robert Jungwirth, Gerald Kielian, Craig Koerner, Susan Kuhel, Dick Macknick, Sue McLean, Amanda Moretti, Paul Nette, Carol Stapleton and Gary Westefer

Celebrating birthdays in **DECEMBER** are Tom Baltz, Jenny Blazekovich, Elisa Cherry, Matt Clark, Vera Erickson, Lianne Holloway, Cindy Parks, John Peterson, Debbie Scheckel, Nikki Sikes, Julie Skuturna and Jay Wait

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



# Welcome!

*Bienvenido*

NEW MEMBERS

*Bienvenue*



Rob Kodura  
Mark Nelson

**Willkommen**



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

*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—OCTOBER 15, 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	C		14			20		18	8											
Aguilar, Dan		16		14						13	8		6											
Anderson, Clark	1	2	2	2	C			2	1	3		1	1		2								10	2
Anderson, Rick	3	12		17	C																			
Arreola, Sergio				9						7														
Auld, Michael												6			3									
Bailey, Marne		37	30	45						39		21			13									
Bak, Leo		59		70	C	16	34					42		14								1		
Baltz, Cricket		26	43	63																	C	5		
Baltz, Tom		23					15		25												C	1		
Baltz, Tommy John		21	10	23			12		20												C	1		
Barry, James G.			46																		C			
Barry, James R.		45																						
Barry, Laura				57						54		23												
Bell, Grant		42																						
Bell, Kyle		5		7																				
Blazekovich, Jenny		15		15							9													
Bonacci-Klaeser, Ruth			37	50	C	12				46	31	22			18								216	19
Bornhofen, Larry		11		18	C		7			19	13	12												
Bowman, Jennifer										52												1		
Bowman, Mark		6		4	C			3		2	1	2									C	3		
Brown, Melissa				33	C					30	24													
Brown, Nathan				66						47														
Bumgarner, Robyn		30	20	36							32	41	24								C	1		
Byrnes, Brenda							25																	
Calder, Kate			24	32		6	20					20										1		
Calvey, Colleen			48	64	C							29												
Carter, Clint		13	8	22						12	22													
Cheek, Patty			31																					
Cherry, Becky				5						4														
Cherry, Hannah										15														
Clark, Matt				21			22	11	11												C	1		
Conboy, Jess		9	9	13					6		10			2							C			
Cyplick, Dave		40		38	C		18		13		20											8		
Davidson, Marcia							30																	
Davis, John									7															
DeGrush, Rich				11																		2		

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DeVault, Sharon				62			32			64											C			
Ellison, Howard				44		9			19	35	26		16											
Erickson, Vera															15							1		
Fera, Pat									34	65												2		
Figuieras, Kathleen		44	33		C		26		22	41	33		12	8							C		175	16
Forbes, Anna Marie				69						68														
Forbes, Sean			35	52				13		43		17												
Gabryel, Glenn		52		53							39		25		21									
Goodwin, Kenneth									35				22		22									
Gora, Bill		35								37														
Gregory, Susan		51	41	56					27													1		
Harman, Jim				25						28												2		
Hart, Suzanne		23																						
Hopper, Spencer																						1		
Horvat, John											16													
Hovious, Liz									32	56		27												
Johnson, Jean		18	19				13		14	26	18	13	10		10						C		96	9
Johnson, Jeffrey		20								31	29	19	15		19						C			
Johnson, Karl		46	39	60	C	14	31	17					21		23								191	18
Jungwirth, Robert		4		3		1	3			5		3	4									1	23	4
Kapala, Janet				49						36												1		
Kielian, Galey									15															
Kielian, Gerald							27		23	45	35											1		
Kielian, Jordan									9															
Kielian, Patrick									12															
Klaeser, Pete			52		C	17					43	36			25									
Kodura, Robert												15												
Koerner, Craig			15	30	C					21	15		9		6							1		
Koerner, Patrick J.			23	28	C	3		8		14		10	7		7							2	72	8
Koven, Kelly			42		C			14				35			11							1		
Koven, Reese			7		C			10				30												
Koven, Ryan			18		C			9				16												
Koven, Steven		55												11								9		
Kuhel, Susan		47	38	51	C				29	48	38	25	18								C	1	243	21
Lancaster, April	5																							
Lemke, Lauren		7		10			4					7												
Macknick, Dick																						2		



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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
Manzke, Eva	4				C		5																	
Manzke, Marty Jr	2																							
Martinez, Javier		10	6	12				5	5		2	4											44	5
McFarland, Patrick		38	28	39	C	10	24			38	28		17	9	17								133	14
McLean, Susan			17	27																				
McQuarters, Cathy		41	32						31	55			20								C	2		
Miller, Jim				43	C					32					12									
Minarich, Duane		39	25			7	16	12		33		28									C		160	15
Minarich, Mary Jo		27	13	31		5	10	7		23		40									C		116	12
Mores, Sue																					C	1		
Moretti, Amanda				68						67														
Morman, Cathy		32	22	42	C		19		16	27	17	38		6	8								115	11
Munch, Tamera				6						5	5													
Munro, Kent															24							1		
Munro, Virginia			34		C	11									16							1		
Musgrave, David		36																						
Nette, Paul				19						9					5									
Newberry, Phil		14		20			9				14	C		5										
Orr, Sarah				67						59														
Pirc, Brittany			50							57	41													
Pirc, Tina			26	46						50	37													
Pironti, Jill																					C			
Pironti, Rudolph																					C			
Podolski, Sally		17								17														
Portlock, Caroline		57							33	63												2		
Putnam, Terri		48		58			29		26	49	36	24		10									222	20
Rahn, Eva			4						4		6	8		3								1		
Raino, Gerald		54		41						58														
Raino, Lauren		58								62														
Reddell, Jody		53	40	59	C	13	28		28	51	34	39	19		20								181	17
Reeb, Carol				16						11														
Riley, Benjamin			47					18		69				13								1		
Ruch, Curt										60														
Ruch, Dawn				54	C			15	24	44		34												
Ruch, Julia				48	C			16	21															
Ruch, Spencer					C					42		32												
Sather, Evan		3	3																			1		

# CIRCUIT RACE RESULTS—OCTOBER 15, 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
Scheckel, Debbie	29	16			C	8	17		17	34	23		11										121	13
Scheckel, Harry	22	12			C	4	6		10	10	7		3										52	6
Servi, Tim	19								3															
Sheridan, John	33	27	34							29		14	14											
Sikes, Jeremy				55						22														
Sikes, John			51	61						53		26										3		
Sikes, Nikki												33												
Skisak, Eileen	1	1	1		C		1	1		1					1						C		7	1
Skuturna, Julie	60	49	65		C					66														
Smith, Keith											19	11										3		
Stapleton, Carol							21		18	24	25		13		9									
Starling, Mary	43		35							25	21			7										
Stephenson, Liz			21								30													
Tatroe, Terri	34		40							40												1		
Thompson, Bob							33																	
Underhile, Clinton	28	14	29				11	6		16	12	9										1	96	9
Wait, Jay	49	36	47							61	40		23									2		
Walters, Mark	25	11	24				8		8	18	11	31	5	4								2	65	7
Warren, John	8	5				2	2		2	8	4	5	2	1	4								17	3
Warren, Judith	50	44				15						37									C	1		
Weisfus, Stella			45											12										
Wertelka, Raymond	56				C				30		42											6		
Westefer, Gary																						1		
Wojtkiewicz, Paul			8					4			3											1		
Zemaitis, Nicole	31	29	37				23				27				14									

\*\*\* [CLICK HERE FOR AGE GROUP STANDINGS](#) \*\*\*

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

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

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

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

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)	8/13/2015	45
12	DNA Athletics/PSRR Free 5K (Crest Hill)	8/16/15	34
13	Shorewood Scoot 5K	9/12/2015	28
14	Ashley Can Half Marathon (Bourbonnais)	9/13/2015	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

**2016 EARLY RENEWAL/NEW MEMBER RATES** (Dues paid for year 2016 if joining after October 1, 2015. Special Discount rates expire Jan 1, 2016.)

**INDIVIDUAL** \_\_\_\_\_ ~~\$48.00~~ \$15.00    **STUDENT** \_\_\_\_\_ ~~\$42.00~~ \$10.00    **FAMILY** \_\_\_\_\_ ~~\$26.00~~ \$20.00

**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)





November/December 2015

## PACESETTER

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: