

# THE PACESETTER

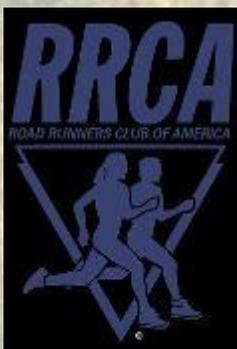
MAY/JUNE 2021 ☿ Volume 46, Issue 3

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

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



MARCH CIRCUIT RACE RUNNING O' THE GREEN GROUP PHOTO



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



# PRAIRIE STATE ROAD RUNNERS – The Pacesetter

MAY/JUNE 2021

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

Volume 46, Issue 3

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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](http://www.rrca.org) and is a defined 501(c)(3) organization under the RRCA charter.

# PRAIRIE STATE ROAD RUNNERS

## UPCOMING CIRCUIT RACES AND EVENTS

### MAY

May 7th                      Fierce Fiesta 5k                      [Race Website](#)

### JUNE

June 25th                      Summer Solstice 4 Miler                      [Race Website](#)

### JULY

July 3rd                      Morris Liberty 5k                      [Race Website](#)

July 15th                      Sundowner 5k                      [Race Website](#)



*"Running allows me to set my mind free. Nothing seems impossible. Nothing unattainable."*

— Kara Goucher, Olympic long-distance runner

## ACKNOWLEDGMENTS

Thanks to Eva Manzke for the fitness advice and showing us her inspirational tattoo. Much gratitude to all for their tattoo article submissions. Diana Sorich, who already does absolutely tons for the club, is also owed major kudos for writing the Carmel road trip report. And to the ladies of the 2021 training project who are so brave as to let us follow the ups and downs of their running lives: thank you, thank you, thank you.

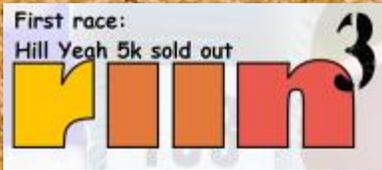
—LH

# BULLETIN BOARD

 **Jackie Skrobot**  
 April 30 at 12:41 PM · 🌐

Hey my PSRR friends I am an ambassador for honey stinger.....I have a discount code for 30% off all their products. The code is good until May 31st. They have a new hydration line out that is pretty good. I personally like the waffles and energy chews! The code is hydratefriends

Knock knock.  
 Who's there?  
 Runner's high.  
 Runner's high who?  
 Runners high if they be payin' \$150 for a half-marathon!



## Sundowner 5k

July 15 | 7:00p | Pilcher Park  
 \$35 pre-reg thru June 30 | \$40 July 1-14 | \$50 race day

Inwood Run Club rates available

## Red Eye 5k

October 24 | 7:30a

 **Darcy Welsh** shared an event  
 May 1 at 2:36 PM · 🌐

Please consider supporting this cause. Trevor was one of the most amazing students I had the pleasure of teaching. His death was a tragedy. <https://fb.me/e/2aiYzdxO6>



SAT, AUG 7 AT 8:30 AM CDT  
**1st Annual Trevor Till Memorial 5K Run/Walk**  
 Seneca High School 307 E Scott St Seneca IL

Interested

Club member [Christina Heidrich](#) emailed me about this:

### Event Description:

The Pace & Pedal Perimeter Challenge is a 36+ week virtual challenge in the state of Illinois that runs from Earth Day, April 22, to December 31, 2021. SOLO entrants or TEAMS of up to 10 virtually run and walk or bike the full perimeter of the state of Illinois (1268 miles), the half perimeter (634 miles), or the quarter perimeter (317 miles). SOLO entrants and TEAM captains post their runs/walks or bike rides on the interactive virtual challenge results platform, where they can see their progress/team's progress on the Leaderboard. The maps are Google-enabled.

This new challenge is a 100% eco-friendly event, as we "Take Big Steps Toward a Smaller Footprint."

The companion Pace & Pedal Perimeter Challenge Guidebook will profile organizations in Illinois that are doing impactful environmental work. Participants can also attend free monthly webinars featuring noteworthy individuals.

### Link to Event Information:

<https://illinoismarathon.com/.../pace-pedal-perimeter.../>

As I am happy to eager to engage others in healthy, fun, activities, I wanted to be sure to share this with PSRR!

Knock knock.  
 Who's there?  
 Gatorade.  
 Gatorade who?  
 Gatorade another runner at the Everglades Marathon; they really should move that race somewhere else.



Knock, knock.  
 Who's there?  
 Orange.  
 Orange who?  
 Orange you glad I didn't show you my toenails?



**By Mark Walters**

### **Kudos to all I&M Canal Spring Clean Volunteers**

Sixteen volunteers came out, and we got to right work cleaning our assigned section of the I&M Canal Trail. With **Kricket Baltz** leading, our large group split and headed in opposite directions at the Walnut St overpass. Although the trail was relatively litter-free to start with, our teams still filled several large bags full of trash. One interesting artifact retrieved, was the half-corroded, steel shell of a Pepsi Cola can from 1973. Besides volunteer credit, each one who signed the in-kind form will receive a voucher for a complimentary boat ride on the replica canal boat appropriately named *Volunteer*, which is located at Lock 16 in LaSalle. The list of volunteers has been provided to our club statistician for volunteer credit. Thank you all!

### **Reminder for Non-Circuit Races**

For the current year you may earn circuit credit for races that are not listed on the circuit. As mentioned above, up to three (3) races may be claimed. To do so, you need to **report your participation** in any qualifying event. Send an email to [statistician@psrr.org](mailto:statistician@psrr.org), and include: 1) race name and distance; 2) race date, place (location), and time; and 3) and either a screen copy of your result or other proof of finish, or your participant bib no. and weblink to the race results.

### **Special Consideration for Long Races**

Your non-circuit **half marathon, marathon, or ultras** can count as 'choice' races, however you may want to apply the mileage to the 'Most Miles' registry. The same race cannot count for both circuit credit and toward race mileage. When you notify the statistician, please also **indicate how you would like your race credit applied**. Refer to the '2021 Circuit Rules' posted on our website for more information.

### **Virtual Race Results**

Under our current circuit rules, non-circuit races that are done as virtual runs are not recognized for credit. However, circuit races that offer a virtual option and are completed within the timeframe of that race can be claimed. As with timed non-circuit races, you must self-report. In this case: 1) race name, 2) date of completion, and 3) date of report. For half marathon or longer distance events, report the same for mileage credit.

## Champion of Trees 10K Recap

This race was the 4<sup>th</sup> circuit race, and the 2<sup>nd</sup> such event on the circuit that was held as a two-day event. A total of 28 members participated in the timed events, surpassing the previous high mark of 20 member participants, set in 2017. If you completed this event virtually, your name would not have appeared among those participants listed in the timed results. So that is why you need to self-report. Please follow the guidelines given above. Congratulations to all finishers, regardless of how you did it!

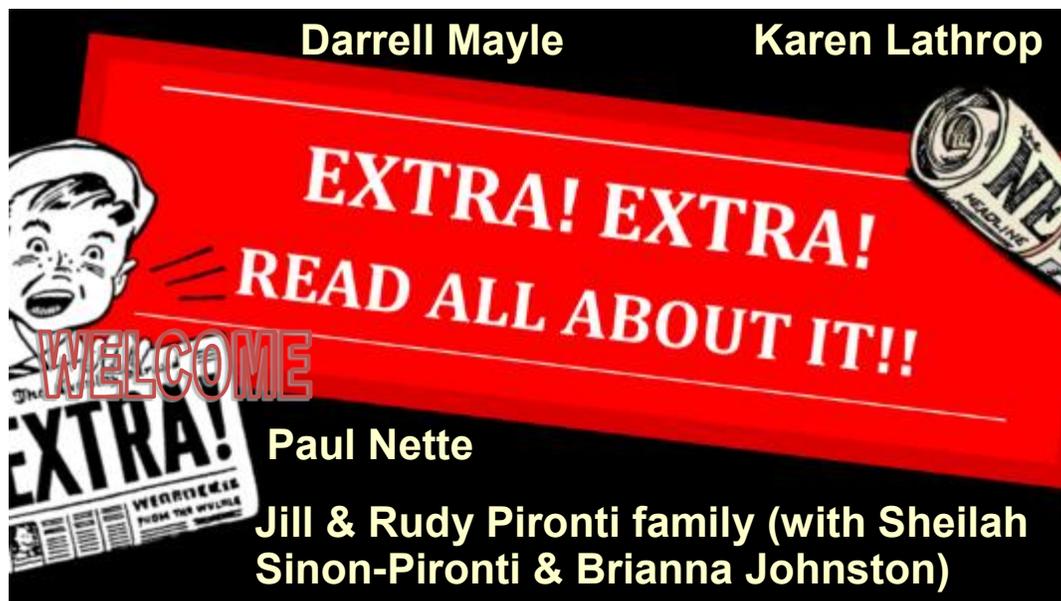
## Upcoming Races

Minooka's **Summerfest 5K** has been postponed until September 4. So next up is the Yorkville **Summer Solstice 4-Mile Run** (Friday Jun 25). This will be followed by the **Morris Liberty 5K** just seven days later! Both Solstice and Liberty are offering a virtual option. Links to register for both races are posted on the website: <http://psrr.org>

## Save the Date!

Our annual club picnic is planned for **Sunday June 6**, 10am - 2pm at Kerry Sheridan Grove, McKinley Woods in Channahon. We will have more details soon, so mark your calendars!

## **NEW MEMBERS and REJOINING MEMBERS**



**Darrell Mayle**      **Karen Lathrop**

**EXTRA! EXTRA!**  
**READ ALL ABOUT IT!!**

**WELCOME**

**Paul Nette**

**Jill & Rudy Pironti family (with Sheilah  
Sinon-Pironti & Brianna Johnston)**

**WELCOME WELCOME WELCOME**

# IN RUNNING NEWS...

In March, Runner's World magazine caught up with the six Americans on our Olympic Marathon Team. In Becky Wade's article *"The U.S. Olympic Marathon Team Is Eager to Race,"* she found out how they've been faring since the pandemic began and what their thoughts are regarding the upcoming summer events in Tokyo. Excerpts from that article follow:



[https://www.gannett-cdn.com/presto/2021/03/02/PHX/0ca7ae9d-3d68-4194-9e23-50ac025d2135-Olympic\\_marathon\\_qualifiers.jpg](https://www.gannett-cdn.com/presto/2021/03/02/PHX/0ca7ae9d-3d68-4194-9e23-50ac025d2135-Olympic_marathon_qualifiers.jpg)

ATLANTA, GEORGIA - FEBRUARY 29: (L-R) Molly Seidel, Aliphine Tuliamuk, Sally Kipyego, Jacob Riley, Galen Rupp, and Abdi Abdirahman pose together after finishing in the top three of the Men's and Women's U.S. Olympic marathon team trials on February 29, 2020 in Atlanta, Georgia. (Photo by Kevin C. Cox/Getty Images) Kevin C. Cox/Getty Images

## ALIPHINE TULIAMUK



“Olympic Trials champion Aliphine Tuliamuk offered the running world a much-needed jolt of joy (not to mention a huge surprise) when she announced last December that she was expecting a baby girl in January. Unsurprisingly, her pregnancy dictated most of 2020, which she calls “a roller coaster.” Now that her baby is 2 months old, Tuliamuk’s return-to-running plan has officially begun. (Since the delivery, she’s been cross-training and strength training to prepare her body for a safe return.)

Although she’ll spend this spring getting back into training, Tuliamuk hopes to run a race or two this summer so that she doesn’t go into Sapporo, where the Olympic marathon will be held, cold. In the meantime, she’s dreaming of the Olympic race “and doing things that no one can imagine that I’m going to be able to do—even myself,” she says.”

## MOLLY SEIDEL



“No member of this team has taken bigger strides in the last year than Molly Seidel, runner-up at the 2020 Olympic Trials, which was also her first marathon. She lowered her marathon PR to 2:25:13 in London last October, and her half marathon PR twice, ultimately clocking 1:08:29 in Atlanta in February.

She also signed a contract with Puma, which allows her to continue training under coach Jon Green and split time between her home in Boston and her high-altitude training base in Flagstaff. Seidel calls 2020 a “cool opportunity to get this full extra year of experience,” and says that, at this point, she’s now had more consistent training than she’s had in years. She says, “I’m going in with the mentality that I’m not there to be a spectator. I’m there to compete and I’m there to run the gutsiest race that I possibly can.”

## SALLY KIPYEGO



“Sapporo won’t be Sally Kipyego’s first Olympics, but it will be her first wearing a Team USA uniform. Since earning a silver medal in the 10,000 meters in the 2012 Games while representing Kenya, she became a U.S. citizen and gave birth to a daughter, both in 2017. For her, this last year has been all about laying low, maintaining a baseline level of fitness, and entering her Sapporo buildup feeling healthy and fresh.

Kipyego has been riding out the pandemic in Kenya, where her and her

husband’s families live and where she’s found the virus easier to avoid than in the United States. “We’ve gotten a lot of help from our family,” she says, “and that has made it possible for me to train the way I really would like to train to be an elite runner.”

Come June, she’ll be all in on the Olympics, and her goals are clear. “I’m trying to get myself in 2:20 or sub-2:20 shape,” she says, “and I think if I’m in that kind of shape, then my chances are pretty good at medaling.”

## GALEN RUPP



“Two-time Olympic Marathon Trials champion Galen Rupp has been hibernating in Portland since last year’s Trials—a race he says he feels fortunate to have gotten in. It’s been his longest stint at home with his family, which includes four kids ranging from two to six years old, and he’s pleased with his fitness at this point.

Rupp has now had a year working with coach Mike Smith (director of cross country and track and field at Northern Arizona University) under his belt, and he has nothing but great things to say about their partnership. “He’s really just done an unbelievable job” of blending familiar workouts with new ones, Rupp says. “I couldn’t be happier with the way things have worked out and where things are going.”

When asked about his goals, Rupp, who has silver and bronze medals from the 2012 and 2016 Olympics, says, “I want to win. There’s no ifs, ands, or buts about it. That’s definitely my goal.”

## JAKE RILEY



“As kind as 2020 was to Jake Riley—he made his first Olympic team in February and inked a deal with On Running in July—it also dealt him some tough blows. In addition to the global shutdown and Olympic postponement, Riley suffered from hamstring and peroneal pain after the Trials, and found it took him longer to get back into the swing of training than he expected. In late June, he returned to racing with a series of low-key, virtual competitions: a team challenge

between his team (T.E.A.M. Boulder) and Northern Arizona Elite, a 5K against 2016 Olympian Jared Ward, and a virtual running of the Bix 7 road race.

Until he’s vaccinated, Riley will stay within driving distance of his home base of Boulder. More important to Riley is showing up in Sapporo ready to roll. “I’m going with the expectation that I need to be in shape to run a pretty significant PR if I want to have any chance of making my mark,” he says.

## ABDI ABDIRAHMAN



“Although Abdi Abdirahman’s Olympic experience runs deep—Tokyo will be his fifth go—a lead-in like this one is uncharted territory even for him. Due to a combination of few racing opportunities and then a stress fracture that knocked him out for most of October, November, and December, he hasn’t raced since the marathon trials. For the last two months, Abdirahman has been

rebuilding fitness in Ethiopia alongside Mo Farah of Great Britain and a handful of other international stars. He’ll be there two more weeks before heading back stateside to sharpen up and toe some lines.

Abdirahman says he’ll definitely race before the Olympics, likely focusing on the 10K and half marathon before honing in on his marathon training.

“I just want to control what I can control,” he says. “I want to get as fit as I can and stay healthy. Anything’s possible: top 10, top 5, I don’t know. At the end of the day, that’s why we have races.”

---

ORIGINAL ARTICLE: <https://www.runnersworld.com/news/a35853689/us-olympic-marathon-team-2020/>

INDIVIDUAL PHOTOS: Kevin C. Cox/Getty Images

GROUP PHOTO: [https://www.gannett-cdn.com/presto/2021/03/02/PPHX/0ca7aea9-3d68-4194-9e2a-50ac025d2235-Olympic\\_marathon\\_qualifiers.jpg](https://www.gannett-cdn.com/presto/2021/03/02/PPHX/0ca7aea9-3d68-4194-9e2a-50ac025d2235-Olympic_marathon_qualifiers.jpg)

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The Summer Olympics are scheduled to begin officially July 23 with the opening ceremony and end Aug. 8 with the closing ceremony. Some events, such as the softball and the men’s and women’s soccer tournaments, begin July 21, before the official start of the Games.

Tokyo is the host city, and most events will be staged throughout the Japanese capital. Several sports will be held in other Japanese cities and towns, however. Road cycling, for example, will take place in the foothills of Mount Fuji; surfing will be held 40 minutes outside of Tokyo on the country’s eastern coast; and the men’s and women’s marathons, as well as the race walking events, will take place in Sapporo, which is located 500 miles north of Tokyo.

<https://www.washingtonpost.com/sports/2021/02/20/tokyo-olympics-2021-guide/>

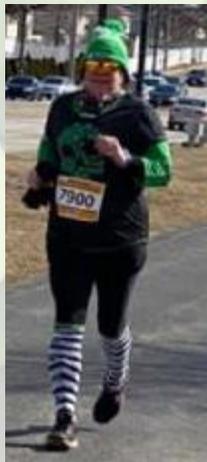
# MARCH CLUB EVENTS:

## Running o' the Green 8k

[RESULTS LINK](#)

7

52°  
23°





21

65°  
34°



"Hey was that a beaver!?" Sunday Funday was a beautiful brisk morning with sloppy joes after and plenty of laughs. 😊



28

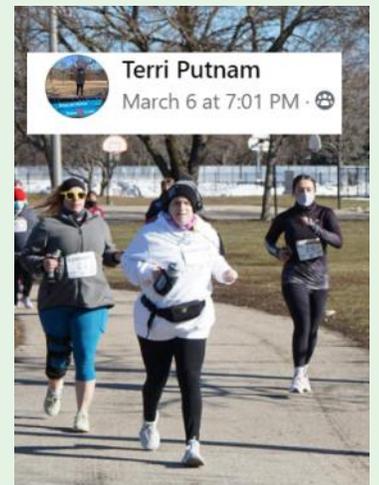
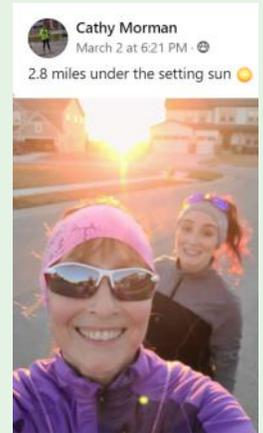
51°  
29°



Sunday Funday 3-28-21! Thank you so much [Rebecca Sheridan Rice](#) [Mark Walters](#) for the delicious corned beef and thanks to [Lauren Raino](#) and [Jerry Raino](#) for the donuts! Thank you all for pitching in and making every Sunday a success.



# MARCH RUNNING





GO	NAME	CITY	TIME	AGE
1	Liz Costa	Channahon IL	763	57
2	Andria Barry	Downers Grove IL	746	58
3	Rosanne Abbott	Peru IL	960	57

Mark Nelson  
March 20  
Ran Lori's Walleye Run 5k with my pacing side kick Liz Siron Costa, who won her age group 🏆. Wonderful weather, even ran into Darcy Welsh and Gary Westefer.



UNSELFIE'D RUN  
The unexamined life is not worth living. RUNNING

-Socrates  
-Diana Sorich

photo credit  
Spiritualcleansing.org

# FAMOUS QUOTES



an ultra  
I never met a man that I didn't like.

— Will Rogers

— Mark Bowman



AZ QUOTES

# CLUB EVENTS: Morton Arboretum Champion of Trees 10k

[RESULTS LINK](#)

The 2021 Champion of Trees 10k was a multi day event spread over Saturday and Sunday, April 17 and 18, to limit crowds due to the continuing Covid-19 pandemic. Thus there was no group photo. Among the participants were club members: Dan Aguilar, Ernesto Antonio, Laura Barry, Nydia Beard, Shelli Blenck, Larry Bornhofen, Mark Bowman, Liz Costa, Dave Cyplick, Glenn Gabryel, Nick Garcia, Lianne Holloway, Toni Johnston, Jane Kiernan, Patrick J. Koerner, JT Markland, Terri Putnam, Lori Quigley, Lauren Raino, Mary Raino, Eileen Skisak, Carol Stapleton, John Steinmetz, Samantha Tezak, Lois Troha, Amanda Wagner, Jay Wait, Mark Walker, John Warren and Judith Warren. Some of this group are shown below:



# CLUB EVENTS: I&M Canal Cleanup



Mark Walters

Admin · April 1 · 🌐



## Spring Clean the I & M Canal Update

Scheduled for Saturday April 10, 10:00am at Moose Island.

I wish to pass along some information we received today:

"The Volunteer In-Kind Form will serve two purposes. Everyone who is listed on the form will be given a voucher for a complimentary boat ride on the Volunteer Replica Canal Boat located at Lock 16 in LaSalle. The second purpose is the I & M Canal Heritage Corridor receives additional funding from the National Park Service for every hour of volunteer work performed on the I & M Canal. "



# APRIL SUNDAY FUNDAYS

11  
58°  
44°



**Diana Gonzalez Sorich**  
Admin · April 11 · 🌍

Sunday Funday. We ran and we waffled around a bit! Thanks to [Rebecca Rice](#) and [Mark Walters](#) for coffee service, to [Raquel Freeza](#) for the awesome birthday cupcakes (delicious—ask Mark's sweet tooth), and [Dave Cyplick](#) for the liquid refreshments. Thanks to all our runners who make my Sunday "Fun" 😊🍌🍌🍌🍌🍌



**Diana Gonzalez Sorich**  
Admin · April 18 at 11:37 AM · 🌍

Another successful Sunday Funday! Thanks to [Mark Walters](#) and [Rebecca Rice](#) for coffee service and thanks to all members who come for running and community—you all make this possible. New friends and old friends coming back home today. It was a good run 😊🍌🍌🍌



18  
62°  
37°





25  
53°  
40°



**Diana Gonzalez Sorich**

Admin · April 25 at 11:05 AM · 🌐

Sunday Funday Dellwood Park Field Trip Edition was a great success! Thank you [Rebecca Rice](#) and [Mark Walters](#) for the excellent egg bites and bagels! Thanks to all who came out to check out the park. See you next week. 😊



Paul Jackson on the bridge

# APRIL RUNNING



Fast Cat 10k/5k Lily and Eileen won their age groups in the 10k, John was 2nd in his 10k age group, and Judith was 2nd in her 5k age group.  
— at Plainfield North High School.



Heather Hall  
April 3 · 📍  
2.7 miles on the 18M.



Susan McLean  
April 3 · 📍  
Virtual 5k with family in New Hampshire.



Shelli Blenck  
April 3 · 📍  
5 in a tank and shorts.....woooooo



Terri Putnam  
April 4 · 📍



Mary Smrekar  
April 3 · 📍  
80 minutes of running from Westshore Park in Shorewood.



Angela DeLeon Freeman  
April 4 · 📍  
Lots of water breaks for Dixie today 🤪



Mark Walker  
April 9 · 📍  
DNA Tuesday



Nick Garcia  
April 11 · 📍  
A steamy 70 degrees night run



Lois Katherine  
April 4 · 📍  
A Easter miles after Shelli Blenck served me a ridiculous amount of food 🤪



Cathy Morman  
April 4 · 📍  
1.2 mile recovery walk, beautiful day! Happy Easter!



Diana Gonzalez Sorich  
April 5 · 📍  
4 on the Arroyo.



“The reason we race isn't so much to beat each other,... but to be *with* each other.”  
 – Christopher McDougall, *Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen*

# CLUB CELEBRATIONS:

## May and June Birthdays

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



<i>Birthdate - Day-Month</i>	<i>First Name</i>	<i>Last Name</i>
1-May	Phillip	Newberry
9-May	Ben	Forbes
13-May	Casey	Koerner
16-May	Darrell	Mayle
	Laura	Loica
	Leslie	Williams
18-May	Levi	Garcia
19-May	Lois	Troha
27-May	Carla	Hutley
29-May	Tom	Podlin
30-May	Amanda	Wagner
	Dori	Arocho



<i>Birthdate - Day-Month</i>	<i>First Name</i>	<i>Last Name</i>
2-Jun	Craig	Raino
	Jason	Miller
3-Jun	John	Sheridan
5-Jun	Gerald	Raino
9-Jun	Elaine	Bottomley
	Terry	Bergin
12-Jun	John	Sikes
13-Jun	Raquel	Frias
16-Jun	Layne	Bumgarner
24-Jun	Angela	Freeman
25-Jun	Kent	Munro
26-Jun	Cathy	Morman
	Stephen	Koven
28-Jun	Kayla	Rice

# HAPPY BIRTHDAY TO YOU!



# CLUB MEMBER STORIES:

## Race Report on The Carmel Marathon races

by Diana Sorich



What happens to a dream deferred? Well if you're a runner and had notions of running a marathon on your actual 50<sup>th</sup> birthday and then a pandemic hits, and then your old lady hip decides to voice her opinion you drop to the 10K. I am pretty sure that's what Hughes had in mind.

In 2019 I signed up for the 2020 Carmel Marathon for my 50th birthday and had several runners coming along for the ride as they also featured a 5K, 10K, Half Marathon and a Marathon relay. Due to covid in 2020 the race was cancelled. A few of us deferred our entry to 2021, some took the virtual option and we picked up some new runners for the 2021 event—which also featured the same events. For the 2021 Carmel Indiana events we ended up with 12 Prairie State Road Runners ranging from the 5K to the Marathon. We had three carpools of shenanigans riding to Carmel for a good time.

I had done live races since the pandemic hit but this would be the first time in well over a year that I would be travelling for a race and I was excited to say the least. I mean---do I even remember how to construct “flat me” in a hotel room anymore? Further—two of our PSRR runners, Cathy Morman and her daughter Rachel Lynch who was 8-½ months along with runner child, would be joining us after having moved to Indiana last summer. It had all the feels. Well—the feels as long as you're socially distant and wearing masks that is.



My Crew Chief, Big P and I set off for Carmel on Friday morning around 9am. Our first stop would be the Pint Room where some of the runners would meet up and have lunch before heading off to the Expo for bib pickup. We had the pleasure of seeing Cathy Morman and catching up with her. She was excited to have us there and tell us about her new run club, Carmel Road Runners, then it was off the Expo. Due to covid mitigations the Expo would be held outside just near the finish of the race. If there is any negative thing to say it was that the lines for bib pickup were long and it was unclear which line to stand in however the volunteers were friendly and bibs were picked up. While at the Expo—we noticed a booth where you could try your vertical jump and see how many pushups one can

do. I have to say—not only do we have awesome runners they can do pushups as a manly Damien Mangabhai pulled out 55 with out a sweat. After bib pickup it was off to dinner at the hotel and an early night in bed for all the runners.

Earlier in the week, JT Markland received an email regarding a “Cheer Zone” along the very beginning/end of the race where clubs could be given space to set up a tent. He sent it along to me and I negotiated an arrangement with my Crew Chief, Big P, to bring his Bears tent so PSRR could have a place to gather for the race as well as drop their bags there. Saturday morning of the race, I along with Crew Chief left the hotel around 6:30am to set up the tent. It was about 32 degrees and a tad windy and felt cold with sun in the forecast—honestly really favorable conditions for PRs and possibly a BQ---FORESHADOWING!!! We tried for a pic of all 12 runners at the start but I wasn’t effective enough at the coordination —I was racing too!

Race start times were 8:00 for the 5K and the 10K, my race was the 10K, and 8:10 for the Half and the Full. All the course distances were loops starting out of the same chute and ending in the same chute with the Full participants passing by the Cheer zone twice.



Becky Rice was the first to come in from her 5k in a 39:19 effort which was remarkable considering she is healing from her ankle

break, so just call her the come back kid. I was next with a 10K time of 1:19:59, not even close to my PR—but I was back in the 12s pace so I will take it for now. It was also my very last race as a 50 year old as the next day I’d mark another notch in that category. Now it was time to settle in the Cheer zone and wait for the others to come in.



Dan Aguilar, 1:33:05, Britni Markland, 1:54:23 and Mark Walters 1:57:11 came in next with Dan and Britni capturing huge PRs and being the first two runners respectively to ring our new PSRR PR bell. I loved Dan coming to the tent and telling us with pure joy “I can’t believe what I just did!” and Britni’s excitement was fun to watch as well! Mark Walters placed 2<sup>nd</sup> in his age group and showed some swagga in his acceptance. Michelle Rowbottom, 2:05:13, Rachel Lynch, 2:39:38, Cathy



Mormon, 2:39:47, Carol Stapleton, 3:04:42 were next in. I noticed Michelle right away as she was wearing her 45 year throwback singlet but it was obvious she was in great pain from her knee and battled her way to her finish like the fighter she is—having to ice her knee at the finish. At 8 ½ pregnant Rachel's determined face was a look of getting it DONE with her Mom right behind her making sure her daughter made it safely across the finish line. Carol as always—was the picture of charm and grace as her smile lit up the chute coming in 4<sup>th</sup> in her AG—so close!

Crew Chief breathed a sigh of relief as “delivered baby at race” was thankfully removed as a possible duty he'd have to complete.

Our tent was lively and loud with the only thing left to do before rewards was wait for our marathoners. Our PSRR marathoners came in as follows, JT Markland, 3:03:18, Damien Mangabhai, 3:36:55, and John Steinmetz, 4:24:42. For Damien-it wasn't the race he had hoped for however he clearly ran a solid race and should be proud of his performance. John ran a fantastic effort and was pleased with his time and certainly earned his rewards. JT's effort garnered him a Boston qualifying time and he happily rang the PR bell with his sweetie by his side who also PR'd in her race.



Overall—this was a great event for our club. I am so proud of all the PSRR runners who ran this race as I was able to see some of these runners work hard and see their progress along the way in preparation for this race. It was wonderful to see the emotions on the faces of our runners as we got back to bigger goal races in person after a long covid shutout. We needed this. We also realized we needed an official PSRR tent where we can show off who we are as a running club. Further—I am looking towards the future as I see this Carmel race as a larger club event where everyone in the club can participate in a travel race as it has a distance for every racer.

All told it was a well run race with the exception of packet pickup that I am willing to forgive. More importantly this race got us back out there traveling to a race post covid and getting our strides back on as individuals and as a club. Oh—and it was FUN! Until next year....





### **CATHY MORMAN:**

Rachel and I ran the Carmel half marathon. Training was a "you never know what kind of run it's going to be" because with Rachel's pregnancy there were lots of factors. We adjusted each run accordingly and on race day (she was 37 weeks) things came together nicely. I'm so incredibly proud of her! (This picture was taken about mile 11.)

### **MARK WALTERS:**

I finished the Carmel Half Marathon and placed 2nd in my AG, earning an 11th anniversary mug.

This race was the day before Easter Sunday, and [fun fact] the date was 4-3-2-1!!

I honestly did not expect to place! I learned this only by stopping by the results tent as we were leaving for the day. Fellow finisher Carol Stapleton prompted me to get a printout of my official time; I had not bothered, as there were nearly 1,400 participants in the half and I didn't think my time was all that good. "You placed 2nd, here's your prize!"

Weather at race start for all events was ideal, in my opinion. The air was cool, dry, bright, and the sun provided warmth! The fact that there were SIX new course records among all races on the day is a testament to this. However, winds picked up during the morning and this impacted the marathon runners more than any others.

This was my first long distance race since January 2020. I really enjoyed the course. Doing the day's events with other members of our club, and knowing that I would see some of them at our club's spot along the "Cheer Zone", bolstered my desire and determination to finish strong and run my best on that day.



# CLUB MEMBER ARTICLE:

## Tips on Staying in Shape and Keeping Fit

by Eva Manzke

All of us at one time or another have fluctuated with either our body shape or fitness levels. There are a few simple routines that can be added to your daily regimen with little or no time. These will not only get you moving, but you will see a difference in both your body and fitness level. These simple ideas are done daily as soon as you wake up and right before you to bed. Once you make these a habit, it will be hard to stop, you will feel the guilt, just as you feel when you did not run for a few days in a row.

1. Wake up and drink 10 ounces of cold water. Just do it, you need it to hydrate and keep your glowing skin.
2. Next, touch your toes and slowly stretch out to a push-up position.
3. Do push-ups. On your knees or not on your knees, as many or as little as you want. (Typically, I do 4x10)
4. Get ready for it.... Yes Burpees. OLD SCHOOL ones with a jump at the end. (Average 15-20)
5. START YOUR DAY
6. You are getting ready for bed. Brush your teeth and stretch it out again into push-up position. (Do what you feel like). Most days this is a struggle. You can get at least 10 in.
7. Dreaded Burpees just one more time.

Now, you make think my goodness, is she serious? Just think that by the end of the week you have done both 100's of sit-ups and burpees. It will help with your upper body physique and total body fitness. Try it this month, I guarantee, you will be stronger on your next run or race.

By: Eva Manzke

NCAA Cross-Country Academic All-American

1500 National Qualifier

Current P.S.R.R

Argo Community High School Head Girls Track Coach

HMS Head Boys and Girls Cross-Country Coach

USATF Level II Coach



# CLUB MEMBER STORIES:

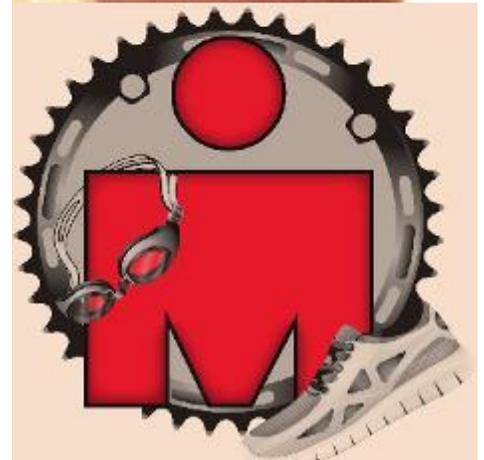
## Our Runner Tattoos

by Scott Lemke, Jenn Craig, Eva Manzke,  
Mark Bowman, Kate Calder, and Nydia Beard

According to scholars, tattooing has been a human custom for at least the last 5000 years (so say the folks at Cambridge University who examined the skin of the tattooed “Otzi the Iceman” found mummified in the ice of the Italian Alps in 1991). They have fluctuated in popularity over time but have become increasingly fashionable in the past few decades. Psychologists say that “among the myriad motivations for obtaining tattoos....the desire to create and maintain a distinct self-identity by controlling one’s appearance is cited as one of the most common reasons.” A 2015 study of college students drew the conclusion that getting inked was a “symbolic way to celebrate relationships with family and friends, to signify personal growth or spirituality, or because they just wanted one.” Ok, so sometimes you just want a tattoo and it doesn’t have a deep meaning. But for runners, a tattoo definitely tells a story. We asked some of our members about theirs and this is what we heard.

### SCOTT LEMKE:

I got my Ironman tattoo (M-Dot as it's known in the triathlon community) after doing Ironman Wisconsin in 2015. I've been a graphic designer since my freshman year of high school, and it took me about 7 months to design my own artwork while I was training for the race. I spent lots of time thinking of ideas while I was out on 6 hour bike rides and 3 hour runs that year, dreaming of that finish line and what my plan was for the artwork. It's very clipart-like, which matches well with my career. This was draft number 35, and yes, I still have every single version. Its fun to look back and see how it evolved. My race was September 2015 and I had the tattoo done that November by a friend of mine, it took about 2.5 hours. Lauren, my wife, also has one: again, Ironman tattoo and she's a chemistry teacher, so it's the Fe symbol with the distances and the IM logo. We saw that one online, and I made a better version of it for her.



## JENN CRAIG:

I got the “Run and do not grow weary” after I finished my first half marathon- I never thought I would be able to run an entire 13.1 miles without stopping, and I was so inspired that I wanted a reminder of how awesome that feeling was.

The other arm is “Nothing is impossible” with the Chicago skyline. I got this one after I ran my first and only marathon so far. Both tattoos have biblical inspired words: run and do not grow weary is part of a bible verse. Nothing is impossible comes from how nothing is impossible through Christ who gives me strength; it is through Him all things are possible.



## EVA MANZKE:

I just have motivational one that helps when running — different spin — it’s my dad’s handwriting When I am sucking air., I look down at my dad’s handwriting...and I’m like “Go...Wimpy!”

## MARK BOWMAN:

I have been a runner for many years now, basically since I was in high school back in the 70’s. After running many races, 5K up through the marathon, I decided to run 40 miles for my 40th birthday. It turned out to be a grand adventure, running from my home in Mokena to my parents’ home in Lemont and back. I had friends and runners that I coached at the time join me for parts of the run. But the best thing about it was that the next day I was able to put in a 10 mile run with just some soreness. After a typical marathon, the next day I would only be capable of what is called the death shuffle for maybe a mile. As a result, I fell in love with races and runs longer than the marathon distance (ultramarathons).



As I started my journey into the ultramarathon world (this being 1995), there was not a whole lot of information about how to run and prepare for them. I did stumble upon a magazine called “Ultrarunning” after a couple of races where I really did not have a clue. It was chock full of race reports and articles on the sport of ultrarunning. But it wasn’t until the advent of podcasts that I really was able to follow and learn about virtually everything about it. I listened to several podcasts on a regular basis and still do to this day. One of my first podcasts I found was the Trailrunner Nation podcast with hosts Don Freeman and Scott Warr. Their podcast has been around of almost a decade now. One of the things that they offered besides the interviews and information, was a temporary tattoo called a Kokopelli (over on the left), which was a symbol that was venerated by some Native American cultures in the Southwestern United States. For 5 bucks, you could get 10 tattoos. The idea was that if you put one on your body facing forward it would help you get through the tough times in an ultramarathon. I just thought they were pretty cool. So over several years, I applied one for each ultramarathon that I ran.

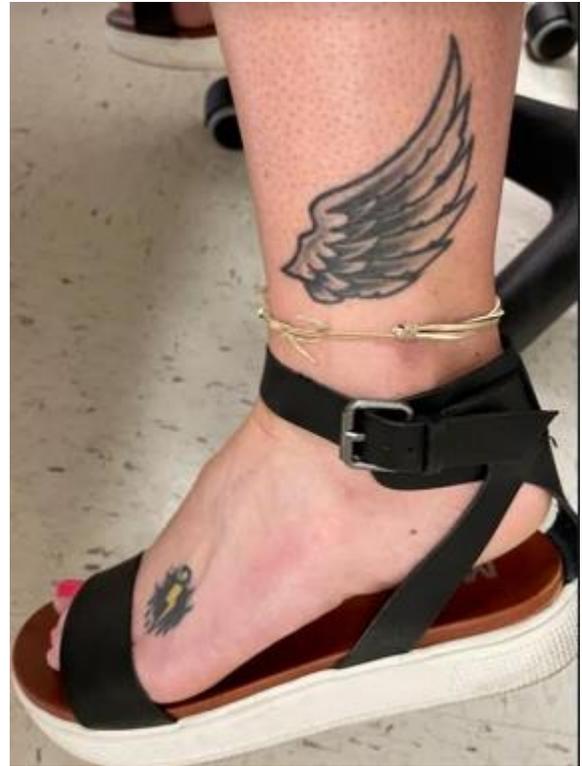
I have three daughters who are now adults and they all wanted and got tattoos. Even my wife has gotten a small butterfly. I always thought that tattoos were silly. But for some reason, the idea of getting a tattoo of a Kokopelli started to grab me. And finally, mentioning it to my middle daughter (Lexie), she encouraged me to get it. She told my other two daughters and them all urged me to go through with it. So at the ripe old age of 58, I decided to do it. Lexie insisted that I should use a tattoo artist that she had used and knew she was an expert and reputable. This was in August and you needed to make an appointment. The earliest I could get in wasn’t until December. So come December, Lexie and her husband drove me down to a little tattoo shop in a nondescript area on the west side of Chicago. And below is what I ended up with.



(continued on next page)

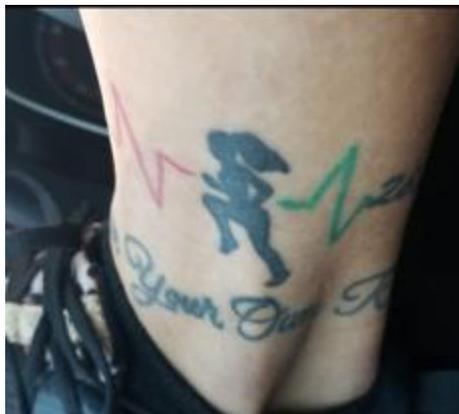
## KATE CALDER:

I waited to get my first tattoo until I was almost 30. I hadn't found anything I wanted permanently tattooed on my body up until that point! In trying to decide what I'd like to get, I thought that since I'd been running for long enough at that point that I would make my first tat a running-inspired design. I had seen little shoe wings (shwings!) attached to running laces before, and thought the idea seemed neat for a tattoo. So, inspired by Hermes, the Greek messenger god with his winged sandals, I wanted a wing on my own ankle. Yes, I only committed to one, and this is the only truly "running" tattoo I have. I do have 9 other tattoos in various locations, including some Simpson's-inspired ones, but as my first, my winged ankle tat will always be a favorite!



## NYDIA BEARD:

I got mine after I ran my first marathon. It just says "run your own race" which is my running mantra, and it shows the distances I've run.



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College Student Journal, Volume 49, Number 1, Spring 2015, pp. 106-120(15)

# CLUB MEMBER STORIES:

## The 2021 Annual Training Project

by Angela Freeman, Heather Hall, Lianne Holloway,  
Laura Loica, Darcy Welsh and Leslie Williams

### MARCH AND APRIL UPDATES

from the PSRR Pacesetter Sisters Ruling the Roads:

Two of us have met their goal for this year's major training effort.

#### ANGELA DELEON FREEMAN:

I finished my first 50 mile race at the Potawatomi Trail Races. I went in with a goal of 12 hours and, knowing I was trained for the distance but not the hills. I finished in just under 13 hours feeling both totally victorious and completely defeated at the same time. The first 2 of 5 ten mile loops were horrible. Everything that goes wrong in an ultra happened. I was able to pull myself together by loop 3 and actually had the best time (both minutes time and the experience) on loops 4 and 5.

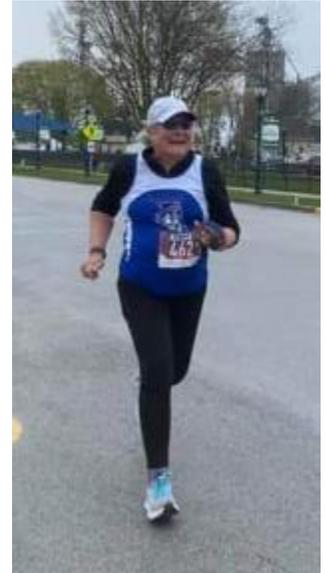
I've spent the time since I finished the race planning new hobbies because I never want to run again and also thinking "if I worked on a,b,c and changed x,y, and z, I could probably finish the 100 next year." I'll wait to see if I regain use of my left leg before I decide. *[Editor's Note: she's already running again LOL]*

Thank you God for blessing me with the gift of running, a healthy strong body, and the resources to chase my dreams including time to train, finances, my support system, and beautiful trails.



## DARCY WELSH:

I've been going to the Tuesday night and Sunday morning runs. I was in my second race Saturday, April 24, the Springfest 5k and placed 2nd in AG, which improved on my time from the first (Lori's Walleye) where I placed 3rd in AG. I'm slowly increasing distance for long runs and am now up to half of a 5K (Galloway method.)



5:57 PM

✕ krrclub.x10host.com/2021/sp...  
krrclub.x10host.com

509	Kathleen Jensen	Harristown IL
462	Darcy Welsh	Channahon IL
428	Debra Walters	Diamond IL
403	Lorrie Simington	Watseka IL



Darcy Welsh is 😊 feeling thankful at Athletico Physical Therapy.

April 29 at 8:40 PM · Channahon, IL · 👥

Yeah! I've been discharged from PT for my knee replacements. It was hard work, but worth the struggles.

With their first goals of 2021 having been accomplished, Darcy and Angie are leaving our formal project but will undoubtedly continue striving and achieving because that's who they are: warrior women of the roads and trails who stare down difficulty then crush it.

**“Whatever it is you seek, you have to put in the time, the practice, the effort. You must give up a lot to get it. It has to be very important to you. And once you have attained it, it is your power. It can't be given away : it resides in you. It is literally the result of your discipline.” — Michael Crichton**

## LESLIE PALMER WILLIAMS:

**March 2021 Update:** I'm still nursing my right foot (tendon) so I haven't been able to run since the Frosty 5 Mile which was going fine for about the first mile then the pain was back. I have been seeing a podiatrist and my next appointment in March 15th.

To keep myself from totally losing my mind and trying to hold onto some of my strength, I have been cross training and using the elliptical (which doesn't bother my foot/ankle but it's boring and I don't like it.) Also I've been walking but it's slow going and that annoys me as well.

I hope to get out there again and I feel like I will need to start all over.

**April 2021 Update:** I think my foot/ankle is hopefully improving. I am still limiting my running mostly because I have been working over time the past 3 weeks and it still gets sore after I run. I haven't ran any races since the Frosty but I signed up for the Fierce Fiesta and thinking about the Hill Yeah but I may do the virtual since it's right after the Fierce. I have not been able to train for the race and I'm not expecting to be my normal "speedy" self. My whole family is actually running the Fierce. It will be Bailey (my 12 yr old daughter) and my husband's first time running a 5k race. Usually just Hannah (my 14 yr old) and I in that race.

I really hope to get this injury behind me and start logging in some miles in May since it's my birthday month. It will be a great present!



## LAURA LOICA:

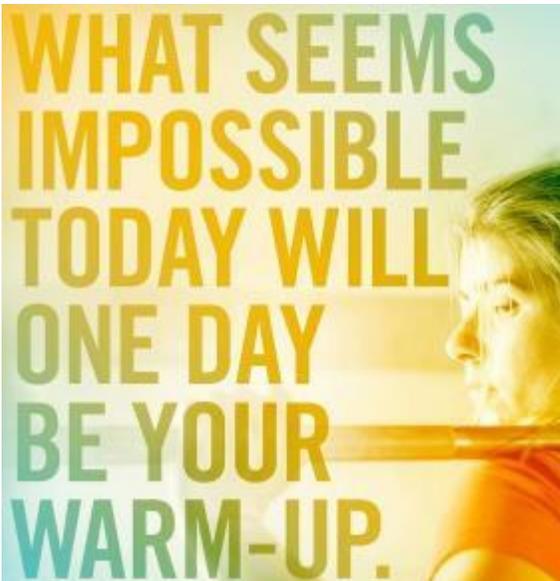
**March 2021 Update:** I have never had so much difficulty sticking with my plans in my entire life, and I blame the stress of the pandemic. Although I have increased the amount of yoga I have been doing (and completed a pranayama course.. yay!), I've had more difficulty adding in



the strength training and my running days have dwindled to a trickle. Also, I've gained quite a bit of pandemic weight so running is way less enjoyable than it was before. However, I am proud of completing the pranayama course. I'm having difficulty focusing on much of anything outside of work, so any progress is something I'm feeling proud of these days. I am joining a squat challenge for April. I think I will just keep trying slightly different ideas until one sticks and I can get back into a great routine.

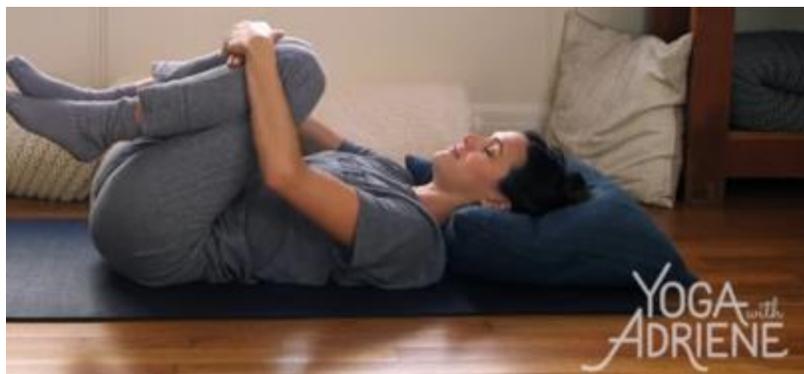
When I began folding running into my life routine, my number of hours of sleep went down. I couldn't find time within my day to run so I started waking up earlier. I know that I need to find a balance and get more sleep. I began tracking my calories through My Fitness Pal. I'm still learning.

Historically, I haven't been a fan of inspirational stuff. Recently, I enjoy the inspirational stuff a bit more. I like the saying that talks about how one day your hard day will be your warm up. If I have a plan, I can stay focused. If I don't have a plan, focus is hopeless for me. I use or create a plan to stay focused.



**April 2021 Update:** I finally "raced." Or, at least I got out there and ran a bit. I know some people have been racing for awhile, but I felt compelled to stay away from anyone outside my immediate family and work "family" until I was fully vaccinated, especially since I work with students.

I am enjoying adding yoga to my running training plan. I think this year is going to turn out to be the perfect year to have done it.



## HEATHER HALL:

**March 2021 Update:** I started January by running 50 miles. I was quite proud of myself since getting up at 4am to work out is not easy. Never seeming to get out of work on time and needing to be out the door to go there by 6am, it tends to be the only way I can consistently get a workout in without the couch taking me over after a long day. I had a good routine of running every other day and had gotten back up to 7 miles on my longer weekend runs. My runs were being done on the treadmill as running solo and early I feel safer just rolling out of bed and making the groggy walk down to the basement. Lets be real, the cold weather didn't help.

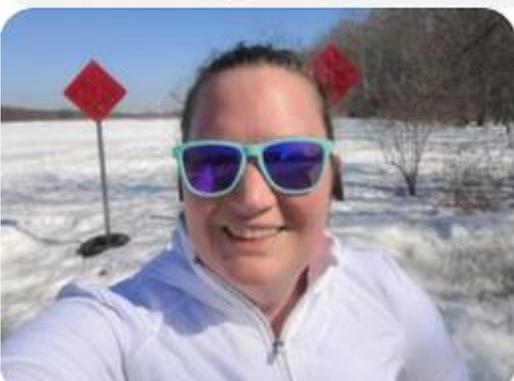
After an episode of piriformis syndrome last year, I decided strength training needed to become part of my routine. I started doing Daily Burn workouts on my non run days. The Daily Burn along with hand weights has allowed me to get some strength training in on my time. The hardest part about working out at home is my dog, Batman. He thinks if you are laying on the floor it is time to play. I saw a video of

Batman wanted to try the booty burn workout



a woman who added dog training into her workouts and plan to try this. I also hope to find some strength classes at a local gym once things open more. I miss these classes and hope I can fit them consistently into my schedule. By the end of the month, I had a routine again and it felt good.

Felt good to enjoy the warmer temps and sun



I started out strong as we rolled into February, sticking to my routine, but things started to slide. Our treadmill started making noises, which had me scared it would just stop in the middle of my run. As I write this in March, we are still waiting for someone to come look at the treadmill. My dad had open heart surgery adding another dog to my already crazy home and a new routine needed to be figured out. We made a trip to Starved Rock to see

the frozen waterfalls and were looking forward to warmer weather and getting back to our weekly woods walks. I logged 26 running miles, which had me disappointed, but looking forward to March, warmer weather and getting back on track. I purchased new running shoes and was ready to go.

I was excited as we moved into March. The month started with warm weather and 2 half days of work, so I decided it was time to hit the pavement. I did not dress for the temps and was

roasting, but felt good overall. This is where things went downhill, quite literally. I started running down hill and felt a pull in my right hip only a little over a mile into my run. I was in quite a bit of pain and had to hobble the mile back to my house. I have never had hip pain come on so suddenly and decided I would take some time to rest. For most of the month I have stuck to walking the dogs and light strength training. I started meeting with my chiro-practor and his massage therapist to try and work on my alignment and the tight muscles in my leg, as this helped tremendously last year.

**Heather Hall**

Started having hip pain after my last run, so have been sticking to walking. My dad had heart surgery last month and we took him along with us and the dogs for some fresh air.



Yesterday's run didn't do good thing for my hip, looks like it's back to walking for me. At least these guys will keep me company, 1.5 miles in the warmth



As we headed into the end of March, I was feeling much better and decided to try a run. This turned out to be a mistake and I am again in a lot of pain. For now, I plan to stick to strength training and walking. In April I am signed up for the Champion of Trees 10k and the Happy Little Trees virtual 5k for the Michigan DNR. I am hoping some rest, massage and stretching will help before then, but am prepared to walk if needed. I am feeling discouraged and unsure

if my body will be able to handle running a marathon. I am working on changing my goal for this year to being able to run pain free and maybe improving my 5k and 10k times. If there is anything 2020 has taught me it's that sometimes you have to wipe the slate clean, face challenge head on and rewrite your plans.

My dad and his dog have been staying with us after his heart surgery and on Easter he ended up back in the hospital.

My hip is getting better, but I'm still holding off on running. With extra stress, I sure am missing it. I have a chiropractor appointment and massage on Monday. The therapeutic ultrasound, adjustment, heat and alive have helped tremendously and I think I will be able to run at least part of the Champion of Trees next weekend. I have been focusing on strength training and am

enjoying my daily burn workouts. Nature walks have also been keeping me going. I have loved watching the changing of the seasons and enjoying the beauty in every stage of change. Hoping to start biking again with the weather getting nicer.

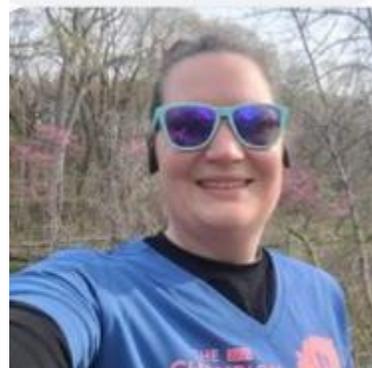
I wish I had a good sleep schedule, as I don't want to get out of bed to workout if I don't get a good night's sleep or enough sleep. To be honest, on most nights I hope I don't fall asleep on the couch and the dogs and cat let me sleep past 3am.

I try to be carb conscious, eating more high fiber carbs and less processed. I don't find it too hard, as I don't crave things like bread and have been eating spaghetti squash instead of pasta long before it was cool. Over all I try to stick to everything in moderation, minimal processed food and allowing myself some treats. I find I'm sluggish and don't want to train when I stray and don't make healthy choices.

To keep myself motivated I set smaller goals. Right now it's increasing my endurance so I can hike to my hearts content when I go to the Shawnee National Forest next month. After that it will be focusing on improving my 5k time before the Liberty 5k. I also keep a gratitude journal and a workout log. Writing down something I'm grateful for everyday has helped me appreciate the small victories and overcome the challenges I face. Seeing my walking miles, running miles, etc. add up keeps me competitive with myself and motivated to exceed what I did the month before.

**April 2021 Update:** It's been slow going here. I was supposed to run the Champion of Trees, but my dad's recent hospital stay was surrounded by uncertainty. Although I was super disappointed about not running a live race, they let me switch to the virtual. My hip was feeling much better, pain free and then I tweaked it a couple days before race weekend. I ran/walked and have been in quite a bit of pain since. I have another appointment with the massage therapist and if it doesn't get better soon plan to see the doctor, as I'm not sure it's just piriformis syndrome any more. As for now it's strength training, walks and yoga for me.

Virtual Champion of Trees



## **LIANNE HOLLOWAY:**

At this point, my most important races of 2021 are the Spartan Beast (half marathon with 30 obstacles) on September 18, the duathlon event in the Naperville Sprint Triathlon on August 1, and Fort to Base 10 Nautical Miles run on August 22. All others are for training or fun.

I bought a Spartan training plan from TrainingPeaks which started on March 15, but I had been warming up to it by re-learning burpees, trying to do some dead hangs from the squat rack in

hopes of maybe being able to get better at the bodyweight obstacles, and by restarting strength training with dumbbells and my weight bench in the basement. It gave me something to focus on when it was too cold outside to run, and was movement back towards the life I knew before my job became all-Covid-all-the-time.

I had ordered a Peloton bike last fall, but it didn't come until February so that's when I started riding some 20 and 30 minute workouts at low tension and slower cadence. I didn't want to jump in all gung-ho because I did that once before in the winter at spin classes and got the most ferocious inner thigh muscle cramps, I could barely walk. Eventually I took their Functional Threshold Power test (with a laughably meager result) so that I could follow the workouts on the May through August duathlon training plan I also bought from TrainingPeaks.



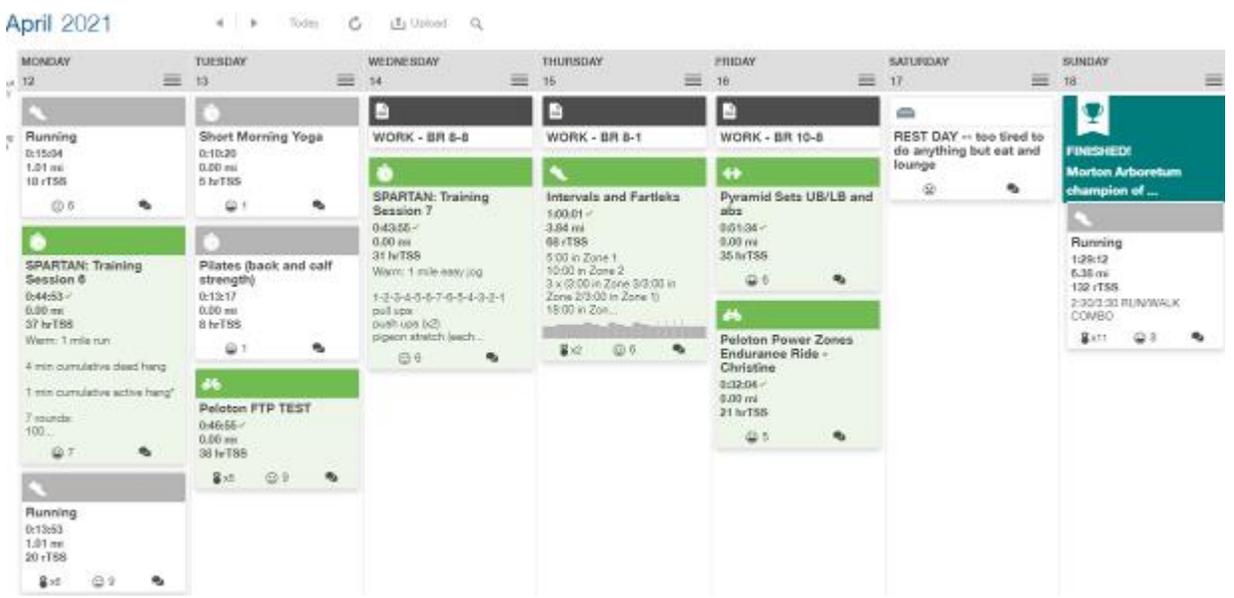
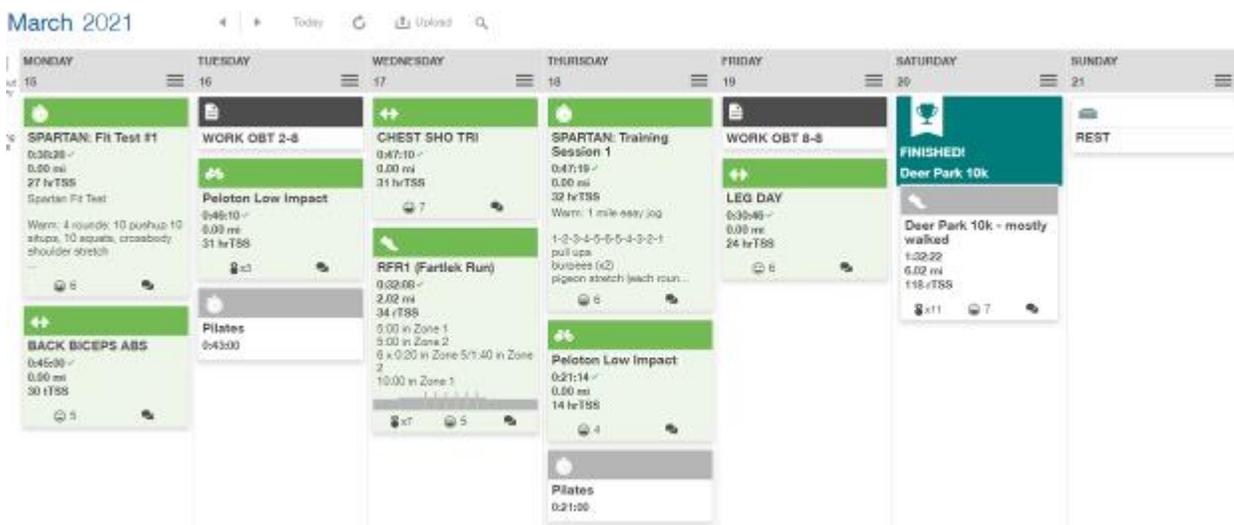
I tried some treadmill work early on but honestly, it's just too hard. I hate it. It's boring. And it screws up my gait. I already have chronic right Achilles trouble and there's something about the treadmill that makes it worse so I didn't run a lot in the winter although I did do some races. The F<sup>3</sup> 10k at the Forge in January was 6.2 miles of mostly walking that didn't hurt me a bit. I think the surface of "soft snow with yak trax on HOKAs" was very foot-friendly even though tough-going staminawise. I did the Frosty 5 on said awful treadmill with more running than I should have done and had pain for 2 days afterwards, so I cut back to shorter runs outdoors only and extended the walk time in my run/walk regimen. Since running is the backbone of all three of my events, it remains my first and most important focus as well as most likely pitfall.

There's something about this burning mental ambition I have and the wonky old chubby body I live in that clash a lot of the time, and I need to take it easier than I want to. I reread Joe Friel's book "Fast After 50" which reinforced the notion that "greedy training" (trying to do too much all the time) ends up causing inconsistency (and thus worse training) because of the injuries it brings on, and is a self-defeating habit. He suggested creating a 9 day week where you work out 7 days and rest 2. I had already started pushing my long runs out to every 10 days instead of every 7, but I hadn't ever incorporated extra rest. I listened to the Audible of that book probably three times over in March and April, just to glean every last message and make them finally penetrate through my thick skull. I still cringe when I hear the words "senior athlete," but I guess I am one, so I know I'd better act my age and not my shoe size if I want to remain a fit and intact Female 65-69 contender this year.

As a result, I created an Annual Training Plan for running with Base, Build, Peak and Race periods, just like a coach would, and planned workouts to accomplish the goals of each period.

Base phase which lasts until May 10, with its mostly long slow efforts combined with strength training and just a smidge of speed and/or hills, is where I have lived these past few months. Instead of my usual 2:30/0:30 run/walk pattern, I started with 2:30/5:00 for the Deer Park 10k in March, then 2:30/4:00 for my subsequent 7 and 8 mile long runs in Hammel Woods, then 2:30/3:30 for the Arb 10k which ended up being a really good outing. I also started leaving 2 days space between runs of any consequence instead of running strong efforts every other day as I had done before. Since the Spartan races are notoriously hilly, I planned for hill training at longer and longer distances throughout Base phase, with the final run of that period coming in Lemont on May 8 at the Quarryman 10 Miler.

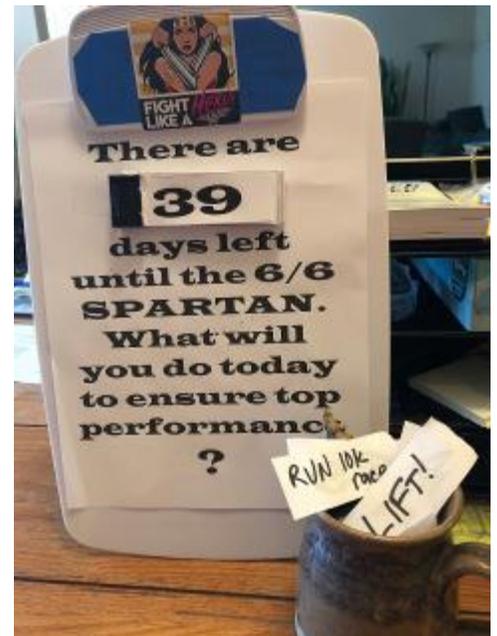
My 10-day training “weeks” in March and April have generally consisted of 3 runs, 3 Spartan workouts (which alternate running with burpees, chin-ups, push-ups, crawls, Farmers carries and other feats of strength), 2 bike rides and Pilates or yoga sandwiched in between them all. At one point, I pulled a thigh muscle doing yoga and had to rest a few days but otherwise, this regimen has served me well. I have a chance to test it all out on June 6 when I do a Spartan Super (10k with 25 obstacles) in Ohio, as a warmup race for the Beast in September.



I've kept myself motivated by making a pull-off calendar on which I write and save daily what I will do to ensure good performance at the race. In reality, the Super itself is probably going to motivate me when I realize how much harder it is than I expected, and thus cultivate a healthy fear of the half.

In a perfect world, I would get 9 hours of sleep every night. I feel awful if I get less than 7, so 8 hours is what I strive for and achieve about 80% of the time.

As for the weight loss portion of this journey, I lost about 2/3 of the weight I'd gained over 2020 by following 1600-1800 calories with at least 110 grams of protein daily. But then my willpower stalled, and I'm stuck at the moment (but will continue trying as intently as my psyche can handle over the rest of 2021). Deprivation and I just don't get along well. And that's the latest for now.



## Why is Sleep Important for Athletes?

For both athletes and non-athletes, sleep is essential for overall health and wellbeing. Everyone needs sleep in order to feel restored and function their best the next day. Other physical benefits include:

- Allowing your heart to rest and cells and tissue to repair. This can help your body recover after physical exertion. Also, as you progress through the stages of sleep, the changes in your heart rate and breathing throughout the night promote cardiovascular health.
- Preventing illness or helping you recover from illness. During sleep, your body produces *cytokines*, which are hormones that help the immune system fight off infections.

All of these restorative effects are important for athletes' recovery and performance.

## How Does Sleep Affect Athletic Performance?

Both increased quantity and quality of sleep helps athletes improve performance in many areas related to the demands of the sport.

- A Stanford study of men's basketball players who extended their sleep to 10 hours a night found several positive outcomes. The players ran faster in both half-court and full-court sprints. Their shooting improved by at least 9% for both free throws and three-point shots. The athletes also reported improved physical and mental well-being.
- Male and female swimmers who extended their sleep to 10 hours also saw many performance improvements. Reaction times off diving blocks were faster, turn times were improved, and kick strokes increased. Times swimming a 15-meter sprint also improved. Additionally, these athletes experienced improved mood and decreased daytime sleepiness and fatigue.
- Varsity tennis players, male and female, who increased their sleep to at least nine hours also performed better. The accuracy of the players' serves increased significantly from about 36% to nearly 42%. The players experienced less sleepiness as well.
- Other studies of female netball players and male soccer players have demonstrated that sleep hygiene education helps athletes increase their overall sleep time. This adequate sleep before a competition is likely to encourage top performance.

# TRAVELIN' PSRR

CANADA



Mike Auld at the Kentucky Derby



Lori Cunning Quigley at Disney Yacht/Beach Club



Mark Walker and Nydia Beard in New Jersey

MEXICO

Gulf of Mexico



# 2021 Circuit Results

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

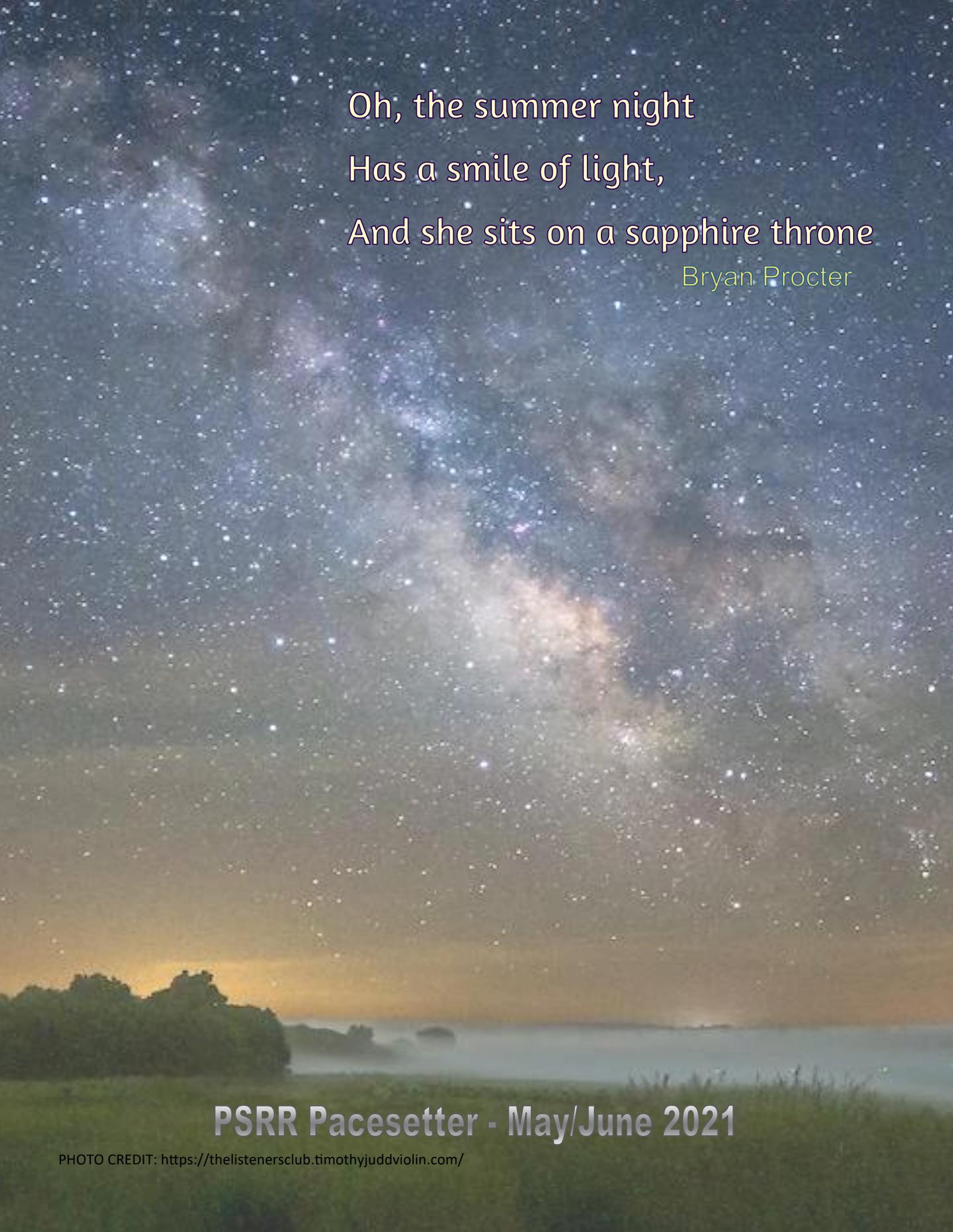
Updated 4/25/2021

## CIRCUIT STANDINGS

Runner	1. F 3: The Forge 10K	2. Frosty 5 Mile	3. Running O' the Green 8K	4. Arboretum Champion of Trees 1	5. Fierce Fiesta 5K	6. Summer Solstice 4 Mile	7. Morris Liberty 5K	8. Sundowner 5K	9. Parkies Famous 5K/10K	10. Bolt BBQ 5K	11. PSRR Free 5K	12. Minooka Summerfest 5K	13. Hare & Tortoise 5K	14. Hidden Gem Half-Marathon	15. Shoop Scoot	16. Plainfield Harvest 5K	17. Forte 5K	18. JJC 5K	19. Gobbler Hobbler 10K	20. Poultry & Pie Predictor	Choice Race #1	Choice Race #2	Choice Race #3	Volunteer Credits	Circuit Score	Circuit Ranking
Pasillas, Michelle		35																								
Pociask, Natalie		37	33																							
Putnam, Terri	31		35	29																	C	C	C			
Quigley, Lori	14	19	18	19																						
Raino, Gerald	25																									
Raino, Lauren	29	44	38	27																						
Raino, Mary				14																						
Ralls, Erin																					C					
Rice, Kayla																										
Rice, Kelsey																										
Rice, Rebecca		45	37																		C			2		
Rowbottom, Michelle	12	13																								
Scheckel, Debbie			22																							
Scheckel, Harry																										
Sheridan, John																										
Sikes, Jeremy																										
Sikes, John																										
Sikes, Linda																										
Sikes, Nikki																										
Skisak, Eileen	1	1	1	1																						
Skrobot, Jackie	8		19																		C	C				
Sorich, Diana	28	42	36																							
Stapleton, Carol		28	24	22																					1	
Steinmetz, John				5																					1	
Tezak, Samantha	32	38	39	30																						
Topf, Stephen		21	25																							
Troha, Lois		30	28	15																						1
Vanderploeg, Danielle																										1
Wagner, Amanda				25																						
Wait, Jay				20																						
Walker, Mark		15	12	12																	C					
Walters, Debra		41																			C	C			2	
Walters, Mark		5	10																							1
Warren, John	2	3	2	2																	C	C	C			
Warren, Judith	27		33	26																	C	C	C		1	
Welsh, Darcy																					C	C				
Williams, Leslie	17	20																								2
Williams, Hannah		36																								1
Williams, Bailey																										1

Unsolicited positive message received 3/29/21 via the 'Contact Us' link on our club webpage:

"Hello! I was reminiscing about my first running races back in the day and remembered that one of my first races was the Prairie State 10-miler in New Lenox back in 1989. I've been running ever since then and was pleased to see that this club still exists. Just passing a note along to let you know that it was the race that started 30+years of running for me. Have a great day!" - Chris Hedges Mokena, IL



Oh, the summer night  
Has a smile of light,  
And she sits on a sapphire throne

Bryan Procter

**PSRR Pacesetter - May/June 2021**

PHOTO CREDIT: <https://thelistenersclub.timothyjuddviolin.com/>