

THE PACESSETTER

July/August 2017 | Volume 42, Issue 4

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



**The Pacesetter is for
Runners, Walkers, and Fitness
Enthusiasts
of ALL abilities.**



PRAIRIE STATE ROAD RUNNERS

RUN ALL THE RACES!!!



PACESETTER

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Weekly Club Events

- **Sunday** run with the Breakfast Club at 8AM on the I&M Canal towpath/Channahon State Park. Breakfast follows at Lалos Bar and Grill at approximately 10 AM.
- **Thursday** Group events with DNA Athletics in Crest Hill. Contact store at (815)588-0908 for seasonal schedule as some events are on various days.



Dues

Individual Memberships are \$18.00 per year
Family Memberships are \$25.00 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
 Join online [here](#)

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

Send your articles, error corrections or comments to: [Judith Warren](mailto:Judith.Warren@psrr.org). Visit our website at psrr.org.

On the cover:

Kendall County Sweetness 8k—
photo courtesy of Tiffany Pearl
Photography

UPCOMING CIRCUIT RACES AND EVENTS

July

July 3—Liberty 5k
Morris IL

[Register Here](#)

July 20—Sundowner 5k
Pilcher Park, Joliet IL

(See John Warren by July 2nd to receive discounted PSRR rate)

[Register Here](#)

August

August 10—Firefly 5k
Channahon IL

[Register Here](#)

August 20—DNA/PSRR Free 5k
Registration Coming Soon!



Membership dues must be current in order to earn circuit points



Prez

SEZ...



BY MARK BOWMAN
PRESIDENT

Trails

Get out on the trails. All of you who run your typical 5Ks, 5 Milers and 10Ks, you really need to expand your running experiences. If you have never tried it before, you don't realize what you are missing. Don't get me wrong, there is nothing bad about road races or training on bike paths and the like. It is just that you are only getting part of the joys of running. There is so much more than the pavement. And I know many of you may be thinking "But he does ultramarathons. I could never do that." You don't need to do any of those extreme distances to enjoy the trails. You don't even need to run a trail 'race'. Experiencing trails might take a bit more effort. You probably will have to travel a little bit to get to one. But it will be well worth it. Running on dirt, limestone, or grass is so much easier on the body. Fortunately, most of us are easily within a short drive to one or more. A lot of you are familiar with the I&M Canal Towpath which is a wonderful running route but is pretty much a straight, flat route. You may be missing the variety of hills, winding paths, and changing surfaces that really good trails have.

Some great area trails are:

- Waterfall Glen, just outside of Lemont.
- Bullfrog/Maple Lakes in Palos
- Swallow Cliffs in Palos
- Saw Wee Kee Park in Yorkville



If you are willing to travel a bit further there are great trails at Starved Rock near Utica, Kennekuk Cove County Park near Danville, Kickapoo State Park also near Danville, Rock Cut Park outside of Rockford. And the Ice Age Trail in Wisconsin is only a couple of hours drive.

I'm sure there more that I am not familiar with. The point is to take that step and enjoy nature at its finest.

May all your runs be fun!

Mark



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 Sept/
Oct 2017 Newsletter is
Aug 25th***

Please don't make me send comments to myself...send yours today!!

Email to: [Judith Warren](#)

Are you on Facebook? Did you know there is a page exclusively for PSRR members? Come join us to discuss upcoming races, training, etc. Search for "PSRR Member Page" on facebook.

Got something to say? Ran a great race? Found a new amazing running product or toy? Let us know!!

Please remember that your Prairie State Road Runners membership must be current to receive circuit credit in 2017. Renew or Join us [here!](#)

Thank you to all who have contributed photos to this issue! This included Mark Nelson, Jody Reddell, Tina Pirc, Clinton Underhile, Mark Walker, Diana Sorich, Mike Auld, and Cathy Morman among others.

See what happens if you don't send in Travelin' pictures? You get a photo page like page 21.



River to River Relay 2017

BY CLINTON UNDERHILE

Many races are known for their great post-race party. The River to River experience is almost a non-stop party. The packet pickup and informational meeting features free beer, camaraderie, and a brief exchange of race information. Participants line the halls of hotels with cold beer and bottles of Jameson's. It is rumored that some participants forgo sugary race fuels for a mysterious beverage which is high in carbohydrates and hops.

Yes, The River to River Relay is a race. Time and records are kept. Runners know their times and try to beat past results. Like our group in 2013, there are teams that start late and have to race to beat the sunset in order to be official finishers. All of this is true, but River to River is much more of a social experience than it is a race.

2017 marked my return to this event. Overtraining before and after my inaugural experience in 2013 left me with a torn tendon in my foot and inflamed tendonitis in my knee. I missed an entire year of running while recovering and was resigned to a future of non-competitive running. I certainly did not expect that I would ever again brave the elevation changes of this race. I will tell the rest of that story another day. Today, I am glad that my prognostication was wrong and that I was invited to rejoin TBIFF.

The weather was the big story for 2017. The greater Cobdon area of Southern Illinois is typically much warmer than us northerners are used to in the spring. This was not a typical spring. The forecast called for rain and temperatures in the low 50's. The weather impacted the start of the race and we were not able to make the climb to the traditional start area off of Muddy Levee Road due to fog and poor road conditions (insert your own ironic statement here). This meant that Mike Auld didn't get the opportunity for a speedy start down three miles of twisting hills. Mike decided to stay in his pajamas for the first third of the day.



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We arrived to transition area 2 to start the relay. While the rain put a damper (pun intended) on the socializing among teams, we did still have some fraternity with other teams as we arrived and waited our turn. One particular highlight this year was the addition of another team from our small, unofficial local running club, CMRCC. It was great to see them at the start of the race, and later to cheer for them as they finished just before sunset. Because of logistics, we had to leave one of our rookies (Damien Mangabhai) alone and in the rain at the start line. He was cold and wet but focused his suffering to write what is sure to be a hit country song, "Wet Shorts on a Cold and Breezy Day".

Damien has been something of a rival for me for the past two years. He began coming around to races in 2015, I would outpace him, and he would refer to me as a beast. A strange thing happened last fall. He passed me at the end of a 5k and proceeded to kick my butt for the last four races of the season. Damien still insists I'm faster but I think he has just begun to tap his potential. Damien went out way to fast in the first leg and returned to the van with a fresh funk of sweat, rain, and fresh southern Illinois mud puddles.

Being a rookie, Damien went out way too fast. After a fast first mile, he tapered a bit but still got our team off to a very fast start. After completing his first leg, Damien took the opportunity to remind us of the close quarters and poor ventilation in the rental van.

Kelly Curiel is a quiet but joyful person. I'm not sure if she stopped smiling all day long. She got out to take her first handoff in the rain and just boogied along. The rain was pouring on her as our van passed but she greeted us with a smile and a huge wave.



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Becca Auld is a veteran of R2R but it was my first time running with her. She was the first in the group who was brave enough to go with shorts and the team singlet. She powered through her first leg which is fast but difficult because of the rolling hills. Becca kept up our fast start and assured us that the real feel temperature of 46 was not at all cold.



Robyn Bumgarner is our unofficial team mom and she is very helpful in keeping us (okay, mostly me) focused and on schedule. She'd prefer not to be but nobody else is stepping up to take the job..Upon passing her, Robyn took the opportunity to tell us all that she thinks TBIFF is number one. Most of us use our index finger for this gesture but I think it is different in Kansas.



I felt great sadness as I approached my first leg. I sat in the van and thought of my father who struggles just to breath due to lung cancer and COPD. Earlier, I put his initials on my shoes so that I would think of him on my journey. The thought of him struggling just to manage minor daily activities brought tears to my eyes and I truly wondered if I would have any enthusiasm for the run today. I reminded myself that I was here to celebrate life and proceeded to get mentally prepared for my first leg. The Cobden exchange is excellent because there is a plethora of parking accompanied by sweets and coffee

provided by the women of The First Baptist Church of Cobden.

I enjoyed a few sips of coffee and put on some tunes to prepare for my run. Once I saw Robyn running down the hill, I became eager to start running. I caught my first runner after the handoff and was feeling high on running and very confident. That changed after about two minutes when the mile long ascent began. Running as hard as I could and not making progress was mentally deflating. I just knew that the faster I moved, the sooner this would be over.



Sure enough, it was over quickly. Once you crest the hill on leg 6, it is almost all downhill. I sped through the next two miles and was positively surprised to see the orange flag approach so quickly. The orange flag that represents an upcoming exchange is akin to seeing an oasis while roaming the Gobi. With one leg in the books, I remembered now why I came this way.



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I handed off to Jim Spalding all day. I only know Jim from River to River and it is amazing how close you can feel to someone just by sharing this experience. An outside observer would think that we were close friends who had known each other since high school. We've actually only spent a few days together. Jim took over the role as official time keeper and driver for the day. He calculated everyone's expected times and had us running like a well oiled machine from exchange to exchange.

Dave Musgrave requested the anchor role for this year. Dave is a five year veteran of River to River. We call Dave the Machine because he ran a marathon one week after our first River to River experience. This earned him the award of "Best Taper" for that season. Dave has greatly improved his speed for short distances over the past few years and it showed on this day.



Mike finally got out of his pajamas for leg 9. Mike is a very quick runner who has been battling injury over the past year. You would not have known that if you saw him running. I have been chasing Mike for years. He typically starts a race at the back, passes me halfway through, and disappears into the sunset. Mike took off in his safari hat and we hurried to get to the next exchange.



Mike traditionally is our "Where's Auldo" member. This year however, Damien was in camouflage at the exchange. Mike clearly could not see him and had to file a missing persons report before making a clean exchange.

Leg 11 has become affectionately known as "Vera's Hill" by our team. Vera was our first ever team member to run this leg and the hill toward the end is quite intimidating. To add insult to injury, it was pouring rain when Kelly took the baton. In keeping with TBIFF tradition, three team members walked down the hill and waited for Kelly to give her an escort to the top. It is a great team tradition and one of these years, I will get out of the van and participate.



Becca finally got some relatively dry weather for her longest leg. I have run this leg before and the rolling hills and scenery make it my favorite leg of River to River. This is in spite of the fact that the traffic is exceptionally heavy on the last segment. Becca owned this leg also and we waited for her at the top of the hill and danced with the world's best race DJ.



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Robyn joined us in braving the elements in our team singlet and shorts. "TBIFF doesn't need sun out for guns out." One of the highlights of my day was Robyn being over complimentary for the all natural PB&J sandwiches I had made. Robyn is also our unofficial team dietician and influenced many changes I have made in the past four years.



I was really excited for my "easy" leg. Because of parking issues at the transition, the team had to hurry to meet me at the next exchange. I wanted to run as fast as I could with a secret hope of beating them to the exchange. I quickly lost enthusiasm when I realized that this section starts with a slight but steady incline. I was running well and still managed to have another runner blow by me in the first mile. I aimed to finish this leg in less than 18 minutes and I was quickly losing confidence. Luckily, this leg is mostly downhill after the first mile. I was able to get my feet back under me and start passing runners. I didn't beat Jim to the exchange but I did manage to finish strong and hit my goal. It was also getting closer to beer.



Damien's first leg was mostly flat. Now for his final leg, he had to run some gravel roads and rolling hills. The resumption of a heavy rain did not make this any easier. Damien returned to the van and was notably exhausted and soaked. Most of the team chose to stay in the dry, heated van. It was our way to show solidarity and support for our wet teammate.

The last third of the day becomes a weird combination of

fatigue and soreness from the running and traveling combined with a manic anticipation for the grand finish of the race. I had one leg to go but my adrenaline was spent on several hours of travel combined with the equivalent of running two difficult 5k's and the toughest yet to come. Another highlight of River to River was seeing the team from our larger, formal running club, PSRR. I saw Jay and DaveC at most of the exchanges and was running the same leg as Dave C. I was hoping to pass Dave C on my final leg but Robyn passed their team on her final leg. It was still great to share the experience with other runners from our area.



(failed high five attempt)

When I was asked to be Runner #6, several teammates assured me that leg 22 was not as difficult as its reputation. They lied to me. This leg features a total elevation gain of 424 feet with a net gain of nearly 200 feet. By comparison, one of our hilliest local races, The Rockdale 10k has a total elevation gain of 268 feet with a net loss of 3 feet. Still, I was certain that I would be able to conquer this leg and finish strong.

The transition to start this leg was probably my favorite part of the day. Robyn had explained that she was not interested in doing a running transition because her leg was finished once she crossed that line. Being a courteous teammate, I started running just as she approached the transition area and made her run at least 50 extra feet. Amused with myself, I felt happy and confident as I took off on my final leg.

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My confidence was shaken about a mile and half into this leg. You begin to go uphill and then continue going uphill for what feels like forever. I was running as hard as I could and felt like I was getting nowhere. My passing teammates gave me a good cheer and plenty of cowbell but what I really wanted was a ride up the hill. There is a nice downhill part of this leg and as a bonus; you get to go uphill again for most of the last mile. I sucked it up and kept turning my feet over as fast as I could. Before I knew it, I could hear people cheering at the top of the hill and caught sight of the beloved orange flag.

Team TBIFF was waiting at the top and cheering as I crested the hill. I felt a surge of adrenaline and ran as hard as I could for the transition area. I put on some fake smiles for picture purposes and got the baton to Jim as fast as I could. My team rewarded me with high fives and a cold beer.



Our post race party was in full force as we waited for Jim at the final transition area. We sang a bad rendition of an old Eddie Money song as we waited. Mike shared our cold beverages with many other teams and we all enjoyed the camaraderie of the event. Jim rewarded us by partially pantsing Dave as he completed the baton transition. No photos are available due to local decency laws.

We proceeded on to Golconda. The sound of the church bell as runners come down the final stretch is a fitting end to a great event. Before we knew it, Dave was turning the corner and we joined him toward the finish line. Dave picked up the pace just to have a little fun at our expense. The race announcer read all of our names and our accomplishment was completed.



Our River to River Relay experience concluded with the traditional pictures over the Ohio River. We were able to greet the other team from our running club as they finished just before dusk and claimed their finisher shirts. This is not a race, it is an experience. It is an experience of friendship, joy, determination, and satisfaction. We become brothers and sisters through this experience. I look forward to doing it all again.



LOOK HOW MUCH DAYLIGHT WE HAD LEFT!





What's Up With DNA?



The rumors are true! DNA is in the process of building a new location in Plainfield. We are very excited about our new Downtown Plainfield location. We have been in Crest Hill for the past 12 years and we are ready for a new adventure! The new address will be directly across the street from Sovereign, one of the best known farm-to-fork restaurants in Will County. The retail space will be double the size of our current store and will have an eclectic boutique vibe. We will also have a 1,000 sq ft bonus space just behind the retail shop for hosting events, and you all know by now that we love throwing fun events! This space can also be rented out by our area yoga & fitness instructors who don't have their own space or teach out of their home.

With the big move will also come a big push towards re-branding DNA. We want to be known as much more than just a running store. Our goal is to be a store that is inclusive to all, no matter your goals, ability, or athletics background. Many times, non-runners can feel intimidated in the average running store. Our goal is to make everyone feel at home and open our customer base to anyone with the goal of living an active lifestyle.

Another core value at DNA is to bring people together. My college coach used to say, "Whatever you want to become in life, surround yourself with those people." Our goal is to not only inspire the community to live healthier lives, but to give them the support network of friends to help them be the very best they can be.

To find out what is going on at DNA we have a great Facebook page or we also update our events page on a weekly basis. You can check out the events page at dna-athletics.com/events. We also have added a shopping feature on our website. This allows our area customers to shop all of our closeout shoes from home with free shipping. Now they can take advantage of some great deals on shoes and gear and not feel guilty for not buying it local!

One of the biggest areas we plan to expand is the services we offer. We currently are doing an 8 week Couch to Jogger training group and plan to add more training groups once we move. The first one is a PR 5K training group. The goal is to provide people with workouts to help them run their fastest 5K's. The second is a Boston qualifying marathon training group. This group is geared towards athletes who have hit Boston standards in the past or are within 20 minutes of qualifying in the past 18 months.

Look for the new location to be open around winter this year! We appreciate all of our PSRR family who shops with us and keeps it local!!

Andy Remley



Upcoming at DNA:

July 13—Hoka Fun Run and Shoe Raffle, July 16—Ice Cream Run 5k and Kids 1 Mile







BY MARY JO MINARICH — GUEST BLOGGER
FROM RUNANDSMILE.COM

If you ask a non-runner to go out for a run you probably get one of these answers:

Why?

You're crazy...

No way, I hate running!

Isn't running bad for your knees?

But, if you ask a Runner to go out for a run, most likely there's a pair of shoes in their car along with some running clothes (clean or dirty--doesn't matter) and they will be out the door with you within 5 minutes. Why is that? What gets us started and keeps us running?

I think it's because Runners are lucky enough to know **10 great things about running.**

1. We are happy when we run! Know the best way to get out of bad mood? Go for a run! Those natural endorphins kick in and boom--you're in a great mood.

2. We make the best friends while running. And these like-minded friends want to hear every single detail about every run you go on including, pace, time, hydration choices, potty breaks and how much you ended up sweating.



3. Runners make friends instantly with other runners. Especially on the trails, sidewalks or corrals. Heck if you got running shoes on, *we are friends!*



4. We sleep better at night. I mean who can't sleep better after running 5 miles and drinking 3 beers?

5. We can eat pretty much anything (in moderation). Here's where my cupcake habit continues. 1 cupcakes = 4 miles on the trail.

6. We get to buy new shoes every 500 miles! And who doesn't love new running shoes?



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7. Running makes you feel confident. After running a 5K, 10K, a Half or a Marathon, a runner feels like there's nothing that can stop them. That runner's high is real! AND LEGAL!

8. Running will actually boost your energy. We have no problem saying we are too tired to clean the house but we will go out for an easy 5 miles to relax. Studies have shown that fatigue decreases if you exercise. This is much better for your body than just sitting on the couch.

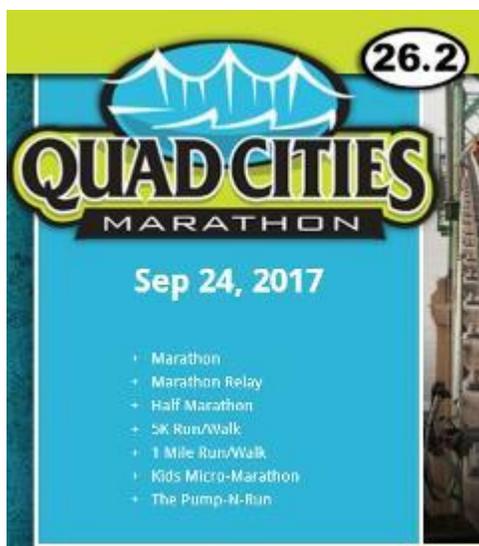
9. Runners live longer! We suffer from fewer diseases and our hearts and muscles are stronger because we keep using them. Whoo hoo--I'm running until I can't run no more!

10. Runners are natural, positive encouragers. Plus each one of us are a wealth of knowledge in all that is running. We want everyone to run. And we will give you as many high-fives and as many "you're looking strong" to keep you going. Imagine a world of high-energy people supporting each other with encouragement and support. Wouldn't that be different?!



So in a nutshell, running is a positive, friendly, good-for-you thing to do. So now my question is....

Why isn't **EVERYONE** running???



Join members of PSRR, Channahon Minooka Running Club, Elwood Running Peeps and Kankakee River Running Club as we all join forces for running fun in the Quad Cities! Find info [here!](#)

PSRR Annual Picnic



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 pride** anywhere in the world!

Please send email your pictures to [Judith Warren](#) or via message on facebook.

Judith Warren, Mary Jo Minarich, Rheta Murdagh, Karisa Casey, Kate Calder, John Warren and Jody Reddell at the Soldier Field 10 Miler



John Warren running the Indianapolis Mini Marathon



Mark Bowman and Javier Martinez at the Starved Rock Marathon

Travelin' PRAIRIE STATE ROAD RUNNERS!

Mike Auld



Mike Auld

Mike Auld



All Mike Auld, all the time

SHOOP scoot 5K

Inaugural 5k race to benefit the
American Heart Association
in the memory of Bob Shoop

Sunday, August 13th, 2017

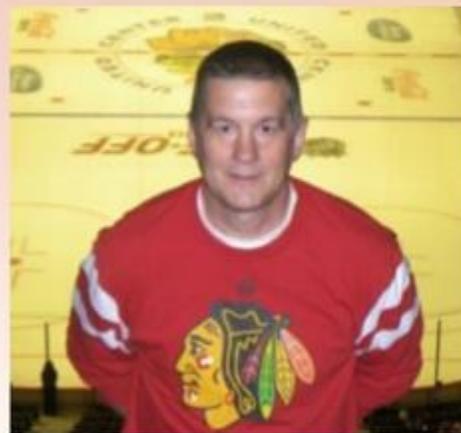
Ellis House & Equestrian Center
13986 McKanna Road, Minooka, IL 60447

Packet pickup: 7:00 - 8:30am
Race Starts at 9:00am

\$30.00 Entry
Includes gender specific t-shirts
& Free Raffle Tickets for prizes

*Presented by
Prairie State Road Runners
and DNA Athletics*

Register Online:
<https://runsignup.com/Race/IL/Minooka/ShoopScoot>
or link on www.PSRR.org



A HEART FELT THANK YOU TO OUR SPONSORS



Celebrating birthdays in **July**: Dan Aguilar, Tommy John Baltz, James Barry, Mary Lou Bowman, Melissa Brown, John Bumgarner, Aiden Calvey, Kevin Calvey, Craig Carlson, Ben Clark, Anna Marie Forbes, Glenn Gabryel, Bill Gora, Katie Henderson, Ruth Klaeser, Jill Pironti, Terri Putnam, Jody Reddell, Curt Ruch, Noah Weisfus, and Teal Weisfus

Celebrating birthdays in **August**: Rick Anderson, Jennifer Bowman, Robyn Bumgarner, Collen Calvey, Kelly Curiel, John Davis, Bobby Daw, Kathy Flyte, Alex Forster, Karl Johnson, Brianna Johnston, Scott Jones, Reese Koven, Tom Lambert, Rachel Morman, Virginia Munro, Mark Nelson, Sally Podolski, Eva Rahn, Lauren Raino, Carol Reeb, Linda Sikes, Terri Tatroe, Nicole Underhile, John Warren, Ray Wertelka, and Nicole Zemaitis

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

NEW MEMBERS

Bienvenido

Bienvenue

Willkommen

*Brooke Blenck
Charlotte Blenck
Madison Blenck
Shelli Blenck
Patrick Dumont*

*Shannon Gerard
Kristi Kijowski
Joe Moreno
Lori Quigley*





2017 CIRCUIT RACES

<u>Date</u>	<u>Circuit Race</u>	<u>2016 Club Participation</u>
Feb 5	Winterfest 5k	42
Feb 12	Frosty 5 Miler	68
Mar 4	Manhattan Irish Fest Parade 5k	73
Apr 1	DNA Athletics No Foolin' 5k	new to circuit
Apr 8	Run, Walk & Roll 5k	new to circuit
Apr 22	TCS Red, White & Blue 5k	32
Apr 29	Rockdale Ramblin' 10k	55
May 13	Quarryman Challenge 10 Miler	13
May 19	Fierce Fiesta 5k	new to circuit
June 3	Kendall County Sweetness 8k	34
June 17	Minooka Summerfest 5k	45
July 3	Liberty 5k	47
July 20	Sundowner 5k	70
Aug 10	Firefly 5k	46
Aug 20	DNA/PSRR Free 5k	53
Sep 10	Ashley Can Half Marathon	20
Sep 16	Grand Prairie Run For Your Life 5k	new to circuit
Sep 24	Plainfield Harvest 5k	28
Oct 14	Forte 5k	41
Oct 22	JJC Haunted 5k	41
Nov 5	Canal Connection 10k	45
Nov 23	Poultry & Pie Predictor 4 Mile	57

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

2017 CIRCUIT AWARD RULES

AS EXPLAINED BY JAY WAIT

At the 11/18/16 PSRR board meeting, the directors voted to continue with Circuit Award structure established for 2015. The Traditional Circuit Award will continue to reward participation (running, volunteering, and participating in operating the club). The Age Group Circuit Award allows those who are really competitive to see how they stack up against those in their age group. In addition, the board approved a couple of modifications to the Most Miles Award given to the person who accumulates the most miles in half marathon or longer races. The three award systems will work as follows:

Traditional Circuit Award: 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 half marathon, marathon, or longer race anywhere in the world. The 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. Age grading is done by using the WMA Age Grading Calculator 2015 (<http://www.howardgrubb.co.uk/athletics/wmaroad15.html>). For this grading, age is considered to be the age on race day, and time is input to the nearest second.

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. 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: Because of the club demographics, there are not enough members in some of the traditional 5 year (or even 10 year) age brackets to provide any meaningful competition. The board has reviewed the demographics (and intends to do so annually) and has agreed to continue using the 16 age groups (8 each for male and female) that were used for 2016 awards. The age groups are: Under 15, 15-29, 30-39, 40-49, 50-54, 55-59, 60-69, and 70 & 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. **At the 2/17/17 PSRR board meeting, after further review of 2017 membership demographics, the 40-49 and 60-69 age groups were both split into 5 year brackets.**

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.

Most Miles Award: Races of half marathon or longer races that are run between January 1 and the cutoff date (usually around December 10) and reported to the statistician will be recorded with a running total of miles run in such races. The Ashley Can half marathon (a PSRR circuit race) will count toward total miles, but will only count once toward the Circuit Award (it will count as a circuit race, but not as a long run). Finally, ultramarathons, regardless of distance, will only count for a maximum of 50k (31.1 miles)



2017 CIRCUIT RESULTS

2017 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

6/23/2017

CIRCUIT STANDINGS

Runner	1. Winterfest 5k	2. Frosty 5 Mile	3. Irish Fest 5k	4. DNA No Foolin' 5k	5. Run, Walk & Roll 5k	6. Trinity Christian School 5k	7. Rockdale Rambin' 10k	8. Quarryman Challenge 10 Mile	9. Fierce Fiesta 5k	10. Kendall County Sweetness 8k	11. Minooka Summerfest 5k	12. Liberty 5k	13. Sundowner 5k	14. Firefly 5k	15. DNA/PSRR Free 5k	16. Ashley Can Half Marathon	17. Run for Your Life 5k	18. Plainfield Harvest 5k	19. Forte 5k	20. JJC Haunted 5k	21. Canal Connection 10k	22. Poultry & Pie Predictor 4 Mile	22. Your choice half /full/ultra	23. Volunteer Credits	Circuit Score	Circuit Ranking	
Acup, Fawn	15		9					11																	1		
Aguilar, Dan	21	8							7																	1	
Anderson, Clark	2	3	1		2	3		4																			
Anderson, Rick	6	17			5	5		13																			
Arreola, Sergio						4																					
Auld, Michael	18	14	6	4		6	2	3																	53	3	
Auld, Rebecca							5																				
Bailey, Marne	12	30	23	11		18																			1		
Baltz, Cricket				10																			C		4		
Baltz, Tom		38	18			28																					
Baltz, Tommy John																									3		
Barry, James R.		58	42		13																						
Barry, Laura		48	37	24				10																			
Beard, Nydia	8	20	11			12		12	6	11													C	1	80	5	
Bonacci-Klaeser, Ruth			58			31		16																			
Bornhofen, Larry			7	8		13	6	10	7																		
Bowman, Mark	3	4		3		2																		C	4		
Bumgarner, John								44																			
Bumgarner, Layne			49					26																			
Bumgarner, Quinn								40																			
Bumgarner, Robyn		31	52					28																			
Buturusis, Teresa			57																								
Calder, Kate						21		11																			
Calvey, Aidan				26																							
Calvey, Colleen				31																							
Carlson, Craig		46						29																			
Carlson, Ella								22																			
Carlson, Garrett								34																			
Carlson, Gavin		12						7																			
Carlson, Grace								19																			
Carlson, Kerri		22						17																			
Carter, Clint										20																	
Clark, Kristen		69						48																			
Clark, Matt		26				17		13																			
Conboy, Jess						3																					
Costa, Liz	14	28			6					21																	
Curiel, Kelly		43	36							24																	
Cyplick, Dave		24	24		11	24	7	18																	2		
DeGrush, Rich																										1	
Dye, Debbie	29	66	61																				C				
Ellison, Howard								45	22	34															1		
Erickson, Vera			13	12			8																				
Esquivel, Apolonio			2							2																	

Esquivel, Laura			33	16						13											
Fera, Pat																			2		
Figuieras, Kathleen																		C			
Flyte, Kathi		37	32	13	8	9	15				19								133	7	
Forbes, Sean		53	38	20			36														
Forster, Alex		11	9	4					3	6											
Fournier, Nena		25																			
Gabryel, Glenn		65		28			41														
Garcia, Nick		63	53						35	19	33										
Gerard, Shannon										39											
Giacomi, Dave																			2		
Glilwa, Alex			28	14																	
Goodwin, Kenneth	10																				
Gora, Bill		33	26		9																
Gregory, Susan							40														
Henderson, Amy	31		68						46	43									1		
Henderson, Katie	11		22						14	30									1		
Holloway, Lianne	28		60					11	21										1		
Hutley, Carla		34	39			12	23		30												
Johnson, Karl		68			19	16															
Johnston, Eric			58		18						41										
Johnston, Toni		42	21		7						18								C		
Jones, Mary				17																	
Jones, Scott	22				16																
Jungwirth, Robert		5																		2	
Keyster, Andy			55																		
Kijowski, Kristine							42														
Kisner, Griffin	17		27																		
Kisner, Lucas	39																			2	
Klaeser, Pete			69																		
Koerner, Craig					7	16				14											
Koerner, Patrick J.		23			6	9		8	5												
Koven, Kelly			40																		
Koven, Reese			25																		
Koven, Ryan			12																		
Koven, Steven																				2	
Kuhel, Susan	32		65		19				47												
Lambert, Tom		19																		2	
Lemke, Lauren										3											
Lemke, Scott										44											
Loica, Laura	33	72	66						50										C		
Macknick, Dick																				1	
Mangabhai, Damien		29	19							15											
Manzke, Eva	5	10		5																	
Martin, Cameron							7														
Martinez, Javier		9	3	2							2								C		
McFarland, Patrick		39	30	19			19				25									1	
McLaughlin, Alicia		62				15	37				27										
McQuarters, Cathy	16	45	70	22			32				17									4	
McQuarters, Tiffany			45	18			29				18									1	
Meehan, Stephen		27	16									12									
Minarich, Duane									36												
Minarich, Mary Jo							20			21											
Morman, Cathy										8										C	
Munro, Virginia					17																
Murdaugh, Rheta		56			14	39				23	36								C	1	
Musgrave, David		40							23	9	22										
Nelson, Mark	24	60	46						41	20										1	
Nette, Paul		13					10														
Pirc, Brittany		51	34				35			15	23									3	
Pirc, Tina	23	47	44				34			12	31									3	
Pironti, Jill	37																				
Pironti, Rudolph	36						46														
Podolski, Sally			15				14														
Portlock, Caroline																				2	
Putnam, Terri		35	74	67			45		49	25	42									337	9
Quigley, Lori											17										

Rahn, Eva		8				5	6											C	3			
Raino, Gerald	20	73				25	9				27											
Raino, Lauren		75																				
Reddell, Jody		52	41	21						24	37											
Riley, Benjamin	38	71																				
Ruch, Dawn				23					33													
Ruch, Julia									25													
Salkas, Cassandra		44	43						27											1		
Salkas, Linda		61	54						38											1		
Scheckel, Debbie	15	35	29	15	10	11					29									1	144	8
Scheckel, Harry				17							10									1		
Sheridan, John		50																				
Sikes, John		59	47	25			38													1		
Skisak, Eileen		1			1	1	1		1	1	1								C		7	1
Smith, Keith	9																					
Smith, Sue					20																	
Sorich, Diana	26		63			44				26										1		
Stapleton, Carol			31		10																	
Stephenson, Liz										14												
Tatroe, Brian	4																					
Tatroe, Terri	18																				2	
Tocwish, Alicia		54	48			13	30															
Tocwish, Timothy		70	62			17	43		39													
Underhile, Clinton	7	16	10	7			11		9		9										69	4
Underhile, Nicole	34		64	30					43		35											
Veerman, April	27	57	50		15	18					40											
Wagner, Amanda			35				27															
Wait, Jay	21	49			14				32	16	32											
Walker, Kellen		41							15													
Walker, Mark	13	32	20			8	22		20	10	16								C	2	109	6
Walker, Michelle									31													
Walters, Mark		14	5					4	24	5	4										2	
Warren, John		6	4	1	3	4	8	3	5	4									C	1	24	2
Warren, Judith		55	51						37										C			
Wertelka, Raymond	30	67		29																	2	
Westefer, Gary	19				12	33					26										2	
Weston, Michelle	25	64	56	27					42		38											
Wojtkiewicz, Paul	1	2				2	1	2											C			
Wysock, Kurt		7																				
Zawrazky, Colleen			6																			
Zemaitis, Nicole		36				26					28											



Ray Wertelka volunteered as a Race Guard for the Chicago Spring Half and 10k in Chicago. Thanks Ray!



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 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 Lалlos (25220 Eames St, Channahon) for breakfast.
 - 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 20-22 races, including a “your choice” ultra, marathon or ½ marathon. All paid members are eligible for circuit participation awards.
- **RACE DISCOUNTS**—Select circuit races
- **ANNUAL BANQUET AND CIRCUIT AWARD EVENT**
- **EMAILS AND REMINDERS ON UPCOMING RACES AND EVENTS**
- **PSRR MEMBER ONLY FACEBOOK PAGE**

PRAIRIE STATE ROAD RUNNERS

Membership Application

2017 RENEWAL/NEW MEMBER RATES (Dues paid for year 2017 if joining after October 1, 2016)

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

PRIMARY MEMBER NAME _____ Gender (M/F) _____ AGE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

DATE OF BIRTH _____ PHONE (____) _____ E-MAIL _____

YEAR (OR APPROXIMATE YEAR) YOU JOINED THE PSRR CLUB _____

Family Membership Data – List All Members

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

How did you hear about us? _____

Make Checks Payable to: **PRAIRIE STATE ROAD RUNNERS**

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

CLUB MEMBERSHIP WAIVER

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

SIGNATURE (Parent of guardian if applicant is under 18)

DATE

Visit our website at www.psrr.org
Contact us at president@psrr.org



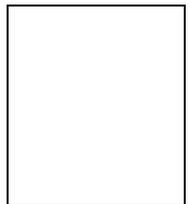
July/August 2017

PACESETTER

Prairie State Road Runners

P.O. Box 293

Channahon, IL 60410-0293



Mail to:

