

THE PACESETTER

JANUARY/FEBRUARY 2022 ☿ Volume 47, Issue 1

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

www.psrr.org

WELCOME

2022

Let's Run!



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



PRAIRIE STATE ROAD RUNNERS -- The Pacesetter

Jan/Feb 2022

www.psrr.org

Volume 47, Issue 1

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Click here to join PSRR!



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

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

PRAIRIE STATE ROAD RUNNERS

UPCOMING CIRCUIT RACES AND EVENTS

JANUARY

Get Ready for February

FEBRUARY

FEBRUARY 6 - Winterfest 5k, Kankakee, IL

FEBRUARY 12—Frosty Five Mile, Channahon, IL

[Registration Link](#)

[Registration Link](#)



ACKNOWLEDGMENTS

Thanks to all who contributed photos and articles to this edition of the Pacesetter. Special thanks to Lianne Holloway, who edited the PSRR the last few years. Lianne has set high standards that the new editors, John Steinmetz and Mike Auld promise never to approach.



- MA and JS

BULLETIN BOARD



RUNSIGNUP.COM
Manhattan Irish Fest Parade 5k
The Manhattan Irish Fest Parade 5k is on
Saturday March 5, 2022.

KENDALL & GRUNDY COUNTIES, IL SINCE
WWW.BRRR.ORG

“I BEAT A BLACK BELT IN KARATE. MY NEXT CHALLENGE IS A YELLOW SOCK.”

“I BEFORE E EXCEPT AFTER C WAS DISPROVED BY SCIENCE.”

“I AM GOING TO VELCRO INSTEAD OF LACES. WHY KNOT?”

KEIRA D’AMATO 37 YEAR OLD MOTHER OF 2 AND HOUSTON MARATHON WINNER





By Mark Walters

WELCOME 2022!

Since I am now a PSRR Hall of Fame member with commitments (interviews, picture taking etc.), I will keep this *PREZ SAYS* short. In fact, I have delegated writing this section to my new PSRR editors, John and Mike.

2021 Was A-OK, ~~B-Disastor~~, ~~C-Superb~~, ~~D-All of the Above~~

Let's make 2022 C-Superb. We had another Board Election in January this year and we elected a tremendous, terrific, fantastic board. They are the best. Here is a list:

2022 Board of Directors

Mark Walters, President
Eva Rahn, Secretary
Diana Sorich, Treasurer
Sharron Simons, Vice President - Membership
Nydia Beard, Vice President - Business
Mark Walker, Vice President - Operations
Sarah Rose, Director
Rachael Greeney, Director
Patrick J. Koerner, Director

Board Helpers

Webmaster - Scott Lemke
Statistician - Mark Bowman
(statistician@psrr.org)
Pacesetter Editor - John Steinmetz
Pacesetter Editor - Michael Auld

Hall of Fame Inductees

The 2022 PSRR Hall of Fame Inductees were announced at the January Awards Banquet. They are all tremendous people, outshining all previous Hall of Fame members. 🥰

They are:

Mark Walters, (Awesome President and fast runner)
Jim Jensen (Fast Runner, 3 sub 3 hour marathons)
Don Lafferty (Fast Runner, PSRR co-editor with wife)
Paul Spiezio (Fast Runner, Charter Member)

Mike A and John S for Mark

WELCOME

New Members:

SUSAN BOLATTO

SHERRY CAMMACK

STEVEN KIRSCH

GABRIELA MARTINEZ

SARAH NAST

RUSS OLSZEWSKI

VICKIE WALKER

BOB WELSH

Want to know about new members or members that live close to you? Go to PSRR Facebook Members Only Page - Members. Make a new PSRR friend and car pool to the next circuit race!

NEWS FROM THE WORLD OF RUNNING

Aleksandr Sorokin Breaks the 100-Mile and 12-Hour World Records Again

Lithuanian runner **Aleksandr Sorokin** shattered the 11-hour barrier for running 100 miles, and set multiple ultramarathon world records, at the 2022 **Spartanion** race in Tel Aviv, Israel.

Sorokin already holds a number of world records, for 24 hours, 100 miles, and 12 hours. Late on Thursday night, January 6, 2022, in Israel, Sorokin did it once again, setting a (to be confirmed) new 100-mile (160.934 kilometers) world record in 10 hours, 51 minutes, and 39 seconds, as well as a new 12-hour world record by running 110.24 miles (177.41 kilometers) in that time.

Sorokin held an incredible average pace of about 6:32 minutes per mile (about 4:04 minutes per kilometer) for 12 hours.

This effort breaks his own previous world records of 11:14:56 for 100 miles and 105.825 miles (170.309 kilometers) for 12 hours, improving those respective records by about 22 minutes and about 4.4 miles (about 7 kilometers).



CLUB MEMBER NEWS

A LETTER TO CLUB MEMBERS

FROM LORI QUIGLEY



So we say we're just a run club. I don't agree! Not to tempt fate or put too fine a point on it, but to catch you up (not that any of you need a recap since you've been through it all with me), I have just been through the toughest year of my life. I had to make the difficult decision to transition my mom to memory care and send my stubborn, diva-worthy, trooper of a dog Ivy over the Rainbow Bridge, my dad passed, and I was diagnosed with the big C word. In spite of, and through all of this, my run club family has been there for me.

They have run with me, walked with me, let me vent, hugged me, lifted me up, brushed me off, run along side me in silence, gave me a smile, and cried with me. Whatever I needed, you guys were there. You all were always there, for whatever I needed. You reached out to me when I could not come to run club. You kept inviting me to races. When my dad passed, you came to the wake, you prayed for me, you reached out, and sent flowers, cards, text messages giving me support.

When I needed a break from life, you took me to Colorado to climb a mountain! Words cannot express the ways your support have kept me sane and confident that I always have a confidant. On December 9th I had surgery, and again you sent prayers, texts, calls, care packages (thanks for the ding dongs), and so much food!

I am so humbled. I feel like George Bailey on Christmas Eve. I know I shouldn't have expected anything less from this special group of people, but to really see and experience the power of this community, this family, and to have time to appreciate it, has been quite the Christmas gift. I think it is very rare for any of us to actually see how many people care about us. I was given a great gift this year, as I got the opportunity to see this family in action when one of its own needed help. So we may call ourselves a run club, but you are all so much more than that. God bless each one of you.

I love you all.,
Lori

Please feel free to submit any news about yourself for publication in the Pacesetter to PSRRNewsletter@gmail.com and we will be happy to include them in the next issue:

2022 PSRR Circuit Race Schedule

(See PSRR.org for Race Website link any any post January updates to the schedule)

February 12th - Frosty 5 Mile, Channahon

March 5th - Manhattan Irish Fest 5k, Manhattan

March 20th - Shamrock Shuffle, Chicago

April 23rd - Champion of the Trees 10k, Lisle

May 6th - Fierce Fiesta 5k, Channahon

May 14th - Galena Sky Trail 8-Hr, Galena.

May 29th - Race To the Flag 10K, Westmont

June 18th - Minooka Summerfest 5k, Minooka

June 24th - Summer Solstice 4 Miler, Yorkkville

July 3rd - Morris Liberty 5k, Morris

July 21st - Sundowner 5k, Joliet

August 5th - PSRR Free 5k, Shorewood

August 27th - Parkies Famous 5k, Bolingbrook

September 5th - Herscher Hare & Tortoise 5k, Herscher

September 10th - Hidden Gem Half, Flossmoor

September 18th - Shoop Scoot, Minooka

September 25th - Plainfield Harvest 5k, Plainfield

October 2nd - JJC 5k, Joliet

October 22nd - Forte 5k, Channahon

TBD - Run the Path 10K, McNabb

TBD - Paleozoic Devonian Fall II 25K

November 24th - Poultry & Pie Predictor, Joliet

PSRR Charity

Prairie State Road Runners is not just about a community of runners. We also support our local charities. PSRR was the big group winner of the \$750 prize at the Liberty 5K. The Prairie State Board of Directors have decided to donate the prize money to three charities. Three \$250 checks were presented to Northern Illinois Food Bank, Shorewood Shop with a Cop, and Pink Heals where our very own runner [Darrell Mayle](#) accepted the donation at December Sunday run. Thank you PSRR members for making these donations possible!



CLUB EVENTS: Liberty 5k

The Liberty 5k is normally run each year on July 3rd. This past year the race was postponed due to smoke from a very large fire. The fire started in a battery storage warehouse in mid June and was extremely difficult to extinguish. The race was rescheduled for November 6th and once again was a great race. The weather seemed different than in years past. What we got was clear skies and 38° with a little SSW of 9 mph. At a normal Liberty 5k we would flip those degree numbers and usually add quite a few! Many of the 31 PSRR runners went home with bling.



Rachel showing her pizzaz, and Steven Kirsch and Darrell Mayle fighting for first place in the men's long pants

CLUB EVENTS: Liberty 5k Cont.



Shelli thinking this was just too easy.

Michelle, Mike, Javi and Damien looking cool in their shades.

Liberty
5K RUN/WALK



CLUB EVENTS: Gobbler Hobbler 10k



Sunday, November 21 2021 was a good day to run with temperatures in the 50s at race time. Age group medals were won by several members and the event was enjoyed by all.

Fawn Acup, Dan Aguilar, Larry Bornhofen, Kate Calder, Nick Garcia, Rachel Greeney, Erica Johnston, Toni Johnston, Casey Koerner, Britney Markland, Eva Rahn, Sharon Simmons, John Warren and Leslie Williams participated.





[RESULTS LINK](#)



Angela DeLeon Freeman

I ran the Paleozoic 50k at Bullfrog today. The trail kicked my butt, but I finished 31.15 miles!



Diana Gonzalez Sorich

DeLaSalle Institute virtual Turkey Trot 5



Like Reply 1y

Judith Warren

Orland Hills Turkey Trot



Alicia Tocwish

Another cold beautiful day!



Mark Walker

Paleozoic 25k. Toughest course yet, even Bill, the director said it was the toughest



Heather Hall
Windy and cold 2 miles



Cathy Morman
A couple of cool sunset miles



Like Reply 1y

Debra Walters
3.5 neighborhood sunset miles as well



Lois Katherine
Ran the live Turkey Trot on Sunday, and



Leslie Williams
Orland Park Turkey Trot



Like Reply 1y

Cathy McQuarters



Lianne Holloway
Your Hammel Woods running crew this morning.





Darcy Welsh is at Oglesby Turkey Trot.

November 25, 2021 · LaSalle, IL · 🌐



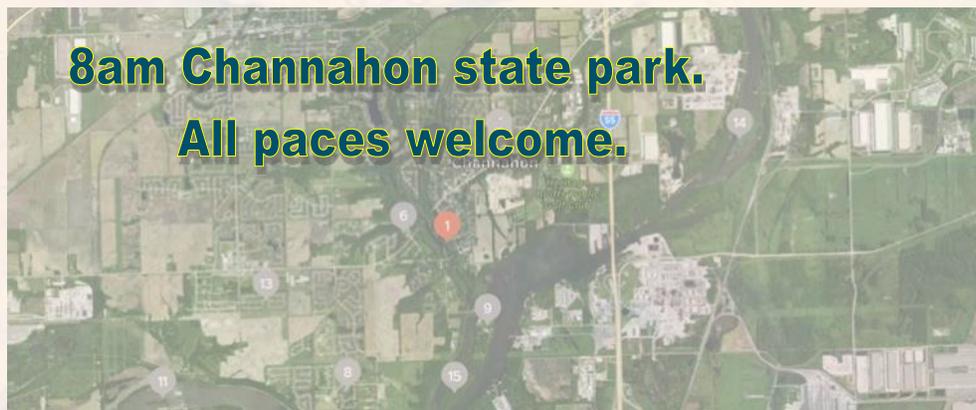
Oglesby Turkey Trot with the Spring Valley oldest grandkids. 729 runners, it was crowded! Malachi finished in 31:49.2. A PR for him.



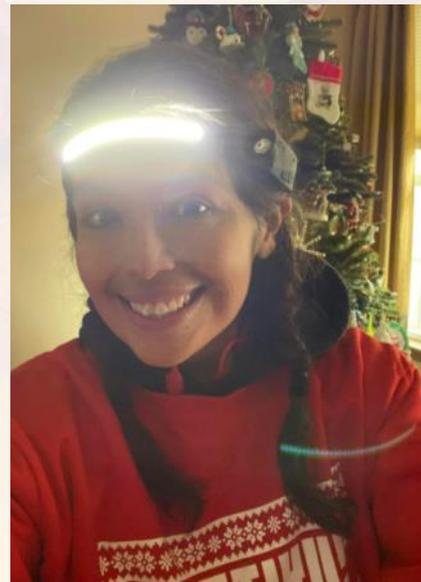
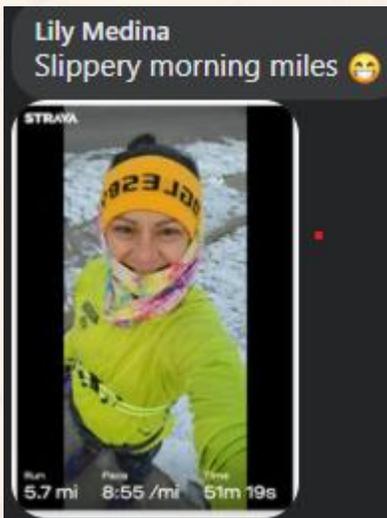
NOVEMBER SUNDAY FUNDAYS



Note, The new editors got tired and gave up finding November Funday pictures in Facebook. Sorry about that.



DECEMBER MILES



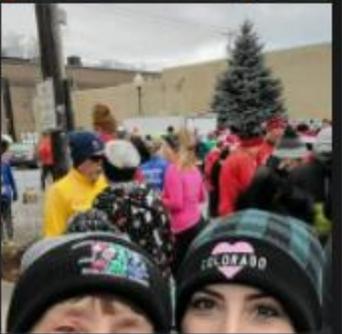
DECEMBER MILES



Post Christmas Eve Run with the Club 🤗

🟢❤️🎄 FELIZ NAVIDAD 🟢❤️🎄





DECEMBER SUNDAY FUNDAYS





CLUB CELEBRATIONS:

January and February Birthdays

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

Michael Auld

Shelli Blenck

Quinn Bumgarner

Wesley Craig

Peyton Craig

Sean Faison

Sean Forbes

Nia Harrington

Steven Kirch

Sofie Heidrich

Jeff Heidrich

Eric Johnston

Mary Jones

Griffin Kisner

Kelly Koven

Eva Manzke

Lindsay McDowall

Cathy McQuarters

Carol Musgrave

Sara Nast

Tiffany Norris

Tina Pirc

Rudolf Pironti

Natalie Pociask

Lori Quigley

Eileen Skisak

Stanley Williamson

Paul Spiezio

Mark Walters

Stanley Williamson

HAPPY BIRTHDAY TO YOU!



ARTICLE:

Preparing for the Boston Marathon

by JT Markland and John Steinmetz

We (JT and John) qualified for the Boston Marathon for the first time. JT at the Indianapolis Monumental Marathon on November 6th, 2021 with a 2:58:14 (6:48 per mile), and John at the Mississippi Gulf Coast Marathon on December 15th, 2020 with a 4:06:08 (9:24 per mile). We will update our training progress in the next newsletter, and you can also follow us on STRAVA to see how we are doing. Here are some things we would like to share:

Marathon Training Program

JT – Personally developed plan drawing on the foundations of Pfitzinger's Advanced Marathonning.

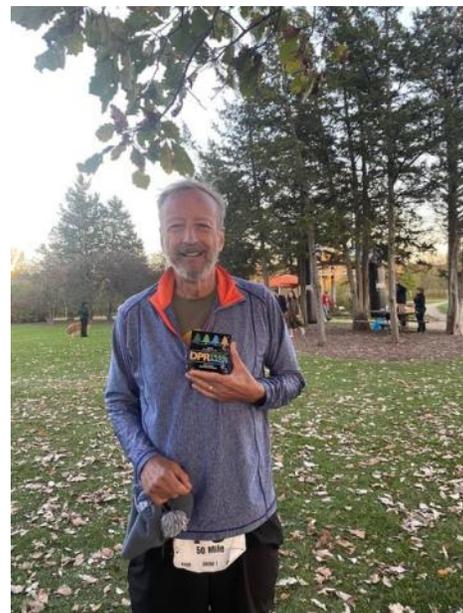
John – Hanson's Marathon Method Advance Program which is 18 weeks in duration with peak mileage 63. Mike Auld my coach.

Recent races before we launched our training programs:

JT – Disney Dopey Challenge (5k, 10k, Half Marathon, Marathon) from January 5th to 8th

John – Des Plaines River Trail 50 Mile Race on October 17th and Gulf Coast Marathon on December 12th.

JT At Disney Challenge and John at Des Plaines River Trail 50 Mile Race



Sharing Lesson Learned



JT

To race faster, you must train slower. Early in my long distance “running career,” which is only a mere six years old, I believed the way to get faster was to train harder. An approach that doomed me and resulted in much disappointment. Once I adopted the approach of running 80% of my runs at 2:00 to 3:00 minutes slower than 5k race pace, the minutes started melting off times at all distances.

John

Temper one’s desires in training. Before the marathon qualifier my training was going great and a fast ½ marathon time trial showed I could break 4 hours. About 5 weeks before the race, I decided to Forrest Gump it for another 20 miles (33 miles total). Overtraining resulted in me peaking 2 months before the race. I managed to qualify but ran 6+ minutes slower than I should have.

“If a person desires too much, he will eventually lose himself, and even make his life (or marathon plans) collapse.”

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

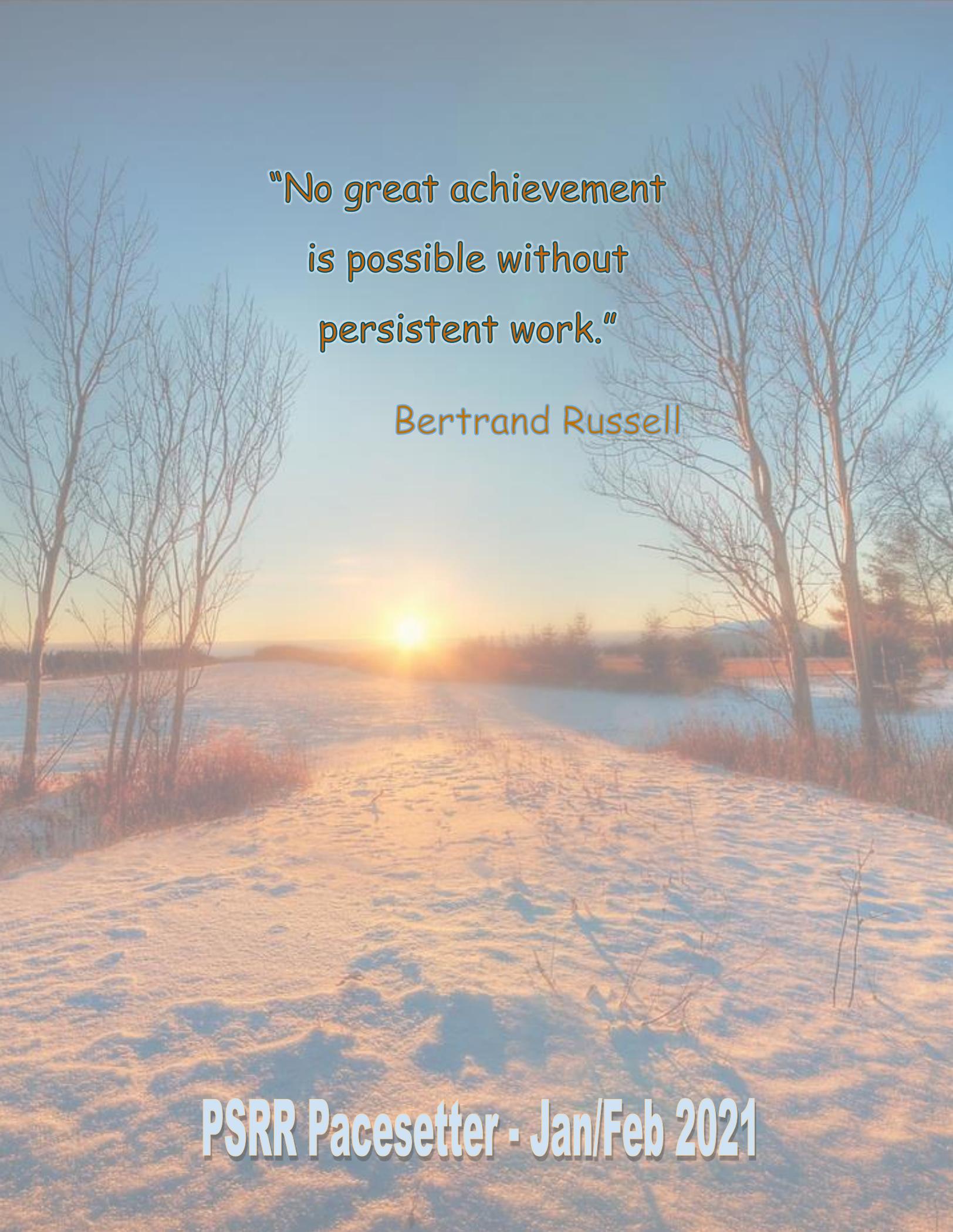
Has 5 or more points (age 14 & under) via circuit races, volunteer credits, and 1 half/full/ultra -- eligible for circuit award

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

Final Stats 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 10K	5. Fierce Fiesta 5K	6. Summer Solstice 4 Mile	7. Morris Liberty 5K (Postponed)	8. Sundowner 5K	9. Parties 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. JUC 5K	19. HGobbler Gobbler 10K	20. Poultry & Pie Predictor	Choice Race #1	Choice Race #2	Choice Race #3	Volunteer Credits	Circuit Score	Circuit Ranking
Acup, Fawn					12		20	4				12				12	8	7							75	20
Aguilar, Dan	11		21	8	9	8	11	11		4							9		6					1	55	15
Antonio, Ernesto	C	C		24							41									22						
Arreola, Sergio																3										
Auld, Michael	4	12	4		11	10	24	26				10		14		15								2	65	18
Bailey, Marne	30	32	30		30		20	41			27									10					179	37
Baltz, Cricket																								1		
Barry, Laura	24	26	31	21				44									22			14				1	182	39
Beard, Nydia		8	5	4		6		13			8		6	7							C			1	44	12
Bienck, Shelli	15	18	9	10		13	10	22			12			12		15							2	81	22	
Bonacci-Klaeser, Ruth								29																		
Bornhofen, Larry	9	10	6	7	13	9	7	12		5		5			6		6	4	3	4					33	8
Bottomley, Elaine																				20						
Bowman, Mark			C	13	18			21								13				9	C	C		8		
Calder, Kate						16	16	32								19	11	13	9	19	C				103	25
Carter, Clint						12						15														
Costa, Liz		9		6	5		8	14		6	9	6				8	8				C	C			47	13
Craig, Wesley		46			45																					
Craig, Jennifer	23	39		31		29	44	46			32				20						C				218	43
Curiel, Kelly	10	14		19		15	28		12												C					
Cyplick, Dave	19	22	14	18		28	34		10	16	10				15								1	102	24	
Davis, John						21																				
DeGrush, Rich																								3		
Forbes, Sean		31						47		29						23	22		16		C					
Freeman, Angela	3	7	7		17	15				17			10					15	8					1	65	19
Frias, Raquel		47								40		25				28								1		
Fritz, Nicole								24																		
Gabryel, Glenn		43		28	43				16							33				24	C	C	C			
Garcia, Nick	16	17	11	11	16		9	30		9	19	9			11	14	10		8	6	C	C	C		62	17
Goodwin, Kenneth						34																				
Greeney, Rachael						C	22	47	9		24	16	19	11	18	24	18	18	12	12				2	96	23
Hagenbaumer, Shannon		34																								
Henkaline, Amanda		33			29	28	36	49			30										C	C				
Henkaline, Dustin	22	29		25	22	36	35														C	C				
Holloway, Lianne	26			23		C					34					27	24				C	C		6		
Hutley, Carla																								1		
Jackson, Paul			32																					1		
Johnston, Eric			40			34			11	42									14							
Johnston, Toni		24	26	16		19			7	15										11					118	29
Jones, Mary																								1		
Jungwirth, Robert													3											1		
Kesler, Erica				C			59			43		26			25	37	29				C					
Kiernan, Jane	20		13	9	10		16			10					10	9									77	21
Klaeser, Pete							58	10			21					36	30	29		27					211	41
Koerner, Casey	13	16	17		6		6		7	5	7	11			8	6		1	5						36	10



"No great achievement
is possible without
persistent work."

Bertrand Russell

PSRR Pacesetter - Jan/Feb 2021