

THE PACESETTER

September/October 2022 ✂ Volume 47, Issue 5

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

www.psrr.org

September/October



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



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Click here to join PSRR!

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

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

UPCOMING CIRCUIT RACES AND EVENTS

September

September 4th - Herscher Hare & Tortoise 5k, Herscher [Registration Link](#)

September 10th - Hidden Gem Half, Flossmoor - [Registration Link](#)

September 18th - Shoop Scoot, Minooka - [Registration Link](#)

September 25th - Plainfield Harvest 5k, Plainfield - [Registration Link](#)

October

October 2nd - JJC 5k, Joliet - [Registration Link](#)

October 22nd - Forte 5k, Channahon - [Registration Link](#)

ACKNOWLEDGMENTS

Thanks to all who contributed. A special thanks to Mark Bowman, who in addition to providing updated circuit and age group statistics, provided an inspirational article on running 100,000 miles and running 1000 days in a row!

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



BULLETIN BOARD

Raquel Frias is our new Volunteer Coordinator! Congratulations Raquel!



Running Tip

Try using a different deodorant under each armpit. That's just my two scents.

Kid's Corner

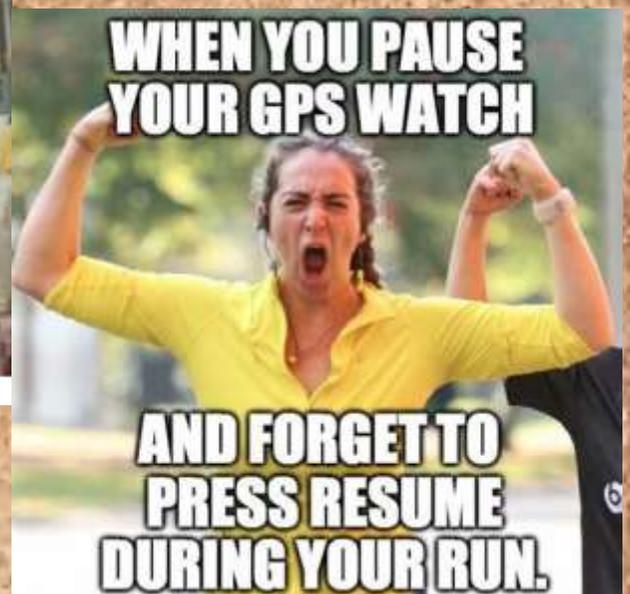
Did you hear what happened at the race between the lettuce and the tomato? The lettuce was always ahead, and the tomato was playing ketch-up.



Cindy Woods participated in the Parkies Famous 5k on August 27th. Here's Cindy with her PSRR Hall of Fame Plaque (class of 2021) and Cindy back in the early 90's.



BELOW: Greg Ross, Lance Boverud, Cindy Woods, Gary Moss, Mary Moss



PREZ SAYS



By Mark Walters

Greetings, friends and fellow members! Summer got hot and so did the racing scene. And since it's also 'football season', we'll kick things off by looking at how well your club supported the Summer events:

- Minooka Summerfest – 32 of 167 (19%)
- Summer Solstice – 19 of 88 (22%)
- Morris Liberty 5k – 48 of 207 (23%)
- Sundowner 5k – 67 of 428 (16%)
- PSRR Free 5k – 52 of 84 (62%)

This bimonthly issue of The Pacesetter features a look back at these events through various images. Many of these are available on our Facebook page in higher resolution. But you'll get the idea. I'm sure there are intriguing and entertaining stories than can be told stemming from each and every moment captured by the lens.

Also in this issue is an article by Mark Bowman, our club statistician and one of our club's accomplished ultrarunners. Mark hit an unbelievable milestone recently, recording his one-hundred thousandth mile run! That's 100,000... In the article, he describes his journey to that milestone. He is currently on a streak of more than 1,000 straight days of running. I hope we can all draw some inspiration from Mark's story, as he shows us that we too can develop some extraordinary and helpful habits.

One other thing to know about Mark; he was quite fast in his prime. For example, in 1993 he finished a 25k (15.5 miles) in 1:35:28. (See below).

That's a blistering pace of 6:09 min/mi!

John Collins 10A	1:23:00	George Stapleton	2:09:25
Gary Moxa 20A	1:28:38	James Cook	2:09:49
Pat Roegner	1:33:12	Steve Brinker	2:14:36
Mark Bowman 20B	1:35:28	Leith Swartz	2:15:11
Markus Howe 40B	1:35:47	Keith Swain	2:15:25
Denise Petrushevskich	1:39:24	Bob Thompson	2:16:23
Charles Kayles 10B	1:40:14	Bruce Lane	2:16:34
Jürgen Scharf 10C	1:42:52	Dale Kowalski	2:20:39
Don Gould	1:44:35	Larry Rippenberger	2:24:23
Bob Corney 20C	1:45:17	Bill Bee	2:25:00
Paul Tomayo	1:59:04	Sheldon Wenzel	2:44:21
Jeff Limerick	2:02:37	Robert Brince	2:44:47
Carol Beck 10C	2:02:44		

Getting back to the racing scene, did you know that months of September and October are the busiest of the year for races in Illinois? The website 'Running in the USA' shows a count of (130) 5k races in September, followed by (172) in October. And this isn't all of them! Besides the classic 5k road race, the site counts (29) trail runs for the two months combined.

Locally, our racing scene is heating up with circuit races on 6 successive weekends, beginning with Parkies 5k which took place on the last Saturday in August. Our next circuit race is a 'crossover' event with the Kankakee River Running Club. The Herscher Hare & Tortoise 5k run will be Sunday evening, Sep 4 in Herscher. You can sign-up at the race. Then, the highly anticipated Hidden Gem Half Marathon steps off at 7:30 am in Flossmoor on Saturday Sep 10. We will be there with our EZ-Up canopy in the tent village.

I encourage you all to register and support the races that are on our circuit. You'll find our circuit races at our webpage at psrr.org. Remember that many of these events are still trying to get reestablished as they recover from the plight of the pandemic. The race directors are emailing and messaging me to get the word out about the races. Over the next 6 to 8 weeks, you should be able to find a race within an hour's drive nearly every weekend. This is my absolute favorite time of the year, with all the 'festival' races like Dwight's Harvest Days 5k, Morris's Cornfest 5k, and Plainfield's Harvest 5k... just to name a few.

Getting back to this issue of The Pacesetter, take a look at the Goings On! section. There, you will see a photo-journal of your fellow club runners participating in local races that are not on our circuit, but well worthy of support. Like the '4 on the 4th' in Elmhurst and the Trevor Till Memorial 5k in Seneca. Lily Medina and Efrain Huerta added to their resume of trail ultras with the Marquette Trail 50 (50K and 50M). Meanwhile, Gerry and Mary Raino and family had a memorable triathlon experience in Lincoln County.

Just a couple more things to mention in this space. Raquel Frias has joined the board as one of our directors. She will serve as our head of our Volunteer Council to help coordinate support for club events, which include helping at our club information table at some races, and then helping gather support for our annual Thanksgiving Day event: the Poultry and Pie Predictor.

And I want to express special thanks and appreciation to PSRR Free 5k Race Director Mark Walker, and to all the volunteers who helped make that race a success! There was the added challenge of a new location, a new date (a week-night), and time of day, but Mark and his team did a fantastic job. There was plenty of water and snacks, sufficient course markings, and raffle prizes. A special shout-out goes to Michelle Rowbottom and her kids, for setting up that "cheer zone" at the course turnaround! There were bubbles! Now there's something you don't see at most races!

I've hopped around quite a bit, but that's it for now. As we say Goodbye to Summer 2022, be sure to enjoy your Labor Day holiday and enjoy it in the company of family and friends as you reflect on all the events of the past 3 months. There's cooler weather and lots of racing ahead, so keep a fresh pair of shoes ready!

Mark



100,000 Miles & My 1000 Day Running Streak

By Mark Bowman

What does it mean to accumulate 100,000 miles of running in a lifetime? Well for one, it means a lot of years of running. Second, consistency is important. Third, one needs to be somewhat anal in that you recorded and kept track during all of those years.

I've always liked to run and bicycle from an early age. I grew up in a small subdivision outside of Lemont, IL. But it was spread out over a 2 mile by 2 mile area with the smallest piece of land being a half-acre. The only way to get around seeing and playing with the few friends that lived there was on foot or by bicycle.

I spent my freshman year of high school in a seminary and ran occasionally throughout that year. It wasn't until my sophomore year in at Lemont High School that I was introduced to a formal running program. This was after a fall of attempting to become a football player. Stayed with it for the whole season, but never got to play a down. And then a winter playing basketball. The year was 1970. I had had enough of football, and was planning on cross-country the next fall, so I joined the track team.

This was when I started to track my running. I continued through the remaining years of high school, running cross-country and track. Lemont was a small town then and the high school reflected that. I was not a great runner, but was probably considered above average at my school and in our conference which consisted of other small schools.

My formal running ended at high school. So it was on to Illinois State University where I just ran sporadically through my 4 years there. But I did keep a running log during this time even though there was not a very big accumulation of miles. I met my wife at Illinois State and we were married in July, 1976. That was when I started to run a little bit more. I also discovered road races soon after. I was fortunate in that the following year the Chicago Marathon began and I was determined that I would be at it. I had no idea how to train for it and hit the wall head-on very hard. At one point, I thought I would have to be carried in, but eventually I recovered enough to at least finish.

Remember, there was no internet at this time. I soon found Runner's World magazine which gave me some idea on how to prepare and my marathon and other races improved. and made up my mind that I had to at least do some running all year long. This resulted in my first 2000+ year in 1990. I have not run less than 2000 miles since which is now 32 straight years.

When I turned 40, I decided I needed a challenge and decided to run 40 miles for my 40th. This was revelatory in that although it was the longest I had run, it was one of my easiest recoveries. This was because I was running much slower than usual. After a marathon, during the next couple of days all I could manage was what I called the death shuffle. The day after the 40 miles, I ran ten miles pretty comfortably. This turned me on to ultras, especially on trails. Since then I have had 8 years over 3000 miles interspersed within the 2000+ years and have run 94 ultras.

It's been a long journey. Things have changed over the years, particular with my tracking tools. The first couple years it was on ordinary notebooks. Then for 3 or 4 years I used Jim Fixx's Book of Running log book (Jim's book was one of the triggers of the first running boom in the 1970s). Finally, I transferred the data to an Apple IIe computer, then to a Macintosh, and finally to a PC. I didn't try to transfer all the data in those early years, just the yearly totals. But I have kept all the yearly details since the Mac. I hit 100,000 miles on June 27, 2022 and got to run with one of my fellow coaches and with couple of runners that I coached. We celebrated with shots of Jack Daniels.



1000 Days in Row

Even with all the years I've been running, for many years I have not been able to get a really long running streak under my belt. I had hit somewhere between 200 to 250 consecutive days a couple of times, but there was always something that would come up to end it. Over the last 3 years, things changed. I don't know if it was just a new mindset, or that there was less going on in my life, but I managed to put this streak together. During the streak I had never gone less than 2 miles a day. I do have to qualify this streak with the following. At my age, I mix walking and power hiking in with much of my running. So there were days that it was not all running. But I made it a point to get out there every day with a purpose which counted for me.

The streak started on October 27, 2019 and is still going.



CLUB EVENTS:

Morris Liberty 5k, Morris



[RESULTS LINK](#)

Morris Liberty 5k was run on hot, humid weather as usual. A great turnout by the PSRR members with 49 of the 207 finishers coming from our club! First place age group winners included Jr. Esquivel, Javier Martinez, Lily Medina, Britni Markland, Nydia Beard, Harry Scheckel, Mark Walker, Leslie Williams and Patrick J. Koerner.



CLUB EVENTS: Morris Liberty 5k, Morris

Continued



CLUB EVENTS



RACE RESULTS

Sundowner 5k, Pilcher Park, Joliet July 21st

Another great summer race. Weather conditions perfect, hot and humid. Race was sold out! Great representation from the club. Literally, our under 14 runners are kicking butt. See a few below. We had 69 PSRR runners out of the 430 finishers! Some notable performances: Jr. Esquivel edged out Javier Martinez by a second (20:10 to 20:11). Nick Garcia ran a blistering 23:53. The sky's the limit for Nick as he trains for Chicago. Britni Markland took first in her age bracket with a 25:18. Darcy Walsh's 49:36 is impressive as she continues to improve. Too many other impressive performances to mention.



CLUB EVENTS

Sundowner 5k Continued



Did you know that bland salad is a big problem that needs addressing?



CLUB EVENTS

[RESULTS LINK](#)

DNR PSRR Free 5k, Shorewood, August 5, 2022

Mark Walker Great job organizing and directing this event. We loved running in the evening. It was a warm, perfect day for a run. Great running with our four legged friends. There were 53 PSRR runners of the 84 finishers. **Thirty one runners experienced PSRR hospitality. Let's follow-up and recruit some of these thirty one.**

It was the first circuit race of the year for the Heidrich's. Ethan, Jeff, Julian, Sophie and Tina Heidrich kicked some butt out on this course with many 1st place in the PSRR age group standings.

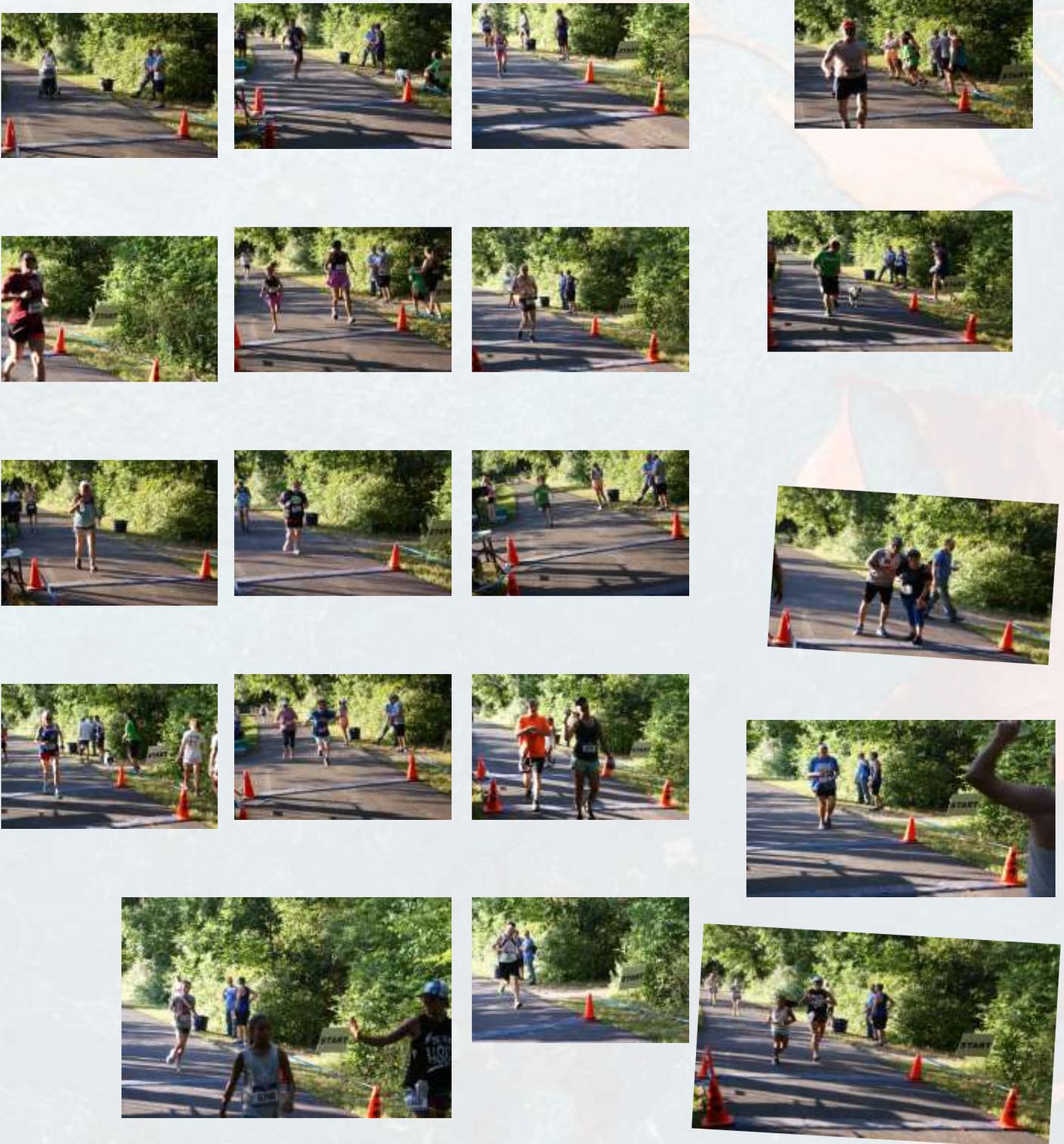
Hats off to Casey Koerner and Lucas Houlihan. At ages 13 and 12 respectively, Casey finished in fourth place in 20:10 and Lucas fifth in 20:35.



CLUB EVENTS

PSRR Free 5k, Shorewood , August 5, 2022

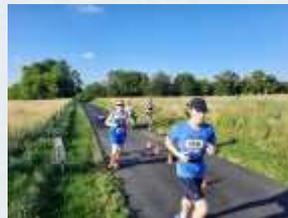
More Pictures!



CLUB EVENTS Cont'd:

PSRR Free 5k, Shorewood , August 5, 2022

More Pictures!



CLUB EVENTS

RACE RESULTS

Parkies Famous 5k, Bolingbrook, August 27

An amazing race. Weather perfect. Finally, a first place award that will not be thrown away by our heirs. I'm talking a smoothie! Parkies is pretty good size with 323 finishers. Twenty-one PSRR members ran. A few impressive finishers were Mark Walters (24:55), Carol Stapleton (38:56) and Patrick J. Koerner (26:37). Way to put the pedal to the metal. Javi Martinez is on a terror with 5 straight age adjusted first place finishes. Who is going to step up and take him down this fall?



Congratulations to the participants who ran Parkies and later the Will County Brew 5k.

Darcy showing perfect form as she crosses the line!



A sampling of participants.



Hall of Fame Members Mark, Cindy and Dave with a random runner

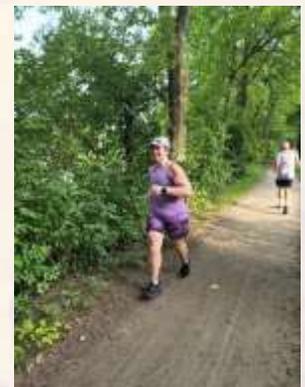


Celebrating a smoothie after the run!



Other Goings On!

Sunday Fundays



Other Goings On!

Will Count Brew 5k August 27, 2022



Other



Lily and Efrain at the Marquette Trail 50 mile Ultra.



PSRR members at the 2nd Annual Trevor Till Memorial 5k in Seneca the day after the PSRR Free 5k.

A great cause. Run around Seneca. The community really comes out and provides support.



PSRR at 4 on the Four.

PSRR Volunteers cleaning up Hadley Val-



The Rainos ran at the Black Squirrel Scurry Tri held on Saturday, July 30th. The Black Squirrel Scurry is a triathlon that features a 2 mile paddle down the Prairie River, a 17.5 mile bike ride featuring the River Bend Trail out to the countryside of Lincoln County, and a 5k trail run through the Merrill Area Rec Complex and Council Grounds State Park.

Gerald's, Craigory and Mary's results are shown below.

Gun #	Elapsed Time	Gender Place	Age Group	Age Place	Overall Pace	Award Categories	PADDLE			BIKE			RUN		
							Elapsed	Pace	Gender Place	Elapsed	Pace	Gender Place	Elapsed	Pace	Gender Place
23909	17 / 21	M70-99	1	07:02			31:34	15:46	17	1:09:11	04:31	16	48:25	13:36	19
24325	18 / 21	M00-39	3	07:14			39:47	17:53	20	1:31:04	05:12	19	36:45	11:51	13
24519	11 / 17	F70-99	1	07:18			31:57	15:58	15	1:31:48	05:14	15	41:35	13:24	9

Results filtered from 38 total entries

COACH'S CORNER

Weight Control Hacks to Get Faster!

Loosing a pound speeds you up by about 3 seconds a mile. No running needed! ⁽¹⁾Here are tips for loosing weight by avoiding insulin spikes:

- 1) Eat food in proper order: Fiber (like salads), proteins (like filet mignon), carbs (like sweet potatoes), fruit and desert. Fiber slows down the processing of foods and flattens the blood glucose levels.
- 2) If you have to eat a treat and don't want to eat fiber first, drink a tablespoon of apple cider vinegar. This also slows down metabolizing fast carbs.
- 3) Eat and move. Energy will be used up instead of being stored as fat. Go for a walk after a meal!
- 4) Don't count calories.
- 5) Limit eating windows. Up to 14 hour eating windows work 6 AM to 8 PM for instance. Allows body to regenerate cells.

If given good fuel in the right order and do some light exercise after eating, you will gain lean muscle mass, loose extra weight and have energy to burn. Glucose and insulin spikes lead to higher uric acid in the bloodstream. Too much uric acid has been found to damages cells in multiple organs.⁽²⁾

⁽¹⁾For more information and 5 more tips read: *Glucose Revolution: The Life-Changing Power of Balancing Your Blood Sugar* by Jessie Inchauspe', Published April, 2022: 4.8 of 5 stars. Jessie also gives you 10 hacks for loosing weight and keeping it off.

⁽²⁾For more information on controlling uric acid, read: *Drop Acid: The Surprising New Science of Uric Acid—The Key to Losing Weight, Controlling Blood Sugar, and Achieving Extraordinary Health* by Dr. David Purlmutter, Published 2022

Contributed by John Steinmetz

Cadence

You're a runner. I'm a runner. All of us are RUNNERS! The goal is to continue running throughout your life. There are myriad physical things we should do to stave off most injuries. And there are many things that shouldn't be done, also to stave off injuries. One of the DONT'S is overstriding.

Increasing your CADENCE might be a good thing for you. If you are a heel striker this is probably more important. Running with a heel strike has sometimes been frowned upon but the heel strike isn't necessarily the culprit. Where your foot strikes the ground is most important. OVERSTRIDING is the villain here. Upon foot impact if your forward leg is close to max extension at the knee your leg is very straight, and the impact of each foot strike travels up through your joints all the way into your back. No bueno. Overstriding also has a braking effect. Not efficient. Correcting overstriding can most easily be accomplished by adjusting your cadence.

What is your normal leg turnover when running at a 5k pace? Generally, if it's lower than 160 you MIGHT benefit from an increased cadence. Running at the same speed with a faster foot turnover puts the foot placement more under a runner's center and the leg is much less likely to be straight at that point, allowing the impact forces to be distributed and absorbed by our built-in shock absorbers, our flexed joints.

Continued on next page

COACH'S CORNER Page 2

Cadence continued:

Less impact shock, less impact injuries! So, increasing your cadence is accomplished the same way as increasing your mileage, at a gradual level. Each person is different but the 5-10% rule generally applies to cadence increases as well. On a treadmill or running with someone else is best to control pace. Increase your cadence while not increasing speed. You might need to do this a few minutes at a time. Everyone adapts differently. We want our new cadence to become automatic.

A lot of watches give a person's cadence as well as pace, but if not, just count your steps for 30 seconds and multiply accordingly. There are numerous apps to accomplish an increased step turnover but a simple Metronome is easiest. There are lots of free metronome times in the App stores. If you're a person who runs with music, there are apps that allow you to pick songs with a specific beat cadence to achieve the same thing.

Give it a try and see!

Contributed by Coach Mike Auld

If you would like to contribute to the next issue's Coach's Corner, send an email to johnsteinmetz4@gmail.com.



2022 Circuit Results

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

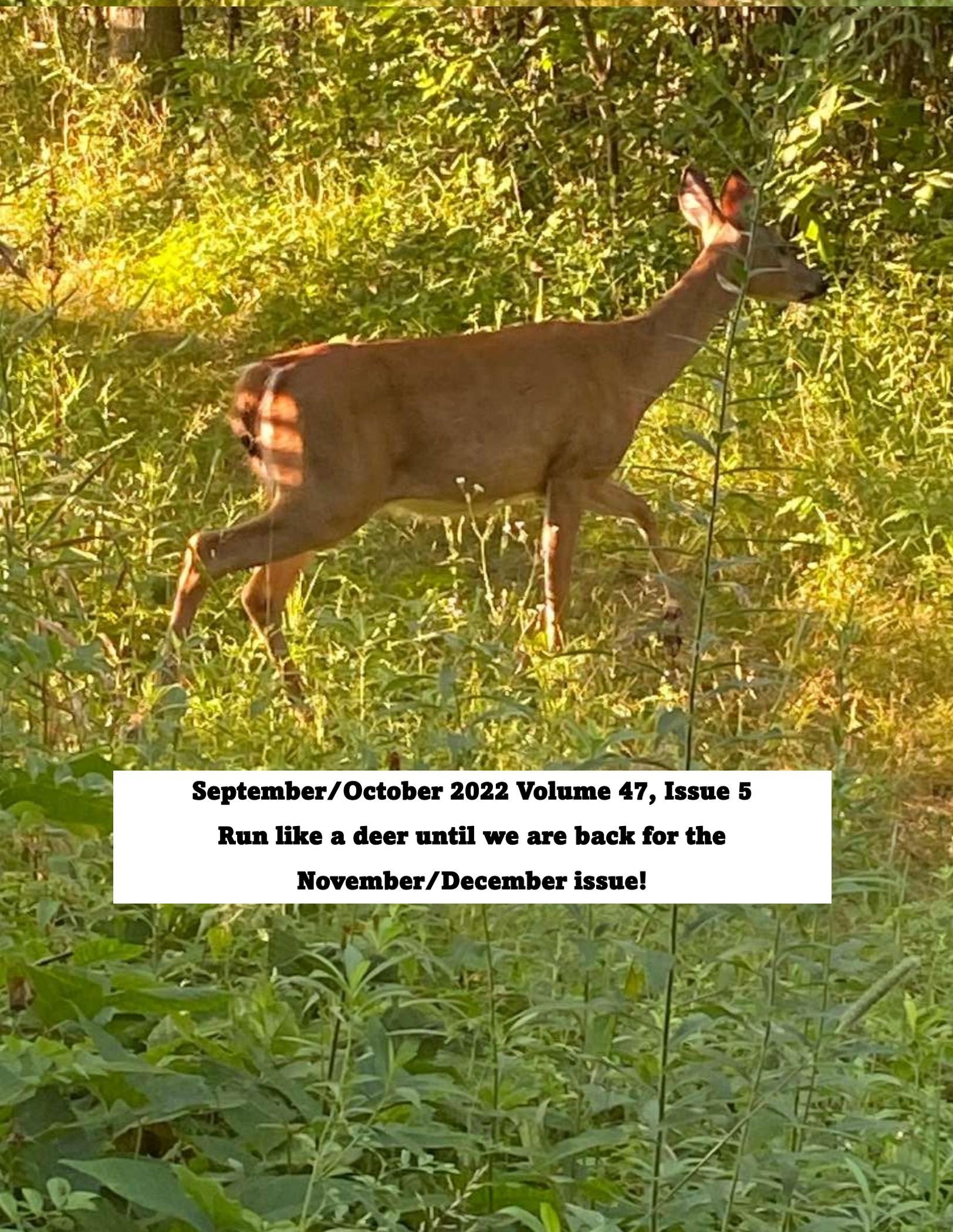
Has 7 or more points via circuit races, volunteer credits, and other service credits – eligible for circuit award

Has 5 or more points (age 14 & under) via circuit races, volunteer credits, and other service credits – eligible for circuit award

Updated 8/30/2022

CIRCUIT STANDINGS

Runner	Winterfest 5K	Frosty 3 Mile	Manhattan Feet 5K	Shamrock Shuffle 5K	Arboretum Champion of Trees 10K	Piazza Fiesta 5K	Gatens Sky 9-Hour	Race to the Flag 5K	Summerfest 5K	Summer Solstice 4 Mile	Montis Library 5K	Sundowner 5K	PS&S Free 5K	Paricos Famous 5K	Mare & Terrence 5K	Hidden Gem Half-Marathon	Shoop Scout	Pearfield Harvest 5K	LJC 5K	Foto 5K	Run the Park 10K	Palaeozoic Devonian Fall II 25K	Poultry & Pe Predator	Gatens Sky 4-Hour (Circuit Credit Only)	Volunteer Credits	Circuit Score	Circuit Ranking		
Acup, Fawn			23																									2022	
Aguilar, Dan		24	9						11	10	11																		
Anderson, Clark														2															
Antonio, Ernesto				51									46																
Arocho, Dori				48									49																
Auld, Michael																										5			
Bailey, Marie		23	16	13																									
Barry, Laura		31	35	25																									
Beard, Nydia	6			11						2	6	21	12	10													68	6	
Bianck, Shell	3	9	8				10						16	45															
Bolatto, Susan	21	40	47	34		18		11			36															1	207	16	
Bornhofen, Larry		11		14				4	8	5			17																
Bottomley, Elaine													57																
Bowman, Mark		14					2	6					7													2			
Bullock, Dan		35	43			19						32	47																
Calder, Kate		26	22	23	5						18	46	29														169	14	
Calvey, Colleen				48																						1			
Calvey, Palmer				42																									
Coyle, Liz	10	17				5		9		11	26	12	12														76	8	
Craig, Jennifer			61	31						11	31	43																	
Craig, Peyton			63																										
Crickman, Justin			38																										
Curtis, Kelly		19	27	24									38																
Cyplick, Dave	13		25						10		12			11													1		
Davis, John													15																
DeGrush, Rich			7																										
Daleon, Mario																											1		
Esquivel, Apolonia		2		3			4					2																	
Esquivel, Laura				21																									
Ethridge, Traci	4	7	5		1	6																							
Ethridge, Parker			14																										
Ethridge, Tom			40	26		11																							
Faison, Destiny				38		27						47	64																
Forbes, Sean		32	32										50	33													1		
Freeman, Angela		15					11		14				28	21															
Frias, Raquel			54	47																							2		
Fritz, Nicole																											1		
Gabrysi, Glenn		46				20							41	20															
Garcia, Nick		18	15	16							9	23																	
Goodwin, Mike	5																												
Gora, Bill				37																									
Greeney, Rachael	25	44	64	43		24	14																				1		
Hall, Heather									22		38	51																	
Harman, Jim				8																									
Heidrich, Ethan														24															
Heidrich, Jeff														62															
Heidrich, Julian														23															
Heidrich, Sofie														34															
Heidrich, Tina														32															
Henkalina, Amanda				33						16		53	37																
Henkalina, Dustin				39						13		39	28																
Hoeffler, Gina			44			15						55	36														1		



September/October 2022 Volume 47, Issue 5

Run like a deer until we are back for the

November/December issue!