

THE PACESetter

July/August 2018 Volume 43, Issue 4

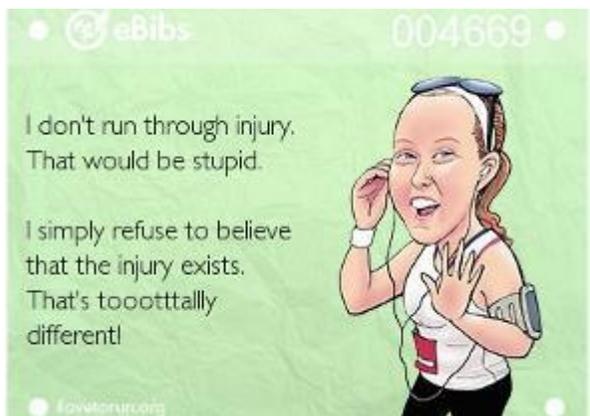
Newsletter of the Prairie State Road Runners—Will County's Running Authority Since 1975 www.psrr.org



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

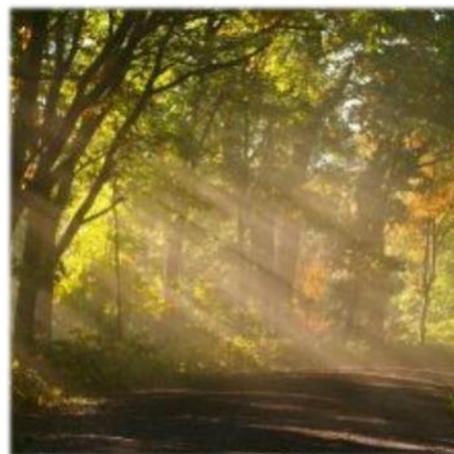


PRAIRIE STATE ROAD RUNNERS



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.

Group events with [DNA Athletics](#) in Crest Hill. Contact store at (815)588-0908 for seasonal schedule as 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](#)

PRAIRIE STATE ROAD RUNNERS

CLUB OFFICERS

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Cathy McQuarters

VP/Business

VP/Membership

Jody James

VP/Operations

Tina Pirc

Secretary

Eileen Skisak

Treasurer

Mark Walters

Directors

Cathy Morman

Mark Nelson

John Warren

Newsletter Editor

Judith Warren

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

Send your articles, error corrections or comments to: Judith Warren. Visit our website at psrr.org.

On the cover:

Brittany Pirc at the Fierce Fiesta 5k in Channahon

UPCOMING CIRCUIT RACES

July

July 3

Liberty 5k

[Results](#)

July 14

Waterfall Glen 10 Mile

[Results](#)

July 19

Sundowner 5k

[Results](#)

August

August 19

Dash-N-Splash 4 mile

Channahon IL

[Register Here](#)

August 26

DNA/PSRR Free 5k

Crest Hill IL



[Register Here](#)

Membership dues must be current in order to earn circuit points

Prez

SEZ...

BY CATHY MCQUARTERS
PRESIDENT



In The Good Ole Summertime

We are well into the sweltering days of summer. I have to chuckle because last winter seemed as though it would never come to an end. But, at last, it has arrived and the heat is on!

Most of us are training for a race or working towards increasing our distance, pace, time, and endurance. When the summer temps begin to heat up, it is important to remember to take precautions during your runs.

Allow your body to acclimate to the rise in temperature. It will help to run a slower pace. By doing so, you will be more likely to accomplish your run in its entirety. In time, your body will adapt to the heat as it works to cool off. Your pace will gradually increase, giving you the satisfaction of accomplishment! In the humidity and heat.

Know your effort level. Don't push yourself to hit your usual pace or to increase it. Your body's core temperature can rise causing you to overheat. When the body overheats, it can lead to heat stroke or heat exhaustion. You can treat heat exhaustion by going someplace cooler and apply a cold compress to your neck, face, chest and limbs. Additionally, slowly drink water or a sports drink.

***KNOW YOUR LIMITS; DON'T PUSH YOURSELF TO HEAT
EXHAUSTION OR HEAT STROKE***

Know your limits; don't push yourself to heat exhaustion or heat stroke. The garments that you wear can aid in your summer runs. Choose light-colored clothing because they won't attract the heat like dark clothing will. Materials should be light-weight and moisture-wicking to pull sweat away, dry more efficiently and help keep you cooler. This will help to keep your skin from chaffing. Protect your eyes with sunglasses and a hat or visor. To avoid sunburn, apply and reapply sunscreen. Remember to bring bug spray. Mosquitos are bothersome and carry disease.

Continued on Page 5

Continued from Page 4

You may need to schedule your run early in the morning before the heat kicks in or later in the evening when temps have dropped. Additionally, pay attention to the air quality and high humidity. If you want to avoid taking risks, then you may want to consider taking your run indoors on the treadmill. Finally, hydrate...hydrate...hydrate! Bring a sufficient amount of water appropriate for the length of your run. If your run is in excess of 45 minutes, then bring along a sports drink to assist in keeping your electrolytes levels normal and keep your muscles energized.

These are a few helpful tips to help beat the summer heat. Training, goals and all around progress is something to strive for all year round. Extreme heat is not anything to take lightly. Listen to the warnings and plan your runs accordingly.

Happy Running!

Cathy

Signs of Heat Stroke

1. Incredibly hot skin
2. Dizziness and/or fainting
3. Extreme fatigue
4. Nausea and/or vomiting
5. Rapid heartbeat
6. Mental confusion
7. Lack of sweating or sweating profusely
8. Severe headache
9. Increase in body temperature
10. Shallow breathing





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 2018 Newsletter is Aug 25th

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

Email to: [Judith Warren](mailto:Judith.Warren@rrca.org)

The Prairie State Road Runners are part of the Road Runners Club of America. Visit the RRCA website [here](http://www.rrca.org).



It is with a lot of bittersweet feelings that I need to announce that I will be stepping down from producing the Pacesetter at the end of the year. I have had a lot of fun and met a lot of new friends but life moves on.

If you are interested in taking over Pacesetter duties starting in 2019 (I will certainly lend a hand at first) please contact President Cathy McQuarters or any of the PSRR Board Members and let them know!

It is a lot of work but also really rewarding!!

Judith

The Kendall County Sweetness 8k was called by the organizers due to storms. Members listed on the registration list received PSRR credit towards the circuit award. This is the only picture I found:



Thank you to all who have contributed photos to this issue!

FIERCE FIESTA 5K



FIERCE FIESTA 5K





BY RAY WERTELKA

I just wanted to update everyone about our winner for the NIKE Summer Camp. We received a thank you from her. When I first read the brochure I thought that there was a little bit of exaggeration on NIKE's part. But once you read her thank you note you will see that NIKE lived up to expectations! I hope that we can keep this tradition alive!

Dear Scholarship Committee:

Thank you so much! The Nike Cross Country Camp was so amazing and I'm so thankful that I had the opportunity to go!

One of the best parts of the camp was the involvement as a whole. Everyone there was so positive and encouraging, and everyone wanted to work hard to improve, which was great to be around.

It was obvious that the camp director and staff put in a lot of time and effort to make the camp a great experience for everyone. We went to a play, as well as taking a train ride to Chicago to run along the lake. There were several guest speakers that came to talk to us. I learned a lot from the speakers, and I acquired skills from their clinics that I can use not only in running but in many other aspects of my life as well.

The speakers and staff gave us lots of tips on how to stay injury-free, and they put a lot of emphasis on maintaining our love for running, as well as giving us tips and motivation to become lifelong runners.

We were also given advice on improving as runners, teammates and leaders. There were a lot of people at the camp who were great leaders already, so we not only learned from the staff and guest speakers, but we also learned from each other which was a great experience.

The activities and workouts we did really created a team environment, which helped us grow as teammates and create new friendships. We did several speed and core workouts, in addition to many form and technique-focused workouts. The workouts gave us really good ideas for our own training plans. The coaches kept encouraging us to "steal like artists" by using their workouts and ideas to improve our own training and techniques.

I learned **SO** much from the camp, and it was a great start to my summer and my 2018 cross country season. The camp helped me improve as a runner, teammate, and leader, and I am **SO** grateful for the experience, and so happy that I had the opportunity to go!!!

Thank you SO much!!!

SOLDIER FIELD 10 MILER



SOLDIER FIELD 10 MILE



 **SOLDIER FIELD**
10 MILE | CHICAGO, IL
MAY 26, 2018 |  RAM Racing

ROAD RUNNER CHALLENGE

Join the awesome new PSRR Challenge.

Earn a unique Road Runner medal!



- You must be a member in good standing of Prairie State Road Runners. Renew or join [HERE](#)
- Three award levels: Bronze, Silver, Gold
- Bronze - Complete 2 of the following distances: 5k, 8k or 10k from the 2018 PSRR Circuit. Or substitute a half marathon, marathon or ultra of your choice for one of the distances. Limit one substitution.
- Silver - Complete all 3 of the following distances: 5k, 8k, and 10k from the 2018 PSRR Circuit. Or substitute a half marathon, marathon or ultra of your choice for one of the distances. Limit one substitution.
- Gold - Complete 4 distances: 5k, 8k, 10k plus one half marathon, marathon or ultra of your choice.

Notes:

1. The two 10 mile runs on the circuit can be used as a WILDCARD. You may substitute them for a lesser distance. They count for nothing extra on their own.
2. PSRR Membership dues must be current on the date of the race to count towards the challenge.
3. Entry Fee is \$15.00 and must be paid in full by November 26, 2018.
4. PAYMENT OPTIONS: Personal Check to Mark Walters or Register [HERE](#) online.



ROAD RUNNER CHALLENGE

Current standings as of July 20th for the Road Runner Challenge.

If you want to play you need to pay!

Please don't wait until the deadline!!!

(Only those who have paid and reached a medal level are listed.

Full standings are available [here](#))

GOLD: Fawn Acup, Nydia Beard, Toni Johnston, Lori Quigley, and Mark Walker.

SILVER: Liz Costa, Nick Garcia, Susan McLean, Mark Nelson, Lauren Raino, Rebecca Rice, and April Veerman.

BRONZE: Kasia Goss, Lianne Holloway, Eric Johnston, Rheta Murdaugh, and Kayla Rice.



MINOOKA SUMMERFEST 5K



RUNNERS SUPPORT RUNNERS

BY RHETA MURDAUGH

As I sit here listening to the last song Bob and I danced to, I am once again reminded of how life is so fragile. One moment you're blissfully unaware and then tragedy strikes. Instantly your life is forever changed.

I strongly advocate everyone to educate yourself of your family's health history and seek out medical evaluation. Whether it's your heart or some other medical condition, you are your first line of defense. Heart Scans are easily scheduled and even easier to take. No doctor's order needed.

Bob is also the reason I know all of you with the exception of Terri Tatroe (I've known the Talarico family since the 70's). He was the one who introduced me to Jody James and Judith Warren. We all went to Lockport Township High School together. I am pretty sure most of you are unaware of those facts. I'm so grateful he knew such amazing women who have helped me in countless ways with this new journey.

I never imagined this as my path, but here I am taking it one step at a time.

Through the Prairie State Road Runners and the Channahon Minooka Running Club I have met some extraordinary people. I met Robyn Bumgarner after I had just finished my first run on the I & M after Bob had passed. I was visibly upset and she was very consoling and hugged a perfect stranger. This is just one example of the incredible support system we all share with our fellow runners. Cathy Morman, Kathy Figuierras, Eva Rahn, John Warren, Mark Walters, Scott Lemke, and Tom Podlin are also members who have also offered their encouragement and assistance. I'd list how, but we'd need another newsletter!

I cannot stress how integral our Club has been in guiding me and providing support. Life continues to evolve and I'm thankful for all of you. I never imagined this as my path, but here I am taking it one step at a time. I hope you all can participate in this year's second annual Shoop Scoot 5K where we honor Bob and raise money for the American Heart Association. ***Glad you all are there sharing the miles!***

Register for the Shoop Scoot 5k today!

SHOOP scoot 5K

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

Sunday, September 16th, 2018

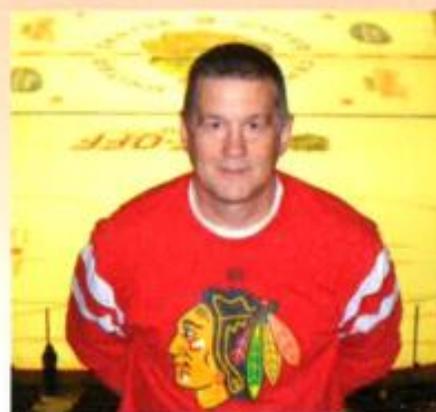
Ellis House & Equestrian Center
13986 McKanna Road, Minooka, IL 60447

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, Volunteer, and/or Donate Online:
<https://runsignup.com/Race/IL/Minooka/ShoopScoot>



A HEART FELT THANK YOU TO OUR SPONSORS



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.



John Warren—3rd in Age Group at the Chicago Spring Half



Jess Conboy at the Starved Rock Marathon



Mark Bowman at the Galena Sky 8 Hour Run



Judith Warren at the Indianapolis Mini Marathon



Travelin' PRAIRIE STATE ROAD RUNNERS!

Cathy and Tiffany McQuarters at the Southwest Half Marathon In Palos



Nydia Beard, Mark Walker, Becca Auld, and Andrew Remley with the DNA Personal Best 5k Run Club

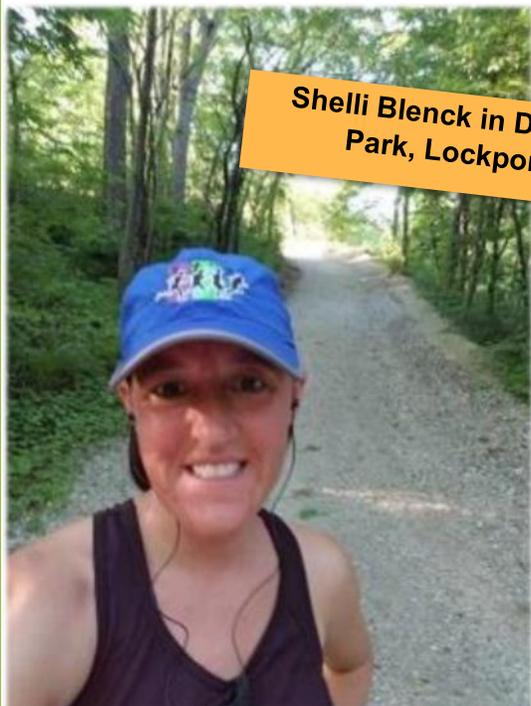
PSRR/IRC Runcation to Fargo ND



Kathy Figueras at the Fargo Marathon

Travelin'

PRAIRIE STATE ROAD RUNNERS!



Shelli Blenck in Dellwood Park, Lockport IL



Judith Warren, Eileen Skisak and Robert Jungwirth at the Cosley Zoo Run in Wheaton IL

Cathy McQuarters, Diana Sorch, Tina Pirc, Christine Lukanich, Brittany Pirc and Judith Warren on the road to the Indy She Power Half Marathon



JT and Britni Markland at the Cincinnatti Flying Pig. JT did the 4-way Challenge and came in 6th



Travelin' PRAIRIE STATE ROAD RUNNERS!



Mary Jo Minarich in FL

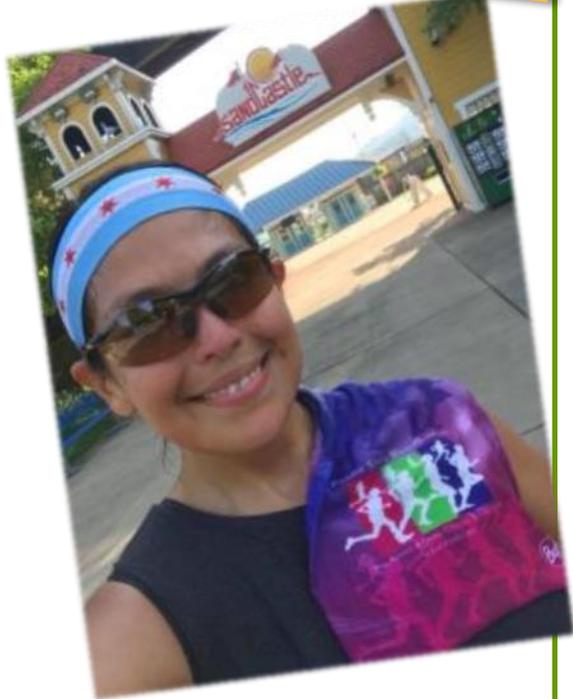


Mark Walker and Nydia Beard
in Aruba



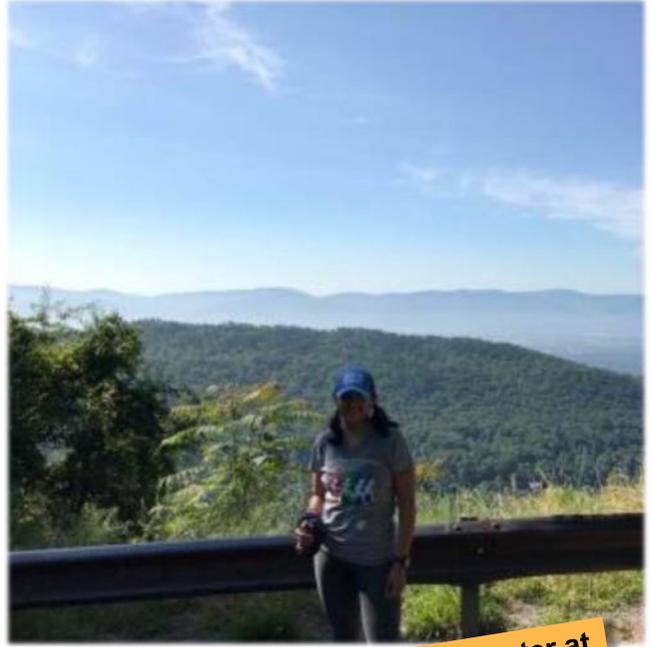
Liz Costa, Nydia Beard, Mark Walker, April
Veerman and Lori Quigley at the Chicago 10k

Diana Sorich at the Sandcastle 5k in
Homestead PA



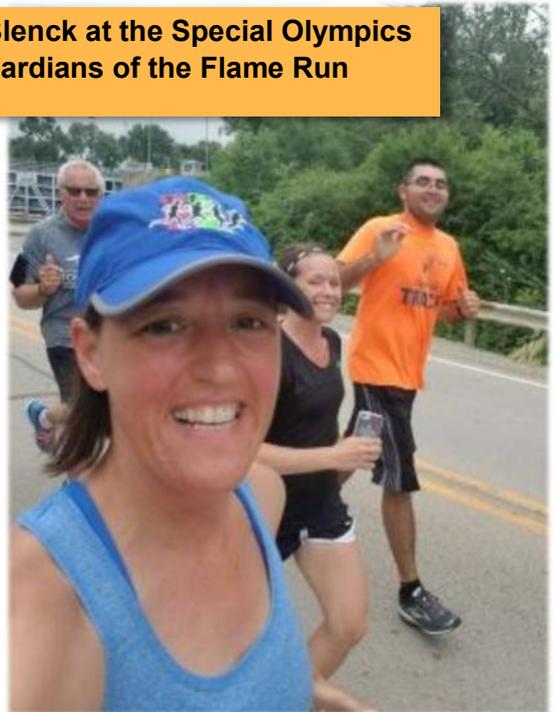
Travelin' PRAIRIE STATE ROAD RUNNERS!

**Kelly Curiel at the Freedom 5k
in St Germain WI**



**Diana Sorich before her bear encounter at
Massanutten Mountain VA**

**Shelli Blenck at the Special Olympics
Guardians of the Flame Run**



**Becky Rice, Mark Walker, Nydia Beard, Mark
Walters and friends at the Inaugural DNA
Plainfield Taco Tuesday**



Travelin' PRAIRIE STATE ROAD RUNNERS!

Javier Martinez at the Starved Rock
Marathon



Judith Warren and GOTR Buddy Gabriela
Fiestar at Girls on the Run Chicago

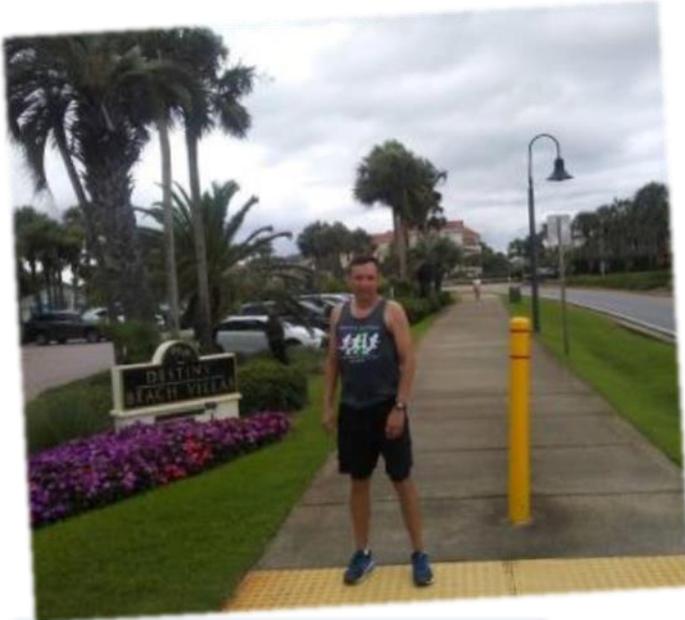


Diana Sorich at the Valley Fourth 5K,
Harrisonburg VA—Slip n Slide finish!



Cathy McQuarters, Marne Bailey and
Vera Erickson at the Indy She Power
Half Marathon

Travelin' PRAIRIE STATE ROAD RUNNERS!

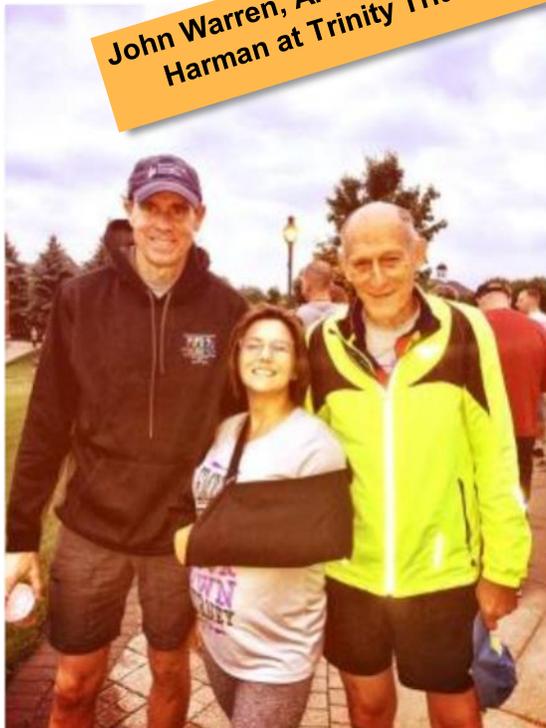


Rod Kodura in Destin FL

Cathy Morman, Jody James, Marne Bailey,
Laura Barry and Vera Erickson in Fargo ND



John Warren, Ameer Bohrer, and Jim
Harman at Trinity Triumph 5k



Mark Bowman, Javier Martinez and Jess
Conboy at the Starved Rock Marathon



Travelin' PRAIRIE STATE ROAD RUNNERS!



JT, Britni and Miles Markland at the Flying Pig races in Cincinnati OH



John Warren at the Trinity Triumph 5k in New Lenox



Marne Bailey in Fargo ND



Damien Mangabhai at Christmas in Lisle

PSRR ANNUAL PICNIC



PSRR ANNUAL PICNIC



happy
Birthday



Celebrating birthdays in July: Dan Aguilar, Katherine Atwood, Tommy John Baltz, James Barry, Ruth Bonacci-Klaeser, Mary Lou Bowman, John Bumgarner, Aiden Calvey, Kevin Calvey, Craig Carlson, Benjamin Clark, Anna-Marie Forbes, Glenn Gabryel, Bill Gora, Katie Henderson, Jody James, Molly Meehan, Jill Pironti, Terri Putnam, Emerson Raino, Andy Remley and Curt Ruch.

Celebrating birthdays in August: Rick Anderson, Isaac Blenck, Jennifer Bowman, Robyn Bumgarner, Colleen Calvey, Kelly Curiel, John Davis, Alex Forster, Karl Johnson, Brianna Johnston, Reese Koven, Thomas Lambert, Rachel Lynch, Mark Nelson, Eva Rahn, Lauren Raino, Amy Russell, Daniel Schalk, Linda Sikes, Benjamin Sturm, Terri Tatroe, Nikki Underhile, John Warren and Nichole Zemaitis.



NEW MEMBERS

Welcome

Benjamin Sturm

Connie Taylor



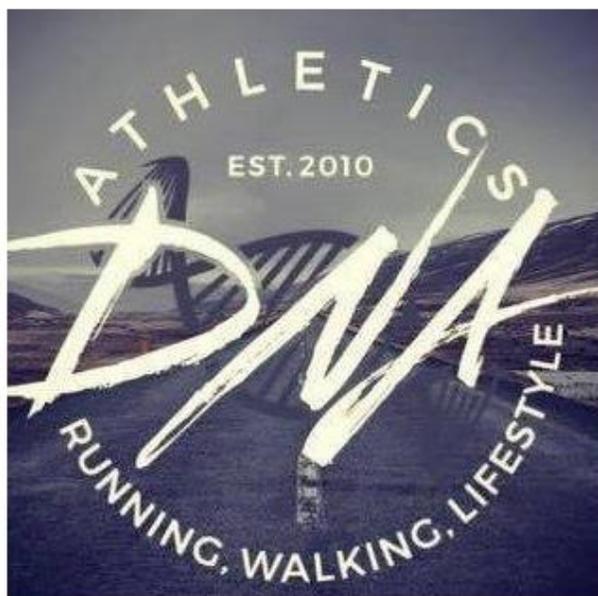
2018 CIRCUIT RACES

<u>Date</u>	<u>Circuit Race</u>	<u>2017 Club Participation</u>
Jan 20	F^3 Lake Half Marathon	New to the circuit
Feb 11	Frosty Five Mile	75
Mar 3	Manhattan Irish Fest Parade 5k	70—PSRR RACE
Mar 18	Bolingbrook Half Marathon	New to the circuit
Mar 25	Shamrock Shuffle 8k	New to the circuit
Mar 31	DNA Athletics No Foolin” 5k	31
Apr 22	Morton Arboretum 10k	New to the circuit
May 18	Fierce Fiesta 5k	50
May 26	Soldier Field 10 Miler	New to the circuit
Jun 9	Kendall County Sweetness 8k	27
Jun 16	Minooka Summerfest 5k	44
Jul 3	Liberty 5k	50
Jul 14	Waterfall Glen Xtreme 10 Miler	New to the circuit
Jul 19	Sundowner 5k	64
Aug 19	Dash-N-Splash 4 Miler	New to the circuit
Aug 26	DNA/PSRR Free 5k	50—PSRR RACE
Sep 9	Ashley Can 10k	New to the circuit
Sep 22	Dwight Harvest Days 5k	New to the circuit
Oct 13	Forte 5k	49
Oct 21	JJC Haunted 5k	41
Nov 4	Canal Connection 10k	45
Nov 11	Red Eye 5k	New to the circuit
Nov 22	Poultry & Pie Predictor 4 Miler	65—PSRR RACE

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

Don't miss the fun DNA/PSRR Free 5k. Space is limited and registration is already more than half filled. Register today!

[REGISTER HERE](#)



A fun, friendly FREE 5k on a flat forest preserve course. Bring the whole family and run for the low, low price of \$0! The race will be held in the Prairie Bluff Preserve in Crest Hill, IL (located on Renwick Rd. just east of Weber). There is limited parking onsite, but parking is available in the adjacent lots at Hassert Park (east of the Preserve) and on the street in the subdivision to the west. Because this is a free event, we will not have traditional awards, however, we will have lots of raffle prizes to give away, plus a bounce house for the kids to enjoy! The course will be measured, marked, and professionally timed... Water, gatorade, and snacks will be provided! Once again we will be collecting school supplies and cash donations for the Giving Tree/Catholic Charities to give to needy students in the area. Join us for the fifth annual running of this great race!

Please note that space is limited to 150 participants. If you register and then are unable to attend, please email the race director before registration closes and we can open up a spot for someone else. Thank you!



2018 CIRCUIT AWARD RULES

At the 12/8/17 PSRR board meeting, the directors voted to continue with Circuit Award structure as used in 2017. 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. The Most Miles Award is given to the person who accumulates the most miles in half marathon or longer races. The three award systems will work as follows:



The age groups are: Under 15, 15-29, 30-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-59, and 70 & over. For the purpose of determining age group, age on January 1 will be used and no body will be allowed to compete in two different age groups during the year. For example, a person aged 54 on January 1 who turns 55 in March will remain in the 50-54 age group for the entire year.

Scoring in the age groups will be done cross-country style, based on actual finish times rather than age graded scores. Ranking will be done on the basis of the best 7 race scores in each category except the under 15 category, which will only require 5 race scores. Winners in each age group will be recognized at the annual banquet with a nominal award, such as a plaque. The three top ranked members based on age graded scoring will not be eligible for age group awards. Finally, ties will be broken using additional races as described above.

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 20 age groups (10 each for male and female) that were used for 2017 awards.

Most Miles Award: Races of half marathon or longer races that are run between January 1 and December 9 and reported to the statistician will be recorded with a running total of miles run in such races. Any PSSR Circuit Race of half marathon or longer will count toward total miles, but will only count once toward the Circuit Award (i.e., 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) toward the Most Miles Award. The winner with most miles will be recognized with a nominal award, such as a plaque.



2018 CIRCUIT RESULTS

2018 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

7/21/2018

CIRCUIT STANDINGS

Runner	Bonus. F^3 Lake Half Marathon	1. Frosty 5 Mile	2. Manhattan Irish Fest 5k	3. Bollingbrook Half Marathon	4. Shamrock Shuffle 8k	5. DNA No Foolin' 5k	6. Morton Arboretum 10k	7. Fierce Fiesta 5k	8. Soldier Field 10 Miler	9. Kendall County Sweetness 8k	10. Minooka Summerfest 5k	11. Liberty 5k	12. Waterfall Glen Xtreme 10 Mile	13. Sundowner 5k	14. Dash & Splash 4 Mile Run	15. DNA/PSRR Free 5k	16. Ashley Can 10k	17. Dwight Harvest Day 5k	18. Forte 5k	19. JJC Haunted 5k	20. Canal Connection 10k	21. Red Eye 5k	22. Poultry & Pie Predictor 4 Mile	23. Your choice half /full/ultra	24. Volunteer Credits	Circuit Score	Circuit Ranking		
Acup, Fawn				10																									
Aguilar, Dan			16	25																									
Anderson, Rick	22																												
Arreola, Sergio				3																									
Atwood, Davian								27																					
Atwood, Katherine																													
Auld, Michael	4			4	5								24														2		
Bailey, Marne	34	36		39																									
Baltz, Cricket												33																3	
Baltz, Tom	31																												
Baltz, Tommy John												36																	
Barry, James R.		28																											
Barry, Laura	8	36	37		58																								
Beard, Nydia	3	12		4	13	8		9	2	C		8														C	46	3	
Blenck, Shelli								17		###			6	19														2	
Bodach, Bob			67																										
Bonacci-Klaeser, Ruth			41					33					10	43															
Bornhofen, Larry	17	9			6	4	6				8	9		7													1	49	4
Bowman, Mark		6			2					C																	C	3	
Bumgarner, Robyn	6																											1	
Calder, Kate									9																				
Calvey, Aidan				41	22																								
Calvey, Colleen				42	26		39																						
Calvey, Kevin				60																									
Calvey, Palmer				57	38																								
Carlson, Craig								35						52															
Carlson, Ella								14						26															
Carlson, Garrett								45																					
Carlson, Gavin		9						3						20															
Carlson, Grace								22						40															
Carlson, Kerri		18						21						23															
Carter, Clint			18									13	28																
Costa, Liz			19			11	6	18		###				21															
Curriel, Kelly		27	34		28			28			21			36															
Cyplick, Dave													25	25														3	
Davis, John													16																
DeGrush, Rich		13									12																	2	
Dye, Debbie					54								50	67															
Ellison, Howard													48	61															
Enriquez, Maria		44	47		33					C		31	37																
Erickson, Vera	5																												
Esquivel, Apolonio														3															
Esquivel, Laura														38															
Figuieras, Kathleen																												C	
Forbes, Sean		39	35			21																							
Forster, Alex		23				4		2			6	10		4															



Club Member Benefits

BI-MONTHLY NEWSLETTER – “The Pacesetter” will be sent to you via your provided e-mail. Each issue includes a letter from the president, upcoming circuit race information, current circuit rankings, and member running accomplishments. You are encouraged to submit personal stories, race reports, and pictures to the newsletter editor, Judith Warren at judith.ann.warren61@gmail.com

MERCHANDISE OFFERS - Rotating offers exclusive to PSRR members from; [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; however, you may connect with other members on our "PSRR Members Only Page" on Facebook to coordinate with others. We meet at the Channahon State Park (25302 West Story Street, Channahon) between 8:00 – 8:30 AM, finishing around 9:45 AM. We head over to Lallo's (25220 EamesSt, Channahon) for breakfast together about 10 AM.

RACE CIRCUIT - A paid member qualifies for a circuit award by earning 7 circuit credits. Credits may be earned by completing circuit races, volunteering in specified club activities, and by reporting results from one half marathon, marathon, or longer race anywhere in the world. (Exception; any member age 14 or younger on January 1st will only be required to earn 5 circuit credits). All members who acquire the required circuit points will receive a circuit award. Awards differ yearly but typically consist of club merchandise with an approximate value of \$30. At year end, the top 3 age-graded, overall ranked runners will be recognized at the annual banquet. There are also awards for the top runner in each listed age group; the runner that completes the greatest number of circuit races; the most distance miles reported from half marathons, marathons, and ultramarathons (ultras give up to 31.1 miles credit); and most volunteer credits.

RACE DISCOUNTS - for select races

ANNUAL BANQUET AND CIRCUIT AWARD EVENT - held in January

EMAILS AND REMINDERS ON UPCOMING RACES AND EVENTS

"PSRR MEMBERS ONLY PAGE" FACEBOOK GROUP - request to join this group for timely information on PSRR events and other running related information.

Please feel free to contact PSRR with any questions or concerns via e-mail at president@psrr.org

PRAIRIE STATE ROAD RUNNERS Membership Application

2018 EARLY RENEWAL/NEW MEMBER RATES (Dues paid for year 2018 if joining after October 21, 2017. Discount rates expire at midnight, Dec 31, 2017.)

Price through 12/31/17: **INDIVIDUAL** _____ \$15.00 **STUDENT** _____ \$10.00 **FAMILY** _____ \$20.00
 Price beginning 1/1/18: **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



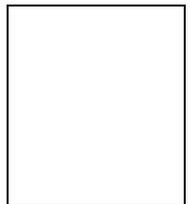
July/August 2018

PACESETTER

Prairie State Road Runners

P.O. Box 293

Channahon, IL 60410-0293



Mail to:

