

THE PACESETTER



September/October 2014 | Volume 39, Issue 5

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

www.psrr.org

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PRAIRIE STATE ROADRUNNERS



WILL COUNTY, ILLINOIS SINCE 1975
WWW.PSRR.ORG



UPCOMING CIRCUIT RACES AND EVENTS

September

September 6—Shorewood Scoot 5K

<http://www.provena.org/stjoes/scoot>

September 7—Ashley Can Half Marathon, Bourbonnais

<http://ashleycan.org/>

September 28—Plainfield Harvest 5K

<http://www.plainfieldharvest5k.com/>

October

October 5—Run for Palesh 5K, Manhattan

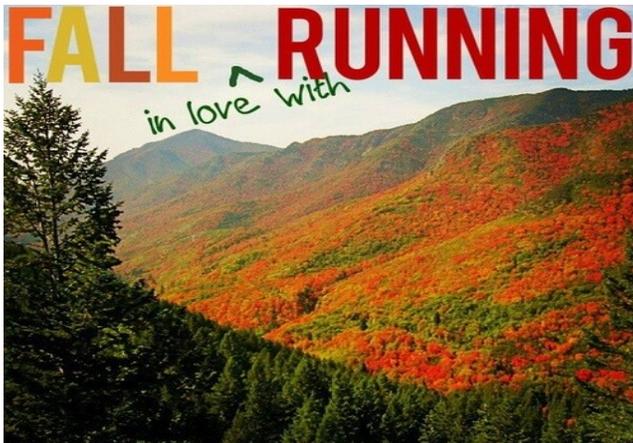
<https://manhattanathleticboosters.shutterstock.com/runforryan5k>

October 18—Forte 5K, Channahon

<http://www.forte5k.com/>

**MEMBERSHIP DUES MUST BE CURRENT IN ORDER TO EARN
CIRCUIT POINTS.**

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 Lallo's Bar and Grill at approximately 10am.
- **Wednesday** night track workouts at 6PM—Troy Middle School, 5800 W. Theodore, Plainfield
- **Thursday** Group runs from DNA Athletics in Crest Hill. Contact store at (815)588-0908 for seasonal schedule.

I wonder what "normal" people do on Sunday mornings.



Dues

- Individual Memberships** are \$18.00 per year
- Family Memberships** are \$23.00 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

Prez Sez...



BY STEVE KOVEN

It was perhaps a bit odd for him to show the tape of the news story on the first day of class, but we soon realized it served to foreshadow our task for the semester. The news story was of a pilot expertly landing his single-engine Piper Cherokee in a farmer's field and walking away unharmed, and the task for us, as first semester aircraft maintenance students at Lewis University, was to help rebuild our professor's airplane. "There are two types of pilots," he explained "those who have crashed, and those who haven't".

I sometimes feel the same way about runners and injuries. Everyone has their aches and pains, and occasional bouts of six-week-itis, but I'm talking about the more severe injuries. The injury that puts you in a walking boot or crutches. The injury that causes you to miss work or go under a surgeon's knife. At last week's PSRR board meeting, our Vice President Cricket Baltz walked in on crutches after a recent severe injury, and it really bothered me to see someone who is normally so inspired and optimistic seem so... deflated. With recent experience of my own injury, and continuously-nascent recovery in semi-effect, what could I share from my experience? What could I share with my injured fellow runners?

A person becomes inspired to run, inspired to train,

and inspired to attempt the marathon. Along the way, you share your story for various reasons. Perhaps to inspire others or to raise money for a cause. Perhaps like me, you are shedding weight so fast that people just couldn't help to ask. Then you do it, you finish! You proudly wear your marathon medal for the rest of the day, and show it off on Facebook and to all of your coworkers, even the ones you don't really like. When I ran the Chicago Marathon, people had saved the newspaper with my name in it for me! Life was good.

If you are "hardcore" or "extreme" enough to attempt another marathon, pretty soon you will be labeled. Maybe not to your face or when you're around, but it is happening whether you're aware of it or not. There must be something wrong with you, they say. You're running too much, they say. You may or may not hear any of this, but when you commit the crime of being goal-oriented in the shallow, easy-credit society in which we live today, punishment is severe. When the injury strikes and you can't hide the crutches, the chorus from the peanut gallery comes alive! "He had it coming!" I can't tell you how many people I've talked to over the past 18 months since my injury have shared a similar tale.

Had you been victim of another unfortunate injury, say a skiing or softball injury... Well, nothing you could do about that. But for a runner... well, that's preventable! You ran too much! Everyone could see that! In my case, of course, it was lost on everyone that I wasn't injured while running at all, rather it was while changing a 300 pound main tire on a Boeing 737. And even though I ran into work that day (hey, I got stuck behind the train and was running late!) and wasn't able to walk out, to the unwashed masses, I got what I deserved, because I dared to dream, and in the process I ran too much. So what would I share from my experience? Don't let anyone make you feel guilty. You had goals that

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you set out to achieve, and you attacked them in the best way that you knew how. This is what winners do. This is what we teach our children to do. Our society loves to elevate star athletes, and place their amazing talent on a pedestal... But seldom do they realize that their amazing talent is backed up by an incredible amount of hard work and single-minded focus. Would anyone say that Peyton Manning plays football too much, or that LeBron James plays basketball too much? So you took 45 minutes a day to run and clear your head while juggling a busy schedule, and this makes you hardcore and extreme? Is this what we've come to as a society?

“To my injured friends out there... You will back. It might not be when or how you want, but it will happen”

To my injured friends out there... You will back. It might not be when or how you want, but it will happen. You might train for six months and *then* sign up for that big race, rather than the other way around. You may very well become very familiar with the concept of “cross training”, aptly named because of how annoyed you will be... to not be running. Take comfort in the fact that you will be wiser upon return. But you will be back, make no mistake about it. In the meantime, get used to people asking if you're “still going to run”, and if you can avoid rolling your eyes when this happens, well, you're already one step ahead of me!

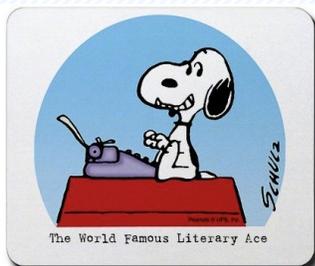


We Need You!

Over the past several months, the club has received many compliments on the newsletter. Yes, I can make it look pretty by adding pictures and fancy graphics, but the **BEST** part comes from our member contributions.



Moving forward, I would like to have 2-3 articles and/or race reports from members in order to have a nice balance of reading material for all of you. I know we all lead busy lives, but if you could please devote only a hour or two this year on a contribution, it would be greatly appreciated. Without input from our members, the newsletter will lack in character and content. Don't worry about editing, formatting, pretty colors or graphics—I will take care of all that. Your contribution can be two paragraphs or two pages...whatever you'd like to write. And, if you're a new member, we'd love to get to know you. **Everyone** has a story to tell, so share yours today by writing an article, a letter to the Editor, or sending pictures.



Contributions can be sent to newsletter@psrr.org.

**Let's keep this newsletter going strong.
Send your contribution today!!**



Oh my gosh! Susan Mores...thank you for the love you put into preparing our Pacesetter newsletter! One after another they are such a wonderful representation of what our club is about. Thank you all who have put their heart on their sleeve to contribute. I hang on every word, it's a sort of readable candy.



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 November/December Newsletter is October 10.** Please don't make me send comments to myself...send yours today!!

Email to: Susan Mores at newsletter@psrr.org

-Cricket Baltz

EDITOR'S NOTE: I would like to personally thank EVERYONE who has submitted articles, pictures, etc. for all **Pacesetter** publications. Without your contribution, the newsletter would lack in content and character. Every member has a story to tell—please consider sharing yours.



THE MARATHON MAN

By Mike Auld

Training paid off! That, in combination with all of the excellent advice I got from so many others who have run marathons. Plus, God blessed us with a great day, plenty of water and Gatorade, a Bagpiper or two along the course and it all just came together pretty perfectly!

At mile 16, I was under an 8-minute pace by about 1:30 overall (banked), which a little tighter than I thought, or that I wanted. I tried to pick it up a little. Because I was slowing at almost each water stop to take fluids, I knew I had to hold a faster pace to make up, but after each successive station it took me longer to drop back down under 8. I know people said, "Enjoy it, don't watch the clock, etc.," BUT when it's dangling in front of you, it's time to go for it because I guarantee this was my one and only shot at going under 3:30.

I DID look around A LOT more than is usual for me. I made a conscious effort to smile more. And, I even made note, "Ooh, that would be a nice picture for you, **Mary Jo Lopez Minarich.**" I even, for a very fraction of a micro-second, thought of taking a selfie next to the Piper. I waved and thanked everyone I could. Talked with a good number of people, and even got more advice to just run your race. Just like I got from **John Warren.**

As I was running alongside a man who said he was shooting for 3:30 to 3:45 (as we were cruising merrily along at a 7:45), he too warned of **The Wall** and how he was banking time. My shoulder was sore from twisting my arm so many times to keep track of my pace. Through mile 11 I was just cruising. Then I

just kept fearing that wall. I have hit the physical wall several times way back in the day while out on the bike and being reduced to walking it up even the slightest incline or against the slightest breeze just trying to get back to my dorm.

I dove past the Lactate Threshold numerous times thinking I could run faster for some reason (WALK, jog, WALK, jog, WALK). I did not want that feeling, at all. I slowed down my pace, thinking I had built up some time (I thought I had was ahead of pace by two minutes, easily). I chilled for a couple miles and then eased it back down to my pace. When I hit mile 16 and saw I was erroneous in my calculations, my stomach flipped and that wasn't good. I needed more time if my pace was going to significantly drop later on. So now I just tried to be more cognizant of my pace AND cut back on my leisurely jaunt past the water stops!



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Someone screwed up the sign placement because the distance from miles 18 to 20 was approximately a 10k. This was probably when I felt the most frantic. We were out, across, the river, up the other side and then turned around to come back. People weren't telling me which way to go. There was a decent distance to the next person in front of me so I would turn and not see them sometimes as we came back along the river and into the neighborhood. I pushed it and went 7:35, 7:48, 7:43, and 7:39 for miles 20-23, respectively.

Just a hair more than a 5k. Now I had to run a 5k. I got a little better idea of working my brand new watch and could see how I was doing, I think. Somewhere around miles 10, 11, 12, or so, my watch had my average pace at 7:58, I think, but now I was showing a 7:53 average. Nice I thought. Somewhere in the 20's we were cast into a throng of runners. Don't know if they were 5k, 10k, or Half-Marathon runners. I had caught up to the person ahead of me, so when the course and the hundreds of other runners were turning right, I was clarifying with the friendly volunteer that I was where I was supposed to be.

The thought of a wrong turn was freaking me out! The guy who I was now running with assured me not to worry about it—we were on the right course! He had run this several times before.

I was pushing now. Waiting for that slap. I was aware of the slightly increasing burn in the legs. Hitting mile 23 was good.



The runner I had been speaking with earlier said to me, "I just try and break it down into 5k's." I now was about a 5k away from finishing. After many checks on the watch, I was pretty sure I was doing well and had a little cushion. I passed a couple people walking. I could only give out a "C'mon buddy...we're so close...keep pushing!" One person I passed as he was walking came back passing me readily. He got maybe 50 yards in front of me and WALKED. This back-and-forth went on at least 6 or 7 times.

When there was nothing but an enormously large parking lot between us and the Notre Dame

Stadium that felt great. I got up to the stadium and remembered that it wrapped around the far side and into the finish, so what the heck, give it a little more. Then there was this sign with a big 26 on it. Damn, still a quarter mile to go. I can't keep this pace, I thought! I did slow down a little then. I could see I still had another corner to round. Of course there are the people cheering and the adrenaline of being so close. I, in my mind, picked up the pace. It was my best imitation of a sprint to the finish. There was my sis, Jeanette and her husband, Chris Schabel IM,

along with Katie, Thania and John. Chris gave me a huge holler and that pushed me through the finish line. I saw the clock was 3:26 something.

Okay I was happy and I think I smiled. Then I hobbled over to some shady grass and attempted to stretch out my hips, which were killing me! Unfortunately there didn't seem to be a way to backtrack to cheer others at the finish. I walked towards the finish line, but apparently I was still hobbling. A person came up to me and asked what I needed, did I need some help, anything they could do. I was feeling good mentally so quipped "I look that

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bad, huh?" Then he told me I couldn't come back that way. I could go through Gate A, out Gate B, and around the stadium to come back towards the finish line. That would have been well over another QUARTER mile! Then I saw the Chemist, **Lauren Lemke** IM BQ and then saw her husband, **Scott Lemke**, and their two kids. They had been out on the course and gave me a huge yell which was another shot of energy!

Eventually I found my favorite youngest sister, Bec, (Rebecca Auld) another first timer!!! She was with all of the aforementioned support crew! I don't know if I would have had enough mentally to stay on course, on plan, without the people cheering and shouting encouragement. That plan was formed through training and all of the words of advice that

I got from so many running friends. Runners/triathletes are a special group. Everyone encourages others. That is why the running community has grown expo-

KeyBank 

Sunburst Races
Saturday May 31st, 2014

Michael Auld
Plainfield IL

Finish Net: **3:26:09**

Finish Clock: **3:26:21**

Overall: **49** out of 543

Place in Gender: **44** out of 360

	Net	Clock	Pace
Finish	3:26:09	3:26:21	7:52/mi

nentially. What better community to be a part of than this one. We mostly compete with ourselves. Sure, making it to the podium is great but rarely is there animosity towards any other runner. If someone flew past me on the way to a PR and bounced me off the podium, THAT'S GREAT! We all know how it feels to notch another accomplishment in our running endeavors, so to see some-

one else achieve it, can't help but bring a big smile to your face. Some days it seems like nothing goes right. This might happen at a 5k or whatever distance. That sucks! But then you find out that everything went perfectly for your friend who killed it out there. They are so happy and now you are so happy. Your bad day on the road just turned into a pretty good day overall! Again I thank everyone for their encouragement, advice, well wishes, cheers, and all of the positive energy. It came together to help me achieve 26.2 and earn the name, Marathoner! Sounds pretty cool.

I just wrote to say THANKS and got a little wordy. I don't proof-read what I write because that's what I was thinking. It may be disjointed or not chronologically correct, but just run YOUR race! NO WALL HERE! RUN ON!

Taken from Mike Auld's Facebook page with his approval, of course!

Congratulations, Mike!



1ST ANNUAL PSRR XC OPEN

A Director's Perspective



BY EVAN SATHER

Photos courtesy of Kate Likovich



Race director, Evan Sather, barking orders on the megaphone

Cross country was how I first got into competitive running when I was thirteen years old. I joined Troy Middle School's boys' team in 1999 when I was starting eighth grade. Finding immediate success, I continued to be a cross country runner for all four years in high school and for three years in college.

Since graduating from college, I haven't seen any open cross country races in the Will County area. The only race I knew of took place in December annually: the Cross Country Challenge up in Gilberts, Illinois. Aside from that, there may be an occasional trail race, if you search hard enough. Nothing was around the area that was a true cross country race. Since I joined the Prairie State Road Runners in the fall of 2012, I noticed how active we are in volunteering for races as well as hosting them. Most notably, they have been annually putting on the PSRR Poultry Predictor every Thanksgiving, which is something I have participated in sporadically since the early 2000s.

Since the beginning of 2013, while I was still living in Joliet, I would spend my Sunday mornings on the I&M Canal for distance runs followed by breakfast at Lallo's in Channahon. I had talked about cross country with Dave Cyplick a few times. In addition, we have some cross country coaches who are already in the club: John Davis, Doug Cherry, and Matt

Clark. Directing such an event would be a big way for me to give back something I love to the club. I also wanted to use such an opportunity to learn how to lead in life and do a good job at it. Some of that desire came from enjoying watching the Celebrity Apprentice with my family because it involves project management. The way I saw things in the club, many of our members may not have heard of cross country running. Some may have been parents of cross country runners, but have never had the opportunity to race in one. Realizing the interest from within the club and noticing the lack of such races, I decided it was time for me to step up and get busy with proposing a new race to put in the PSRR circuit for our members.

In June of 2013, I began to brainstorm of what I would like for such a race. When I brought up my idea with club president, Steve Koven, I got his approval to attend the upcoming July 30, 2013 board meeting at the Jacob Henry Mansion. Before that evening, I put together a short PowerPoint presentation. I covered the following topics:

- *About cross country running*
- *Where existing open meets take place, to show how scarce they are near Chicago*
- *Necessary equipment*
- *When to hold the meet (I proposed either June or July of 2014)*
- *Great locations around Will County to hold this meet*
- *General reasons why the PSRR should support the idea, such as: low cost, a new experience for many people, etc.*

I hadn't composed a PowerPoint presentation since

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obtaining my Master's degree three years prior, so I wanted to make sure I kept it straight to the point, but visually pleasing and well-organized. I learned from Steve that there would be no projector available to put on a standard slideshow for the attendees. Fortunately, we were at a small enough table so that everyone could see the slideshow through my net-book's ten inch screen. Tentatively, I wanted to have the race at Channahon Community Park, being that we're a Channahon-based club. My spiel was a success and I would officially have the club's support in putting on such a race. Hooray! Now I just have to put in the work required from a director. Certainly, it can't be very hard to do, right? As you read on, you'll find out how I answered my own question.

For the rest of the summer and into the fall of 2013, my main focus was my Naperville Marathon training, balanced with my work and social life. At the same time, I had another major life changing event happen to me: I finally moved out of my parents' house in Joliet into my first house (for rent) in Willowbrook. Much of my time was spent settling in to my new home. I figured I had enough time at the beginning of 2014 to plan the meet.

I began to make phone calls to the Channahon Park District in January and February of 2014 to set a reservation for the venue of the meet. Much like some local high schools using Channahon Community Park for their home meets, I figured my requests would be well-understood for reserving the park for a few hours on one morning. In the end, the park

district denied my request. I felt like a failure at that point and I wasn't certain where to turn. Rather than bother club officers about the trouble I was having in getting this organized, I figured I'd let it go and possibly try again for 2015.

Steve talked to me at the Frosty Five to let me know that Matt Clark might be able to help by providing the home course, plus equipment, at Plainfield Central High School. I was dynamically stretching and mentally focused on the race so I didn't put a lot of thought and emotion behind my reaction at that time. In any case, I was glad to hear it. Having an (almost) guaranteed facility to use will



save me the troubles I was going through, as an outsider, trying to reserve a park. Before then, I didn't even realize that Plainfield Central was using their own athletic fields for their home course. I assumed they were still using Van Horne Woods in Plainfield, like they were when I was a high school cross country runner.

Throughout the end of February and into March, via e-mail, I helped set the date of when this cross country open will take place. As I spent time at home in March trying to gather details for this event, I hit a mental roadblock when I thought to myself: I have no idea what I'm doing! I started to let my self-doubt, and other negative thoughts, get to me and I began to put off the planning of the race throughout March and into April. This was all because I felt I couldn't handle the stress and frustration of trying to plan everything correctly the first time. As the result, I was too afraid to make any executive decisions.

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Thankfully, Steve (even with his already busy schedule) was willing to electronically kick me in the butt to get moving on directing this race. By the middle of April, I finally set some details in stone, such as the starting time, how many volunteers are needed, post-race food, awards, etc. Ultimately, it was decided to keep this race small and no admission fee for its first year. Plus, Steve wanted to get rid of the remaining PSRR merchandise, so they would end up making excellent raffle items to give away. Dave handled the liability insurance and provided budget information so I knew what the club could minimally spend on such an event. With that in mind, I had some nice trophies developed for the overall male and overall female winners and then bought twenty five medals for the top twenty five overall finishers. The medals would be handed out in the finish chute while I would save the overall trophy winners for the presentation and raffle.

When it was time to put together an entry form, Matt provided a copy of the course map, Steve provided a copy of the waiver, and I created the entry form and an “introductory to cross country” page for the first-timers. I put them all together. The final draft was complete by May 12th. I sent them out to several sources throughout the southern suburbs of Chicago to see how many bites I could get from outside of the club. I got entries from as far north as Naperville and as far east as Palos Park. The registration period lasted five and a half weeks. As the forms were mailed and e-mailed to me, I did receive some positive feedback and enthusiasm for racing in this event. It got my adrenaline pumping, even though I wasn’t planning on running in the race, being that I’ll be too busy directing. With all of these kind words I received, I just hoped that my club event will end up being successful.

“The atmosphere was really uplifting and thrilling, which made me feel like I made a difference to everyone.”

With this event finally coming together, I decided to reach out to some college track teammates/friends of mine who started their own businesses near the Plainfield area. I reached out to Eric McCants of EMC Training in Plainfield, and Dr. Brian Damhoff of Elite Performance Institute of Naperville who were willing to get up early to set up tables to promote their businesses. I also invited Jim Knudsen, who set up a table for DNA Athletics at the event.

I got a good number of PSRR volunteers willing to come help out that morning. Including Matt Clark setting up the race, I got Rich DeGrush, John Sikes, Judith Warren, Mark Bowman, Dave Cyplick, and Tom Baltz to come help. To be on the safe side, I also got three of my friends (John Dehm, Matthew Gummess, and Kate Likovich) to volunteer just in case things get out of hand. Kate had the photography experience I was looking for to take the race photos. For everyone else, I put them wherever bodies were needed, such as the one and two mile markers, the finish chute, the PSRR table, and at two of the turn flags to be sure no participant was confused.

The morning of the race, a grand total of 33 participants showed up, and they were of all ages. For not putting this event together as early as I should have, I thought this was pretty good on such short notice. I made sure all the volunteers knew what they were doing. When I, and the volunteers, first arrived at 6:30 AM, the gnats were in large numbers and almost unbearable. I was afraid they were going to be a nuisance for everyone that morning. By the time the sun was high enough after 7:15 AM, the gnats began to go away with some annoying ones still flying around. That’s typical for a Chicago suburban summer morning, so I figured we could live with that. When the time was 8:30 AM and everyone was lined up, I grabbed the bullhorn, gave final instructions, sounded the air horn, and the race began!

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There were some clouds in the sky, but the humidity was high and the sun was blazing hot that morning. The runners only go by four trees on the course, so the participants were not going to find much shade to run under. With these summer conditions, I was glad to see that all thirty three participants finished the race. Within minutes of the last place finished going through the chute, I began the awards presentation, the raffle, and a last minute announcement of the PSRR/DNA Athletics Free 5K. Aside from maybe one or two people, everyone stuck around for the post-race events.

The atmosphere was really uplifting and thrilling, which made me feel like I made a difference to everyone. I don't think anyone had a bad time. It made all the work worthwhile from everyone involved in

planning and volunteering for this race. I also received some positive feedback after the race from a few people, which confirmed that this event lived up to the hype.

I learned a lot about directing a race, as well as fine tuning my leadership skills. Some parts of the planning were difficult for me due to fear of failure and inexperience. I feel like I have grown in maturity as a young man and I can use these skills later in life, especially with my career in information technology. For next year, I will definitely be sure to begin the race planning earlier than I did for this year's race. I can't wait to do this again! One day, I hope this annual event grows into something big for everyone of all ages to look forward to in the summertime.



Overall Female Winner - Kate Leuders



Overall Male Winner - Jack Sebok

Thank you to all the volunteers who helped host an incredible race and congratulations to everyone who participated in our inaugural event!

We look forward to seeing you all again next year!



Why I Started Running and 3 Tips for New Runners!

What Started It All !



By Mary Jo Minarich

Well I certainly didn't start running for the love of running. I started for the same reason most of us start moving—to lose weight! So for me, it all started with a pair of jeans....

I have been pretty lax with making good food choices. OK, let me just admit it—my eating sucked. And it wasn't because I didn't know what to eat—it was because I was too busy to make good choices. I know that is a cop-out but it's true. I was busy being the soccer mom, the football mom, the track mom (I loved watching my son run!), the band mom (my daughter rocked in our school's color guard), the dog mom and the wife! Most of my meals were eaten at concession stands. My family and home came first and I was *waaaaaaay* behind everything else. Kind of like every other mom in the USA.

Well getting back to those jeans! I remember this day like it was yesterday. I went to put on my size 14 jeans and realized I couldn't fit into them any more. It seemed like it happened so fast. How did all this weight sneak up on me? I remember almost wanting to cry. *I was going to have to go into the next size jeans..*

Because of my height (5' 1") this was going to be a problem. I was almost more inches around than tall! I had to make a choice—purchase bigger clothes or finally take care of myself. Running seemed to be the best choice for me so I gave it a try. I was too embarrassed to run outside so I did the next best thing. I headed to my basement and started up my Wii! Yes, my running didn't start on a beautiful trail, or down the street. It started right here.



After a couple of months of jogging in place, oh I mean running miles on a lush green field, I thought I would give the road a try. I felt great, I dropped a couple of pounds already and I had some confidence built up in me. My goal was to run to my park and back. I had to turn around at the **end of my street**.

Talk about a shocker! *It's hard to propel yourself in a forward motion!* Plus there are cars, weather and dogs to deal with...

So then I thought I would try the indoor track. With a t-shirt, shorts and water, I figured I would start with 4 miles and move my way up to marathon level mileage in a couple of months. This will be easy

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with no wind, cars and a nice soft floor. *Boy was I wrong.* I was huffing and puffing and I swear my heart was going to pop! I couldn't even make it once around a track...

All I kept thinking was, "How the heck do people do this?????" I would watch these young runners fly by me. They would be listening to music or talking without even breathing heavy. So I walked 3 more times around and sadly headed home.

The next time I went to the track I ran 1 time around and walked 4 circles. And I kept adding one walk-around each week with a short spurts of slow running. In 6 months, I was walk-running for 60 minutes. I dropped another 10 pounds and I was feeling strong.

That's when I decided I wanted this good feeling to never stop. I wanted muscles and I wanted to run. I ran my first 5K and fell in love with the sport!

I've learned a lot during the last 4 years of running. I know new runners, get bombarded with information. Here are 3 tips if you are just starting:

1. SIGN UP FOR A RACE. Mine was a local 5K. Start small and enjoy it. In the beginning most runs really do suck. You feel like you want to quit. But you'll want to stick with it if you have something

invested in it like a registration fee. Plus you usually get a race shirt. There's nothing prouder than that moment you put on your first race shirt!

2. FIND YOURSELF A GOOD RUNNING PLAN AND STICK TO IT AS BEST YOU CAN.

A plan gives you a map of what you need to do so you don't have to think about it. I printed mine up and hung it on the frig. There's nothing better than marking off a training run. There are days that you won't be able to run because of the family, the weather, the dog ran into a skunk and you have to give him a bath. It's ok, don't give up on yourself. Forgive and forget and move on. Here's the plan I used. **(HAL HIGDON TRAINING PLAN)**



3. FIND YOURSELF A FRIEND! In my case, it was my run club. I found a wonderful local group. We communicate through Facebook and tell each other when we run. A run club provides you with someone to run with (SAFETY FIRST!). It also gives you a group to talk to when all your non-running friends stop listening to you because all you do is *talk about running*.

In the end it's up to you to decide what works best for you. Don't give up. If I can do it, **YOU CAN DO IT!** Good luck starting and let me know how you're doing. I would love to hear from you!



Great job, Mary Jo!



Looking for a Running Destination Vacation?

by Susan Mores

While this race is just two days into spring, in Illinois it may still feel a bit like winter. It's never too early to start planning that cold weather get away and a great race to consider is the **11th Annual Arizona Distance Classic!** With a Half Marathon, Half Marathon (wheelchair), Quarter Marathon and 5K, there is a distance for everyone. Enjoy the great weather southern Arizona has to offer, along with stunning mountain views, magnificent National and State Parks, mountain hiking trails and spring training baseball just a short trip up the road in Phoenix. Last year, **Dave Cyplick** and I ran the Half Marathon and enjoyed Happy Hour with **Nancy Cyplick** at the Hilton El Conquistador afterwards.

www.arizonadistanceclassic.com



PSRR Members **Dave Cyplick** and **Susan Mores**—2014 Arizona Distance Classic Half Marathon



Hotels & Travel



Hilton Tucson El Conquistador Golf & Tennis Resort

10000 North Oracle Road
Tucson, Arizona, 85704
Tel: (520) 544-5000

www.hiltonelconquistador.com

Book your room now and receive your free VIP upgrade* which includes one Official VIP Jacket, race packet delivery directly to the hotel, and access to the VIP tent on race day!

The Hilton Tucson El Conquistador Resort is the Arizona Distance Classic official race headquarters hotel. Enjoy beautifully renovated public spaces and breathtaking views of the stunning Santa Catalina Mountains at this AAA Four Diamond resort in Oro Valley. Relax and play at this unique desert oasis, featuring sparkling pools and a 143-foot waterslide. Achieve nourishment and culinary delight at any one of the four on-site dining options including the newest offering, Epazote Kitchen and Cocktails. Play golf or tennis, go hiking, biking or horseback riding or escape to the resort's Elements Spa for some indulgent relaxation.

The Arizona Distance Classic VIP event upgrade room rate is \$169/night.* Call (520) 544-5000 to reserve your room today. Visit www.hiltonelconquistador.com for more information about the resort.



John Warren— 1st Place Age Group at Chasing the Sun 5k—New Lenox



Races



Mary Leonard and son Jake at the Sundowner 5K—Joliet



**Club Members
Firefly 5k—Channahon**





Christmas In July

Lisle Community Park - Lisle, Illinois

24 Hour Race

- **Athlete:** Jim Harman
- **Distance:** 100K (64 miles)
- **Placed:** 1st in his Age Group
- **Overall:** 14 out of 59 in Mileage
- **Demographics:** Oldest by Far
- **Quote:** “Nothing beats hanging out with ultra runners. There's no more supportive group. And to my great friends and support team...It brings tears to my eyes when I think of you.”



Congratulations

Jim Harman!!



Future Runner

THEY SAY YOU MUST LEARN TO WALK
BEFORE YOU CAN RUN...

But, not for Vivian Grace Orr. She is ready to run!

Vivian Grace is the daughter
of club members Sarah and Jeremy Orr,
niece to Amanda Moretti
and granddaughter to
Larry and Sue Bornhofen.



HEART of a CHAMPION



By Vera Erickson

On June 14th of 2014, over 3,500 athletes from all across the United States gathered in Princeton, New Jersey. For seven days, these brave competitors gave their all – in body and spirit – and achieved a special place in history as champions of the 2014 National Special Olympics.



I had the honor of being one of thousands of supporters that attended the 2014 National Special Olympics. For the second time, I was able to support my nephew, **Justin Hellerud**, as he competed in bowling for the state of North Dakota.

As do all Olympic Games, the week of competition kicked off with the Opening Ceremonies. As the crowds lined up along the streets leading to Newark’s Prudential Center, waiting in anticipation for the athletes to arrive, local police escorts closed intersections along the route, and gave every Special Olympian a celebrity’s arrival. The crowds cheered and welcomed each bus as it arrived. Many of us lined the walkway and offered high fives to the athletes as they entered the Center.

Once inside, the excitement of the crowd built as we waited for the ceremony to begin. When the lights finally dimmed, each state was announced, and the athletes and VIPs filed in. Not once did the applause fade as these champions walked to their seats surround-

ing the stage. The Billy Joel tribute band Mike DelGuidice and Big Shot began the entertainment and delivered “Heart of A Champion,” the theme song of these games. Actress and model Brooklyn Decker and Philadelphia 76’ers NBA player Michael Carter-Williams emceed the ceremonies. The athletes and spectators were greeted by other famous faces that included Jane Lynch from “Glee” and WWE superstars Big Show and David Otunga. Rock band Madison Rising performed a beautiful and rousing rendition of The Star Spangled Banner, complete with bag pipes and fireworks synced to the lyrics (... the rocket’s red glare, the bombs bursting in air...). The emotions and pride surged through the Prudential Center. Carried in while LaShell Griffin sang “We Raise This Flag”, the Special Olympics flag rose above the stage of the Center, and an observer would have been hard-pressed to find a dry eye anywhere among the nearly 9,000 athletes and spectators in the building. Finally, the “Flame of Hope” was carried into the Prudential Center, the Olympic Cauldron was lit, and the 2014 National Special Olympic games began.

(Continued on page 19)

(Continued from page 18)

The week flew by in a flurry of activity. Every day, we attended one competition after another. As the champions arrived at each event, they were surrounded by a sea of volunteers on either side of them cheering them on as they entered the venue. As we watched the bowling competition at the Brunswick Zone-Carolier in Brunswick, we were inspired to see the athletes supporting and cheering each other – including their competitors – in every effort, whether it was a strike, a gutter ball and everything in between.

From bowling, we headed to Mercer County Park in Windsor to watch the Unified Soccer teams play. Unified Team Play is a unique part of the Special Olympics. The athletes are chosen from all over the state and have not played together until they reach the games. In spite of this, the partners and athletes worked together like they had been practicing and playing for months. Nervous parents sat in the stands, cheering their teams and their children. All the teams played hard and each athlete gave their all in every game. We watched these champions smile

and show their pride in loss as well as victory. It reminded us that this is how true champions behave. After the game, the two teams got together and took pictures. We saw this extraordinary character in all the team sports, and we were all moved to see such sportsmanship. Team North Dakota took home the Silver

Medal for soccer. We spent our last afternoon and evening watching the track and field events – the high jump, long jump, the 10k run and relays at Princeton University. The crowd cheered as the first runner crossed the finish line and cheered even louder when the last runner crossed the line. Again, we were amazed watching as these athletes gave their all each and every time they were out on the field.



L to R: Justin Hellerud, coach and teammate

Medal for soccer.

We turned our attention to the volleyball competition held at Rider University in Lawrenceville. The very competitive team from North Dakota won several games throughout the week, but eventually was bested by the team from Rhode Island. Later, the North Dakota players and families filled the gym and cheered for Rhode Island – the team that beat them – in that team’s game to win the Gold Medal. That exciting game was

During the week when the athletes weren’t competing, they attended the many events scheduled especially for them and their needs. The Healthy Athletes program provided free health screenings to Special Olympic athletes in six disciplines: Fit Feet (podiatry); FUNFitness (physical therapy); Health Promotion (better health & well-being); Healthy Hearing (audiology); Opening Eyes (vision); and Special Smiles (dentistry). Every ath-

(Continued on page 20)

(Continued from page 19)

lete that had a need was provided gift certificates for sports goggles, hearing aids and shoes. Olympic Town included a “boardwalk” with a carnival theme. The Olympic Cauldron is located in Corporate Park, where the athletes and supporters wandered among many vendor tents with free photo ops, free prizes, inflatables and food. One night the champions were taken out to watch the local baseball team. The athletes were also taken on a dinner/dance cruise to the Statue of Liberty.

The week flew by and we prepared for closing ceremonies held at the Sun National Bank Center in Trenton. After a long week, the athletes were more confident and more engaged – more laid back – than during opening ceremonies. Closing Ceremonies began with the Bushwackers Drum & Bugle

Corps leading the way to the stage. More live entertainment had the athletes dancing in their seats. At one heart wrenching point during the ceremony, one of the ambassadors stumbled over the pronunciation of a

“*I know that everyone in our group left a changed person.*”

word. Overcome with the emotion of the week, both the ambassador and the audience were brought to tears. The Special Olympics flag was lowered and was carried out of the stadium. The Olympic Cauldron was extinguished and the games officially closed.

Too soon, the week ended. For seven days and nights, we were honored to be part of these games. We watched these athletes give their all, regardless of the so-

called “quality” of the performance or the final result. I know that everyone in our group left a changed person. As I flew home to Illinois, I found my perspective on life had permanently changed. I’d always known that my nephew Justin was special in so many ways, but now I knew that he was part of a much larger group. These special men and women – every one a champion – proved time and time again that no obstacle is too great for anyone who has heart enough to do their best.

We all can be like the champions of the 2014 National Special Olympics. We must decide to do the best we can, whether in competition with ourselves or with each other. More importantly, we should aspire to do our best in the support and encouragement we give to our teammates as well as our competitors.



How Special Olympics All Began

It all began in the 1950s and early 1960s, when **Eunice Kennedy Shriver** saw how unjustly and unfairly people with intellectual disabilities were treated. She also saw that many children with intellectual disabilities didn’t even have a place to play. She decided to take action.

Soon, her vision began to take shape, as she held a summer day camp for young people with intellectual disabilities in her own backyard. The goal was to learn what these children could do in sports and other activities – and not dwell on what they could not do. Throughout the 1960s, Eunice Kennedy Shriver continued her pioneering work -- both as the driving force behind President John F. Kennedy's White House panel on people with intellectual disabilities and as the director of the Joseph P. Kennedy Jr. Foundation. Her vision and drive for justice eventually grew into the Special Olympics movement.



• OUR AWESOME CLUB MEMBERS •

New Places Same Great Faces

It's time for some HILLS!

By Rich DeGrush

Except for the occasional Sunday race or really nasty running surface (ice, excessive water etc.), some of us in the club run most every Sunday morning—year round—on the Towpath, starting at the Channahon State Park. Having differing individual training/mileage goals and running paces, we may start as early as 6:00 AM or as late as 8:30 AM. Instead of a group start to our Sunday morning runs, we each plan our run to finish around 9:30. Then head off together to Lallo's Bar and Grill for breakfast, and perhaps a Bloody Mary.

The Towpath is a great place to run. The crushed limestone surface is very runner friendly on the legs

and the trees lining the path provide both shade and a partial break from the wind. But, unless you venture out to the trail in McKinley Woods or go out on the road, the Towpath is as flat as a pancake. So, sometimes the Sunday morning running group travels.

The Sunday Group travel runs are generally going to be on trail loops with the length of the run being 8 to 12 miles. Anyone wishing to run fewer miles can still join and get their targeted mileage by just doing an out-and-back run over part of the course. We will send out e-mail reminder (and a Face Book posting) to provide directions, confirm the run starting time and other relevant information (course maps) a week before the run date. Non-club members are welcome, so bring a friend!

PSRR SUNDAY GROUP TRAVEL RUNS

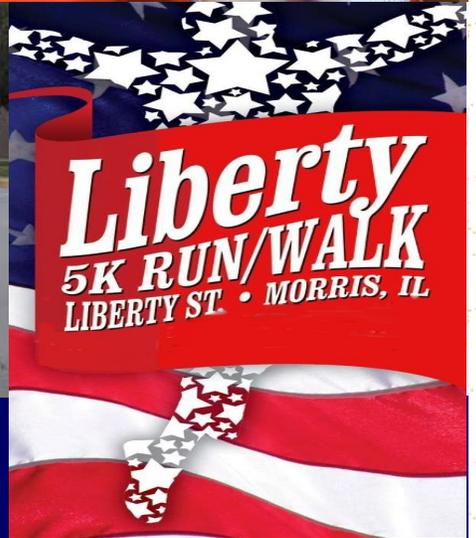
The advance dates, locations and tentative start times have been set for the 2014 PSRR Sunday Group Travel Runs:

Date Locations & Start Times

May 25 Swallow Cliff at 7:45 AM
June 29 Waterfall Glen at 7:15 AM
July 27 Kankakee State Park at 7:30 AM
August 31 To be determined 7:30 AM
September No run planned
October 26 Swallow Cliff at 8:00 AM
November 23 To be determined at 8:15 AM



Extra credit run on July 5 at Waterfall Glen County Forest Preserve



1. John Warren, Rich DeGrush, John Sikes, Robert Sodr, Tom Baltz, Leo Bak, Tommy John Baltz (front row), 2. Dave Cyplick, Marcia Davidson, Mark Walters, Cricket Baltz, Cathy McQuarters, 3. Ken Goodwin, Tammy Munch, 4. Mark Walters, 5. Pat Koerner, Ken Goodwin, 6. John Warren, 7. Ray Wertelka

RUN FOR PALESH 5K

Ryan Palesh lost his battle with cancer in September 2009. He was an educator at Manhattan Junior High School, where he taught history and geography to MJH students for over four years, and he also coached the school's cross-country, basketball, and track teams. At the age of 34, Ryan left behind a loving family, including a one year-old son, as well as a community that deeply respected him.



Ryan Palesh

This is a **PSRR circuit race** and our club member, **Pete Slattery**, plays a big role in organizing this race. All proceeds will benefit N.O.R.D. (National Organization of Rare Diseases), Manhattan Athletic Boosters and the Ryan Palesh Character Award Fund.

DATE: Sunday, October 5th, 2014 (Rain or Shine)

TIME: Race will start promptly at 9:00 A.M. (Registration and t-shirt/bib pick-up are available between 7:00-8:00 in the MJHS commons and gym)

LOCATION: Manhattan Junior High School
15606 W. Smith Road, Manhattan, IL 60442
(*Limited* parking is available east of the school)

ENTRY FEE: (Pre-Registration Closes September 12th, 2014)
***T-Shirt Only - \$10.00
***Race Without a T-Shirt - \$15.00
***Race With a T-Shirt Included - \$20.00
****ADD \$5 TO TOTALS ABOVE AFTER PRE-REGISTRATION DATE*

COURSE: Residential area, mostly flat, on street. The race is only open to runners and walkers. Strollers are allowed (curb-side only).

AGE CATEGORIES:

A: 14 and under	B: 15-19	C: 20-29		
D: 30-39	E: 40-49	F: 50-59	G: 60 and Over	

TIMING AND AWARDS:

***Disposable chip timing system! Fast results at the finish!
***Split times will be called at the 1-mile and 2-mile marks.
***Medals will be presented to the 1st, 2nd, and 3rd place times in each category, both male and female. 1st, 2nd and 3rd best *overall* times, male and female, will also be awarded.

REGISTRATION: Drop-off and walk-in registration are accepted until September 12th, 2014. Forms should be returned to the MJHS office only (Send mailed-in registration forms to “Run for Palesh”, Manhattan Junior High School, 15606 West Smith Road, Manhattan, IL 60442). **AFTER SEPTEMBER 12TH, THE REGISTRATION FEE WILL BE INCREASED BY \$5.** Race day registration opens at 7:00 A.M. and closes promptly at 8:00 A.M.

REGISTRATION FORM ON FOLLOWING PAGE

Visit <https://manhattanathleticboosters.shutterfly.com/runforryan5k> for further details!

Run for Palesh 5K Official Entry Form

LAST Name: _____ Home Phone: _____ Address: _____ _____ Email Address: _____	MJHS ALUMNI Yes <input type="checkbox"/>
--	---

Office Use	First Name of Each Participant	Category Must Circle One A: 14-Under D: 30-39 B: 15-19 E: 40-49 C: 20-29 F: 50-59 G: 60-UP	Gender Circle One	T-Shirt Size Youth and Adult Sizes
		A B C D E F G	MALE FEMALE	
		A B C D E F G	MALE FEMALE	
		A B C D E F G	MALE FEMALE	
		A B C D E F G	MALE FEMALE	
		A B C D E F G	MALE FEMALE	
		A B C D E F G	MALE FEMALE	

Fee Enclosed: _____ T-Shirt Only - \$10.00 _____ Race without a t-shirt - \$15.00 _____ Race with t-shirt included - \$20.00 <div style="background-color: yellow; padding: 2px; text-align: center;"> ***ADD \$5 TO TOTALS ABOVE AFTER SEPTEMBER 12TH, 2014. </div> _____ TOTAL AMOUNT INCLUDED

*****Please Make Checks Payable to Manhattan Athletic Boosters.**

Waiver: I know that running/walking a road race is a potentially hazardous activity. I know that I should not enter a run/walk 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 race. I also know that although security will be provided, I assume the risk of running/walking in traffic. Having read this waiver and knowing these facts and in consideration of you accepting my application and non-refundable entry fee, I, for myself and anyone entitled to act on my behalf, waive and release Manhattan School District 114, its employees, school board members, the Manhattan Athletic Boosters and their members, the Village of Manhattan, and all other sponsors, officials, volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this run/walk event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this run/walk event for any legitimate purpose.

Signature: _____ Date: _____

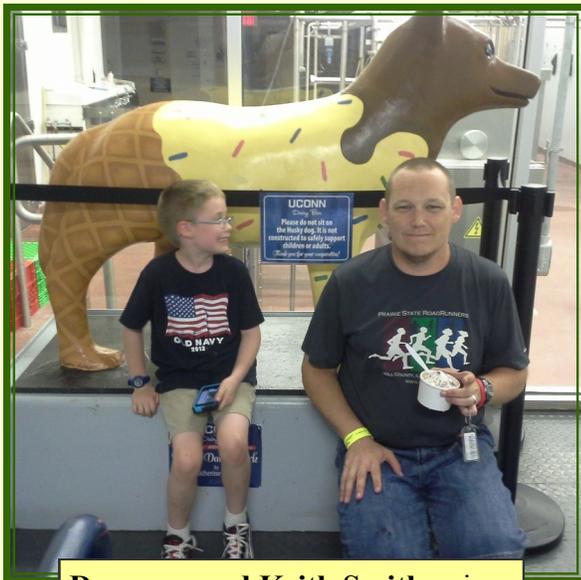
Travelin' PRAIRIE STATE ROAD RUNNERS!



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 tech shirt at the Great Wall of China, carrying your PSRR duffle bag along the beaches of Costa Rica, or wearing your PSRR fleece in International Falls, Minnesota!

Please send your pictures to Susan Mores at newsletter@psrr.org



Donovan and Keith Smith enjoying ice cream at the **University of Connecticut Dairy Bar**—Storrs, CT

Martinsville Agricultural Fair 5k is in the books. Third in AG for **Aubrey Hopper** and 2nd for father, **Spencer**—Martinsville, IL



FALL OR WINTER GET-AWAY?
DON'T FORGET TO PACK YOUR PSRR
GEAR!!



YOU SAY IT'S YOUR BIRTHDAY!!



Celebrating birthdays in **September** are Clark Anderson, Sergio Arreola, Marne Bailey, Jennifer Bernhardt, Sezar Carrillo, Doug Cherry, Kyle Cherry, Dave Cyplick, Rich DeGrush, Pat Fera, Chandler Horvat, Art Hostert, Janet Kapala, Patrick Kielian, Pete Klaeser, Patti Lauer, Christian Martinez, Susan Mores, Caroline Portlock, Norman Rasmus, Evan Sather, Jeremy Sikes and Brian Tatroe

Celebrating birthdays in **October** are Alexis Bowman, Brian Castelli, Jess Conboy, Alyssa DeBoer, Kristin Garcia, John Jr Horvat, Patrick Koerner, Bill Lauer, Mary Leonard, Jim Miller, Tami Miller, Mary Jo Minarich, Maureen Montgomery, Jeremy Orr, Michael Weisfus and Colleen Zawrazky

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



Bienvenido

Welcome!

Bienvenue

NEW MEMBERS

Kibet Rono
Caroline Portlock



*No matter how you say it,
we are so happy you joined us!*



Willkommen

Welkom

CIRCUIT RACE RESULTS (as of August 10, 2014)

 PRAIRIE STATE ROADRUNNERS WILL COUNTY, ILLINOIS SINCE 1975 WWW.PSRR.ORG	1. Midwinter Cruise 5k	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Rockdale Ramblin 10k	5. JJC 5k	6. St. Mary's 5k	7. Minooka Summerfest 5k	8. Liberty 5k	9. Kankakee YMCA 5k	10. Sundowner 5k	11. Firefly 5k	12. DNA Athletics/PSRR Free 5k	13. Shorewood Scoot 5k	14. Ashley Can Half Marathon	15. Plainfield Harvest 5k	16. Run For Palesh 5k	17. Forte 5k	18. Canal Connection 10k	19. Red Eye 8k	20. Poultry & Pie Predictor 4 Mile	21. Jingle Bell 5k	22. Your choice half /full/ultra	23. Volunteer Credits	24. PSRR Cross Country Open	Circuit Score	Circuit Ranking
Runner																										
Acup, Fawn			15			5	21				16															
Anderson, Clark	1	3	3	2		2	3		1		5														15	3
Arreola, Sergio		9	9	7						7	8															
Auld, Mike		10	8				4	7			6												1			
Bailey, Marne		37	21	26						30																
Bak, Leo							32	38																	C	
Baltz, Cricket	7	28		30		10	13	25														C	5			
Baltz, Tom		43	27	18							17											C	2			
Barry, James		46																					1			
Barry, Kristin																							1			
Bell, Grant		31					21			23																
Blazekovich, Jenny										15												C				
Bonaci-Klaeser, Ruth				41							27															
Bornhofen, Amanda				42						53																
Bornhofen, Larry		16						12		11	11											C				
Bowman, Mark		14		15	2	3																C	3			
Bumgarner, Robyn		32	19				16				35															
Buturusis, Teresa										32																
Byrnes, Brenda				27	9					27																
Calder, Kate		34		21		6				19												C				
Calvey, Colleen		49	36	45	16																					
Carrillo, Sezar										6																
Carter, Clint									5																	
Cherry, Becky																								1		
Clark, Matt							12	20			18											C	2			
Conboy, Jess		18		9			9				13											C				
Cyplick, Dave	6					7	14	23			19											C	5			
DeBoer, Ted		23	14				15	4																C		
DeGrush, Rich		11	10	12			6	11		9	9											C	3		68	5
DeVault, Sharon	9	42	26	33	11					37												C				
Ellison, Howard				32	14	17		29		36	32											C				
English, Dwayne				46																						
Erickson, Vera		39			6					49	23															
Fera, Pat											38															
Forbes, Anna Marie				48						52																
Forbes, Sean		40	27	31						33															C	
Gabryel, Glenn	10	48		37							33															
Garcia, Nick							31																			
Goodwin, Kenneth		38				13		27	8	26												C				
Gora, Bill										28																
Gorman, Tom							22																			
Gregory, Susan		52	36		12					44	31															
Hardy, Marcus				11	4					17													1			
Harper-Kuhel, Susan			35	34	13	16	24	34		38	28											C			184	9
Horvat, John		19																					3			
Jungwirth, Robert		7						8															1			

CIRCUIT RACE RESULTS (as of August 10, 2014)



Runner	1. Midwinter Cruise 5k	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Rockdale Ramblin 10k	5. JJC 5k	6. St. Mary's 5k	7. Minooka Summerfest 5k	8. Liberty 5k	9. Kankakee YMCA 5k	10. Sundowner 5k	11. Firefly 5k	12. DNA Athletics/PSRR Free 5k	13. Shorewood Scoot 5k	14. Ashley Can Half Marathon	15. Plainfield Harvest 5k	16. Run For Palesh 5k	17. Forte 5k	18. Canal Connection 10k	19. Red Eye 8k	20. Poultry & Pie Predictor 4 Mile	21. Jingle Bell 5k	22. Your choice half /full/ultra	23. Volunteer Credits	24. PSRR Cross Country Open	Circuit Score	Circuit Ranking
Kapala, Janet				29							24															
Kielian, Jordan		24																								
Kielian, Patrick		30	17																							
Klaeser, Pete	14	54									39															
Koerner, Craig				22						31	21												1			
Koerner, Patrick D.							17	3																		
Koerner, Patrick J.			22	19	5		18	18		16	15														113	6
Koerner, Stacey									11																	
Kohlmeyer, Linda											34															
Koven, Kelly			16			9																				
Koven, Steven		50		39																			6			
Lambert, Tom																						C	2			
Leonard, Dale			30							24												C				
Leonard, Mary				24						50																
Lopez, Fatima		21	13	13						13																
Martinez, Javier		8	5	5			5	10			7											C				
Mason, Jim				10																						
McCahey, Michael		1	1			1	2	2		1	2														10	1
McLean, Laura			39		18																		4			
McLean, Susan		25	24	37	8		15				22															
McQuarters, Cathy			29		10			31		35	25															
Miller, Jim				23	7	11				25																
Minarich, Duane		36		28						29													C			
Minarich, Mary Jo		33		20						21													C			
Montgomery, Maureen			23						9														C			
Montgomery, Mike			34						10																	
Mores, Sue																								4		
Munch, Tamara		6	6					5		5																
Munro, Kent																							C	1		
Munro, Virginia			31			14																	1			
Nette, Paul				17			10	16		14																
Newberry, Phil	3																									
Orr, Sarah										48																
Pirc, Brittany			32				29			40																
Pirc, Tina		45	25	35			23	30		34													C			
Pironti, Jill	13																						C	2		
Pironti, Rudolph	12																						C	2		
Podolski, Sally		15		14						18																
Putnam, Terri		47		40			25	32		39	29															
Rahn, Eva		20			3		8	13			12												C			
Reeb, Carol										12																
Reiter-Gorman, Brenda			40																							
Riley, Benjamin		55		43																						
Rono, Kibet									2																	
Ruch, Dawn							27	35		42													1	C		
Sather, Evan	2	4	4	4						8													1			

CIRCUIT RACE RESULTS (as of August 10, 2014)



Runner	1. Midwinter Cruise 5k	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Rockdale Ramblin 10k	5. JJC 5k	6. St. Mary's 5k	7. Minooka Summerfest 5k	8. Liberty 5k	9. Kankakee YMCA 5k	10. Sundowner 5k	11. Firefly 5k	12. DNA Athletics/PSRR Free 5k	13. Shorewood Scoot 5k	14. Ashley Can Half Marathon	15. Plainfield Harvest 5k	16. Run For Palesh 5k	17. Forte 5k	18. Canal Connection 10k	19. Red Eye 8k	20. Poultry & Pie Predictor 4 Mile	21. Jingle Bell 5k	22. Your choice half /full/ultra	23. Volunteer Credits	24. PSRR Cross Country Open	Circuit Score	Circuit Ranking		
Scheckel, Debbie			18			8		26	7		26																	
Servi, Tim		12																					C					
Sheridan, John		35					19																					
Sikes, Jeremy								14																				
Sikes, John			38	44				36		43																2		
Skisak, Eileen		2	2	1	1		1	3		2																12	2	
Slattery, Pete								1			1															1		
Smith, Keith		27	20			11		24			20														C			
Sodt, Robert		26						22	6																			
Stapleton, Carol							20	28																				
Starling, Mary		22		16						22													C					
Stempniak, Katie		53		47						47																		
Tatroe, Terri																										1		
Vanderhyden, Paige					17		30			45	36															1		
Walters, Mark	5	17	12				11	19		51	14															1	129	7
Warren, John	4	13	11	8		4	7	9		10	10											C	1			52	4	
Warren, Judith	8	44	33	36		15	28	33		41	30											C	1			183	8	
Weisfus, Stella		41					26			46																	1	
Wertelka, Raymond	11	51						37			37												C	4	C			
Westefer, Gary						15																					2	
Wojtkiewicz, Paul		5	7	3				4		4	3												C	1				
Zawrazky, Colleen				6				6		3	4																	
Zemaitis, Nicole		29		25			17			20													C	1				

Juniors/Seniors

Baltz, Tommy John		2	2	3		2	3	2			2															C	C	10	2	
Barry, James G.		7			7																									
Bell, Kyle		1		1			1			1																				
Bergin, Terry	1	5	4					3																						
Johnson, Karl			6	4	6	4	8	4		5																		23	4	
Kielian, Gerald		8	5																								1			
Kohlmeyer, Madison											6																			
Lauer, Bill					8																						1			
Macknick, Dick	2																									2	C			
Martinez, Christian							4				3																			
McFarland, Patrick			3	2	4		6																							
Munch, Maxwell		4																												
Peterson, John					2																									
Picciolo, Carol			1																											
Ruch, Julia							5	3		3																		C		
Ruch, Spencer								5		4																				
Scheckel, Harry					1	1	2	1	1	2	1																1		5	1
Thompson, Bob		6								6	5																	1		
Wait, Jay		3			5	3	7		2		4															C			17	3



2014 Circuit Race Schedule

DATE	RACE	2013 CLUB PARTICIPATION
January 19	Midwinter Cruise 5K, Park Forest	21
February 9	Frosty Five Mile, Channahon	56
March 1	Manhattan Irish Fest Parade 5K	New Club Sponsored Race
April 12	Rockdale Ramblin' 10K	55
May 3	JJC 5K, Joliet	27
May 17	St. Mary Immaculate 5K, Plainfield	15
June 21	Minooka Summerfest	19
July 3	Liberty 5K, Morris	26
July 19	Kankakee YMCA 5K	11
July 24	Sundowner 5K, Joliet	66
August 7	Firefly 5K, Channahon	33
August 17	DNA Athletics/PSRR FREE 5K, Crest Hill	29
September 6	Shorewood Scoot 5K	35
September 7	Ashley Can Half Marathon, Bourbonnais	New Club Sponsored Race
September 28	Plainfield Harvest 5K	20
October 5	Run for Palesh 5K, Manhattan	New Club Sponsored Race
October 18	Forte 5K, Channahon	15
November 2*	Canal Connection, Utica	17
November 16	Red Eye 8K, Joliet	55
November 27	Poultry and Pie Predictor 4-Mile, Joliet	55
December 6	Jingle Bell 5K, Lockport/Crest Hill	25
Any	Your Choice half/full/ultra	

* Unconfirmed Dates.



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 Lallo’s (25365 South Fryer Street, Channahon) for breakfast.
 - TRACK WORKOUTS (SEASONAL)** – These speed work sessions take place on Tuesday evenings and are lead by a club member in the spring and summer months. We currently meet at the Troy Middle School, 5800 W. Theodore, Plainfield.
 - 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 18-20 races, including a “your choice” marathon or ½ marathon. All paid members are eligible for circuit participation awards. Runners age 15 through 64 must participate in seven circuit races to receive an award. Runners 14 and under, or 65 and over, must participate in five circuit races.
- **RACE DISCOUNTS**—Select circuit races
- **ANNUAL BANQUET AND CIRCUIT AWARD EVENT**
- **EMAILS AND REMINDERS ON UPCOMING RACES AND EVENTS**

PRAIRIE STATE ROAD RUNNERS Membership Application

2014 NEW MEMBER RATES (Dues paid for year 2014 if joining after October 1, 2013).

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



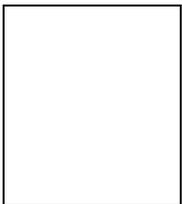
September/October 2014

PACESETTER

Prairie State Road Runners

P.O. Box 293

Channahon, IL 60410-0293



PRAIRIE STATE ROADRUNNERS



WILL COUNTY, ILLINOIS SINCE 1975
WWW.PSRR.ORG

Mail to:

From Will County's Running Authority

