

CLUB MEMORIES: 2000-2010

by Dave Cyplick, Jay Wait, and Susan Mores



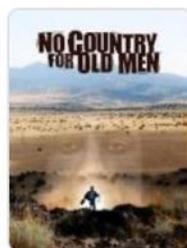
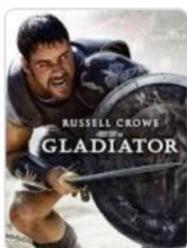
Once we survived the dreaded Y2K intact, the decade 2000-2010 was marked by disasters both natural and manmade. The September 11, 2001 attacks, the Iraq War, Hurricanes Rita and Katrina, the collapse of Enron, the Wall Street scandals like Bernie Madoff's Ponzi scheme, the sub-prime housing crisis and finally the global recession of 2008 far outweighed the dread of computers crashing with which the decade began.

The sports world was rocked by some scandals we knew about, like the Barry Bonds and Mark McGwire steroid controversy, while the secrets we didn't know, namely Lance Armstrong and the USPS cycling team's exploits, were yet to be uncovered. Michael Jordan unretired again to don his Number 23 for the Washington Wizards a few seasons, and the Bears made it to the Superbowl but lost.

In popular music, Eminem was losing himself, Beyonce encouraged the single ladies to get a ring on it and Amy Winehouse was singing no no no to rehab. Now-classic movie series like The Lord of the Rings and Harry Potter had begun, while on the small screen new shows such as The Sopranos, Friends, Lost, The West Wing, 24 and The Wire were keeping audiences captivated.

In 2005, The World Marathon Majors was born and came to be dominated by Kenyan men and German females between its foundation and the end of the decade.

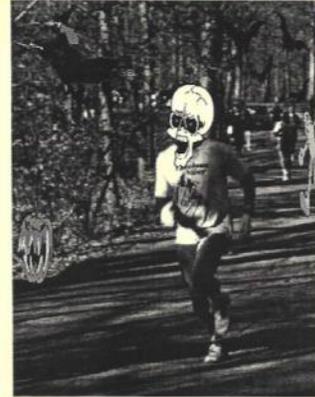
Meanwhile, back in beautiful Will County, Illinois...



The running scene was bustling along. Mary Jones was PSRR Club President in 1999 and 2000 but in addition to that, she also edited the Pacesetter newsletter and directed the National Heritage Corridor 25k race put on by the club which was a local favorite for many years.

In 2001, Jeff Lindstrom became PSRR President and was at the helm when the decade's worst national tragedy took place. He wrote this Prez Says after the September 11 attacks:

The PREZ SAYS



I hope most of you have recovered from the great tragedy that stuck our country on September 11. Things like this make us realize just how fragile, and precious life is. It also shows us that things can change in just a few minutes, look at the economy, booming last year at this time, now almost a depression. My heart goes out to everyone effected by this tragedy, hopefully all our members and their families are safe! I salute those who came out and helped make life more normal by volunteering for the National Heritage Corridor 25K on September 16th. Jeff Biggs did a fine job of organizing this event. Although the number of runners was down this year, that was to be expected with what happened. It was good that this day 500 people were able to get the fear off their minds and feel the joy of running and life. I heard the Kankakee River run was again a very nice race. Unfortunately the numbers were low there too. I hope that soon those who are avoiding going out because of fear or depression will soon get back out running since running has been shown to lower stress and increase both mental and physical health. I I've state many times though running is not the most important thing in life, so make sure to spend some time with your families and loved ones, they are the most important thing, just ask anyone who lost someone in New York. I hope all those who have run a marathon this month have enjoyed successfully completing this major goal, but for those who had problems remember that mistakes and mishaps can help us learn about ourselves and others and become more flexible and grow stronger. Don't forget the upcoming Canal Connection 10Kk, this is a nice course run mostly on the softer towpath surface and in fresh country air. Also Our Turkey predictor will be held Thanksgiving morning, again remember that if you can't run you can always volunteer to help and still enjoy the company of your running friends. The October meeting will be October 14th ,at the lone star after the breakfast club run at 8:00 am, come join us for some conversation and help add your ideas for our club's future.

Well until next month see on the towpath or at the races,

Jeff

From 1999 through 2001, PSRR participated in the Southern Area Race Circuit. Four running clubs including PSRR, the Kankakee River Running Club, the Palos Road Runners and the Park Forest Running and Pancake Clubs made up the circuit. Each of the 4 clubs designated two of their local races as SARC races (for us, the Sundowner and the 25K) and points were awarded for the relative finish places of team runners. SARC encouraged race participation and friendly competition. There was a combined awards banquet at the Pilcher Park Nature center at least one of these years that participants of all the clubs attended.

Dave Cyplick: “This circuit was started by Jeff Lindstrom. Each club selected two local races and the top 15 finishers from each club were counted. In 1999, we gave out awards for the four club competition at the Pilcher Park Nature Center. I don't think I ever ran in any races in the Palos area prior to this so I enjoyed heading in their direction. The races were as follows:

- Caribbean Cruise - Park Forest Club - February
- Fools Run - Park Forest Club - April
- Palos Park 3 Miler - Palos RoadRunners - May
- Kilbride Family Classic - Kankakee Running Club - June
- Sundowner 5k - PSRR Race - July
- Hickory Dickory Dash - Palos RoadRunners - July
- National Heritage Corridor 25K PSRR - September
- Kankakee River 10k - Kankakee Running Club - September”

FROM A PAST PACESETTER ARTICLE:

You may have heard about the exciting new cooperation happening between our club and the Palos, Park Forest and Kankakee clubs, but if you haven't listen up. Starting at the Caribbean Cruise and followed by The Fools 4 miler, and including our 25k and Sundowner, the Kankakee River 10K, The hickory hills 3 miler, a fathers day race and several others all on our circuit now too. This circuit is a team competition scored by adding the finishing places of your top 15 runners up. Lowest score wins. There will also be cash prizes to the top individuals (3 deep) and top master in both male and female groups. Clubs will also win cash back for finishing first and three \$25 checks will be drawn for at random for all finishers who participate in the races. For every race you run you get another chance in the drawing so run one race you get one chance, run all eight races and get eight chances. Only one prize to any one person so the wealth will be spread around. So for you competitive runners, run at least 6 races and maybe you can score the individual money or to turtles like me, run as many as you can get too and maybe you can pick up \$25 in the random drawing. Some new fun for everyone and a chance to get to better know running friends from the other southeastern suburbs makes this a winning situation for us all. I will update when all the details are final. Also thanks to all who wished me into a new age group on valentines Day at the Frosty or with the nice card. It's so nice to have great friends like you all. See you all at the 'Run for the Funds' since I'm doing T'ai Chi in Hawaii for the next 2 weeks.

Jeff Lindstrom

Traveling to out of town races with fellow club members has long been a tradition with PSRR members. 2002 was no exception as a number of PSRR's headed to Duluth Minnesota for Grandma's Marathon. We entered both Women's and Men's teams in the Marathon team competition that year and placed 10th on the Women's side and in 12th place on the Men's side of the competition. Carol Walters wrote an article about the 2002 expedition in The Pacesetter that year:



GRANDMA'S MARATHON
EXCURSION
JUNE 22, 2002
by Carol A. Walters



It was a 92 degree day when we departed from Claire Oliver's house for Grandma's Marathon on Thursday, June 20th at 5:30 p.m. Yes, it's finally here...no more bad training runs (or good ones)! Dave Cyplick, Clint Carter and Carol Walters loaded up into Claire's van and headed out of town for their first destination, Portage, WI. We weren't a mile out of town when we came upon Tom Bellows running down Essington at about a 6:00 minute pace in the heat. We shouted out to him that we were heading to Grandma's. While stopped at a red light, he ran to our van to wish us good luck. We gave him a swig of water. He was our added inspiration for the marathon.

We stopped for dinner at the Pine Cone Restaurant just south of Portage, WI. Claire must have been hungry by the way she pulled her van into the parking lot. I didn't know vans could lean that far without tipping over. We arrived at our lovely hotel, Comfort Suites, in Portage, WI at 10:30 p.m. The four of us capped off the long drive by sharing a bottle of wine; compliments of Claire. We slept like babies and got up early the next day for a free breakfast from the hotel...the coffee was like sludge and Bill Murphy needs to show them how to make oatmeal! Nonetheless, we had plenty of junk food, water and Gatorade in the van....breakfast of champions.

Approximately 5 hours of driving in constant rain, lightening and hail, Claire pulled us into beautiful downtown Duluth, MN. We went directly to the expo and picked up our race packets, shopped, and had a late lunch/early dinner at Grandma's Garden Restaurant. We then proceeded to check into the dorms at the University of MN at Duluth. Runners were everywhere! We had four rooms and were grouped together in our own "wing". We finally met up with Sandy Kurtenbach, Jim Halstead, Dan LaVire and Jeff Biggs at the dorms. We spent some time mingling with the other anxious marathoners in the hospitality room. We called it an early night since 4:30 a.m. the next day would come quickly. No one seemed to get a good night's rest. Seems that there was some nervous chatter in the hallway for quite some time.

Carol brought her coffee maker to ensure the morning of the race was like any other morning. We awoke to the sound of percolating coffee....the good stuff! All of us had coffee together and took pictures. It's always fun to compare the before and after pictures! What a hoot! It was another cloudy/rainy morning as we were loading the bus at 5:30 a.m. to take us to the starting line in Two Harbors. We had the pleasure of listening to an "expert" marathoner on the bus coaching a first-time-marathoner..."be sure to belch at mile 21" and "refrain from looking at Duluth while on the course because you'll be further away than it looks"! Huh? Her friend mentioned that that shouldn't be a problem since they would know by the mile markers what mile they were at!

Race time was 7:30 a.m., still cloudy, cold; about 40-45 degrees. We handed in our gear at 7:00 a.m. and headed for the port-a-johns one last time. We seeded ourselves at the start only to see lightening bolts and very dark skies in front of us. We had only 2 minutes until the start when the announcer delayed the race for 30 minutes due to the storm. Everyone scattered like cockroaches for the port-a-johns one more time. By now, we were all freezing. There were tents set up that everyone was trying to huddle under to stay warm and dry. At 7:45 a.m., the crowd took their places again, and were irritable and anxious to get the race started. By this time, light rain had begun to fall. The gun went off at 8:00 a.m. and by mile 1 the rain had stopped. It was almost a perfect marathon day. Cool, cloudy, very light breeze, no rain. It was, however, very humid. All of us started the race together, but eventually everyone split off into their own comfort zones. At the finish we were greeted by Jeff Biggs and his camera...he managed to snap a few of those "after" pictures!

Retrieving our gear at the gear-check table went fairly well until Claire threatened to jump over the table to find her bag once she learned they could not find it. Upon realizing she wasn't humored by this, they managed to find it....quickly.... and all was well. We said our "good-byes" to Dan and Jeff as they continued on for a canoe vacation. The rest of us changed clothes, grabbed a quick bite, and hobbled to the bus stop for a ride back to the dorms. Once home, Claire and Carol immediately cracked open a bottle of Merlot to celebrate. We met a fellow runner-friend, Tom Gladfelter, for a lovely dinner at Pickwick's. Carol and Claire shared another bottle of wine....hmm! As we were dining, yet another lightening storm rolled in off of Lake Superior. The fog horns were non-stop. After dinner, we strolled through a few shops. Dave and Jim picked up a bottle of wine...hmm! We called it another early evening and headed back to the dorm. We met at Carol and Claire's room for...you guessed it....a night cap of the wines that Dave and Jim purchased. We all slept very well that night.

Woke up Sunday morning to more rain. Carol and Claire had breakfast over another bottle of wine....JUST KIDDING!! Moving a bit stiffly, we managed to load up the van and headed south about 65 miles for breakfast. We threatened to stop in Wisconsin for some cheese curds (or is that cheese turds?), but were anxious to get home. We needed to re-fuel the van about 1/2 way home. Claire managed to buy....yes, a bottle of wine.

We arrived safely back at Claire's house at around 5:15 p.m. Claire was anxiously greeted by her daughter, Emily and her son, Sam. Sam pitched right in to help up unload the van. Claire's husband, Andy, was glad to have Claire home, too!

Some of us said that we'd never run another marathon....some of us are already planning the next one. For anyone interested in running Grandma's Marathon, it is a point-to-point course with a few rolling hills and one sizeable hill called Lemon Drop between 22 and 23. There were approximately 6800 finishers so the crowd is manageable. The water stations are well organized as is the majority of the event. We bumped into Rich Gaul and Joann Kammerer at the finish. They accomplished their goal of beating their Chicago Marathon time! Rich is a good person to ask about Grandma's as he has run it many times.

Dan LaVire: 3:39:49 Carol Walters: 3:40:52 Claire Oliver: 3:48:41 Clint Carter: 3:56:13 Dave Cyplick: 4:03:21
Rich Gaul 4:20:40 Sandy Kurtenbach: 4:28:23 Jim Halstead: 4:51:37

Jeff Lindstrom, who took over the reins of the PSRR from Mary Jones in 2001, had developed a medical condition that reduced his ability to run over the years, yet by 2003, he found himself acting as President, circuit statistician and newsletter editor. Fortunately, John Davis jumped in as newsletter editor to relieve the burden on Jeff.

John wrote a monthly column called “Davis’ Doodles” in which he shared insights about running, the club and life. These are a couple of examples from 2002 and 2004:

DAVIS’ DOODLES

I had plenty of time to write the month’s column. I am currently laid up with a muscle tear in my calf. Not being able to do my daily run is like a freedom being taken away from me. I have a poster in my basement that says “What would you do if you couldn’t run?” This is always my motivation to go out each day. Also, I realized that no pain, no gain should be replaced with “when in pain, use your brain.” My injury happened while refereeing a basketball game but in reality it was an overuse injury; I did not listen to my body. When I ignored the original pain on Thursday and Friday during basketball games and ran 5 miles on Saturday morning even though the calf was a little tight, the running gods determined that during the first basketball game on Saturday morning I would be taught a lesson in training. As I was headed down the court, my calf felt like an explosion had occurred or I had been shot. Well, I think I’m on my way to a recovery and with all the holiday food (I’ve gained 4 pounds) and icy conditions, this is not a good time to be on one leg. Also, it takes me about one hour a day to find substitute referees for all my games (I over scheduled a bit – like about 18 games per week).

DAVIS’ DOODLES

I always love this time of year. 2003 is done and, for the most part, all of us can be thankful for many things. We still have great friends, our families and are growing and staying strong – and we kept running. The new year gives us a chance to improve upon all those things and add to our life’s accomplishments. My family and I have always taken the time between Christmas and New Years to set resolutions and evaluation on how we did on last year’s. My physical goals always revolve around keeping my weight constant, running about 2000 miles and not embarrassing myself at the area road races. This year I added a goal. That is to run a marathon again. This may not seem like a big commitment, but the last of my 15 marathons was completed about 17 years ago. Now that I have printed this goal for all to see, I had better start upping my mileage.

This is a big year for the Prairie State Road Runners. We will be electing some new officers. We also will be trying to increase our membership and get more exposure in the area newspapers.

I hope all of you had a happy holiday season and will have a prosperous and healthy new year.

In 2004, Jim Halstead took over as PSRR President. The club became an Illinois non-profit corporation at this time and we continue to maintain this status as well as our affiliation with the Road Runners Club of America where we derive our status as a 501c organization, exempting us from federal income tax. We also began the process of instituting a PSRR Hall of Fame, inducting our first nominees at our January 2005 annual

meeting and banquet. Gary Moss, Greg Rose, Becky Criscione and Jack Picciolo were our first inductees.

[Editor's Note: Following this article there is an individual "History of the PSRR Hall of Fame" discussion written by Dave Cyplick.]

Dave Cyplick was PSRR President from 2005 through 2007. In 2005 and 2006, PSRR hosted a series of cross country races (3 in 2005 and 2 in 2006) in conjunction with the Channahon Park District on the Minooka High School Cross Country Course in Channahon. This was an effort to get adults interested in cross country as well as giving the high school runners some extra access to cross country races in the summer.

Dave Cyplick: "Our club has dabbled with cross country off and on. In the 1990's we hosted the Illinois Open State Cross Country Championship in Kankakee at Camp Shaw. You could argue that this was actually more of a trail race but it did have cross country aspects to it including the start which was on a large open grassy field. The cross country races in 2005 and 2006 were an experiment that attempted to attract adult runners and middle school and high school kids from Channahon, Shorewood and Minooka. The middle school runners ran two miles and the high school and adult participants went three miles on the Minooka High School course. Coaches Doug Cherry from Joliet Central, Kevin Gummerson from Minooka and Tammy Gummerson from Plainfield North helped us out a lot on this. The Minooka Park District and the respective coaches basically re-did the cross country course to create separation between runners and the frisbee golf course. Having these races prior to the school cross country season allowed them to test this concept out. The races went well from a staging perspective but the turnout was not what we hoped for. The course is located on McClintock road in Channahon, where the Village holds their 4th of July fireworks show. PSRR also put on Cross Country races at Plainfield Central High School in 2014 and 2015 largely through the efforts of coach Matt Clark and Evan Sather, a former Troy Middle School State Championship Cross Country team participant in the 1999-2000 school year."

Jay Wait: "I remember the cross country races in Channahon. In 2005 I ran several of them, and on at least one occasion, my daughter Kathy ran as well. Kathy at that time was a PSRR member, had just graduated from college, and was living at home while looking for a job. We both knew the course quite well as she had run it multiple times in high school meets and I had helped Doug Cherry with the timing of several of the JT Invitational meets held there. This one evening got off to a bit of a rocky start when we were registering and one of the PSRR volunteers handling registration asked her which junior high she would be running with in the fall! Not something a college graduate wants to hear."

In 2006 and 2007, the club put on the Spring Kickoff Trail Race in Pilcher Park. This was a 4 miler that used some of the trails in Pilcher Park which hadn't been raced on for many years. It

also served as a means of getting rid of a huge accumulation of extra race sweatshirts, t-shirts and windshirts we had accumulated over the years.

Dave Cyplick: “In January 2006 I wrote a Prez Sez column that introduced the race: which included the following:

‘Many of you have probably noticed that there are a lack of races in our area in March and April. If all works out, we are going to try to plug that hole a little bit by starting up a race in late March or early April, using the Pilcher Park Nature Center as the venue. The four mile race will be a low cost, no frills race with giveaways being surplus shirts and sweatshirts left over from various races. There will be trophies and medals given out along with refreshments. Hopefully, the club can make a little money and we will have a new race as as a spring kickoff. If the race comes off as planned, it will be a PSRR circuit race.’

The race was uneventful in 2006 with probably 150 runners participating on a course that was probably 50% actual trails, some bike paths and a small portion on the roads.

In 2007, I realized the day before the race that part of the course had probably a foot of mud on it and that required some last minute adjustments, steering them away from the originally planned route. Unfortunately, some people still ran that way and came out caked in mud, others did the course from the year before and still others did the adjusted course. That made for absolute chaos! I did the wise thing and left town immediately after the race! We didn't have the race in 2008 as we brought back the National Heritage Corridor 25K that spring.”

As it turns out, the 2007 race was memorable enough that it figured prominently in Jay Wait's recollections of club history as well.

Jay Wait: “The other race I remember was the Spring Trail Race in Pilcher Park (probably in 2007 because I think it was the last one). Dave had been there with a crew on Friday afternoon to get the course marked for the 4 mile race, and as I recall it did include some segments that were run twice. Unfortunately, on Friday night there was a significant rainstorm, and by Saturday morning parts of the marked course were under water and unusable. Dave did get there early enough to make course revisions (not sure if he maintained the 4 miles or not) and found volunteers to provide guidance at all the turns. Not sure where the wheels came off, but 20 minutes into the race you could stand nearly anywhere in the park and see runners going in every direction. I'm not sure if any two runners actually ran the same course, nor if anyone ran the actual revised course. As I recall, after some debate it was determined that the race could not be scored. I also recall that I had worn a pair of old shoes because I had some concerns about mud, and that when I got home they went directly into the garbage can.”

The club conducted a Marathon/Half Marathon training program in 2007 which included an 18 week structured training program as well as free PSRR memberships for program participants. 2007 was the brutally hot year for the Chicago Marathon. I think we had a total of 28 participants that year though some opted for half marathon training instead

WILL COUNTY MARATHON TRAINING PROGRAM

- Marathon Certified Coaching
- Three Group Runs Per Week
- Training Program T-shirt
- Membership to Prairie State Road Runners
- Discount at Dick Pond Athletics Crest Hill Store
- Seminar Speakers-Injury Prevention, Cross Training, Gait Analysis

Program Begins May 27
Cost is \$50

To sign up go to Active.com and enter Will County Marathon Training Program
For info:
www.psrr.org or www.dickpondcresthill.com
815 588-0908

~ Informational Meeting at Dick Pond Crest Hill ~
April 24 • 7pm

Sponsored by: Dick Pond Athletics-Crest Hill
16133 Weber Road, Crest Hill • 815 588-0908
Your Running, Walking and Wrestling Specialty Store-custom shoe fitting provided - and The Prairie State Road Runners

Chicago Tribune

Heat cuts marathon short

By Josh Noel, Andrew L. Wang and Carlos Sadovi, Tribune staff reporters
Colleen Mastony, Shannon Ryan and Neil Milbert contributed to this report
CHICAGO TRIBUNE

OCTOBER 8, 2007

The LaSalle Bank Chicago Marathon was cut short for the first time in its history Sunday as hundreds of runners laboring across ovenlike streets were treated for heat-related illness.

The stoppage happened about 3 1/2 hours after the start gun on an abnormally sweltering autumn day, amid complaints of insufficient water for more than 35,000 runners who had come from around the world to compete in one of its pre-eminent marathons.

One runner, a 35-year-old Michigan police officer, died after collapsing in the race's 19th mile, but it was not clear whether the death was heat-related.

Chad Schieber of Midland, Mich., collapsed about 12 p.m. at 1500 S. Ashland Ave. and was pronounced dead on arrival at a West Side hospital at 12:50 p.m., the medical examiner's office said. An autopsy will be performed Monday.

Every year, PSRR has members who compete in the Chicago Marathon. Susan Mores has shared some photos of our 2007 and 2008 participants.



**Liz Schwandt, Susan Mores, AnnMarie Annfield, Sergio Arreola, Spencer Hopper
2007 Chicago Marathon**



Chicago Marathon 2008: Scott Ehling, Steve Tutt, Susan Mores, Sergio Arreola, Runner #41330

In 2007, another destination race drew a group of PSRR participants. The photo below left shows a training group for that year's Pikes Peak Marathon. The photo at right shows Susan Mores and Sergio Arreola who ran that year. Susan says it shows: "Pikes Peak Marathon Race Day and Sergio is ahead of me as always."



2008 River to River Breakfast Club team



"The Dead End Kids" from the 2009 Canal Connection are: Susan Mores, Jim Harman, Larry Bornhofen, Jeff Biggs, Sergio Arreola and Dave Cyplick



2008 Frost Five Miler post-race photo

THE PACESETTER IS VERY APPRECIATIVE FOR SUSAN MORES GOING THROUGH HER ARCHIVES TO CONTRIBUTE THESE PHOTOS AND MORE TO COME SPANNING THE TIME FRAME 2005 AND FORWARD.

For a long time, runners in our area had to travel to Lisle, Orland Park or Palos to go to a specialty running store. Andy Remley and Dave Johnson brought us Dick Pond Athletics to Crest Hill in 2005. The store later became DNA Athletics. Andy was PSRR President in 2008 and Dave served as the PSRR Treasurer. DNA has hosted weekly group runs for many years and has provided PSRR members discounts on their merchandise. In 2020, Mark Walker and Nydia Beard are frequent participants in the Tuesday night runs and find them a source of both training and fun.

In 2009 and 2010, Sue Mores was the PSRR President. She arranged for us to have a great webmaster, Mike Wilson, who also worked on the Cal Striders website. Our communication to members was enhanced, we cleaned up our recordkeeping and added social activities such as a post-race party after the Firefly race.



Firefly 5k post race party at Susan's house 2010
Spencer Hopper, Sergio Arreola, The Most Interesting Man in
the World, Scott Ehling, Nate Kershner

Like 2020 thus far, the decade 2000-2010 presented myriad challenges to people around Will County, Illinois, the United States and the world in general, yet the club came together and was able to put that aside for a while as they embraced their common passion of sharing dedication to a sport, competing on both trails and roads at home and far away, building and maintaining friendships and staying active, continuing the tradition of "Will County's Running Authority."