

THE PACESETTER



November/December 2014 | Volume 39, Issue 6

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

www.psrr.org

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NEWSLETTER EDITOR

Susan Mores

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

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UPCOMING CIRCUIT RACES AND EVENTS

NOVEMBER

November 2—Canal Connection, Utica

<http://www.starvedrockrunners.org/content.asp?CID=C1FA2A3E0C205F61E7D177882F4221A9FA58147F0EA2D521>

November 16—Red Eye 8K, Joliet

<http://www.jpdrun3.com/red-eye.php>

November 27—Poultry and Pie Predictor 4-Mile, Joliet

Stay tuned for more details...

DECEMBER

December 6—Jingle Bell 5K, Lockport/Crest Hill

http://www.lockportpark.org/?sc_event=jingle-bell-5k-race-2

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

PRAIRIE STATE ROADRUNNERS



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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—Seasonal
- **Thursday** Group runs from DNA Athletics in Crest Hill. Contact store at (815)588-0908 for seasonal schedule.



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—PRESIDENT

The sky is clear, the sun is shining, and I'm out for a run. Life is good! When injury sets you back, you focus on the little things and are grateful for the small victories. And a little living vicariously through others... Well, that never hurt anybody either, did it?

This past September 7 was a beautiful late summer morning, and we loaded up the family van for a trip to Bourbonnais for the Ashley Can Half Marathon. Kelly was running the half marathon, while I was considering running one of the shorter races. One of the nice things about this particular race is the daycare option, so it was a real possibility that I could run as well. Of course, if you've seen us out at the races, you know my kids have boundless energy, and can be quite a handful. Waking them up early and putting them in daycare seems like a recipe for disaster, or at the very least, severe punishment for the poor soul tasked with watching them!

But the sky was clear and the sun was shining, surely I could sneak out for the little old 5k, right? Ashley Montgomery, the namesake of the foundation, convinced me that my brood would be no trouble at all, so I decided to run after all... I would run the shortest race possible, then return promptly to save poor Ashley from those crazy kids!

As we approached the start, I realized that this

was the first 5k I would run not only since

my injury, but also in my new age group. Twenty one months between 5k's! As the race stepped off it occurred to me that Kelly's pace in the half might very well be faster than what I could muster in the 5k. If the thought of being beaten by my wife who was running ten more miles didn't motivate me, the kids wreaking havoc in daycare sure did!

We came to the turnaround point for the 5k, and with the 10k runners out of the picture, I could see that the field for the 5k was much smaller than I had thought... Most of the runners were doing the 10k. I didn't want to think much about it, but it did occur to me that with most of the runners heading the other way in the 10k, I could possibly be in the running for some kind of hardware. Possibly, but I had to keep on running first!

I pushed on to the finish, and crossed the line in just under 28 minutes. Since my injury, I had come a long way, but since before the injury... Not so much! Of course, I was happy to have finished at all really. Between a recovery that had yet to gain steam (my best month up to then was 50 miles in August) and my love of good food and good drink, this was downright decent. I returned to the daycare, only to find that Ashley had done what I thought was impossible.... My three little ones were behaving like three little angels, quietly playing nicely

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together, and actually sitting still! They were having a great time coloring and making bead necklaces, so I snuck out to see the results. Imagine my surprise to find that I had won my age group! I didn't know what to think really, except to think that I had picked the right race! All those faster runners out there running the longer distances, and I get an award.

The more I thought about it though, the prouder I became. I understand a 28 minute 5k isn't typically going to win the male 35-39 group, but there was a time not so long ago when I was much more competitive in my age group, and I never took first. I'd won seconds and plenty of thirds (usually when they only went two deep, of course!), so if anything I took this as a sign that my best days were still yet to come. I was healthier than I'd been in almost two years, and only hard work over time was needed to get me back to where I was.

“*In our family, we will always remember September 28 as "The Day Everyone PR'd!"*”

A few weeks later was the Plainfield Harvest 5k and Kidz Mile, and time for my boys to put their boundless energy on display. At 8 years old, Reese is a bundle of fast-twitch madness, if he could set a reasonable pace from the outset (and not get too excited in the race atmosphere), I felt he'd do well. Ryan, 6 years old, is more of an even paced runner, and he insisted on running by himself. He told Kelly he didn't want her to follow, that he'd be fine. In times like these, you wish you could put a GPS tracker on your child, but we gave him the benefit of the doubt and let them run without us.

“*An age group award for me, and PR's for Kelly and the boys... Life is pretty sweet, and it won't be long until our little Cassidy is out there running with her brothers.*”

The boys took off fast when the race started, wound through the neighborhood, and passed by us at the halfway point. Reese was looking strong, waving to the crowd and grabbing a bottle of water. Ryan came by shortly after, grinning from ear to ear as he made his way over to our side of the road. He never called out to us, never made eye contact. He simply extended his hand to high five us, as if to say “I got this guys!” For all those times they were the spectator, now my boys were in the race, and they were enjoying every minute!

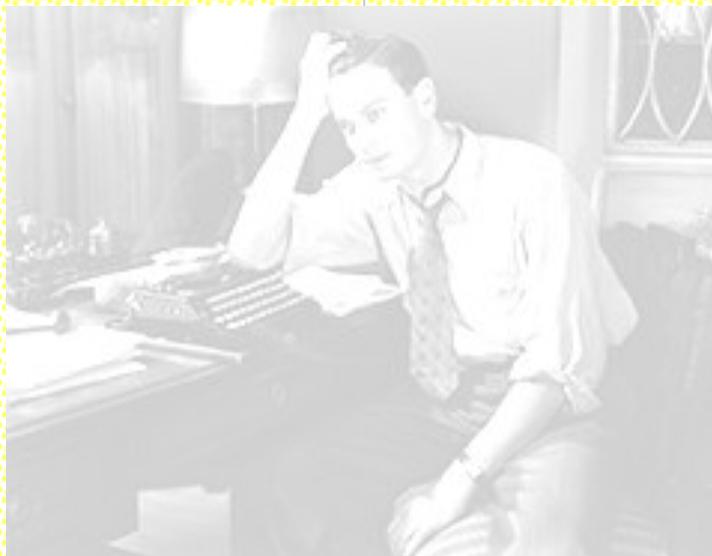
Reese would finish the mile in 7:05 (unopened bottle in hand), and Ryan finished shortly after in 8:19. I thought the best part was how they did it their own way with their own style, and had fun all the while. An hour later, Kelly would run the 5k in 23:46, breaking her PR by a minute; and the trifecta was complete. In our family, we will always remember September 28 as “The Day Everyone PR'd”!

An age group award for me, and PR's for Kelly and the boys... Life is pretty sweet, and it won't be long until our little Cassidy is out there running with her brothers. Here's to hoping your Fall running season is going as good as our is!





Nothing...



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 January/February Newsletter is December 1, 2014.** Please don't make me send comments to myself...send yours today!!

**Email to: Susan Mores
at newsletter@psrr.org**

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.

FAVORITE HOLIDAY GIFTS



*Thank you to everyone
who
participated in our
Facebook survey!*

MICHAEL BIRSA—

My thermal buff (very versatile since I run outside all winter) and Lock Laces (<http://www.buffwear.com> and <http://www.locklaces.com/?lct=s>).

COURTNEY O'BRIEN PUCEL—

Buff Headwear

KELLY MCGUIRE-RAYBURN—

My Garmin

COLLEEN ZAWRAZKY—

My Road ID

KAREN FAZIO—

Running gloves

MARY JO LOPEZ MINARICH—

New shoes are always a winner!

JUDITH WARREN—

My North Face running visor picked out by a then 3-year old Lucy.

TERRY KRSTINICH—

Under Armour running gloves

MICHAEL MINARICH—

Sox, not the Chicago White Sox...Socks!

NICHOLE GUNTY ZEMAITIS—

Money to run more races!!

KATE CALDER—

A Garmin, and the hubby bought me a running outfit last year and stuffed several Salted Caramel Gu's in the pockets... Yummmm!

EVAN SATHER—

Will you accept photos? I have one when I got 2 good gifts for Christmas back in 2010.

MARY JONES—

Waterproof IPOD as I have ruined 3 while running in down-pours. I can actually use the waterproof one while swimming. Also about 20 years ago I was given a membership to PSRR from a running friend - the gift that kept on giving.

STELLA WEISFUS—

Under Armour running pants

KRICKET BALTZ—

Oh my... not ready to think about Christmas, huh? How bought in the theme of Halloween, what was your SCAAAARIEST gift? Mine was gifted to me from me, my mini trampoline. Every time I get on that thing I'm sure one of those tiny legs are gonna fail! lol

TERRI PUTNAM—

I think getting the Running Calendar from a friend was a very special present.

LIANNE HOLLOWAY—

I usually buy myself a destination race for Christmas. My annual birthday race (since I was born on 12/21) is my most favorite running gift. I've taken myself to NOLA for Ole Man River 1/2 marathon, Kiawah Island, SC for their 1/2 and the aborted St. Jude's last year. I'm taking me to R&R San Antonio this year. A weekend trip to a destination race makes the best gift ever! Even (and especially) if you have to go alone.

Holiday Gift Ideas

for

Runners



Looking for that perfect gift for that special running friend or family member? Or, maybe you've been asked what you would like, but cannot come up with anything. Well, here are a few ideas that will bring a smile to any runner's face!

Under \$30

- Socks (Balega, Features and Injinji are most runners favorites)
- Hydration and Nutrition (GU, Honey Stinger, Cliff Shots, Nuun Tablets, etc.)
- Road ID that contains your information (name, who to contact, phone #s) that can be used in case of an emergency while out running. <http://www.roadid.com/>
- Running book (Born to Run, Running & Being, Running on Empty, Ultramarathon Man) or magazine subscription (Runners World, Running Times, Trail Runner)
- Reflective accessories and gear for the shorter daylight hours
- Flip Belt for carrying your on-the-go essentials without tying up your hands. Made of a moisture-wicking, spandex-lycra blend, FlipBelt slides right on and sits snug on your hip. No bulk. No bounce. FlipBelt is also machine washable and machine dryable. <http://flipbelt.com/>
- Headlamp for running at night

Under \$50

- Hydration belts and bottles—Nathan and Amphipod are great brands that also have pockets for storing essentials
- Moisture wicking hat, gloves or mittens
- Yoga class package
- Brooks, Saucony, Sugoi and Nike running shorts, base layer tops, singlets are great apparel options

Under \$100

- Yurbuds and accessories for those who like to listen to music. <http://yurbuds.com/en/#>
- Compression socks
- Micro fleece pull over for those cold winter days
- Running tights or long pants
- Massage Gift Certificate
- If you know of a specific race your runner is planning to run, a great gift is the race entry fee. These can range from \$25 to \$150 depending on the race.

Running with the Hippies



BY MARK BOWMAN

Moving down the single track trail with a couple of other runners on the hottest day of the year in Pinckney State Park, Michigan, it was a genuine surprise to hear a siren blare across the woods. And it didn't stop. After about the first minute, we realized it was a tornado warning. It was not something expected, that's for sure. We were about three hours into 100K/100 mile race as part of the Run Woodstock weekend. And I started to think, "How did I get here?"



My first ultra was when I turned 40, running 40 miles for my 40th birthday. I am now 59 years old, soon to turn 60. Since then, I have run 30 plus ultras including three 100 mile races. But the last 100 mile was five years ago. I knew I wanted to finish one more 100 mile before age might catch up with me. So I tried completing the Black Hills 100 in June, 2013. Unfortunately, I ended up dropping out at the halfway point, which was a very nice 50 mile, but didn't fulfill my goal. So I made it my goal to do it in 2014.

Searching the internet for possibilities, I came across the Run Woodstock weekend in Pinckney, Michigan which included the Hallucination 100 mile. And it was going to be during the weekend after Labor Day which would give me all summer to ramp up my mileage. I also decided that I would move my retirement from teaching up a year, so I would be retiring in June before the race. The Run Woodstock weekend also sounded like it would be a blast. It is a 60s themed weekend with races from 5K to the 100 mile. It would be celebrating peace and good will with lots of music, camping and just having a good time. Registration opened up the 2nd week in January, So I happily went online and plopped down my \$200+ and signed up. The cost may sound like a lot, but if you figure the cost per mile, it is really a bargain compared to most races. My oldest daughter decided to sign up for the trail half-marathon as well, so I would have some company on the trip.

For virtually all my races, I have usually had a general idea on how my training should go and would go with it. But for this one, since I was getting older, I wanted to see if I could find a tried and true plan. After some research, I found one to my liking. It was from Bryon Powell's book "Relentless Forward Progress". He is also responsible for a great website called irunfar.com. What was different about this plan is that it gives you a good amount of long days but includes 2 rest days a week. I have been running mostly seven days a week for many years now, and I thought this would be a nice change and help keep me fit without so much stress of a daily plan.

Alas, plans don't always go the way one wants them. My wife likes to get away for a weekend when we can and back in November while she was on the Internet, she asked me if I would want to run a marathon at the

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beginning of February in Surprise, AZ. Needless to say, I readily accepted. So I already had this in place. Although with this last winter, I didn't get a ton of mileage in, I knew I could complete a marathon pretty easily as long as I didn't try to race it. I also found out about the first Starved Rock Marathon from the PSRR Secret Facebook Page, and wanted to do it as well. I would use both these marathons as part of my training. I did run both of these marathons around the four hour mark, but started having some pain in my left knee after the Arizona marathon. It continued all the way through the Starved Rock Marathon and beyond, but was generally tolerable. The 100 mile training was not quite where it should have been, but wasn't too far off.

But somewhere in the last weeks of May, the pain increased and I started having days where I couldn't run much and ended up doing more walking instead. I even took a full week off, but it didn't seem to help. During the last two weeks of school, I found myself limping through the hallways enough that my fellow teachers even noticed. Finally, once school ended, I went to see a doctor and after he authorized and MRI, referred me to a specialist because the MRI showed a meniscus tear. Once I Dr. Lombardi, we set up surgery to repair the tear. Unfortunately, all this took some time and the surgery didn't occur until June 30th. All this time, I did manage to still walk almost every day (as much as an hour and a half), so I kept up a reasonable amount of fitness. Having the surgery would not give me much time to recover, and I knew the 100 mile was out. But I still wanted to participate in the Run Woodstock weekend and as most of you know there are no refunds to these things. Add to that, my oldest daughter, Jennifer, signed up for the half-marathon during the race weekend. They did



have a policy of dropping down to another distance, so after much thinking, I felt even if I had to walk all of it, I might still be able to finish the LSD 100K.

The surgery went well and it is still amazing how they can do it. Dr. Lombardi went into the knee from three different places, but only needed to make a three-eighths incision in each of the places. By race time, you almost can't even find the scars. He ended up repairing two tears. Now it was time to rest and recover. Because of retirement and changes in insurance, we had to delay the physical therapy a couple of weeks, but I actually started walking by the sixth day after surgery. And continued walking, slowly increasing the length and pace. By the time physical therapy started, I was up to an hour at four miles per hour most days. Physical therapy started the last week of June. Although the knee still had some soreness, it was not the same as before. This gave both the PT and I some encouragement. After two

weeks of PT, I was finally given permission to start running again, but very little and slowly increase the time. I would mix this in with the walking. If the knee started hurting and/or swelling a lot, I needed to back off.

Things proceeded pretty well, but I was surprised how much fitness I still had lost even with all the walking. The big test was August 9th. I had signed up for what is my favorite race way back in April. It is called "Howl at the Moon 8 Hour Run" in Kennekuk Cove County Park. I have run this race 16 times now and I was going to see what I could do even though I would be mostly walking. Also, my middle daughter, Alexis, had signed up for it as well. It is a great race in which you can camp the night before and the night after right on the course. And the people who are there are just great people. Ac-

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tually, I have found the people who run ultras are just a wonderful group of people. They are there to push themselves to their limits, but also for the camaraderie and fun. With great weather, cloudy almost all day and a high of about 80, I covered 33.4 miles. I only ran 20 minutes of the whole thing. And although it was tough, I now knew that I really could finish the 100K, especially with four more weeks of training before the race.

The question now was, “How could I maximize the four weeks?” What I decided was two-fold. First, I would really stick to a hard/easy day format. On the hard days I would slowly increase the running, but still try to walk an hour to hour and a half. On the easy days, I would just walk or maybe add just a few



minutes of running. Second, I had read an article by Ian Sharman (record holder of the Grand Slam of Ultrarunning), about using a weight vest in training. The Grand Slam of Ultrarunning is four 100 mile races in thirteen weeks (Western States, Vermont, Leadville and Wasatch). If you are interested in more information on these, the Internet is loaded with both articles and videos. I was able to pick up a weight vest for \$40 and would wear it on the easy days. This, hopefully, would not only build my leg strength, but also help with my core. Although, under no injury circumstances, I would have put in many more miles, I was pleased with my progress. By the weekend before the race I was up to a little over an hour of running on my hard days with very little, if any knee pain.

Next, was figuring out a strategy for the race. If I had the training I originally planned, I would have tried to run 25 out of every 30 minutes for as long as I could and then see what I had left, shooting for a finish time between twelve and thirteen hours. This would definitely not work this time. If things went well, I was estimating I might be able to run somewhere between three and five hours of the run and probably be a total of 15 to 16 hours to finish. So what plan would work best for accomplishing this? I finally decided on a run five minutes/walk five minutes depending on the terrain.

September 5th arrived and my daughter and I were packed and ready to go by 6:00 a.m. After about six hour drive we arrived at Hell Creek Ranch. The area was already filled with tents, RVs and cars with 60s music blaring over the loudspeakers. We quickly found our spot and set up our tent. The 100K and 100 mile were to start at 4:00 p.m., so we had a couple hours to check in and explore the area. But we didn't want to be on our feet too much especially with the heat. The RD at the mandatory meeting told us that it was the hottest day they had this summer and it felt it. It hit a temperature of 92 with a heat index close to 100.



The 100k consisted of four loops of about 16 miles. The 100 mile had six loops. Before we knew it, 4:00 arrived and with very little fanfare we were off. After a little loop around the campground we headed down the trails and the first hill. The first mile was mostly up and down and I really couldn't apply my 5/5 strategy. Mostly it was single file walking up and single file running down. After the first mile we emptied out onto an old train bed which allowed every-

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one to spread out and for me to get into the 5/5. This lasted about a mile and we turned back onto single track. For the next three miles, the trails were pretty runnable with the occasional steep hill here and there. Up until now the trails were wet and damp, but still firm.

The first aid station was at the four mile mark and was a welcome sight. Once out of the aid station, there was about a mile of gravel dirt road that was still very wet and squishy. Then back onto single track with a lot of up and down, but nothing too steep until the second aid station at the 8 mile point. So far, I was feeling really good. The running came easy and the walking in between kept me from over doing it. The next four miles included a little more road, but mostly rolling single track. At the end of this section it turned out we had looped around and ended up back at the first aid station. Now the final section of the loop.

This is where we were when the tornado warning blared. There wasn't much we could do but keep going. The siren lasted about five minutes. And then the winds came. Where we were there wasn't much to feel, but you could really hear the wind up in the trees. Loud and angry they sounded. But strangely, calm down on the trail. The scary part

was hearing things falling from up on high around us. Fortunately, nothing fell on us. Ten minutes later we hit the hardest part of the course. We had been slowly making our way down over the last two miles. And we were at the lowest point on the course which turned out to be about quarter mile of bog and swamp. Good old shoe sucking mud. To be honest, mud has never been one of my favorite things. But through it we had to go. As we headed back up to higher ground it was like carrying a couple extra pounds. At the top of the first hill was a small prairie and tried to drag my feet enough to get rid of as much of the mud as possible. It helped a bit, but my left shoe still had a coating of mud from top to bottom. By now the wind had died down, but it had started raining and would continue off and on almost all night. The last mile and a half had a couple of good hills which contributed to a good amount of walking.

So, after three hours and forty-five minutes, I arrived back at camp. After checking in, my daughter met me and we refilled my bottle and added a carry on. The extra bottle was defizzed Coke which I have found worked well for me later in these races. The first loop went really very well, but I noticed the slip-sliding in the mud did affect the knee a bit. With the rain continuing, I knew the trails would be getting wetter and more slippery and I was fast becoming concerned with the knee. I had known that the knee was going to be iffy no matter for a race of this distance. I had not counted on the rain. Some things you can control, some things you cannot.

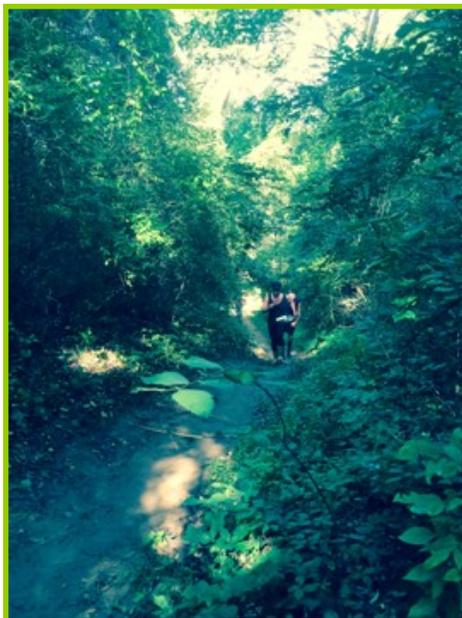
Back up the first hill and onto loop two. What made this loop very interesting is that about two minutes after I got started, an evening 5K started and would use the same first mile. So I had constantly step to the side to let the fast 5K runners go by. This was mostly uphill, so I was walking anyway, but it did get a little bit tiring. Then all of a sudden, I heard a voice yelling, "Don't let the naked guy beat you, don't let the naked guy beat you!" A few seconds later, I am passed by a guy who is totally buck naked and still yelling. To each his own, I guess.

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Even though this loop was exactly the same as the first, I would now be doing it in the dark. If you have never run trails in the dark before it is an experience. I know that I find it very exhilarating, but the trail is very different in the dark. Add the rain and it changes even more. For most the loop, I still was managing about half running and half waking. Except for the knee, my body was holding up pretty well through the second aid station. Shortly after leaving the aid station, I seemed to be losing energy and seemed to be having a low point. Not sure why. I did join up with a couple of runners who were also having a bit of a problem. Lots of conversation over this section helped get me through to the next aid station. Feeling a bit better, I started out mostly running on this last section. I was dreading the bog/swamp section, however. With all of the rain, it was just going to be that much worse. I really didn't want to lose a shoe in it. For whatever reason, it seemed to take forever to get to this section. I made it through, but really had trouble staying upright and coming out of all this mud, the knee was hurting. Some walking, and I recovered a bit. Had to walk most of it in, but I arrived back at camp with a four hour loop and almost midnight.

Now it was decision time. I had 50K done. It was still raining with heavy downpours predicted. I knew from the beginning that I might be pushing the knee too hard with a 100K. After much debating with myself and my daughter, I decided it was better part of valor to call it a night. So it was a DNF for me, but I couldn't be too unhappy. 50K in these conditions on a knee after less than ten weeks since surgery and with very little training was a pretty good accomplishment. Now it was time to get a little sleep so I would be there for my daughter, Jennifer, when she started her half-marathon early next morning.



This was going to be Jennifer's first trail run. She has finished several road marathons, but hadn't run anywhere that long for several years. During the night it continued to rain off and on, with several hard and long downpours. We were up early because the 50K and 50 mile started an hour before the half and marathon. Now it was Jennifer's decision whether to run. Being her first trail run, she was very wary of wet and muddy trails, but in the end she decided to go for it. The half was a single loop which included parts of my loops, but obviously, three miles shorter.

Again, it was a very informal start. What made it interesting is that Jennifer loves to have her music when running and it turned out she had left her Nano in the tent. So while she hit the Porta-John one last time, I ran back to the tent to find the Nano. Fortunately, I found it pretty easily, but when I came back to the start, I couldn't find her in the crowd. I knew that it would be a big mental hit if she didn't have it, so I was starting to panic. I decided to station myself about 50 yards down from the start and hoped I would be able to spot her. After about three quarters of the field passed by me and I thought I missed her, there she was. When she saw me, a big grin crossed her face as I handed the Nano to her. I wished her good luck and I would see her later.

It turned out that the first third of her loop was on a wet gravel and dirt road and on a trail similar to the I & M Canal Towpath. This gave her a much needed boost of confidence before she turned on to the single track. She found the trail wet and a bit slippery, but for the next third of the race the footing wasn't too bad. Similar to me, it was the last third of the half that proved to be the most difficult. It included a couple big climbs and lots of mud. It turned out that she had some knee soreness as well, but she pushed through. Having many other runners around her during this time helped a lot, too. They kept

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each other going. That is big part of the trail community. For most, it isn't trying to beat other runners, but it is beating the course and beating the demons inside oneself.



Waiting about a half mile from the finish for Jennifer, I was very anxious. Would she be able to finish? Right around the two and half hour mark I spotted her com-

ing up the last large hill before the finish. With relief, I joined her for the last part. Although, to be honest, I couldn't even keep up with her. She had a nice strong finish in 2:34. I was so proud of her. She said it was really hard, but she finished and was very happy with the medal around her neck.



All in all, it was a great weekend. Although I didn't finish the full 100K, I still made an ultra distance and Jennifer succeeded in her quest to finish her first trail race.



Looking to have a **GRAND** time?



Join some of your fellow PSRR members at the **Grand Canyon Half Marathon on May 9th 2015**. Since racing inside Grand Canyon National Park is not permitted, this race takes advantage of the beautiful trails right on the border of the park in the Kaibab National Forest immediately west of Tusayan, AZ. From the start line, you can drive approximately 5 minutes to the edge of the canyon. We are staying at the **Grand Canyon Plaza**, which is closest to the start line near the south rim of the canyon. Check out the website at <http://www.grandcanyonhalfmarathon.com> for more information!

Contact newsletter@psrr.org with any questions.

Mark Bowman IS TURNING

60

There once was a man named mark
who ran everyday with his heart
for the love of moving his feet
through the woods or to a runner's meet
running is part of his spirit
it makes him happy and gives him merit

Now the day he turns sixty has come
and is the time for his birthday run
it would make his day, his month, his year
if you would come to join him or just to cheer
a mile, a lap or down the track
a smile for support or a pat on the back
November 9th is the date
hope to see you there and don't be late!!

Mark's 60th Birthday Run

Sunday, November 9th 2014 | 1:30pm-3:00pm

Inwood Athletic Club | 3000 W Jefferson St, Joliet, IL 60435

Cake (& most likely beer) to follow after at Traditions Pub

SEE THE FOLLOWING PAGE FOR MORE DETAILS

Mark Bowman's **60** Birthday Run

BY MARK BOWMAN

On November 9th, 2014, I will be celebrating my 60th Birthday (actual b-day is November 7th) by running 60 kilometers. Basically, I will be starting from home and heading to the Rock Run Trail, following the trail around the back end of Joliet Junior College down to the I & M Canal Towpath. From there I will be heading west along the towpath until the turnaround point (approximately where the towpath crosses McLinden Road. Heading back I will retrace my steps until I reach McDonough Street and then head east until Infantry Drive. Taking a left I will head to Jefferson Street and circle around into the Stadium where I will finish on the track running as many laps as necessary to the complete 60 kilometers. After it is over, it will be celebration time with my family and hopefully with many of my friends. I invite anyone to join me for as little or as long as you like along my route or on the track in the Stadium. As many of you know, I had knee surgery on June 30th, so I will be mixing in a lot more walking than I have in the past. So, even if you are just a walker, I will gladly walk a section with you.

I intend to start somewhere between 6:00 to 6:15 am. I am hoping to average about 12 minute miles which means I should be at the track between 1:30 and 2:00 pm. Using the link to the map of the route below, you should be able to estimate about when I will reach various points of the route.

Hope to see you there.

- View Mark's website at <http://www.mlbrun.com/6obday.html>
- Check out the map at <http://www.mapmyrun.com/routes/edit/552579412/>
- You can also contact Mark at cerebus717@gmail.com with any questions



Freedom, Strength and a Simple Gold Heart Necklace



BY JANET KAPALA

Since I began racing in 2006, there was never a doubt that my parents would be there at the end of my big races, including all 3 half marathons and 1 full marathon that I've done prior to this year. The support, strength, and encouragement of my parents, in particular my Mom, have been steadfast in my life and have provided me with positive energy and motivation that I seek to share with others on a daily basis. This past spring was no different.

There was no doubt that my Mom was especially excited for me to be healthy in training for my 2nd River to River relay this past April; I ran the race in 2013 with what I now know was a stress fracture in my femur. In one of life's greatest paradoxes, as my body was becoming increasingly stronger and more ready for my race, my Mom, who had been battling a 2nd diagnosis of stage 4 breast cancer, became increasingly weaker and sick. Her mind stayed vibrant and lively, but her body was at the end of its race here on Earth. On April 14, 2014, just before 1pm,



my Mom took her final breath of life and began her walk beyond this world. Because I knew that her final days were approaching, I didn't run the River to River relay this year; it was scheduled for April 12, 2014.

“ I could feel my Mom's presence with me on my runs in the woods, and it brought me comfort to think that she was finally able to experience the beauty and freedom that I love so much about running.”

A month after Mom's death, my Dad was hospitalized for about a week, and there were some very stressful times in my workplace throughout the summer. My body and mind were so tired, but my faith, family, and friends helped me get through some of

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my toughest days to date. My running continued to be there for me too, as a time when I could clear my head, pray, and cry, all while simply putting one foot in front of the other. I found solace in my sanctuary of the woods and gradually began to increase miles throughout the summer as the fatigue of the spring's traumas subsided. I could feel my Mom's presence with me on my runs in the woods, and it brought me comfort to think that she was finally able to experience the beauty and freedom that I love so much about running. My confidence was amped up, so I finally felt comfortable enough to share that I'd signed up for my 4th half marathon in Oak Brook on Labor Day, September 1.

“ When I lined up in the starting corral, I said a prayer, thanked God for this opportunity, and rubbed my necklace for good luck; this was my Mom's favorite necklace, one I'd given her as a kid for Mother's Day. This is how I took her with me during this race.”

I was afraid to declare my racing attempts too soon in the summer; I was 'being kind' to myself and allowing myself to heal and feel however I felt, something that I don't often do. On top of that, since I was recovering from last year's stress fracture late into the winter, I essentially had to start over in terms of long-distance training since I had no mileage base any more. I found success in each progressively longer run of the training plan but was careful not to get too excited; race day was still not here and no one knows what tomorrow can bring.

As my luck would have it, I tripped on some sort of unknown something and fell during one of my long runs at the end of July, but felt fine when I got up. It wasn't until a few weeks later, then mid-August, that my ankle started hurting during and after my runs. On one afternoon after an 11-mile run, my entire lower leg and foot went numb for a few hours, which shook my calm and confidence. I was of course scared that I would not be able to race in just a couple of weeks. Fortunately, it turned out that I had

only strained a muscle in my lower leg and a few visits to the physical therapist who helped me heal last summer again helped me heal this freak tweak.

Excitedly, on the chilly morning of September 1st, I woke up before the sun excited for what the day would bring and grateful that my ankle was no longer hurting. It's amazing what rest can do for the body and mind! I was grateful that I was mentally, physically, and spiritually ready to run this race set before me. When I lined up in the starting corral, I said a prayer, thanked God for this opportunity, and rubbed my necklace for good luck; this was my Mom's favorite necklace, one I'd given her as a kid for Mother's Day. This is how I took her with me during this race.



The gun went off and the first 3 miles felt so easy! I started to play mind games with myself around miles 6-8, but I remembered the perseverance displayed by my Mom as she fought both cancer & her daily struggle with Multiple Sclerosis. I began to feel silly for worrying about the trials of this silly little race! I knew that I could get through the tough parts of that day even though I was already out of water, so I started to pay closer attention to the pace of those around me. I was passing many people, albeit slowly, and I sprinted up a couple of the inclines that others were calling hills (River to River runners know what real hills are!). I got this, I thought to my-

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self, and continued on, enjoying the camaraderie and support of volunteers, cheering bystanders, and my Dad's smiling face & perfectly-aimed camera throughout the race.

“ All of the emotion tied to this race, all of my efforts in coming back from injury and grief, it was all over. I left it on the pavement over those 13.1 miles through Oak Brook, and I gasped for refreshed air of freedom, strength, and accomplishment.”

As I approached the final mile, my hip was screaming and my body was tired. My pace had slowed more than I wanted, but I knew that my overall pace had been pretty strong. I wasn't sure if I'd get a PR, but that wasn't my goal; this race was about so much more than a PR for me. I could finally see the finish line and picked up the pace. I had to find that necklace for the last push; my mind was starting to tell my legs that they were done, but my heart knew that I could keep going. I heard friends cheering my name and saw the clock approaching; I triumphantly crossed the finish line in 2:17:19.

The man at the finish line congratulated me and handed me a bottle of water, but I had to bend over to catch my breath. He asked me if I was OK, but all I could do was nod 'yes'. I was sobbing and I don't even know why. I could barely breathe! I was so overwhelmed. All of the emotion tied to this race, all of my efforts in coming back from injury and grief, it was all over. I left it on the pavement over those 13.1 miles through Oak Brook, and I gasped for refreshed

air of freedom, strength, and accomplishment.

I hugged my Dad and he congratulated me on a job well done. It felt strange to not see my Mom's smiling face with him, but I knew she was smiling from beyond the grave. There's no doubt in my mind that I will always miss her, but there's also no doubt that I can bring her along with me to my runs, commemorating all she was and is to me through a simple gold heart necklace.



JANET, ALONG WITH CLUB MEMBER JUDITH WARREN BEFORE THE RACE.

**Congratulations,
Janet!**





AshleyCan Half Marathon Finishers



Jim Harman
2nd Place AG



John Warren
1st Place AG



Larry Bornhofen
3rd Place AG



Jay Wait, Dave Cyplick, Sue McLean, Gary Westefer, Larry Bornhofen, John Warren, Mary Starling, Jim Harman, Terri Putnam, Kibet Rono, Tom Baltz, Tommy John Baltz



Steve Koven, Jay Wait, Kelly Koven, Tom Baltz, Tommy John Baltz, Reese Koven, Ryan Koven, Cassidy Koven

Congratulations!!

Boston Bound



BY JUDITH WARREN

My brother John Warren has been there to support me, cheer for me and celebrate with me since I was, well, born. This is why I wanted to do the same for him on his quest to Boston. We grew up dreaming of the Indianapolis 500. I was there the very first time he put his midjet race car on the track at Joliet Memorial Stadium. He never made it to race at Indy until the first time we ran the track in the Indianapolis Mini Marathon in 2011, but I was determined to help him get to the runner's Indianapolis 500 - the Boston Marathon.

When the Fox Valley Marathon folks announced they were putting on a last chance Boston Qualifier Race, John was interested. When it was announced that the race would fall on the one Saturday that would qualify for both Boston 2015 and 2016, he was more interested.

But, still he waited. Checked the weather. Thought about it. Checked the weather. Decided he was too tired. Checked the weather. Ran the Oak Brook Half on Labor Day. Checked the weather. Ran the Shorewood Scoot. Ran the Ashley Can Half. That took up a good 6 days of time. Checked the weather. Ran a 20 mile training run the week of the BQ2 race. He still hadn't decided on Thursday. The race was Saturday. I decided to up the ante. I informed him I had a non-refundable hotel room in Geneva. Friday at noon he decided to run a marathon the next day.

The race started at 6:30 AM in Fabyan Forest Preserve in Geneva. We got there about 6am. It was

dark. Runners and spectators were milling about. Every single runner looked like they could BQ. They were ready!

Potty breaks finished, the runners moved off to the start line. Sub 3s in front. Fast Track provided the pacers. All race starts are full of energy and tension. This was intense! John went off mid-pack with the 3:26 pace group. He yelled at me and he was off on his 26.2 mile quest.

The BQ2 race was an 8-lap marathon. It ran on both sides of the scenic Fox River. Runners could set up their own "elite" aid stations with their preferred nutrition and water bottles and drop them to find them back in place each lap. For an inaugural race, it was so well-organized. Everything was thought of from start to finish - including computers set up onsite for those who qualified +5 minutes to register immediately for Boston. I highly suggest anyone with Boston in their dreams to run this race.

I set up my own aid station for John. We had water, Gatorade, Gu, and Chomps among other things. I had barely gotten into place when the first runners came by. The Sub 3 hour group was quite large. Everyone looking strong.

John's group ran past. Looking good. He came by again and again and again. Smiling. I rarely see John smile in a race. Ok, I rarely see John race as he is way ahead of me! He set a new 13.1 PR. And, still

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looking strong.

He was hoping to qualify for 2016 and needed a minimum 3:55 hopefully with +5 minute cushion. For 2015 (Boston qualifying is based on your age group on the day of the Boston Marathon) he needed

“ *A flock of geese flew over. Geese were favorites of our Dad. I hoped it was a sign.*”

a 3:40 again hoping for a +5 cushion. He wasn't confident about that goal. I thought he had a 3:33 in him that day.

He went by on laps 5 and 6. I'm not sure when he lost the 3:26 pace group but they went by. Worried. Never mind, he wasn't far behind. Still smiling. Wait. Smile or grimace? Nope, definitely a smile! He came by on lap 7. I closed up my aid station. Next time around he would sprint up that small curvy incline and finish.

I had set up before one of the small inclines on the route. Each lap the athletes would pump their arms and power up and around. Walking along the trail one would hardly notice it. But by lap 6 it had grown to the size of a small mountain for some of the runners.

I set up just before the finish line. And waited. And waited. And waited some more. One lap was about 3.25 miles. A flock of geese flew over. Geese were favorites of our Dad. I hoped it was a sign.

Just then I saw him rounding that last hill, past the elite water station and sprinting on to the finish!

There was such camaraderie among the spectators that all the people around me were screaming his name. I don't think he heard. Focus. Such focus. And he crossed. He blew away his PR. He blew away his qualifying times for 2016 and 2015!

3:29:48!

He's going to Boston! Correction - we are going to Boston No way in the world would I miss that!



JOHN WARREN AFTER THE RACE





Junior Esquivel and Sergio Arreola
North Face Challenge 50 Mile, Eagle, WI

Races

**Susan Harper-Kuhel, Mark Bowman
and Judith Warren—Award Winners at the
Run for Palesh 5K, Manhattan, IL**



Mary Starling and Dean Karnazes after running
the North Face Endurance Challenge 50K
Eagle, Wisconsin

**Brian Tatroe—Took 2nd Place Age Group at the Run
the Beat 5K, Morris, IL**



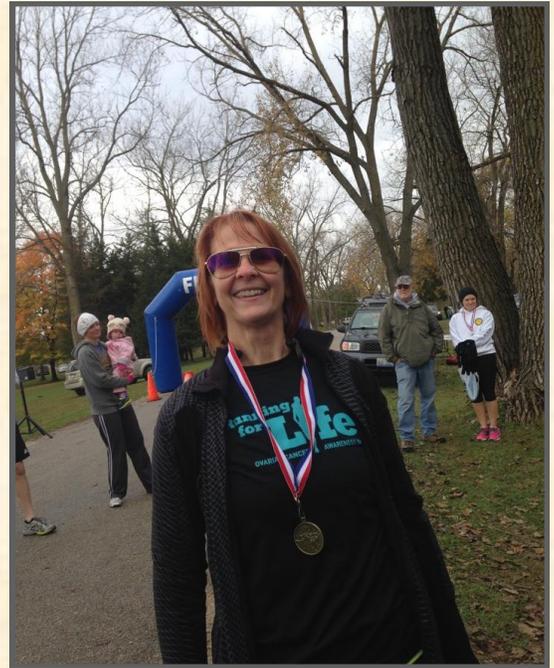


MATTHEW CLARK AND JAVIER MARTINEZ
AFTER THE FOX VALLEY MARATHON

WE'RE ALL



WINNERS!!



TERRI TATROE AFTER THE PUZZLE HUSTLE
5K IN COAL CITY



SHOREWOOD SCOOT 5K

• 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

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



Mike Wilson racing in his PSRR National Heritage Corridor 25K cap that he won at our race several years ago. This was taken at the **Catalina State Park 10.3 Miler** in Oro Valley, AZ.



Jen Ehling keeping warm in her PSRR hoody on a Fall day on the beaches of Chicago. **Hope** (center) just finished a cross country race and now the family is enjoying some quality time!

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





YOU SAY IT'S YOUR BIRTHDAY!!

Celebrating birthdays in **November** are Nick Garcia, Paul Nette, Carol Stapleton, Robert Jungwirth, Sue McLean, Gary Westefer, Susan Kuhel, James Barry, Spencer Hopper, Aubrey Hopper, Larry Bornhofen, Amanda Bornhofen, Ted DeBoer, Craig Koerner, Dick Macknick, Richard Printz, Eileen Hostert, Linda Kohlmeyer, Anneleal Stempniak, Mark Bowman and

Gerald Kielian

Celebrating birthdays in **December** are Jenny Blazekovich, Vera Erickson, Mike Montgomery, Michael Mc Cahey, John Peterson, Carol Picciolo, Tom Gorman, Stacy Gorman, Brenda Reiter-Gorman, Elisa Cherry, Cindy Parks, David Hopper, Laura McLean, Debbie Scheckel, Tom Baltz, Matt Clark, Madison Kohlmeyer, Jordyn Kohlmeyer, Nikki Sikes, Jay Wait and Lianne Holloway

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

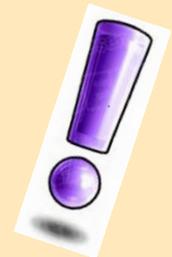


PSRR ANNUAL BANQUET

- January 24, 2015
- Barber & Oberwortmann Horticultural Center—Joliet, IL
- Food, Fun, Awards
- Details to Come!



BE THERE



EVERYTHING

You Ever Wanted to Know about the

PSRR CIRCUIT AWARDS



BY JAY WAIT

I have been a PSRR member for only about 6 or 8 years, so I really don't know how long the PSRR Circuit Awards have been given. Certainly for the time I have been a member, and probably much longer. As is typical with such awards, the rules have changed over time – possibly for reasons that nobody remembers, and they are likely to change in the future. Since I have been a member, I would characterize the circuit awards as “participation awards” recognizing those club members who actively participated in the club circuit races, with a few individual awards to those runners with the best age graded running results. In recent years, the club has had the financial resources to allow the participation awards to become somewhat substantial, which in turn provides an incentive for more participation.

I have been scoring the circuit races for the past two years, during which time I have gained a pretty good appreciation for the circuit rules. As the club again looks at possible changes, I think it appropriate to look at those rules, how they are administered, and why they were put in place. Let me start by explaining how I score a circuit race. It starts with two documents – the circuit race results and the most recent club membership list, since you are not eligible for circuit race credit unless your dues have been paid. (Exception: you can get credit for races prior to the annual banquet if you pay your dues

no later than at the banquet.) As it is primarily a manual process, my preference is to sort the membership by gender, and then by age. Printing both documents and comparing names within each age group is the easiest way I have found of going through the race results to find all current members. It also helps considerably that I have been doing it long enough that I recognize most member names (even if I don't recognize your face, which is a situation I have been trying to rectify).

Once I have identified all eligible runners, I go to the Age Graded Calculator on the Runner's World web site to calculate an age graded score for each person. There are a large number of age graded calculators that can be found on the web. Most of them are derived from the same database, but have slightly different algorithms that result in slightly different scores. The Runner's World version was selected for two reasons: first because Runner's World is considered a respected source for such information, and second because of ease of use. Unlike some others, this calculator is very user friendly. After calculating all the age graded scores, I repeat the process as a check against potential entry errors. In past years the age input for the age graded scoring was the member's age on July 1. Starting in 2013, we have been using the age on race day. I find that is far easier for me to score, and it doesn't give those born early in the year an inherent advantage over those born later in

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the year. (This is a subtle difference, but I can explain it if you ask me.)

Once the age graded scores are calculated, I input all the data into a spreadsheet to determine age graded rankings for the race. A key point is that there are two divisions: one division for age 15-64, and a second division for Junior/Senior, i.e., everyone else. Because you can't change divisions during the year, each person is assigned to a division based on age on January 1. If you are 14 on January 1 and turn 15 during the year, you stay in the Junior/Senior division. Similarly, if you are 64 on January 1 and turn 65 during the year, you stay in the 15-64 division. Once the data is input, names in each division are ranked in decreasing order of age graded score, and points are assigned cross-country style. Highest age graded score in each division receives a score of 1, second highest a score of 2, etc. In the event of a tie, both members receive the same score, and the following score number is omitted. When the race scores are posted, the heading on the spreadsheet shows a cut-off date for reporting errors (generally until three more circuit races have been completed). I will make corrections (if reported) until the cut-off date, at which time the posted results are considered final. I would encourage you to check the posted results periodically – just in case I have missed your name when reviewing race results.

The next step in the process is to enter the race scores into the Circuit Standings spreadsheet. In the competition for top runner in each age division, the circuit score is calculated as the sum of the 7 lowest race scores (15-64 division) or of the 5 lowest race scores (Junior/Senior division). The logic (right or wrong) for requiring only 5 races in the Junior/Senior division is that

the younger and older club members have less opportunity and/or less desire to run more races. These scores are then ranked (within each division) from lowest to highest to determine a member's place in the circuit race. This process favors those who run more races because they are able to throw out high scores, or those who run only the least popular races where the number of competitors is low. However, if the primary purpose of the circuit awards is to promote participation, these are not major issues.

Finally, there is the opportunity to earn circuit race credit without actually running a circuit race. For many years, a member could gain a circuit credit for running and reporting a half marathon or longer race anywhere in the world. In 2014, members who ran the PSRR cross country open (which was not a circuit race in 2014) received a circuit race credit. Also, starting in 2014, members could receive an unlimited number of circuit race credits for volunteer activities in support of the club. At year end, anyone who has received 7 circuit credits (15-64 division) or 5 circuit credits (Junior/Senior division) will receive a circuit award, even if they have not run the required 7 (or 5) circuit races for completion as top runner.

We have previously communicated that changes are being considered in the circuit awards for 2015, and I expect the Board to finalize these changes in the near future. It is my intent to write a follow-up article, which will explain these changes and why they are being made. Look for it in the next issue of the Pacesetter, which will be published in late December.



CIRCUIT RACE RESULTS (as of October 15, 2014)

	Midwinter Cruise 5k	Frosty 5 Mile	Manhattan Irish Fest 5k	Rockdale Ramblin 10k	JJC 5k	St. Mary's 5k	Minooka Summerfest 5k	Liberty 5k	Kankakee YMCA 5k	Sundowner 5k	Firefly 5k	DNA Athletics/PSRR Free 5k	Shorewood Scoot 5k	Ashley Can Half Marathon	Plainfield Harvest 5k	Run For Palesh 5k	Forte 5k	Canal Connection 10k	Red Eye 8k	Poultry & Pie Predictor 4 Mile	Jingle Bell 5k	Your choice half /full/ultra	Volunteer Credits	PSRR Cross Country Open	cuit Score	cuit Ranking		
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	13											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			11								C	2					
Barry, James		46																										
Barry, Kristin																							1					
Bell, Grant		31					21			23	10			8														
Blazekovich, Jenny										15												C						
Bonaci-Klaeser, Ruth				41							27	16			12	3												
Bornhofen, Amanda				42						53																		
Bornhofen, Larry		16						12		11	11	4		5								C						
Bowman, Jennifer												18																
Bowman, Mark		14		15	2	3						11				1						C	3					
Bumgarner, Robyn		32	19				16				35		22															
Buturusis, Teresa										32																		
Byrnes, Brenda				27	9					27					9													
Calder, Kate		34		21		6				19												C						
Calvey, Colleen		49	36	45	16								21															
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	8	7	9								C	5		70	6		
DeBoer, Ted		23	14					15	4																C			
DeGrush, Rich		11	10	12			6	11		9	9	2										C	3		58	5		
DeVault, Sharon	9	42	26	33	11					37												C						
Ellison, Howard				32	14	17		29		36	32		14									C			174	13		
English, Dwayne				46																								
Erickson, Vera		39			6					49	23				10													
Fera, Pat											38																	
Forbes, Anna Marie				48						52																		
Forbes, Sean		40	27	31						33	14														C			
Gabryel, Glenn	10	48		37							33		15		14													
Garcia, Nick							31																					
Goodwin, Kenneth		38				13		27	8	26	12											C						
Gora, Bill										28																		
Gorman, Tom							22																					
Gregory, Susan		52	36		12					44	31		20															
Hardy, Marcus				11	4					17	7													1				
Harper-Kuhel, Susan			35	34	13	16	24	34		38	28	20	13		15	4						C			105	10		
Horvat, John		19																						3				
Hostert, Eileen													16															
Jungwirth, Robert		7						8							2								1					

CIRCUIT RACE RESULTS (as of October 15, 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			
Kapala, Janet				29							24	12																	
Kielian, Jordan		24																											
Kielian, Patrick		30	17																										
Klaeser, Pete	14	54									39	27			19														
Koerner, Craig				22						31	21		6	7									1						
Koerner, Patrick D.								17	3					4															
Koerner, Patrick J.			22	19	5		18	18		16	15		4		5											81	7		
Koerner, Stacey									11																				
Kohlmeyer, Linda											34																		
Koven, Kelly			16			9						25		7															
Koven, Steven		50		39																							6		
Lambert, Tom																							C				2		
Leonard, Dale			30							24													C						
Leonard, Mary				24						50																			
Lopez, Fatima		21	13	13						13		6			4														
Martinez, Javier		8	5	5			5	10			7												C						
Mason, Jim				10																									
McCahey, Michael		1	1			1	2	2		1	2			1													9	1	
McLean, Laura			39		18																			4					
McLean, Susan		25	24	37	8		15					22		6	6												106	11	
McQuarters, Cathy			29		10			31		35	25		11																
Miller, Jim				23	7	11				25			8																
Minarich, Duane		36		28						29		24																C	
Minarich, Mary Jo		33		20						21		21																C	
Montgomery, Maureen			23						9																			C	
Montgomery, Mike			34						10																				
Mores, Sue																												4	
Munch, Tamera		6	6					5		5																			
Munro, Kent																												C	
Munro, Virginia			31			14						17			11													1	
Nette, Paul				17			10	16		14																		1	
Newberry, Phil	3																												
Orr, Sarah										48																			
Pirc, Brittany			32				29			40					18	6												C	
Pirc, Tina		45	25	35			23	30		34					13													205	14
Pironti, Jill	13																											C	
Pironti, Rudolph	12																											C	
Podolski, Sally		15		14						18																			
Putnam, Terri		47		40			25	32		39	29			10														222	15
Rahn, Eva		20			3		8	13			12	3																C	
Reeb, Carol										12																			
Reiter-Gorman, Brenda			40																										
Riley, Benjamin		55		43								26			16													C	
Rono, Kibet									2			15																	
Ruch, Curt																												9	
Ruch, Dawn							27	35		42		19																5	

CIRCUIT RACE RESULTS (as of October 15, 2014)

PRAIRIE STATE ROADRUNNERS



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		
Sather, Evan	2	4	4	4						8																		
Scheckel, Debbie			18			8		26	7		26		9			2								1		96	9	
Servi, Tim		12																				C						
Sheridan, John		35					19						10															
Sikes, Jeremy								14																				
Sikes, John			38	44				36		43		22												2				
Skisak, Eileen	2	2	1	1		1	3		2				2	2	1											10	2	
Slattery, Pete								1			1		1											1				
Smith, Keith		27	20			11		24			20														C			
Sodt, Robert		26						22	6			9	5										C					
Stapleton, Carol							20	28																				
Starling, Mary		22		16						22				8									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	5												1		83	8	
Warren, John	4	13	11	8		4	7	9		10	10	1	3	3	3							C	1		25	4		
Warren, Judith	8	44	33	36		15	28	33		41	30		17		17	7						C	1		122	12		
Weisfus, Stella		41					26			46														1				
Wertelka, Raymond	11	51						37			37		19	12									C	4	C			
Westefer, Gary					15							23	18	13		8								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	3		2											C	C	10	3
Barry, James G.		7				7																						
Bell, Kyle		1		1			1			1		1			1												5	1
Bergin, Terry	1	5	4			3							4														17	6
Harman, Jim												2		1														
Hostert, Art													2															
Johnson, Karl			6	4	6	4	8	4		5			6		3												20	8
Kielian, Gerald		8	5																						1			
Kohlmeyer, Madison											6																	
Koven, Reese												6																
Koven, Ryan												4																
Lauer, Bill					8																			1				
Macknick, Dick	2																							2	C			
Martinez, Christian							4				3																	
McFarland, Patrick			3	2	4		6						3		2												14	4
Munch, Maxwell		4																										
Peterson, John					2																							
Picciolo, Carol			1																									
Ruch, Julia							5	3		3		5				2									C	18	7	
Ruch, Spencer								5		4						3												
Scheckel, Harry					1	1	2	1	1	2	1		1			1								1			5	1
Sikes, Nikki												7																
Thompson, Bob		6								6	5														1			
Wait, Jay		3			5	3	7		2		4		5	3									C				15	5



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**

2015 Early Renewal Form—Special Discount Rates Expire January 1, 2015

PRAIRIE STATE ROAD RUNNERS
Membership Application

2015 EARLY RENEWAL/NEW MEMBER RATES (Dues paid for year 2015 if joining after October 1, 2014. Special Discount rates expire Jan 1, 2015)

INDIVIDUAL _____ \$18.00 \$15.00 **STUDENT** _____ \$12.00 \$10.00 **FAMILY** _____ \$25.00 \$20.00

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



November/December 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

