

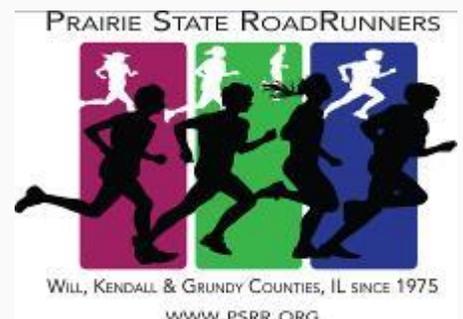
# THE PACESSETTER

September/October 2017 | Volume 42, Issue 5

Newsletter of the Prairie State Road Runners—Will County's Running Authority Since 1975 [www.psrr.org](http://www.psrr.org)



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



# PRAIRIE STATE ROAD RUNNERS



## PACESETTER

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Volume 42, Issue 5

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### Weekly Club Events

**Sunday** run with the Breakfast Club at 8AM on the I&M Canal towpath/Channahon State Park. Breakfast follows at Lалos Bar and Grill at approximately 10 AM.

Group events with DNA Athletics in Crest Hill. Contact store at (815)588-0908 for seasonal schedule as events are on various days..



### Dues

**Individual Memberships**

are \$18.00 per year

**Family Memberships**

are \$25.00 per year

**Student Memberships**

are \$12.00 per year

**Checks Payable To:**

Prairie State Road Runners

**Mail To:**

Prairie State Road Runners,

P.O. Box 293

Channahon, IL 60410-0293

Join online [here](#)

# PRAIRIE STATE ROAD RUNNERS

## CLUB OFFICERS

### President

Mark Bowman

### VP/Business

Jay Wertelka

### VP/Membership

John Warren

### VP/Operations

Cathy McQuarters

### Secretary

Robyn Bumgarner

### Treasurer

Mark Walters

### Directors

Dave Cyplick

Cathy Morman

Tina Pirc

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### Newsletter Editor

Judith Warren

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

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

### **On the cover:**

Larry Bornhofen and several of his grandchildren at the Sundowner 5k

## UPCOMING CIRCUIT RACES AND EVENTS

### September

September 10-AshleyCan Half Marathon

Bourbonnais IL

[Register Here](#)

September 16-Grand Prairie's Run For Your Life 5k

Joliet IL

[Register Here](#)

September 24-Plainfield Harvest 5k

Plainfield IL

[Register Here](#)

### October

October 14-Forte 5k

Channahon IL

[Register Here](#)

October 22-JJC Haunted 5k

Channahon IL

[Register Here](#)

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



*Prez*

**SEZ...**



BY MARK BOWMAN  
PRESIDENT

One of the things I have found belonging to several running clubs is how so many people enjoy the camaraderie and friendship of their fellow runners. It is such a great feeling to see this. And it gets even better as I see and hear about new people being encouraged to join us in this running hobby of ours.

.But what about how we feel when we look at ourselves? Do we appreciate that we have the ability and opportunity to partake in our hobby? Do we blow off a day of running just because we don't feel like it? Do we appreciate that we are healthy enough to participate?

I've been running for over forty years and I recently realized how often I have taken this all for granted. That I really have been lucky to not only have the opportunities to be able to run and race in many places during my running career, but I have also stayed healthy with almost no injuries or stoppages in all that time. I really have been blessed to be able to just lace 'em up and head out the door almost any time I want.

So, think about this the next time you just want to blow off that run even when you know you are perfectly fit and able to get out there especially during these wonderful autumn days. I had the pleasure of growing up in the era of watching an incredible American runner by the name of Steve Prefontaine. If the name is unfamiliar to you, do yourself a favor and Google him. But one of his most famous quotes was "To give anything less than your best, is to sacrifice the gift."

*The daily run is surely a gift to us all.*

*Mark*





## 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 Nov/Dec 2017 Newsletter is October 25th***

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

**Email to: [Judith Warren](mailto:Judith Warren)**

**Ray Wertelka** suggests several web stories for you to read:

[WATER BOTTLE CAR FIRE](#)

[TURN YOUR DOG WALK INTO A FULL BODY WORKOUT](#)

A note from **Amy Henderson** regarding Grand Prairie 5k—newly added to the PSRR circuit this year:

**Grand Prairie 5K is a local, small race that helps promote health, wellness, and fitness to the families and friends of this elementary school. The funds raised from this event go to help promote more fitness activities with helping the physical education teachers with supplies, expand the mind with various books for classrooms, and other supplies for the school. The PTO has 2 fitness activities as fundraisers every year because we know how important it is to stay active to be healthy.**

**Please consider adding this family friendly race to your schedule in September!**



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



# Training Tips *By Robyn*

Robyn Bumgarner is an ACE Certified Health Coach, Personal Trainer and a PSRR Board Member.



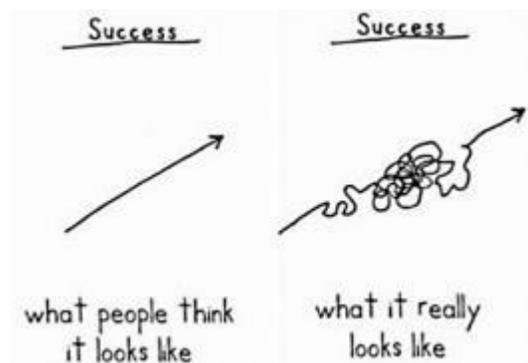
## What Diet is Right for You?

**N**utrition has become such a complicated question these days. Trends and powders and plans make it so confusing on what to choose. Let's see if we can unpack nutrition and diet choices in 300 words or less

First, take the time to clearly define what your goals are. Weight loss? Muscle gain? Fast race times? Curing stomach ails or overall eating to feel better? Sometimes goals overlap. Rank them from most important to least important.

Once you have clearly defined goals, now it's time to decide how to eat to meet those goals. Remember that the best kind of diet is the one you'll stick to, so choose one that feels attainable to you. Some people are better able to adhere to a plan that eliminates food groups or food items. Others have an easier time counting calories, macros, or controlling portion sizes. One isn't necessarily better than the other, adherence is the greatest indicator of success.

Speaking of success, also keep in mind that this is what success looks like:



Timing is also vital to achieving success with diet and nutrition. Choose a time when you aren't in the middle of a difficult training cycle, undergoing big stress in work or life, or other events that require your full attention and focus. The brain only has so much space and ability to focus and create willpower, and diet and nutrition deserve and require a whole lot of attention. People often mindlessly choose a meal or a snack because it's what you've always done, you know you like it, and it's easy on your brain to make that choice because you don't have to do a great deal of thinking, which leaves you brain space and energy to think about other things.

Achieving diet and nutrition goals is just like achieving big race goals. Hard while it's happening, and so worth it in the long run. **Be well, friends!**

## Nutrition Corner by Robyn Bumgarner

### Italian Wonderpot

Did someone say carb loading? This dish is a family favorite in our house! I always add extra spinach and mushrooms, and fresh herbs are great too if available. It's inexpensive, easy, and delicious! Enjoy!

Prep time: 10 mins Cook time: 15 mins

Servings: 6

Inspired by Apron String

#### Ingredients

- 4 cups vegetable broth
- 2 Tbsp olive oil
- 12 oz fettuccine
- 8 oz frozen chopped spinach (fresh works too!)
- 8 oz fresh chopped mushrooms
- 28 oz can diced tomatoes
- 1 medium onion, sliced
- 4 cloves garlic, sliced
- 1/2 Tbsp dried basil
- 1/2 Tbsp dried oregano
- 1/4 tsp red pepper flakes
- freshly cracked pepper to taste
- 2 oz shaved Parmesan (Optional)

#### Instructions

1. Add four cups of vegetable broth to a large pot. Break the fettuccine in half and add it to the pot along with the canned tomatoes (with juices), olive oil, frozen spinach, onion, garlic, basil, oregano, red pepper, and some freshly cracked black pepper.
2. Make sure the ingredients are submerged under the liquid, place a lid on top of the pot, and then turn the heat on to high. Allow the pot to come up to a full boil over high heat, then remove the lid and turn the heat down to medium.
3. Allow the pot to continue to boil over medium heat, without a lid, for 10-15 minutes, or until the pasta is cooked and most of the liquid has been absorbed. Stir the pot every few minutes as it cooks to prevent the pasta from sticking to the bottom, but avoid over stirring which can cause the pasta to become sticky.
4. Sprinkle with shaved Parmesan just before serving.

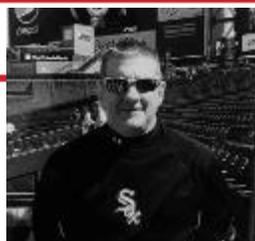






# SHOOP SCOOT 5K

BY RHETA MURDAUGH  
RACE DIRECTOR



Our Inaugural race was a huge success thanks to all that participated, volunteered, and sponsored the event. Robert K. Shoop was a man who touched so many lives with his intelligence, love of sports, and his sense of humor. It was in his memory and the desire to educate people about their heart health risks that this race was run. Our sincere thank you to all of you who participated!

Ellis House & Equestrian Center's Marty Vic was so helpful in our pre-planning and placement of our volunteers to help assist runners on the course. The location is a venue that offers scenic sites and a variety of course surfaces to run. We plan on returning next year!



All enjoyed fantastic music by our DJ Joey Bozen. Our race timer Kent Munro and his assistant for

the day Zach Shoop were excellent in timing and posting results most expeditiously! Our Registration/Raffle tables were supported by Kay Smith and Julia Matthews. The food table was hosted by Gina and Emily Shoop. Tom Podlin, Mark Walters, John Warren, Dave Cyplick, Cathy Morman, Scott Lemke, and Judith Warren were all instrumental in the success of our Shoop Scoot. Other race day volunteers included Tom Shoop, John Taskay, Mike Keniley, Ameer Marie, Terri Tatro, and Lori Alberico. Emily Shoop and Grier Casagrande presented the finisher medals. Our course photographers were Kathy Figuierras and Carol Musgrave.

Without our generous sponsors we would not have had such an incredible race day. They included Caterpillar, Safe Harbor, L. DeGeus & Assoc., Presence St. Joseph Hospital, Foremost, ExxonMobil, Rick's RV, ServPro, Hawk Dealerships, Shorewood Bank & Trust, Grateful Grapes Wine, and Kathy Figuierras. Their donations of either cash, raffle prizes, or packet giveaways genuinely added to our race day experience.



We'd also like to extend a thank you to Presence St. Joseph Hospital for creating a beautiful educational brochure. Nichole Cavanaugh and Margaret Downey were both supportive in our efforts to help create the brochure and promote heart health education. We also had volunteers from the Mended Hearts group to speak with people.

Continued on Page 12

Continued from Page 11

We would like to especially thank the Prairie State Road Runners and DNA Athletics for all the guidance and support as we turned the dream of honoring Bob into reality.



Lastly we'd like to say thank you to all the runners and walkers who participated in the Shoop Scoot 5k. We appreciated all our veteran runners and our first timers! All of you were amazing!

We are so glad you came out to share the day and to remember Robert Shoop. Bob's son Ryan, Bob's mom Virginia Shoop, and his sister Cheryl Farny were there to show their support. Bob's niece Emily Shoop was the designer of our Shoop Scoot 5k logo.

The Shoop Scoot 5k of 2017 is officially over, but the race to educate people about their heart health risks will never be done. Please educate yourself about your risks and take measures to be tested if you are at risk.



# DNA/PSRR FREE 5K



# DNA/PSRR FREE 5K



# WHAT'S UP AT DNA?



# Travelin' PRAIRIE STATE ROAD RUNNERS!



*So where have you worn your PSRR gear?*

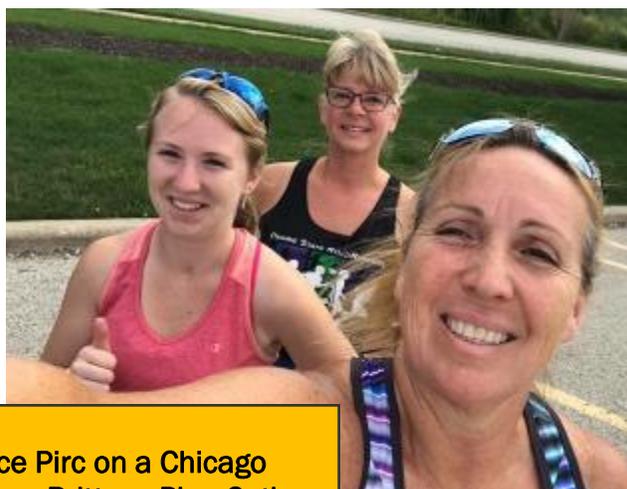
This feature highlights those who have been in cool and exciting places, or anywhere for that matter wearing their PSRR gear. Send us a picture of you sporting your **PSRR pride** anywhere in the world!

Please send email your pictures to [Judith Warren](mailto:Judith Warren) or via message on facebook.

Lianne Holloway at fort2base 10NM at Great Lakes Naval Air Station



Diana Sorich in Branson MO



Part of Team Fierce Pirc on a Chicago Marathon training run—Brittany Pirc, Cathy McQuarters and Tina Pirc

# Travelin' PRAIRIE STATE ROAD RUNNERS!



Judith Warren at RnR Half Chicago



Matt Clark at the Disney 5k on Castaway Cay

Kristen Clark at the Disney 5k on Castaway Cay



PSRR at fort2base—Cathy Morman, Brian Tatroe, Mark Nelson, Terri Putnam, Mark Walters, Rachel Morman, Terri Tatroe, and Jody Reddell

# Travelin' PRAIRIE STATE ROAD RUNNERS!

Mark Bowman at Christmas in July ultramarathon



Mary Jo Minarich in Vermont

Diana Sorich in recovery mode after a Chicago Marathon training run



John Warren, Jody Reddell, Mark Walker, Rheta Murdaugh and Tom Podlin at the DNA Ice Cream Run 5k

Happy  
Birthday

**September Birthdays:** Clark Anderson, Sergio Arreola, Rebecca Auld, Marne Bailey, Palmer Calvey, Gavin Carlson, Dave Cyplick, Rich DeGrush, Pat Fera, Chandler Horvat, Art Hostert, Patrick Kielian, Pete Klaeser, Paul Kosek, Gennavieve Kosek, Sophie Kodura, Ryan Kodura, Caroline Portlock, Rebecca Rice, Sean Salkas, Jeremy Sikes, Brian Tatroe, and Timothy Tocwish

**October Birthdays:** Laura Barry, Jess Conboy, Liz Costa, Apolonia Esquivel, Emma Forbes, Kristin Garcia, John Horvat Jr, Rob Kodura, Patrick Koerner, Bill Lauer, Scott Lemke, Lucas Kisner, Cameron Martin, Stephan Meehan, Mary Jo Minarich, Rheta Murdaugh, Kellen Walker, Michael Weisfus, and Colleen Zawrazky

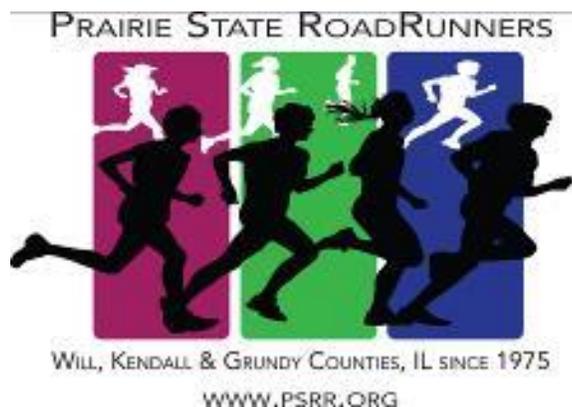


## NEW MEMBERS



*Monica Cimino*  
*Michael Cimino*  
*Cameron Cimino*  
*Nico Cimino*

*Domenique Kosek*  
*Pauly Kosek*  
*Gennavieve Kosek*  
*Giada Kosek*



## 2017 CIRCUIT RACES

<u>Date</u>	<u>Circuit Race</u>	<u>2016 Club Participation</u>
Feb 5	Winterfest 5k	42
Feb 12	Frosty 5 Miler	68
Mar 4	Manhattan Irish Fest Parade 5k	73
Apr 1	DNA Athletics No Foolin' 5k	new to circuit
Apr 8	Run, Walk & Roll 5k	new to circuit
Apr 22	TCS Red, White & Blue 5k	32
Apr 29	Rockdale Ramblin' 10k	55
May 13	Quarryman Challenge 10 Miler	13
May 19	Fierce Fiesta 5k	new to circuit
June 3	Kendall County Sweetness 8k	34
June 17	Minooka Summerfest 5k	45
July 3	Liberty 5k	47
July 20	Sundowner 5k	70
Aug 10	Firefly 5k	46
Aug 20	DNA/PSRR Free 5k	53
Sep 10	Ashley Can Half Marathon	20
Sep 16	Grand Prairie Run For Your Life 5k	new to circuit
Sep 24	Plainfield Harvest 5k	28
Oct 14	Forte 5k	41
Oct 22	JJC Haunted 5k	41
Nov 5	Canal Connection 10k	45
Nov 23	Poultry & Pie Predictor 4 Mile	57

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

# 2017 CIRCUIT AWARD RULES

AS EXPLAINED BY JAY WAIT

At the 11/18/16 PSRR board meeting, the directors voted to continue with Circuit Award structure established for 2015. The Traditional Circuit Award will continue to reward participation (running, volunteering, and participating in operating the club). The Age Group Circuit Award allows those who are really competitive to see how they stack up against those in their age group. In addition, the board approved a couple of modifications to the Most Miles Award given to the person who accumulates the most miles in half marathon or longer races. The three award systems will work as follows:

**Traditional Circuit Award:** A member qualifies for a circuit award by earning 7 circuit credits, which may be earned by running circuit races, volunteering in club activities, and up to one credit for running a half marathon, marathon, or longer race anywhere in the world. The one exception to the 7 circuit credit requirement is that any member age 14 or younger on January 1 will only be required to earn 5 circuit credits. All members who earn the required 7 (or 5) circuit points will receive the circuit award, which changes from year to year, but typically consists of club merchandise with a value of about \$30.

Those members who run 7 or more circuit races will be ranked against other runners on the basis of their age graded race scores, with the scoring done cross-country style. Age grading is done by using the WMA Age Grading Calculator 2015 (<http://www.howardgrubb.co.uk/athletics/wmaroad15.html>). For this grading, age is considered to be the age on race day, and time is input to the nearest second.

At year end, the top 3 ranked runners will be recognized at the annual banquet. The award for being one of the top ranked runners is in addition to the circuit award, and is a much more modest award, such as a plaque. In the event of a tie on the basis of the best 7 scores, additional races (best 8, best 9, etc.) will be compared until a winner is found. If that still does not break the tie, the runner with the most races will be declared the winner.



**Age Group Circuit Award:** Because of the club demographics, there are not enough members in some of the traditional 5 year (or even 10 year) age brackets to provide any meaningful competition. The board has reviewed the demographics (and intends to do so annually) and has agreed to continue using the 16 age groups (8 each for male and female) that were used for 2016 awards. The age groups are: Under 15, 15-29, 30-39, 40-49, 50-54, 55-59, 60-69, and 70 & over.

For the purpose of determining age group, age on January 1 will be used and nobody will be allowed to compete in two different age groups during the year. For example, a person aged 54 on January 1 who turns 55 in March will remain in the 50-54 age group for the entire year. **At the 2/17/17 PSRR board meeting, after further review of 2017 membership demographics, the 40-49 and 60-69 age groups were both split into 5 year brackets.**

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

**Most Miles Award:** Races of half marathon or longer races that are run between January 1 and the cutoff date (usually around December 10) and reported to the statistician will be recorded with a running total of miles run in such races. The Ashley Can half marathon (a PSRR circuit race) will count toward total miles, but will only count once toward the Circuit Award (it will count as a circuit race, but not as a long run). Finally, ultramarathons, regardless of distance, will only count for a maximum of 50k (31.1 miles)



# 2017 CIRCUIT RESULTS

## 2017 Circuit Results

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

Has 7 or more points via circuit races, volunteer credits, and 1 half/full/ultra – eligible for circuit award

Has 5 or more points (age 14 & under) via circuit races, volunteer credits, and 1 half/full/ultra -- eligible for circuit award

Colored numbers are the 7 lowest finishes used in calculating circuit score

8/28/2017

### CIRCUIT STANDINGS

Runner	1. Winterfest 5k	2. Frosty 5 Mile	3. Irish Fest 5k	4. DNA No Foolin' 5k	5. Run, Walk & Roll 5k	6. Trinity Christian School 5k	7. Rockdale Rambler* 10k	8. Quarryman Challenge 10 Mile	9. Fierce Fiesta 5k	10. Kendall County Sweetness 8k	11. Minooka Summerfest 5k	12. Liberty 5k	13. Sundowner 5k	14. Firefly 5k	15. DNAPSRR Free 5k	16. Ashley Can Half Marathon	17. Run for Your Life 5k	18. Plainfield Harvest 5k	19. Forte 5k	20. JJC Haunted 5k	21. Canal Connection 10k	22. Poultry & Pie Predictor 4 Mile	22. Your choice half/full/ultra	23. Volunteer Credits	Circuit Score	Circuit Ranking	
Acup, Fawn	15	9						11	8			15	12											1			
Aguliar, Dan	21	8							7		17		18												1		
Anderson, Clark	2	3	1		2	3			4																		
Anderson, Rick	6	17			5	5			13																		
Arreola, Sergio						4							5														
Auld, Michael	18	14	6	4		6	2		3		2		6	3											26	4	
Auld, Rebecca							5																				
Bailey, Marne	12	30	23	11			18						32												1		
Baltz, Cricket				10																				C	6		
Baltz, Tom	38	18					28																				
Baltz, Tommy John																									5		
Barry, James R.	58	42			13																						
Barry, Laura	48	37	24				10						35	40										C			
Beard, Nydia	8	20	11				12		12	6	11	18		16										C	1	76	11
Blenck, Shelli													15	24	30												
Bonacci-Klaeser, Ruth			58			31		16					34	41	35												
Bornhofen, Larry			7	8		13	6	10		7	12	12	10													60	9
Bowman, Mark	3	4		3		2										5								C	5		
Bumgarner, John								44																			
Bumgarner, Layne			49					26						34													
Bumgarner, Quinn								40					60	30													
Bumgarner, Robyn		31	52					28						63													
Buturusis, Teresa			57																								
Calder, Kate						21			11		21					28											
Calvey, Aidan				26												43											
Calvey, Colleen				31												42											
Calvey, Kevin																49											
Calvey, Palmer																14											
Carlson, Craig		46						29					64	64													
Carlson, Ella								22					22	44													
Carlson, Garrett								34					60														
Carlson, Gavin		12						7					3	7													
Carlson, Grace								19						46													
Carlson, Kerri		22						17					14	17													
Carter, Clint										20	19					16											
Clark, Kristen		69						48						57	40												
Clark, Matt		26				17					13													C			
Conboy, Jess						3																					
Costa, Liz	14	28			6						21		20	27	21									C		137	16
Curiel, Kelly		43	36								24		21	33													
Cyplick, Dave		24	24		11	24	7	18				20													2	128	14
Davis, John												11															
Daw, Bobby												54															



Murdaugh, Rheta		56			14	39			23	36		51	53							C	1	272	24		
Musgrave, David		40						23	9	22															
Nelson, Mark	24	60	46					41	20			37	38	43							C	1	249	22	
Nette, Paul		13				10									11										
Newberry, Phil															14										
Pirc, Brittany		51	34			35			15	23		23	29									3	210	18	
Pirc, Tina	23	47	44			34			12	31		33	38									3	215	19	
Pironti, Jill	37										59	63													
Pironti, Rudolph	36					46					56	57													
Podolski, Sally			15			14							17												
Portlock, Caroline																						2			
Putnam, Terri	35	74	67			45		49	25	42	49	47	56										292	28	
Quigley, Lori										17	22	16	19	17									1		
Rahn, Eva		8				5		6					4	4							C	3			
Raino, Gerald	20	73				25	9			27															
Raino, Lauren		75																							
Reddell, Jody		52	41	21						24	37		45												
Rice, Rebecca											40		27								C				
Riley, Benjamin	38	71																							
Ruch, Dawn				23				33			41		38									1			
Ruch, Julia								25			36														
Salkas, Cassandra		44	43					27					20									1			
Salkas, Linda		61	54					38			43		45	39								1			
Scheckel, Debbie	15	35	29	15	10	11				29	31		26									1	135	15	
Scheckel, Harry			17							10	13	10	9	10								1			
Sheridan, John		50										41	37												
Sikes, John		59	47	25		38					45	44										1			
Sinon, Shellah											58	58													
Skisak, Eileen		1			1	1	1		1	1	1		1								C		7	1	
Smith, Keith	9										23														
Smith, Sue					20																				
Sorich, Diana	26		63			44			26		51	52										1			
Stapleton, Carol			31			10					33		42	25											
Stephenson, Liz									14																
Tatroe, Brian	4										4	2	11												
Tatroe, Terri	18										29	26										2			
Thompson, Bob												50													
Tocwish, Alicia		54	48			13	30				32	37	37										251	23	
Tocwish, Timothy		70	62			17	43		39		38	36											305	29	
Underhile, Clinton	7	16	10	7			11		9		9	15	13	13	13								66	10	
Underhile, Nicole	34		64	30					43		35	46	48	54									290	26	
Veerman, April	27	57	50		15	18				40		46	59	41									237	20	
Wagner, Amanda			35			27						28	33												
Walt, Jay	21	49			14				32	16	32	42	42	52									199	17	
Walker, Kellen		41							15			16	25												
Walker, Kennedy												27													
Walker, Landon												3													
Walker, Mark	13	32	20			8	22		20	10	16	25	59	26								C	2	109	13
Walker, Michelle									31			39	50												
Walters, Mark		14	5					4	24	5	4	8	7	5									2	38	6
Warren, John		6	4	1	3	4	8	3	5	4		7	4	3								C	1	22	3
Warren, Judith		55	51						37													C			
Wertelka, Raymond	30	67		29									53										2		
Westefer, Gary	19				12		33			26			29										2		
Weston, Michelle	25	64	56	27					42		38	48	55	60									291	27	
Wojtkiewicz, Paul	1	2					2	1	2			1		1	1							C		9	2
Wysock, Kurt		7																							
Zawrazky, Colleen			6																						
Zemaitis, Nicole		36				26				28		56													



## 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 Lалlos (25220 Eames St, Channahon) for breakfast.
  - 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 20-22 races, including a “your choice” ultra, marathon or ½ marathon. All paid members are eligible for circuit participation awards.
- **RACE DISCOUNTS**—Select circuit races
- **ANNUAL BANQUET AND CIRCUIT AWARD EVENT**
- **EMAILS AND REMINDERS ON UPCOMING RACES AND EVENTS**
- **PSRR MEMBER ONLY FACEBOOK PAGE**

# PRAIRIE STATE ROAD RUNNERS

## Membership Application

2017 RENEWAL/NEW MEMBER RATES (Dues paid for year 2017 if joining after October 1, 2016)

INDIVIDUAL \_\_\_\_\_ \$18.00    STUDENT \_\_\_\_\_ \$12.00    FAMILY \_\_\_\_\_ \$25.00

PRIMARY MEMBER NAME \_\_\_\_\_ Gender (M/F) \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_\_ E-MAIL \_\_\_\_\_

YEAR (OR APPROXIMATE YEAR) YOU JOINED THE PSRR CLUB \_\_\_\_\_

### Family Membership Data – List All Members

Name	Age	Date of Birth	Gender (M/F)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

How did you hear about us? \_\_\_\_\_

Make Checks Payable to: **PRAIRIE STATE ROAD RUNNERS**

Mail to: **P.O. Box 293, Channahon, Illinois 60410-0293**

### CLUB MEMBERSHIP WAIVER

*I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running and volunteering to work in club races including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Prairie State Road Runners and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.*

\_\_\_\_\_  
SIGNATURE (Parent of guardian if applicant is under 18)

\_\_\_\_\_  
DATE

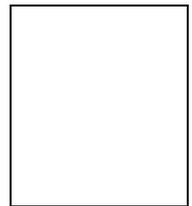
Visit our website at [www.psrr.org](http://www.psrr.org)  
Contact us at [president@psrr.org](mailto:president@psrr.org)



September/October 2017

# PACESETTER

Prairie State Road Runners  
P.O. Box 293  
Channahon, IL 60410-0293



Mail to:

