

THE PACESETTER

MARCH/APRIL 2020 % Volume 45, Issue 1

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

www.psrr.org

With special memories as we celebrate our club's 45th anniversary this year.



Most of the 2019 Circuit Award Winners from the Annual Banquet



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



PRAIRIE STATE ROAD RUNNERS - The Pacesetter

March/April 2020

www.psrr.org

Volume 45, Issue 1

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[Click here to join PSRR!](#)



Founded in 1975, the Prairie State Road Runners (PSRR) are one of the oldest running clubs in Illinois. The majority of our members are from Will, Grundy, and Kendall counties. The club sponsors the Thanksgiving Day morning Poultry Predictor 4 Mile Race in Joliet's beautiful Pilcher Park and the Manhattan Irish Fest Parade 5K.

The Prairie State Road Runners is a member of the Road Runners Club of America (RRCA) www.rrca.org and is a defined 501(c)(3) organization under the RRCA charter.

PRAIRIE STATE ROAD RUNNERS

UPCOMING CIRCUIT RACES AND EVENTS

MARCH

March 7 – Manhattan Irish Fest Parade 5k [Race Website](#) [Online Registration](#)

March 15 – **Bolingbrook St. Paddy's Half-Marathon** [Race Website](#)

March 15 – **Bolingbrook St. Paddy's 5k** [Race Website](#)

March 22 – Bank of America Shamrock Shuffle 8k [Race Website](#)

APRIL

April 19 – Morton Arboretum Champion of Trees 10k [Race Website](#)



ACKNOWLEDGMENTS

EPIC AMOUNTS OF GRATITUDE are extended to everyone who contributed to this issue to make it happen! We especially thank **Dave Cyplick, Jim Barry and Paul Spiezio** for sharing their memories, photos and archives of the early PSRR.

Jaylyn Miller and her family, JT Markland and Judith Warren:

WE APPRECIATE YOU so much!

And an extra tip of the hat goes to

Mark Walters and Judith Warren for helping find photos and

to **Diana Sorich** for being the proofreader.

ALL OF YOU ROCK!

WELCOME, New Members!

Dori Arocho

Elaine Bottomley

Liz Costa

Jennifer Craig

Wesley Craig

Peyton Craig

Alexander Erchinger

Shannon Hagenbaumer

Paul Jackson

Natalie Pociask



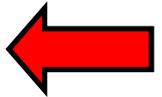
THE PACESETTER HAS RETURNED!

After a brief hiatus, we are back with the customary photo journals of all circuit races, stats, standings, news and updates on club members as they run elsewhere in the country and around the globe.

This year we will also be featuring memories from club members of all eras of the PSSR as we celebrate our 45th anniversary as "Will County's running authority."

What we'd love to include are more stories and interviews from you, the members who keep us alive, because without YOU there would be no PSRR.

Please feel free to send anything to us [here](#) at that link, and we hope you won't mind receiving an email every month or so asking for your submissions.



PLEASE HELP if you can...

We're in need of volunteers for this years  Manhattan Irish Fest and Parade 5k!!!

Planning on running? We have volunteer positions before the race!!!

New this year, we have 2 shifts available for packet pick-up on Friday March 6.

12-3pm and 4-8pm at Fitness Premier. The first shift will help with stuffing the packets. The second shift will help pass out the packets to registered runners.

Also, on race day, March 7 at the Metra Station in Manhattan to help register runners and help pass out packets before the race.

Additionally, we need help on the course. Course marshals are the VIP of the race!



**CLICK
HERE
TO
HELP!**

OR EMAIL CATHY McQUARTERS at mccallypeels@aol.com

CLUB EVENTS: Annual Banquet

The 2020 Annual Banquet was held at the Jacob Henry Mansion on January 18.



The Class of 2020 Hall of Fame Inductees were announced by Dave Cyplick and plaques were awarded to each. Javier Martinez collected his later.



**Class of 2020
PSRR Hall of Fame**

Bob Jungwirth

Javier Martinez

Eileen Skisak

John Warren

Photo Credits for this article: PSRR Facebook group members

Our new Hall of Famers join an already distinguished group of runners elected in previous years:

Class of 2019—Steve Koven, Mary Moss and Joe Jenkins

Class of 2018—Gary Westefer, Rich Gaul and Pete Viehweg

Class of 2017—Jay Wait and Phil Newberry

Class of 2016—Spencer Hopper

Class of 2015—Mark Bowman

Class of 2014—Sergio Arreola

Class of 2013—Dennis Killian and John Davis

Class of 2012—Jim Barry, Tom Lambert and Susan Mores

Class of 2011—Keith Theissen, Bill Lauer and Terry Bergin

Class of 2010—Jim Harman, Clint Carter and Larry Bornhofen

Class of 2009—Jeff Lindstrom, Dick Macknick and Dave Cyplick

Class of 2008—Mary Jones and Lance Bovard

Class of 2007—Bill Murphy

Class of 2006—Pat Koerner and Bob Maszak

Class of 2005—Becky Criscione, Jack Picciolo, Greg Rose and Gary Moss

Election of Officers resulted in the following individuals assuming new roles for the PSRR:



Mark Walters
President



Diana Sorich
Treasurer



Eva Rahn
Secretary



Javier Martinez
VP of Membership



Sarah Prado
Director



Cathy McQuarters
Director

They join the incumbent officers to complete the full 2020 PSRR Board Membership:

President - Mark Walters
Treasurer - Diana Sorich
Secretary - Eva Rahn
VP - Mark Walker
VP - Javier Martinez
VP - Steve Koven
Director - Cathy McQuarters
Director - Sarah Prado
Director - John Warren



Other PSRR Operation Positions announced included:

Statistician: Mark Bowman
Website: Scott Lemke
Newsletter Editor: Lianne Holloway



2020 Circuit Awards
were given to the following:

CIRCUIT WINNERS:

1st Place: Eileen Skisak
2nd Place: Javier Martinez
3rd Place: John Warren

MILEAGE AWARDS:

1st Place: Kathy Figuierras
2nd Place: Mark Walker
3rd Place: Nydia Beard

MOST RACES RUN:

Joh Warren

MOST VOLUNTEER CREDITS:

Mark Bowman

AGE GROUP WINNERS

FEMALE:

<15: Jaylyn Miller
15-29: Brittany Pirc
30-39: Heather Hall
40-44: Marne Bailey
45-49: Nydia Beard
50-54: Fawn Acup
55-59: Liz Costa
60-64: Debbie Scheckel
65-69: Carol Stapleton
70+ n/a

AGE GROUP WINNERS

MALE:

<15: n/a
15-29: n/a
30-39: JT Markland
40-44: Matt Macak
45-49: Mark Walker
50-54: Mark Nelson
55:59: Tom Podlin
60-64: Mark Walters
65-69: Patrick Koerner
70+ Harry Scheckel

The **2020 Circuit Races** were selected.

Race	Date
1. Winterfest 5K	2/2/2020
2. Frosty 5 Mile	2/9/2020
3. Manhattan Irish Fest Parade 5K	3/7/2020
4. Bolingbrook Half-Marathon	3/15/2020
5. Bolingbrook St. Paddy's 5K	3/15/2020
6. Shamrock Shuffle 8K	3/22/2020
7. Morton Arboretum Champion of Trees 10K	4/19/2020
8. Fierce Fiesta 5K	5/10/2020
9. Soldier Field 10 Miler	5/23/2020
10. Zero Prostate 5K	5/30/2020
11. Minooka Summerfest 5K	6/17/2020
12. Summer Solstice 4 Miler	6/26/2020
13. Liberty 5K	7/3/2020
14. Sundowner 5K	7/23/2020
15. Parkie's Famous 10K	8/22/2020
16. DNA/PSRR Free 5K	8/29/2020
17. Hidden Gem Half-Marthon	9/12/2020
18. Shoop Scoot 5K	9/13/2020
19. Plainfield Harvest 5K	9/27/2020
20. JJC Haunted 5K	10/18/2020
21. Forte 5K	10/24/2020
22. Gobbler Hobbler 10K	11/8/2020
23. Poultry & Pie Predictor	11/26/2020

Note: Zero Prostate is no longer a 10k as we thought when we voted.



A Year of Miles



A Night of Smiles





Happy Award Winners





Friends
sharing



delicious
dinners



CLUB EVENTS: Winterfest 5k



Kankakee Winterfest 5K
February 02, 2020 | Kankakee, IL

WEATHER
57°F | 14°C  Clear



Photo credits: Judith Warren, event website



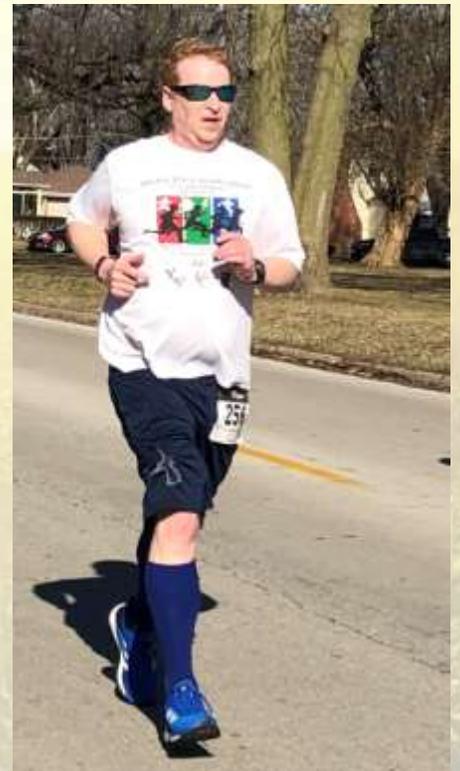




Winterfest 5K Run and Fitness Walk
36th ANNUAL
Sunday, February 2, 2020
Small Memorial Park, Kankakee, IL



[RESULTS LINK](#)



CLUB EVENTS: Frosty 5 Mile

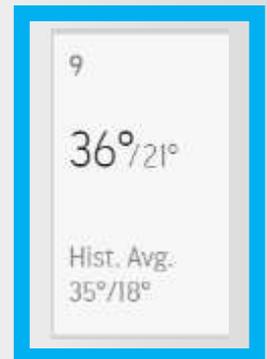
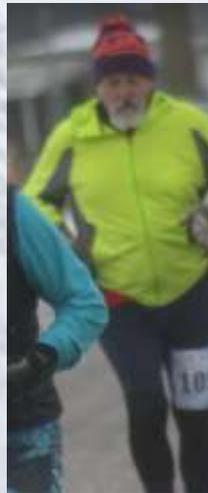


Photo credits: Judith Warren , Mark Walters, event Facebook page











...and
a good
time



was
had



by all



[ATHLINKS](#)
[Link to](#)
[Race](#)
[Results](#)



CLUB MEMORIES:

1991 Frosty 5 Results

CHANNON PARK DISTRICT 1991 FROSTY FIVE RACE RESULTS

OVERALL MALE			OVERALL FEMALE		
Lance Bovard	1	26:01.6	Cynthia Woods	10	28:32.9
Greg Rose	2	26:18	Patti Gilmore	44	31:53
Dennis Summers	3	26:43	Cindy Kowalski	57	33:22
Dale Koepnick	4	27:22	Jackie Pinkowski	58	33:23
Nate Shaffer	5	27:56	Kathy Regelin	61	33:38
MALE UNDER 19			FEMALE UNDER 19		
Bryan Mutz	22	29:44	Christy Hagedorn	151	41:30
Craig Zilm	25	30:05	Kerri Keenan	153	41:41
Mike Fyles	35	30:41			
MALE 19-24			FEMALE 19-24		
Lamberto Ortega	38	30:52	Cinda Coggins	65	34:17
Tito Cruz	140	40:44	Jill Richard	68	34:20
MALE 25-29			FEMALE 25-29		
Dave Wolf	7	28:03	Vickie Paben	73	34:43
Phil Albae	40	31:42	Kathy Derrick	86	35:54
Mark Batty	80	35:16			
Isala Ortega	166	43:00			
MALE 30-34			FEMALE 30-34		
Marlon Heuer	8	27:27	Carol Pratt Bauer	71	34:30
Will Lindgren	14	29:08	Barbara Smith	74	34:50
Mike Wilhelm	15	29:11	Robin Vechon	100	37:07
Keith Patton	17	29:29			
MALE 35-39			FEMALE 35-39		
Paul Spezio	12	29:00	Laura Bowers	107	37:50
Gary Vonck	13	29:08	Janet Velemir	111	37:58
Chris Krolack	18	29:29	Cassandra Hitzeroth	117	38:42
Joseph Haley	21	29:39			
Robert Jungwirth	30	30:20			
MALE 40-44			FEMALE 40-44		
Ronald Woods	6	27:57	Marlene Watkins	102	37:16
Porter Reed	16	29:23	Mary Kay Cardwell	110	37:56
Mike Hickey	20	29:32	Debbie Reardans	166	43:00
Jose Durran	23	29:47			
Dave Bieschke	24	29:54			
MALE 45-49			FEMALE 45-49		
Peter Mathis	9	28:29	Becky Criacione	103	37:24
Keith Thbisen	11	28:46	Kathy Palmeri	156	42:12
Robert Maszak	26	30:10			
Bob Ramsay	28	30:14			
Gary Harmon	29	30:18			
MALE 50-54			FEMALE 50-54		
Charles Kennedy	27	30:11	Mary Jane Pratt	109	37:53
Jack LeMay	34	30:31	Marion Kowalski	124	39:07
Rick Brodine	42	31:50			
Dick Parker	49	32:26			
MALE 55-59			FEMALE 55+		
Jon Randolph	32	30:24	Mary Drinkwine	165	42:56
Richard Kowalski	45	31:58	Shirley Malon	182	47:57
Ron Lehman	56	33:19			
MALE 60+					
Lauren Blasler	39	31:27			
Richard Lamermayer	67	34:19			
FIRST PARK DISTRICT RESIDENT-M			FIRST PARK DISTRICT RESIDENT-F		
Bryan Mutz	22	29:44	Patricia Kirby	162	42:32

Thanks to Paul Spezio for this race result

CLUB CELEBRATIONS:

March and April Birthdays

Happy Birthday to You. Happy Birthday to You.
Happy Birthday dear...

Fawn Acup
Kathleen Baltz
Brooke Blenck
Madison Blenck
Katherine Calder
Grace Carlson
Clinton Carter
Tony Fewkes
Madilyn Fewkes
Kathleen Figuierras
Brad Freeman
Ken Goodwin
Jim Harman
Ethan Heidrich
John Horvat
Wendy Janulis

Toni Johnston
Jane Kiernan
Pat Koerner
Ryan Koven
Kiawlan Lambert
Lauren Lemke
Christine Lukanich
Matt Macak
Kristen Mangan
Javier Martinez
Patrick L. Mc Farland
Kate Meehan
Duane Minarich
David Musgrave
Brittany Pirc
Sarah Prado

Mary Raino
Harry Scheckel
Sheilah Sinon
Tyler Slowinski
Tammy Smith
Keith Smith
Diana Sorich
Clinton Underhile
Danielle Vanderploeg
Carlos Viramontes
Debra Walters
Judith Warren
Darcy Welsh
Linda Whalen
Paul Wojtkiewicz
Maria Wood

HAPPY BIRTHDAY TO YOU!



CLUB MEMBER STORIES:

RACE REPORT from Judith Warren about “Honda Miles Per Hour”



Running in shorts in February? Yes please! I actually hesitated about registering for this unique race. I had run the Warm Your Heart 5k twice in McCormick Place and wasn't fond of the sharp turns and cement floors.

But this race had two unique hooks. It ran through the Chicago Auto Show and was an hour-long race. Everyone ran from 8-9am. There were timing mats every 0.4 miles or so and your distance and mph were calculated by the last mat you crossed when the horn went off.

I opted for the free race day pickup. Pickup, gear check, and corral setup were all well-organized by the Chicago Area Runners Association.

Over 500 racers of all paces lined up at the start under the big Chicago Auto Show globe in the main concourse. The nearly 2.4 mile course took runners across a carpeted hill (bridge), into an empty expo hall to run various patterns for over a mile, and through both sides of the auto show. The object was to run as many loops as you could in 60 minutes.



The course didn't feel overly crowded as it was at least 12 feet wide in most places. The loudspeakers were blasting music and encouragement. A countdown started with 5 minutes to finish and everyone started pushing the pace. Your distance was figured from the last mat you crossed prior to the final horn. Unfortunately, I was seconds from crossing another mat at the finish. I guess I shouldn't have stopped for a selfie with the White Sox Toyota!

Everyone trickled back to the Honda display from around the course to receive their "medal" (it was plastic - sort of like tire material) and a small goody bag with water, banana and a protein bar. We received a nice short sleeve t-shirt with our bibs.

Awards were given at the event for top 3 male and female finishers but because of the unique challenges with timing, general results were sent in email late that night.

Our bibs allowed for an hour early access to the Chicago Auto Show and you could purchase \$10 discounted tickets for your non-runner spectators to join you.

It was fun to run in shorts and a singlet in February. The course lacked the sharp corners of the previous race I had done there. It was challenging to run over the various surfaces (carpet, cement, tile) but you could tell it was designed by runners. I felt that the uniqueness of the race made it worth its price. I would do it again.



CLUB MEMBER STORIES:

INTERVIEW with Jaylyn Miller

We caught up with Jaylyn Miller, our 2019 Circuit Award Winner in the Under 15 Female category a few days after the annual banquet and got to know her a little better.

Jaylyn's parents, dad Jason Miller and stepmom Heather Hall, are both PSRR members. Jaylyn has been running since she was about 4 and has tremendous enthusiasm for the sport. Her parents mentioned that she has already done fifteen 5k races, three 1-milers and one Fight for Air stair climb where she climbed 180 flights of stairs. She scored a PR at the Fierce Fiesta 5k last year when she completed it in 36:31.



Where and when were you born?

I was born in Joliet on September 26 of 2011 but have mostly lived in Minooka. I live with my Stepmom Heather Hall, my Dad, my cat Rocket and my dog Batman.

When did you start running?

I did a 1 mile charity walk when I was 4 or 5.

What was your favorite race last year?

My favorite race last year was the Fierce Fiesta 5k because it was my fastest run. I don't remember the time.

How do you train for a race?

I train a little, but I don't do it for very long. I just like to run outside. But if I do train then I do a little outside and a little treadmill. On the treadmill at first, I go fast and then when I don't really feel like it I will slow down and do what feels right. When I do train outside, I usually go with my Dad because I do get a medal and we get to eat tacos.

Oh, you like tacos! What’s your favorite food?

Oh, that’s an easy one. My favorite food is potato soup.

What’s your usual breakfast or snack before you run?

I usually eat a granola bar and I don’t even eat breakfast first.

And what do you like to do when you’re not running?

I like to watch TV cooking shows like “Kids Baking Championship” and I like to bake banana bread. I’ve also helped my Dad make cookies. I like to cook too. I make whatever we eat but I got a cookbook and a baking book from Master Chef for kids along with a cooking kit and knives. I made a deconstructed Shepherd’s pie for dinner (*phone photo shared by Jaylyn’s dad*).



Is there a race you haven’t done yet that you’d like to do?

Well this year we’re going out of state to do the Flying Pig. Heather is doing the marathon and I’m doing the 5k.

Do you have a specific goal for this coming season?

I’m going to start by doing the Poultry and Pie Predictor, and then I’m going to try and do a 10k. I’m aiming for a 4 miler first and if I make that, then I’ll do a 10k.

Do you think you’d like to be on a running team someday, in school or even the Olympics?

I’d start with school and see how I do, and then go to the Olympics if I think I’m doing good. I’d start with something simple and then go higher—teeny little steps.

What would you say to someone who thinks they’re too slow or too old to run?

I would say just keep practicing and improve with practice. And you could get some help from friends. And if people tell you you’re slow or too old to run then don’t listen to them. If you want to do something, do it.

CLUB MEMBER STORIES:

RACE REPORT from JT Markland about “The Dopey Challenge”



Hi! I'm JT! First time article submitter; multi-time runner. For four days in early January, I had the opportunity to stretch myself as both a runner and an athlete at the Happiest Place on Earth through the Dopey Challenge at Walt Disney World. The Dopey Challenge consists of four races (5k, 10k, Half Marathon, and Marathon) over four consecutive days. For this race report I've opted to focus more on the event itself (i.e. course layout, starting area, weather, etc.) for three of the four races to help people decide if it is right for them as a race option. For the marathon though, I've provided a little more insight on my race day operation.

The family (my wife Britni and 2-year old son Miles) and I arrived at Orlando on the Tuesday of race week, opting for the last flight in for the night and setting us up to attend the Expo on Wednesday, which can be an all-day experience in and of itself. The Expo is located at ESPN's Wide World of Sports and just a short bus ride from the All-Star Music Resort where we were staying. I'd recommend staying on property for anyone considering a Disney race - you cannot beat the convenience from a logistics standpoint. This is particularly important for each race morning...



Each morning, buses begin departing the resort at approximately 3:30 - yes that is AM and yes that is early - except for marathon day, which begin at 3:00. The buses run continuously but getting to the starting area at Epcot earlier than later greatly helps alleviate any stress of being late. All races start and end at Epcot. The starting area is very organized, as is everything involved in race weekend. The porta-potty situation is second to none, resulting in very low - if any - wait times. The only catch here is that for the shorter races Thursday and Friday, the corrals can get crowded, so if you're interested in running at the front of the pack, plan to be in the corral 30-45 minutes before the gun. The longer races Saturday and Sunday utilize more corrals, so they are a bit less chaotic. The starting area also has several character meet and greets, of which the lines can get fairly crowded before the race. Recommendation here is to get those photo-ops in after the race as there will be fewer people.

The weather fluctuated quite a bit from Thursday to Sunday. The 5k had ideal weather with no wind and temps in the upper 40s. The 10k had decent weather, ringing in with a light breeze and mid-50s. Unfortunately, the race weather gods did not smile on the half and full, with the half being in the mid-60s and a headwind of 15-20mph for the final 6 miles and the full having a starting temperature of 72, but steadily rising to 81. As far as the races themselves...

5k: The WDW 5k can be quite dangerous with a combination of those wanting to race at the front and those that are hardcore Disney fans just wanting to be at the front. There is unfortunately trampling each time I've run this race, which is compounded by a 90 degree right hand turn about 200m in.

Disney's belief is that the 5k should be fun for all, so it does not regulate the corrals as strictly for this race, leading to these issues. Once the mess of the initial 200m is over, the course opens up on to an access road for about a mile until runners enter Epcot under the Test Track ride. A mile or so run "around the world" on the boardwalk features great views of the sphere across the lake and numerous character stops for those interested. The final mile winds back through Epcot tossing in some tight turns, but nothing too treacherous. The finisher medal for the 5k is themed to Pluto and featured a yellow band with purple, white, and teal accents.





10k: This course can be split into two halves: the boring half and the exciting half. The first half of the 10k is through service roads/ highways and offers little in terms of sights or sounds, particularly given it is 5:30 in the morning. The second half of the race winds through Epcot occupying the same course as the 5k, but includes a trek by several resorts along Epcot's Crescent Lake. As with the 5k, several character photo-ops are available along the way, as are some great picture opportunities of the Epcot sphere at night. The WDW 10k finisher medal is themed to Oswald the Rabbit, with blue ribbon, and white and yellow accents.



Half Marathon: It's getting warmer... The course departs Epcot and heads towards the Magic Kingdom. The trip is mostly desolate as it is on a closed highway, but you will have the occasional monorail scream by honking to break up the early morning quiet. For those that may not know, Magic Kingdom is intentionally designed to not be visible from outside the confines of the park. That means that right around the five-mile mark, as runners come up through a tunnel and make a hard right turn, they are treated to hundreds

of spectators lining Main Street with Cinderella's Castle beautifully lit up. The moment unfortunately passes quickly and the total distance within the Magic Kingdom adds up to less than half a mile. From there the course heads out of the park, back to service roads/highways, and - in this case - a strong headwind for the 6 mile trek back to Epcot. Once back at Epcot, it's an abbreviated trip - compared with the first two races - through the park and back to the starting line. The finisher medal is themed to Donald Duck with blue, white, and orange accents.



Marathon: If the 2:30 wake up wasn't enough to startle me, the initial 72F temperature was. I could feel the condensation on my body just walking to the starting line. The marathon was planned to start at 5:00 to help avoid the hotter temperatures later, but in a rare Disney gaffe, was delayed 20-minutes, due to a traffic jam on the path to Epcot. This created a considerable amount of angst within the corrals. A fellow runner I had the privilege of meeting and finishing with at the 2019 Berlin Marathon got off his bus approximately three miles from Epcot and ran to the starting line to ensure he wouldn't be late. Tough to do before any marathon, let alone under these weather conditions. This was also unfortunate as we had been working on a race strategy together for weeks, that I knew was now in jeopardy with his tired legs.

Nevertheless, at approximately 5:20, we set off. The plan - under ideal weather - was to come in under 3:18 (7:33/mi pace). I knew this would have to be revised, so I opted to aim for a modified 3:30 goal (8:01/mi pace). When I run a marathon, I break the course up into seven segments: six 4-mile segments and one 2.2 mile segment. Mentally this allows me to stay focused on a smaller run rather than get wrapped up in the big number.

The first two segments (miles 1-8), I maintained a pace of 8:00/mi. Disney has water/Powerade stops at least every mile, so each stop I alternated between water and Powerade. Knowing it was going to only get hotter - and sunnier - as I approached the Magic Kingdom, I decided to increase the pace and bank some time for later. This resulted in the next two segments (miles 9-16) being run at 7:38/mi pace with only a plus/minus deviation of 4 seconds each mile. The only thinking I do at this point in the race is related to math—it is focusing on the watch and moderating the pace. Being completely in tune with how fast I am going allows me to maintain the effort. While distractions - such as Lightning McQueen, Elsa & Anna, and that fancy Barbershop Quartet - are nice breaks from the monotony, I have to force myself to not become overly distracted, as running even 10 seconds faster can be detrimental later.

So I continued through the Magic Kingdom at my new pace, alternating between water and Powerade each stop and having some Jelly Belly Sports Beans and a Gu gel, at mile 9 and 14, respectively. As the sun rose over the east, I could feel the air around me getting less moist (plus!) but also quite warm (not a plus!). For segment 5 (miles 17-20), I made a conscious decision to slow to a 7:50/mi pace. I knew I had banked some time and that no hydration in the world was going to allow me to overcome the fatigue of three days of racing, park visits, and (likely) less than stellar dieting. I also knew mile 21 would take me through Animal Kingdom, which has some small rollers and inclines. As I approached the entrance to the park, I saw the lead group on the opposite side of the road. Based on the elapsed time, I could tell they were approximately 15-20 minutes off their typical performance of years past.

This gave me a little piece of mind that my fading was not all my own doing.

For Segment 6 (mile 21-24), I slowed to 8:15/mi pace. I'd like to say it was intentional, but it was not. This part of the course is boring and directly into the winter sun. I continued my hydration strategy from the previous segments and had some more Sports Beans, along with a banana. I felt good energy wise, but very overheated. A quick - and unnecessary - trip through the Blizzard Beach Water Park gave way to a very, very short jaunt through Hollywood Studios.

The last 2.2 miles is along the riverwalk and then boardwalk in Epcot. It's scenic, but at approximately 80F and 25 miles in, not scenic enough to improve the situation. Nevertheless, I gave it all I had left the last 1.5 miles and logged a 7:40/mi pace over that distance.

At the finish line, like all previous races that week, I was greeted with enough volunteers to command a small army. Given the heat they made extra certain all runners were feeling okay, before releasing them to the medaling, water, and snack areas. The finisher medal was a spinner with Mickey on one side and Minnie on the other. The ribbon was adorned with white, blue, and orange accents.



Additionally, since I voluntarily put myself through this, I was given the Goofy Challenge Medal (for running the half and full) and the Dopey Challenge Medal (for running all four races). You all get one guess who the theme of each of those two medals is.

Overall: There is quite a bit of "stuff" I didn't mention here, but honestly, if you're still reading at this point, you deserve a medal yourself and can contact me for more information.

Running a race at Disney is a must-do for anyone at any level. Are you Elite? Enjoy a flat, fast course. Are you a Disney fanatic? Enjoy plenty of character meet and greets and other surprises along the way. Are you a novice runner? Perfect event for you with minimal stress, incredible organization, and many ability-similar runners. This was my second Dopey Challenge, and I am 100% confident I will be back. I also plan to try my hand at some of the other race weekends they have throughout the year.

We've got ears; say Cheers!



PHOTO CREDITS: JT Markland, MouseHacking.com, RunDisney.com

CLUB MEMORIES: 1975-1990 with Jim Barry, Dave Cyplick and Paul Spiezio

THE YEAR WAS 1975.



Gerald Ford was President and, like the year before, the Vietnam War and the Watergate scandal dominated our national news coverage.

With Glen Campbell singing about life as a Rhinestone Cowboy, the Captain and Tennille were hoping Love Will Keep Us Together while the BeeGees were Jive 'Talkin' and Van McCoy was doing The Hustle.

In sports, the Steelers beat the Vikings in Super Bowl IX. Muhammad Ali took the heavy-weight crown of boxing after defeating Joe Frazier in a 14 round slug fest called the Thrilla in Manila. And "Boston Billy" Rodgers won the Boston Marathon with a time of 2:09:55.

That year's summer blockbuster movie was a shark flick called "Jaws", while on the small screen two new shows premiered: Saturday Night Live and Wheel of Fortune.

Meanwhile in Joliet, Illinois...

DAVE CYPLICK: Running gained momentum as an everyday fitness activity for the average person; no longer was it the exclusive domain of ex high school and college runners or those training for other sports. From this background, running began to develop as an organized activity in the greater Joliet area.

In 1975, the Joliet YMCA Running Club was founded. The YMCA was located on Ottawa Street in a building that exists today and serves as a retirement home. The Y had a circular running track that was suspended from the ceiling. Needless to say, the running track couldn't have been the favorite running venue of club members at the time.





Photo from Google

ABOVE: The old Y building, designed by Daniel Burnham, is now on the National Register of Historic Places.

DAVE CYPLICK: During those first few years, the club had a couple of dozen members. Les Cox served as the first club president from 1975 through 1978. Jim Robinson then took over as club president from 1979-1981.

During the 1970s, road races began to appear in the Joliet area. By 1980, the YMCA running club began hosting races. They included the Musser Sports 7 ½ mile classic in New Lenox in May and the Joliet Days 10K in July. Our Poultry and Pie Predictor race began on Thanksgiving as a 5 miler the following year. The oldest area continuous race, the Frosty Five, began in 1980. At that time, typical race fees were \$6 if you pre-registered and \$8 for race day registration.

The club also took over control of the Will County Road Race Circuit and renamed it the Prairie State Circuit. In addition to the Musser Sports race, Joliet Days 10K and the Frosty Five, **the circuit included Gordies' Run 10k, the Crest Hill 10K and the Rockdale Rambling 10K.** The club instituted 5 year age group awards as a standard procedure for our own races and other Will County races soon followed our example. We were the first running club to do this in the Chicagoland area as well as the first club to offer overall Masters awards at races.

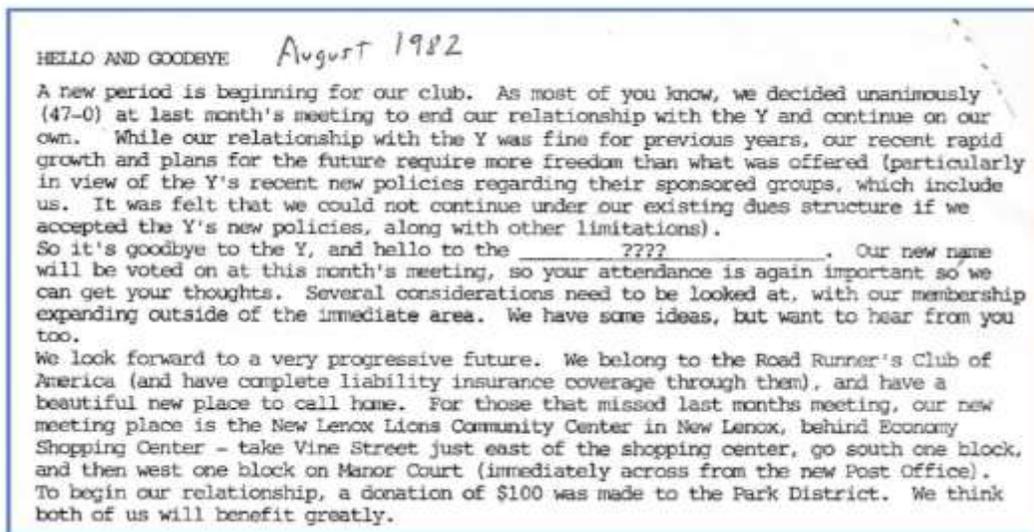
Membership growth in the club was strong in the early to mid-1980's. **The club went from 30-40 members to nearly 300.** The Joliet YMCA retained strict control over club activities and finances.

As a result, the club split off from the YMCA in 1982 and officially became the Prairie State Road Runners, affiliating with the Road Runners Club of America, a relationship we still have currently.

Gary Moss served as club president from

1982 through 1986. In 1983, Musser's went out of business and for one year the race was known as the Marine Corps Classic and then became the Armed Forces Classic 12K in 1984. The Joliet Days race became the Joliet Summerfest race, eventually becoming a CARA circuit race in 1986, the last year it was held due to logistical difficulties we encountered with the Joliet Police Department. One other race was added in 1983, the Prairie State Half Marathon, which ran from Lincolnway High School in New Lenox out to Mokena and back. By 1985, this race was reduced in distance to the Prairie State 10 miler.

Janet Velemir was club president from 1987 through 1989. PSRR continued to host multiple races in the latter half of the 1980's and even added a fifth race, the Illinois Open State Cross Country 8k Championship in 1988 at the Camp Sha-Wa-Na-See 4H Camp across from Kankakee River State Park. Jim Hubbell was the first race director, later followed by Jack Picciolo. This race featured some challenging terrain including a steep ravine you found yourself sliding down if you didn't pay attention. In 1990 Dan Keenan served as club president followed by a one year return by Gary Moss in 1991.



PAUL SPIEZIO: I was born and raised in the Joliet area (Braceville to be exact). However, I left the Joliet area in January 1989 due to a transfer with Caterpillar. However, I have loved the PSRR club forever and continued and continue to pay my membership dues every year. When I first moved, I was able to get back and run some races, but as I took on the running scene in the Peoria area, I began to concentrate my racing here.

I ran in the era of Gary Moss, Mary Moss, Greg Rose, Lance Bovard, Patrick Koerner and others I can't totally remember at this time. But competition was fierce as we raced each other. We raced a lot back in those days late 70s and 80s. It was fun, running was

just beginning to come into its own, we had Shorter and Rodgers and people like that to look up to. I remember a race that went through Rockdale and West Side of Joliet finishing on the track at Joliet West High School. From memory can't remember the name or year [editor's note: 1984 Deerbrook 25k rediscovered when Paul went through his archives], but Bill Rodgers ran the race and I crossed the finish line with him, and a friend caught it on camera that I later had developed in an 8 x 10 and sent to him which he returned autographed.

"THE LONG RACE BEFORE AMERICA'S MARATHON"
DEERBROOK'S 25K
UNIVERSITY OF ILLINOIS GERIATRIC RESEARCH FOUNDATION

RACE RESULTS:

Overall	Race #	Age	Sex	Time	Name	City
1	0332	31	M	1:22.34	Raymond Hayes	Davenport, Ill.
2	0003	34	M	1:23.15	Gary Moss	Joliet, Ill.
3	0448	27	M	1:24.47	Chris Cudworth	St. Charles, Ill.
4	0500	20	M	1:24.58	Rodolfo Castellanos	Chicago, Ill.
5	0251	25	M	1:26.28	Thomas Prisco	Chicago Heights, Ill.
6	0306	37	M	1:27.03	Jim Barber	Chicago, Ill.
7	0342	40	M	1:27.06	Joe Vega	Chicago Heights, Ill.
8	0150	32	M	1:28.37	Albert Lorens	University Park
9	0008	36	M	1:29.30	Steve Currins	Beecher, Ill.
10	0382	31	M	1:29.42	Rob Garner	Rolling Meadows
11	0358	32	M	1:30.12	Julio Martinez	Chicago, Ill.
12	0197	24	M	1:30.43	James Barry	Chicago, Ill.
13	0330	31	M	1:31.10	Scott Putnam	Oak Park, Ill.
14	0002	29	M	1:31.32	Carl Cox	Atlanta, Ill.
15	0327	25	M	1:32.02	Al Kirsininkas	Oak Park, Ill.
16	0451	35	M	1:32.30	Peter Wenger	Chicago, Ill.
17	0371	21	M	1:32.49	Danny Stolzenbach	Grant Park, Ill.
18	0329	27	M	1:33.00	Scott Foster	River Forest, Ill.
19	0328	28	M	1:33.01	Michael Caprile	Oak Park, Ill.
20	0331	32	M	1:33.08	Gary Worcester	Oak Park, Ill.
21	0414	37	M	1:34.00	Manuel Palcios	Joliet, Ill.
22	0405	20	M	1:34.23	Patrick McGovern	Joliet, Ill.
23	0490	30	M	1:34.28	Chris Krolack	Shorewood, Ill.
24	0487	35	M	1:34.29	Sam Buccarelli	New Lenox, Ill.
25	0419	32	M	1:34.43	Mike Ferguson	Joliet, Ill.
26	0411	29	M	1:34.58	Dara Azari	Arlington Heights
27	0498	32	M	1:35.08	Jose Castellanos	Chicago, Ill.
28	0408	30	M	1:35.21	Jeffrey Crowhurst	Joliet, Ill.
29	0257	50	M	1:35.30	Juan Barrajas	Harvey, Ill.
30	0488	38	M	1:36.07	Angelo Cruz	Mundelin, Ill.
31	0360	32	M	1:36.20	William Escobar	Calumet City, Ill.
32	0483	26	M	1:37.01	Jorge Desideric	Sauk Village, Ill.
33	0127	28	M	1:37.07	Don Buganski	Shererville, Ill.
34	0297	32	M	1:37.14	Jeffy Briggs	Chicago, Ill.
35	0195	44	M	1:37.25	Andy Lawrence	Northbrook, Ill.
36	0426	34	M	1:37.29	Clark Schreiber	Park Forest, Ill.
37	0491	27	M	1:37.34	Farias Alvarez	Chicago, Ill.
38	0178	41	M	1:38.37	Dave Davis	Schaumburg, Ill.
39	0163	30	M	1:39.01	Paul Speizo	Braceville, Ill.
40	0370	38	M	1:39.02	Arthur Kimber	Chicago, Ill.
41	0001	37	M	1:39.03	Bill Rodgers	(Boston Billy)
42	0152	28	M	1:39.25	Kurt Wright	Chicago, Ill.
43	0462	34	M	1:39.41	Kurt Faber	Shorewood, Ill.
44	0173	43	M	1:39.52	Pete Viehweg	New Lenox, Ill.
45	0117	44	M	1:40.15	Thomas Guilfoyle	Chicago, Ill.
46	0190	34	M	1:40.18	Gary Porter	Geneva, Ill.
47	0333	31	M	1:40.33	Leslie Watson	Chicago, Ill.
48	0221	47	M	1:40.37	Jack Coleman	Joliet, Ill.
49	0237	50	M	1:40.43	Lynndon Ruber	Glenview, Ill.
50	0460	38	M	1:40.49	Joel Hale	Glendale, Ill.
51	0376	34	M	1:40.52	Mike Davis	New Lenox, Ill.
52	0402	33	M	1:40.56	Pablo Hernandez	Chicago, Ill.

"THE LONG RACE BEFORE AMERICA'S MASTHON"

Sunday, September 30, 1984 - 8:00 A.M.

UNIVERSITY OF ILLINOIS GERIATRIC RESEARCH FOUNDATION

DETERMINED 25K

On Sunday, Sept. bring BILL HODOR Illinois Geriatric Nursing Centre.

ENTER HERE WITH

0163



Paul Spiezio,
 I enjoyed the 25K we
 ran in Joliet, Illinois.
 Best wishes for smooth
 running,
 Bill Poljan
 1984

PAUL SPIEZIO: I, again if memory is correct, remember getting a call two weeks before the River to River run 1990 from Lance Bovard. One of the male runners had just bailed and they were looking for a fast runner to replace him. So Lance called and I went and we won the Mixed Division and broke the 8 hour mark. I also remember the many Sunday mornings that John Randolph and I would meet in Channahon on the Canal Trail and do 10, 12, 14 milers. Sometimes a few others would join, but most of the time it was John and me. John and I would rotate turns going out early and placing water along the trail to hydrate with. I guess we were pioneers in those days.



ILLINOIS RIVER TO RIVER RELAY

21 April, 1990

Open Division

- 7:16:21 ~ Elite Non-Repeat Repeats, from Southern Illinois
- 7:32:57 ~ Second Wind, from Champaign-Urbana, Ill.
- 7:33:40 ~ Sterling Runners, from Sterling, Ill.
- 7:38:24 ~ Team Centralia, from Centralia, Ill.
- 7:43:30 ~ Gateway Athletics Hares, from Saint Louis, Mo.
- 7:54:31 ~ Brinkers Okers #1, from Belleville, Ill.
- 7:57:09 ~ Road Hogs, from Ames, Iowa

Women's Division

- 8:59:02 ~ TCBY Fit to be Tris, from Saint Louis, Mo.
- 9:00:00 ~ Second Wind (Women), from Champaign-Urbana, Ill.
- 9:24:01 ~ Adrienne's Revenge, from Saint Louis, Mo.

Mixed Division

- 7:59:43 ~ Prairie State Mixed Blessing, from New Lenox, Ill.
- 8:52:23 ~ USAthletics - Mixed, from Saint Louis, Mo.
- 9:05:02 ~ The Big Gulps, from Saint Louis, Mo.
- 9:06:04 ~ Zephyrs, from Saint Charles, Mo.
- 9:07:36 ~ Blade Runners, from Saint Louis, Mo.

Masters Division

- 7:51:34 ~ Wandering Walukis, from Carbondale, Ill.
- 8:08:10 ~ DJ's Runners, from Peoria, Ill.
- 8:09:47 ~ USAthletics - Masters, from Saint Louis, Mo.

Women-Masters Division

- 11:43:35 ~ Masters Magic, from Saint Louis, Mo.

Mixed-Masters Division

- 9:20:37 ~ Mix-Master Beaters, from Park Forest, Ill.

Handicap Division (Adjusted Finish Times)

- 7:04:41 ~ Chicago Wet Socks, from Chicago, Ill.
- 7:13:59 ~ Masters of Dune, from Michigan City, Ind.
- 7:29:49 ~ Lisle Windrunners Handicap, from Lisle, Ill.
- 7:34:12 ~ Club 400 Striders, from Southern Illinois

Corporate Division

- 7:43:03 * ~ McDonnell Douglas Flyers, from Saint Louis, Mo.
- 9:00:21 ~ General Tire Relay Team, from Mount Vernon, Ill.
- 9:36:14 ~ Anheuser-Busch Bud Runners, from Saint Louis, Mo.

Corporate (Handicap) Division (Adjusted Finish Times)

HOME
MEMBERS
TEAMS
COURSE
PHOTOS
VOLUNTEER
RESULTS
LINKS
CONTACT US

Display a menu



JIM BARRY: I became a runner because of my father (PSRR HOF member James G Barry). He has been a runner my whole life and we went to road races when I was a kid. I started running as a sophomore in high school. I thought that I would just do road races after that but when I got to college at DePaul University my freshman year I would sometimes run into guys on the track team while I was running along the lakefront and would join them for some long runs. They convinced me to join the cross country team for my Sophomore year. I was a mediocre runner by NCAA Division 1 standards but improved as a runner significantly.

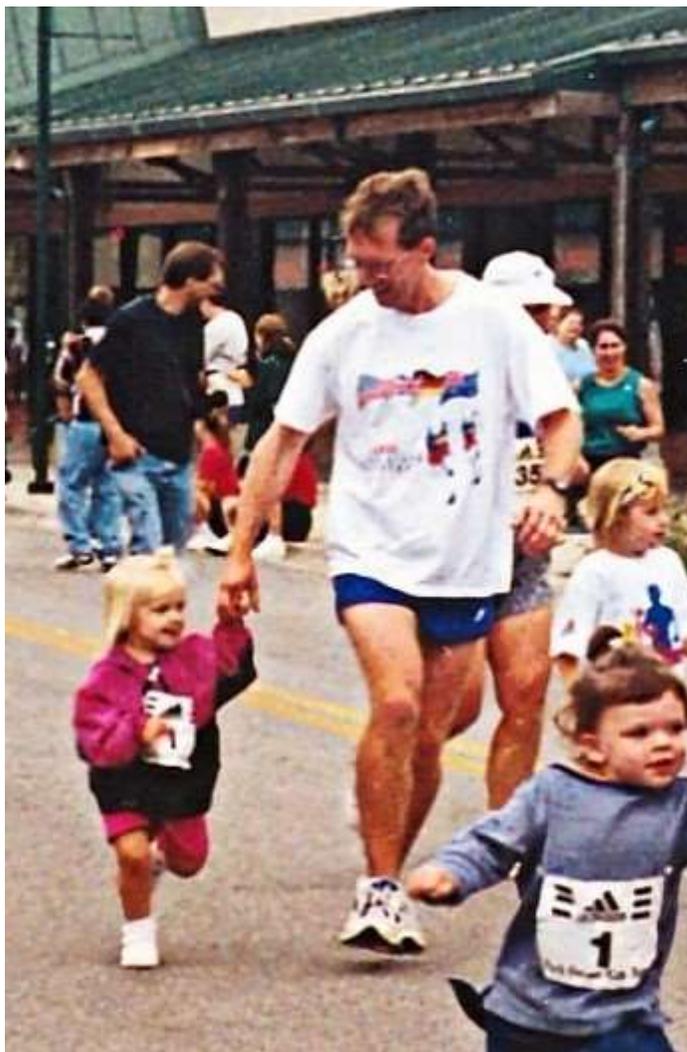
I continued to train pretty hard while in law school (though not at college levels) and was able to keep up a decent training regime but once I started working as a lawyer, I was working 50-60 hours a week and my training fell off. Still I managed to remain competitive at local road races for many years. However, continued long hours working as a lawyer, marriage, kids and the passage of time all contributed to my decline as a runner. I have kept at it but a series of injuries have limited my ability to do anything more than jog in recent years. Right now, I am recovering from a serious case of plantar fasciitis that has sidelined me for the last 18 months but have started jogging again and hope to be able to get back out there. My father was running half marathons into his 80s, so I figure that I have a long running career ahead of me still. Maybe when I retire and get regular sleep it will be better (or so I hope).

At my peak I was reasonably competitive in local road races and managed to get road PRs of 16:07 for 5K, 33:45 for 10K, 56:40 for 10M, 89:50 for 25K and 2:43:01 for the marathon (those numbers might not be exact but are close). However, competition in the area was tough and I only managed to win a handful of races overall during my road racing career (including a memorable marathon in Alaska). Indeed, I remember running sub 35 minute 10K's in Joliet area races and not even getting an age group award. I would race PSRR HOF members



Gary Moss, Joe Jenkins, Lance Bovard, Greg Rose and others in every race it seemed. Every once in a while I think I managed to beat Lance and Greg, but they were improving as I was starting to slow down and eventually I was chasing them as well as Gary and Joe. I never could get past Gary or Joe. I also managed to win the PSRR circuit for my age group one year and that wasn't easy considering that Greg Rose and I were both born on July 24, 1960. His death was tragic.

I could talk endlessly about the many races I ran and what made them memorable. For example, I still remember the last marathon I ran while in law school and going through the 20 mile mark at 1:59:52. I remember all of the races where I ran PRs. It seemed those races were the easiest in many respects. However, several races stood out for me in general. I was especially fond of the Park Forest Scenic 10. I managed to finish all 30 of them before the race was cancelled. It was there that I set my road PR of 56:40 for 10 miles. They inducted me in their hall of fame with 5 others after finishing the first 25 years of the race. The Channahon Frosty 5 was my other long streak and a favorite of mine. I finished the first 40 years of those before I broke the streak this year. My foot just won't allow me to run 5 miles safely. One of the Prairie State 10 milers meant a lot to me because they had a father/son competition and I teamed up with my father to win it. I also remember vividly that



the last time I saw my mother alive was at a 10K race in Morris near St. Patrick's Day. You don't forget things like that. In recent years I have not run too many races other than Channahon because of my injuries and a busy life. The guy who ran 20 straight miles at sub -6 minute pace and those other PRs seems like another person.

I joined the PSRR as part of my father's family when I was still a teenager. It may have been the Joliet Y running club at the time. It seems like the club was more about competition and less about running as a social event. However when I ran consistently, I knew all of the runners at my competitive level pretty well because I saw them regularly. Now when I go to races, I recognize almost nobody. However my view of the club might just have been me,

and other members from those days might have a different view. I eventually joined as an individual member when I moved out of the house. I always enjoyed the newsletters and the competition with other of the fast members of the club. Unfortunately, I was never able to do many of the social events that the club held. My life was just too busy, and I was happy I was able to run when I could. I don't remember when the circuit awards started but it must have been in the early 80's. Most of the races that made up that circuit no longer exist, but they lasted throughout the year with different distances. Back in the early days of the club there were many more 10Ks and 10 milers and very few 5K's. Things have definitely changed in that regard. However, I have always enjoyed being a member of the club because of the people who were members of the club. They have always been a friendly group and it is great to see that it is still thriving.

EDITOR'S NOTE: Upon reviewing the race results from the Deerfield 25k which Paul Spiezio finished alongside Bill Rodgers, you will notice that Jim Barry came in 12th in that same race.

WE THANK ALL OF OUR CONTRIBUTORS TO THIS ARTICLE FOR THEIR RECOLLECTIONS, PHOTOS AND MEMORABILIA. OUR CLUB'S HISTORY IS TRULY A PRECIOUS GIFT AND WE ARE GRATEFUL THEY HAVE SHARED IT WITH US.

Note from Dave Cyplick re his narrative: *In 2000, Gary Moss published a brief history of the Prairie State Road Runners. I've used that document heavily as a resource covering club history through 1992. From that point forward, I've been a club member and have used personal knowledge (with the help of old newsletters) in developing this information.*

TRAVELIN' PSRR

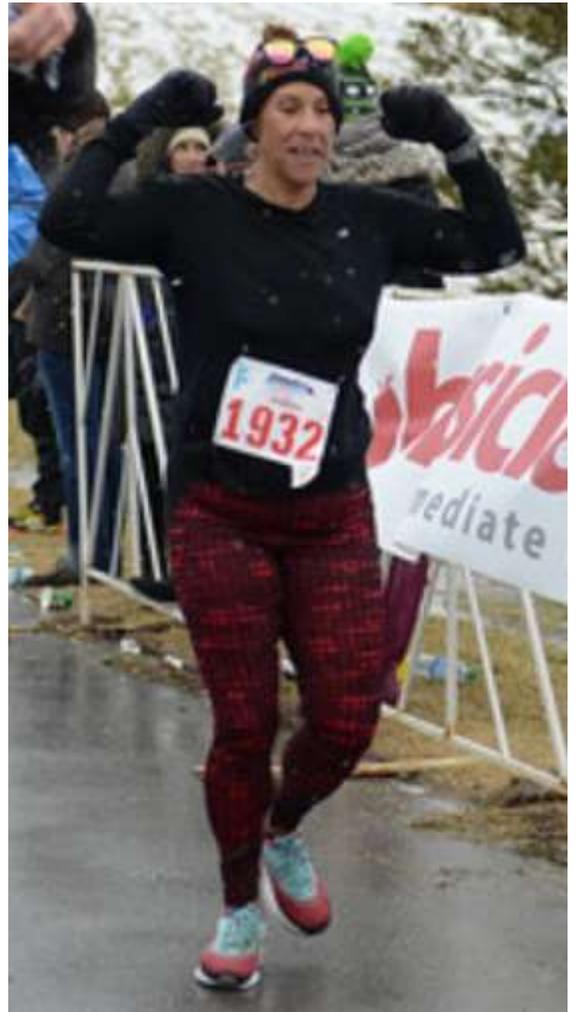
Show off your club gear and/or send your race photos to us at this [link](#). Then come back and find them here!



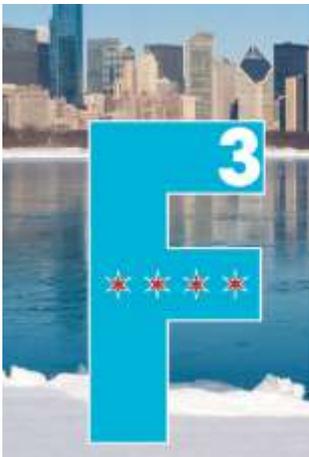
COMMITMENT
DAY 5k
Romeoville



WHERE ARE YOU Travelin'!



F3 LAKE HALF MARATHON



Travelin'



About to RUN DISNEY in Florida



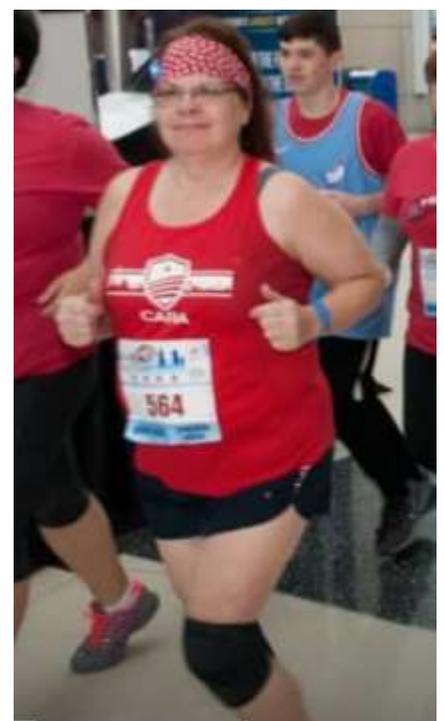
Reppin' the club at Great Wolf Lodge Wisconsin



GROUNDHOG DAY MARATHON in Michigan



HONDA MPH RUN in Chicago



NIKE SCHOLARSHIP



ELIGIBILITY REQUIREMENTS FOR NIKE RUNNING SUMMER CAMP

- Must be a high school student
- Must be available for camp from June 11th to June 14th.
- Must have a high school cumulative GPA of 2.75 or better
- Must have two letters of recommendations from individuals not related to the applicant
- Must demonstrate volunteerism through participation in community service and activities
- Must demonstrate participation in athletics or club activities (inside or outside school)

TERMS

\$645.00 scholarships will be available for a female or male high school student. Visit our registration web site for details. <http://www.psrr.org/nike-running-scholarship.html>. The recipient is advised that the deadline for the application will be April, 15th, 2020 and the winner will be notified by May 1st. The winner will have to provide their own transportation to Elmhurst College for their summer camp from June 11th to June 14th.

FORMS TO SUBMIT

- Scholarship application
- A one-page typed letter about yourself and your accomplishments.
- Include future plans, volunteerism and any clubs or athletics that you were involved with while in high school
- High School Transcripts
- Two letters of recommendation

2020 Timeline

- Feb 1st. Applications available online at <http://www.psrr.org/nike-running-scholarship.html>
- April 15th Applications and recommendations due to Mark Bowman
- May 1st. Notification to recipients
- June 11th Camp

Send all required information in an envelope to: Prairie State Road Runners, C/O Mark Bowman, 8115 Wood River Street, Joliet, IL. 60431

Questions:

Mark Bowman@ultragranddad.com

Personal and Scholastic Information

Name: _____

Address: _____

Telephone (home): _____ (cell): _____

Date of Birth: _____

Sex: Female Male

Parent / Guardian Name(s): _____

Academic Data

High School: _____ Graduation Date: _____

High School Cumulative GPA: _____

ACT Score: _____ SAT Score: _____

H.S. Class Rank and Size: _____

A one-page typed letter about you and your accomplishments, and why this camp will be of personal benefit. Include future plans, volunteerism and any clubs or athletics that you are involved with while in high school.

NOTE: All forms must be postmarked no later than 4/15/20 and returned to:
Prairie State Road Runners, c/o Mark Bowman, 8115 Wood River Street, Joliet, IL 60431



2020 Circuit Award Rules

There will be the Traditional Circuit Award to reward participation (running, volunteering, and participating in operating the club). There will also be the Age Group Circuit Award which allows those who are really competitive to see how they stack up against those in their age group. There will be two divisions of the Most Miles Award which are given to the person(s) who accumulates the most miles in each division. 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 Runner's World Age Grading Calculator (<https://www.runnersworld.com/advanced/a20801263/agegrade-calculator/>).** For this grading, age is considered to be the age on race day, and time is input to the nearest second.

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

Age Group Circuit Award: Because of the club demographics, there are not enough members in some of the traditional 5 year (or even 10 year) age brackets to provide any meaningful competition. The board has reviewed the demographics (and intends to do so annually) and has agreed to continue using the 20 age groups (10 each for male and female) that were used for 2019 awards.

The age groups are: Under 15, 15-29, 30- 39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 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.

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 or medal. 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: The first division will be races of half marathon, marathon or anything in between that are run between January 1 and December 9. It is up to the individual member to report to the statistician who will then record it and keep a running total of miles run in such races. Any PSSR Circuit Race of half marathon or longer will count toward total miles, but will only count once toward the Circuit Award (i.e., it will count as a circuit race, but not as a long run).

The second division will be the ultramarathon division consisting of any races longer than the marathon (50K, 50 Mile, etc.) run between January 1 and December 9. Again it is up to the individual member to report to the statistician. The winner with most miles will be recognized with a nominal award, such as a plaque or medal. Important Information

Pertaining to Race Stats:

1. You need to be a member in good standing (i.e. dues paid up) when you run any race that will count towards any of the above awards. And, yes, you will be considered a member in good standing by signing up the day of that particular race.
2. You must notify the statistician of any corrections to be made in the race statistics within 6 weeks of the day of the race. The exception being the last 2 or 3 races of the year which will have an ending date of December 9th for any corrections.

2020 CIRCUIT OF RACES

Race	Date (some approximate)
1. Winterfest 5K	2/2/2020
2. Frosty 5 Mile	2/9/2020
3. Manhattan Irish Fest Parade 5K	3/7/2020
4. Bolingbrook Half-Marathon	3/15/2020
5. Bolingbrook St. Paddy's 5K	3/15/2020
6. Shamrock Shuffle 8K	3/22/2020
7. Morton Arboretum Champion of Trees 10K	4/19/2020
8. Fierce Fiesta 5K	5/10/2020
9. Soldier Field 10 Miler	5/23/2020
10. Zero Prostate 5K	5/30/2020
11. Minooka Summerfest 5K	6/17/2020
12. Summer Solstice 4 Miler	6/26/2020
13. Liberty 5K	7/3/2020
14. Sundowner 5K	7/23/2020
15. Parkie's Famous 10K	8/22/2020
16. DNA/PSRR Free 5K	8/29/2020
17. Hidden Gem Half-Marathon	9/12/2020
18. Shoop Scoot 5K	9/13/2020
19. Plainfield Harvest 5K	9/27/2020
20. JJC Haunted 5K	10/18/2020
21. Forte 5K	10/24/2020
22. Gobbler Hobbler 10K	11/8/2020
23. Poultry & Pie Predictor	11/26/2020

****SOME DATES APPROXIMATE

2020 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

Posted 2/12/2020

CIRCUIT STANDINGS

Runner	1. Winterfest 5K	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Bollingbrook Half Marathon	5. Bollingbrook St. Paddy's 5K	6. Shamrock Shuffle 8k	7. Arboretum Champion of Trees 10	8. Fiesta Fiesta 5k	9. Soldier Field 10 Miller	10. Zero Prostate 5K	11. Minooka Summerfest 5k	12. Summer Solstice 4 Miller	13. Liberty 5k	14. Sundowner 5k	15. Parkie's Famous 10K	16. DNA/PSRR Free 5k	17. Hidden Gem Half-Marathon	18. Shoot Scoot 5K	19. Plainfield Harvest Fest 5k	20. JJC Haunted 5K	21. Forte 5K	22. Hobbler gobbler 10K	23. Poultry & Pie Predictor 4 Mile	24. Your choice half /full/ultra	25. Volunteer Credits	Circuit Score	Circuit Ranking	
Acup, Fawn		21																									###	
Aguiar, Dan		14																										
Arreola, Sergio		3																										
Bailey, Marne		31																										
Barry, Laura		41																										
Beard, Nydia																									C			
Blenck, Shelli	13																											
Bornhofen, Larry		18																									1	
Bowman, Mark	5	5																									1	
Carter, Clint	11	23																										
Costa, Liz	8	12																										
Curjel, Kelly		10																										
Cyplick, Dave	12																											
Figueras, Kathleen																									C			
Forbes, Sean		40																										
Freeman, Angela		15																										
Gabryel, Glenn		44																										
Goodwin, Kenneth	17																											
Hagenbaumer, Shannon		42																										
Hall, Heather		28																										
James, Jody		37																									1	
Johnston, Toni		25																										
Kiernan, Jane		16																										
Kisner, Griffin	14																											
Koerner, Pat	7																											
Koerner, Patrick J.	3	9																										
Koven, Steven	28																											
Loica, Laura	21	34																										
Macak, Matt		6																										
Mangabhai, Damien		11																										
Markland, JT	2	7																										
Martinez, Javier		1																										
McFarland, Patrick J.	22	27																										
McQuarters, Cathy		20																								1		
Nelson, Mark	16	24																										
Newberry, Phil	10																											
Pirc, Brittany		30																										
Pirc, Tina		33																										
Pociask, Natalie		35																										
Prado, Sarah		47																										
Quigley, Lori	9	19																										
Rahn, Eva	6	8																										
Raino, Craig		46																										
Raino, Emerson		29																										
Raino, Gerald	19	32																										

EDITOR'S NOTE:

Why are you reading this?

It's almost the end of the newsletter. If you have made it through over 50 pages of Club news, photos and stories, you must be really interested in what your fellow PSRR members are doing, thinking and saying. That's a beautiful thing. It means we here are united in our love of all things running-related. We don't all know each other but we already know some very important things about one another. Whether we are fast or slow, like the roads or the trails, go long distances or short — we are kindred spirits. We are tough individuals because we brave the elements, push ourselves when we're tired, and keep coming back even after an injury. We are goal-driven adventurers because we continue to seek out new distances and destinations to test our mettle in all seasons of the year. But what is most important is that we are a community which comes together to walk and run, to break bread, to share smiles and to congratulate one another on achievements earned. What could be better than that?

I sent out some questions to the group recently because I wanted to find a way to include more voices in our dialogue. Not everyone wants to write an article or a race report, get on the Facebook group or email photos, and unless you're in the right place at the right time, you may not make it into a group shot at a race. But I sure would love to see you all here sometime! There are over 200 of us in this club and we all have stories, insights and memories to share that the rest of us would love to learn about. I hope you don't mind my contacting you again and asking for them.

Here's my email address which I urge you to use to send stories and photos about your training, racing, injury rehab, nutrition strategies and anything else: LiannesMailbox@comcast.net.

Here's the link to our Facebook group: [Click!](#)

RECENT SURVEY QUESTION: WHY DO YOU RUN?

The why of why I run goes back when I started running as an adult. I ran the half mile and mile relay for two years in high school, but then stopped running almost entirely for about 35 years. Early in 2001 at the age of 52 I responded to a challenge by columnist Eric Zorn of the Chicago Tribune to commit at least 30 minutes a day, 5 days a week, for a year to accomplish a goal. I submitted a 3-part goal around running every day to a) run 750 miles, b) lose 30 pounds, and c) complete a 5k in under 25 minutes. At the end of the year I had substantially reached all three goals and was hooked. I liked the competition, the camaraderie, and the new, smaller me. Over the next several years I ran even more, competing in 11 eleven marathons, including 3 in which I ran side by side with my youngest daughter for 20 miles before she pulled away. Now it is less about the competition and more about the social side and enjoyment of running.—Jay

I run to stay healthy, stay positive, and feel better overall.—Sally

I run primarily for my mental and physical health. Running helps relieve tension and clears my mind. I often pray and "let go" of things that are bothering me. Sometimes I used it as a way to let my mind rest and solve problems. Also, it is MY time to be alone with no obligations pressing on me.—Diana

I run to relieve stress. Well I should say walk.
— Shellieanne

Me? I run because that's when I feel most alive. My mood lifts and any kind of "meh" disappears. I feel free, like an animal escaped from its cage, and I feel somehow complete, like I'm doing what I was born to do. I'm SO GLAD to have discovered running at the ripe old age of 52. I'm like a kid again out on the road: carefree and happy. I'll see you out there!—LH

MAY THE ROAD RI SE TO MEET YOU
MAY THE WI ND BE ALWAYS AT YOUR BACK
MAY THE SUN SHI NE WARM UPON YOUR FACE
MAY YOU BE JOYFUL LI KE JAYLYN AT EVERY RACE!



Photo from IrishCentral.com