

# THE PACESETTER

MARCH/APRIL 2022 ⌘ Volume 47, Issue 2

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

[www.psrr.org](http://www.psrr.org)

# 2022 Speeding UP!

## RUN BECAUSE ITS MARDI GRAS!!!



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The Pacesetter is  
for runners,  
walkers and  
fitness  
enthusiasts of  
ALL abilities



# PRAIRIE STATE ROAD RUNNERS -- The Pacesetter

Mar/Apr 2022

[www.psrr.org](http://www.psrr.org)

Volume 47, Issue 2

## TABLE OF CONTENTS

<u>Upcoming Circuit Races.....</u>	<u>3</u>
<u>Acknowledgments.....</u>	<u>3</u>
<u>Bulletin Board.....</u>	<u>4</u>
<u>Prez Says.....</u>	<u>5</u>
<u>Welcome New Members.....</u>	<u>5</u>
<u>Mike's Musings.....</u>	<u>6</u>
<u>The Awards Banquet—Part Deux.....</u>	<u>8</u>
<u>News Update.....</u>	<u>9</u>
<u>January-February Races Events.....</u>	<u>10</u>
<u>A Sprinkling of Bird Dr....oops, Pics from our Gatherings.....</u>	<u>12</u>
<u>Preparing for the Boston Marathon by JT and John.....</u>	<u>20</u>
<u>Birthdays.....</u>	<u>18</u>
<u>2020 Circuit Results.....</u>	<u>39</u>
<u>Parting Thought by Blaze Bumrunner.....</u>	<u>41</u>

**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](http://www.rrca.org) and is a defined 501(c)(3) organization under the RRCA charter.

# PRAIRIE STATE ROAD RUNNERS

## UPCOMING CIRCUIT RACES AND EVENTS

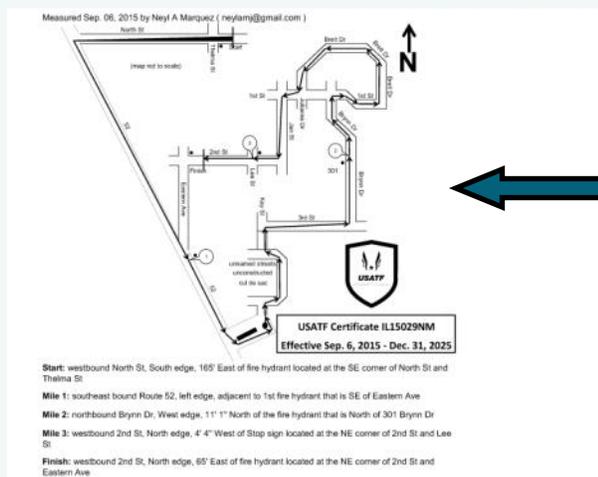
### MARCH

MARCH 5—Manhattan Irish Fest 5k 11 AM Start [Registration Link](#)

MARCH 20—Shamrock Shuffle [Registration Link](#)

### APRIL

APRIL 23—Champion of the Trees 10k, Lisle, IL [Registration Link](#)



Manhattan Irish Fest 5k course

## ACKNOWLEDGMENTS

Thanks to all who contributed photos and articles to this edition of the Pacesetter. To those who make Tuesday, Sunday, Wednesday Night Run Group, Friday Runs and Race Day Runs so much fun, this beer is for you. — JS and MA



Go to <https://rat.run/pace-converter> for this useful tool.

# BULLETIN BOARD

Go to <https://HillRunner.com> for useful calculators such as a Treadmill Pace Conversion Calculator. Say you want to run at a 10 minute pace, equivalent but want to average 2% in random hills. You would find, the equivalent speed to be 10:43 minutes per mile!

They have a very cool suggested training paces for various distances and tie goals. Like a 25 minute 5K would give you an "Easy" mile of 9:25, Threshold at 1:57 per 400m. Etc.

HillRunner and ratrun info contributed by John Steinmetz

**rat.run**  
Pace & Speed Converter

Convert pace to speed or speed to pace at the same time as kilometers to miles or miles to kilometers (i.e. min/KM, KPH, min/mile, MPH). Use the slider to select the pace or speed to convert.

MIN/KM: 01:00, 03:00, 05:00, 07:00, 09:00  
MIN/MILE: 04:00, 09:00, 12:00, 16:00  
KPH: 90.00, 23.00, 12.00, 8.57, 6.67  
MPH: 15.00, 5.00, 3.75

MIN / KM: 06:00  
MIN / MILE: 09:39  
KM / HOUR: 10.00  
MI / HOUR: 6.21

**Race Finish Times**

Race completion times based on the pace selection above

100 Metres	00:36
200 Metres	01:12
400 Metres	02:24
800 Metres	04:48
1500 Metres	09:00
1 Mile	09:39
2 Miles	19:19
5k	30:00
5 Miles	48:17
10k	01:00:00
10 Miles	01:36:34
Half Marathon	02:06:35
Marathon	04:13:10

**PSRR Members Only Page**  
February 18 at 10:38 AM

In a broadcast email sent earlier today to all current club members, I stated the need for volunteers for the Manhattan Irish Fest Parade 5K. We now have a way to facilitate and manage that. Please use this link: <https://runsignup.com/.../IL/Manhattan/ManhattanIrishFest5k>

Once there, you can select at which station you would like to be deployed. ... See more

DATE	STATION	Spots Available	Spots Taken
Fri Mar 4	Early Packet Pick-Up (12:30-4:30pm)	3	
Fri Mar 4	Early Packet Pick-Up (4:30-8:30pm)	3	2
Sat Mar 5	Race Day Registration/Packet Pick-Up	4	2
Sat Mar 5	Church/Start Line	2	
Sat Mar 5	Course Marshals	10	1
Sat Mar 5	Water Station	2	
Sat Mar 5	Finish Line	3	
Sat Mar 5	Post Race Awards	3	1

Darcy Welsh and 1 other · 7 Comments · Seen by 106

**Mark Walker** shared a link.  
February 19 at 1:42 PM

Hey all.  
Mandi want to share a discount code for 10% for anyone interest/registering for the Detroit Free Press. Code: Mandifreep22

**FREEMARATHON.COM**  
**Detroit Free Press Marathon**  
Join Michigan's Largest Road Race on Oct. 14-16, 2022.

Diana Gonzalez Sorich and 2 others · 1 Comment · Seen by 66

For many of us, Lent is ongoing through much of March and April. Let's pick up a new habit that may last a life time. How about contacting a black sheep of your family (long lost cousin) weekly to see how they are doing?

Just a thought from your editors.

"Be compassionate daily."

# PREZ SAYS



By Mark Walters

I hope you enjoy this issue of the PSRR Newsletter. You may find some interesting hints on the bulletin board or you may be inspired by members who contributed articles. Please look at Mike's Musings and JT and John's update on their preparation for the Boston Marathon. Our pictures show we have many offerings from Sunday Fundays to speed workouts on Wednesday nights and more.

None of what we do is without effort. We have official volunteers and many unofficial volunteers that make all our gatherings a success. Our PSRR Newsletter editors would like to get a couple of volunteers to be on the Editor's staff who could spend ~4 hours every other month to help gather member pictures and make our newsletter beautiful by picking backgrounds appropriate to the season and topics. Contact John Steinmetz to volunteer.

Enjoy this edition, and please welcome the new members below.

Mark

**Say Hello  
to your  
new mates!**



**DAN BULLOCK  
GAIL PASSWATER  
JILL SAUERWEIN**

## Mike's Musings

Hola runners,

Anyone from around this area knows we experience lots of storms. We get huge thunderstorms, blizzards, those polar vortexes that bring the bitter cold! Those extremes sometimes can suck, but that's what living around here gets. We all know that clean fresh air after a storm! The plants have been watered. Flowers will bloom. We couldn't have all the great stuff without some of those trying times! The adversity if you will. For me, the winds have been blowing strongly, trying to shake me. I thought I got through the worst of it only to have another front move in. Howling winds at times. That mighty wind seems to strip my leaves, snap some branches, even stripped some bark. The winds can shake me, make me sway. But I count on deep roots to hold me strong. My roots have been nourished first and foremost by all my family. Mom, Dad, SIX(6) sisters, a brother and of course, my great wife! My roots continue to be fed by my family and the environment I am in. . For me, that environment is this great running community of PRAIRIE STATE ROAD RUNNERS. All of you help my roots stay strong and deep.

An unfortunate set of circumstances started on June 14th, 2019, leading to several repairs and replacement parts. I needed another repair this past Feb 17th. I'll be off the road for a bit but know that you all inspire me. You keep me rooted. The desire to join you for some miles will keep me upright, standing strong. Keep me pushing to get back, in due time.

Running. Everyone who does it is a Runner. All of us at different levels, different speeds, and the definition we each apply to that word, to our own running, is uniquely different. For me I plan on being back to "running" as soon as I am able. I know it will be some time until I can even try and "run". I know I have to follow what the Doctor says (Ugh) but do that I will. I know when I'm allowed, that "running" will not be the same for me as running before. I know that I will have to appreciate the "running" for the sake of "running". Most importantly, I know that I will have to drop those quotation marks and redefine what running means for me. That is all good. If I can get back out there with all of you great people, then it is a win!

More from Mike on the next page.

## Mike's Continues his Musings

I thank all of you for the running that you do. It feeds me. Keeps my roots intact. Helps me stand tall. All of you continue to run, stay strong. We all support each other, and right now I'm appreciative of all the inspiration and strength I garner from all of you! We are, PSRR!

From a poem (unknown author) about an Oak Tree to the storm,

"But I have roots stretched in the Earth,  
Growing stronger since my birth.  
You'll never touch them, for you see,  
They are the deepest part of me.  
Until today, I wasn't sure  
Of just how much I could endure.  
But now I've found, with thanks to you,  
I'm stronger than I ever knew. "

Anima Sana In Corpore Sano...A Sound Mind in a Sound Body!

The acronym is used by the Japanese shoe company, ONITSUKA Tiger Shoes, to create the name for ASICS shoes, several years after their licensed U.S Onitsuka Tiger distributors, Bill Bowerman and Phil Knight (Blue Ribbon Sports) broke away to start their own company(Nike!)

God bless, and PEACE!

Mike Auld

# THE AWARDS BANQUET—PART DEUX

The 2021 Awards Banquet was covered in the January February Newsletter. It was a grand event, and therefore, requires even more coverage! A thank you for a special donation from a PSRR member and the 2021 Year Circuit Award Winners are recognized.

## A Special Thankyou to Paul W. Spiezio 2022 Hall of Fame Member Inductee

From the Board, “Thank you so much for accepting your Prairie State Road Runners Hall of Fame induction in person at our 2022 banquet. It was an honor to have you and your wife come and share your PSRR stories. We very much enjoyed your Boston and Bill Rodgers stories. I think it is safe to say that if any of us had a signed race picture with Rodgers, we too would frame that memory—what a treasure!



The board would also like to thank you and Mrs. Spiezio for your generous donation to PSRR. The board will convene soon and be sure to put that donation to good use. Your donation of \$500 is much appreciated. Please know that if you are ever in town, we’d love to see you both at a Sunday Funday run—maybe show us a thing or two.

## 2021 CIRCUIT AWARD WINNERS

1st Eileen Skisak

2nd Javier Martinez

3rd J T Markland

Peak Performers Under 15

Casey Koerner (M) and Hannah Williams (F)

Peak Performers Women

Nydia Beard, Shelli Blenck

Liz Costa, Angela Freeman

Eva Manzke, Lauren Raino

Eva Rahn, Michelle Rowbottom,

Debbie Schekel, Carol Stapleton

Peak Performers Men

Mike Auld, Larry Bornhofen

Patrick J. Koerner, Damien Mangabhai

Mark Walters, John Warren

Most Volunteer Credits

Mark Bowman

2021 Long Course Miles Categories

Half Marathon/Marathon races

1st – Mark Walker 247.5 mi.

2nd – Nydia Beard 221.3 mi.

3rd – Jackie Skrobot 91.7 mi

Ultramarathon Events

1st – Lily Medina 167.5 mi.

2nd – Angela Freeman 114.7 mi

3rd – John Steinmetz 86.7 mi 2021

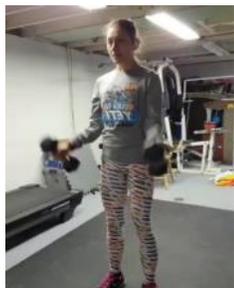
Most Circuit Races

John Warren

# CLUB MEMBER NEWS

What do you get with a couple of good buddies when running a 1/2 Marathon in Savanna Georgia ON Valentines Day? A proposal and acceptance.

Congratulations to our own Mark Walker and Nydia Beard!



What do you get when you mix one of our toughest runners a supportive family and a great spirit? An Ornerly Mule.. Congratulations to Lily Medina. An up and coming ultra runner, Lily who puts in the tough miles while others are sleeping, is now a Ornerly Mule representative.



Please feel free to submit any news about yourself for publication in the Pacesetter to [PSRRNewsletter@gmail.com](mailto:PSRRNewsletter@gmail.com) and we will be happy to include them in the next issue: weddings, kids, new pets, destination races, brand ambassadorships, whatever ya got!

# CLUB EVENTS:

## Kankakee Winterfest 5k



[RESULTS LINK](#)

Winterfest 5k, Kankakee, IL Sunday, February 6, 2022

At Winterfest, our newest club member - Traci Ethridge from Manhattan, IL - finished 10th overall, 2nd among females, and 2nd among all PSRR members who ran. Her time of 22:35 was very impressive.

34

### PSRR Participants

April Veerman, Carol Stapleton, Darcy Welsh, David Cyplick, Debbie Scheckel, Debra Walters, Diana Sorich, Gary Westefer, Gerald Raino, Griffin Kisner, Harry Scheckel, Jackie Skrobot, Jay Wait, Jill Pironti, John Steinmetz, JT Markland, Laura Loica, Liz Costa, Lori Quigley, Mark Nelson, Mark Walker, Mark Walters, Mike Goodwin, Nydia Beard, Patrick J Koerner, Peter Klaeser, Rachael Greeney, Rebecca Rice, Rudolph Pironti, Shelli Blenck, Stephen Topf, Susan Bolatto, Tina Pirc, Traci Ethridge



### 2022 Winterfest 5k Award Winners

AgeGroup	Category	GP	Name	Club
F 35 - 39	AG	2	Susan Bolatto	PSRR
F 40 - 44	OA	2	Traci Ethridge	PSRR
F 40 - 44	AG	1	Shelli Blenck	PSRR
F 45 - 49	AG	1	Nydia Beard	PSRR
F 55 - 59	AG	2	Liz Costa	PSRR
F 65 - 69	AG	1	Debbie Scheckel	PSRR
F 70 - 99	AG	1	Carol Stapleton	PSRR
M 35 - 39	OA	3	JT Markland	PSRR
M 45 - 49	AG	1	Mark Walker	PSRR
M 45 - 49	AG	3	Griffin Kisner	PSRR
M 50 - 54	AG	3	Rudolph Pironti	PSRR
M 60 - 64	AG	2	Stephen Topf	PSRR
M 65 - 69	AG	1	John Steinmetz	PSRR
M 65 - 69	AG	2	Mike Goodwin	PSRR
M 65 - 69	AG	3	Mark Walters	PSRR
M 70 - 74	AG	1	Patrick J Koerner	PSRR
M 75 - 99	AG	1	Harry Scheckel	PSRR
WALKERS	GR	3	Lori Quigley	PSRR
WALKERS	GR	4	April Veerman	PSRR
WALKERS	GR	5	Rebecca Rice	PSRR
WALKERS	GR	6	Tina Pirc	PSRR
WALKERS	GR	10	Debra Walters	PSRR

# CLUB EVENTS Cont'd:

## Frosty Five



Frosty Five, Channahon, IL, February 12, 2022

[RESULTS LINK](#)

A new competitor in the circuit is Apolonio "Junior" Esquivel 52, who blasted out a 32:15 (6:35 pace) on a relatively dry 5 mile rolling hill course. Weather conditions were perfect, with a chill factor of ~10 degrees. Junior came in 2nd to Eileen Skisak in age group standings. Congratulations to all those who came back from 2021 injuries. Leslie Williams and Shelli Blenck come to mind.

### PSRR Participants



Early Mark and his best friend Ronald were transported from the early 90s to be at the closing ceremony!



Mike Auld congratulating Eileen Skisak for another scintillating race.

# SUNDAY FUNDAYS

# State Park group runs



# WEDNESDAY NIGHT GALLOPERS



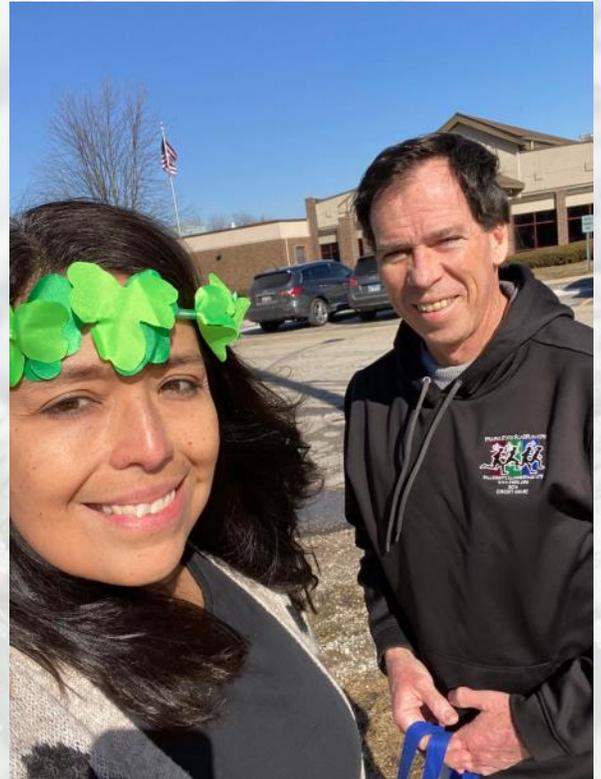
# TUESDAY POST RUN GATHERING



# EARLY FRIDAY MORNING RUNNERS



# MORE JAN-FEB MILES



Heather Hall, 6.7358973 Mile Walk at Waterfall Glenn! Just kidding Heather. Will credit you 7!



Last Sunday of February.



# ARTICLE:

## Preparing for the Boston Marathon

by JT Markland and John Steinmetz

In the January/February PSRR newsletter, JT and John noted that they had qualified for the Boston Marathon for the first time. JT at the Indianapolis Monumental Marathon on November 6<sup>th</sup>, 2021 with a 2:58:14 (6:48 per mile), and John at the Mississippi Gulf Coast Marathon on December 15<sup>th</sup>, 2020 with a 4:06:08 (9:24 per mile). The two noted they were following training programs, JT, a modified Pfitzinger's Advanced Marathonning and John, the Hanson's Marathon Method Advance Program. As promised, JT and John are reporting on their progress in this newsletter.

### Marathon Training Progress

JT – On February 27, I wrapped up Week 6 of training with the first of two planned 70 mile weeks. In general, training has been progressing quite well; however, poor weather conditions at very inopportune times have disrupted two tempo sessions and a speedwork session. While the botched speed session is less consequential—thanks largely in part to our team race schedule—the incomplete tempo runs generate both mental and physical hurdles that will be difficult to overcome with a mere seven weeks of training left. That being said, all is not lost, as a few opportunities still exist to help build on my current aerobic state, notable the United Airlines NYC Half Marathon on March 20<sup>th</sup>.

As I look toward the next seven weeks, one of the items I intend to focus on is the willingness to get in my car and drive to a place more representative of Boston's topography. The concern is not lost on me that my last 22 mile run around Plainfield included just a touch under 200' of elevation change, so in order to properly prepare—and equally important, assess where I am—I will need to do some destination long run in the coming weeks.

# Preparing for the Boston Marathon

by JT Markland and John Steinmetz

Continued from Previous Page,  
Marathon Training Progress

John – I have completed 8 weeks and nearing the finish of week 9 of a 16 week program. At the end of week 8, the program would have total miles completed at 355 miles. I completed ~340 miles, albeit a few sessions were on the elliptical. Given that I was coming off an October 50 mile ultra and a December marathon, I am very pleased with my progress.

I am optimistic, as my ankle tendonitis, quad soreness I started the year with have pretty much gone away (fingers crossed). I have run the Winterfest 5k and Frosty Five at a pace comparable to 5k and 5 mile paces at my peak condition in 2021. The times predict I can break 4 hours at Boston if weather conditions are good. My secret sauce is swimming Tuesdays and Thursdays with the Joliet Blue Tide Swim Team. I've missed 3 recent sessions over the last two weeks due to a fall on the ice. However, I'm back at it. I have logged about 24,000 yards swimming in parallel with my 8 weeks of marathon training.

Future challenges. I started an 18 week program 2 weeks late due to Biloxi Marathon recovery. Coach Auld and I have a plan that skips a couple of weeks in the last five weeks of training. The 18 week thus becomes a 16 week plan and I will be ready for Boston! I will need to listen to my body and take a day or two off, if the increase in mileage can't be handled. If I do feel good, I must refrain from overtraining. Until the next newsletter, John.

# Random Pictures



# CLUB CELEBRATIONS:

MARCH and APRIL Birthdays

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

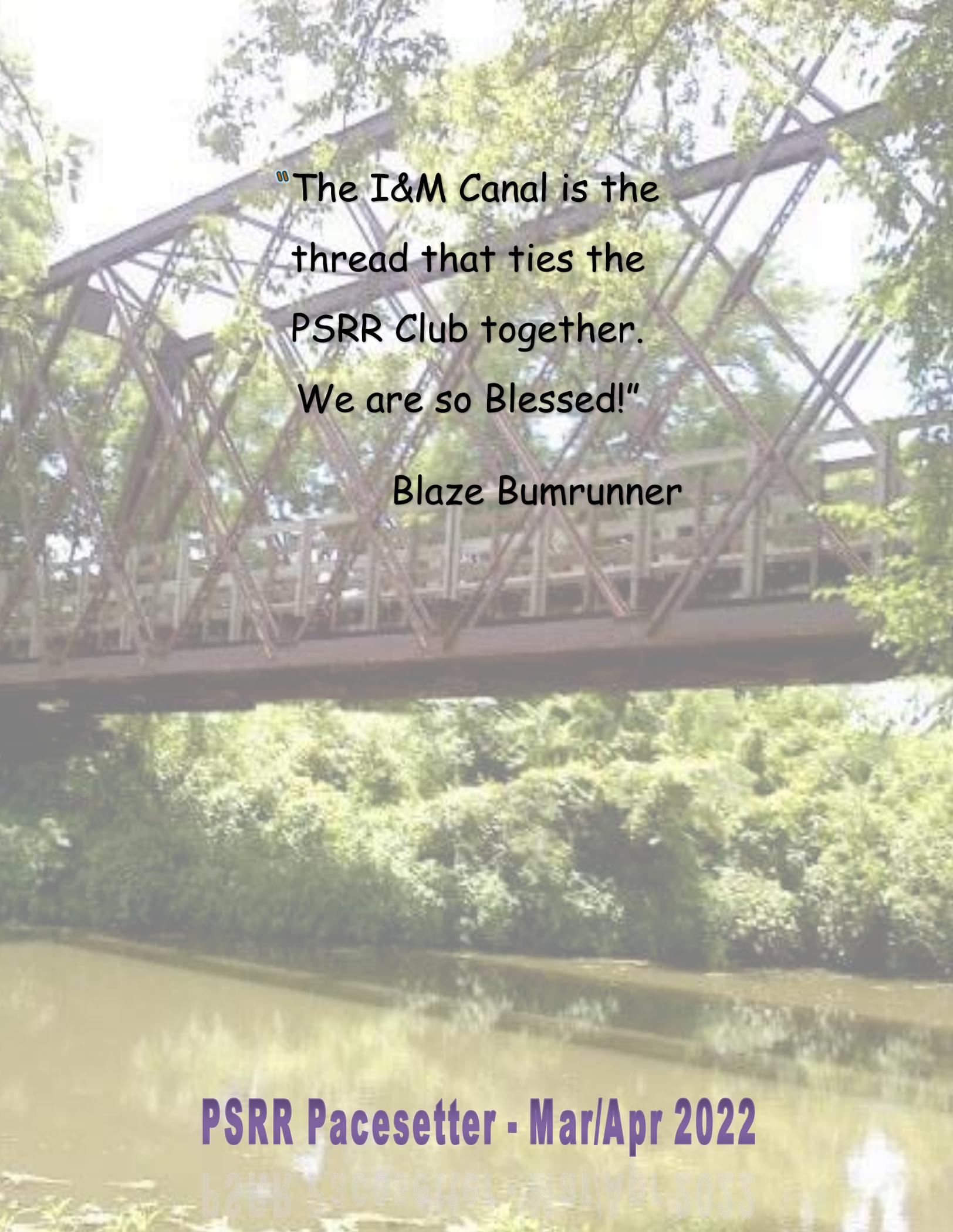
<b>Fawn Acup</b>	<b>Toni Johnston</b>	<b>Jackie Skrobot</b>
<b>Kathleen Baltz</b>	<b>Jane Kiernan</b>	<b>Sheilah Sinon</b>
<b>Brooke Blenck</b>	<b>Jane Kiernan</b>	<b>Tyler Slowinski</b>
<b>Madison Blenck</b>	<b>Pat Koerner</b>	<b>Keith Smith</b>
<b>Katherine Calder</b>	<b>Ryan Koven</b>	<b>Diana Sorich</b>
<b>Grace Carlson</b>	<b>Kiawlan Lamert</b>	<b>John Steinmetz</b>
<b>Sherry Cammack</b>	<b>Christine Lukanich</b>	<b>Lucas Tanner</b>
<b>Clinton Carter</b>	<b>Matt Macak</b>	<b>Alicia Tocwish</b>
<b>Jackson Clark</b>	<b>Kristen Mangan</b>	<b>Clinton Underhile</b>
<b>Tony Fewkes</b>	<b>Javier Martinez</b>	<b>Danielle Vanderploedg</b>
<b>Madilyn Fewkes</b>	<b>patrick McFarland</b>	<b>Carlos Viramontes</b>
<b>Kathleen Figuierras</b>	<b>Kate Meehan</b>	<b>Debra Walters</b>
<b>Brad Freeman</b>	<b>Duane Minarich</b>	<b>Judith Warren</b>
<b>Nicole Fritz</b>	<b>David Musgrave</b>	<b>Darcy Welsh</b>
<b>Ken Goodwin</b>	<b>Brttany Pirc</b>	<b>Linda Whalen</b>
<b>Jim Harman</b>	<b>Sarah Prado</b>	<b>Hannah Williams</b>
<b>Ethan Heidrich</b>	<b>Mary Raino</b>	<b>Paul Wojtkiewicz</b>
<b>John Horvat</b>	<b>Sarah Rose</b>	<b>Maria Wood</b>
<b>Wendy Janulis</b>	<b>Harry Scheckel</b>	

## HAPPY BIRTHDAY TO YOU!









"The I&M Canal is the  
thread that ties the  
PSRR Club together.  
We are so Blessed!"

Blaze Bumrunner

**PSRR Pacesetter - Mar/Apr 2022**

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