

# THE PACESetter

November/December 2017 Volume 42, Issue 6

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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### 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

Ray 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:**

PSRR Members at the Quad Cities Races with 1972 Olympic Marathon Champion Frank Shorter.

## UPCOMING CIRCUIT RACES AND EVENTS

### November

November 23

Poultry & Pie Predictor

4 miler

Pilcher Park

Joliet IL

[Register Here](#)



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



*Prez*

**SEZ...**

BY MARK BOWMAN  
PRESIDENT



## **INJURIES**

Virtually everyone has had an injury at one time or another if you've been doing this running thing for any length of time. It might have been through a fall, or maybe some overtraining, or it might have happened totally outside of running. No matter how or when, it can be devastating. Besides the pain and suffering you might go through there is the withdrawal from your everyday routine of putting in some miles. For me, it's the latter that gets to me the most. After running most everyday for 40+ years, it is a part of me. Without it I am kind of lost. Fortunately I've only had two real injuries during my career.

The first was in 2014 when I tore my meniscus in two places in the left leg. I didn't do it running. It was playing basketball in an 8th grade/faculty game. In general I was pretty lucky with this one. I was walking three to four miles within a week. Although there was pain it was very doable.

The second was this spring/summer. I really don't know how or exactly when it started but after several painful races (including a 50 miler and a 12 hour run). I finally was diagnosed with a double hernia in mid-July. I was still able to run just not with real intensity. And the surgeon was going to be out of the country for a month which left me time before I could get it taken care of. Plus, as many of you know, I had the Tahoe 200 Mile on my schedule since last November. With plans all in place I was determined to give it a go, no matter what. It turned out that I only made it through 50K in 10 hours but it still was a fantastic experience.

Finally I had the surgery on September 28th. I definitely got my money's worth since it turned out I actually had four hernias. But this time it was a lot different from the meniscus surgery. I am writing this on October 4th and although I'm getting around, I still have a lot of pain even with the painkillers. But the worst for me is the mental aspect. Obviously I haven't been able to do any real exercises and am going stir crazy. I am not supposed to lift anything more than five pounds, not bend over and not push or pull things for at least several more days. And on top of that we watch several of our grandchildren every day and I cannot really help my wife struggling with a two year old and a 5 1/2 month old.

If you have gone through extended time off because of injuries, I really can empathize with you now. Although I've read many articles on this subject, I really couldn't appreciate it fully until now.

And just like all of you who have gone through something like this, I will be back! Running has been too much a part of my life not to come back. And although you have not seen all that much of me at the local races, I can't wait to see you all again. I don't have a timeline yet but I am anticipating running a few more races before the year ends, even if they are more of easy runs than racing.

*Mark*

## 2018 Board of Directors



Hello Running Colleagues,

The end of the year is rapidly approaching, and that means the annual PSRR Banquet will be in January (The exact date will be forthcoming). At that time we will be voting on several things, including the Board of Directors, and the Circuit Races for the new year. A short survey will be sent soon on races for the circuit. This email is concerned with the new Board. We are now looking for any interested candidates for 2018. You may volunteer for any of the offices.

The Board consists of:

President

Vice-President: Business

Vice-President: Membership

Vice-President:

Treasurer

Secretary

3 Directors

If we have multiple people interested in a particular office, a vote at the banquet will decide the matter.

If you are interested, please contact me at [president@psrr.org](mailto:president@psrr.org). I will contact you with any details or questions. It is not necessary to identify a particular office that you are interested in, if you are not sure. At this time we know there will be a couple of openings on the Board, but not necessarily which ones.

Thank you.

May all your runs be fun!

Mark L. Bowman  
PSRR President





## 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)



### PSRR Gear



Hello Running Colleagues,

Starting tomorrow, we are happy to announce the opening of the PSRR Store hosted through DNA Athletics. The store will be open from October 30th through November 19th. Orders will not be placed until the store closes on the 19th, but should be delivered in about two weeks from then. This should make it perfect timing for holiday gift giving.

<https://psrr2017.itemorder.com/sale>

DNA has been kind enough to have available a number of samples of the items in the store for checking out the fit, if you are not sure of the right size.

Now is your chance to get that PSRR gear you've been wanting.

May all your runs be fun!

Mark L. Bowman  
PSRR President

### Discounted PSRR membership rates thru 12/31/17

Individual -- \$15.00 until December 31, 2017

Student -- \$10.00 until December 31, 2017

Family -- \$20.00 until December 31, 2017

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

# AshleyCan 6th Annual Half/Half Relay/10k/5k/1 Mile Family Run



# Training Tips *By Robyn*

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



**Life moves pretty fast, if you don't stop and look around once in awhile, you might miss it."**

**-Ferris Bueller**

**T**ime flies when you're having fun! For the last two years or so, I have had a wonderful time writing for the PSRR Newsletter. However the seasons are changing, and it's time for me to say fare thee well to the PSRR Trainer Tips Newsletter series.

Life is moving pretty fast and I need to make some more time to stop and look around once in awhile. I do plan on continuing with the nutrition corner, so you'll still have some great recipes to try and enjoy throughout the year.

I hope that you've enjoyed reading as much as I have enjoyed writing for you. Don't worry too much, I imagine we will all still be seeing one another on the trail and at circuit races.

I am beyond grateful for your support, camaraderie and friendship. The time has come for me to be part of PSRR simply as a friend and fellow runner.

*Happy holidays and happy running to all of you!*

**Robyn**

**Save the Date:**

**Robyn will once again host the Annual Holiday Light Run in conjunction with Channahon Minooka Running Club on Tuesday December 12 6:30-9:30 pm**

## Nutrition Corner by Robyn Bumgarner

What more could you want on a cold winter day? Fast, Easy, and gives that warm-you-up and fill-you-up feeling. Many thanks to The Sleepy Vegan (aka Mary Kathryn for the Facebook users among us) for posting this yummy recipe.

### Meatless Stuffed Pepper Soup

#### Prep Time

10 mins

#### Cook Time

30 mins

#### Total Time

40 mins

**A hearty and delicious meatless stuffed pepper soup that will remind you of the real thing!**

Course: Entree, Soup

Cuisine: dairy free, nut free, oil free, refined sugar free, vegan

Servings: 6

Calories: 126 kcal

Author: Jenn S.

#### Ingredients

- 1 cup rice (I used brown, but use what you like)
- 3/4 cup Bulgur
- 2 bell peppers (I used 1 red and 1 green...use what you like)
- 1 28 oz can crushed tomatoes
- 2 cups tomato sauce
- 7 cups veggie broth
- 1/2 onion (diced)
- 2 garlic cloves (minced)
- 1 tsp dried basil
- 1 tsp dried oregano
- 2 tbsp dried parsley
- 1 tbsp Bragg's liquid aminos (or Tamari or Soy Sauce)
- 2 tsp liquid smoke
- salt/pepper to taste

#### Instructions

1. In a large soup pot, sauté the onion and garlic in 1 tbsp of water over medium heat until softened.
2. Add the peppers and sauté another 3-4 minutes.
3. Add the crushed tomatoes, tomato sauce, veggie broth, parsley, oregano, basil, liquid aminos, liquid smoke, salt/pepper, bulgur and rice. Stir.
4. Bring the soup to a boil, reduce heat and simmer 30 minutes until rice is cooked through.
5. Taste and adjust seasonings according to taste.
6. Serve hot and enjoy!

#### Recipe Notes

If you have leftovers, you may need to add additional veggie broth or water when reheating, as the rice and bulgur will continue to soak up some liquid.

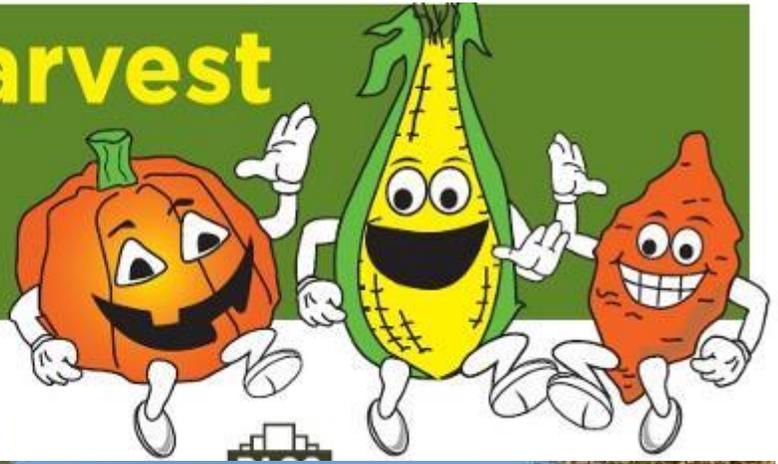


Grand Prairie's Run  
For Your Life 5K  
Run/Walk and Dash  
with the Cats 1 Mile



# Plainfield Harvest 5K Run/Walk & Kidz Miler

Sunday, Sept 24, 2017  
[www.plainfieldharvest5k.com](http://www.plainfieldharvest5k.com)



## Manhattan Irish Fest Parade 5K

Here I am sipping a cup of coffee on my deck while watching the finches eat the seeds from the buds of my Shasta Daisy's when I get this e-mail about the Bank of America's Shamrock Shuffle registration sale. My first thought was that Saint Patrick's Day must be about 6 months away, which also means so is the **Manhattan Irish Fest Parade 5K**.

"Manhattan Irish Fest" was founded in 1995 by Tim and Mary McGrath and Mike and Mary McHugh. With a passion to share the town's Irish heritage and the Chamber's interest in increasing the town's exposure, Irish Fest was born as a one-day celebration.

Anyone that has volunteered or partaken in a festival the size of Irish Fest, which is attended by over 10,000 people from the greater Will County area and beyond, knows that it does not take long before committees, organizations and volunteer pools are run ragged. And thus, Irish Fest has seen a total of 4 different organizations take on the job. The Manhattan Chamber of Commerce ran the Fest from 1995-1999 when the Manhattan Youth Athletic Association took over until 2004. In 2005, Manhattan Irish Fest was going to disappear. That's when the Irish American Society of County Will stepped up to the plate. Today's festival is run by the IASCW in conjunction with the Manhattan Park District Foundation.

"Now on to the most remarkable part of Irish Fest, the donations to the community and the improvements that have been done to and for the town of Manhattan, all because of an annual 2-day festival on the first, mostly frigid, weekend in March over the past 22 years. The Chamber of Commerce funded numerous projects totaling over \$25,000 including: Village of Manhattan entrance signs, banner poles throughout town, many improvements to Central Park including land acquisition and savings bond to local grade school and high school students, and the creation of the Chamber website. MYAA refurbished and built many of the Athletic fields now used in Manhattan including the softball field at the junior high and the soccer fields on Smith Road. Updates were made to players and field equipment as well. On top of everything the MYAA had already given to Manhattan, it also donated \$50,000 to the Manhattan Park District Foundation. Because of their generous efforts, the taxpayers benefited as well as the participants in the athletic programs!

"The Irish American Society continued the gracious efforts of both the Chamber and MYAA. Before taking over the Fest, the Society had provided many volunteers to help run the Fest, including the members of the men and women's rugby teams. In 2005, the IASCW donated \$20,000 to the MYAA field fund, \$3,000 to the Lincoln Way High School Rugby Club, and \$10,000 to St. Joseph Church and Curtain Call Community Theater over the years. The IASCW and Manhattan Park District/Foundation has given \$18,000 to the King and Queen Scholarship winners and provided 7 students with opportunities to study in Ireland. From 2005-2016 over \$225,000 has been raised and donated to local organizations!!

Did you know that when the Manhattan Irish Fest debuted in 1995 a 5K was part of the festivities? And that race was called the Shamrock Shuffle. It ran for 3 years and had 60 runners at its' peak. At that time, the race did not start the Irish Fest Parade nor was the awards ceremony held in the Irish Fest tent. **This race does start the parade and this is the only race in North America that starts a parade (we are actually float #1)**, runs through the parade route, and has the awards ceremony as part of the festivities in the Irish Fest Tent. For many, this is the first time that the Irish culture and traditions are witnessed by many of the race participants. I highly recommend that all the runners and their families visit the Irish Fest Tent.

As in previous years the Prairie State Road Runners have tried to improve the race each year. As in the past this race will be run on a USATF certified course, CARA certified, accurately timed by Race TIME Inc., and J3 events, 30% of the roads have been resurfaced within the last 4 years, professional announcers from Constructive Noise. **Many runners have told me that this is a fast course.**

You can help us make improvements by e-mailing me with suggestions for improvements for the race at [RayWertelka@psrr.org](mailto:RayWertelka@psrr.org).







## 10 Holiday Gift Ideas for Runners

by Mary Jo Minarich, blogger at [Run and Smile](#)

It's the most wonderful time of the year. Especially for Runners because all we want is running stuff! There's nothing happier than opening up a brand new pair of wicking socks or a comfy sports bra (unless you're a guy...). So here, take a peek at some gift ideas to put on your Christmas list.



**1. Eyewear--[Goodr Running Sunglasses](#).** You are going to love these no slip, no bounce, all polarized and fun running sunglasses. They all have fun, crazy names and great colors. And the best part is that all the running sunglasses are under \$30! You can grab a pair at [DNA Athletics!](#)



**2. Fuel Gift--[Tailwind Nutrition](#)** Use as your sole fuel source with the perfect ratio of calories, electrolytes and hydration. It's a tasty way to stay hydrated for long runs. My personal favorite is Green Tea Buzz. I used 2 water bottles of Tailwind for my last marathon and that's without the need of food during the entire run. Of course everyone is different, but there was no bonking with Tailwind. I learned all about this hydration system from some ultra-marathon runners.



**3. Book Gift--**[The Runner's Guide to Yoga by Sage Rountree](#) Millions of runners practice yoga daily because it cuts injuries and lead to more fluid, enjoyable running. This book is filled with colorful photographs, clear instructions and easy to follow routines. You can spend a few minutes following a specific stretches or you can do an entire practice with a step-by-step guide.



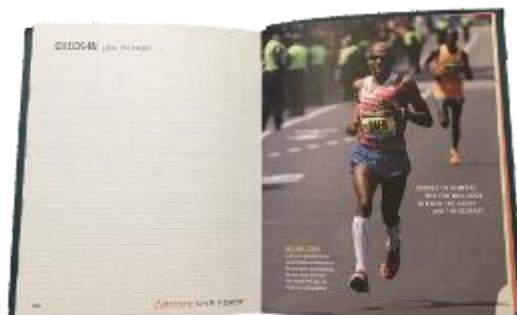
**4. Headwear Gift--**[BondiBand](#) headbands of course. The fantastic wicking material will keep the sweat out of your eyes and they come in all kinds of great styles and colors. Be sure to tell Santa to use promo code **runandsmile** to get 10% off of the entire order.



**5. Trip Gift--**Got a rich Uncle? Well ANY of the [Marathon Expedition Cruises](#) are a fantastic gift. If you want a trip that brings running and cruising together then Coach Jenny Hadfield and John "The Penguin" Bingham have a running cruise for you! Marathon Expeditions trips bring the world to you, and you to the world. They are super-organized with tons of stuff to do (Even non-runners in the family will enjoy these trips!). After the trip, you will be making like-minded active friends and memories that will last a lifetime.



**6. Journal Gift--**I know there are a ton of phone apps that can log in your miles. But if you like the old-fashion pen and paper then [The Compete Training Journal by Pro Runners Lauren Fleshman & Roisin McGettigan-Dumas](#) is an awesome choice! This journal includes goal setting, workout log space for two seasons of racing (spring/fall), race plans, a race calendar and pace charts for 200m to 26.2 miles. Everything you need to keep track of your running is in this book. Plus Lauren and Roisin add tons of advice and breaks down the training into manageable pieces. And I really like all the extra pictures and inspirational quotes by all my favorite runners like Meb!



**7. Recipe Book Gift--**[The Endurance Training Diet & Cookbook by Jesse Kropelnicki](#). Fueling your body is just as important as training it. The Endurance Training Diet & Cookbook is written by one of the world's leading triathlon coaches. It includes in-depth advice to boost your performance and 70 easy-to-follow recipes with beautiful pictures. This is an easy-to-read book for the beginner to the experienced runner. Honestly the reason I purchased this book was because the recipes looked delicious!



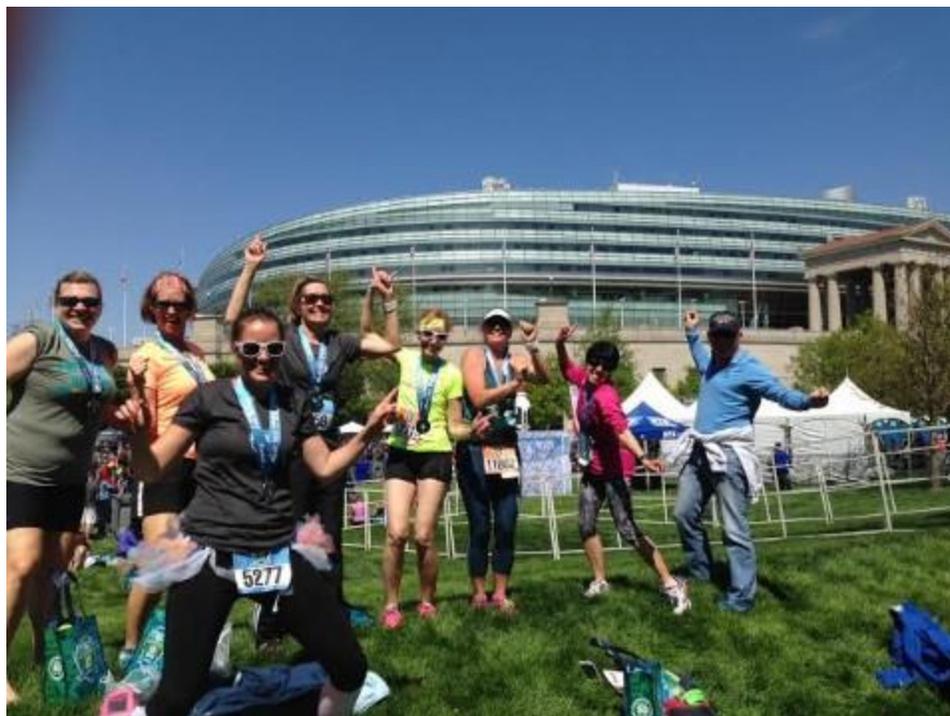
**8. Hydration System Gift--[Nathan SpeedDraw Plus Insulated Flaske](#)** Now here's something that is totally a runner's choice. When I first started running I carried my water on a belt. Weird thing is after my first marathon, I could no longer wear one. It hurt my hips so I switched to a hand-held and I never looked backed after that. It took about 2 months to get use to running with it and now I don't even feel it in my hand. The Nathan SpeedDraw Plus shape forms to your hand and is super-comfortable. The strap that attaches it to your hand is adjustable and the pocket is big enough for your keys, money, ID, GUs and Bloks. Tell Santa he can find this bottle at [DNA Athletics!](#)



**9. Post-Run Shoe Gift--[Oofos!!](#)** This is a bit of a splurge starting at \$44.95 but they feel amazing after a long run. The OOfoam in this shoe absorbs 37% more shock with every step than traditional footwear foam. It has an amazing arch support that cradles your foot and feels like you're walking on a cloud. Oofos come in all different colors and styles and are a definite must-have for after a race or long trail run.



10. Illinois Race Gift--[Soldier Field 10 Mile](#) is a great gift to give yourself! I love this race!!! I've run it 6 times and each time it gets better! This year we actually started and ended in the Soldier Field Stadium! [Here's my 2017 race recap](#). 10 miles is always a fun length to run and train for in the Spring. Pack tissues for the emotional starting ceremony for this race! You'll need them! And there are so many PSRR members that run Soldier Field that there's no problem finding someone to carpool (or dance with!).



Well, there you have it--10 stocking stuffers for a Runner this Christmas.  
**Happy Holidays and happy shopping!**

***Don't forget about the Annual  
Prairie State Road Runners  
Banquet and Award Ceremony  
January 2018.***

**Details coming soon!!!**

# 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](#) or via message on facebook.

Nicole Zemaitis and fans at RnR St Louis MO



Mary Jo Minarich in Frankenmuth MI



Liz Costa, Sean Forbes, April Veerman and Michael Auld at the Foodie 5k in Romeoville IL

# Travelin' PRAIRIE STATE ROAD RUNNERS!



Matt Clark and Mark Bowman on part of Mark's 63k birthday run



Tina Pirc in Las Vegas NV

Jody Ann and Cathy Morman at Matthiessen State Park, Oglesby IL



Mark Nelson, Clinton Underhile, Ken Goodwin, Nicole Underhile, Javier Martinez, Terri Tatroe and Brian Tatroe at Run the Beat 5k in Morris IL

# Travelin' PRAIRIE STATE ROAD RUNNERS!

Mary Jo and Duane Minarich at the Wisconsin Dells



Sue McLean, Tina Pirc, Cathy McQuarters, Nydia Beard and Mark Walker in Oswego IL

David Wulatin and Judith Warren at the Des Moines Half expo in Iowa



Colleen Zawrazky and John Warren at Ragnar Michigan

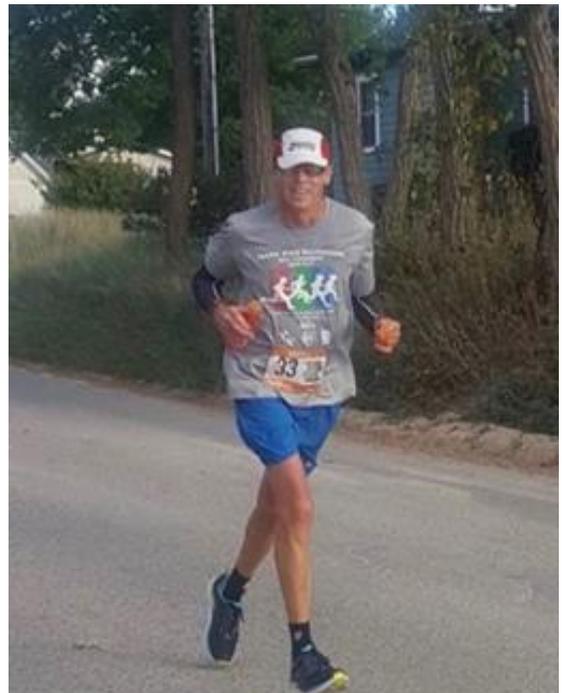
# Travelin' PRAIRIE STATE ROAD RUNNERS!

Jody Ann at Ragnar Michigan



Larry Bornhofen and Collen Zawrazky at Canal Connection in Utica IL

Mark Bowman at the top of Mt Tallac near Lake Tahoe

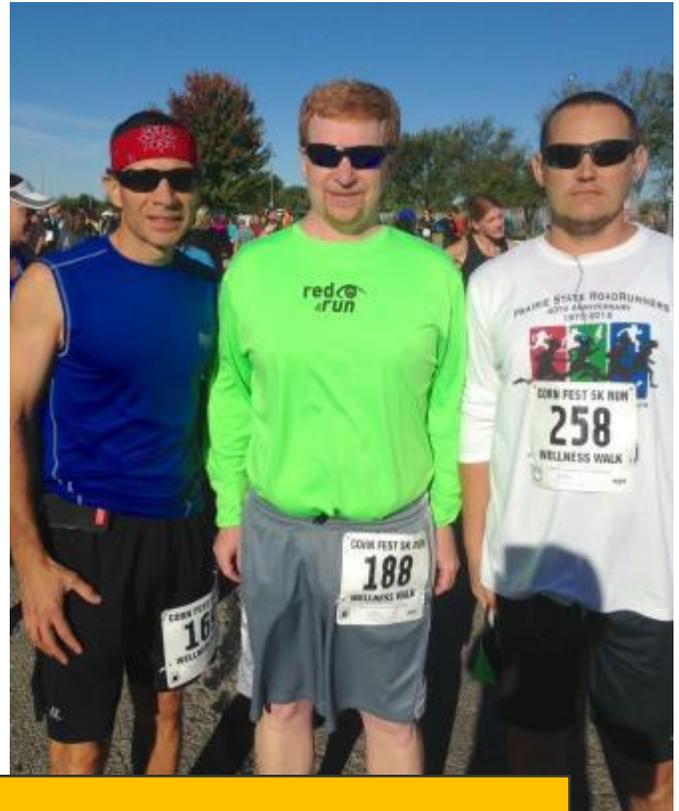


John Warren at Ragnar Michigan

# Travelin' PRAIRIE STATE ROAD RUNNERS!



Rebecca Rice, Liz Costa, April Veerman and Lori Quigley at the Hot Chocolate in Chicago IL



Javier Martinez, Mark Nelson and Keith Smith at Cornfest 5k in Morris IL



Lianne Holloway at the Run Crazy Horse Half in South Dakota

# Travelin' PRAIRIE STATE ROAD RUNNERS!



Jess Conboy at the Evergreen Lake Ultra 100k.  
Finishing 4th overall in 13:57:22  
in Hudson IL



Jess Conboy after the Chicago Marathon

Happy  
Birthday



Celebrating birthdays in **November**: James Barry, Nydia Beard, Larry Bornhofen, Mark Bowman, Kristen Clark, Ted DeBoer, Patrick Dumont, Nick Garcia, Amy Henderson, Charlie Henderson, Spencer Hopper, Aubrey Hopper, Eileen Hostert, Robert Jungwirth, Gerald Kielian, Craig Koerner, Susan Kuhel, Dick Macknick, Sue McLean, Paul Nette, Carol Stapleton, Gary Westefer and Michelle Weston



Celebrating birthdays in **December**: Tom Baltz, Jenny Blazekovich, Monica Cimino, Nico, Cimino, Matt Clark, Vera Erickson, Laura Esquivel, Delaney Henderson, Lianne Holloway, Emma Janulis, Andrew Keyster, Damien Mangabhai, Tiffany McQuarters, Cindy Parks, John Peterson, Debbie Scheckel, Nikki Sikes, April Veerman, Jay Wait, Mark Walker and Nicolas Weisfus

## NEW MEMBERS

*Toni Colwell*

*David Johnson*

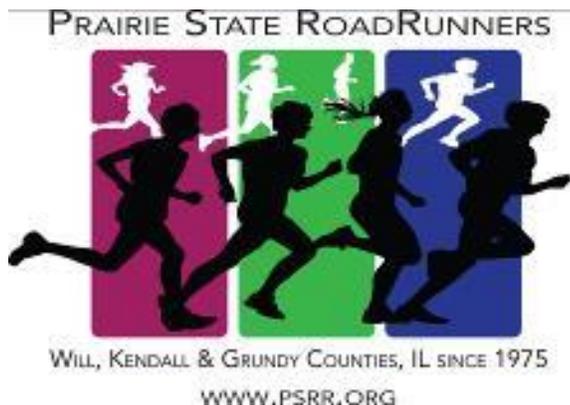
*Craig Raino*

*Emerson Raino*

*Andrew Remley*

*Kristine Walker*





## 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

11/5/2017

### 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 Ramblin' 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						12	10			1	77	17		
Agullar, Dan	21	8							7		17		18						19	15				1	105	23		
Anderson, Clark	2	3	1		2	3			4																			
Anderson, Rick	6	17			5	5			13									3	8		9					49	11	
Arreola, Sergio							4						5															
Auld, Michael	18	14	6	4		6	2		3		2		6	3					2		4		C		20	4		
Auld, Rebecca								5								4					15							
Bailey, Marne	12	30	23	11			18						32								36		1	162	29			
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					29	25			C		200	36		
Beard, Nydia	8	20	11			12		12	6	11	18		16		3			4	6	11	11	13		C	1	63	14	
Bienck, Shellie													15	24	30											90	18	
Bonacci-Klaeser, Ruth			58			31		16					34	41	35				13				C		228	41		
Bornhofen, Larry			7	8		13	6	10		7	12		12	10					13	8	12				56	12		
Bowman, Mark	3	4		3		2									5								C	5				
Bumgarner, John								44																				
Bumgarner, Layne		49						26						34					21									
Bumgarner, Quinn								40					60	30														
Bumgarner, Robyn		31	52					28						63										C				
Buturusis, Teresa			57																									
Calder, Kate						21			11	21					28						20							
Calvey, Aidan				26										43		19	19	39	28									
Calvey, Colleen			31											42		18	18	43	33									
Calvey, Kevin														49														
Calvey, Palmer														14														
Carlson, Craig		46						29					64	64														
Carlson, Ella								22					22	44					6									
Carlson, Garrett								34					60															
Carlson, Gavin		12						7					3	7						4								
Carlson, Grace								19						46						32								
Carlson, Kerri		22						17					14	17					14									
Carter, Clint										20	19				16													
Clark, Kristen		69						48					57	40						39	42							
Clark, Matt		26				17				13									12	18			C					
Conboy, Jess						3																						
Costa, Liz	14	28		6						21			20	27	21				9		16	14	C		100	21		
Curiel, Kelly		43	36							24			21	33					24				C					
Cyplick, Dave		24	24		11		24	7	18					20										2	128	26		
Davis, John													11															
Daw, Bobby												54																



Murdaugh, Rheta	56			14	39			23	36	51	53			20	42	36		C	1	210	37		
Musgrave, David	40							23	9	22													
Nelson, Mark	24	60	46					41	20		37	38	43			38	30	31		C	1	218	39
Nette, Paul	13				10								11		5								
Newberry, Phil												14						39					
Pirc, Brittany	51	34			35			15	23		23	29			23		22		C	3	169	31	
Pirc, Tina	23	47	44		34			12	31		33	38			33		29		C	3	195	35	
Pironti, Jill	37									59	63				50	40	43		C				
Pironti, Rudolph	36				46					56	57				49	41	45		C		330	53	
Podolski, Sally		15			14					17													
Portlock, Caroline																					2		
Putnam, Terri	35	74	67		45			49	25	42	49	47	56	9								252	44
Quigley, Lori									17	22	16	19	17	8	5		15			1		97	20
Rahn, Eva	8				5	6					4	4	2			5	7		C	3	33	6	
Raino, Gerald	20	73			25	9		27									34						
Raino, Lauren	75																38						
Reddell, Jody		52	41	21				24	37		45						32					252	45
Rice, Rebecca										40		27		12		21	19		C				
Riley, Benjamin	38	71																					
Ruch, Dawn			23					33		41		38		14	16					1			
Ruch, Julia								25		36				16									
Salkas, Cassandra	44	43						27				20		9	7		20			1	170	32	
Salkas, Linda	61	54						38		43		45	39		14		31			1	264	46	
Scheckel, Debbie	15	35	29	15	10	11			29	31		26		12	27	24				1	113	24	
Scheckel, Harry		17						10	13	10	9	10		4	10	9				1	62	13	
Sheridan, John	50									41		37		17		34	29						
Sikes, John	59	47	25		38					45	44						41			1	299	51	
Sinon, Sheilah										58	58												
Skisak, Eileen	1			1	1	1		1	1	1		1			1	1	1		C		7	1	
Smith, Keith	9									23							22						
Smith, Sue					20																		
Sorich, Diana	26	63			44			26		51	52						34			1	296	50	
Stapleton, Carol		31			10					33		42	25		10	10	26	26	24			131	27
Stephenson, Liz								14										30					
Tatroe, Brian	4									4	2	11											
Tatroe, Terri	18									29	26										2		
Thompson, Bob											50												
Tocwish, Alicia	54	48			13	30				32	37	37					28					225	40
Tocwish, Timothy	70	62			17	43		39		38	36						37					272	47
Underhile, Clinton	7	16	10	7		11		9		9	15	13	13	13								66	15
Underhile, Nicole	34	64	30					43		35	46	48	54									290	48
Veerman, April	27	57	50		15	18				40		46	59	41		21	45	37	35			193	34
Wagner, Amanda		35			27						28		33										
Walt, Jay	21	49			14			32	16	32	42	42	52		15		37					167	30
Walker, Kellen	41							15		16		25					18						
Walker, Kennedy										27							28						
Walker, Kristine																						23	
Walker, Landon										3						7							
Walker, Mark	13	32	20		8	22		20	10	16	25	59	26		6					C	2	93	19
Walker, Michelle								31			39		50				41						
Walters, Mark	14	5				4		24	5	4	8	7	5		13			8			2	38	7
Warren, John	6	4	1	3	4	8	3	5	4	7	4	3		1		5		3		C	1	18	3
Warren, Judith	55	51						37												C			
Wertelka, Raymond	30	67		29								53						32		C	2		
Westefer, Gary	19			12	33					26			29				27				2		
Weston, Michelle	25	64	56	27				42		38	48	55	60									291	49
Wojtkiewicz, Paul	1	2				2	1	2			1		1	1	1	1	2			C		7	2
Wysock, Kurt	7																						
Zawrazky, Colleen		6															3	2					
Zemaitis, Nicole	36				26					28	56									C			



## 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

**2018 EARLY RENEWAL/NEW MEMBER RATES** (Dues paid for year 2018 if joining after October 21, 2017. Discount rates expire at midnight, Dec 31, 2017.)

Price through 12/31/17: **INDIVIDUAL** \_\_\_\_\_ \$15.00    **STUDENT** \_\_\_\_\_ \$10.00    **FAMILY** \_\_\_\_\_ \$20.00  
Price beginning 1/1/18: **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)



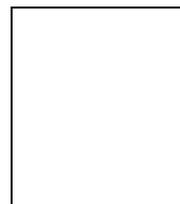
November/December 2017

# PACESETTER

Prairie State Road Runners

P.O. Box 293

Channahon, IL 60410-0293



Mail to:

