

THE PACESETTER

SEPTEMBER/OCTOBER 2020 % Volume 45, Issue 5

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.



SOME OF THE PSRR TEAM AND FRIENDS AT THE BBQ BOLT 5k IN DOWNERS GROVE



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FACEBOOK



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



PRAIRIE STATE ROAD RUNNERS -- The Pacesetter

Sept/Oct 2020

www.psrr.org

Volume 45, Issue 5

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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

SEPTEMBER

- September 5th - Minooka Summerfest 5k - [Race Website](#) - Cancelled
- September 12th - Hidden Gem Half-Marathon - [Race Website](#) - Cancelled
- September 13th - Shoop Scoot 5k - [Race Website](#) A LIVE RACE
- September 19th - Zero Prostate 10k - [Race Website](#) - Cancelled
- September 20th - Bolingbrook Half-Marathon - [Race Website](#) - Cancelled
- September 20th - Bolingbrook St. Paddy's 5K - [Race Website](#) - Cancelled
- September 27th - Plainfield Harvest 5k - [Race Website](#) A LIVE RACE

OCTOBER

- October 2nd - Fierce Fiesta 5k - [Race Website](#) - Cancelled
- October 18th - JJC Haunted 5k - [Race Website](#) - Cancelled
- October 24th - Forte 5k - [Race Website](#) - Cancelled

ACKNOWLEDGMENTS

THANKS CATHY MCQUARTERS AND SARAH PRADO FOR THE NEW SINGLETS!!!

Many thanks to the authors who so generously gave their time to share their running stories with us for this issue: Gary Westefer, who got up ridiculously early to drive through the darkness for hours just to run a 31 minute 5k, something every fellow runner understands but onlookers might think was curious; the women who run with the wolves (domesticated variety, anyway): vet tech and super mom Heather Hall, teacher and zen runner Kate Calder, and ultra running nurse Angela DeLeon Freeman; and David Musgrave, whose accomplishments will continue inspire us all up to and beyond that BQ that we know is waiting for him.

We so much appreciate the members of our PSRR Facebook group for contributing the steady stream of photos which enables us to tell the story of how we kept running in a year with almost no races, and which show how grit, determination and love of a sport can keep people going through the craziest of times.

This newsletter is about you and it wouldn't exist without you, **so THANK YOU VERY MUCH!**

EXTRA HELPINGS OF GRATITUDE



To Diana Gonzalez Sorich for her time, effort and enthusiasm which make the Sunday State Park group runs possible
AND to Dave Cyplick for his contributions to all the club history articles

T
H
A
N
K
S



To Susan McLean who so very often posts in the Facebook group her morning walks or runs and invites club members to join in. Thanks so much for being inclusive!



AND A FOND FAREWELL

AS CATHY MORMAN EMBARKS ON A NEW ADVENTURE IN INDIANA

“We are relocating to Noblesville, Indiana, along with my oldest daughter (Rachel) and her family. The plan is for me to be retired and take on grandma (Gaga) duties. We are downsizing and they are upsizing.

I will say the current biggest adventure is moving 2 families at once! Talk about cross training -- funny because I've been running less (too much to do) but pace has improved. I will miss everyone so very much! PSRR has been a fantastic running family! I was fortunate enough to be on the board as a director for 3 years, happy to participate in that arena. It taught me so much, so many moving parts to keep it going.”





By Mark Walters

A little different this issue as we are doing a Q&A between the Prez and some members who had questions.

PSRR: *There are a couple live circuit races still scheduled soon. These include the 9/13/2020 Shoop Scoot and 9/27/2020 Plainfield Harvest Fest, followed by 11/8/2020 Gobbler Hobbler and 11/26/2020 Predictor 4 mile. It looks like registration is coming close to being full for a couple of these. It would be extremely helpful for decision-making to know what, if anything is happening about circuit credit and awards.*

Prez: Great question! As we on the board have been discussing for the past two board meetings, we plan to have something for everyone who has circuit credits, and to qualify one needs only 1 credit. Awards increase in value if you have more than 1 credit, up to a max of 3 total credits. More than 3 credits will not garner anything "better"; but you will be able to "spend" your credits in the way of your choosing. We will announce soon. This has been a very challenging year for all of us, both members and board alike; but for the board especially, as we have had to meet in virtual meetings. As far as "performance awards", sadly there will be no club overall or age group awards for 2020, but I am fairly certain we will recognize the Long Course award(s) as usual, since this is not based on circuit races only. We will announce the award "matrix" through club mail, as well as post in [the Facebook group](#) in the next couple of weeks.

PSRR: *Thanks. Yes, it has been a challenging year. In my opinion, I think if performance awards are gone that should include the Long Course Awards too. Non-circuit distance races were just as affected by cancellations as circuit races. I think to be fair all performance awards should be gone if any of them are gone.*

Prez: Except for the Long Course Awards, many of those have gone virtual and for those who certify completion as a virtual race, it seems like these should count, on the condition that those who submit should provide a link to their result. However, we will discuss as a board and I will share your point of view. This decision will be something to announce as well.

PSRR: *So what has it been like being on the Board this year with all the changes and uncertainty?*

Prez: I guess I can speak for all the board members by saying first of all, it is a privilege to serve and an honor to have the trust of our members. We are all 'sworn' to do what's best for the club and put our personal wants or wishes second. The club treasurer (Diana) and club secretary (Eva) have probably done more work than any of the others. Eva has been a little busier this year by setting up 3 of our board meetings via Zoom.

BULLETIN BOARD



*Hey, don't forget!
Diana is still selling
45th anniversary
commemorative pint
glasses.*

1 for \$5, 2 for \$8 and 3 for \$10
She will take them to the State Park
runs and can accept cash or Venmo
where her address is:
@Diana-GonzalezSorich

Fall Color Run at the Arb is live. It takes place both Sat & Sun Oct 3-4.
At registration you pick a day and time (at 15 min increments). It is
timed. No medals or awards due to covid.

<https://facebook.com/events/s/fall-color-5k-run-and-walk/314698249599752/?ti=icl>



SAT, OCT 3 AND 1 MORE
Fall Color 5K Run and Walk
Lela

☆ Interested

2020 Gobbler Hobbler 10K registration
bit.ly/gobhob20



RACEROSTER.COM

2020 — Gobbler Hobbler 10K & Mashed Potato Mile —
Gobbler Hobbler 10K & Mashed Potato Mile Civic Center Park, Osw...

**SHIRTS FOR SALE!
NEW DESIGN**



**See Diana.
She's got the goods.**

VENMO or

dgonzalez3726@yahoo.com



NEWS UPDATE

As of July 1, 2020, Illinois had recently transitioned to Phase 4 - Revitalization with gatherings of 50 being allowed, indoor dining new, and personal service and shopping options expanded. With the COVID pandemic continuing at various levels around the world, more race cancellations followed.



STATE OF ILLINOIS
Coronavirus (COVID-19) Response

PHASE 4: REVITALIZATION

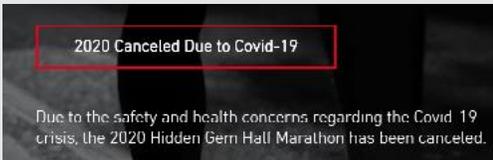
WHAT THIS PHASE LOOKS LIKE

There is a continued decline in the rate of infection in new COVID-19 cases. Hospitals have capacity and can quickly adapt for a surge of new cases in their communities. Additional measures can be carefully lifted allowing for schools and child care programs to reopen with social distancing policies in place. Restaurants can open with limited capacity and following strict public health procedures, including personal protective equipment for employees. Gatherings with 50 people or fewer will be permitted. Testing is widely available, and tracing is commonplace.

Military.com

Marine Corps Marathon Canceled for 1st Time in Its History

The novel coronavirus pandemic has claimed another big event for runners. Marine Corps Marathon officials announced Monday that the 6 day



2020 Minooka Summerfest

It's with great regret that the Minooka Lions Club and its Board have decided to announce the cancellation of the 2020 Minooka Summerfest.

Running with Miles

The 2020 Philadelphia Marathon Has Been Canceled ...

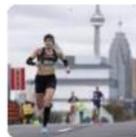
While the Philadelphia Marathon is not a World Marathon Major, it is a ... of 2020 marathons that have been cancelled due to the coronavirus. 1 week ago



CBC.ca

Toronto Waterfront Marathon latest race cancelled due to coronavirus

COVID-19 has forced the cancellation of Canada's biggest marathon. The Scotiabank Toronto Waterfront Marathon, which was scheduled for ... 2 weeks ago



Forte 5K
Sat October 24 2020

We regret to share that the 2020 race has been cancelled.

ZERO

The Run/Walk is going Virtual.

Yahoo News

UPDATE: Chicago Marathon cancelled over virus fears

The Chicago Marathon became the latest major marathon to fall victim to the coronavirus on Monday as organisers confirmed cancellation of ... 2 weeks ago



runnersworld.com

2020 Berlin Marathon Officially Canceled Because of Coronavirus Restrictions

2020 Berlin Marathon Officially Canceled Because of Coronavirus ... World Major Marathons that haven't been canceled yet—London and ... 1 month ago



CANCELLED: JJC Foundation 5k Walk/Run

The Gazette

New York City Marathon canceled because of coronavirus

1 would be too risky. Organizers announced the cancellation of the 50th anniversary edition of the world's largest marathon after coordinating with ... 1 month ago



Exclusive: London Marathon may not take place again until October 2021

Organisers fear not only will the 2020 edition be cancelled, but that it may be impossible to stage the 2021 event in its usual April slot



BUT GUESS WHAT? PSRR still ran.

CLUB RUNS: JULY 2020 CIRCUIT RACES

Races gone virtual leave runners to adapt or sit out



Both July circuit races went virtual this year.

Virtual racing, in and of itself, is an acquired taste. Paying a fee to race alone seems like a waste of money to some but a combo platter of Motivation with a Donation to others. We asked our members how they had been dealing with this uniquely 2020 trend being visited upon our racing circuit:

PSRR Pacesetter: *Did you sign up for the Liberty or Sundowner 5k before or after they went virtual? And when a race goes virtual, do you run it by planning ahead that “this run is my virtual 5k” and try to race like you’re in an actual competition?*

Caroline Portlock: “I signed up for the Liberty after it was announced virtual, but it is a race I’ve done just about every year in person. I’m actually ‘doing’ the race tonight. I try to dedicate the day to the virtual race and not make it just another run.”

Patrick J. Koerner: “Not a fan of virtual races, I signed up for the Sundowner before the change to virtual and tried to treat it like a real race. It’s not the same motivation level without other runners. Running at 7:00 in the morning was a plus given the recent heat wave. I have completed the Run 3 series since its inception, and I rolled with the changes: 1 mile sprint on a landing strip, 2 obstacle course races and this year virtual Rockdale and now Sundowner. I’m hoping for a real Red Eye in late October. It’s hard to get into training and race rhythm with virtual races — my run times and body weight are proof.”

Kate Calder: “I have signed up for races after they went virtual, and yes I plan for certain runs to be those ‘races.’”

Lianne Holloway: “Up to now, I’ve done virtuals every winter as a way to inject some fun into what I find to be an otherwise dreary season for running. Having one live race ‘go virtual’ was unique and I ran my Arkansas 10k in Joliet on a crazy cold April day. But once they all started doing it, I designated some random run after the fact or just skipped it altogether. I did sign up for a couple longer virtuals though to make myself keep doing distance training.”

OUR JULY VIRTUAL RACERS:



The Raino clan running our own Fourth of July race up in Tomahawk, Wisconsin. The annual Pow Wow Days 5k and 10k were cancelled this year.



Darcy Welsh
July 3

I did the Sundowner 5K this morning on I & M canal west of McKinley Woods. I even saw a few PSRR members! It looks like dredging is needed past the dam to Illinois River.



Lori Cunning Quigley
July 4
Christmas in July half marathon on 4th of July...it's 2020 so it makes sense 🤔



Fawn Acup
July 5
Virtual Liberty 5k with my daughter on July 3rd! 🥰



Shelli Blenck
July 14
Ran my virtual Sundowner 5k.



Mark Walker
July 4
Palos trail run (Viking Dash triumph virtual 5k)



DISTANCE
7.00 mi
TIME
1:03:46
PACE
9:07/mi

Kato Calder
July 14
Virtual Bix7! This is the "after shower" shot, too much sweat from the real deal 🥰



FIRST MILES OF JULY



Kate Calder with Noah in the background



Lori Quigley still Tennessee trekking (virtually)



Shelli Blenck actually in Girard Illinois



Diana Gonzalez Sorich enjoying the journey



Mark Walker and his bunch braving the heat for some speed training



As Mary Jo and Duane Minarich run and smile (Left), Judith Warren says "Nope!" (Right)



SUNDAY MORNING STATE PARK RUNS

JULY 5th

5

90°/73°

Hist. Avg.
84°/67°



PSRR 45th Anniversary glasses were sold and a raffle was held. Nick Garcia won the Mad Hatchet Quarantine brew and Sarah Prado won the Riverhawk brewery gift card. Oh, and everybody ran too.

JULY 12th

12

79°/67°

Hist. Avg.
85°/68°



A fun run on a not-too-hot July Sunday with Hershey's Kisses and Hugs juice drinks waiting at the end—what could be better than that?

Ok. A “real race.” Sure. Quit being a smarty pants!

JULY 19th

19

RAINY
83°/71°

Hist. Avg.
84°/68°



It was a stormy morning but Diana promised chocolate milk at the finish line, so these brave souls turned out and ran between the rain-drops. “Will Run For Beer” is one of our mottos but definitely not the only one.



Photo credit to the California Milk Processor Board for use of the “got milk” logo.

JULY 26th

26

92°/72°

Hist. Avg.
84°/64°



The steamy day started with school supplies collected and Rice Krispie treats given in return. For today's run, Taco Tuesday and the following Sunday, each donation earns a raffle ticket for the August 2 drawing of a Coleman camp chair, a Long Run Swag Bag or a gift card prize to 3 lucky participants.



RUNNING FOR TACOS

RUNNING FOR FUN



The Taco Tuesday bunch—will run for food (and make human pyramids)



ABOVE LEFT: Judith Warren and Terri Putnam rock it out at the Arb

ABOVE CENTER: Fawn Acup and her shadow do 3 miles

LEFT: Heather Hall, Jaylyn Miller and Jason Miller run with Batman the dark knight at night



CROSS TRAINING

According to Active.com:

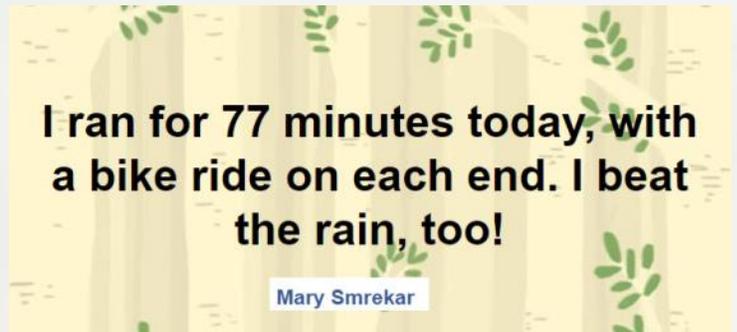
A University of Tennessee at Knoxville study found that training effect on VO2max (VO2max is the maximum capacity a person's body to transport and use oxygen during exercise) transfers between cycling, running and swimming. In other words, whether you swim, bike or run, you're still training your body to use oxygen in a similarly effective way. So there's nothing to lose by mixing it up a bit.



Cathy does long bike rides.



Mark and Nydia like “run/strength” workouts.



Mary trains like a duathlete.



Heather and Jaylyn enjoy swimming.



Catherine, Alicia and Carla walk and run.

CLUB RUNS: AUGUST 2020 CIRCUIT RACES

Due to COVID-19 Guidelines, there will be no Parkie's 5K/10K in 2020.



PARKIE CARES VIRTUAL
5K

**Ok, so
Parkie's got
cancelled.
And then the
Free 5k too.
Well, we
didn't cry.
Why?
Because...**

**There's no crying in
long distance
running!**



PIC-COLLAGE

Free 5k Cancelled



Greetings Fellow Runners,

It is with a heavy heart that I have to announce that we are cancelling this year's PSRR/DNA Free 5k due to the increasing COVID-19 numbers in Will County.

...and so we ran anyway.

AUGUST'S FIRST MILES



Kelly Curiel
10 on I&M



Judith Warren CARA Go Run (a free, timed 5k) in Warren Park. With Greg Hipp - head of CARA



Mary Smrekar I ran for 50 minutes today, followed by a bike ride.



Sat
1
79°/65°
Hist. Avg.
83°/67°



Angela DeLeon Freeman 13.1 on the Badger State Trail in place of running Badger Trail Ultra this weekend.



Cathy Morman
Me and my shadow took a break

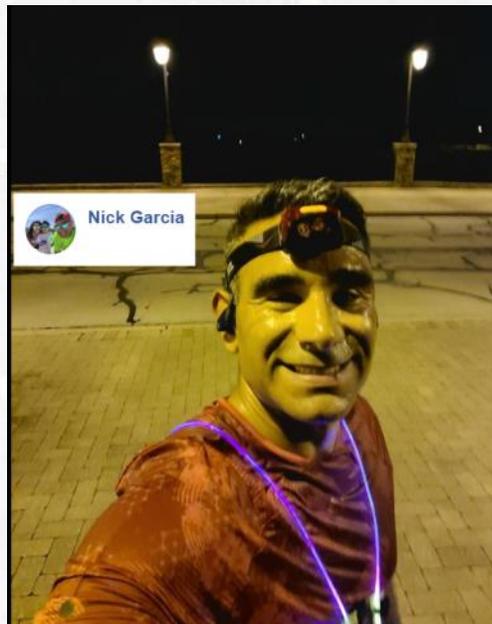


Mark Walker Half Marathon (Tinley Creek trail) Christmas in July 1/2)

August rolled in with a few live races being planned and a lot of virtual ones still on many calendars. Large events continued to be cancelled, and medium sized outings became smaller with staggered starts and fewer runners on site at the same time. But the month brought some definite sunshine to what had been a rather bleak racing landscape since mid March. There were places to run safely in groups, whether in competition or not, and PSRR found them.



Heather Hall
2 mile run/walk at a nearby trail yesterday and ran the hills of our campground 2.5miles this morning



Nick Garcia



Mark Nelson
8 miles and feeling grateful for some cloud cover.

SUNDAY MORNING STATE PARK RUNS

AUGUST 2

2

85°/63°

Hist. Avg.
83°/64°



A humid morning found the PSRRs doing their miles then toasting with Jarritos sodas and breakfasting on pound cake and Rice Krispie treats. The school supplies collection raffle was held and Darcy Welsh won the Coleman camp chair, Lori Quigley got the long run swag bag, and Judith Warren scored the banana in a baggie with \$10 gift card.



AUGUST 9

9

88°/68°

Hist. Avg.
82°/63°



It was a beautiful morning for a run at the I&M Canal, still a bit cool from the night before, with abundant blue skies reflected in the water. The post run breakfast was Panera bagels and cream cheese, and there was said to be an excellent runner-to-bagel ratio for all to enjoy.

Hopefully everyone will find their way to the spot one Sunday morning soon while the weather is still good. It's not exactly racing but it *is* running in the company of like minded humans.

AUGUST 16

16

85°/61°

Hist. Avg.
82°/63°



Sunny with a cool breeze, it was another great day for an I&M run with the club. Ice cold water and Hostess treats at the end made the morning even sweeter. The walkers walked, the runners ran, and a good time was had by all.



AUGUST 23

23

89°/64°

Hist. Avg.
82°/62°



Apples with peanut butter and caramel, a run in the sun and the company of good friends — what a great start to a Sunday! As the waning cooler days of August gave way to a late summer heat wave, a pleasant morning and the I&M Canal was enjoyed by the group. Come join us! Any pace, any distance welcome.

AUGUST 30

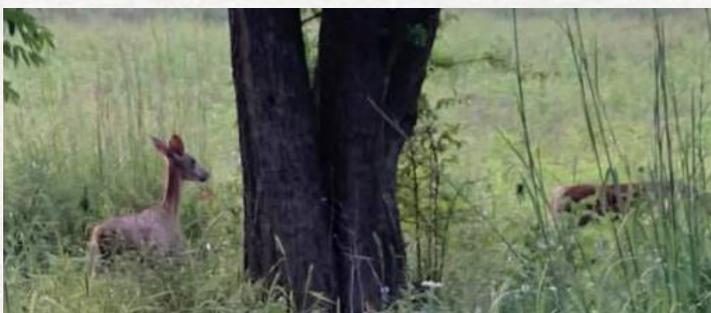


It was a beautifully cool Sunday morning at the I&M Canal.

Another collection of school supplies was gathered, a delicious post-run breakfast was enjoyed and new 45th anniversary shirts were sold. It wasn't the free 5k but it was a good time for the runners and walkers.

RUNNERS GONNA RUN

With much fanfare and the appreciation of her friends, companions and a herd of disinterested deer, Carla Hutley finished all 636 miles of The Great Virtual Race Across Tennessee on August 6, 2020.



RUN RUN RUN



RUN RUN RUN



Judith Warren, Eileen Skisak and e-Bunny Terri Putnam participated in the CARA 'Go Run free weekly 5k and 1 mile series of races when they ran in Marquette Park on Chicago's south west side on the 22nd of August, 2020.



PSRR assembled a team of nine runners who participated in the live BBQ Bolt 5k Run & Walk in Downers Grove on August 29



Plentiful parking was located around the outer edges of McCollum Park just a short walk from the packet pickup and temperature check area where masks were required and hand sanitizer was plentiful. Restrooms were clean and well stocked.



At the start line and beyond, no masks were required.



The well-marked and attended course wound through the neighborhood and had some rolling hills but none too steep. There were two self-service water stops and delicious barbecue at the end with snacks.



Five of the 9 PSRR runners scored age group awards and Dan Aguilar won a crockpot in the raffle after the race. And check out the new PSRR 45th anniversary singlets at their race debut! We think they might actually make you run faster!



Team - PRAIRIE STATE ROAD RUNNERS

Finish Position - 5

Team Score (times): 29:18.6

1	95	Jt Markland	Plainfield IL	M	4	4	19:03.1
2	93	Damien Mangabhai	Channahon IL	M	15	19	20:45.3
3	3	Dan Aguilar	Channahon IL	M	17	36	21:11.1
4	163	John Warren	Channahon IL	M	29	65	23:29.5
5	26	Kelly Curiel	Minooka IL	F	48	113	25:28.7
6	94	Britni Markland	Plainfield IL	F	62	175	28:01.1
7	50	Diana Gonzalez Sorich	Shorewood IL	F	104	279	37:44.7
8	65	Lianne Holloway	Joliet IL	F	118	397	42:30.8
9	8	Mike Auld	Plainfield IL	M	123	520	45:33.3

SEPTEMBER AND OCTOBER BIRTHDAYS

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

Sergio Arreola

Darin Atwood

Davian Atwood

Marne Bailey

Laura Barry

Bob Bodach

Palmer Calvey

Gavin Carlson

Jess Conboy

Liz Costa

David Cyplick

Rich DeGrush

Carrie Dunnagan

Maria Enriquez

Apolonio Esquivel

Pat Fera

Emma Forbes

Kristin Garcia

Chandler Horvat

John Jr Horvat

Ivan Iniguez

Paul Jackson

David Johnson

Lucas Kisner

Pete Klaeser

Robert Kodura

Ryan Kodura

Sophia Kodura

Frank Koehler

Patrick J Koerner

Cassidy Koven

Joyce Kraus

Bill Lauer

Scott Lemke

Bob Maszak

Stephen Meehan

Jaylyn Miller

Mary Jo Minarich

Rheta Murdaugh

Caroline Portlock

Rebecca Rice

Sean Salkas

Gina Schalk

Jeremy Sikes

Mary Smrekar

Brian Tatroe

Timothy Tocwish

Chris Weston

Shellie Williamson

Colleen Zawrazky

HAPPY BIRTHDAY TO YOU!

CLUB MEMBER STORIES:

RACE REPORT on The Muscatine, Iowa, Watermelon Stampede 5k



by Gary Westefer

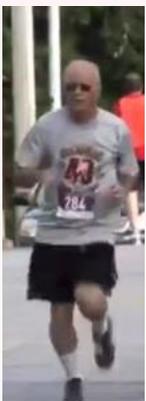
I found and did an actual live race on August 15.

For years as I had been in the Rock River Striders club (Rock Island-Moline) on their circuit, I have been getting e-mails from the Muscatine Watermelon fest run (a race that was on that circuit, although the circuit is gone). I got another one this year and found they have what might be the only live race this summer in Iowa.

I had to get up by 2:30 am (not ready for a motel stay yet). I hit the road by 3:20 and passed through Joliet by 4:00. It was still dark. The first light crept into the sky as I reached Princeton. I needed the headlights until I got through Andalusia and was on Illinois 92, beyond the Quad Cities, then finally got to Muscatine by 6:45, just ahead of their sunrise.



I registered in for the 5K (there was also a 10K) and got my shirt. Since the race was double chipped (start and finish) we were encouraged to spread out and take up to 5 minutes to go through the start. There were 330 runners, about 70-75% in the 5K. We all started together, but those who started near the back stayed apart easily. I crossed the start at 0:36 and began the climb out of the Mississippi River Valley. The Bix race had a one mile climb. This one is 1 1/3 miles, then the 5k turns around (the 10k continues up a little more), then there is some rolling elevation change.



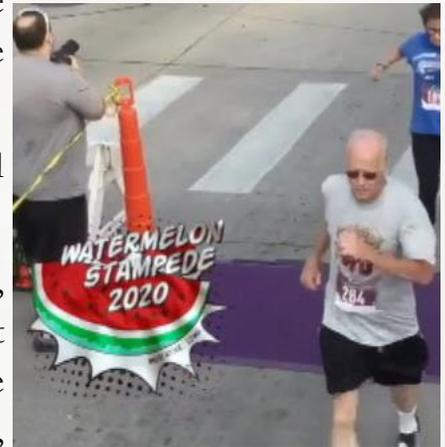
Coming back was great although as we turned south, we encountered two more hills. Running the last hill between 10th and 7th streets, as we ran down Iowa street, I was able to charge up it. I was initially concerned about speed as I had no races this year but a lot of Long Slow Distance runs. The distance workouts made me stronger for the hills! As for the speed, I was about the same as Kankakee Winterfest. I ran 31:16 chip, 31:52 clock, but this course was tougher and much hotter. There is much

more climb in the Watermelon 5k than in Rockdale's 10k. The finish is also about 15-18 feet higher than the start, so the course has net elevation gain as well.

My only drawback was that I don't change age groups until November. I would have been 2nd instead of 5th out of 11.

There was another drawback though. Muscatine's craft brewery, Contrary, doesn't open until 3:00 and we were done by 10:00. But that one I could remedy. I went down to Burlington, Iowa, to the Parkside brewery for lunch and came back at 3 to Muscatine. Ahh, two for the price of one!

Cheers!



In a recent blog entry, Athlinks shared the following information about what to expect when runners attend live events staged according to the “new normal” for racing.



Home > Events > Return of Racing

Return of Racing

August 25, 2020

Races are happening. Outside. Holy cow are we excited.

<https://blog.athlinks.com/2020/08/25/return-of-racing/>

Showing up informed is step one in ensuring there are no race day surprises. But what does race day look like? Here are the trends:

- **No on-site registration.** In order to keep race day running smoothly & safely, most organizers have done away with this option for last-minute racers, so be sure to register ahead of time!
- **Be prepared to be self-sufficient.** Bring your own water, nutrition for on course, and pre- and post- race fuel.
- **Have a mask.** While some regions are specific on exactly what style of mask you need to wear and if it has to be worn while on course, be sure to at least have one with you for pre- and post-race.
- **Pay attention to start time.** Many races that previously had a single start time are now implementing waves or rolling starts, so read whatever your organizers send you to know when you should show up.
- **Don't expect to hang around before or after.** We know you're excited to be back amongst your racing peers, but following organizers guidance keeps the next race on the calendar.
- **Keep distance.** Obey any staging lines/markings at start lines to keep space between athletes. On course, unless you're passing, keep your distance from others. And if you're racing with others in your bubble, make sure there's enough room for others to pass safely.
- **If you're feeling sick, stay home.**
- **THANK YOUR RACE ORGANIZERS.** Always, but now more than ever. Whether in-person or a post-race email, your appreciation of efforts goes a long way to keeping them excited to put on more races.

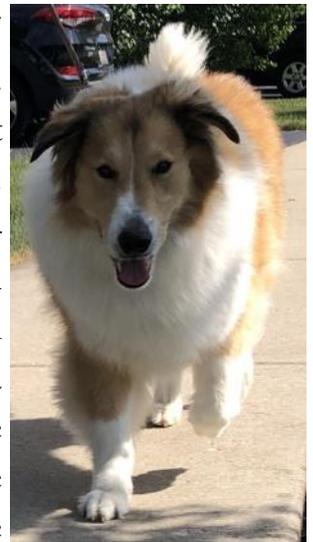
CLUB MEMBER STORIES:

Running With Dogs by Kate Calder, Angela Freeman, Heather Hall and Lianne Holloway

LIANNE HOLLOWAY: It started with a virtual race. With so many live races being cancelled or going virtual, there was not a lot of inspiration to train in an organized way. There's always motivation to run but for some of us, running skills can grow dull without a goal because we tend to fall into what is easy and stay there.

My original goal for this season had been a spring half marathon, then an August duathlon followed by autumn half which would keep me running and biking at a high level for at least six months plus generate a lot of fitness gains along with the usual athletic summer fun I expect each year. But then along came the virus and, one by one, my goal races fell along with my desire to train harder. I'm at an age and size where it is easy for my abilities to decline quickly if not given constant attention, so I decided to look for some fun virtual races to keep those bright shiny goals on the horizon. Somehow I ended up finding the July 4 Run for the Dogs Virtual 5k which awarded a medal to both dog and owner and, even though not a long distance, would get me out on hot summer days when it might be tempting to sit around in the cool house instead.

I run with my dogs but not a lot. Abby and Ranger are collies who came from the Collie Rescue of Greater Illinois. My girl Abby is a big dog — almost 85 pounds — and a rough collie, which is the more well-known variety because of Lassie. She is a sprinter who goes out with full force and then tires quickly. She can easily outrun me and has no trouble pulling me up to my fastest sustainable pace, about 11:30 per mile, immediately as we first head out. Of course, we will frequently screech to a halt if there's something interesting to stop and smell along the way. But she will also try to go even faster if there's a rabbit or squirrel to chase. I'm grateful daily that I still have shoulders in their sockets because she's practically yanked them out a few times. Abby is also a major huntress and once actually pulled a live mouse from a hole midstride and was happily trotting down Theodore Street with it in her mouth, as I begged over and over "Abby, drop the mouse. Please drop the mouse. We cannot take that mouse home. Abby!" She's my go-to dog at the end of a long run when I think I can't go another step. I can always count on her to keep me moving when my legs tell me it's time to quit.



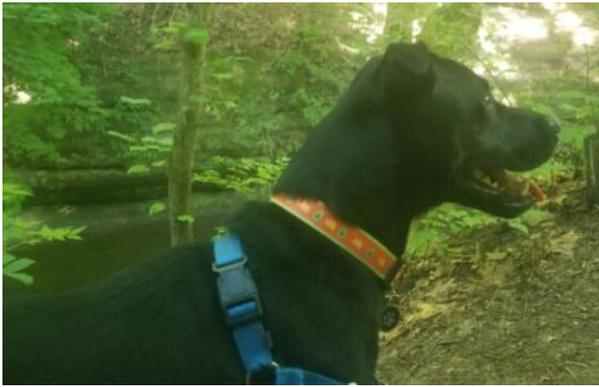


My little guy, Ranger, is a smooth collie (short-haired) of about 60 lbs. He prefers a 13:30 mile pace and is much less distracted by edible wild-life than his girlfriend. Both dogs are around 5 years old and enjoy trotting along beside me as long as we stop whenever they find something interesting to sniff or pee on. Because I do a lot of my training runs early in the morning before work within a limited time frame, they don't get a chance to join me as much as they'd like. So that was another reason I signed up for the Run for the Dogs Virtual 5k. Not only would the dogs get their very own medal, but we'd have fun training together for our shared goal. The day I was able to run the actual race it ended up being really hot and sunny, however, so I ran the 3.1 miles solo and they came along for a cool down walk afterwards then took turns wearing the medal and hating it while they posed for pictures.

The way this article came about was through a conversation on the club's [Facebook page](#) as a few of us dog owners were talking about signing up for that same virtual dog 5k. Heather Hall mentioned that we should write an article for the newsletter about running with dogs because there are a number of PSRRs who enjoy doing that, and we each have different viewpoints to share on the subject. So this is it.

I enjoyed what I called "the dog 5k" so much that I decided to do a solo virtual half marathon for the collie rescue in mid-October when I was supposed to be running the Monster Dash half in Delaware. I ordered a decal which I will use to make my bib as well as a shirt from the Cafepress store that the collie rescue uses to vend their insignia products, and started a Giving Grid page to raise money for a donation on race day. My four-legged friends may join me for some of the run, especially after Mile 10 when I always need a burst of inspiration, or they might just wait for me at the finish line. Either way, we're all back in training again already.





HEATHER HALL: When we adopted Batman, almost 2 years ago, we knew he would be a big part of our life and the more activities we could include him in the more enjoyable having a dog would be. One of our favorite things to do as a family is go for a walk or take a hike. From the I& M canal locally to Mackinac island state park, we love exploring new places with our dog, but it has not always been that easy . When we adopted

Batman, we were very excited to take him hiking and for regular walks, but boy were we disappointed. If you told me a year ago, I would be taking my dog to Mackinac island, I would have told you: “you have lost your mind”. Not only was my star leash walker in training class a different dog outside, but my dog who enjoys playing with other dogs in daycare started reacting to every dog we saw when out. I felt like a horrible pet parent when another couple walking their dog called my dog mean and one told the other, we shouldn't be walking him around other dogs. I talked with Batman's trainer for advice and later took him to a different trainer who specializes in reactive dogs. After we determined he was only leash reactive and not aggressive we were able to work on his reactivity which was likely due to frustration, as not all dogs like being attached to a human and meeting another dog face to face can be scary. It has not been easy, but routine walks have gone from a source of frustration that no one looked forward to, to something we get excited about and now we can't even say the word walk unless we are ready to go. I feel this has been a light for us during the pandemic since more time at home has led to more walks and adventures with Batman. Our recent trip to Mackinac island had me a proud momma, because of the compliments we received on his manners and his lack of reaction to the other dogs we encountered, even when one of them growled at him.

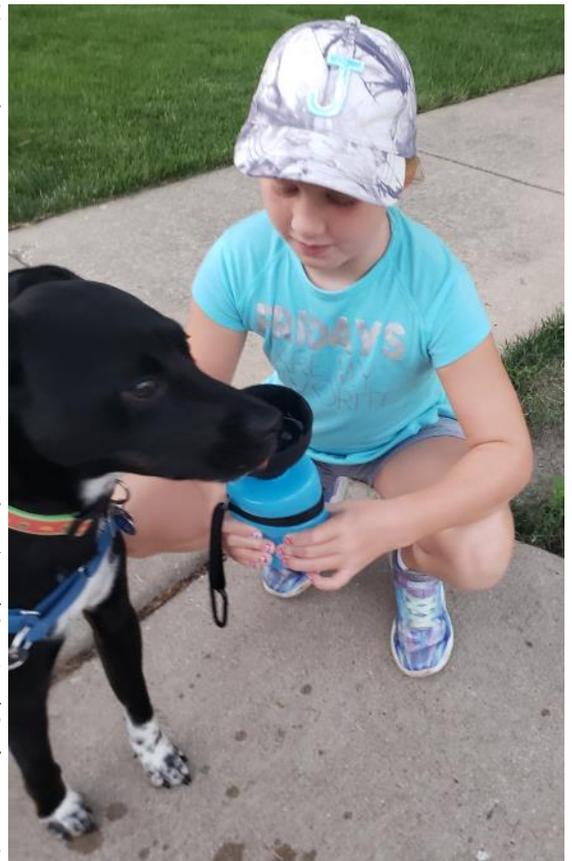
We are working on running, but have a long way to go. Batman is easily distracted by rabbits, squirrels, any human that might give him attention as well as all the smells. A few collisions between him and I that almost ended in disaster don't have us looking to run any puppy 5ks in the near future. However, with cooler weather coming, we are looking forward to more walking and hiking adventures and improving our running together.



I think working in a vet clinic makes me sensitive to the dangers of walking/running with your dog during summer months and Batman would tell you I'm a little strict. With that being said Batman and I would like to share a few tips to keep in mind.

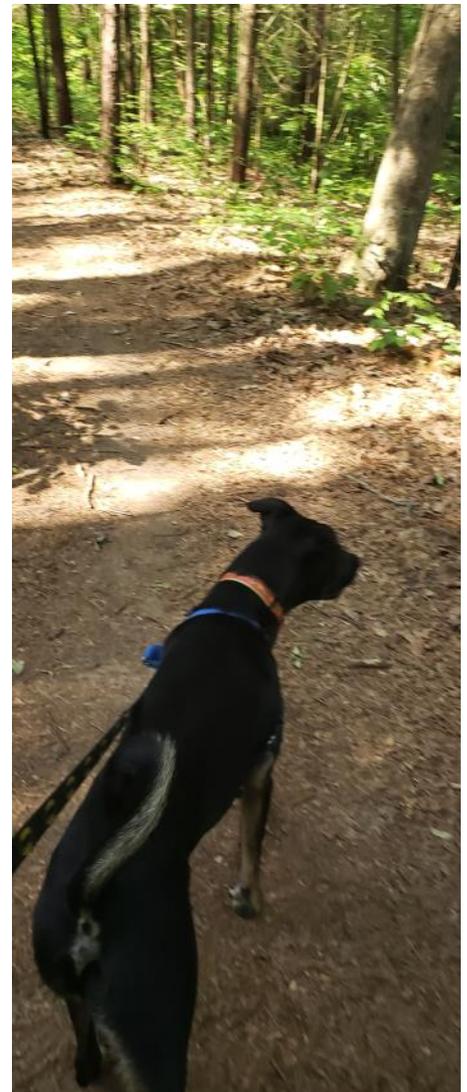
Dogs do not sweat like humans do; their main method of cooling off is by panting, which is not as effective. This means they can suffer from heat exhaustion and heat stroke more easily than we can. Although older dogs, those with underlying medical conditions and brachycephalic dogs (think mush face like a bulldog) are more susceptible to heat exhaustion and heat stroke. Even young healthy dogs are at risk. Early signs of heat stroke include excessive panting, salivating, restlessness, and bright red gums. If your dog is experiencing these signs it is important to move to a cooler location right away. If these symptoms persist, despite trying to cool them down or your dog becomes weak, begins vomiting, having diarrhea or develops breathing difficulty, it is important to seek medical attention immediately. If not treated quickly heat stroke can be deadly. To minimize chances of heat stroke, it is advised, if you must walk/run your dog on hot days to walk them in a shaded location, early in the morning or later in the evening when temperatures are not at their peak. Make sure your dog stays hydrated by offering small amounts of water frequently. Too much water at once can make a dog feel sick. Don't forget to stick with water and never give your dog a sports drink.

Our dog's surroundings are something else we often don't think about. Do you ever think about how hot the ground is when you run? I know I don't, why would I as I wear shoes, but our dogs don't. Can you imagine running shoes for dogs? Hot pavement can cause burns on paw pads. As a rule of thumb, if you can't put your hand or bare foot on a surface for 10 seconds or longer it's too hot. Take caution in winter months too as ice and snow can build on the paws leading to frostbite and salt on the road can lead to irritation and stomach upset if ingested. Poison Ivy, who hasn't encountered that? Although it is unlikely for your dog to develop a rash after contact with Poison Ivy the oils can stay on their fur. This means if your dog comes in contact with Poison Ivy, so will you. Ask Batman how many Dawn dish soap baths he's had on our camping trips for this reason. Swimming can be a good way for your dog to cool off, but use caution. Some algae is toxic when ingested even in small amounts. Try to avoid stagnant water as they are most susceptible to algae.





Most importantly, know your dog and don't be afraid to seek the advice of a professional for training and injury prevention. Remember, not all breeds are built for running. A dog trainer or veterinarian is a good resource to help determine when it is age appropriate for you to start running with your four legged friend.



Batman here, I know what mom said and she's right, walks were frustrating in the beginning. Don't let her fool you. It's not my fault she doesn't understand how many amazing things there are to see and smell. Training your human can be so hard! Hope to see you on the trail soon! I just love meeting new people. People are my favorite!

KATE CALDER: 10 THINGS RUNNING WITH MY DOG HAS TAUGHT ME.

We adopted Noah on a Thursday afternoon in August. I had to race from Yorkville High School to Joliet Animal Control, and then head back to school for our “Back to School” parent night. When I met Noah for the first time, I was told that he was the last of his “group” that had been sent to the shelter -- everyone else had been adopted. He was overactive, a male, and a little older (9 months when we got him), and so perhaps was less desirable than a snuggly and quiet(er) puppy would have been. Either way, I was sold -- rescue pup acquired. When he was old enough, I decided he had enough energy to run with me for a few miles a couple times a week. As he’s grown older, and once we moved to Oswego, Noah has learned to love a morning run on our trail. Here are a few life lessons I’ve embraced after several years of running with my dog:

1. Sometimes, it’s important to stop and enjoy the smells.

Noah is a 5-year-old American coonhound, and his sense of smell is above and beyond. He can sniff out a mouse or squirrel before he even sees it when we are out on a run together. He takes his time on our runs and likes to get good, deep sniffs of the weeds and flowers that line the trail. It’s a good reminder to pause and take in all the wonders of nature while out on a run.



2. It’s okay to take bathroom breaks on a run.

On a training run, it’s pretty important to know where the Port-a-Potty or forest preserve bathroom is, and to make sure you pass one at least once if you’re going to be out for more than an hour. Nature is a dog’s bathroom, and Noah loves to stop to “water” as many plants as he can while we are out on a run together. Comfort trumps almost everything while running.

3. Nothing feels as good as a cold pool (or river) after a hot run.



Running isn’t always the most fun, so it’s important to build in a reward after a particularly hot and sweaty summer training run. Even a nice sprinkler on my route is a bonus! Or maybe a cold beer afterwards? Noah, on the other hand, likes to stop at the Fox River along the trail and dip himself right in and grab a drink before continuing on our runs. He is a water dog through and through, and loves coming home to a nice soft towel dry after getting muddy and gross on the trail.

4. Safety first.

Noah is dog aggressive when on a leash, meaning that whenever we see a dog on our run, there's quite a lot of barking, lunging, and angry teeth showing that happens until we have passed the "danger". While this can be annoying at times, I have come to realize that Noah's aggression is more of a way to protect me than anything else. His breed is anxious, loud, and highly prey-driven, and because of that, he truly works to protect his "pack" from any outside dangers. If I plan to run a little later in the evening, I almost always take Noah with me to make sure I feel comfortable out on our trail. Better safe than sorry, and my "scary" dog will take care of any predators that head my way.

5. If you ain't the lead dog, the scenery never changes.

Noah is the MOST excited when we first start our runs because of the endless possibilities and smells in front of us! Our first mile is usually a speed workout, but I am always the one being pulled along as my dog yanks as hard as he possibly can to keep me moving. Noah loves leading the run, and I'm just along for support. He pushes me to run faster and farther, which is good for my soul.

6. Running in the morning sets you up for a great day.

Whenever I am questioning whether or not to go for a morning run, all I have to do is look at my dog. He sits patiently as I lace up my running shoes, and then runs to the back of the house where he sits and looks at his harness and leash, just waiting for me to get him set to go. He's so excited about the possibility of a morning run, how can I not want to go out? I never regret it when I'm done, either, and neither does Noah as he naps in the morning sun.



7. Fall and spring are definitely the best running seasons.

March and April provided the perfect weather for our 3-4 mile runs, with cool, brisk, damp temperatures and fewer people and dogs out on our trail. I am anxiously awaiting the chillier temps of October and the end of cross country season so that Noah and I can get back to a little routine together. He never minds running in bad weather -- rain, a little snow, and he especially loves the chilly spring and fall temps. I can't help but agree with him!

8. *A little bit of rain on your run never ruined the day.*

Noah is a water dog, and if there's a run involved, he isn't missing it just because of a few sprinkles. I usually HATE running in the rain, but sometimes you just have to get out and go. So Noah encourages me to make a run happen even in less-than-desirable conditions. I always find that a good run overshadows a little discomfort, and a mid-run shower isn't the worst.

9. *A post-run nap is a glorious activity.*

Noah and I wholeheartedly agree that every good running experience deserves a little R&R afterwards. Once Noah is clean from his muddy river dip, and I've showered, we both settle in for a nice snooze, and if we can find the sunny spot, so much the better.



10. *Every run is an exciting experience.*

Even though we run on the same trail and pretty much the same distance each and every time we are out, there is always something new to explore: a smell, a person, a bicycle, a brave goose or squirrel. I find that my running route isn't repetitive at all when I'm out with Noah. Every single run is the best run for him, and I find myself feeling the same way.



Noah and I are similar in that we need a good run to wipe away the stress and anxiety of a day, or to get us started on the right path in the morning. If you don't have a canine running buddy, I highly encourage the experience -- not only do I feel safe having my dog with me out on the trail when running alone, but I know it does both him and I a world of good to get out of the house and just relax on our daily runs.



ANGELA DELEON FREEMAN: FROM RESCUE TO RUNNER: DIXIE'S JOURNEY

Meet Dixie Daisy Dog Freeman! She is a 1 year old Border Collie mix our family adopted through All Herding Breed Dog Rescue on May 31st. It's hard to believe that she's been with us for only three months! Maybe that's because Dixie fits just so perfectly into our family. We also have a 4 year old Maltese/Shih Tzu mix named Wrigley. Despite their comical difference in size, they are best friends and love to play or cuddle together.

Yes, we did adopt a dog during quarantine, but it was not on a whim. I started searching for a running dog around Christmastime last year and was discussing it

with my husband Brad for several months prior. I do love to run with a friend or a group, but I'm not able to do that as often as I'd like. I also know I'll continue to train for longer ultra distances which means a lot more miles, more walking, more hiking, and lots of time on trails, often alone. So I researched running dog breeds, read all about the gear and training, and filled out applications for a few local rescues. I inquired about a lot of dogs and even went to meet a few, but for some reason I was still hesitant. By February, I told my husband that I was putting the dog search on hold until after our spring break trip in March. I didn't want to stress a new dog or myself with a trip so soon. Of course by March our trip, and pretty much all other parts of normal life, would be cancelled by a pandemic!



Like many families, we started taking a lot of walks because we were so bored in the house! I have a 14 year old daughter and a 6 year old son. We are fortunate to live just a few houses away from one end of the Arroyo Trail in Channahon, and we were taking advantage of all the other forest preserves before they closed. So, I was inspired to resume my search for our four-legged trail buddy. I think I read every article out there about selecting a running dog, and I was settled on a herding dog mix. Border Collies, Australian Cattle Dogs or Shepherds were the most often mentioned as dogs that can run up to ultra distances, do well on trails, and can run in most temps. Additionally, these dogs are known to be very smart, easily trainable, and make good family dogs. Since many of the rescue dogs have a rocky past, some

cannot go to a home with a small dog or small children. I also specifically wanted a female dog under 50 pounds and 1 to 2 years old. I was stalking the All Herding Breeds Dog Rescue's Facebook page waiting for a match when I saw the picture of this beautiful black and white dog with her ears sticking straight up and what looked like a smile on her face. She was described as just over 1 year old, good with other dogs, currently in a foster home with small children, and fully house trained. Then I read: "She needs to go to a home with a very active family. Foster mom says she has lots of energy! She would make a great running partner!" I messaged the rescue right away and made an appointment to see her the next day. Fortunately her foster home was right in Minooka, so my daughter and I went to visit her the next day. She was so wild! Her foster mom could barely keep hold of her leash, and she immediately jumped up on our shoulders and was covering our faces with kisses. While she was obviously so sweet and just excited, she was definitely not well behaved. We took her for a walk around the block during which she pulled us in every direction and barked at every dog and person she saw. Several times she stopped and laid down and refused to keep walking until she was ready again. I already planned on investing in professional training for my running dog, but I wondered if this dog would ever be that dog that I could run with confidently and comfortably on trails! It didn't matter, I knew we were getting this dog. My daughter and I were in love with her already! Despite her wild behavior, there was just something about her sweet, happy expression and all the doggy kisses she gave that gave me the gut feeling she belonged with us. The next day, we went to the rescue, filled out paperwork, paid the adoption fee, and then we picked up our new dog and brought her home!



As soon as we got home, our dreams of living happily ever after with our two dogs and our family all cuddled on the couch were shattered! Ideally, two dogs are usually introduced on neutral terms, or at least introduced a few times before bringing a new dog into the home with a dog. Unfortunately, we were not able to arrange that due to living in less than ideal times! So, we brought Dixie home and hung out with her in the front and then brought Wrigley out to meet his new sister. It did not go well. It was actually frightening. Both dogs were harnessed and leashed, but Dixie was barking and lunging at Wrigley and he was barking and lunging right back at her. We decided to move to our fenced backyard. At one point, they got close enough to smell each other, but then immediately Dixie pinned Wrigley down with her big paw and tried to bite! I was terrified, panicking, and heartbroken. I was

texting with the rescue and she was giving me advice. I was texting anyone I knew who was dog knowledgeable. We brought Dixie home on a Sunday, and for the rest of that day and the next few days our lives were consumed with keeping the dogs apart. It was very stressful. Nia and I spent all day taking turns walking one dog so the other dog could be free in the house and yard, or locking one dog up and letting the other dog out in a constant cycle. We walked around the house with Dixie on her leash trying to let them get used to living with each other, but it was not getting any better. Any time Wrigley got too close, it was immediately growling and barking. I was honestly afraid Dixie wanted to eat Wrigley and would if she got the chance! I was terrified that we'd forget that one dog was inside while the other was out, open the sliding door, and have a blood bath that my kids might witness or even get caught in the middle of. I received many recommendations for dog trainers, but because restrictions were just being lifted at that time most were busy with the clients they had cancelled over the past weeks. Finally, I put a plea on Facebook for help because I feared Dixie might have to go back to the rescue. I really just wanted someone with animal behavior knowledge to come over and tell me if this was a lost cause or if it might be possible for these two dogs to live together safely. Luckily, a trusted friend who works in a veterinarian's office sent me the info for a woman in Channahon who trains K9 dogs, service dogs, and does house calls for pet dogs. She was available later that week! Although nothing had changed yet, talking to the trainer gave me hope. I sent her some pictures and videos of the dogs interacting, and she was confident she could help! (Because her husband is in law enforcement this dog trainer does not advertise her name or services. She works only by referrals, but I would be happy to pass along her info.)

To say this dog trainer was a miracle worker would be an understatement! She met the two dogs separately first. Within a few minutes, she had Dixie walking calmly on the leash rather than yanking and pulling. She immediately stopped Wrigley from excitedly jumping up to greet her (which we let him get away with since he's a small dog.) Then came the true test. We brought both dogs to the backyard and they magically walked past each other without going crazy! She got Dixie to lay down so little Wrigley could approach her without feeling threatened. Dixie was still whining and wanted to react more, but was staying under control. When my husband came home from work that day, he couldn't believe it! We still had Dixie on the training collar with a short leash just in case, but two dogs who couldn't even get close to each other that morning were freely laying on opposite sides of the kitchen floor relaxing. Over the next few days, we saw the dogs



becoming more and more relaxed around each other. We continued to work with the dog trainer for a few more sessions, but even she was surprised at how fast Dixie responded to training. Within a week, the two dogs were playing and chasing each other around the backyard. It became obvious that Dixie was not going to hurt Wrigley, she just wanted to play and she's still a big goofy puppy. In fact, Wrigley is now a happier dog. We maybe just assumed he was content as a little lap dog, but now he gets excited for the much more frequent walks, play time in the backyard, or chasing each other around the house.

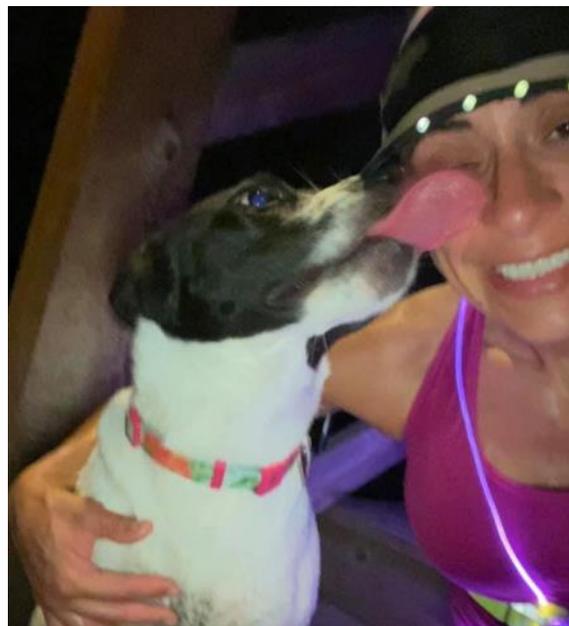
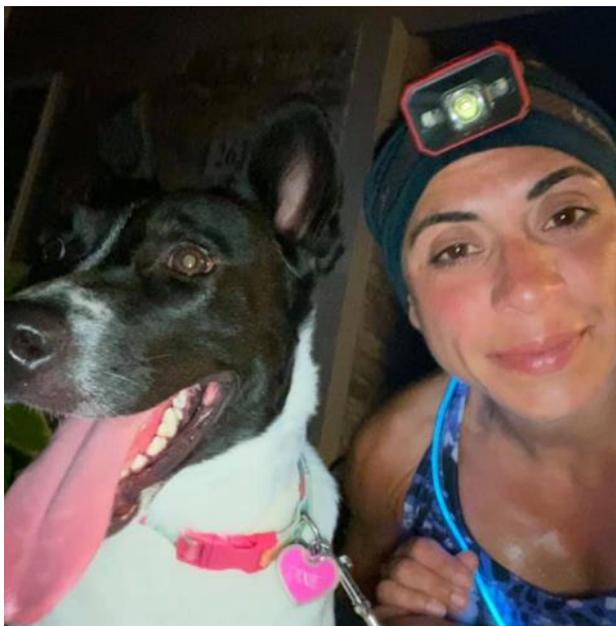
I initially thought it would take several months of training before any rescue dog would be able to run with me, but Dixie was doing so well on walks and short runs that I decided to go ahead and start using the hands free waist leash. Just like with any running gear, it can be trial and error before you find what works. I returned two leashes before I found one that felt comfortable and was not too heavy or long. I am on the shorter side at 5'2" and Dixie is a medium sized dog, so the first two had too much slack when she was running or walking close at my side. Once I found a leash that fit us, she learned quickly not to get too far ahead of my legs and stay at my left side, but we're still working on ignoring the bunnies and squirrels!

Whenever the weather allowed in both June and July, I had Dixie out for a few miles of running and walking on Arroyo Trail, the I&M canal path, or our neighborhood streets. We even ran an official virtual 5k for the "I Run For Dogs 4th of July 5K" and Dixie received her own medal and a matching red, white, and blue bandanna! Throughout the summer, I have worked up to running 6 miles with Dixie. I know she could easily run much farther, but the heat and humidity have held us back. Even when I am running at my faster pace, Dixie seems to be barely jogging next to me, her feet barely leaving the ground. After a six mile run, she loves to cool off in the closest body of water or her baby pool and she recovers quickly. Dixie was doing great listening and not pulling on the trail, but I was having trouble controlling her reactivity to other dogs so I made another appointment with the dog trainer. I was able to meet her on the trail with her dogs and a dog she was boarding/training to work on it. Once again she was immediately able to help with the problem enough for me to feel comfortable when we pass another dog. Dixie and I continue to work on it, and now she is able to ignore even dogs that bark at her. This allows me to feel comfortable taking her to more crowded places like Starved Rock.



I have realized that the journey to eventually ultra running with Dixie is much like any running journey. We're finding out what works for us in terms of gear, pace, fuel, routes, miles, time of day, etc. For example, that shorter waist leash that I mentioned earlier is great for runs and walks where she can be mostly next to me, but does not work on a single track trail when I have no choice but to let her run out ahead. I joined the Facebook group "Running with Dogs" where I not only get to see lots and lots of cute dog posts, but can get advice and see what works for others. Turns out, just like any running problem, the answer is usually buy more gear! Last week, we received Dixie's new Howling Dog Alaska Distance harness, and now we are working on her not zig-zagging or pulling too much when slightly out ahead. I am looking forward to cooler Fall temps so I can get Dixie out to more trails and longer runs. I know I'll never know how far or fast she can run because it is definitely beyond my limits!

I adopted Dixie specifically to be my running partner, but she has bonded with everyone in the family, including Wrigley! She had a rough start found as a stray and then returned to the rescue once because she was too energetic, but I am so glad she found her way to us! She has brought so much joy to our family already, and I really think she has helped us beat the Covid blues. I wanted a running partner and a great family dog, and I hit the jackpot! I know Dixie and I have many happy miles in our future.



"Dogs are not our whole life, but they make our lives whole."

– Roger Caras (photographer and writer)

Guide dogs help keep blind runners healthy and fit despite pandemic



Thomas Panek, center, a blind runner, jogs with his guide dog Labrador retriever Blaze, and running guide dogs specialist Mike Racioppo, left, Thursday, July 23, 2020, in Central Park in New York. (AP Photo/Kathy Willens)

Photo: <https://www.hindustantimes.com/fitness/fitness-amid-covid-19-guide-dogs-help-blind-runners-stay-healthy-despite-pandemic>

Tom Panek, President and CEO of Guiding Eyes for the Blind in New York, developed a canine running guide training program in 2015. Tom is a blind marathon runner who has completed dozens of races with human guides and finished the 2019 NYC Half Marathon in 2:20 with his trained team of three dog guides only — Wesley, Waffle, and Gus — and no human help.

RUNNING BUDDIES



MARK BOWMAN:

Mark says, “Pepper is our Dalmatian. I try to walk or run or a combination of both with her as often as I can. She is not one for really long distances, particularly in the heat, but she enjoys it a lot while she is out there.”



JUDITH WARREN:

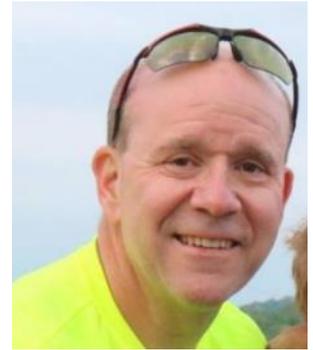
Judith shares with us her companion, Dozer, who can put on such a sad face when left behind. He happily accompanied her on many legs of the Great Virtual Run Across Tennessee where he made sure to leave an autograph for adoring fans to enjoy later.



CLUB MEMBER STORIES:

Musgrave's Running Journey

by David Musgrave



My running journey started in late Summer 2008; I was in Pretoria, South Africa on business building a manufacturing plant. One morning I went to tie my shoes and it was difficult to bend over so I decided to get on the scale in my hotel room and was shocked to see that I weighed over 200 pounds. Sitting there stunned, it was evident that changes in my lifestyle were required.

My family has a terrible history of heart disease, my mother passed away my junior year in high school, and just prior to my South Africa trip my family laid one of my brothers to rest in Abraham Lincoln National Cemetery – 45 years of age – due to heart disease. I was in my late 30's and didn't want the same fate.

I started going to the gym doing random cardio and lifting weights but it wasn't until the Fall 2009 that my running journey started. One of my best friends who was an avid marathoner, coaxed me into running the Sycamore Pumpkinfest 10K – as a first race it was intimidating since I didn't want to embarrass myself. My buddy and his friends – all sub 3:25 marathoners ran with me the entire way, encouraging me. They didn't have to but they did, and that is when I realized runners were a different breed of person.

Fast forward to 2016, I had a few half marathons and marathons under my belt but was not making the progress I wanted or thought I could. Matter of fact, after the Marine Corp Marathon I contemplated not running as much or at all as running was not fun anymore. Coincidentally, Chicago opened up registration the day after MCM and as typical – for a runner - I thought, well – why not...I probably won't get selected.....I was wrong.

After getting the confirmation for Chicago 2017, I knew changes in my training were required so I reached out to a few friends and Lauren Lemke put me in touch with Michael Lucchesi, head coach of Second City Track Club. After a few phone conversations and emails, I figured I'd give his program and training philosophy a chance. It was just what I needed.....

Two words sum up the approach in my mind, "Tough Love". Mike broke me of several bad habits, trained me to run by feel and effort instead of what my watch and heart monitor was telling me, workouts are tough and will break you both physically and mentally. You learn to love hills, embrace marathon distance long runs, and feel the need for speed (work). You run in heat,

sleet, snow and rain.....his club team members do the same workouts as his elite athletes, several who routinely qualify for the Olympics and/or the Olympic Trials.

With each training cycle, I was emerging stronger, fitter and faster....

My past two marathons have been great experiences. In 2018 the Twin Cities Marathon was my 'A' race and I would recommend this race to all of you. It is relatively small, a point to point course running around lakes with trees showing off their fall color. The residents do a great job showing support and cheering on all the runners - and more importantly I snagged a 23 minute PR.



In 2019, I was fortunate to run on the home field – Chicago – I will never get tired of running this marathon for many reasons – the energy, the crowds and the flat/fast course! Chicago didn't disappoint as I collected a 13 minute PR, running 3:29 and I was only 4 minutes from Boston Qualifying...

I was looking forward to 2020 but there is no need to lament what has happened. I was registered for 2 marathons and had high expectations of BQ'ing at one or both of them. This has not changed my approach or altered my running or training as running continues to be a great outlet. Usually, I like to run solo but I'm trying to connect and run more with other runners, especially my TBIFF River to River teammates – sometimes it is tough to get schedules to line up but when they do it is a guaranteed good time.



When I'm not running you will find me on our farm in Southern Illinois taking care of our bees, doing habitat work on the property, and hunting deer or turkey. Full disclosure – running the gravel roads and hills around the farm are great for training. More importantly, I spend as much time as possible with my lovely wife, 3

daughters and 4 grandchildren who are now scattered coast to coast. While they don't understand why I get up at 4:00am to go running, they continue to support me and are my biggest fans.

For those interested, since that fateful day in South Africa – I've lost 50 pounds, dropped my races times for 5K, half marathon and full marathon by 5 minutes, 14 minutes and 66 minutes and have learned to love to run again. What more could a person ask for?

In closing, I'm looking forward to 2021.....the opportunity to run a couple marathons with the intent of BQ'ing and surpassing the "Lemke Standard". Until then, I'll continue to train so when I toe the line I'll be ready to roll.

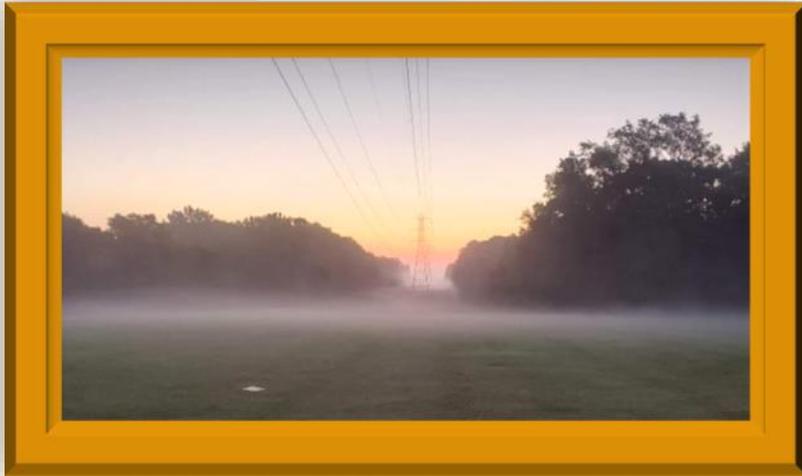
I'll see you on the trail....



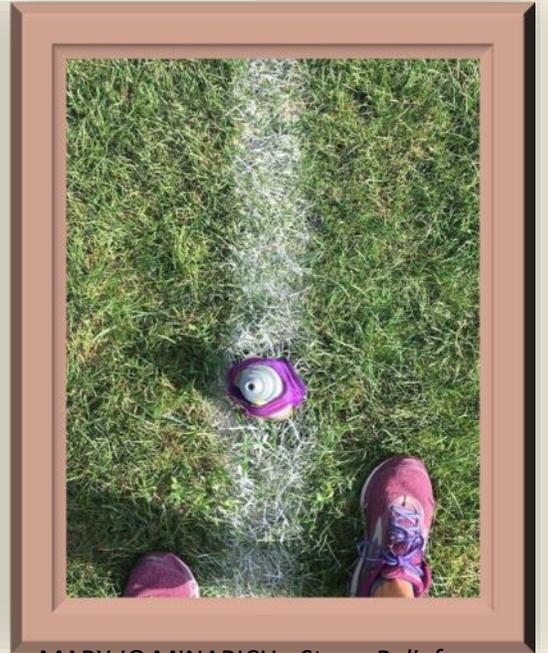
"You have to wonder at times what you're doing out there. Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement."

— Steve Prefontaine

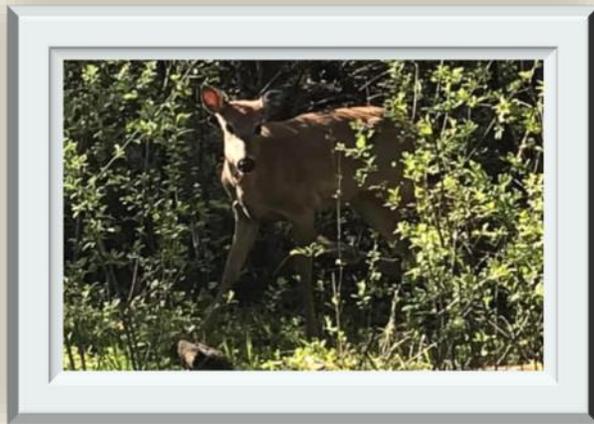
ART GALLERY



HEATHER HALL. *Holy Humidity*



MARY JO MINARICH. *Stress Relief*



JUDITH WARREN. *Incognito*



TERRI PUTNAM. *Arb in the AM*



DIANA GONZALEZ SORICH.
*Morning Thought Process —
an abstract work*



*Runner
Sculpture*
by some guy
on Etsy



CARLA HUTLEY. *Wildlife at Rock Run*

CLUB MEMORIES: 2000-2010

by Dave Cyplick, Jay Wait, and Susan Mores



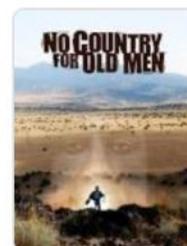
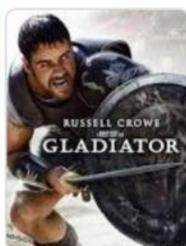
Once we survived the dreaded Y2K intact, the decade 2000-2010 was marked by disasters both natural and manmade. The September 11, 2001 attacks, the Iraq War, Hurricanes Rita and Katrina, the collapse of Enron, the Wall Street scandals like Bernie Madoff's Ponzi scheme, the sub-prime housing crisis and finally the global recession of 2008 far outweighed the dread of computers crashing with which the decade began.

The sports world was rocked by some scandals we knew about, like the Barry Bonds and Mark McGwire steroid controversy, while the secrets we didn't know, namely Lance Armstrong and the USPS cycling team's exploits, were yet to be uncovered. Michael Jordan unretired again to don his Number 23 for the Washington Wizards a few seasons, and the Bears made it to the Superbowl but lost.

In popular music, Eminem was losing himself, Beyonce encouraged the single ladies to get a ring on it and Amy Winehouse was singing no no no to rehab. Now-classic movie series like The Lord of the Rings and Harry Potter had begun, while on the small screen new shows such as The Sopranos, Friends, Lost, The West Wing, 24 and The Wire were keeping audiences captivated.

In 2005, The World Marathon Majors was born and came to be dominated by Kenyan men and German females between its foundation and the end of the decade.

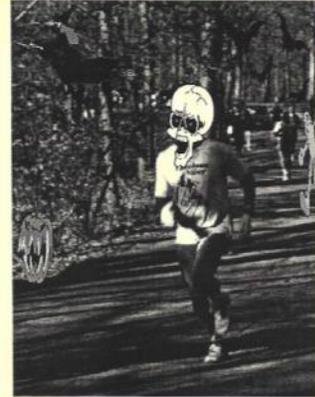
Meanwhile, back in beautiful Will County, Illinois...



The running scene was bustling along. Mary Jones was PSRR Club President in 1999 and 2000 but in addition to that, she also edited the Pacesetter newsletter and directed the National Heritage Corridor 25k race put on by the club which was a local favorite for many years.

In 2001, Jeff Lindstrom became PSRR President and was at the helm when the decade's worst national tragedy took place. He wrote this Prez Says after the September 11 attacks:

The PREZ SAYS



I hope most of you have recovered from the great tragedy that stuck our country on September 11. Things like this make us realize just how fragile, and precious life is. It also shows us that things can change in just a few minutes, look at the economy, booming last year at this time, now almost a depression. My heart goes out to everyone effected by this tragedy, hopefully all our members and their families are safe! I salute those who came out and helped make life more normal by volunteering for the National Heritage Corridor 25K on September 16th. Jeff Biggs did a fine job of organizing this event. Although the number of runners was down this year, that was to be expected with what happened. It was good that this day 500 people were able to get the fear off their minds and feel the joy of running and life. I heard the Kankakee River run was again a very nice race. Unfortunately the numbers were low there too. I hope that soon those who are avoiding going out because of fear or depression will soon get back out running since running has been shown to lower stress and increase both mental and physical health. I I've state many times though running is not the most important thing in life, so make sure to spend some time with your families and loved ones, they are the most important thing, just ask anyone who lost someone in New York. I hope all those who have run a marathon this month have enjoyed successfully completing this major goal, but for those who had problems remember that mistakes and mishaps can help us learn about ourselves and others and become more flexible and grow stronger. Don't forget the upcoming Canal Connection 10Kk, this is a nice course run mostly on the softer towpath surface and in fresh country air. Also Our Turkey predictor will be held Thanksgiving morning, again remember that if you can't run you can always volunteer to help and still enjoy the company of your running friends. The October meeting will be October 14th ,at the lone star after the breakfast club run at 8:00 am, come join us for some conversation and help add your ideas for our club's future.

Well until next month see on the towpath or at the races,

Jeff

From 1999 through 2001, PSRR participated in the Southern Area Race Circuit. Four running clubs including PSRR, the Kankakee River Running Club, the Palos Road Runners and the Park Forest Running and Pancake Clubs made up the circuit. Each of the 4 clubs designated two of their local races as SARC races (for us, the Sundowner and the 25K) and points were awarded for the relative finish places of team runners. SARC encouraged race participation and friendly competition. There was a combined awards banquet at the Pilcher Park Nature center at least one of these years that participants of all the clubs attended.

Dave Cyplick: “This circuit was started by Jeff Lindstrom. Each club selected two local races and the top 15 finishers from each club were counted. In 1999, we gave out awards for the four club competition at the Pilcher Park Nature Center. I don't think I ever ran in any races in the Palos area prior to this so I enjoyed heading in their direction. The races were as follows:

- Caribbean Cruise - Park Forest Club - February
- Fools Run - Park Forest Club - April
- Palos Park 3 Miler - Palos RoadRunners - May
- Kilbride Family Classic - Kankakee Running Club - June
- Sundowner 5k - PSRR Race - July
- Hickory Dickory Dash - Palos RoadRunners - July
- National Heritage Corridor 25K PSRR - September
- Kankakee River 10k - Kankakee Running Club - September”

FROM A PAST PACESETTER ARTICLE:

You may have heard about the exciting new cooperation happening between our club and the Palos, Park Forest and Kankakee clubs, but if you haven't listen up. Starting at the Caribbean Cruise and followed by The Fools 4 miler, and including our 25k and Sundowner, the Kankakee River 10K, The hickory hills 3 miler, a fathers day race and several others all on our circuit now too. This circuit is a team competition scored by adding the finishing places of your top 15 runners up. Lowest score wins. There will also be cash prizes to the top individuals (3 deep) and top master in both male and female groups. Clubs will also win cash back for finishing first and three \$25 checks will be drawn for at random for all finishers who participate in the races. For every race you run you get another chance in the drawing so run one race you get one chance, run all eight races and get eight chances. Only one prize to any one person so the wealth will be spread around. So for you competitive runners, run at least 6 races and maybe you can score the individual money or to turtles like me, run as many as you can get too and maybe you can pick up \$25 in the random drawing. Some new fun for everyone and a chance to get to better know running friends from the other southeastern suburbs makes this a winning situation for us all. I will update when all the details are final. Also thanks to all who wished me into a new age group on valentines Day at the Frosty or with the nice card. It's so nice to have great friends like you all. See you all at the 'Run for the Funds' since I'm doing T'ai Chi in Hawaii for the next 2 weeks.

Jeff Lindstrom

Traveling to out of town races with fellow club members has long been a tradition with PSRR members. 2002 was no exception as a number of PSRR's headed to Duluth Minnesota for Grandma's Marathon. We entered both Women's and Men's teams in the Marathon team competition that year and placed 10th on the Women's side and in 12th place on the Men's side of the competition. Carol Walters wrote an article about the 2002 expedition in The Pacesetter that year:



GRANDMA'S MARATHON
EXCURSION
JUNE 22, 2002
by Carol A. Walters



It was a 92 degree day when we departed from Claire Oliver's house for Grandma's Marathon on Thursday, June 20th at 5:30 p.m. Yes, it's finally here...no more bad training runs (or good ones)! Dave Cyplick, Clint Carter and Carol Walters loaded up into Claire's van and headed out of town for their first destination, Portage, WI. We weren't a mile out of town when we came upon Tom Bellows running down Essington at about a 6:00 minute pace in the heat. We shouted out to him that we were heading to Grandma's. While stopped at a red light, he ran to our van to wish us good luck. We gave him a swig of water. He was our added inspiration for the marathon.

We stopped for dinner at the Pine Cone Restaurant just south of Portage, WI. Claire must have been hungry by the way she pulled her van into the parking lot. I didn't know vans could lean that far without tipping over. We arrived at our lovely hotel, Comfort Suites, in Portage, WI at 10:30 p.m. The four of us capped off the long drive by sharing a bottle of wine; compliments of Claire. We slept like babies and got up early the next day for a free breakfast from the hotel...the coffee was like sludge and Bill Murphy needs to show them how to make oatmeal! Nonetheless, we had plenty of junk food, water and Gatorade in the van....breakfast of champions.

Approximately 5 hours of driving in constant rain, lightening and hail, Claire pulled us into beautiful downtown Duluth, MN. We went directly to the expo and picked up our race packets, shopped, and had a late lunch/early dinner at Grandma's Garden Restaurant. We then proceeded to check into the dorms at the University of MN at Duluth. Runners were everywhere! We had four rooms and were grouped together in our own "wing". We finally met up with Sandy Kurtenbach, Jim Halstead, Dan LaVire and Jeff Biggs at the dorms. We spent some time mingling with the other anxious marathoners in the hospitality room. We called it an early night since 4:30 a.m. the next day would come quickly. No one seemed to get a good night's rest. Seems that there was some nervous chatter in the hallway for quite some time.

Carol brought her coffee maker to ensure the morning of the race was like any other morning. We awoke to the sound of percolating coffee....the good stuff! All of us had coffee together and took pictures. It's always fun to compare the before and after pictures! What a hoot! It was another cloudy/rainy morning as we were loading the bus at 5:30 a.m. to take us to the starting line in Two Harbors. We had the pleasure of listening to an "expert" marathoner on the bus coaching a first-time-marathoner..."be sure to belch at mile 21" and "refrain from looking at Duluth while on the course because you'll be further away than it looks"! Huh? Her friend mentioned that that shouldn't be a problem since they would know by the mile markers what mile they were at!

Race time was 7:30 a.m., still cloudy, cold; about 40-45 degrees. We handed in our gear at 7:00 a.m. and headed for the port-a-johns one last time. We seeded ourselves at the start only to see lightening bolts and very dark skies in front of us. We had only 2 minutes until the start when the announcer delayed the race for 30 minutes due to the storm. Everyone scattered like cockroaches for the port-a-johns one more time. By now, we were all freezing. There were tents set up that everyone was trying to huddle under to stay warm and dry. At 7:45 a.m., the crowd took their places again, and were irritable and anxious to get the race started. By this time, light rain had begun to fall. The gun went off at 8:00 a.m. and by mile 1 the rain had stopped. It was almost a perfect marathon day. Cool, cloudy, very light breeze, no rain. It was, however, very humid. All of us started the race together, but eventually everyone split off into their own comfort zones. At the finish we were greeted by Jeff Biggs and his camera...he managed to snap a few of those "after" pictures!

Retrieving our gear at the gear-check table went fairly well until Claire threatened to jump over the table to find her bag once she learned they could not find it. Upon realizing she wasn't humored by this, they managed to find it....quickly.... and all was well. We said our "good-byes" to Dan and Jeff as they continued on for a canoe vacation. The rest of us changed clothes, grabbed a quick bite, and hobbled to the bus stop for a ride back to the dorms. Once home, Claire and Carol immediately cracked open a bottle of Merlot to celebrate. We met a fellow runner-friend, Tom Gladfelter, for a lovely dinner at Pickwick's. Carol and Claire shared another bottle of wine....hmm! As we were dining, yet another lightening storm rolled in off of Lake Superior. The fog horns were non-stop. After dinner, we strolled through a few shops. Dave and Jim picked up a bottle of wine...hmm! We called it another early evening and headed back to the dorm. We met at Carol and Claire's room for...you guessed it....a night cap of the wines that Dave and Jim purchased. We all slept very well that night.

Woke up Sunday morning to more rain. Carol and Claire had breakfast over another bottle of wine....JUST KIDDING!! Moving a bit stiffly, we managed to load up the van and headed south about 65 miles for breakfast. We threatened to stop in Wisconsin for some cheese curds (or is that cheese turds?), but were anxious to get home. We needed to re-fuel the van about 1/2 way home. Claire managed to buy....yes, a bottle of wine.

We arrived safely back at Claire's house at around 5:15 p.m. Claire was anxiously greeted by her daughter, Emily and her son, Sam. Sam pitched right in to help up unload the van. Claire's husband, Andy, was glad to have Claire home, too!

Some of us said that we'd never run another marathon....some of us are already planning the next one. For anyone interested in running Grandma's Marathon, it is a point-to-point course with a few rolling hills and one sizeable hill called Lemon Drop between 22 and 23. There were approximately 6800 finishers so the crowd is manageable. The water stations are well organized as is the majority of the event. We bumped into Rich Gaul and Joann Kammerer at the finish. They accomplished their goal of beating their Chicago Marathon time! Rich is a good person to ask about Grandma's as he has run it many times.

Dan LaVire: 3:39:49 Carol Walters: 3:40:52 Claire Oliver: 3:48:41 Clint Carter: 3:56:13 Dave Cyplick: 4:03:21
Rich Gaul 4:20:40 Sandy Kurtenbach: 4:28:23 Jim Halstead: 4:51:37

Jeff Lindstrom, who took over the reins of the PSRR from Mary Jones in 2001, had developed a medical condition that reduced his ability to run over the years, yet by 2003, he found himself acting as President, circuit statistician and newsletter editor. Fortunately, John Davis jumped in as newsletter editor to relieve the burden on Jeff.

John wrote a monthly column called “Davis’ Doodles” in which he shared insights about running, the club and life. These are a couple of examples from 2002 and 2004:

DAVIS’ DOODLES

I had plenty of time to write the month’s column. I am currently laid up with a muscle tear in my calf. Not being able to do my daily run is like a freedom being taken away from me. I have a poster in my basement that says “What would you do if you couldn’t run?” This is always my motivation to go out each day. Also, I realized that no pain, no gain should be replaced with “when in pain, use your brain.” My injury happened while refereeing a basketball game but in reality it was an overuse injury; I did not listen to my body. When I ignored the original pain on Thursday and Friday during basketball games and ran 5 miles on Saturday morning even though the calf was a little tight, the running gods determined that during the first basketball game on Saturday morning I would be taught a lesson in training. As I was headed down the court, my calf felt like an explosion had occurred or I had been shot. Well, I think I’m on my way to a recovery and with all the holiday food (I’ve gained 4 pounds) and icy conditions, this is not a good time to be on one leg. Also, it takes me about one hour a day to find substitute referees for all my games (I over scheduled a bit – like about 18 games per week).

DAVIS’ DOODLES

I always love this time of year. 2003 is done and, for the most part, all of us can be thankful for many things. We still have great friends, our families and are growing and staying strong – and we kept running. The new year gives us a chance to improve upon all those things and add to our life’s accomplishments. My family and I have always taken the time between Christmas and New Years to set resolutions and evaluation on how we did on last year’s. My physical goals always revolve around keeping my weight constant, running about 2000 miles and not embarrassing myself at the area road races. This year I added a goal. That is to run a marathon again. This may not seem like a big commitment, but the last of my 15 marathons was completed about 17 years ago. Now that I have printed this goal for all to see, I had better start upping my mileage.

This is a big year for the Prairie State Road Runners. We will be electing some new officers. We also will be trying to increase our membership and get more exposure in the area newspapers.

I hope all of you had a happy holiday season and will have a prosperous and healthy new year.

In 2004, Jim Halstead took over as PSRR President. The club became an Illinois non-profit corporation at this time and we continue to maintain this status as well as our affiliation with the Road Runners Club of America where we derive our status as a 501c organization, exempting us from federal income tax. We also began the process of instituting a PSRR Hall of Fame, inducting our first nominees at our January 2005 annual

meeting and banquet. Gary Moss, Greg Rose, Becky Criscione and Jack Picciolo were our first inductees.

[Editor's Note: Following this article there is an individual "History of the PSRR Hall of Fame" discussion written by Dave Cyplick.]

Dave Cyplick was PSRR President from 2005 through 2007. In 2005 and 2006, PSRR hosted a series of cross country races (3 in 2005 and 2 in 2006) in conjunction with the Channahon Park District on the Minooka High School Cross Country Course in Channahon. This was an effort to get adults interested in cross country as well as giving the high school runners some extra access to cross country races in the summer.

Dave Cyplick: "Our club has dabbled with cross country off and on. In the 1990's we hosted the Illinois Open State Cross Country Championship in Kankakee at Camp Shaw. You could argue that this was actually more of a trail race but it did have cross country aspects to it including the start which was on a large open grassy field. The cross country races in 2005 and 2006 were an experiment that attempted to attract adult runners and middle school and high school kids from Channahon, Shorewood and Minooka. The middle school runners ran two miles and the high school and adult participants went three miles on the Minooka High School course. Coaches Doug Cherry from Joliet Central, Kevin Gummerson from Minooka and Tammy Gummerson from Plainfield North helped us out a lot on this. The Minooka Park District and the respective coaches basically re-did the cross country course to create separation between runners and the frisbee golf course. Having these races prior to the school cross country season allowed them to test this concept out. The races went well from a staging perspective but the turnout was not what we hoped for. The course is located on McClintock road in Channahon, where the Village holds their 4th of July fireworks show. PSRR also put on Cross Country races at Plainfield Central High School in 2014 and 2015 largely through the efforts of coach Matt Clark and Evan Sather, a former Troy Middle School State Championship Cross Country team participant in the 1999-2000 school year."

Jay Wait: "I remember the cross country races in Channahon. In 2005 I ran several of them, and on at least one occasion, my daughter Kathy ran as well. Kathy at that time was a PSRR member, had just graduated from college, and was living at home while looking for a job. We both knew the course quite well as she had run it multiple times in high school meets and I had helped Doug Cherry with the timing of several of the JT Invitational meets held there. This one evening got off to a bit of a rocky start when we were registering and one of the PSRR volunteers handling registration asked her which junior high she would be running with in the fall! Not something a college graduate wants to hear."

In 2006 and 2007, the club put on the Spring Kickoff Trail Race in Pilcher Park. This was a 4 miler that used some of the trails in Pilcher Park which hadn't been raced on for many years. It

also served as a means of getting rid of a huge accumulation of extra race sweatshirts, t-shirts and windshirts we had accumulated over the years.

Dave Cyplick: “In January 2006 I wrote a Prez Sez column that introduced the race: which included the following:

‘Many of you have probably noticed that there are a lack of races in our area in March and April. If all works out, we are going to try to plug that hole a little bit by starting up a race in late March or early April, using the Pilcher Park Nature Center as the venue. The four mile race will be a low cost, no frills race with giveaways being surplus shirts and sweatshirts left over from various races. There will be trophies and medals given out along with refreshments. Hopefully, the club can make a little money and we will have a new race as as a spring kickoff. If the race comes off as planned, it will be a PSRR circuit race.’

The race was uneventful in 2006 with probably 150 runners participating on a course that was probably 50% actual trails, some bike paths and a small portion on the roads.

In 2007, I realized the day before the race that part of the course had probably a foot of mud on it and that required some last minute adjustments, steering them away from the originally planned route. Unfortunately, some people still ran that way and came out caked in mud, others did the course from the year before and still others did the adjusted course. That made for absolute chaos! I did the wise thing and left town immediately after the race! We didn't have the race in 2008 as we brought back the National Heritage Corridor 25K that spring.”

As it turns out, the 2007 race was memorable enough that it figured prominently in Jay Wait's recollections of club history as well.

Jay Wait: “The other race I remember was the Spring Trail Race in Pilcher Park (probably in 2007 because I think it was the last one). Dave had been there with a crew on Friday afternoon to get the course marked for the 4 mile race, and as I recall it did include some segments that were run twice. Unfortunately, on Friday night there was a significant rainstorm, and by Saturday morning parts of the marked course were under water and unusable. Dave did get there early enough to make course revisions (not sure if he maintained the 4 miles or not) and found volunteers to provide guidance at all the turns. Not sure where the wheels came off, but 20 minutes into the race you could stand nearly anywhere in the park and see runners going in every direction. I'm not sure if any two runners actually ran the same course, nor if anyone ran the actual revised course. As I recall, after some debate it was determined that the race could not be scored. I also recall that I had worn a pair of old shoes because I had some concerns about mud, and that when I got home they went directly into the garbage can.”

The club conducted a Marathon/Half Marathon training program in 2007 which included an 18 week structured training program as well as free PSRR memberships for program participants. 2007 was the brutally hot year for the Chicago Marathon. I think we had a total of 28 participants that year though some opted for half marathon training instead

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Chicago Tribune

Heat cuts marathon short

By Josh Noel, Andrew L. Wang and Carlos Sadovi, Tribune staff reporters
Colleen Mastony, Shannon Ryan and Neil Milbert contributed to this report
CHICAGO TRIBUNE

OCTOBER 8, 2007

The LaSalle Bank Chicago Marathon was cut short for the first time in its history Sunday as hundreds of runners laboring across ovenlike streets were treated for heat-related illness.

The stoppage happened about 3 1/2 hours after the start gun on an abnormally sweltering autumn day, amid complaints of insufficient water for more than 35,000 runners who had come from around the world to compete in one of its pre-eminent marathons.

One runner, a 35-year-old Michigan police officer, died after collapsing in the race's 19th mile, but it was not clear whether the death was heat-related.

Chad Schieber of Midland, Mich., collapsed about 12 p.m. at 1500 S. Ashland Ave. and was pronounced dead on arrival at a West Side hospital at 12:50 p.m., the medical examiner's office said. An autopsy will be performed Monday.

Every year, PSRR has members who compete in the Chicago Marathon. Susan Mores has shared some photos of our 2007 and 2008 participants.



**Liz Schwandt, Susan Mores, AnnMarie Annfield, Sergio Arreola, Spencer Hopper
2007 Chicago Marathon**



Chicago Marathon 2008: Scott Ehling, Steve Tutt, Susan Mores, Sergio Arreola, Runner #41330

In 2007, another destination race drew a group of PSRR participants. The photo below left shows a training group for that year's Pikes Peak Marathon. The photo at right shows Susan Mores and Sergio Arreola who ran that year. Susan says it shows: "Pikes Peak Marathon Race Day and Sergio is ahead of me as always."



2008 River to River Breakfast Club team



"The Dead End Kids" from the 2009 Canal Connection are: Susan Mores, Jim Harman, Larry Bornhofen, Jeff Biggs, Sergio Arreola and Dave Cyplick



2008 Frost Five Miler post-race photo

THE PACESETTER IS VERY APPRECIATIVE FOR SUSAN MORES GOING THROUGH HER ARCHIVES TO CONTRIBUTE THESE PHOTOS AND MORE TO COME SPANNING THE TIME FRAME 2005 AND FORWARD.

For a long time, runners in our area had to travel to Lisle, Orland Park or Palos to go to a specialty running store. Andy Remley and Dave Johnson brought us Dick Pond Athletics to Crest Hill in 2005. The store later became DNA Athletics. Andy was PSRR President in 2008 and Dave served as the PSRR Treasurer. DNA has hosted weekly group runs for many years and has provided PSRR members discounts on their merchandise. In 2020, Mark Walker and Nydia Beard are frequent participants in the Tuesday night runs and find them a source of both training and fun.

In 2009 and 2010, Sue Mores was the PSRR President. She arranged for us to have a great webmaster, Mike Wilson, who also worked on the Cal Striders website. Our communication to members was enhanced, we cleaned up our recordkeeping and added social activities such as a post-race party after the Firefly race.



Firefly 5k post race party at Susan's house 2010
Spencer Hopper, Sergio Arreola, The Most Interesting Man in
the World, Scott Ehling, Nate Kershner

Like 2020 thus far, the decade 2000-2010 presented myriad challenges to people around Will County, Illinois, the United States and the world in general, yet the club came together and was able to put that aside for a while as they embraced their common passion of sharing dedication to a sport, competing on both trails and roads at home and far away, building and maintaining friendships and staying active, continuing the tradition of "Will County's Running Authority."



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24210 W LOCKPORT ST
PLAINFIELD, IL 60544
815-588-0908



TUESDAY NIGHT SOCIAL RUNS/WALKS

EVERY TUESDAY NIGHT FROM DNA OUR GROUP FUN RUNS/WALKS TAKE OFF @ 6:30 PM. OPEN TO ALL AGES AND ABILITY LEVELS. THIS IS JUST AS MUCH A SOCIAL GROUP AS A RUNNING GROUP SO NEWCOMERS ARE ALWAYS WELCOME! EARN POINTS FOR EVERY MILE YOU RUN AND WALK. EVERY 20 POINTS EARNS YOU WILL GET A \$5 GIFT CARD TO DNA!



Mark Walker: “DNA Tuesday runs have been very motivating to get a run in. The group of people are wonderful. From time to time (more frequent than not) they will have a theme for the night. For example, the 4th of July we all wore red, white and blue. After the run, there were drinks (adult and non-adult version) where the cans/bottle had red,white,and/or blue. Another night they had NuunTinis (Nuun bottle with a Nuun table, some vodka, blueberries and water (mix well LOL). This past weekend there were cookies and watermelon vodka drinks (some beer too) to celebrate a couple of the runners birthdays. Ever since running I have loved running DNA events (I even worked at their warehouse for a brief time). And when I bring the kids, Andy is great at keeping them entertained. Kids color rocks in front of the stores and runners/walkers sign the bench in front of the store. For anyone who hasn't run a DNA Tuesday run, I recommend trying one out.”



HISTORY OF THE PSRR HALL OF FAME

by Dave Cyplick

In 2004, the PSRR Board was looking for a way to honor past and current runners that had distinguished themselves through excellence in running and service to the club. With 2005 being our 30th anniversary, we decided to start a PSRR Hall of Fame and introduce our inaugural inductees at the January 2005 annual meeting. At that time, there seemed to be six strong candidates, so the question became do they all go in at once or just put in a couple at a time to keep up the interest level in the process. Also, some of the candidates had moved away or no longer ran.

The Board decided to induct:

Gary Moss, an outstanding runner who joined the club when it was still part of the Joliet YMCA and who served as a Board Member and Race Director for many years. Gary was the 1993 Masters Champion of the Chicago Marathon.



Becky Criscione, a former Chicago Area Runners Association Masters Runner of the year who won her age group at the Chicago Marathon by 20 minutes was also inducted.

Greg Rose, an outstanding runner who was tragically killed by a drunk driver at age 34 at a time when he was recording many outstanding per-formances in races all over the State of Illinois was an obvious choice.



Jack Picciolo, our long time treasurer who was a tireless volunteer at races and memorialized by the Kennekuk Running Club by naming a bridge after him at the Siberian Express Race after Jack broke his leg during a race where the bridge iced up rounded out the class.

By 2006, Hall of Fame Candidates were nominated by club members with the Board voting on who got in. At that point in time, we had some members who had been around since the early or mid 1980's but as the years went on the number of members who went back to the early days of the club began to dwindle. As a result, there became a tendency for current runners to be nominated and runners from the early days of the club to be overlooked. That problem was ultimately fixed in 2017 when a veterans committee was formed that focused on the runners from the early days of the club while the nominating of current members continues to be in place.

Over time, we developed formal criteria for Hall of Fame induction: Each nominee doesn't have to fulfill each item on the list, but more is certainly better.

1. First and foremost, the nominee should be of substantial character and integrity.
2. Significant contributions to the club. This may include such things as volunteering at races, helping to organize events, serving as a member of the board (president, vice-president, treasurer, secretary, trustee), being responsible for the newsletter or web site, statistician, or contributing to the newsletter or web site.
3. Attendance at club functions.
4. Number of years in the club. It was decided that there should be a minimum of 5 years to be eligible for the Hall of Fame.
5. Running accomplishments. This includes number of running events, variety of running events, and personal accomplishments such as PR's, awards, goals set and achieved, etc.

In 2013, voting for the Hall of Fame was expanded to include Board Members and Hall of Famers. This necessitated the following voting process developed by Jay Wait:

Voters: Board members and current Hall of Fame members. No double votes if a person is in both categories.

Acceptance criteria: Named on at least 50% of ballots cast.

Voting procedure: Depends on the number of candidates as follows:

- 1 candidate: Each voter votes yes or no
- 2 candidates: Each voter votes for one candidate
- 3 or 4 candidates: Each voter votes for 2 candidates
- 5 or more candidates: Each voter votes for 3 candidates:

Reasoning: Extremely difficult (but not totally impossible) to elect the full slate of candidates if there are 6 or fewer candidates, but at the same time very unlikely to shut out everybody. Typical results would be to elect 1/3 to 1/2 of those on the ballot. You question how much of an honor it is if everybody gets in.

The PSRR Hall of Fame currently consists of the following members:

Class of 2020—Bob Jungwirth, Javier Martinez, Eileen Skisak, John Warren

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

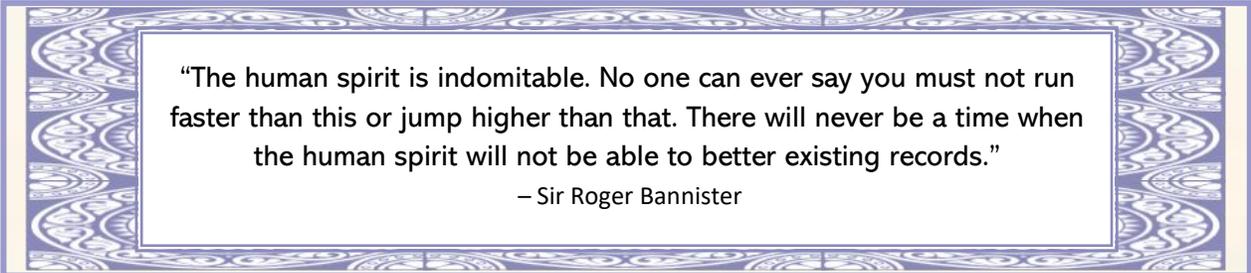
Class of 2009—Jeff Lindstrom, Dick Macknick and Dave Cyplick

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



“The human spirit is indomitable. No one can ever say you must not run faster than this or jump higher than that. There will never be a time when the human spirit will not be able to better existing records.”

– Sir Roger Bannister

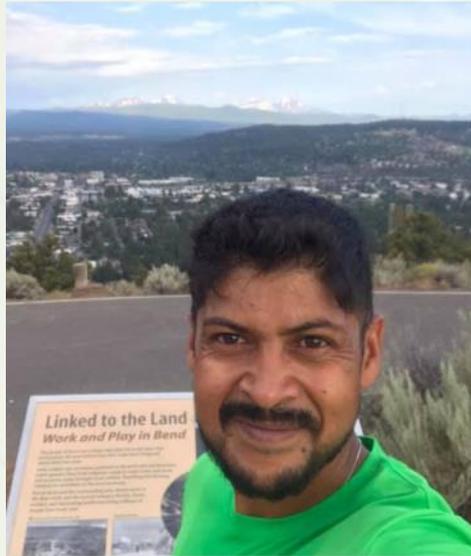
TRAVELIN' PSRR

CANADA

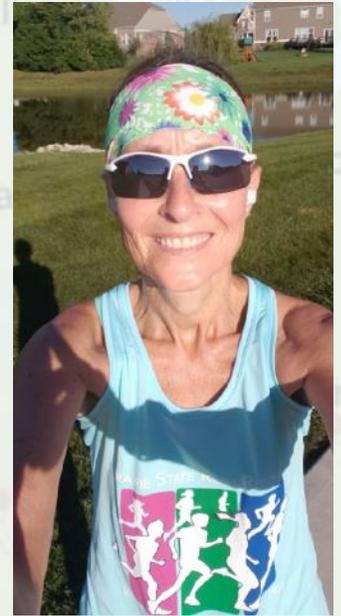
Send your photos wearing PSRR gear from nearby or faraway places to PSRRNewsletter@gmail.com



Judith Warren at Waterfall Glen



Damien Manghabai at Pilot Butte, Oregon



Cathy Morman at her new home in Noblesville, Indiana



Heather Hall, Jaylyn Miller and Jason Miller at Mackinac Island



Terri Putnam (and large scary friend) at Morton Arboretum

POWER WITHIN USA TRIATHLON

EMBRACING THE JOURNEY

"After being the fat kid chosen last on every team and having no athletic ability whatsoever, I started running at age 52 by using the Couch to 5k program...it doesn't matter to me where my standing is when the results are tallied. I feel honored that I have this new life as a multisport athlete which sets me apart and keeps me younger than my peers."

—Lianne Holloway

A woman wearing a grey tank top and black shorts, standing next to a bicycle. She is holding a water bottle.

Lianne Holloway in Cyberspace

MEXICO

Gulf of Mexico

FOR SALE



Happy 45th Anniversary Prairie State Road Runners! We have brand new 45th anniversary pint glasses now available. Price:
1 for \$5
2 for \$8
3 for \$10



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Shirts are \$20 dollars. Cash, check or Venmo please. Make sure to tell me the size if Venmo. My lovely female models are wearing Women's cut S,M,L,XL —we also have in women's 2XL. The women's are cut smaller around arm opening and are shorter. Our handsome male models are pictured in sizes available in Men's/adult. First come first served please.

S M L X-L



PIC-COLLAGE

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 3/15/2020

CIRCUIT STANDINGS

Runner	1. Winterfest 5K	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Boilingbrook Half Marathon	5. Boilingbrook St. Paddy's 5K	6. Shamrock Shuffle 8k	7. Arboretum Champion of Trees 10	8. Fierce 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	16																								1	###
Aguilar, Dan	14																									1	
Antonio, Ernesto		37																									
Arreola, Sergio	3																										
Auld, Michael																									2		
Bailey, Marne	31	23																									
Barry, Laura	41	30																									
Beard, Nydia		8																							C		
Blenck, Shelli	13	14																									
Bornhofen, Larry	18	10																								1	
Bowman, Mark	5	5	11																							1	
Calvey, Aidan																										1	
Calvey, Colleen																										1	
Carter, Clint	11	23																									
Costa, Liz	8	12																									
Curiel, Kelly		10	12																								
Cyplick, Dave	12																										
Figuieras, Kathleen																									C		
Forbes, Sean		40	27																								
Freeman, Angela		15																								1	
Gabryel, Glenn		44																									
Goodwin, Kenneth	17																										
Hagenbaumer, Shannon		42																									
Hall, Heather		28																								1	
Heidrich, Tina			33																								
Heidrich, Julian			32																								
Holloway, Lianne			40																								
Hutley, Carla			20																							2	
James, Jody		37	35																							1	
Johnston, Eric			45																								
Johnston, Toni		25	28																								
Jungwirth, Robert																										1	
Kesler, Erica			36																							1	
Kiernan, Jane		16																									
Kisner, Griffin	14																										
Klaeser, Pete			44																								
Koerner, Pat	7																										
Koerner, Patrick J.	3	9	6																							1	
Koven, Steven	28																									1	
Loica, Laura	21	34																									
Macak, Matt		6																									
Macknick, Dick																										1	
Mangabhai, Damien		11	7																								
Markland, JT	2	7	5																								
Martinez, Javier	1	2																									

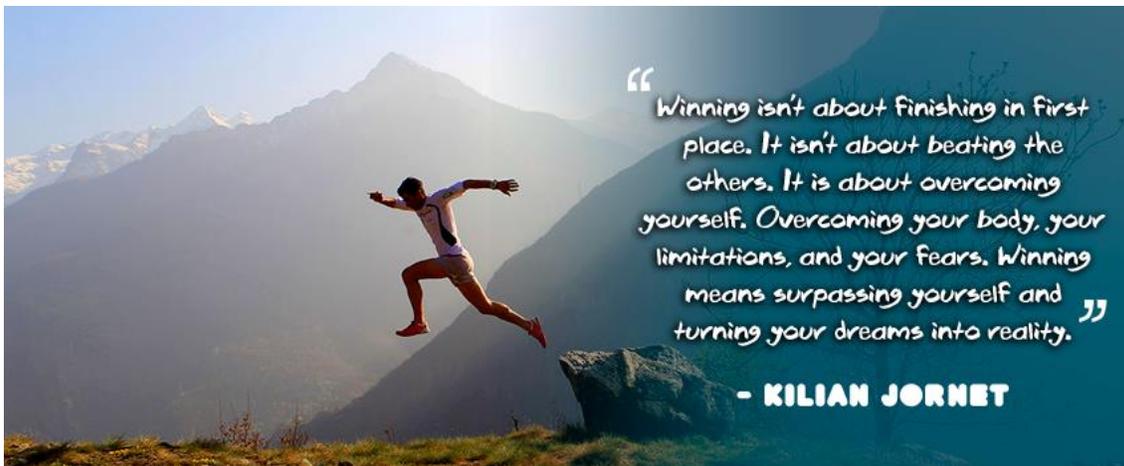


I seriously need that shirt.

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2020 CIRCUIT STANDINGS —continued

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. Fierce Fiesta 5k	9. Soldier Field 10 Miler	10. Zero Prostate 5K	11. Minooka Summerfest 5k	12. Summer Solstice 4 Miler	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	
McFarland, Patrick J.	22	27	25																									
McLean, Susan			19																									
McQuarters, Cathy		20																								3		
McQuarters, Tiffany																												
Miller, Jaylyn																										1		
Murdaugh, Rheta																										1		
Nelson, Mark	16	24	21																									
Newberry, Phil	10																											
Pirc, Brittany		30	29																									
Pirc, Tina		33	22																							1		
Pociask, Natalie		35	31																									
Podlin, Tom																										1		
Portlock, Caroline																										2		
Prado, Sarah		47	43																									
Quigley, Lori	9	19	13																									
Rahn, Eva	6	8																										
Raino, Craig		46																										
Raino, Emerson		29																										
Raino, Gerald	19	32																										
Raino, Lauren	24	43																										
Raino, Mary			17																									
Rice, Kayla		17	15																							C		
Rice, Rebecca		36																								C	2	
Scheckel, Debbie	15		24																								1	
Scheckel, Harry	4		4																								1	
Sheridan, John																										2		
Sikes, John			41																									
Skisak, Eileen			1																								1	
Smith, Tammy																											1	
Sorich, Diana																										1		
Stapleton, Carol	18		26																									
Tezak, Samantha		38	34																									
Topf, Stephen		22																										
Underhile, Clinton		13	18																									
Underhile, Nicole																										1		



“ Winning isn't about finishing in first place. It isn't about beating the others. It is about overcoming yourself. Overcoming your body, your limitations, and your fears. Winning means surpassing yourself and turning your dreams into reality. ”

- KILIAN JORNET

A misty forest path with tall trees and a gravel path leading into the distance. The scene is bathed in a soft, golden light, suggesting early morning or late afternoon. The trees are mostly bare, with some green foliage still visible. The path is made of gravel and leads into the distance, disappearing into the mist.

Listen!
The wind is rising,
and the air is wild
with leaves,
we have had our
summer evenings,
now for October eves.

—Humbert Wolfe

PSRR Pacesetter - Sept/ Oct 2020