

THE PACESETTER

JANUARY/FEBRUARY 2021 • Volume 46, Issue 1

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

www.psrr.org

WELCOME 2021

We've been waiting for you.



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TO FIND US ON
FACEBOOK



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



PRAIRIE STATE ROAD RUNNERS - The Pacesetter

Jan/Feb 2021

www.psrr.org

Volume 46, Issue 1

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Click here to join PSRR!



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

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

PRAIRIE STATE ROAD RUNNERS

UPCOMING CIRCUIT RACES AND EVENTS

JANUARY

JANUARY 30—F^3 at The Forge (live event in Lemont)

[Registration Link](#)

FEBRUARY

FEBRUARY 13—Frosty Five Mile (live event in Channahon)

[Registration Link](#)



ACKNOWLEDGMENTS

Thanks to all who contributed photos and articles to this edition of the Pacesetter. In a season where there haven't been a lot of races, at least there was a lot of running and we were able to immortalize for all time how PSRR handled the great dumpster fire named 2020.

Thanks in advance to the people who have promised to write about out of town running/races for the next issue already. And MANY MANY THANKS to those who are already on board for our 2021 PSRR Training Project articles which will be documented in the next several issues going forward.

Like I've said before, The Pacesetter is not just a photo album or newsletter, it's a historical document. For a club that has lasted 45 years already and we hope will continue for at least 45 more, it will be inspiration to the runners who haven't even been born yet to see what we were doing way back in 2021. Thanks for being part of it. —LH

BULLETIN BOARD



Lauren Raino shared a link.

November 18 ·

...

Ernesto Antonio and I are participating in the virtual Circumpolar Race Around the World (CRAW) and we have some spots available on our team still. If anyone is interested in joining the fun our team name is "Random Team #9" and we are a multi-sport team so you can record mileage from man-powered activities not limited to running and walking.

You also get pretty cool medals for each region of the world the team completes. That is a big motivator for me - I'm a sucker for the swag!



RUNSIGNUP.COM

Circumpolar Race Around the World (CRAW)

The Circumpolar Race Around the World (CRAW) is on Tuesday September 1, 2020 to Friday December 31, 2021. It includes the following...



JT Markland shared a link.

December 16, 2020 at 9:42 AM ·

...

Roll Call! Anyone thinking about Caramel Marathon (Or Half, or 10k, or 5k) on April 3?

I'd think with Indiana's leniency towards restrictions and four months of vaccinations, we MAY be in a better situation, so I'm gonna give it a whirl.



CARMELMARATHON.COM

Carmel Marathon | Home

The Carmel Marathon Weekend offers a marathon, half marathon, 8K and 5K. Register now and join us in beautiful Carmel, Indiana.



RUNNER'S WORLD

From Runnerrick:

There once was a runner named Carmen. Who ran 10K's with a barman. She hung at his bar. She missed her PR. When she threw up all over her Garmin.



Mark Walker

Yesterday at 12:34 AM ·

Anyone running Fort2Base in 2021, I created a PSRR team.



PRAIRIE STATE ROADRUNNERS
West, Kinross & Gandy Council, IL since 1975
WWW.PSRR.ORG

*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



SHIRTS FOR SALE! NEW DESIGN



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



RUNNER'S WORLD

Kevin Knabe.

An amorous runner named Peter Was always a bit of a cheater. While racing in Dallas He took some Cialis And won the 5-K by a meter.

PREZ SAYS



By Mark Walters

WELCOME 2021! Everyone seems to have been waiting for you!

Looking back over 2020, I found an article in Runner's World that I think has excellent observations regarding trends of the past year and even though its a 'backward glance' I think its also motivational for 2021. We are sharing it below:

2020 Was a Crazy Running Year. Here's the Data to Prove It

BY JORDAN SMITH

DEC 30, 2020

Article appearing in Runner's World

For many runners, 2020 started out as a calendar year full of races. A fresh decade meant there were new goals to pursue and PRs to crush.

By March, though, the COVID-19 rates in the United States spiked and canceled most of those plans. Our normal ways of life—an after-work gym session, training with friends, or jumping into a spur-of-the-moment race—were put on lockdown. But runners were undaunted: With a little creativity, we were able to continue to lace up and reap all the health benefits that running confers.

How do we know? We dug into data from popular workout tracking apps and devices. And the numbers don't lie: We logged more miles, more people started running, and we continued to race—albeit virtually. Here's how our collective training stacked up during the pandemic.

We ran more—and ran outside

34
percent
increase in
outdoor miles

Disrupted routines didn't deter runners from heading outside, no matter the weather. Data from MapMyRun, Garmin, and Fitbit all showed users logging more mileage—and more runs overall—from March through September of 2020 compared with the same period in 2019. Fitbit's users logged 22 percent more miles and Garmin users recorded 31 percent more miles, while MapMyRun users made a dramatic 68 percent increase in miles. And, Strava users logged 28 percent more outdoor activities than expected in March and April.

When gyms closed their doors for a portion of the year, that also meant more people traded the treadmill for the road. Garmin users logged 10 percent fewer indoor miles on the treadmill, while increasing their outdoor mileage—up 34 percent. Getting outside has more benefits than just giving you a change of scenery—soaking up sunny miles can help ensure your body has sufficient vitamin D levels, important for boosting bone health and immune system function. And previous research published in *Environmental Health Perspectives* correlated exercising outdoors with a slew of benefits for both mental and physical well-being.

We embraced virtual races

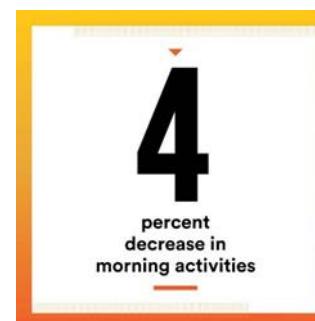


As races big and small were canceled due to health and safety precautions, runners decided to take matters into their own hands. According to Runcoach, an online race training and tracking platform, more than 22,000 of their users logged a race between March and June—during the bulk of spring race cancellations.

Despite a year of racing frustration, runners still turned out for longer distances in the fall as more than 32,000 runners trained for virtual races through Runcoach for the last four months of the year. That's a 45 percent jump from the first four months of the pandemic, with the help of big

virtual events like the Broad Street 10-miler, Marine Corps Marathon, and New York City Marathon hitting everyone's calendar at that time of year.

We ran more midday miles



Solo races logged on Strava also had a large increase—44 percent of marathons were run completely alone, compared to just 14 percent in 2019. Plus, over 1 million athletes joined Strava's monthly 5K challenge in May, the most ever on the platform in a single challenge. And even though it was a year of racing on our own, 55 percent of Strava users still hit a new PR in 5K, 10K, half marathon, and marathon distances.

Keeping goals in sight has a major benefit. Recent research out of the University of Oregon suggests the more goal-oriented you are, the more likely you are to engage in physical activity. Staying active is an important part of staying healthy overall—which we all needed this year.

Social distancing took a toll on our schedules, and morning milers found opportunities for more afternoon runs. Garmin users logged 5 percent more activities in the early afternoon and evening from March to September of 2020 (between 11 a.m. and 6 p.m.) than they did during the same time in 2019. And morning activities declined slightly—4 percent fewer in the morning hours (between 5 a.m. and 10 a.m.). If you found yourself embracing the opportunity for extra shuteye, that's a good thing. Skimping on adequate rest can lead to chronic fatigue, performance decline, and mood disturbances, which decrease immune function.

Plus, taking a break for a midday run can help counteract the harmful effects of hunching over a desk—at home or in an office. According to research published in *Medicine & Science in Sports & Exercise*, regular exercise can give your body a boost after sitting for long periods. That's because endurance training raises the amount of nitric oxide produced by your cells. This helps regulate vascular health by increasing bloodflow and lowering blood pressure.

We took it easier



Overall, runners slowed down—and that's not a bad thing. According to data compiled by MapMyRun from mid-April to mid-September, the average pace recorded was 8.5 percent slower compared with the same range in 2019, which the MapMyRun team attributes to a new or returning runner effect. While exercise is great for boosting your health, training at higher intensities all the time may compromise your immune system.

Running—in any capacity—has many benefits for new runners, and low-intensity, steady-state cardio can actually improve your performance while helping you avoid injury. “The chances of suffering a repetitive-motion injury greatly increases if you suddenly begin increasing the frequency and volume of your workouts,” says Joe McConkey, a

Boston-based exercise physiologist and USATF-certified running coach. Plus, training at a slower pace early on can actually help build up your aerobic capacity, which helps your body use oxygen more efficiently, break down carbs and fat into energy you need to fuel longer efforts, and strengthen your slow-twitch muscles (which fire during sustained efforts).

More runners joined our ranks

65
percent
increase in
runs logged

Yep, there were signs of a running boom. MapMyRun saw a staggering 65 percent increase in runs logged and Garmin saw 27 percent more new users, which the Garmin team says is higher than previous years. Plus, 5.6 percent of Strava users who typically are cyclists logged runs for the first time. So one positive outcome of a strange year is that new faces should be joining us when racing and “normal” does return.

It's also a sign that people were undeterred from staying healthy. When looking at all activities uploaded to Garmin (anything from a run to types of cross-training), there were 44 percent more activities uploaded from March to September 2020 compared with the same period in 2019. Running was certainly an easy and smart way to adopt a healthier lifestyle this year, especially since getting in 30 to 60 minutes of physical activity can help your immune system fight viruses (if you're not already sick) and may improve your recovery from upper respiratory tract infections, according to a review published in the *Journal of Sport and Health Science*.

Yes, our lives were disrupted, but a trend worth celebrating is that more people discovered running's benefits in 2020.

Have a great year!

Mark



NEWS FROM THE WORLD OF RUNNING

The first week of November, Regions 7 and 8, which include Will, Kane, DuPage and Kankakee counties returned to Tier 2 Covid mitigations due to increased virus positivity rates and these affected sports and fitness activities in the ways listed to the right.

Our racing circuit was altered when the Poultry and Pie Predictor was cancelled. But life goes on:

CHICAGO MARATHON SPORTS

The 2021 Chicago Marathon has a schedule date after this year's race was canceled because of COVID-19. And registration for 2020 deferred runners starts has started.



Bank of America Shamrock Shuffle **NOW A VIRTUAL RACE**

December 17 at 9:16 AM ·

It's your lucky day: you can officially register for the 2021 Bank of America Shamrock Shuffle! Participants will be able to compete in a virtual 8K run, 2-Mile Walk or The Mile from Friday, March 19 to Sunday, March 21. All shufflers will receive a Nike Dri-Fit t-shirt, a Shamrock Shuffle running belt and exclusive access to digital elements to replicate the race day experience in their own communities.



2021 Frosty 5 Mile
Saturday, February 13, 2021

Mark Walters
Admin · December 31, 2020 at 12:01 PM ·

Frosty 5 Registration opens at midnight tonight!
Members will receive circuit credit for this race. It will be on the 2021 Circuit.
The race will be modified from the past, and will be conducted following best practices and in accordance with Restore Illinois Phase 4 guidelines.
There will be groups of 50 in (5) wave start times, the first one set to go off at 10:00am. Choose a time slot when you register.
Sign up for ANY of the 5 wave times for ALL will be included in the circuit results and standings.
For those of you who wish to "Race Your Rivals", work together to find the best time of day. The waves are 10am, 11am, 12pm, 1pm and 2pm.
The first 100 registrants are guaranteed a knitted cap! Sign up early to get your choice of wave time and a hat!
<https://www.channahonpark.org/2021-races/>

Meetings, Social Events and Gatherings

- Maximum indoor/outdoor gathering size of 10 individuals
 - Applicable to professional, cultural and social group gatherings
 - This does not reduce the overall facility capacity dictated by general business guidance, such as office, retail, etc.
 - Not applicable to students participating in-person classroom learning
 - Not applicable to sports, see sports guidance

Organized Group Recreational Activities

- Limit to lesser of 25 guests or 25 percent of overall room capacity both indoors and outdoors
- Groups limited to 10 individuals or fewer
- Does not apply to fitness centers



Mark Nelson

Winterfest is just postponed, KRRC is still hoping to put it on. Just waiting for clarity on the covid situation before setting a date.



3



John Warren shared a link.

Admin · December 26, 2020 at 4:29 PM ·

Breaking News!!!!

The January 30th 10k at the Forge in Lemont will be the first race on the PSRR 2021 circuit. It's a live race!!! Use the code PRAIRIESTATE at checkout for \$5 discount. If you're planning on doing it don't delay as the last race at the Forge sold out quickly.

[https://f3running.com/forge10k/...](https://f3running.com/forge10k/)

PRAIRIE STATE ROADRUNNERS



2021 CIRCUIT INFO COMING

CLUB MEMBER NEWS

Prairie State Road Runners would like to thank Adam Kimble for being a panelist on one of the Forest Preserve of Will County's webinars in July. Thank you for representing our club proudly. President [Mark Walters](#) was able to present Adam with our 45th anniversary shirt and pint glass as well as a DNA gift card. Adam is a pro ultra runner.



Jody Ann is with John Hannon.
December 23 at 8:45 PM ·

PSRR Proposal! The first (upper left) photo was taken on the I&M canal trail Sunday, December 13. It was [Vera Olson Erickson](#) birthday, and the three of us went for some leisurely mileage. I had my PSRR buff around my neck, my Batman Goodr glasses on and my boyfriend [John Hannon](#) by side. Minutes later I was surprised with a proposal. John captured my heart and the birthday girl, Vera captured the moment.



PSRR member Casey Koerner was selected student of the month for November at Troy Middle School.

Judith Warren shared a link.
December 29, 2020 at 1:51 PM ·

2020 Running Wrapup: 1059.31 miles (plus 200+ walking miles with William for my Run Across TN), 19 live races (5 pre-lockdown), 16 virtual races (12 converted from live races), 9 'Go Runs (5 Chicago parks), 7 challenges, 6 age medals, and many friends. My annual running video features lots of you social distanced of course. I appreciate all of you helping to keep me sane this year ❤️🏃‍♀️❤️ Special shoutouts to Terri, John, Eileen, Larry, Mike, and Diana.

Running Was Not Cancelled in 2020!!



Darcy Welsh had Knee #1 replaced on November 11 and Knee#2 on December 16, 2020. She is happily recovering and , as of late December, her PT says her progress is "on track". Hopefully we will soon see her back on the road again!

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

**BUT ALSO SOME
SAD NEWS...**

REMEMBERING KEITH THEISEN



by Mary Jones



It saddens me to share the news that Prairie State Road Runners has lost one of our Hall of Famers. Keith Theisen crossed life's finish line on December 6, 2020. Keith was one of the "old timer/veteran" runners back when I was just a newbie to the sport some 25 years ago when I joined the club. Keith was an incredibly fun and funny guy who took the time to slow down and run with me as I was finding my way into the sport. He was never critical of what or how I did- but he would gently toss some advice my way – such as "so how far are you going today?" I would reply well I am aiming for 6 miles – he would then say "well let's pace it this way" and looking back now I did not realize that he was gently coaching me to successful running. He gave me gentle advice through thousands of miles – when he really did not have to. He was the behind the scenes man to many of my best races. He introduced me to many runners from all over the state and introduced me to lots of races I never would have run if he had not mentioned it.

He not only was the behind the scenes man for much of my running but for many others as well – perhaps they didn't even realize it at the moment – but perhaps looking back they may see that now. In addition to helping many people with their running – he also was instrumental in organizing many running events throughout the years. Keith and Jack Piccolo were responsible for the many months of preparation of the 4 H cross country run in the Kankakee area for several years as well as holding the Greg Rose memorial run in Pilcher Park. He was the race director for the Polar Predictor, Poultry Predictor, National Heritage 25K, Sundowner 5K and other races that have run their course long ago. Keith was a strong supporter of celebrating local races in the Will County area and looked to support local running whenever he could. Keith was always in good spirits and doing something for someone else without any expectation of getting something in return.

Keith was a talented runner and I would say probably one of the best in the state for his age group. I remember him not really "training" for the Chicago Marathon one year and he ran a 2:52 at age 53 I believe. He always slowed down to run with me or others - although he didn't need to but because simply enjoyed the moment and the friendships that form through the

love of a common sport. I am sure many other members will look back fondly upon the miles they shared with Keith as I do, I am hoping that in the spring we can hold a memorial run at Pilcher Park for Keith and to celebrate the goodness that the miles bring each of us.

I'm a better person for having traveled part of life's journey with Keith. So Keith - Thank you - You remain in the air, the empty space, in the dusty roots and deep earth, in the echo and stories, the songs of the time and the races that we were Born to Run - for you are part of my people - and we will meet again Further on Up the Road - For Death is not the End. Rest Easy Keith - you were truly one of a kind and you are missed.



Not rain, nor sleet nor thunder kept us from the finish line.



Kickapoo State Park - Kennekuk runners - celebratory drinkers with a running problem?



Dances with Dirt

FROM TOM LAMBERT:

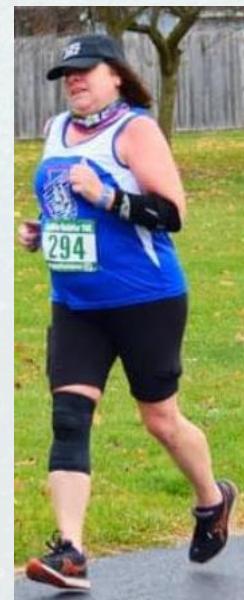
I first met Keith in the 1990's through the Prairie State Road Runners. Running with Keith was a joy and a time of learning as Keith would teach and coach along the course. As a beginner in running, I always went out the first mile or two like a rabbit. Keith would pass me in the last mile and calmly let me know, "Hey, you went out too fast." Training runs with Keith were long and hard - the way he went about any endeavor. In 1996, we ran together on an 80-mile relay race team, River-To-River in southern Illinois. What a blast! Keith and Jim Jensen ran double relay legs, helping our team to a third place Masters Finish! Keith made running and life fun. More than a great runner, Keith was a true friend whose memory will be treasured always.

CLUB EVENTS: Gobbler Hobbler 10k



Sunday, November 8, 2020 was beautiful—and unseasonably warm for a late autumn afternoon when the final race on our 2020 circuit was run. Age group medals were won by several members and the event was enjoyed by all.

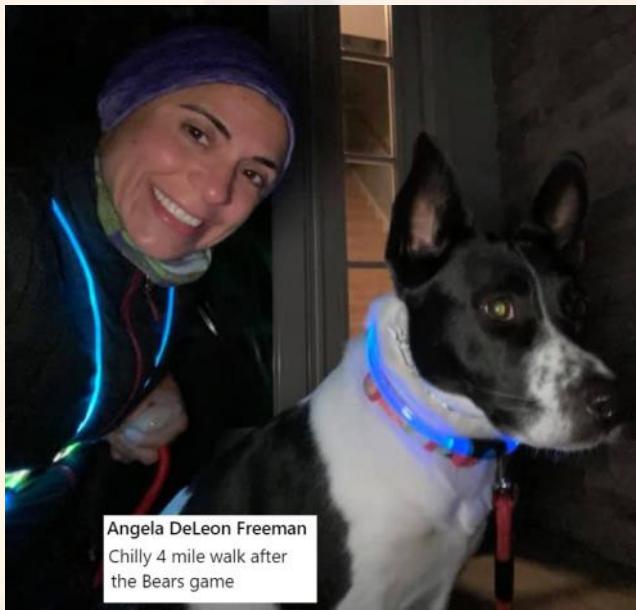
Shelli Blenck, Larry Bornhofen, Dave Cyplick, Nick Garcia, Toni Johnston, Bob Jungwirth, Jane Kiernan, Casey Koerner, Patrick Koerner, JT Markland, Terri Putnam, Rebecca Rice, Eileen Skisak, Diana Sorich, Carol Stapleton, Lois Troha, Debra Walters, Mark Walters, John Warren, Judith Warren and Leslie Williams participated.



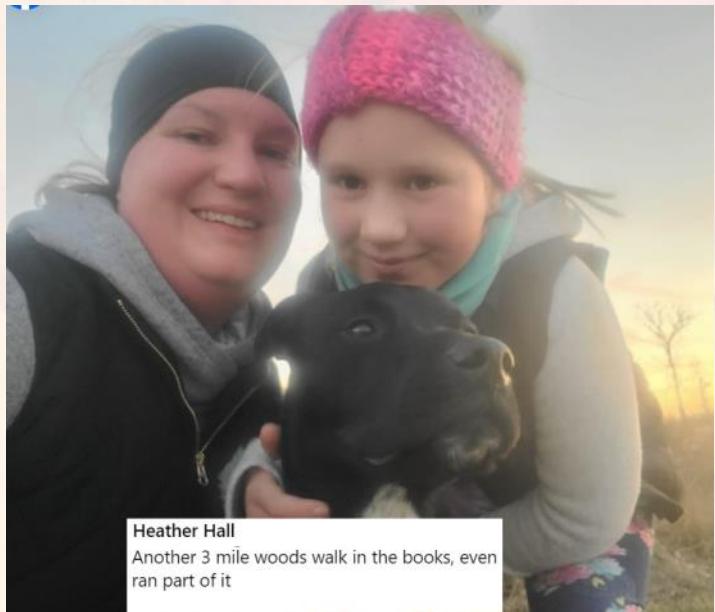


[**RESULTS LINK**](#)

NOVEMBER MILES



Angela DeLeon Freeman
Chilly 4 mile walk after
the Bears game



Heather Hall
Another 3 mile woods walk in the books, even
ran part of it



Laura Loica
10K on the I&M Canal



Cathy Morman
Windy run on the Midland Trace
Trail 6.3 miles



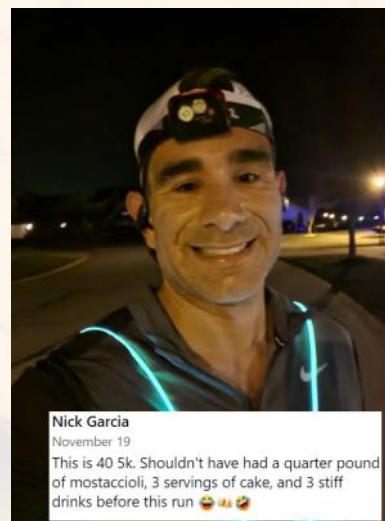
Judith Warren
4 mile walk. Too nice to even think about doing
zoom school!!



Liz Siron Costa
Virtual Hot Chocolate 15K

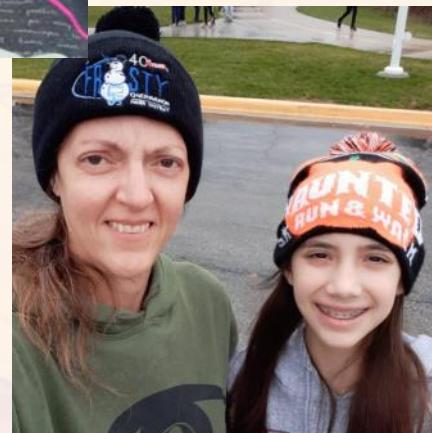


Mark Walker
Puerto Rico 3.1



and
then
along
came





SUNDAY FUNDAYS

State Park group runs

1

53°
27°



8

77°
52°

15

54°
33°





22

45°

37°

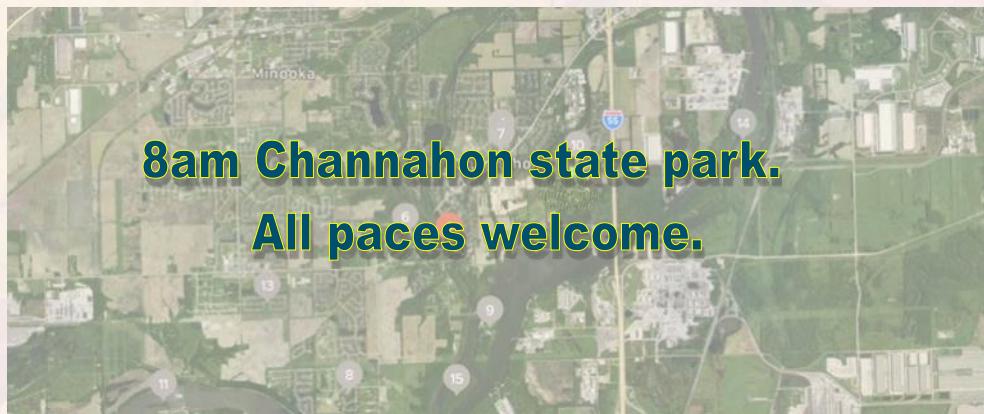


29

50°

33°

8am Channahon state park.
All paces welcome.



DECEMBER MILES

Cathy Morman

Post run pic where it's warm and cozy



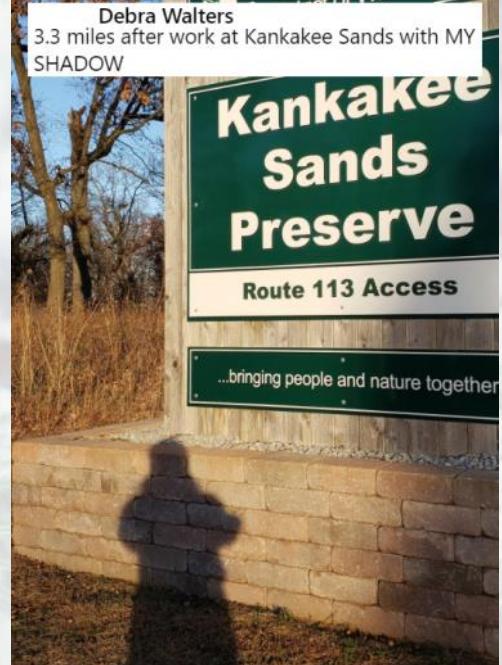
Angela DeLeon Freeman

9.5 sunny and chilly miles on the I&M



Debra Walters

3.3 miles after work at Kankakee Sands with MY SHADOW



Leslie Palmer Williams

4 neighborhood miles. Checking out the Christmas lights!



Mary Smrekar



A 73-minute run in Kankakee River State Park.



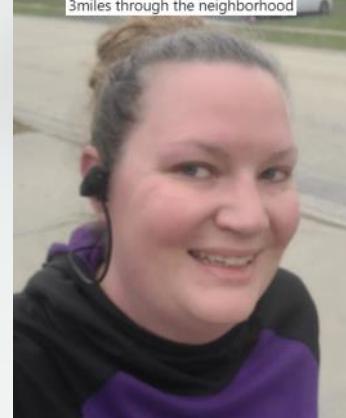
Diana Gonzalez Sorich

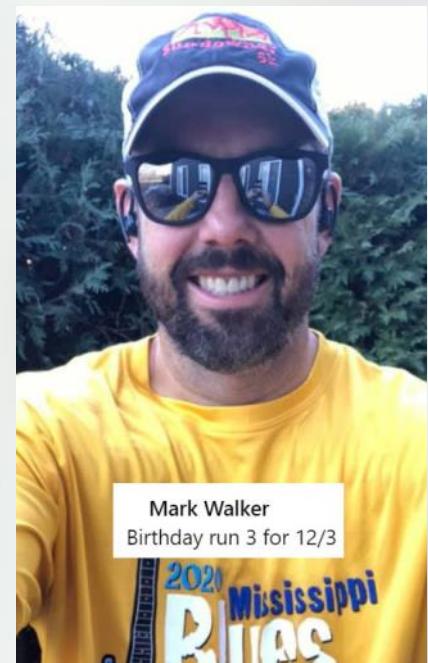
Loving the lunch runs

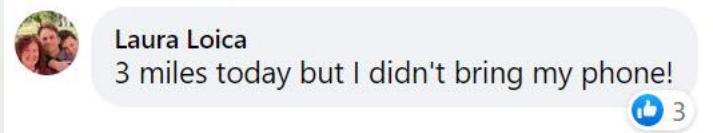


Heather Hall

3 miles through the neighborhood







SUNDAY FUNDAYS

6

36°

32°



Lori Cunning Quigley
Small crew this morning. Thanks for the company
Ray!

Angela DeLeon Freeman
Lori Cunning Quigley Dixie and I were a few hours late
🙁. Hope to see you all soon!

13

36°

24°



20

42°

31°

Sunday Funday! Thank you [Lori Cunning Quigley](#) for leading the YMCA dance lessons!



27

48°

23°

There was running, laughs, skulls, whipped cream, coquito, and talk of what happens at the end of the book IT. If you don't know what happens...ask [JT Markland](#) 😊. Sunday Funday -whipped cream edition.

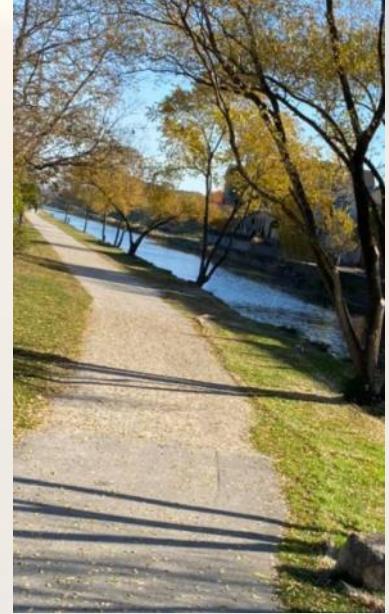


OTHER RACES, OTHER PLACES



John Steinmetz
We finished. Headwind all the way but still smiling. My 4:06 qualified me for Boston 2022. Check that off the bucket list. Coach Carol did a good job. — with Carol Stapleton.

PSRR & friends airing our Festivus grievances at the Festivus 5k. John, Eileen, and Kevin won festivus poles.



CLUB CELEBRATIONS:

January and February Birthdays

**Happy Birthday to You. Happy Birthday to You,
Happy Birthday dear...
Happy Birthday to You.**

Michael Auld
Shelli Blenck
Quinn Bumgarner
Wesley Craig
Peyton Craig
Sean Forbes
Nia Harrington
Sofie Heidrich
Jeff Heidrich
Eric Johnston
Mary Jones

Griffin Kisner
Kelly Koven
Cathy McQuarters
Tina Pirc
Natalie Pociask
Lori Quigley
Eileen Skisak
Paul Spiezio
Mark Walters
Stanley Williamson

HAPPY BIRTHDAY TO YOU!



CLUB MEMBER STORIES:

RACE REPORT on Oglesby Turkey Trot 5k

by Diana Sorich



Every year on Thanksgiving I look forward to racing a traditional “Turkey Trot”. I love being able to start the day off with something I love to do then come home and get ready for the traditional Thanksgiving gathering with family, friends, and of course food. Somehow in my warped runner’s brain, running a few miles in the early morning equates to being able to have extra whipped cream on my pumpkin pie. It is runner’s logic so just go with it because even if I didn’t run I am having the extra whipped cream—this way I just feel better about it.

This year because of the pandemic, PSRR decided against holding their annual Poultry and Pie Predictor which is normally my go-to race on Thanksgiving. The other race I have done on Thanksgiving, Oglesby Turkey Trot put on by the Starved Rock Runners was still a live in-person event so I decided to register for the 3 mile race. It would be a 45 minute drive to Oglesby from Shorewood but with no place else to go anyway—why not make the drive out there—plus I have my own driver so it works out fine.

Like many cold weather races, Oglesby traditionally had a location/start line, a school, in which runners could stay warm until race time and “gather” --GASP, after the race to eat stuffing and pie, socialize, and hear Age Group Awards. With the pandemic—racing has changed. The school would no longer be available--- so they switched the start line to the outside parking lot of the Elks Lodge in town. The switch in start location changed the traditional race course but they managed to keep in the hill this race is known for so—"YAY!"

The packet pick up was located under a shelter with a lovely fireplace where you could at least warm your hands. They had tables set up for you to quickly get your bib and race swag which is always a nice hat. They also added a small gingerbread cookie with the packet which was a nice touch. On the back of your bib was your “start corral” which let you know when you can start your race. In these days of covid racing, races need to follow CDC guidelines which



were clearly spelled out on their site at registration. Basically---get your packet, put your bib on and get in line, stand on your “X” at your assigned time, run, go home. The race was capped to 300 and anyone not racing was asked to wait in their vehicles. They had two lines, socially distanced and you had to wear your mask until you safely crossed the start and there was room for you on the course to remove the mask. They let runners go two at a time with a few seconds in between.



Since it wasn't a traditional line up where I would normally move to the back with the slower runners—I found it strange going out with a runner faster than me. I went out with a young runner who shot off quickly past me with his long stride. In looking at my Garmin—the first quarter mile of my race was pretty

fast for me so I guess there is something to be said with running with a faster runner and trying to keep up.

The course was an out and back look that took you down their quaint main street for a bit, through their residential streets, past the school where they originally hold the race, the hill and back to the main street to the parking lot of the lodge. They had a small table with some treats and I may have taken some cookies back to my driver who really liked them so much so that I went back for one more. Ok two more and by two more I meant 4—because there were so many and they just wanted to get rid of them and they asked us to take them. It was a well thought out and well managed covid race. As I was leaving, I thanked one of the volunteers of the race for keeping the live race on and doing a good job of having a safe event.

For me racing is not just about seeing how well you can do on that day, it is also very social for me. I enjoy meeting up with friends at the race and hanging out after to chat and talk about the race. That seems to missing in these covid racing times—it is generally ---come—get in line, run your race and go home. I expected that for this race and was pleasantly surprised when that wasn't exactly the case. During the race—I want to say about halfway through—I was plodding along when a runner came past me and lightly tapped on my long sleeve Carrera shirt and says—“I love your shirt” and I noticed she was wearing the same one. I smiled and said “same to you” and she went on her merry way. You can't really stop mid race to meet someone...but remember the cookies?



Volunteers urged us to go back to the tables and get more cookies to which my driver expressed an interest/demand in me getting more—so I went back. When I went back—the girl with the same Carrera shirt was there as well—“New Runner” my brain said! So I chatted her up and said hello! She was Latina like me, a runner and we both got to gushing on the Carrera shirt and running and I found out she was from the area and ran with Starved Rock Runners. Since there was really no gathering, “New Runner” took a pic of my bib so she can later look me up on Facebook. She did look me up and we have running and various other things in common and maybe we are on the way to a new friendship—I am happy with the possibility.

I've since told New Runner about some races PSRR will have on the circuit and she may join us. Had I not decided to go to that Oglesby race I would not have met New Runner. I have found that racing will always be social and that covid cannot sever that want and need for human connection. The connection is going to find the way—you will just have to be receptive to it—so it is important you go back for the extra cookies as you don't know what else you'll find.

FUN FACTS ABOUT TURKEY TROTS



Since 1912, the town of Cuero, Texas, has run an annual turkey trot featuring actual turkeys running through the streets.



The Buffalo, NY, Turkey Trot 8k is the longest running foot race in the world, having begun in 1896. It is run by humans.

The [American Council on Exercise](#) (ACE) Physical Activity Calorie Counter determines that a 150-pound person running at a pace of 5 mph (8.05 kph) will burn approximately 360 calories in 5 kilometers. A 150-pound individual running at this pace will take about 37 minutes to complete a 5K race.



Diana and Driver a/k/a HUSBAND EXTRAORDINAIRE

CLUB MEMBER STORIES:

RACE REPORT on Morton Arboretum Spruce Shuffle 5k

by Judith Warren



A small group of us ran the Fall 5k at Morton Arboretum so, since it was well-done over two days with good Covid protections, we decided to do it again on December 13 with the Spruce Shuffle. I went for an early 7:45am start on the 2nd day of the event. Several other PSRRs joined in. I like running at the Arb at all times of the year because there are indoor potties. Priorities! There was easy same-day pickup of bibs, but shirts are mailed to avoid extra contact. After a bit of socially distanced mingling in the parking lot, Terri Putnam and I took off. The others were waiting for latecomers to arrive.



We were running an opposite course to the Fall 5k. This meant we didn't have the long, winding Frost Hill at the start. I normally do my training against traffic at the Arb so this was the course I'm most familiar running. I pretty much was alone the first mile or so when Mike Auld passed me. I reached the place in the loop where we turn onto the alternate cut-across road. If we did the whole Eastside loop it would be almost 5 miles. I like this cut-across because there is a nice hill. I sometimes use it for hill work.

As I turned, I was thinking how good it was seeing Mike run by, about the two juvenile coyotes I had seen on this part of the road last week, and looking forward to the hill. I like hills! And then....down I went! The main road had not been slick at all. This part gets less sun and hadn't been salted though. Fortunately, I fell on my well-padded rump. I sat there for about three minutes trying to figure out if I was broken. Nobody ran by at this point so at least my pride was intact! I got up and started walking. Then I was wondering if my Oiselle tights had ripped. The thought did cross my mind that if I came across those two coyotes again that I might look like a wounded animal. Advantage coyotes!

I walked until the 2 mile mark back on the main road loop and then started running again. Not broken or ripped, I was able to run the last mile. During that time, I was passed by Larry Bornhofen and then almost immediately by my brother John. I saw very few other racers on the course, and soon I finished.

We ended up with Mike Auld, Larry Bornhofen, Dave Cyplick, Nick Garcia, Terri Putnam, Eileen Skisak, John Warren, and me at the finish. Nick, Larry, John, Eileen, and Dave all would have won age group medals as their award. None were given due to Covid protocols, however but we each got a hot chocolate or hot apple cider after finishing. I miss after parties and can't wait for them to return in the future!



WHY YOU SHOULD RUN A WINTER RACE THIS YEAR

It takes a little while to get back into the swing of racing. How many times have you performed poorly in your season opener and blamed it on winter rust? A great way to get around that is to enter a race during the winter. This way, you can kick off your season in February or March.

By starting your season a month or two earlier than you normally would, you can see what your fitness level is. Then, if need be, you can make any adjustments in training well before you start your spring and summer racing schedule. By your first spring race in April or May, you'll have broken the ice for the season and you'll be primed for great racing.

It might be icy, you'll be bundled up in lots of layers and, again, you'll probably be a bit rusty. Since you know that, you shouldn't expect any great times or PBs. With that factor eliminated, you can race pretty much stress-free. Go have a good time, try to run a well-paced race and do your best. You can't ask much more of yourself at this point in the season.

Racing without self-imposed pressure will allow you to simply run without worrying about splits or calculating your expected finishing time, and that can be liberating. Maybe shedding that stress will lighten your load and carry you to a better time than you anticipate. You could start the season off on a high.

ARTICLE:

Winter Running: Indoor vs. Outdoor



by Lianne Holloway and PSRR

A recent survey of club members revealed the following breakdown of answers which showed almost 75% of respondents keep up the same amount of outdoor running as in the summer.

Like Cubs vs. Sox and ketchup vs. mustard on a hot dog, there is always a debate among runners about whether the treadmill sucks or it doesn't. Personally, I see it as a necessarily evil. I don't love it. I don't even really like it but when the weather is bad and I have race training to do, I'll get on The Dreadmill and make the best of it. I've run as far as 10 miles on my basement treadmill before, which was agonizing even with various marathon recordings being watched on the muted television with 80s club music as motivation, because it had to be done that day and there was no other option.

Run Deep Magazine suggests the following ways to make a treadmill run interesting:

Vary the pace and incline

The easiest way to add interest to your treadmill run, is to mix up what you do on it. time goes faster when you do an interval session – you're only focusing on a small chunk at a time. Try doing a 1-mile easy warm-up, then launch into a pyramid session. Do 1, 2, 3, 4, 5, 4, 3, 2, 1 minutes at a fast pace, with 1 minute of easy running in-between each time to recover. Finish with a 1-mile easy run to cool down. Or you could

When "winter weather" arrives, do you:

- Keep running outdoors as much as before 
32 votes
- Run outdoors when possible but otherwise treadmill it 
10 votes
- Run outdoors only when weather permits 
1 vote
- Stop running until spring comes
- Treadmill all the time

try a longer session, where you aim to run a chunk of your miles at a faster pace to challenge your legs.

You can also use the treadmill for a hills session. You should always set the incline a little (about 1.5%) anyway, to better replicate outside running. Throw in a few steeper inclines throughout your run to keep your interest high.

Have a plan

If you start running on a treadmill with no real idea of what you're going to do, you won't feel motivated. Go on the treadmill with a clear plan of what you are going to do, whether that's distance, duration or intervals. There are a number of apps that offer treadmill workouts you could look at. Or you can print a plan from the internet and stick it somewhere you can see it. It helps you mentally get ready for the workout, and gives you a clear goal.

Change your view

If you can move your treadmill, do it. There is nothing worse than focusing your attention on a crack in your wall for an hour! See if you can place your treadmill near a window so you can see outside. Open doors and windows for a fresh breeze while you're running. It might even feel like you're running outside. Maybe. Well, no, it won't, but it's still fresh air.

Choose some entertainment

Don't run in silence and bore yourself to tears. Get some banging tunes on run to and crank up the volume. Belting out your favourite power ballad is sure to help motivate you to keep going. If the neighbours complain, that's not on us... You could opt for a podcast or audiobook instead.

Alternatively, hook up a tablet somewhere you can see it. Use your run time to work your way through Netflix's finest. Pick an episode and run till it's done – it might just keep you going that bit longer.

Running on a treadmill rewards

If you're motivated by treats, promise yourself a little something special as a reward for completing a full treadmill workout. The phrase 'run for cake' is apt here – no treadmill, no cake. It's a bit like running to the aid station at your favourite trail event – sort of.

Hide the screen

If you're watching the little numbers on your screen tick away, you're in for a very long and boring workout. Those numbers will never move as fast as you want them to. Cover your screen with a towel, and just don't look. Set a timer for the length of your session and run until you're done. This also hides the Pause button, which can be a huge temptation when it's right in front of your face.

Try virtual training

If you've not tried Zwift yet, it could be just the thing you need to stay motivated on the treadmill. Connect your Strava or Garmin Connect account, and run in real-time with others around the world. You can choose lots of different environments and events. You will need a treadmill (obviously!) and a footpod, smart shoe, treadmill sensor or smart treadmill to connect to Zwift. Then you need a device (tablet or phone) to run Zwift on. There's more info on getting started [here](#).

<https://rundeepmag.com/>

I've actually tried a lot of these suggestions but I must say the most fun I ever had on a treadmill was when doing the [Treadmill Coach Interval Workouts by Amy Dixon](#) (known for her Breathless Body Tabata DVDs) which I bought through iTunes several years ago. You do vary the incline and pace, there is a plan, plus she is motivating without being either brusque or all girly-squealy like other trainers I've tried once then avoided. Those are still some of my go-to programs when I'm traveling and the hotel fitness room is my only option. And like the article says, I also believe a nice view (even if it's just the Home Depot parking lot across the street) is a better vista than a basement wall. With that in mind, I bought a large wall hanging that looks like a blue sky and hung it opposite my treadmill. I can't say it worked well but it's got a better aesthetic than cobwebs and dust bunnies. I tried hiding the screen with a towel too but it was killing me not to look after like three minutes, so that didn't work. I have not yet tried Zwift, but I do have a Garmin footpod, so that might be something I look into before spring weather comes back around.



Now, as for the other 75% who love the outdoors no matter what the weather is, this is what some of them had to say in the comments section of the survey:

 **Carla Hutley**
I don't have a treadmill and our clubhouse fitness room is closed due to Covid. So outside it is.
[Like](#) · [Reply](#) · 23h 

 **Mary Smrekar**
Carla Hutley , if the footing is good, so am I.
[Like](#) · [Reply](#) · 23h 

 **Jim Harman**
Carla Hutley Always outdoors
[Like](#) · [Reply](#) · 4h 

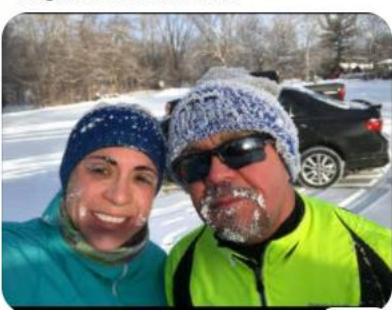
I knew going in that PSRRs are some undaunted runners who will brave sun, snow, sleet and rain in pursuit of merging feet with road and trail. Then JT Markland's "vortex shmortex" comment prompted a demonstration of the lengths we go through to run outdoors. I thought JT, who believes in wearing shorts until it is 20 degrees, was hardcore until I saw some of Angela's photos. This girl does not mess around! (see below)

 **Angela DeLeon Freeman**
JT Markland I think this day it was -11 without the windchill. My eyes kept freezing shut when I blinked. Sergio and I were the only ones who showed up 😊. Oh, that reminds me that I wanted to get a pair of anti fog ski goggles for winter running 😎!



[Wow](#) · [Reply](#) · 10h  5

 **Angela DeLeon Freeman** ...



 **Lori Cunning Quigley**
I ❤️ running outside all year, and especially love running in the ❄️❄️❄️
[Like](#) · [Reply](#) · 11h 

 **Rebecca Sheridan Rice**
Lori Cunning Quigley nothing better than running OR dancing in the snow!! 😍
[Like](#) · [Reply](#) · 10h

 **Tammy Smith**
Lori Cunning Quigley you do! I have no idea how you do that! Today I am going to force myself outside again.
[Like](#) · [Reply](#) · 9h 

 **Lori Cunning Quigley**
Rebecca Sheridan Rice Our ❄️❄️❄️ run a couple years ago is still one of my favorites. Snowball....yes, I think so
[Like](#) · [Reply](#) · 4h 

 Write a reply... 

 **Angela DeLeon Freeman**
I will run outside unless it's dangerous, like the polar vortex or a storm. Thankfully, I have a treadmill. Not at all a fan of running tiny circles on the indoor track 🙅.
[Like](#) · [Reply](#) · 10h 

 **JT Markland**
Angela DeLeon Freeman - Vortex, shmortex. Just layer up (as seen here)! 😊



[Like](#) · [Reply](#) · 10h  2

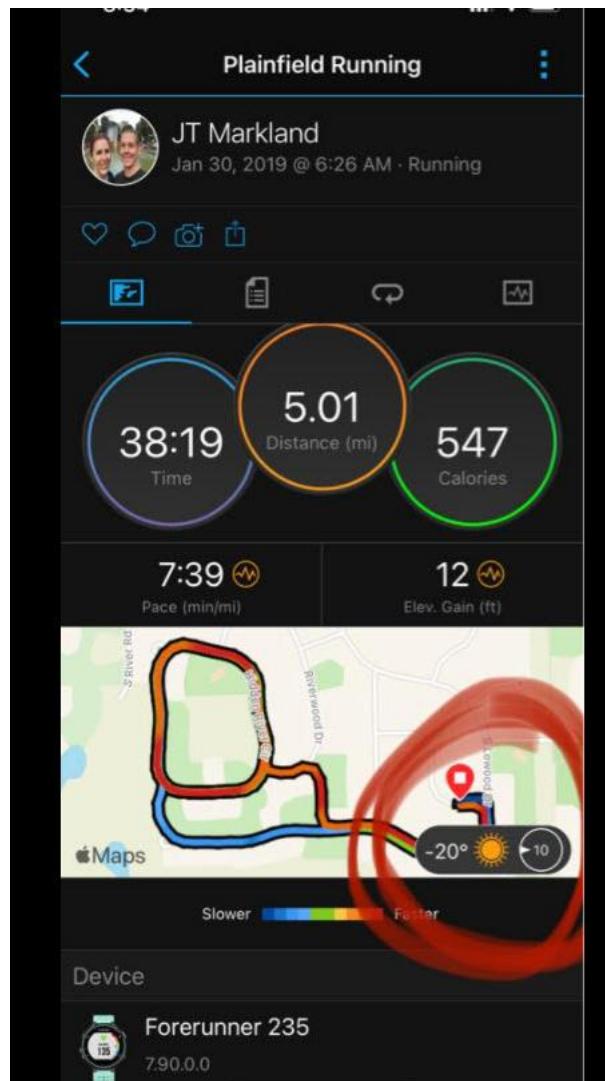
 **Diana Gonzalez Sorich** 
Angela DeLeon Freeman Runners be like---"It's just a category 2 hurricane...and I am only going like 5 miles."
[Haha](#) · [Reply](#) · 10h 

 **JT Markland**
Angela DeLeon Freeman - You're an ultra runner: you can endure anything life throws at you! 😱
[Like](#) · [Reply](#) · 10h 

 **Angela DeLeon Freeman**
Diana Gonzalez Sorich "the breeze will feel nice"
[Haha](#) · [Reply](#) · 10h 

And the conversation continued until Damein Manghabai summed up what the majority was thinking

- Leslie Palmer Williams What kind of shoes do you wear? Like · Reply · 10h
- Angela DeLeon Freeman Leslie Palmer Williams I turn my last retired pair of shoes into screw shoes <http://skyrunner.com/screwshoe.htm...> ...
-  SKYRUNNER.COM
The Screw Shoe: The best way to run on packed snow and ice! Like · Reply · 10h
- Angela DeLeon Freeman JT Markland I signed up for a 50 mile in April, so I have a lotta miles to run this winter! Like · Reply · 9h
- Sergio Arreola Angela DeLeon Freeman We have to do it again...There's no such a thing as bad weather..just bad running attire 😊🏃‍♂️🏃‍♀️🏃‍♂️🏃‍♀️ Like · Reply · 9h · Edited
- Lois Katherine Angela DeLeon Freeman that. Is. Insane. 😱 Haha · Reply · 9h
- Angela DeLeon Freeman Sergio Arreola it was a good run! Looking forward to it this year 😊 Like · Reply · 9h
- Sergio Arreola Yes! Like · Reply · 9h
- Lori Cunning Quigley Angela DeLeon Freeman I have been known to run in ski goggles ...
- Tammy Smith No! I am a heat nut. The cold is my enemy. Like · Reply · 9h
- Rich DeGrush I ran outside all 31 days last January. You would be surprised. Most days the temperature was in the mid 30's. January 8th was the warmest at 52; January 19th the coldest at 7 degrees. Wow · Reply · 9h
- Susan McLean Lianne Holloway. I do the same as you! Like · Reply · 6h
- Damien Manghabai There is only one answer, so this is perfect!! 😊 Haha · Reply · 2h



By unanimous vote, JT wins!



And yet, he remains humble.

But what about us, the ordinary mortals who shrink back in revulsion when winter's blast greets us as we open the door to let the dogs out at 6:00 am? [Training Peaks](#) had these suggestions in a blog article by Briana Boehmer which mix up indoor and outdoor training:

Lets face it, there are many days during the winter months where training can be tough. So how do we find the motivation to run on days that give us little reason to crank out the miles?

It is dark and cold during the times most of us can get in our training—before and after work. Most of us can only stand so many miles on a treadmill at any given time. So how do we find the motivation to run on days that give us little reason to crank out the miles?

As a longtime coach, I have developed several strategies to get the job done even in the most difficult situations. I have a bag of motivational tricks rooted in working *with* the way we tick, rather than against it. When we reach the really hard points in training, getting the job done comes down to working with our own personality, strengths and weaknesses to get to the finish line.

Here are some ways to get motivated to run today.

1. Remember your underlying motivation.

Generally, what are the things that get you out the door for your runs? Is it to qualify for a big event? Perhaps you are after a personal record? Or maybe running helps you de-stress? Whatever your day-to-day running motivation is, remind yourself of the important reasons you run in the first place. Remembering why you run can help you get out on a gloomy, cold day.

2. Give yourself constructive distractions.

One of the challenges of winter running is dreading the process, be it running on the treadmill or in frigid temps. Calculated distractions can make all the difference.

If the weather has you running inside, mix up your run with mini-challenges. One of my favorite indoor workouts combines 2-5 minute efforts on the treadmill with a set of functional strength exercises like squats and planks. Want to give a workout like this a whirl? Time will fly by.

TRY THE FOLLOWING:

Warm up for 10-15 minutes. Build to comfortable/moderate-paced running.

Then complete 4-5 sets of 2-5 minutes at 10K to half marathon pace straight into:

20 body weight squats,

1:00 plank hold while lifting your legs side to side keeping glutes engaged, and
10 pushups.

Run 2 minutes easy in between each set.

Cool down as needed.

If the deterrent is being outside in the cold, enlist outdoor distractions. Plan to run with friends that will hold you accountable. If you have to run solo, find landmarks on your route that you can use as starting and ending points for pace changes in your run. When you mix things up, it is easier to forget about the cold.

3. Spend time on the areas of your running you neglect in the heart of the racing/training season.

There is nothing more motivating than turning a weakness into a strength. With most runners, strength training, flexibility and drills/mechanics get tossed aside for an extra mile or two of running. Use the winter as a time to address neglected areas. The result come racing season will be nothing but good.

4. Use the weather as motivation for racing season.

When you reach a rough patch in a race and need to dig deep, drawing on times when you overcame obstacles can be the extra boost you need. I often use my cold-as-all-get-out runs as reminders of how tough I really am. When I'm pushing hard in a race, I reach back in my memory to how I got through an even tougher run in sub-zero temps. Look at a cold day as your way to add to your toughness factor!

Bottom line, don't let weather be a barrier. If winter can dish it out, you can most certainly take it.

<https://www.trainingpeaks.com/blog/winter-running-motivation-use-the-weather-to-your-advantage/>

So whether you embrace the cold weather or push through it with gritted teeth or like me (a self-proclaimed Weather Wuss) wait for those 40 degree and sunny days to pop up occasionally so you can emerge from your tree stump like Punxutawney Phil, there are training options for all of us. These have been some of the many which are out there. As for myself, I'm actually going to try Zwift at some point before spring arrives. I have a Peloton bike being delivered in mid-January which will get parked facing the fake blue sky right beside my treadmill, and I will definitely be looking for new ways to enjoy yet another fitness gadget I simply had to have. I'll let you know how it goes.

Lianne

NOTE: THE PACESETTER IS LOOKING FOR VOLUNTEERS!

If you are training for a new event, a longer distance, a different sport, or even just a weight loss and fitness program, we want to follow you along all year and document your progress in a series of articles. So far we have on board a half marathoner, a 50-miler, a “want to get back to longer distances” runner, a need to lose weight and do a Spartan runner and others with similar quests for 2021 on board. Want to join us?

Email here by February 1 and we'll get started: LiannesMailbox@comcast.net. It'll be fun!

TRAVELIN' PSRR

CANADA

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

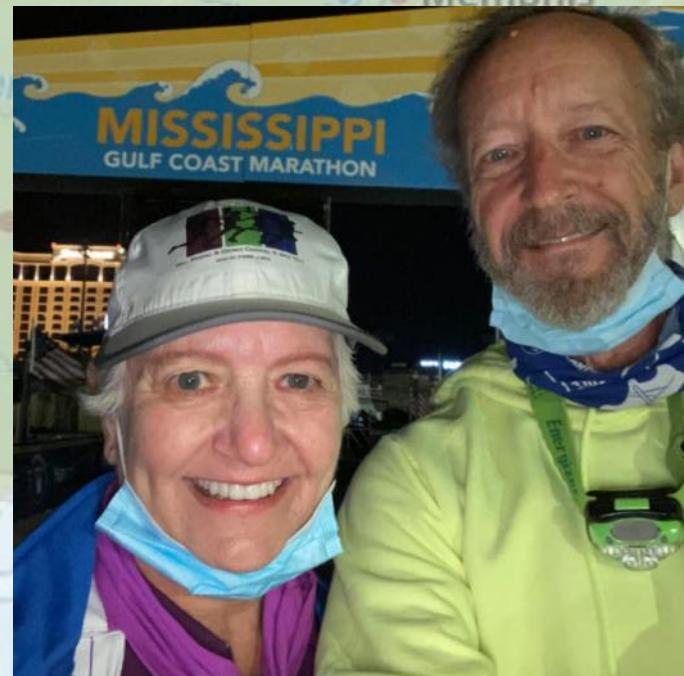


Mark Walker and Nydia Beard went to New Orleans

John Hannon and Jody James represented the club at the Grand Canyon



Carol Stapleton and John Steinmetz raced in Mississippi



MEXICO

Mexico

2020 Circuit Results

Completed 3 circuit races -- eligible for circuit award and circuit ranking

Has 3 or more points via circuit races, volunteer credits, and 1 half/full/ultra – eligible for circuit award

Has 3 or more points (age 14 & under) via circuit races, volunteer credits, and 1 half/full/ultra – eligible for circuit award

Updated 12/4/2020

CIRCUIT STANDINGS

2020 Circuit Results

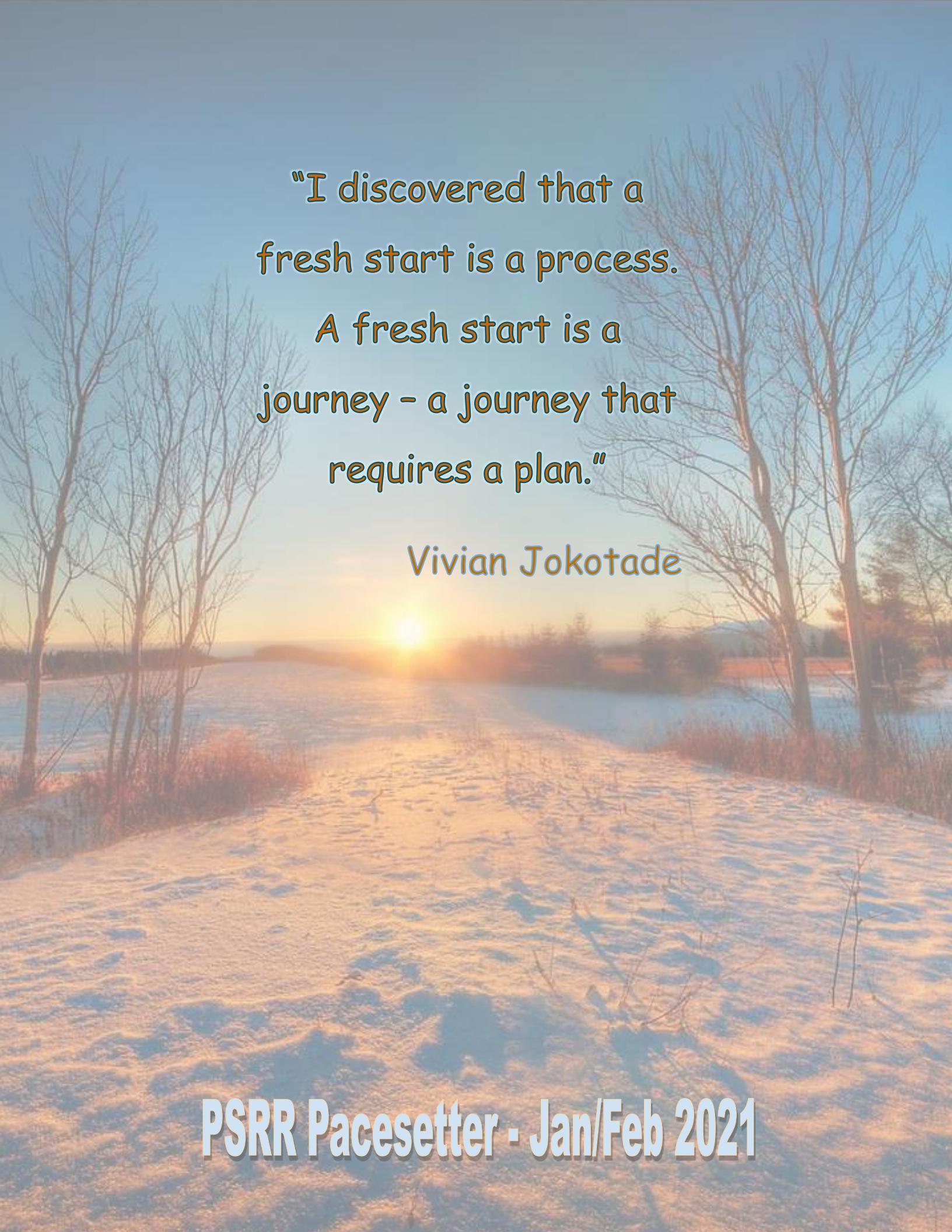
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Updated 12/4/2020

CIRCUIT STANDINGS

The background of the image is a photograph of a winter landscape. The foreground is covered in snow with some dark, leafless branches in the immediate foreground. In the middle ground, there's a path or clearing with more snow and some low-lying bushes. The background shows distant hills or mountains under a clear blue sky with the sun low on the horizon, casting a warm glow over the scene.

"I discovered that a
fresh start is a process.

A fresh start is a
journey - a journey that
requires a plan."

Vivian Jokotade

PSRR Pacesetter - Jan/Feb 2021