

THE PACESETTER

September/October 2015 | Volume 40, Issue 5

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

www.psrr.org

Yoga for Coal City



THE PACESETTER IS FOR
RUNNERS, WALKERS AND FITNESS ENTHUSIASTS
OF ALL ABILITIES



The Pacesetter

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THE PACESETTER is published six times annually and emailed to all paid members.

Send your articles, error corrections or comments to: newsletter@psrr.org. Visit our website at www.psrr.org

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DUES

Individual Memberships

are \$18.00 per year

Family Memberships

are \$23.00 per year

Student Memberships

are \$12.00 per year

Checks Payable To:

Prairie State Road Runners

Mail To:

Prairie State Road Runners, P.O.
Box 293

Channahon, IL 60410-0293

Membership Application is always included in this newsletter or at www.psrr.org.

UPCOMING CIRCUIT RACES AND EVENTS

SEPTEMBER

Shorewood Scoot, Shorewood—September 12, 2015

[Click Here to Register](#)

AshleyCan Half Marathon, Bourbonnais—September 13, 2015

[Click Here to Register](#)

Plainfield Harvest 5K—September 27, 2015

[Click Here to Register](#)

OCTOBER

Forte 5K, Channahon—October 17, 2015

[Click Here to Register](#)

JJC Foundation Haunted 5K, Joliet—October 25, 2015

[Click Here for Registration Form](#)

Membership dues must be current in order to earn circuit points

WEEKLY CLUB EVENTS

- **Sunday** run with the Breakfast Club at 8AM on the I&M Canal Towpath/Channahon State Park. Breakfast follows at Lallo's Bar and Grill at approximately 10 AM.
- **Wednesday** night track workouts—Seasonal. Contact Dave Cyplick at daverun@aol.com.
- **Thursday** Group runs from DNA Athletics in Crest Hill. Contact store at (815)588-0908 for seasonal schedule.



Prez Sez...



BY STEVE KOVEN—PRESIDENT

The dog days of summer are here, and you know what that means... Heat, humidity, and my favorite circuit race, the DNA Athletics/PSRR Free 5k! It is one of the things I'm most proud of as club President, the proliferation of free events such as this one, the PSRR Cross Country classic, and the upcoming (August 29) Celtic Fest Fun Run. Seeing families out there running together for the fun of it, on a hot steamy morning in the prairie... Runners of all ages, backgrounds, and abilities coming together to run, and donate school supplies and cash to needy students in the area.

Our family was one of many that came out to run the event. Our day began earlier than most; due to my role as race director we were up at the crack of dawn and loaded up the family van, with a trailer in tow as well. We had an inflatable bounce house, generator, cases and gallons of water, a table, a trash can, tons of food and treats, plus the other assorted odds and ends needed to hold a race. This race is thankfully easier than other races to put on, because we get a ton of help and volunteers from Andy Remley, owner of DNA Athletics. Andy and I have been putting this race on for three years now and we have a good



partnership... He takes care of the course and I take

care of the registration and food. We also added Kent Munro as timer this year as well. Because it's a free, smaller, and more laid back event there are no awards, but we did have an awesome raffle with prizes from PSRR and DNA, as well as a large assortment of food and snacks.

We dropped the table, trash can, water, and cups for the water station off early and went to the start of the race. We arrived at 7:30 and began setting up for the race. Andy was already out there expertly marking the course. It was a breezy but muggy... One could tell it was going to be a hot one, and I was glad we added the water station. The bounce house was inflated and soon filled with kids, as runners filed into the registration area before the race.

Kelly was running with our boys Reese and Ryan, and I would watch our daughter as I set up post-race refreshments and handled anything that came up. Last year the boys ran well and won hats in the raffle, so they were really looking forward to

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this race for a long time. For our family, this was an exciting day because we were holding a birthday party for Reese and Cassidy. The idea was born a few years ago when the shelter was only used a few hours in the morning even though the permit was for all day, and then a couple weeks later we rented a bounce house for the kids' party and kept it for the entire weekend. I realized we could combine the two events and the race would gain a bounce house at no cost to the club. Of course, the hot weather forced us to move the party to our house, which really complicated things on our end for getting ready for a busy day!

I started the race with an air gun, and the runners were off. I wondered how my boys would do as I set up the post-race refreshments. Reese was coming off a strong performance in the Irish Fest 5k, and Ryan was steady as ever. Since the finish line is about a quarter mile from the pavilion, I wasn't able to watch the race, and as I mingled with finishers I was surprised to see Ryan arrive first, before Reese or Kelly.

"Dad, Dad, Dad... I smoked them! I crushed them!" Ryan said. He was really animated and excited about beating his older brother. Normally he's much more low-key, but he was so proud that he had to brag.



"Where's Reese?" I asked. "I don't know. He's probably still running. I smoked him!"

I was so happy for the little guy. This was his moment to enjoy and I was glad for it. Reese gets so much attention for being good at baseball and whatever other sports he tries (he got "player of the game" in his first ever soccer game just the day before), and Ryan needs his time to shine. Reese

had wilted in the heat, panicked, and lost his composure, while Ryan plugged along steadily, finally getting permission from Mom to go ahead after a stop for water. For a seven year old, to beat your older brother in a 5k by seven and a half minutes (Ryan ran 33:45) on the day of *his* birthday party, when *he's* always bragging on how

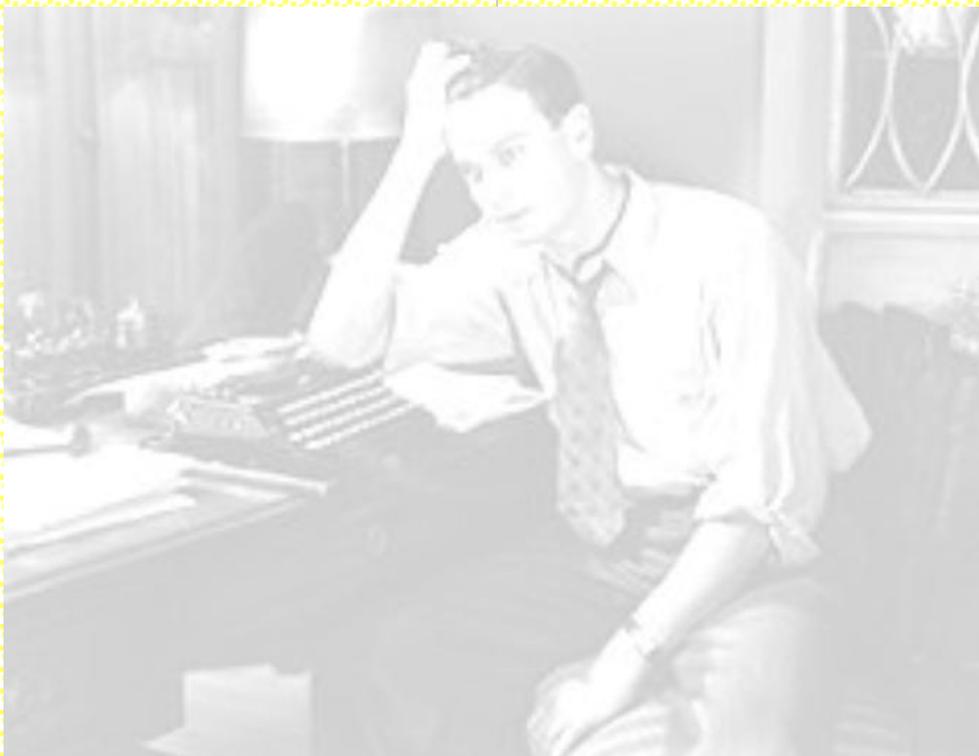
good *he* is at everything... Well, that's pretty sweet right there I have to say. It was the tortoise beating the hare, played out right in front of our eyes!

The race was a success, and the donations keep getting more generous. We gave several boxes of schools supplies, such as pens, notebooks, paper, pencils, folders, binders, and a check for \$240 to the Giving Tree in Lockport. I am proud to be part of an event which not only gives back something to runners, but also to needy students in our community, and I would like to offer a heartfelt thanks to everyone who volunteered and ran. We will see you next year!





NOTHING...



contact us

Would you like to comment on an article published in this newsletter? How about a congratulatory message to a fellow member? Or, maybe a few words of encouragement to a running friend on an upcoming race? Send me your comments and I will post them in the next publication. *The deadline for the November/December 2015 Newsletter is October 1, 2015.* Please don't make me send comments to myself...send yours today!!

Email to: Susan Mores at newsletter@psrr.org

EDITOR'S NOTE: I would like to personally thank EVERYONE who has submitted articles, pictures, etc. for all **Pacesetter** publications. Without your contribution, the newsletter would lack in content and character. Every member has a story to tell—please consider sharing yours.



On the Cover



Yoga for Coal City

Club Member, Robyn Bumgarner, hosted a charitable yoga session for club members and friends that benefited the victims of the Coal City tornado earlier this year. PSRR club members who attended donated \$325 to the cause. Robyn stated, “I visited Coal City United Methodist today to deliver the \$325 we raised from Yoga for Coal City. The church secretary and I shed tears for Coal City. She wanted me to express thanks to PSRR and CMRC. You all are awesome! Thank you!!”

Celtic Fest Fun Run

Join the Prairie State Road Runners and the Irish American Society of County Will for the **Celtic Fest Fun Run** on **August 29 at 10am**. These two great organizations have teamed up over the last few years to bring you the Manhattan Irish Fest Parade 5k... Now we are bringing a fun run to Celtic Fest in St. Joe's Park in Crest Hill!

This fun, free event will feature a fun run through residential streets in the surrounding neighborhood to the south of the park. The run will not be timed, but the course will be marked, with distances ranging from 2 miles, 5k, or 5 miles. Course maps will be provided. Please meet by the stage to register before the run... the first 25 people to register will receive a free t-shirt and a free drink ticket. Everyone who runs will receive free admission to Celtic Fest! All ages/paces/walkers are welcome. See you there!



Will County Celtic Fest is a celebration of Irish Culture and Music, Food and Drink, with Fun for the whole family! Live entertainment starts at noon and runs until 10pm and includes six great musical acts. For the kids there will be a free bounce house, touch a truck, toddler area, coloring and crafts, the opportunity to plant a shamrock, and face painting. Food and drink vendors will be present to make sure you never go hungry (or thirsty!). Admission \$5 for adults, and free for fun run participants and children 12 and under. Join the Irish American Society of County Will on August 29 for this great event!

The Long Road to 100 Miles



By Club Member, Mark L Bowman



So, here it is, a month away from the big one. And I am feeling pretty confident after the **Howl at the Moon 8 Hour** run just a week ago. It was a very good day for me. I ran very steady all day with the first half averaging about 9:50 miles and the 2nd half about 10:15 miles. In fact, I was still running sub-10:00 minute miles after six hours. I ended up covering 47.56 miles in the 8 hours. My best run there in 6 years. This was my first year in the Superior division and one of my goals was to try to win it, but in a big surprise, I actually ended up 3rd overall which eliminated me from the division awards. It is the highest I have ever placed overall. 1st place was like 55 miles and 2nd was about 50. So I was very happy. Also, covering that much mileage, without doing a large taper and feeling pretty good the next few days after is a good sign.



In the four days after the Howl I have put in 30 miles with only a little soreness. Oh, and Jennifer, my oldest daughter, managed to reach her first ultra with 31.11 miles. I was so proud of her.

What did I do the last couple of months to get to this point?



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I was ready to maintain what for me is pretty high mileage for the next couple of months. I had reached the 70 miles per week level and wanted to keep up with this total or more. Had two big weeks in a row at the end of June and beginning of July including a 24/28 mile back-to-back weekend. This gave me my 4th ever 100 mile week and a follow up 90 mile week. I also started some hill training once a week. I'm doing this with my weight vest of 10 pounds. First week was a 40 minute hill session, week two was 50 minutes and week three was 60 minutes. I have felt pretty good the next day all three times. I plan to continue these hill sessions up until about two weeks before the **Hennepin Hundred**.

JUNE STATS

<u>Week of</u>	<u>Total Miles</u>	<u>Long Run</u>
May 31	70.6	18.1
June 7	58.4	12.2
June 14	69.1	21.1
June 21	82.4	13.7



Christmas In July 6 Hour was on July 17th. It was also a night run starting at midnight. My top goal was to do about 36 miles (6 miles per hour). But at the least I wanted to get the 50K in. It turned out to be a long night/morning at Christmas in July. It started out pretty good, but by lap 3 my digestive system started to act up. I had to take use the bathroom by lap 4. It didn't really help with the issues. They continued and progressed as the race went on. Also, it rained for most of the second and third hours. By the third hour, I had used the bathroom three more times.

For the last three hours, I was reduced to power walking. Every time I tried to run, I ended up almost doubled over with pain. And, of course, I continued hitting the porta-johns more times. Unfortunately, I really don't know what caused this. Maybe it was just the midnight starting time and having to eat during the day. Or it just might have been one of those things. At the time I just had to hope that it wasn't something that would recur. I did manage to pull some positives out of the experience. First, I didn't quit. I pushed through to the end of the six hours, even if it was only power walking. Second,



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I did manage to reach an ultra distance, which was a good workout being on my feet for 6 hours. Third, it was night run, which I needed to fit in my training. And fourth, I got in a lot of power walking practice. All of this, I think, strengthened me mentally working through everything. All in all, I did get in 28.2 miles and finished 12th out of 50. And I was actually the oldest runner in the race.



JULY STATS		
<u>Week of</u>	<u>Total Miles</u>	<u>Long Run</u>
July 5	94.2	28.4
July 12	71.1	28.5
July 19	76.3	24.1 (Includes Christmas in July 6 Hour)
July 26	80.0	28.2

I also did a couple of short races during this time. These would be my only real speedwork. The **Sundowner 5K** was July 23rd. I ran 21:33 (6:57/mile). The **Firefly 5K** was August 13th. I ran 21:19 (6:53/mile). And finally, the **DNA/PSRR Free 5K** on August 16th (21:33 – 6:57/mile). I mention the per mile time, to show the contrast on what I am hoping to run at the 100. And that is somewhere between 12 and 14 minutes per mile. The 5K races really are speed work for me.

And for everything since the Christmas in July race, there have been no digestive issues. Hopefully, it turned out to be a fluke.

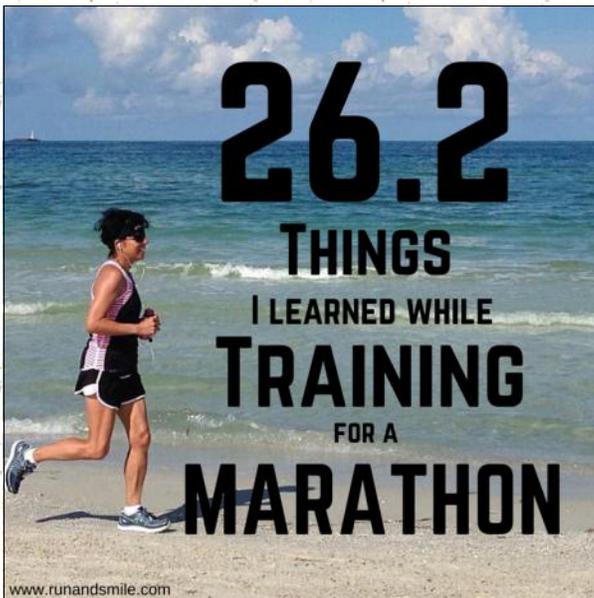
AUGUST STATS		
<u>Week of</u>	<u>Total Miles</u>	<u>Long Run</u>
August 2	88.9	47.56 (Includes Howl at the Moon 8 Hour)
August 9	67.5	15.8



It is August 16th when I am finishing up this article and the plan is to put two more good weeks of training in with at least one 5 to 6 hour run and then it will be time to actually have a good taper and let the body really get rested for the big one.

Part 4 should have the race report.





By Mary Jo Minarich

Mary Jo Minarich is a PSRR member and Blogger.

Check out her website at www.runandsmile.com and like her Facebook page: Run and Smile



My marathon training officially started this month. I'm following the [Hal Higdon's Novice 2](#) marathon plan. It's an 18 week training series with a couple of 20 mile runs in it. I did have to tweak some of the runs due to upcoming trips. But it looks like this is going to be the perfect training for me.

For fun, I thought I would put together some things I learned during my marathon training in 2013. So here are my 26.2 things I learned training for a marathon.

1. You will be shocked by how expensive this sport is. It is a lot more than a pair of running shoes. Never tally up what you spend—it will make you cry.

2. You will hate the words, *"You're almost there!"*

3. Your music will annoy you after a while during your runs. Well, everything will annoy you after a while. So be sure to have other options. (Like different playlists, podcasts, audio books

or run with a friend)

4. It is going to hurt.

5. Cross-training will save your life, or at least your IT band, Achilles, calves, hips and hamstrings.

6. There will be an amazing feeling when you see the finish line. I visualized the finish line at the end of every training run. But there is nothing better than seeing it for real.



7. You will be hungry. **ALL THE TIME.** The trick is to make sure you eat the right foods that your body will need to keep you strong.

8. You will probably gain weight. Hopefully it will come from all be those great muscles you are building.

9. It will be hard work.

10. You will want to quit and that's ok. **Just DON'T!**

11. You'll learn to love port-a-potties. You'll even get excited when you see them.



12. You really can do more than you think!

13. Ideas will come to you like crazy as you run longer. Grocery lists, to-do lists, world peace solutions...

14. You will realize that good food will make you a better runner. That doughnut crash sucks! Eat a banana and peanut butter instead.

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15. You will establish a really good dog command voice while training. **“Go Home!”**

16. Speed will have no meaning at mile 24.

17. You will have very strange tan lines by the end of your training.

18. You become a mathematician when it comes to figuring out distances. “I can run out and back 3 miles 2 times, add a .75 mile loop 4 times and end with another out and back to make my 12 miles!”

19. You will notice all new trails and wonder how far they go?

20. Each week you will get a little bit stronger.

21. You will be surprised by the muscles you are making.



22. You will trick yourself to believe that [GU's are delicious.](#)



23. You will have good days and you will have bad days.

24. You will find every chaffed part of your body in your first shower after your long runs.

25. Your non-running friends will think you are crazy.

26. During the race you will tell yourself you will never sign up for another marathon again.

26.2 You will sign up for another marathon.

There they are!

26.2 things I have learned running my first marathon 2 years ago. Now, let's see what I learn this time.



PSRR CLUB TRIP

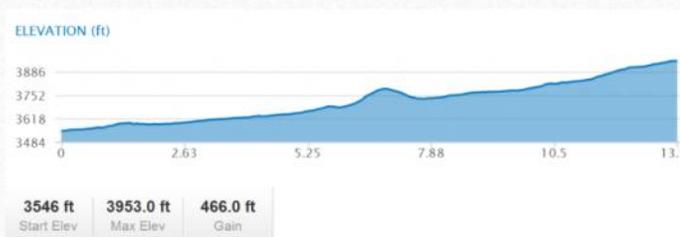
Join PSRR Members at **2016 Zion Half Marathon** on **March 12, 2016!** Stay at the beautiful Cable Mountain Lodge and take in the beautiful scenery at one of America's most stunning national parks!

[Race Info](#)



ELEVATION MAP

You can see the elevation map below. It looks a little scary, but pay attention to the real elevation gain. It's very gradual (about a 2 feet gain for every 100 yards). Besides, downhill courses are for wimps. 😊



For more information, you can also contact Susan Mores at newsletter@psrr.org. Hope to see you there!

Training Tips *By Robyn*



Robyn Bumgarner is an ACE Certified Health Coach and Personal Trainer at P3 Academy in Morris, IL and a PSRR Board Member.

Stay Safe out there, friends!

As fall approaches and the days become shorter, it's a great time to review basic runner safety. Here are some tips and guidelines for staying safe in every respect while out on your run.

Try to run during daylight hours. However, for most of us, that becomes impossible as the days get shorter. When running in low light conditions, please make sure you can be seen. Wear neon colors and reflective clothing. Invest in a NoxGear vest or other reflective vest. Avoid wearing red. It seems that red would be a nice bright color, but it fades quickly to gray in the dark. Make sure you always run against traffic so you have the advantage of seeing oncoming traffic to decide if you need to hop up on the curb out of harm's way.

If you can, always try to run with a buddy.

If you do run alone, please be sure to do as many of the following as possible:

- Tell someone you trust where you're running and how long you expect to be gone. Carry a phone. There are several smartphone apps that will disclose your location only to people you authorize. Invest in a RoadID, which is either a brace-



let or shoe tag that gives vital personal information to someone if you are unable to speak for yourself. Pepper spray can be a useful tool not only for human attackers, but also for an aggressive animal.

- Social media plays a role in keeping safe as well. If you post your workouts on social media, as many of us do (hello, 2015 mile challenge!), please do not share them until you're finished and home safe. Never, ever post your route on the internet at any time, even after you're home safe, unless you're positive you'll never utilize that route again.
- It's also a good idea to change up your regular run routes and times so no one will be able to predict exactly when and where you'll be running. Even something as simple as reversing your regular route can help keep you safe and reduce boredom too.
- If you see someone who makes you uncomfortable, keep your distance. You do not have to run past someone who makes you uncomfortable. The more space you have between yourself and a potential perpetrator, the more time you have to get away.
- If you do find yourself in a situation where you need to defend yourself, don't be

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afraid to hurt someone who is trying to hurt you. If someone demands your phone or other item, do not hand it to them. Rather, throw it away from yourself and then run in the other direction. If you are grabbed from behind or someone tries to pick you up to move you to another location, drop your center and make yourself as heavy as possible. Dead weight is difficult to move. If you can take a shot at an attacker, always go for the eyes first. Another strategy could be to drop to the ground and stop fighting in a false surrender. Your attacker will stop fighting to hold you down and it will be easier to execute an escape. Once you do get away, do what you do best and RUN!

With all that said, the benefits of running outside on our local trails outweigh the risks, especially if you run smart and take precautions. There is no reason to become so fearful of attack by human or animal that you stay home on the treadmill. Enjoy our beautiful trails and forest preserves, just please do so safely.

Nutrition Note

Nutrition Note: Who loves carbs? We all love carbs! I am over the moon right now for this green rice recipe! I have made two batches in two weeks and still crave it! I found it on the Forks Over Knives website, which is a great resource for healthy, plant-based recipes. Enjoy!



GREEN CHILE RICE WITH BLACK BEANS By Del Sroufe

Serves 4

Ready In: 60 minutes

INGREDIENTS:

- 1 poblano chile pepper, seeded and diced small
- One 4-ounce can mild green chiles
- 1 cup coarsely chopped cilantro
- ½ cup spinach
- 4 cups Vegetable stock, or low-sodium vegetable broth
- 1½ cups medium-grain brown rice
- 1 medium yellow onion, peeled and diced small
- 1 teaspoon ground cumin
- 1 jalapeño pepper, seeded and minced
- 2 cups cooked black beans, or one 15-ounce can, drained and rinsed
- Zest of 1 lime (I took a shortcut and used the juice from a lime instead)
- Salt to taste

Black beans are not usually added to this popular Mexican rice dish, but their addition makes it into a one-pot meal. Use whatever beans you have on hand, or leave them out if you want to serve this as a side dish.

Instructions: Add the poblano pepper, green chiles, cilantro, and spinach to a blender and puree. Add some of the vegetable stock, as needed, to achieve a smooth consistency. Add the mixture to a medium saucepan with the remaining vegetable stock. Add the brown rice and bring to a boil over high heat. Reduce the heat to medium and cook, covered, until the rice is tender, 45 to 50 minutes. Place the onion in a large saucepan and sauté over medium heat for 7 to 8 minutes. Add water 1 to 2 tablespoons at a time to keep the onion from sticking to the pan. Add the cumin, jalapeño pepper, and black beans and cook for 5 minutes longer. Fold in the cooked rice and lime zest. Season with salt.



Pictured on Page 13 is a NoxGear Reflective Vest. Visit their website at <https://www.noxgear.com/>

** Advertisement **



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Mike Auld looking strong at the **Liberty 5K Run/Walk** in Morris, IL.



Races

Dave Cyplick representing PSRR at the **Liberty 5k Run/Walk** in Morris, IL.



Colleen Zawrasky and **John Warren** representing the U.S.A. and PSRR at the **Liberty 5K Run/Walk** in Morris, IL.



Mark Walters racing to the finish at the **Minooka Summerfest 5K**





Minooka 5K Summerfest

2015





Annual event in Morris Honors, Supports and Recognizes Military Personnel



Published: Saturday, July 4, 2015 10:45 p.m. CDT
Morris Herald News—Facebook

Six years ago, a Morris annual tradition was started when the first Liberty 5K Run/Walk was held July 3.

The 2015 version held Friday, hosted by the Grundy County Farm Bureau Foundation and the Morris Downtown Development Partnership, brought runners and walkers of all ages, from senior citizens to elementary school students, to the intersection of Liberty and Jefferson streets.

Morris Mayor Richard Kopczick told the crowd it's a pleasure to see so many more people coming out to participate each year.

Runners waited in four groups categorized by mile time, from those who average six minutes

per mile, up to 10 minutes or more.

As participants waited, the national anthem was performed by the Morris Community High School band, colors were presented by the Morris Color Guard and the Experimental Aircraft Association Chapter 95 performed a flyover.

Most of the participants wore some sort of red, white and blue clothing, whether it be patriotic skirts or bandanas, or even an American flag to carry during the race.

The course went through downtown Morris, area parks, neighborhoods before returning downtown to the finish line on Liberty Street.

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Jacob Wantland, a 2015 graduate of Morris Community High School, wore a red, white and blue bandana with traditional running gear. He was one of the first finishers to cross the line with a time of about 16:10, he said.

“It has a cool theme of being patriotic. The fly-over and everything makes it a great atmosphere,” Wantland said.

As a cross-country and track and field athlete in high school, Wantland said he’s enjoyed running in the Liberty 5K for five years as a mid-summer fitness test. He clocked his best time Friday and feels fully recovered after hip surgeries and intensified training in preparation for the next step of his career at North Central College.

Kopczick said it’s a great event for the city that continues to grow because of the theme and a beautiful course for participants. It also benefits some great causes.

First Midwest Bank President and Grundy County Farm Bureau board member Tom Tesdal said Team RWB Chicago doubled the number of veterans taking part from last year’s total of 25. Team Red, White and Blue’s mission is to help veterans get out in the public and participate in activities and socialize, he said.

In addition to Team RWB, proceeds from the event benefited the Morris Downtown Develop-

ment Partnership, the Grundy County Farm Bureau Foundation, Morris Lion’s Club, Morris Fire Protection and Ambulance District, and more, Tesdal said.

“It’s the only 5K in the state on July 3,” Tesdal said. “Our volunteers have been unbelievable.”

Culver’s, Jimmy John’s, Sweet Tooth, Team RWB and Patriots 4 Heroes had tents set up, and everyone was invited to an after-party sponsored by Ebbey George’s Bar & Grill.

Don Phillips, PA announcer at Coal City High School, emceed the event and wore a green T-shirt commemorating the November 2013 tornado that struck Diamond and Coal City. He told the crowd he didn’t think he’d be wearing it again for another tornado that left the community he’s been living in for years unrecognizable, but appreciates the support from Morris.

Phillips thanked Morris Community High School for continuing to send a bus of students daily to volunteer in the tornado relief effort.

“We appreciate it more than you could know,” Phillips said.

Following the 5K, awards were presented to the top three male and female overall winners, the top three of each age category, and the top three male and female veterans.



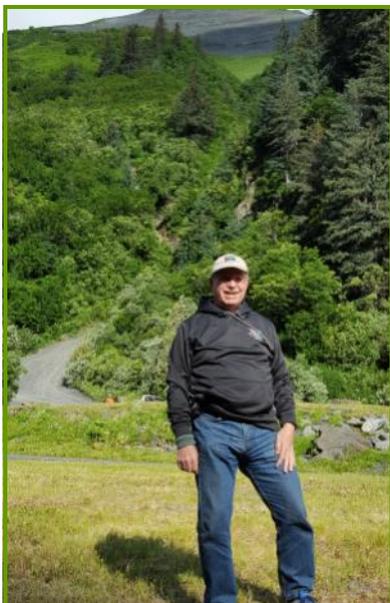
Travelin' PRAIRIE STATE ROAD RUNNERS!



So where have you worn your PSRR gear?

This feature highlights those who have been in cool and exciting places, or anywhere for that matter, wearing their PSRR gear. Send us a picture of you sporting your PSRR tech shirt at the Great Wall of China, carrying your PSRR duffel bag along the beaches of Costa Rica, or wearing your PSRR fleece in International Falls, Minnesota!

Please send your pictures to Susan Mores at newsletter@psrr.org



Jay Wait standing half a mile (approximately 30 feet above) the start line of the Mt. Marathon in **Seward, Alaska**. Perfect weather conditions for a PSRR hoody and cap!



Mike Auld along with Paul Bunyan and Babe the Blue Ox, after a 6.9 mile run in **Lake Bemidji, Minnesota**



Javier Martinez at the **Appalachian Trail** in **North Carolina**. PSRR apparel also makes great hiking gear!



Dave Cyplick at beautiful **Rocky Mountain National Park, Colorado**

VACATION GET-AWAY?
DON'T FORGET TO PACK YOUR PSRR GEAR!!





CASA of Will County Presents
the Inaugural "Running 4 the Kids" 5K / 10K Race
Sunday, September 27, 2015

Registration \$35/\$50

**** Use code RUNCLUB10 for a 10% discount ****

Initially they did not offer a discount, but Mark Walters worked with the Race Organizer to get the discount for the Prairie State Road Runners. Thank you, Mark!!

This race has a 7:00 AM start! Sunrise on September 27th is 6:44 AM.

Starts and ends at LA Fitness in New Lenox. Runners go through scenic Old Plank Trail and through the Forest Preserve. Registration includes t-shirt, swag bag, post-race food and healthy snacks and sponsor booth giveaways.

Link to register: <http://casaofwillcounty.org/running4thekids/>

CASA (Court Appointed Special Advocates) of Will County, is a 501(c)(3) not-for-profit serving abused and neglected children in the Will County juvenile court system



Celebrating birthdays in **SEPTEMBER** are Clark Anderson, Sergio Arreola, Marne Bailey, Brooke Bell, Patty Cheek, Doug Cherry, Kyle Cherry, Dave Cyplick, Rich DeGrush, Pat Fera, Chandler Horvat, Art Hostert, Janet Kapala, Patrick Kielian, Pete Klaeser, Patti Lauer, Morgan Manzke, Robert Maszak, Sue Mores, Caroline Portlock, Evan Sather, Jeremy Sikes and Brian Tatroe

Celebrating birthdays in **OCTOBER** are Laura Barry, Alexis Bowman, Nathan Brown, Jess Conboy, Alyssa DeBoer, Emma Forbes, Kristin Garcia, Suzanne Hart, John Jr Horvat, Liz Hovious, Rob Kodura, Patrick Koerner, Bill Lauer, Scott Lemke, Marty SR Manzke, Madison Manzke, Jim Miller and Mary Jo Minarich

Let's all help them celebrate another great year of running through life!



Welcome!

Bienvenido

NEW MEMBERS

Bienvenue

Liz Hovious

Rob Kodura



*No matter how you say it,
we are so happy you joined us!*

Willkommen



Welkom

2015 CIRCUIT AWARD CHANGES

BY JAY WAIT—CLUB STATISTICIAN

At the October 17th PSRR board meeting, the directors voted to make the following changes in the Circuit Award structure for 2015. As previously communicated, the purpose of these changes is NOT to replace an award system that encourages participation with one that puts the emphasis on winning. The Circuit Award system will continue to reward participation (running, volunteering, and participating in running the club). In addition, we will institute age group scoring so that those who are really competitive can better see how they stack up against those in their age group. The two award systems will work as follows:

Traditional Circuit Award: This Circuit Award will be administered as it is today with two significant changes. First, since scores are age graded anyway, there will be only one division instead of the two (15-64, and Junior/Senior) that exist today. As today, a member qualifies for a circuit award by earning 7 circuit credits, which may be earned by running circuit races, volunteering in club activities, and up to one credit for running a full/half/marathon anywhere in the world. One exception to the 7 circuit credit requirement is that any member age 14 or younger on January 1 will only be required to earn 5 circuit credits. All members who earn the required 7 (or 5) circuit points will receive the circuit award, which changes from year to year, but typically consists of club merchandise with a value of about \$30.

Those members who run 7 or more circuit races will be ranked against other runners on the basis of their age graded race scores, with the scoring done cross-country style. At year end, the top 3 ranked runners will be recognized at the annual banquet. The award for being one of the top ranked runners is in addition to the circuit award, and is a much more modest award, such as a plaque. The second change is that a procedure is being put in place to handle tiebreakers. In the event of a tie

on the basis of the best 7 scores, additional races (best 8, best 9, etc.) will be compared until a winner is found. If that still does not break the tie, the runner with the most races will be declared the winner.

Age Group Circuit Award: While there has been interest in establishing age group awards, doing so presents several challenges related to the demographics of the club. Simply put, there are not enough members in some of the traditional 5 year age brackets to provide any meaningful competition. Even in 10 year age brackets, it is likely that in some brackets there will not be enough participation to produce an age group winner. The board has reviewed the demographics and has established 16 age groups (8 each for male and female) to be used for 2015 awards. It is the intent of the board to review and adjust these annually to account for changes in the club demographics. The age groups designated for 2015 are: Under 15, 15-29, 30-39, 40-49, 50-54, 55-59, 60-69, and 70 and over. For the purpose of determining age group, age on January 1 will be used and nobody will be allowed to compete in two different age groups during the year. For example, a person aged 54 on January 1 who turns 55 in March will remain in the 50-54 age group for the entire year.

Scoring in the age groups will be done cross country style, based on actual finish times rather than age graded scores. Ranking will be done on the basis of the best 7 race scores in each category except the under 15 category, which will only require 5 race scores. Winners in each age group will be recognized at the annual banquet with a nominal award, such as a plaque. The three top ranked members based on age graded scoring will not be eligible for age group awards. Finally, ties will be broken using additional races as described above.



CIRCUIT RACE RESULTS—AUGUST 15, 2015



Runner	1. Winterfest 5k	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Rockdale Ramblin 10k	5. Race to the Plate 5k	6. St. Mary's 5k	7. Minooka Summerfest 5k	8. PSRR X-Country Open	9. Liberty 5k	10. Sundowner 5k	11. Firefly 5k	12. DNA Athletics/PSRR Free 5k	13. Shorewood Scoot 5k	14. Ashley Can Half Marathon	15. Plainfield Harvest 5k	16. Forte 5k	17. JJC 5k	18. Canal Connection 10k	19. Red Eye 8k	20. Poultry & Pie Predictor 4 Mile	21. Your choice half /full/ultra	22. Volunteer Credits	Circuit Score	Circuit Ranking
Acup, Fawn			26	C		14			20															
Aguilar, Dan		16	14						13	8														
Anderson, Clark	1	2	2	2	C			2	1	3													13	1
Anderson, Rick	3	12	17	C																				
Arreola, Sergio			9						7															
Bailey, Marne		37	30	45					39															
Bak, Leo		59	70	C	16	34																	1	
Baltz, Cricket		26	43	63																		C	5	
Baltz, Tom		23				15	25															C	1	
Baltz, Tommy John		21	10	23		12	20															C	1	
Barry, James G.			46																			C		
Barry, James R.		45																						
Barry, Laura			57						54															
Bell, Brooke																								
Bell, Grant		42																						
Bell, Kyle		5	7																					
Bergin, Terry																								
Blazekovich, Jenny		15	15								9													
Bonacci-Klaeser, Ruth			37	50	C	12			46	31														
Bornhofen, Larry		11	18	C		7			19	13														
Bowman, Alexis																								
Bowman, Jennifer									52														1	
Bowman, Katie																								
Bowman, Mark		6	4	C		3			2	1											C	2		
Bowman, Mary Lou																								
Brown, Melissa			33	C					30	24														
Brown, Nathan			66						47															
Bumgarner, Robyn		30	20	36							32												1	
Byrnes, Brenda						25																		
Calder, Kate			24	32		6	20																1	
Calvey, Colleen			48	64	C																			
Carter, Clint		13	8	22					12	22														
Cheek, Patty			31																					
Cherry, Becky			5						4															
Cherry, Doug																								
Cherry, Hannah									15															
Clark, Matt			21			22	11	11													C	1		

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Conboy, Jess		9	9	13					6		10											C		
Cyplick, Amy																								
Cyplick, Dave		40		38	C		18		13		20												7	
Davidson, Marcia							30																	
Davis, John									7															
DeBoer, Alyssa																								
DeBoer, Cody																								
DeBoer, Donna																								
DeBoer, Ted																								
DeGrush, Rich				11																			2	
DeVault, Sharon				62			32			64												C		
Ellison, Howard				44		9			19	35	26													
Ellison, Jackie																								
Erickson, Vera																							1	
Fera, Pat									34	65													2	
Figuierras, Kathleen		44	33		C		26		22	41	33											C		
Forbes, Anna Marie				69						68														
Forbes, Benjamin																								
Forbes, Emma																								
Forbes, Sean			35	52				13		43														
Gabryel, Glenn		52		53							39													
Garcia, Kristin																								
Garcia, Levi																								
Garcia, Nick																								
Goodwin, Kenneth									35															
Gora, Bill		35								37														
Gregory, Susan		51	41	56					27														1	
Harman, Jim				25						28													2	
Hart, Suzanne		23																						
Hopper, Spencer																							1	
Horvat, Chandler																								
Horvat, John											16													
Horvat, John Jr.																								
Horvat, Shalyn																								
Hostert, Art																								
Hostert, Eileen																								
Hovious, Liz									32	56														

CIRCUIT RACE RESULTS—AUGUST 15, 2015



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Hume, Bert																									
Johnson, Jean		18	19				13		14	26	18														
Johnson, Jeffrey		20								31	29											C			
Johnson, Karl		46	39	60	C	14	31	17																	
Jungwirth, Robert		4		3		1	3			5														1	
Kapala, Janet				49						36														1	
Kielian, Galey									15																
Kielian, Gerald							27		23	45	35													1	
Kielian, Jordan									9																
Kielian, Patrick									12																
Klaeser, Pete			52		C	17																			
Koerner, Craig			15	30	C					21	15													1	
Koerner, Patrick J.			23	28	C	3		8		14														1	
Koven, Cassidy																									
Koven, Kelly			42		C			14																	
Koven, Reese			7		C			10																	
Koven, Ryan			18		C			9																	
Koven, Steven		55																						8	
Kuhel, Susan		47	38	51	C				29	48	38											C		1	
Lancaster, April	5																								
Lancaster, Patrick																									
Lauer, Bill																									
Lemke, Kai																									
Lemke, Lauren		7		10			4																		
Lemke, Scott																									
Lemke, Taylin																									
Macknick, Dick																								2	
Manzke, Eva	4				C		5																		
Manzke, Madison																									
Manzke, Marty Jr	2																								
Manzke, Marty Sr																									
Manzke, Morgan																									
Martinez, Javier		10	6	12				5	5		2														
Maszak, Robert																									
McFarland, Patrick		38	28	39	C	10	24			38	28													205	9
McLean, Susan			17	27																					
McQuarters, Cathy		41	32						31	55													2		

CIRCUIT RACE RESULTS—AUGUST 15, 2015



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Scheckel, Debbie	29	16			C	8	17		17	34	23														
Scheckel, Harry	22	12			C	4	6		10	10	7													71	3
Servi, Tim	19								3																
Sheridan, John	33	27	34							29															
Sikes, Jeremy				55						22															
Sikes, John			51	61						53													2		
Sikes, Linda																									
Sikes, Nikki																									
Skisak, Eileen	1	1	1		C		1	1		1															
Skuturna, Julie	60	49	65		C					66															
Smith, Keith											19											2			
Sodt, Robert																									
Spiezio, Paul																									
Stapleton, Carol							21		18	24	25														
Starling, Mary	43		35							25	21														
Stephenson, Liz			21								30														
Tatroe, Brian																									
Tatroe, Terri	34		40							40													1		
Thompson, Bob							33																		
Underhile, Clinton	28	14	29				11	6		16	12											1	116	5	
Wait, Jay	49	36	47							61	40											2			
Walters, Mark	25	11	24				8		8	18	11											1	105	4	
Warren, John	8	5				2	2		2	8	4												31	2	
Warren, Judith	50	44				15															C	1			
Weisfus, Stella			45																						
Wertelka, Raymond	56				C				30	42													6		
Westefer, Gary																							1		
Wilson, Mike																									
Wojtkiewicz, Paul			8					4			3												1		
Zemaitis, Nicole	31	29	37				23				27														

***** [CLICK HERE FOR AGE GROUP STANDINGS](#) *****

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

Report errors/corrections to statistician@psrr.org



2015

Circuit Race Schedule

Race #	Race	Date	2014 PSRR Participation
1	Winterfest 5k (Kankakee)	2/1/15	Returned to Circuit
2	Frosty Five Mile (Channahon)	2/8/15	63
3	Manhattan Irish Fest 5K	3/7/15	46
4	Rockdale Ramblin' 10K	4/11/15	52
5	Race to the Plate (Joliet)	4/19/15	NEW
6	St. Mary Immaculate 5K (Plainfield)	5/16/15	21
7	Minooka Summerfest 5K	6/20/2015	40
8	PSRR Cross Country Open (Plainfield)	6/27/15	9
9	Liberty 5K (Morris)	7/3/15	43
10	Sundowner 5K (Joliet)	7/23/15	59
11	Firefly 5K (Channahon)	8/13/2015	45
12	DNA Athletics/PSRR Free 5K (Crest Hill)	8/16/15	34
13	Shorewood Scoot 5K	9/12/2015	28
14	Ashley Can Half Marathon (Bourbonnais)	9/13/2015	16
15	Plainfield Harvest 5K	9/27/15	22
16	Forte 5K (Channahon)	10/17/15	28
17	JJC Foundation 5K	10/25/15	26
18	Canal Connection 10K (Utica)	11/1/15	29
19	Red Eye 8K (Joliet)	11/15/15	60
20	Poultry & Pie Predictor 4 Mile (Joliet)	11/26/15	53

* Date not yet confirmed.



Club Member Benefits

- **BI-MONTHLY NEWSLETTER** – “The Pacesetter” is published every 2 months. Each issue includes a letter from the president, upcoming races, cartoons, race reports and running accomplishments by our club members. You are encouraged to send personal stories, race reports and pictures to newsletter@psrr.org so we can include them in the newsletter.
- **MERCHANDISE DISCOUNT**—Select items at DNA Athletics, 16133 Weber Road, Crest Hill, IL, Phone: 815 588-0908
- **ORGANIZED GROUP RUNS**
 - SUNDAY MORNING SHOW-N-GO RUN AND BREAKFAST**– Since many of our club members run at different paces and are training for various events, we may not always run as a group. We meet at the Channahon State Park (25302 West Story Street, Channahon) between 8:00 – 8:30 AM, finishing around 9:45 AM. At that time, we head over to Lallo’s (25365 South Fryer Street, Channahon) for breakfast.
 - TRACK WORKOUTS (SEASONAL)** – These speed work sessions take place on Tuesday evenings and are lead by a club member in the spring and summer months. We currently meet at the Troy Middle School, 5800 W. Theodore, Plainfield.
 - GROUP RUN (SEASONAL)** – Takes place on Thursday nights at DNA Athletics, Crest Hill. All ages and abilities are welcome for a 3-5 mile run. Takes place all summer long with a 6:15 start. Stick around after the run to take advantage of your merchandise discount on select items in the store.
- **RACE CIRCUIT** — Consisting of approximately 18-20 races, including a “your choice” marathon or ½ marathon. All paid members are eligible for circuit participation awards. Runners age 15 through 64 must participate in seven circuit races to receive an award. Runners 14 and under, or 65 and over, must participate in five circuit races.
- **RACE DISCOUNTS**—Select circuit races
- **ANNUAL BANQUET AND CIRCUIT AWARD EVENT**
- **EMAILS AND REMINDERS ON UPCOMING RACES AND EVENTS**

PRAIRIE STATE ROAD RUNNERS Membership Application

2015 RENEWAL/NEW MEMBER RATES (Dues paid for year 2015 if joining after October 1, 2014)

INDIVIDUAL _____ \$18.00 STUDENT _____ \$12.00 FAMILY _____ \$25.00

PRIMARY MEMBER NAME _____ Gender (M/F) _____ AGE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

DATE OF BIRTH _____ PHONE (____) _____ E-MAIL _____

YEAR (OR APPROXIMATE YEAR) YOU JOINED THE PSRR CLUB _____

Family Membership Data – List All Members

Name	Age	Date of Birth	Gender (M/F)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

How did you hear about us? _____

Make Checks Payable to: PRAIRIE STATE ROAD RUNNERS

Mail to: P.O. Box 293, Channahon, Illinois 60410-0293

CLUB MEMBERSHIP WAIVER

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running and volunteering to work in club races including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Prairie State Road Runners and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNATURE (Parent of guardian if applicant is under 18) _____

DATE _____

Visit our website at www.psrr.org
Contact us at president@psrr.org



September/October 2015

PACESETTER

Prairie State Road Runners

P.O. Box 293

Channahon, IL 60410-0293



PRAIRIE STATE ROADRUNNERS



WILL COUNTY, ILLINOIS SINCE 1975
WWW.PSRR.ORG

Mail to:

From Will County's Running Authority

