

THE PACESETTER

January/February 2018 Volume 43, Issue 1

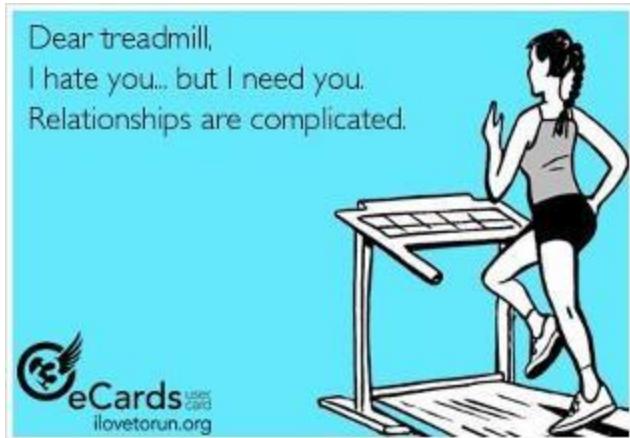
Newsletter of the Prairie State Road Runners—Will County's Running Authority Since 1975 www.psrr.org



The Pacesetter is for
Runners, Walkers, and Fitness
Enthusiasts of ALL abilities.



PRAIRIE STATE ROAD RUNNERS



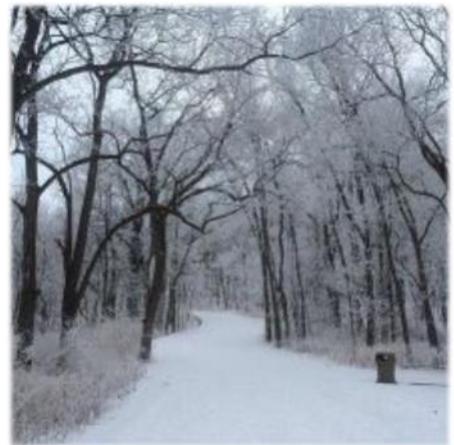
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PACESETTER

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Weekly Club Events

Sunday run with the Breakfast Club at 8AM on the I&M Canal towpath/Channahon State Park. Breakfast follows at Lallos Bar and Grill at approximately 10 AM.

Group events with DNA Athletics in Crest Hill. Contact store at (815)588-0908 for seasonal schedule as events are on various days .



Dues

Individual Memberships

are \$18.00 per year

Family Memberships

are \$25.00 per year

Student Memberships

are \$12.00 per year

Checks Payable To:

Prairie State Road Runners

Mail To:

Prairie State Road Runners,

P.O. Box 293

Channahon, IL 60410-0293

Join online [here](#)

PRAIRIE STATE ROAD RUNNERS

CLUB OFFICERS

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VP/Membership

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Cathy Morman

Tina Pirc

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Judith Warren

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

Send your articles, error corrections or comments to: Judith Warren. Visit our website at psrr.org.

On the cover:

Kathleen Figueras in the Schaumburg Turkey Trot Half Marathon

UPCOMING CIRCUIT RACES AND EVENTS

January

January 20, 2018

F^3 Lake Half Marathon

Soldier Field, Chicago

[Register Here](#)

February

February 11, 2018

Frosty Five Miler

Channahon IL

[Register Here](#)

Membership dues must be current in order to earn circuit points



Prez SEZ...

BY MARK BOWMAN
PRESIDENT

I was digging around in my crawlspace a few weeks ago and found a bunch of old Prairie State newsletters in one of my storage chests. This was back when it was a paper newsletter that had to be actually sent by snail mail. So it was a lot smaller and just black and white to keep the costs reasonable.



So I pulled them out and got a chance to relive some the old days. In particular I found this article about volunteers that I thought I would pass along. Even back then it was an old article that was found by newsletter editor. A few of you who have been around for a long time might remember it.

BONES, BONES, and MORE BONES

In a way, an organization can be thought of as a skeleton. That's right. I said a skeleton. Members tend to fall into categories that are quite accurately described by certain bones. Let's take a look at four such bones.

Some members are WISHBONES. They wish the organization could do various things for them personally. Sometimes they wish it could do things for the members as a whole. Unfortunately, they also spend much of their time wishing someone else would get the job done.

Some members are JAWBONES. They do a lot of talking, but very little else. They are always griping with good and bad suggestions and criticisms. They rarely, if ever, do anything other than use their jaw.

Other members are KNUCKLEBONES. They knock everything anyone else suggests or tries. They have little, if anything, positive to say and almost always end up quoting from their favorite list, "twenty-five reasons it won't work."

Ah yes, the fourth type. We come now to the BACKBONES. These are the members that really take on the task at hand. They are what make the group successful.

Could the group along without any of these bones? Perhaps, but they do all serve a purpose. They

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tend to support one another and give the whole skeleton its basic framework and shape. The wishbone provides ideas, the jawbone helps analyze or test them, and the backbone gets the job done. Even the knucklebone makes a contribution by reminding the others of the reality of things and that the task at hand may not always be easy.

Wait a minute! What's this? Here's another bone! The SPARERIB! Ah yes, they represent the people in the group that reap the benefits of the organization's work, but haven't yet decided to even join much less become active. They just sort of wait around without choosing a role to play. Maybe some day they will come to realize they can help and will even feel better about themselves if they become a part of the framework that serves the group.

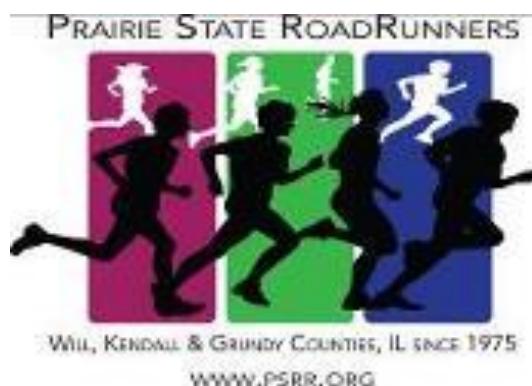
As far as the article above goes, I have been blessed that during my time as president of Prairie State I have had so many BACKBONES to help me with what I have felt is a successful time for the club. Membership is up, we have three great races we put on each year that just keep getting better, the picnic and all the fun runs that have such great participation throughout the year are flourishing.

So, this being my last Prez Says before stepping down, I just wanted to thank everyone who has made my tenure as President so heartwarming and special, particularly, my Board and all the volunteers at each and every event we put on or participate in. And it was great to see the number of people that have responded to want to be a part of new 2018 PSRR Board. Three more people I want to thank are: Jay Wait, who is our statistician, and does such an incredible job with keeping the circuit straight; Scott Lemke, our webmaster, who did the redesign of the website and has been continually adding to it and improving it; and finally, Judith Warren, who has done such a masterful job of putting together our newsletter every two months keeping it fresh, informative and beautiful. These three put a lot of time and effort into their tasks and are not actually part of the PSRR Board.

Well, that about wraps it up for me.

May all your runs be fun!

Mark





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 March/April 2018 Newsletter is Feb 20

Please don't make me send comments to myself...send yours today!!

Email to: [Judith Warren](mailto:Judith.Warren@rrca.org)

The Prairie State Road Runners are part of the Road Runners Club of America. Visit the RRCA website [here](#).



Troy Middle School cross-country runners who finished All State (top 25) at the state meet in October coached by PSRR member John Davis.

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

PSRR Banquet & Other Information



Hello Running Colleagues,

The PSRR Banquet and General Meeting will be on January 20th this year. But it will be at a new location this year. It will be from 6:00 PM to 9:00 PM in the Gathering Room at the Jacob Henry Mansion, 15 South Richards Street, Joliet, IL 60433. As usual, it will start with ???, then dinner and finally the general meeting, including announcement of new Hall of Fame members and distributing Circuit Awards. Cost will be \$15.00 per person, and children will be \$10.00. There will be a cash bar. We do need an RSVP by January 12th so we know how much food to have on hand. So please, RSVP me at president@psrr.org. If for some reason you cannot make the dinner, there will be no cost to attend the meeting part of the night. At the general meeting we will be voting on several things, including the Board of Directors for 2018 and the 2018 Circuit. **To vote, you must be a current member and must be present.**

And a final reminder that the last date for reporting long runs is December 10th, and the last date to report any needed corrections is December 21st.

Also, don't forget to take advantage of the discounted rate for PSRR renewal for 2018. It is good until December 31, 2017. You can renew [here](#). We will also have renewal sign-up at the banquet, but it will be at the regular rate.

Mark L. Bowman
PSRR President



CANAL CONNECTION 10K



CANAL CONNECTION 10K



CANAL CONNECTION 10K



Robyn's (yummy) Recipes

BY ROBYN BUMGARNER—ACE CERTIFIED HEALTH COACH

CREAMY TOMATO SOUP WITH ROASTED CHICKPEA CROUTONS

INGREDIENTS: Recipe from [The Oh She Glows Cookbook](#)



For the chickpea croutons:

1 (15-ounce/425-g) can chickpeas, drained and rinsed
1 tsp (5 mL) grapeseed oil or melted coconut oil
1/2 tsp (2 mL) dried oregano
1/8 tsp (0.5 mL) cayenne pepper
1 tsp (5 mL) garlic powder
1/4 tsp (1 mL) onion powder
3/4 tsp (4 mL) fine-grain sea salt or Herbamare

For the tomato soup:

1 tbsp (15 mL) extra-virgin olive oil
1 small to medium yellow onion, diced (1.5 to 2 cups/375 to 500 mL)
2 large cloves garlic, minced
1/2 cup (125 mL) raw cashews, soaked in water for at least 3 hours
2 cups (500 mL) vegetable broth
1 (28-ounce/793-g) can whole peeled tomatoes, with their juices
1/4 cup (60 mL) oil-packed sun-dried tomatoes, drained
3 to 4 tbsp (45 to 60 mL) tomato paste
1/2 to 1 tsp (2 to 5 mL) dried oregano
3/4 to 1 tsp (4 to 5 mL) fine-grain sea salt
1/2 teaspoon (2 mL) freshly ground black pepper, plus more as needed
1/4 to 1/2 tsp (1 to 2 mL) dried thyme

DIRECTIONS

For the chickpea croutons: Preheat the oven to 425 degrees F (220 degrees C). Line a large rimmed baking sheet with paper towels. Place the chickpeas on the paper towels and place a couple of paper towels on top. Roll them around until any liquid on them has been absorbed. Discard the paper towels.

Transfer the chickpeas to a large bowl and stir in the grapeseed oil, oregano, cayenne, garlic powder, onion powder, and salt. Line the baking sheet with parchment paper and then spread the chickpeas in an even layer on the baking sheet.

Bake for 15 minutes. Give the pan a shake from side to side and cook for 15 to 20 minutes more, watching closely, until the chickpeas are lightly charred and golden.

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Let cool on the baking sheet for at least 5 minutes. The chickpeas will crisp up as they cool.

For the tomato soup: In a large saucepan, heat the olive oil over medium heat. Add the onion and garlic and sauté for 5 to 6 minutes, or until the onion is translucent.

In a blender, combine the soaked cashews and the broth and blend on high speed until creamy and smooth. Add the garlic-onion mixture, tomatoes and their juices, sun-dried tomatoes, and tomato paste and blend on high until smooth. Pour the tomato mixture into the saucepan in which you cooked the onions and set the pan over medium-high heat. Bring the mixture to a simmer, then stir in the oregano, salt, pepper, and thyme, all to taste.

Gently simmer over medium heat, uncovered, for 20 to 30 minutes, until the flavors have developed.

Ladle the soup into bowls and top each with 1/3 to 1/2 cup (75 to 125 mL) of the Chickpea Croutons. Garnish with minced fresh thyme, a drizzle of olive oil, and freshly ground black pepper.

Tips: The chickpeas will lose their crispness in the soup, so be sure to add them just before you sit down to eat — or you can even add the chickpeas as you eat the soup.

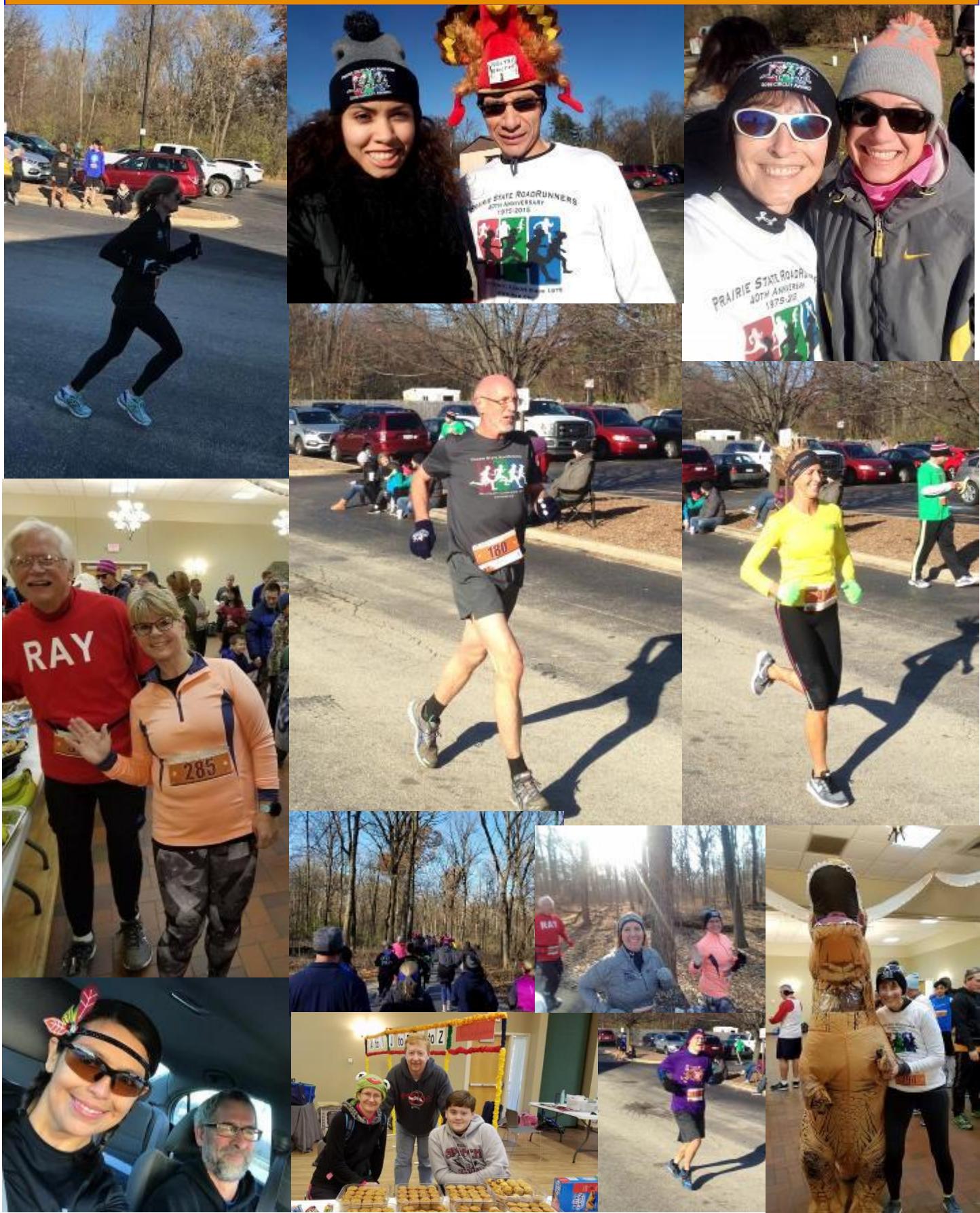
If you have leftover chickpeas, make sure they're cool, then pop them into a baggie or container and throw them in the freezer. Freezing the chickpeas seems to retain their crispness better than leaving them at room temperature. To reheat, simply pop the frozen chickpeas into the oven at 425 degrees F (220 degrees C) for 5 minutes or so, until thawed. Voila — instant roasted chickpeas!



POULTRY & PIE PREDICTOR 4 MILER



POULTRY & PIE PREDICTOR 4 MILER



POULTRY & PIE PREDICTOR 4 MILER



WHERE'S RAY???

Match Ray Wertelka with Oh The Places He's Been this year:

(answer key on page 29)



A



B



C



D



E



F

1. Trifecta Sprint Chicago
2. Marine Corps Marathon
3. Santa's on the Run
4. Spartan Race at Lambeau Field
5. Marine Corps Marathon
6. Race Guards in Chicago

MANHATTAN IRISH FEST PARADE 5K

BY RAY WERTELKA—RACE DIRECTOR AND PSRR VP/BUSINESS

Well, now that the start of winter has officially come and gone you know that the Manhattan Irish Fest Parade 5K is just around the corner! This race has become the largest winter 5K in all of will county in a large part because almost 25% of the finishers were from the Prairie State Road Runners Running club! We had 392 sign-ups to run last year. And to top it off, we are the **ONLY 5K in North America** that actually starts a parade, runs through the parade route, and is included in the Irish Fest festivities in the Irish Fest Tent.



This year this race has gained CARA certification. This means that this race has applied for and received the Chicago Area Runners Association designation as a 2018 CARA CERTIFIED RACE #CARA18003. This race has agreed to adhere to and uphold CARA's Best Practices Guidelines. These Guidelines embody the highest standards for quality, safety and comfort for participants in a road race." The approval process was 2 years in the making. The survey that was mailed to you after last years race convinced CARA that the Manhattan Irish Fest Parade 5K was worthy of certification If you are interested to learn of the guidelines please visit CARARUNS.ORG to learn of all the details.

Did you know that the first race that was associated with the Manhattan Irish Fest was called the Shamrock Shuffle? That was back in 1995. This race was staged for only 3 years. Running wasn't as popular back then and the most runners that they could muster was 75. The start time was at 8AM and staged at Berkot's Super Foods, and runners were not included in the Irish Fest Tent Festivities. So that meant that the Irish Fest was 5K challenged for about 17 years.

"2017 marks the 23rd annual Manhattan Irish Fest.

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

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

"The Irish American Society continued the gracious efforts of both the Chamber and MYAA. Before taking over the Fest, the Society had provided many volunteers to help run the Fest, including the members of the men and women's rugby teams. In 2005, the IASCW donated \$20,000 to the MYAA field

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MANHATTAN IRISH FEST PARADE 5K

Continued from Page 14

fund, \$3,000 to the Lincoln Way High School Rugby Club, and \$10,000 to St. Joseph Church and Curtain Call Community Theater over the years. The IASCW and Manhattan Park District/Foundation has given \$18,000 to the King and Queen Scholarship winners and provided 7 students with opportunities to study in Ireland. From 2005-present over \$215,000 has been raised and donated to local organizations!!

"On behalf of the Manhattan Irish Fest committee, please remember what you have read this year when March 2nd and 3rd rolls around. Instead of hesitating at the price of an admission button (\$7 presale and \$10 at the door), think instead about organizations such as, the Irish American Society of County Will, the Manhattan Park District Foundation, Manhattan Chamber of Commerce, Operation Care Package, MYAA and Critter Junction that benefit from the Fest. Each organization donates it's time and good spirits to help run the Fest, which relies solely on volunteerism. Your attendance awards scholarships, brightens military lives, saves animals, builds Athletic fields, creates programs for area children and promotes local businesses. As always, Manhattan Irish Fest will highlight some of the most well-known and enjoyed aspects of the Irish Culture, such as, bagpipers, Irish dancers, music, food, and drink. This year's Fest will once again showcase local, regional and national Irish musicians and entertainment. Events will take place in and outside the Main Tent, the Park Rec Center, the library, St. Joseph Church and downtown Manhattan.

"For more information, pre-sale buttons, sponsorship opportunities, parade entry, schedules and more visit the website at www.manhattanirishFest.com and "Like" us on Face book.

As for the logistics, this has become a true family event as out of the 392 runners that signed-up we had 39 runners under 14 and a total number of 43 runners under 19. I haven't even looked at the number for older family members running together but I am sure that that is also a significant number.

A fun topic included is that we had a chiropractic group that has "fitness wars" sent us 39 runners, we had a pub crawl group that ran in their first 5K, and we also had a group that trained to run under 30 minutes in a 5K. New to this year is that the race has its own web site ManhattanIrishFestParade5K.com. I have an e-mail address just for the fest RayWertelka@PSRR.Org. the fest page is ManhattanIrishFest.com, and the beautiful part of the fest site is that they have a video of our race as we pass by the reviewing stand (a total of 4 Mins). Our site gives credit to our sponsors and the registration page is linkable to the sponsors web site for one year. On our registration site you can see that we are collecting donations to send a runner to a NIKE summer camp, we can donate to the Ashley Cann foundation, we can run as teams, and we have GIFT CERTIFICATES!!!!!!!!!!!!!!

Watch for next year as there will be a new race coming to town sponsored by Fitness Premier. It will be timed and run a certified course. If anyone knows Joe Regan and his wife Andrea you will know that this will be a top-notch race. There is also another race in town called the Mission Run that is also run on a certified course. So, what I am saying we have a trifecta coming to town.

One final note. With all of this running going on in Manhattan we will petition, apply, and probably receive the rank as Manhattan IL being designated a runner friendly town. See you at the start line.

Travelin' PRAIRIE STATE ROAD RUNNERS!



So where have you worn your PSRR gear?

This feature highlights those who have been in cool and exciting places, or anywhere for that matter wearing their PSRR gear. Send us a picture of you sporting your **PSRR pride** anywhere in the world!

Please send email your pictures to [Judith Warren](#) or via message on facebook.

John Davis in Washington DC in June wearing old school PSRR gear



PSRR at the Redeye 5k in Joliet



Taco Tuesday PSRR/CMRC crew in November in Channahon



Travelin' PRAIRIE STATE ROAD RUNNERS!



Chili Chase 5k in Yorkville



Hobbler Gobbler 10k in Oswego

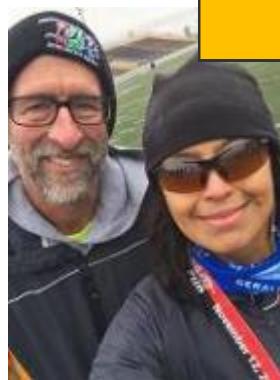


Redeye 5k in Joliet



Redeye 5k in Joliet

Reindeer Run 5k at Brookfield Zoo



Redeye 5k in Joliet



Travelin' PRAIRIE STATE ROAD RUNNERS!



PSRR took the Team Award at the
Autobahn 5k+ in Joliet



Training run at Springbrook Prairie, Naperville



Jingle Bell 5k in Kankakee

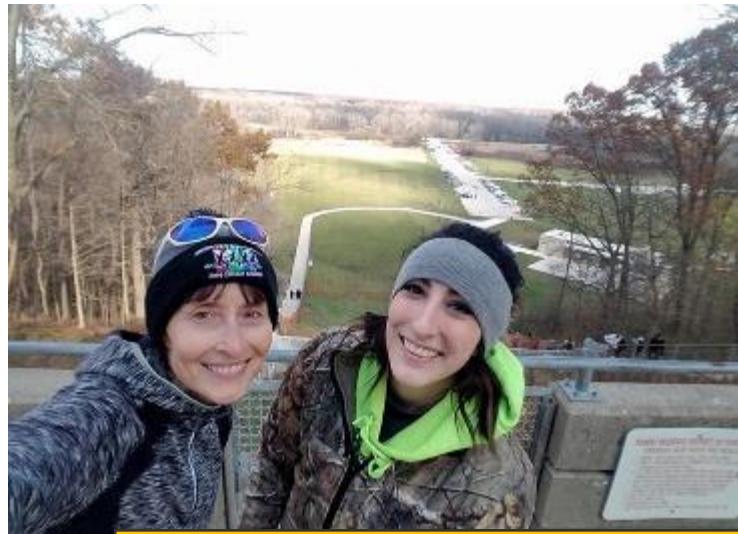


Jingle Bell 5k in Kankakee

Travelin' PRAIRIE STATE ROAD RUNNERS!



Reindeer Run 5k at Brookfield Zoo



Up the Stairs at Swallow Cliff in Palos



Training run on the I&M Canal in Channahon



Mark and his Indy Monumental Marathon Medal



Celebrating birthdays in January: Michael Auld, Charlotte Blenck, Maggie Caracheo, Michael Cimino, Toni Colwell, Howard Ellison, Sean Forbes, Nena Fournier, Alex Gliwa, Jeff Johnson, Eric Johnston, Kelly Koven, Griffin Kisner, Christine Luviano, Cathy McQuarters, Robin Nette, Valerie Nette, Tina Pirc, Benjamin Riley, Dawn Ruch, Paul Spiezio, and Kurt Wysock

Celebrating birthdays in February: Shelli Blenck, Quinn Bumgarner, Teresa Buturusis, Bridget Clark, Christopher Gregory, Rowena Henderson, Mary Jones, Galey Kielian, Eva Manzke, Andrea Miller, Jaime Ortiz, Rudolph Pironti, Lori Quigley, Julia Ruch, Eileen Skisak, Sue Smith, Kristine Walker, and Mark Walters

NEW MEMBERS

Welcome



<i>Alisson Atwood</i>	<i>Angela Hugel</i>	<i>Gina Schalk</i>
<i>Darin Atwood</i>	<i>Tom Podlin</i>	<i>Sarah Schalk</i>
<i>Davian Atwood</i>	<i>Brent Radomski</i>	<i>Stephen Topf</i>
<i>Katherine Atwood</i>	<i>Jeff Salkas</i>	<i>Darcy Welsh</i>
<i>Isaac Blenck</i>	<i>Charles Schalk</i>	<i>Linda Whalen</i>
<i>Bob Bodach</i>	<i>Daniel Schalk</i>	

6TH ANNUAL HOLIDAY LIGHT RUN



Once again, Robyn Bumgarner plotted a course and opened her home for the Holiday Light Tour. PSRR, DNA, and Hydraklick all contributed to the festivities. The 6th year that Channahon Minooka Running Club and Prairie State Road Runners have met for running, lights, and holiday cheer was better than ever! THANKS ROBYN!!!



2018 CIRCUIT RACES

<u>Date</u>	<u>Circuit Race</u>	<u>2017 Club Participation</u>
Jan 20	F^3 Lake Half Marathon	New to the circuit

The rest of the circuit will be voted upon at the PSRR Banquet on January 20th

Membership dues must be current in order to earn circuit points

2018 CIRCUIT AWARD RULES

At the 12/8/17 PSRR board meeting, the directors voted to continue with Circuit Award structure as used in 2017. The Traditional Circuit Award will continue to reward participation (running, volunteering, and participating in operating the club). The Age Group Circuit Award allows those who are really competitive to see how they stack up against those in their age group. The Most Miles Award is given to the person who accumulates the most miles in half marathon or longer races. The three award systems will work as follows:

Traditional Circuit Award: A member qualifies for a circuit award by earning 7 circuit credits, which may be earned by running circuit races, volunteering in club activities, and up to one credit for running a half marathon, marathon, or longer race anywhere in the world. The one exception to the 7 circuit credit requirement is that any member age 14 or younger on January 1 will only be required to earn 5 circuit credits. All members who earn the required 7 (or 5) circuit points will receive the circuit award, which changes from year to year, but typically consists of club merchandise with a value of about \$30.

Those members who run 7 or more circuit races will be ranked against other runners on the basis of their age graded race scores, with the scoring done cross-country style. Age grading is done by using the WMA Age Grading Calculator 2015 (<http://www.howardgrubb.co.uk/athletics/wmaroad15.html>). For this grading, age is considered to be the age on race day, and time is input to the nearest second.

At year end, the top 3 ranked runners will be recognized at the annual banquet. The award for being one of the top ranked runners is in addition to the circuit award, and is a much more modest award, such as a plaque. In the event of a tie on the basis of the best 7 scores, additional races (best 8, best 9, etc.) will be compared until a winner is found. If that still does not break the tie, the runner with the most races will be declared the winner.

Age Group Circuit Award: Because of the club demographics, there are not enough members in some of the traditional 5 year (or even 10 year) age brackets to provide any meaningful competition. The board has reviewed the demographics (and intends to do so annually) and has agreed to continue using the 20 age groups (10 each for male and female) that were used for 2017 awards.



The age groups are: Under 15, 15-29, 30-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-59, and 70 & over. For the purpose of determining age group, age on January 1 will be used and no body 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.

Most Miles Award: Races of half marathon or longer races that are run between January 1 and December 9 and reported to the statistician will be recorded with a running total of miles run in such races. Any PSSR Circuit Race of half marathon or longer will count toward total miles, but will only count once toward the Circuit Award (i.e., it will count as a circuit race, but not as a long run). Finally, ultramarathons, regardless of distance, will only count for a maximum of 50k (31.1 miles) toward the Most Miles Award. The winner with most miles will be recognized with a nominal award, such as a plaque.



2017 CIRCUIT RESULTS

2017 Circuit Results

Completed 7 circuit races – eligible for circuit award and circuit ranking

Has 7 or more points via circuit races, volunteer credits, and 1 half/full/ultra – eligible for circuit award

Has 5 or more points (age 14 & under) via circuit races, volunteer credits, and 1 half/full/ultra – eligible for circuit award

Colored numbers are the 7 lowest finishes used in calculating circuit score

12/22/2017

CIRCUIT STANDINGS -- FINAL

Runner	1. Winterfest 5k	2. Frosty 5 Mile	3. Irish Fest 5k	4. DNA No Foolin' 5k	5. Run, Walk & Roll 5k	6. Trinity Christian School 5k	7. Rockdale Ramblin' 10k	8. Quarryman Challenge 10 Mile	9. Fierce Fiesta 5k	10. Kendall County Sweetness 8k	11. Minooka Summerfest 5k	12. Liberty 5k	13. Sundowner 5k	14. Firefly 5k	15. DNA/PSRR Free 5k	16. Ashley Can Half Marathon	17. Run for Your Life 5k	18. Plainfield Harvest 5k	19. Forte 5k	20. JJC Haunted 5k	21. Canal Connection 10k	22. Poultry & Pie Predictor 4 Mile	23. Volunteer Credits	Circuit Score	Circuit Ranking		
Acup, Fawn	15	9				11																	C	1	77	17	
Aguilar, Dan	21	8				7																		1	105	23	
Anderson, Clark	2	3	1	2	3	4																					
Anderson, Rick	6	17		5	5	13																					
Arreola, Sergio					4						5													5			
Atwood, Davian																								41			
Atwood, Katherine																								11			
Auld, Michael	18	14	6	4	6	2	3	2	6	3							2	4	4	C		20	4				
Auld, Rebecca						5									4								15				
Bailey, Marne	12	30	23	11		18					32											36	38	1	162	32	
Baltz, Kricket				10																			C	8			
Baltz, Tom	38	18			28																						
Baltz, Tommy John																								7			
Barry, James R.	58	42		13																							
Barry, Laura	48	37	24			10					35	40					29	25	28	C		188	35				
Beard, Nydia	8	20	11			12	12	6	11	18	16	3										C	1	63	14		
Blenck, Shell											15	24	30	4	6	11	11	13	C		90	18					
Bonacci-Klaeser, Ruth	58				31	16				34	41	35			13							C		228	44		
Bornhofen, Larry	7	8			13	6	10	7	12	12	10					13	8	12	10				56	12			
Bowman, Jennifer																							42				
Bowman, Mark	3	4	3	2								5											9	C	7		
Bumgarner, John											44																
Bumgarner, Layne	49								26			34					21										
Bumgarner, Quinn									40		60	30										62					
Bumgarner, Robyn	31	52				28					63											65	C	1			
Buturusis, Teresa	57																										
Calder, Kate					21		11	21		28											20	27	C				
Calvey, Aidan		26									43		19	19	39	28	48						222	43			
Calvey, Colleen	31									42		18	18	43	33	47	1	232	45								
Calvey, Kevin											49																
Calvey, Palmer											14																
Carlson, Craig	46					29				64	64																
Carlson, Ella						22				22	44						6										
Carlson, Garrett						34				60																	
Carlson, Gavin	12					7				3	7						4										
Carlson, Grace						19					46						32										
Carlson, Kerri	22					17				14	17						14										
Carter, Clint							20	19			16																
Clark, Kristen	69					48				57	40						39	42	58			353	62				
Clark, Matt	26				17		13										12	18	16	C							
Conboy, Jess					3														6								
Costa, Liz	14	28		6			21	20	27	21		9	16	14		C		100	21								
Curiel, Kelly	43	36				24	21	33				24							C								
Cyplick, Dave	24	24	11	24	7	18		20													5	128	28				
Davis, John										11										12							
Daw, Bobby										54																	

DeGrush, Rich									9		8		2		
Dumont, Patrick								24	30						
Dye, Debbie	29	66	61					52	44			40	C		
Ellison, Howard						45	22	34	44	40	51			44	C 1
Erickson, Vera		13	12			8			18	22			17	21	C
Esquivel, Apolonio		2					2		8		6				111 24
Esquivel, Laura		33	16				13		29		36				
Fera, Pat											25			2	
Figueras, Kathleen													C		
Flyte, Kathi	37	32	13	8	9	15		19	30	19	32	23	7	8	20
Forbes, Sean	53	38	20			36			30		31			26	234 46
Forster, Alex	11	9	4				3	6	9	11	8			3	6
Fournier, Nena		25													39 8
Gabryel, Glenn	65		28			41					58		22		56
Garcia, Kristin														35	
Garcia, Nick	63	53					35	19	33	47	43	47		17	53 C
Gerard, Shannon								39	50						241 47
Giacomi, Dave														2	
Gliwa, Alex		28	14											2	
Goodwin, Kenneth	10							35					25		
Gora, Bill	33	26		9									25		
Gregory, Christopher						40					31				
Gregory, Susan								54							
Henderson, Amy	31	68					46	43	55	61	47		47	60	1 329 59
Henderson, Katie	11	22					14	30	28	35		6	25	19	1 125 27
Holloway, Lianne	28	60				11	21					40	33	51 C	
Hopper, Spencer														2	
Horvat, Chandler														18	
Horvat, John														17	
Horvat, John Jr.														32	
Hutley, Carla	34	39		12	23	30			25					C	
Johnson, Kari	68		19	16								23	44	35	38
Johnston, Eric		58	18					41	53		46		48		243 49
Johnston, Toni	42	21		7				18	26		15	5	22	17	C 105 22
Jones, Mary			17												
Jones, Scott	22		16										6	2	
Jungwirth, Robert		5													
Keyster, Andy		55									55				
Kijowski, Kristine				42											
Kisner, Griffin	17	27									24			27 22	
Kisner, Lucas	39						60			50				2	
Klaeser, Pete		69						62	65		20	24			
Kocek, Domenique									49						
Kocek, Pauly									36						
Kodura, Robert								14		7					
Kodura, Ryan								10							
Koerner, Craig			7	16			14				11	15	13	C	
Koerner, Patrick J.	23		6	9	8	5	6	12	9	3	2			1	39 9
Koven, Kelly	40							39	34						
Koven, Reese	25								21	22					
Koven, Ryan	12								20	19					
Koven, Steven													64	5	
Kuhel, Susan	32	65	19		47							51			
Lambert, Tom		19												4	
Lemke, Lauren						3							5		
Lemke, Scott						44								1	
Lolca, Laura	33	72	66			50		57	62	48		46	44	63 C	340 61
Macknick, Dick									45					1	
Mangabhai, Damien	29	19					15					16			
Manzke, Eva	5	10	5					9	8	2		7			46 10
Martin, Cameron				7			5					4			
Martinez, Javier	9	3	2				2	6	2	2			7	C	24 5
McFarland, Patrick	39	30	19	19			25	27		7	8	11	30		1 116 26
McLaughlin, Alicia	62			15	37		27		47						
McQuarters, Cathy	16	45	70	22		32	17		39			31	26	45 C	5 183 34
McQuarters, Tiffany		45	18		29		18	34		32		35		C 1	211 41
Meehan, Stephen	27	16					12					10			
Minarich, Duane						36							61	C	
Minarich, Mary Jo				20	21				18			17	18	23	C
Morman, Cathy						8		24	28			23	21	24 C	1

Morman, Rachel							23			11																			
Munro, Virginia			17				49		15	36																			
Murdaugh, Rheta	56			14	39		23	36	51	53		C	1	210	40														
Musgrave, David	40					23	9	22			20	42	36																
Nelson, Mark	24	60	46			41	20	37	38	43		38	30	31	C	1	218	42											
Nette, Paul	13				10				11		5			13															
Newberry, Phil								14					39	59															
Pirc, Brittany		51	34			35		15	23	23	29		23	22	20	C	3	155	31										
Pirc, Tina	23	47	44			34		12	31	33	38		33	29	36	C	4	195	37										
Pironti, Jill	37							59	63			50	40	43	C	2													
Pironti, Rudolph	36					46		56	57			49	41	45	C		330	60											
Podolski, Sally			15			14			17					14															
Portlock, Caroline															4														
Putnam, Terri	35	74	67			45	49	25	42	48	47	56	9			55		252	51										
Quigley, Lori								17	22	16	19	17	8	5		15		1	97	20									
Rahn, Eva	8					5	6				4	4	2		5	7	C	3	33	6									
Raino, Gerald	20	73				25	9		27					34				2											
Raino, Lauren	75												38		57														
Raino, Mary														31															
Reddell, Jody	52	41	21					24	37	45				32				252	52										
Remley, Andy																2													
Rice, Rebecca									40		27	12		21	19	34	C												
Riley, Benjamin	38	71																											
Ruch, Dawn			23				33		41		38	14	16			40	1	205	38										
Ruch, Julia							25		36			16			39														
Salkas, Cassandra	44	43					27				20	9	7	20		15	1	141	30										
Salkas, Linda	61	54					38		43	45	39	14	31		33	1	243	48											
Schalk, Daniel															3														
Scheckel, Debbie	15	35	29	15	10	11			29	31		26		12	27	24		1	113	25									
Scheckel, Harry			17						10	13	10	9	10		4	10	9		1	62	13								
Sheridan, John	50									41		37	17	34	29														
Sikes, John	59	47	25			38				45	44				41	43	1	283	55										
Sikes, Nikki															45														
Sinon, Shellah										58	58																		
Skisak, Eileen	1		1	1	1	1	1	1	1		1			1	1	1	1	C	1	7	1								
Smith, Keith	9								23						22														
Smith, Sue				20											50														
Sorich, Diana	26	63				44		26		51	52				34	54	1	287	56										
Stapleton, Carol	31		10						33		42	25	10	10	26	26	24		131	29									
Stephenson, Liz								14							30														
Tatroe, Brian	4									4	2	11																	
Tatroe, Terri	18									29	26									2									
Thompson, Bob										50																			
Tocwish, Alicia	54	48		13	30					32	37	37				28	30		207	39									
Tocwish, Timothy		70	62		17	43	39			38	36				37	52		262	53										
Underhill, Clinton	7	16	10	7		11	9	9	15	13	13	13							66	15									
Underhill, Nicole	34	64	30				43		35	46	48	54							290	57									
Veerman, April	27	57	50	15	18				40		46	59	41		21	45	37	35	2	193	36								
Wagner, Amanda			35			27				28		33																	
Wait, Jay	21	49		14			32	16	32	42	42	52		15	37		37	6	167	33									
Walker, Kellen		41						15		16		25			18														
Walker, Kennedy										27					28														
Walker, Kristine															23														
Walker, Landon										3					7														
Walker, Mark	13	32	20		5	22	20	10	16	25	59	26	6					C	2	93	19								
Walker, Michelle									31		39	50			41														
Walters, Mark		14	5				4	24	5	4	8	7	5		13		8		5	38	7								
Warren, John	6	4	1	3	4	8	3	5	4	7	4	3	1		5	3	C	2	18	3									
Warren, Judith		55	51					37										C	6										
Wertelka, Raymond	30	67	29							53						32	49	C	3										
Westefer, Gary	19			12	33			26			29				27				2										
Weston, Michelle	25	64	56	27			42	38	48	55	60								291	58									
Wojtkiewicz, Paul	1	2			2	1	2	1	1	1	1	1	1		1	2		C	7	2									
Wysock, Kurt	7																	3	2	2									
Zawrazky, Coleen			6																										
Zemaitis, Nicole	36					26			28		56								C										

Where's Ray answer key: A-2, B-6, C-1, D-4, E-5, F-3



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 [Judith Warren](#) 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 Lallos (25220 Eames St, Channahon) for breakfast.
GROUP RUN (SEASONAL) – Take place various nights at DNA Athletics, Crest Hill. All ages and abilities are welcome for a 3-5 mile run. Stick around after the run to take advantage of your merchandise discount on select items in the store.
- **RACE CIRCUIT** — Consisting of approximately 20-22 races, including a “your choice” ultra, marathon or ½ marathon. All paid members are eligible for circuit participation awards.
- **RACE DISCOUNTS**—Select circuit races
- **ANNUAL BANQUET AND CIRCUIT AWARD EVENT**
- **EMAILS AND REMINDERS ON UPCOMING RACES AND EVENTS**
- **PSRR MEMBER ONLY FACEBOOK PAGE**

PRAIRIE STATE ROAD RUNNERS

Membership Application

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

Price through 12/31/17: INDIVIDUAL \$15.00 STUDENT \$10.00 FAMILY \$20.00
Price beginning 1/1/18: INDIVIDUAL \$18.00 STUDENT \$12.00 FAMILY \$25.00

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

ADDRESS _____ CITY _____ STATE _____ ZIP _____

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

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

Family Membership Data – List All Members

Name	Age	Date of Birth	Gender (M/F)

How did you hear about us? _____

Make Checks Payable to: PRAIRIE STATE ROAD RUNNERS

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

CLUB MEMBERSHIP WAIVER

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

SIGNATURE (Parent or guardian if applicant is under 18)

DATE

PRAIRIE STATE ROADRUNNERS



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

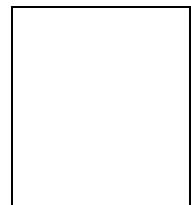
January/February 2018

PACESETTER

Prairie State Road Runners

P.O. Box 293

Channahon, IL 60410-0293



Mail to:

