

# THE PACESETTER

July/August 2015 | Volume 40, Issue 4

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

[www.psrr.org](http://www.psrr.org)

## The I&M Canal Towpath



**A PSRR Favorite!**



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





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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

# The Pacesetter

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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](http://www.psrr.org).

## UPCOMING CIRCUIT RACES AND EVENTS

### JULY

Liberty 5K, Morris—July 3, 2015

[Click Here to Register](#)

Sundowner 5K, Joliet—July 23, 2015

[Click Here to Register](#)

### AUGUST

Firefly 5K, Channahon—August 13, 2015

[Click Here to Register](#)

DNA Athletics/PSRR Free 5K, Crest Hill—August 16, 2015

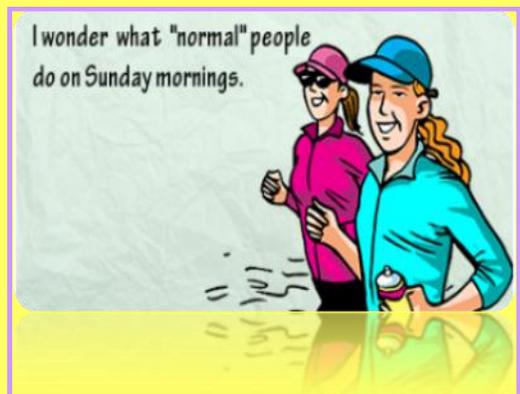
[Click Here for Registration Form](#)



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
- **Thursday** Group runs from DNA Athletics in Crest Hill. Contact store at (815)588-0908 for seasonal schedule.



# Prez



SEZ...



BY STEVE KOVEN—PRESIDENT

Summer is here and I have my first goal race of the season in the books. Over the winter I signed up for the North Shore Classic Half Marathon, and I successfully raced it on May 31. I ran my PR there in 2011 (1:36:58), and was signed up in 2013 when I had a serious foot injury that curtailed my running for a year. Last fall I ran the Naperville Half Marathon, but that was more of running just to run... I was oft injured during training and showed up at the start wondering if everything would hold out for the race, and only hoping to beat the 2:21 I ran in my first ever half. I was happy to roll out of bed and squeak by that goal by less than a minute, but I wanted more... I wanted to actually race a half marathon again.

I'd had difficulty staying healthy since my injury in 2013. Training was sporadic and frustrating, and I never got traction in recovery. I was out of shape, gained weight and started to feel washed up at age 36. It was a good run I had, but the ship had sailed and it was time to move on. My running friends helped me realize that sentiment was nonsense. To see other, older runners excel while non-running weekend warriors are telling decades old war stories helped keep me engaged and tune out the noise. If you're a runner, you know what I'm talking about!

I was seeing a doctor for problems with asthma and allergies when I had a bit of a breakthrough. My vitamin D levels were extremely low! Working midnights, and living in a northern latitude made me susceptible to having low vitamin D, despite taking a multivitamin and eating my vegetables. If you are oft injured and wondering where to turn, get this checked out (it's extremely common in this area!), as it is inexpensive to test for and treat!

Training went reasonably well, and a lot of weight came off as well. Between coaching two basketball teams, and later two baseball teams... Plus trying to renovate our home to get it ready for market... Plus co-directing a 5k race and being club

president, I really wasn't able to over-train. I fit in what I could when I could, and the treatment worked well enough. I avoided injury during training for the longest period since my foot injury and was exceeding last year's 5k PRs on routine seven mile training runs. I hadn't felt this good in so long!

As race day approached, I faced a bit of conflict. The baseball seasons for my boys ground on, and my older son, Reese, was having a whale of a season. He had made so much progress as a ballplayer and I was crazy proud when umpires and opposing coaches asked me "who was that kid that was throwing so hard?" "Him? That's my boy!" I'd say!

“My mind was in Plainfield and his tryout. I didn't want to run. I wanted to turn the car around and be there for him. I thought of all the things I tell the kids I coach, and the biggest thing I try to get across is “don't ever quit”. It was such a conflict, but I had to run.

It turned out that the tryouts for the 8u tournament team were the same day as my race! All season long I did what I could to build him up, teach him and nurture his talent... While training for this race... And the in big moment for him, I wanted to be there. I didn't need to be there, didn't have to. I planned to watch for a distance anyways. I had been there for him every step of the way, but I felt guilty for racing while his tryout was going on. The benefit of coaching multiple teams is that you don't ever get double scheduled, so you're always there for your kids, whether they need you or not. I don't know if I

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thought he needed me or if it was just me not wanting to miss it, but I've always been there regardless!

Race morning came and I sent a text to my wife wishing him well. It was an early race and I didn't want to wake him up. My mind was in Plainfield and his tryout. I didn't want to run. I wanted to turn the car around and be there for him. I thought of all the things I tell the kids I coach, and the biggest thing I try to get across is "don't ever quit". It was such a conflict, but I had to run. It was time for Reese to go out and do his thing, and I would miss it, but I wasn't going to quit on myself either.

I ran into fellow PSRR's Sue McLean and Judith Warren before the race and they helped me settle in and get ready to run. The weather was chilly, overcast, and windy, so once I left the car I was eager to get started. The gun went off and I got off to a strong start, playing my favorite album to run to (check out "The Track Workout" to see which one!). I thought of the kids I coach and the message I wanted to get across, and I felt like I had made the right decision... If you talk the talk you have to walk the walk, whether they're watching or not. Reese would understand when I brought home a giant medal!

The race wore on and it was time to climb the Park Avenue beach hill just past mile 7. When I ran my PR, I pushed up the hill and took a gel near the top, then nearly choked to death on water I inhaled at the aid station up there. This time I ran half-way up, walked the rest, and saw a man dressed like the Simpsons character Duffman at the aid station. I called out "Duffman!", and he began pouring me a beer! I was enjoying

the race, and out to a good start (nowhere near a PR, but good enough that I wasn't going to fall apart either), so I had to oblige! I had never downed a beer in a race before, and I didn't know what I was missing! The crowd cheered me on, which cancelled out whatever negative effects six ounces of beer could ever have. I pushed on feeling invigorated!

I kept to the plan of walking though aid stations. I realized during training that the little bit of rest you get outweighed the time you lose, and felt strong as I neared the finish. I found that extra gear and finished with my fastest mile of the day, notching an 8:19 mile to close things out, and crossed the finish line



1:53:43 after I started. I was overcome with emotion after finishing, and couldn't speak for a while. I felt like, for a couple hours on a Sunday morning that I had recaptured something that was lost. Reese motivated me, because if I missed the tryout, I couldn't run a half-ass half marathon... I had to be all in, and I outran my wildest expectations!

As soon as I got a chance I called my wife and found out some good news... The tryout had been cancelled due to weather! He would try out and make the team a week later, with me watching nervously from a distance... My younger son Ryan's team is still alive in their playoffs awaiting their league's championship game. And I crushed my half marathon! It's been hard trying to juggle everything, but everything has worked out, and each of my boy's baseball seasons have reached the longest possible point they could! When will I find time to train for the Naperville Marathon this fall?





## 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 September/October 2015 Newsletter is August 1, 2015.* Please don't make me send comments to myself...send yours today!!

**Email to: Susan Mores at [newsletter@psrr.org](mailto:newsletter@psrr.org)**

**O**n Sunday, April 19, the **Race to the Plate** fundraiser for St. Joe's Baseball had to be canceled at the last minute. As a member of PSRR and a committee member for this race, I want to sincerely apologize to all who came and supported our event but didn't get to run the race. Safety is top priority, and a gun had reportedly been pointed at some of the teen volunteers on the course. Thankfully, no one was harmed, but unfortunately, the men brandishing the weapon were not caught and we could not run a race knowing that they could still be around. This was our 3rd annual race, and the prior two had been successful and without incident. I would never have thought that something like this would happen at an early Sunday morning race. That said, lessons have been learned, and the race **WILL** be run next year, with tighter security and adults stationed with any groups of teens. Discount codes will be sent prior to the 2016 race. I do hope that you will consider coming out next year to run with us.



—**Dawn Ruch**, PSRR Member and Race to the Plate Race Director

**R**ecently, I received an email from a club member who stated that I don't include enough pictures of myself in the newsletter. Honestly, I guess it's something I have never been completely comfortable with since I publish the newsletter. It's an

editor thing. However, then I starting thinking that I am always begging each and every one of you to submit pictures, articles, etc. so our club members have a diverse amount of content. Many of you pour your hearts out and I can't tell you how incredibly grateful I am for your contributions. So, to share in the celebration of those who ran the Boston Marathon this year, here I am breaking out of my shell by posting my Boston Marathon post race picture from 2009. Pictured with me is fellow PSRR **Sergio Arreola** (L), former PSRR **Connie Hesslau** (C) and then me (R). Don't ever give up your dreams, don't ever lose sight of your goals.

—**Susan Mores**, PSRR Newsletter Editor



**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



**M**et long-time member, **Clint Carter**. Many of you may recognize Clint from running on the I&M Canal Towpath on Sunday mornings. Clint's early experiences on the trail were when he rode his bike there beginning in 1974. At that time, the towpath was not maintained at all—no crushed limestone and the surface was dirt, weeds, and whatever else happened to be growing. In fact, the trail was barely wide enough for one bike and his handlebars would constantly get caught on the vegetation. By the time Clint started running in 1981, the conditions of the towpath were somewhat better, but still rough compared with how it is today.

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## Nitty Gritty Miles

We are disappointed to inform our club members that the **Nitty Gritty Miles** events have been **cancelled** due to minimal participation. If you have ideas for future club member events, please let us know. You can write to [president@psrr.org](mailto:president@psrr.org).



# The Long Road to 100 Miles



PART 2

By Club Member, Mark L Bowman

**A**fter the Mountain Goat Run, my primary goal during this part of my training was to slowly increase my mileage while staying healthy. Then add a couple of races and hill days for strength and speed. My hopes were to get up to 60 - 70 mile weeks by May and 70 - 80 mile weeks by June. Each week would have a long weekend run and a semi-long run somewhere during midweek.

I've been wearing a heart monitor for many of my runs over the last 5 months. Trying to use the "Mafetone" method. This involves doing almost all of your running in the moderate heart rate zone, which for me is 120 to 130. When I first started this, it was tough running slow enough to keep the heart rate there (over 10 minutes per mile). But as I got more fit, I got more efficient and much more comfortable staying in the 'zone'. For an early April 20 miler I was able to keep it there for virtually all the run except for a few hills I threw in. This was with a 9:30 to 9:45 per mile pace. And I still had plenty of energy left to start make several trips from our rented storage space, bringing things back to the new house basement. Also, I had no soreness afterward or the next day.

One other thing that I think is helping as well is that I have started using a foam roller when I first get up in the morning. It has been about 3 months now and it seems to be keeping me much more loose than I have been in awhile. I bought the thing well over a year ago, but never got around to using it till recently. I see a chiropractor for my lower back every two weeks and she checks out the legs as well. And the

last couple of times I've been in she has commented on the calves and hamstrings being nice and loose.

The weekend of April 11th definitely proved that I must be doing something right in my training. I ran the Rockdale Ramblin' Run 10K. It bills itself as the toughest 10K in the Midwest with a number of large hills. I am not really sure if it is the toughest, but it is a hard course. I ran my fastest time since 2010 (45:44), placing 54th out of 539 and 1st in my age group. I felt strong throughout the race finishing with a 6:48 mile. I also added another 10 miles for a nice 16 mile day with the intention of doing a back-to-back. The next morning I woke up feeling okay. No real aches after yesterday. I ran with my good friend and fellow coach, Gary, on the Plank And Hickory Creek Trails. We did 14 miles together and I added another 4 for a total of 18 miles. Keeping each other company, we cruised along at nine minute miles and I never felt too tired. We ran along the Frankfort Half-Marathon course which we will both be running in two weeks. It is the first year for it and the course will definitely be challenging with rolling hills on the Hickory a Trail Half of the course. So altogether, it was a 34 mile weekend. And the only thing that bothered me a bit afterward was my left foot plantar fasciitis. So I was feeling pretty happy about where I was in my training.

## April 25th - Frankfort Half-Marathon

After some good workouts in the next couple of weeks, it was time to pick up my packet for the

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Frankfort Half. I'm in Coral 'B' which I think is the second fastest (surprising). My 'A' goal would be sub 1:45; 'B' goal sub 1:55 and 'C' goal sub 2:10. Storms were forecast for race morning, which would really make things interesting.

It ended up being a rainy, windy and cold day, which aren't my best running conditions. But I made up my mind that I would try to embrace the conditions rather than regret them. And it worked out pretty well. I ran very well with a 1:43:22 which was good for 31st place out of 439 and 1st out of 6 in my 60-64 age group. So I made my 'A' goal and was very pleased. A tough little course, particularly, the middle six miles on the Hickory Creek Bike Path. Several formidable hills and very rolling and the last three miles on the Plank Trail into the rainy headwind.



I felt good running 35 miles in the three days after. So that was an even better sign that I was getting stronger.

**April Stats:**

<u>Week of</u>	<u>Total Miles</u>	<u>Long Run</u>
March 29	64.5	14.2
April 5	66.8	20.4
April 12	69.9	18.3
April 19	77.7	21.7
April 26	72.9	15.7

Spring finally arrived two weeks before the Starved Rock Marathon (SRM) with the temperatures at the beginning of the day's run at 66 and at the end, 79. With the terrible weather last weekend at the Frankfort half keeping me from adding an extra 7 to 8 miles for a long run, I needed to get in the long run. So I set out to get in a 20 miler. I decided to do a very large loop with one bottle, but stay around civilization so I could stop someplace for a refill. It worked out very well. Hit a 7-11 at about the 13 mile mark and bought a Gatorade and bag of chips. I felt good pretty much the whole run with mile splits between 9:10 and 9:45 depending on the terrain and direction of the wind. Ended up going 22.1 miles in three and a half hours. Very satisfactory. I was now feeling much more ready for the marathon at Starved Rock. My confidence was high and I was feeling fit.

With only five days to the SRM, I did my last semi-long run today (12.5 miles). The marathon was still intended as a good training run, so I wasn't doing a major taper. I cut down on the mileage a bit over the next four days, but trainrd through the marathon. My main goal was to run a solid race and come out of it healthy. I wanted to be able to go out the next day and still have a decent run, maybe a little bit stiff and/or sore, but comfortable with a good four to six miles. So what time goal was I expecting and not have knock myself out? I felt I should be able to get in around four hours and basically have had a fairly easy time. Although, deep down, I kind of wanted a sub 3:55, which would be a Boston Qualifying time for my age. No matter what I actually ran, I was looking forward to Saturday and wanted to have fun during my first real test of the year.

But, of course, two days before, I come down with a cold. Just what I needed. Sore throat, runny nose and ears so plugged I feel like I am in a fog all through Friday.

**May 16 - Starved Rock Marathon (SRM)**

Saturday morning arrived and the cold was still around, but was much better. Up at 3:30 and driving to Ottawa, I was parked, got my warmup in and was settled in for the 7:00 AM start. The SRM turned out

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to be an interesting event. A thunderstorm hit in the middle of the race and they officially closed it down for awhile. I was at mile 19 when the rain started and heard the announcement of cancellation at mile 20. It said that when the bus reached you, you needed to get on it. Well, I wasn't going to just stand in the storm waiting for it, so I, like many runners, just kept going. By mile 22, still no bus and the storm had mostly passed by. Again, just kept going. It turned out many people kept going as well. Although many were picked up, too. I never saw the bus.



I'm glad I kept going. It turned out to be a very good run for me. Although it didn't start out that way. For the first seven to eight miles, I just didn't feel very well. My running form felt disjointed and not very smooth. My legs were on the stiff side. I'm guessing this had something to do with the cold I caught and was still sniffing on marathon morning. Whatever it was, I figured it just wouldn't be one of my best days. But as long as I finished, it would be a good long run as training.

The hills come about mile ten. There is a series of four with some downhill between them. For whatever reasons, things started to come together. I was able to power up the hills pretty well and letting out the stride on the downhills really changed things for me. After the hills we get to go through Starved Rock State Park which has another good downhill. One last up and down over the bridge crossing the Illinois River at Utica and then flat the rest of the way for about the last 10 miles. Felt good the rest of the way, even through the storm and finished strong. Ended up with 3:49:00, well under my 'A' goal and a BQ time. 31st overall and 1st in my age group. Very pleased all around. I also had a nice cool down. All together, a little over 32 miles for the day.

The big test would be the next day. Did I push too hard needing a week or more to recover? To make a long story short, I was able to put in a good six miles at almost my normal training pace. And the next two days, although the legs were a little stiffer, I put up an eight and nine miler, respectively. So -- "Mission Accomplished" this weekend and Hennepin training is well on track.

#### May Stats:

<u>Week of</u>	<u>Total Miles</u>	<u>Long Run</u>
May 3	79.2	22.1
May 10	78.4	32.3 (Includes SRM)
May 17	61.1	11.4
May 24	83.0	22.4



# Product Review

## Cup-Free Racing

By Club Member, Cricket Baltz



“ Surveys prove it - almost everyone dislikes paper cups at race aid stations. Finally, there's a better way. Cup-Free Racing means: Safer aid stations with fewer cups to slip on, faster, more efficient, and less crowded aid stations, less litter, trash, and waste.”



That is what they said... so having tried it I can honestly report a positive experience using one of these during the Grand Canyon Half Marathon. It sort of “pops” open like a coin holder; you fill it at an aid station and drink it right away. It’s not water tight or threaded in any way so you’re not going to clip it back on and expect the water you put in it to stay in. The “beak” like opening made it very easy to quickly drink out of as I maintained a slow run away from the aid station.



I hope this Earth friendly gadget catches on. Now that our family has three in our possession we can take them to picnics and other group events where water is provided or we want to buy and share one bottle of water so were not lugging three partially consumed bottles.

Only \$9.95 on Amazon and check out these fun colors too!

“ Eliminate the opportunity for a used cup to be left in the bush of a favorite local trail. Less strain on the amazing volunteers. You are part of a positive movement to change how we interact with a running event and even the planet.”



# MY RUNNING STORY

By Club Member, Matt Clark

As a child, my sports career began like so many others in America, through team sports. At the age of five, I began playing soccer. By age nine, I was playing basketball at the YMCA and Little League baseball. Until I was a junior in high school, I stuck with those three sports with a brief foray into swimming at age 10. Before the basketball season my junior year of high school, the writing was on the wall that I wasn't going to make the varsity squad. I was a young man that knew how to do one thing on the basketball court, run. I was a poor shooter and weighed only 155 pounds, but I could jump and keep up with anyone on the court. That being said, I wanted to retain my status in the school as a three-sport athlete and didn't care to train all winter long for the baseball season. Thus, I chose to swim on the swim team for the last two years of high school. Although baseball was (and still is) my first love, I left high school as an All-Conference soccer player and swimmer.

One of the traits I had heard from several of my coaches was that I could make a decent coach when I got older. With that in mind, I made the decision to go to Eastern Illinois University to pursue a degree in education. I figured the easiest way to coach, was by being a teacher first. I tried out for the soccer team as a walk-on, but got cut on the last day. Although disappointed at first, I knew that my education was first and foremost. I wanted to teach math and that to succeed in the program, I would need to dedicate myself to my studies. Of course, life has a way of happening too, and I met a young lady on the first day of freshmen year named Stephanie.

Stephanie wasn't much like me; she was much more outgoing, played the oboe in the band, and majored in

Speech Communications. The one thing that we did have in common was sports. Even

though she didn't play sports and hadn't taken much interest in them, her family had a connection to the sports world in southern Illinois. From day one, we were together. We lived in the same dormitory the last three years of college. We even pledged the same service fraternity, Alpha Phi Omega, together. Where she was, I was. During our junior year, her older sister married a gentleman from England and I was in the wedding. When they celebrated in England with his extended family, I got to go along too. For a week!

It wasn't long after the English ceremony that I proposed to Stephanie. We had been together for a couple years, and it was something that we had discussed many times. In December of 2002, I proposed, she accepted, and we planned a wedding for July 2004, two months after our college graduation.

Soon thereafter the wheels began to fall off. Instead of wedding planning being something that she and I looked forward to, it seemed to continually be a bone-of-contention regarding the details. What church would we get married in? Could a Catholic priest be present at the wedding to say a blessing for us? Was alcohol going to be present? How many and which people would we invite? Everything turned into a battle and our relationship suffered. Despite the bickering, which often carried on to our parents, we forged ahead foolishly hoping that love

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Finishing the 2009 Wisconsin Ironman.

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would conquer all obstacles.

When it became clear to my family that the issues we had were spiraling out of control, my parents attempted to help me as much as possible. They reminded me how strong their love was for me and told me that they would support me, but really wanted me to consider whether or not this was a path I wanted to follow. In particular, my mother ever-so-gently let me know that when the wedding was over, many issues in our upbringing and family beliefs would continue to be just that, issues.

As the last semester of our collegiate career began, Stephanie prepared to finish her degree at EIU, and I came back home to Bourbonnais to live with my parents as I student-taught at a local high school. Although it was difficult at first to imagine the wedding drawing nearer and nearer and not be able to see her every day, I figured it would be a chance for us to gain an appreciation for each other. Let the “distance make the heart grow fonder,” as they say. Instead, phone calls almost immediately began to contain names of folks that I didn’t recognize. Having spent every moment at EIU with her, I knew who her friends were and who our friends were. Things weren’t “adding up,” but it was difficult to assume or accuse when I was two and a half hours away.

My time as a student teacher wasn’t nearly as enjoyable as I had imagined. I dreaded going to school every day and wanted to solve all of our problems within minutes. I was tired of fighting over wedding minutiae and couldn’t focus on doing my job as a budding educator. After helping with the basketball team each evening, and eventually the baseball team in the spring, I should’ve been so exhausted each night that I had an easy time falling asleep. Rather, I would toss and turn and replay my daily conversations with Stephanie over and over in my head. After a couple weeks with little to no sleep, I turned to running to physically exhaust me. As my endurance built up, I’d have to run further and further to sleep at night. What started as a three mile run soon became a seven mile run and beyond. The more I ran, the better I slept, and the less I dreaded coming home to run for the single purpose of sleep. I actually enjoyed it!

In April, three months before the wedding, Stephanie made the decision to cancel the ceremony. She had met someone in Charleston once I left, and although I didn’t want any details at the time, my suspicions were soon confirmed when I got word from a friend that she was dating someone new. Needless to say, this drove me further and further into my new hobby. Immediately, I signed up for the Chicago Marathon the following October. (Keep in mind, this is 2004, during the beginning of the running boom and before the lottery.)

Embarrassed at what had transpired in my personal life, when folks would ask of my newfound hobby, I would casually say that running was satisfying my need to compete. Other than swimming, I hadn’t dabbled in individual sports much but there aren’t too many adult soccer or baseball leagues in existence. I finished that first marathon in 3:48 and haven’t stopped since. I’ve done 10 marathons, numerous half marathons, a half-Ironman, and my crowning achievement, the Wisconsin Ironman in 2009.

The deterioration of my relationship with Stephanie was the best thing that ever happened in my life. I have no idea how long Stephanie and I would’ve been married, but I can guarantee you that it wouldn’t have been a happy marriage and we wouldn’t be together today. Not only was it the catalyst to my running career, but it also brought me to a location post-college where I took a great job at Plainfield Central High School and married a co-worker, my beautiful wife Kristen. We have two



After the 2005 Chicago Marathon with Kristen Fry,

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Before the 2014 Fox Valley Marathon with Ben and JT

young boys, Benjamin and Jackson, who are just now beginning their own careers in sports.

In addition to teaching math at Plainfield Central, I also coached sophomore baseball for the first seven years. For three of those years, I was the assistant boys

cross country coach. When the head cross country coach left, I pursued the job and was offered the position. I've now been the head cross country coach for the past four seasons. Never in my wildest dreams would I have guessed that I'd have enjoyed distance running, let alone coach the sport. Each day I'm still trying to figure out how to make myself a better runner along with each of the young men on my team. Many of my ideas have failed spectacularly but a few have worked out quite

well. I think if you talk to a dozen coaches, you'll get 10 different philosophies, but all runners understand improvement is a work in progress and not nearly as linear as we'd all like it to be.

Entering college, I had not necessarily planned to be where I am today. However, I can't think of too many ways things could have gone better than they have since April of 2004. I had asked for Stephanie's hand in marriage and instead she gave me a hobby I now can't imagine myself not having. I think I got the better end of that deal.



The Clark Family—Matt, JT (age 3), Kristen and Ben (age 5)



## PSRR CLUB TRIP

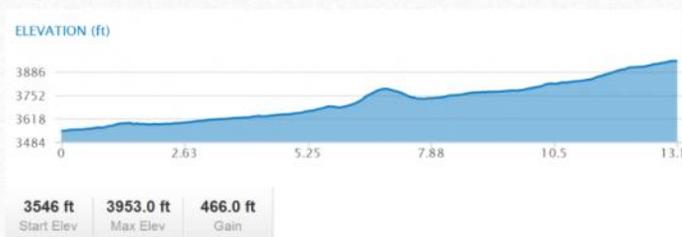
Join PSRR Members at **2016 Zion Half Marathon** on **March 12, 2016!** Stay at the beautiful Cable Mountain Lodge and take in the beautiful scenery at one of America's most stunning national parks!

[Click Here for 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. 😊



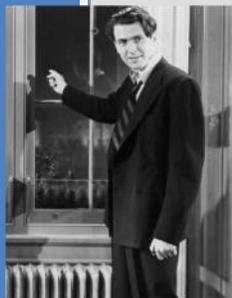
*For more information, you can also contact Susan Mores at [newsletter@psrr.org](mailto:newsletter@psrr.org). Hope to see you there!*

"THRILLING! CONGRATS ON RUNNING THE GREATEST OF ALL RACES!"

-Pacesetter  
Editor

# Mr. Warren Goes to Boston

STARRING  
**JOHN WARREN**  
AS BOSTON MARATHON RUNNER  
& TOURIST IN **PSRR** GEAR



The Pacesetter



\*\*\* ALSO STARRING \*\*\*

Sergio

**Arreola**

Marathon Runner

Judith

**Warren**

5K Runner

Evan

**Sather**

Marathon Runner

Rich

**DeGrush**

Marathon Runner



# It's Like...



BACON  
& EGGS



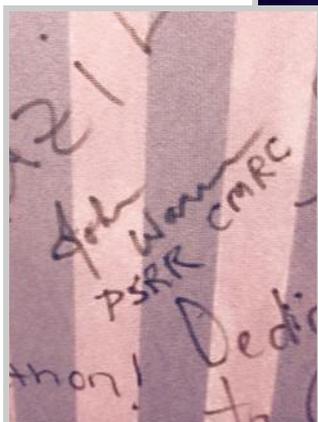
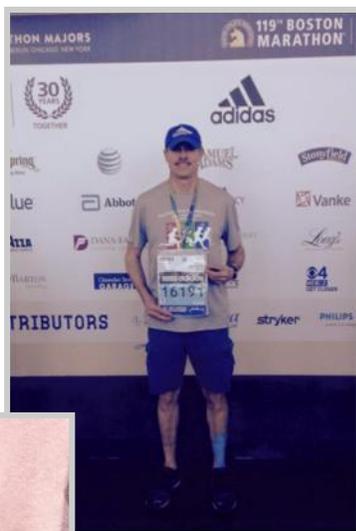
MASHED POTATOES  
& GRAVY

PRAIRIE STATE ROAD RUNNERS (PSRR) &  
CHANNAHON-MINOOKA RUNNING CLUB (CMRC)

Separately, they are great, but...  
**TOGETHER** they are **SUPER GREAT!**  
And, our members think so too!



Every runner's goal is to run the Boston Marathon. Every Running Club's goal is to see their name on the Boston Marathon Wall.



Thank you, **John Warren**, for leaving the PSRR and CMRC stamp forever in Boston's history!

Our newest member, **David Musgrave**, pictured with his wife **Carol**, after the **Pittsburgh Marathon**.



David let the city of Pittsburgh know that **PSRR and CMRC RULES!**



# 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.

## The Lowdown on Burnout

This edition of trainer tips comes from the heart. I'll be honest. I'm in a huge running rut right now. Every run lately seems harder than it should be. Even getting motivated to lace up and get out the door seems to be a monumental task. Once I'm out the door, every step feels harder than the last. The little voice in my head begins spewing irrational thoughts like, "What if this is the beginning of the end? What if I'm about to wake up and realize I haven't run in months? What if I wake up tomorrow and find I somehow reverted back to my former couch potato self overnight?" That nagging, mean little voice has been enough lately to shove me out the door to grind through yet another tough run, but I know that voice won't sustain my motivation forever. I keep waiting to have that one good day, that one day where it all feels easy, where I run for love of the sport rather than to combat irrational fears and the nagging voice in my head.

Read on to learn about some things to do in order to fall in love with running again.

Try changing up your workouts. I have reduced my run mileage, but added some new interval workouts to try and give both my body and mind a new challenge. My favorite is a 30-20-10 work-



out I read about on [competitor.com](http://competitor.com). After a 5-7 minute warm up, run 30 seconds slow, 20 seconds regular training pace, and then 10 seconds all-out sprint. Repeat four times, then take

a 2-minute slow recovery run, and that counts as one set. I try to do 3 sets total in the workout.

Another way to change up workouts is to do something different for exercise. I have been in the gym lifting more often. I have been going to yoga classes and practicing yoga at home on my own. While running is the best way to improve your running, other forms of exercise can help you maintain fitness while working your way out of a rut.

GPS allows us to run anywhere with little planning, so why stick to the same old routes? Sometimes driving just 5 or 10 minutes to run on a different part of the I&M or explore a different neighborhood is enough to refresh your mind and attitude toward running. If a whole new perspective isn't possible, maybe take your regular loop and change it up by running it backwards.

Or if you are like me, and feel like you've been a slave to the numbers, number of miles, splits, intervals, et cetera, maybe try taking off your watch, turning off your phone app, and running for the sheer joy of it.

(Continued on page 18)

(Continued from page 17)

Maybe some new tunes will get you excited to lace up? Reserve your run music to listen to only when you run so you don't get tired of it as quickly. Or, if you always run with music, maybe leave the earbuds at home just once and run to the sounds of the world around you.

The bottom line to digging yourself out of a rut is figuring out how to come back to what you love about the run. Be patient with yourself. If you're frustrated with being in a rut, then you're far from being done with running; at least that is what I keep telling myself. Keep trying new things until you stoke the fire once again.

Update: I ran 8 this morning and felt fabulous for the first time in over 6 weeks. Great weather, a familiar and pretty route, no watch, and the company of good friends appeared to revitalize me, at least for today. I hope it lasts! Happy running, my friends!

## Nutrition Note

### Protein-Packed Post-Workout Smoothie

- 1 cup unsweetened vanilla almond milk
- 1 cup fresh spinach or other dark leafy greens
- 1 frozen banana
- 1 cup frozen strawberries
- 1 tbsp ground flax meal
- 1 tbsp raw cacao powder
- 1 tbsp all-natural peanut butter

Blend almond milk and greens until well combined. Combining the greens and the liquid first helps chop the greens more finely and avoid a gritty consistency in your smoothie.

Add remaining ingredients and blend until smooth.

Feel free to play with this recipe, there are many variations that would be equally delicious!



\*\* Advertisement \*\*



PASSION. POWER. PERFORMANCE.

FOR RUNNERS. BY RUNNERS.

DO YOU HAVE A BIG RACE COMING UP? OF COURSE YOU DO!

ARE YOU ON THE HUNT FOR A NEW PR? ARE YOU MAKING A COMEBACK AND WANT TO INJURY-PROOF YOUR BODY? ARE YOU NEW TO RUNNING AND NEED HELP TRAINING? COME SEE **COACH CHRISTI SMITH**. CHRISTI IS AN ACE CERTIFIED PERSONAL TRAINER, TRACK COACH, AND FORMER HIGH SCHOOL TRACK STAR. NO ONE UNDERSTANDS A RUNNER'S NEEDS BETTER THAN CHRISTI.

ARE YOU UNSURE HOW TO PROPERLY FUEL YOUR BODY WHILE YOU TRAIN? DO YOU KNOW WHEN YOU NEED CARBS AND WHEN YOU NEED PROTEIN? ARE YOU BONKING ON YOUR LONG RUNS AND YOU AREN'T SURE WHY? COME SEE **COACH ROBYN BUMGARNER**. ROBYN IS AN ACE CERTIFIED HEALTH COACH, ACE CERTIFIED PERSONAL TRAINER, AND AVID RUNNER AND ROAD RACER.

YOUR FIRST CLASS IS FREE. WALK-INS ARE WELCOME. CHECK OUT THE SCHEDULE AT [WWW.P3ACADEMY.NET](http://WWW.P3ACADEMY.NET). CONTACT US AT [815-513-5685](tel:815-513-5685). COME SEE US AT 824 LIBERTY STREET, MORRIS.



**Judith Warren & Sue McLean** after completing the **North Shore Half Marathon**



# Races

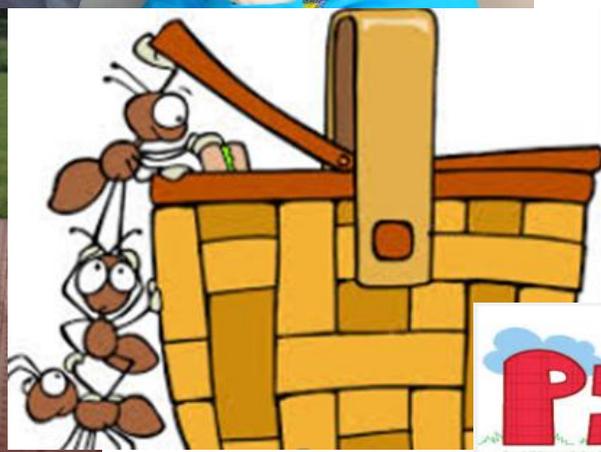
**Steve Koven** representing PSRR at the **North Shore Half Marathon**



Ten-year-old PSRR, **Tommy John Baltz**, accepting his **FIRST PLACE AG** award at the **The Grand Canyon Half Marathon**, in Tusayan, AZ. Smokey the Bear was also there to congratulate him.

**Leo Bak** racing his best at the **Minooka Summerfest 5K**





HAVING FUN AND STAYING WARM AT THE VERY COOL PSRR ANNUAL





**PICNIC**  **Continued**



# Races for the Year

By Club Member, Eileen Skisak

It happened early in 2015. I didn't race for about 3 weeks. I was lost, ate bacon for a week straight and sought help on a 900 number.

Some folks ask me how many races I've done in 2014. So, I ask them to take a guess. They usually say "oh, 20?". I tell them **70..** and they immediately take their fingers, and start counting. After about 5 seconds, they figure out that "hey, that's more than one per week". Pure genius on their part. They mumble stuff, and usually say things like "what's your favorite distance"? And the big question, "WHY?"

I could have spent the money on more boots, wine, perhaps a Jaguar; but racing is so thoroughly enjoyable for me, that I don't think of how much I have actually spent on it over the years.

My favorite races were run with my daughters, Lindsay (31) and Haley (29). There was the double racing weekend that I coerced my daughters into running in Tempe, AZ in April ; along with the Chicago marathon, in which Haley ran her first marathon, and we finished hand-in-hand, and the cross country race in St. Joseph, Michigan, where all three of us won medals. To share my love of running with my daughters is something magical.

The end of the season was a huge surprise; as I was fortunate enough to be PSRR co-Circuit award winner with Michael McCahey, to win my age group in CARA, and also being chosen as "CARA Veteran Runner of the Year". This was such a wonderfully unexpected surprise.

My 70-race season has been well worth it. My knees are very happy I took those 3 weeks off from racing. Now I've got only 50 weeks to complete 70 races THIS year! Do the math.

*See you at the starting line!*



R to L—Judith Warren, Michael McCahey and Eileen Skisak at the 2015 PSRR Banquet

# The Track Workout



By Steve Koven—Club President

## ONE GREAT ALBUM

**D**o you prefer playlists, shuffle play, or albums? In this age of digital music, iTunes and 99 cent tracks, the album is a bit of an underappreciated species... Forgotten by artists looking for catchy hooks that appeal to the masses, and the music lover is left with disjointed productions meant to sell a la carte.

For a runner, an album is an ideal companion to a run... Just press play and go, whether that button is real or a rendering on a screen. No worrying about programming or setting anything up ahead of time, and your favorite artist is going the distance with you.

I'll share my favorite album to run to, but I'm looking for a reader to share their favorite album next month... If you like my selection, great! If you don't.... Tell me something better! The goal for this column is to get a wide variety of music lovers to share their favorite tracks, so it's not just me writing... Please feel free to contribute!

One of my favorite albums to run to is Blink 182's "Neighborhoods". I know what you're thinking, and you're right, I'm a grown man! I was a fan of Blink as a teenager growing up in the 90's, and I loved their sophomoric humor and sense of punk rock irony. Of course, they were too "MTV" to be really punk, and my tastes changed... They were a gateway drug of sorts. I sang "What's my age again" karaoke on my 23rd birthday from the top of the bar, and then I moved on. I grew up, and left them behind.

A few years ago, I asked my cousin Jason, a drummer in a punk band, who his favorite drummer was. Without hesitation, he said it was Travis Barker from Blink. And he was terrific, so it got me thinking... I downloaded 2011's "Neighborhoods" and went out for a run. I knew some of the backstory, the band broke up and Barker became a highly sought after collaborator for a wide variety of music... He nearly burned to death in a fiery plane crash, and eventually the band got back together to record "Neighborhoods".

I like the backstory because "Neighborhoods" is exactly the album you'd expect from a band that went through when they did. They weren't kids anymore, music had moved on, and they weren't trying to recapture their youth. There was a lot of conflict between the members while it was recorded, and it came out in the finished product. They were grown up, and the music was darker and perhaps gloomy, yet driven by the frenetic pace of Barker's drums. It is Barker's drums that makes this a great album to run to, from the opening track to the finish, his drums set your pace, and you can't help to run faster. I don't think you necessarily need to be a fan of punk rock (OK, technically pop-punk in this case) to appreciate the tempo of the music, but this album is a real kick in the pants. If you're looking for something that will energize you from start to finish, look no further... There is no better album to set your pace to, and if there is, I need to know about it... Write about it for next month!



# 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 duffle 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](mailto:newsletter@psrr.org)



**Tom Baltz, Cricket Baltz, Mary Jones, Tommy John Baltz and Sue Mores** in Tusayan, AZ after completing the **Grand Canyon Half Marathon**.



**Patrick J. Koerner & wife Mary Ann** competed at the **6th Annual Maui Valley to The Sea 5K** while on Maui, Hawaii in March 2015.



**Eva Rahn** while in **Jamaica** wearing her PSRR shirt. Wore it to go rafting and also on the cruise ship treadmill!

## VACATION GET-AWAY?

DON'T FORGET TO PACK YOUR PSRR GEAR!!

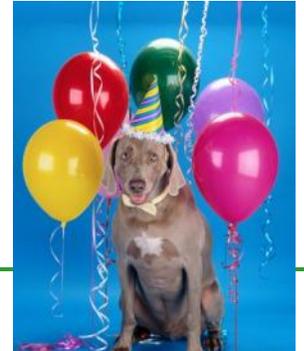




Celebrating birthdays in **JULY** are Jill Pironti, Melissa Brown, Bill Gora, Dan Aguilar, James Barry, Kyle Bell, Ruth Klaeser, Terri Putnam, Marty JR MaNzke, Glenn Gabryel, Marcia Davidson, Cody DeBoer, Anna Marie Forbes, Tamera Munch, Jody Reddell, Curt Ruch, Tommy John Baltz and Mary Lou Bowman

Celebrating birthdays in **AUGUST** are Colleen Calvey, Virginia Munro, Megan Hart, Gaby Hart, Lauren Raino, Nicole Zemaitis, Rick Anderson, Karl Johnson, Carol Reeb, Robert Sodt, Reese Koven, Raymond Wertelka, Robin Bumgarner, Linda Sikes, Terri Tatroe, John Warren, John Davis, Eva Rahn, Jennifer Bowman and Katie Bowman

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



# Welcome!

*Bienvenido*

NEW MEMBERS

*Bienvenue*



*No  
new  
members*

**Willkommen**



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

*Welkom*

# 2015 CIRCUIT AWARD CHANGES

BY JAY WAIT—CLUB STATISTICIAN

At the October 17<sup>th</sup> 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—6/20/15



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																			
Aguilar, Dan		16		14																				
Anderson, Clark	1	2	2	2	C																			
Anderson, Rick	3	12		17	C																			
Arreola, Sergio				9																				
Bailey, Marne		37	30	45																				
Bak, Leo		59		70	C	16																		
Baltz, Cricket		26	43	63																	C		5	
Baltz, Tom		23																				C		1
Baltz, Tommy John		21	10	23																		C		1
Barry, James G.			46																			C		
Barry, James R.		45																						
Barry, Laura				57																				
Bell, Grant		42																						
Bell, Kyle		5		7																				
Blazekovich, Jenny		15		15																				
Bonacci-Klaeser, Ruth			37	50	C	12																		
Bornhofen, Larry		11		18	C																			
Bowman, Jennifer																							1	
Bowman, Mark		6		4	C																	C		2
Brown, Melissa				33	C																			
Brown, Nathan				66																				
Bumgarner, Robyn		30	20	36																				1
Calder, Kate			24	32		6																		1
Calvey, Colleen			48	64	C																			
Carter, Clint		13	8	22																				
Cheek, Patty			31																					
Cherry, Becky				5																				
Clark, Matt				21																		C		
Conboy, Jess		9	9	13																		C		
Cyplick, Dave		40		38	C																		6	
DeGrush, Rich				11																			1	
DeVault, Sharon				62																		C		
Ellison, Howard				44		9																		
Erickson, Vera																							1	
Fera, Pat																							2	
Figuietas, Kathleen		44	33		C																			

## CIRCUIT RACE RESULTS—6/20/15

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Forbes, Anna Marie				69																				
Forbes, Sean			35	52																				
Gabryel, Glenn		52		53																				
Gora, Bill		35																						
Gregory, Susan		51	41	56																			1	
Harman, Jim				25																			2	
Hart, Suzanne		23																						
Hopper, Spencer																							1	
Johnson, Jean		18	19																					
Johnson, Jeffrey		20																						
Johnson, Karl		46	39	60	C	14																		
Jungwirth, Robert		4		3		1																	1	
Kapala, Janet				49																			1	
Kielian, Gerald																							1	
Klaeser, Pete			52		C	17																		
Koerner, Craig			15	30	C																			
Koerner, Patrick J.			23	28	C	3																	1	
Koven, Kelly			42		C																			
Koven, Reese			7		C																			
Koven, Ryan			18		C																			
Koven, Steven		55																					7	
Kuhel, Susan		47	38	51	C																	C	1	
Lancaster, April	5																							
Lemke, Lauren		7		10																				
Macknick, Dick																							2	
Manzke, Eva	4				C																			
Manzke, Marty Jr	2																							
Martinez, Javier		10	6	12																				
McFarland, Patrick		38	28	39	C	10																		
McLean, Susan			17	27																				
McQuarters, Cathy		41	32																				2	
Miller, Jim				43	C																			
Minarich, Duane		39	25			7																		
Minarich, Mary Jo		27	13	31		5																		
Mores, Sue																						C	1	
Moretti, Amanda				68																				
Morman, Cathy		32	22	42	C																			
Munch, Tamera				6																				

## CIRCUIT RACE RESULTS—6/20/15

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
Munro, Virginia			34		C	11																		
Musgrave, David		36																						
Nette, Paul				19																				
Newberry, Phil		14		20																				
Orr, Sarah				67																				
Pirc, Brittany			50																					
Pirc, Tina			26	46																				
Pironti, Jill																						C		
Pironti, Rudolph																						C		
Podolski, Sally		17																						
Portlock, Caroline		57																					1	
Putnam, Terri		48		58																				
Rahn, Eva			4																				1	
Raino, Gerald		54		41																				
Raino, Lauren		58																						
Reddell, Jody		53	40	59	C	13																		
Reeb, Carol				16																				
Riley, Benjamin			47																				1	
Ruch, Dawn				54	C																			
Ruch, Julia				48	C																			
Ruch, Spencer					C																			
Sather, Evan		3	3																					
Scheckel, Debbie		29	16		C	8																		
Scheckel, Harry		22	12		C	4																		
Servi, Tim		19																						
Sheridan, John		33	27	34																				
Sikes, Jeremy				55																				
Sikes, John			51	61																			1	
Skisak, Eileen		1	1	1	C																			
Skuturna, Julie		60	49	65	C																			
Smith, Keith																							2	
Starling, Mary		43		35																				
Stephenson, Liz			21																					
Tatroe, Terri		34		40																			1	
Underhile, Clinton		28	14	29																			1	
Wait, Jay		49	36	47																			2	

## CIRCUIT RACE RESULTS—6/20/15

																									
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	
Walters, Mark		25	11	24																					
Warren, John		8	5			2																			
Warren, Judith		50	44			15																			
Weisfus, Stella			45																						
Wertelka, Raymond		56			C																		5		
Westefer, Gary																							1		
Wojtkiewicz, Paul				8																			1		
Zemaitis, Nicole		31	29	37																					

**Click here for Age Group Standings**

<http://www.psrr.org/files/2015%20Age%20Group%20Standings.pdf>

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

2/13/2015

Report errors/corrections to [statistician@psrr.org](mailto: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



## 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](mailto: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](http://www.psrr.org)  
Contact us at [president@psrr.org](mailto:president@psrr.org)



July/August 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

