

THE PACESetter

July/August 2016 | Volume 41, Issue 4

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

PACESETTER

I've Been Waiting All Winter To Start Complaining About The Heat.



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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 Lалos Bar and Grill at approximately 10 AM.
- Thursday** Group runs from DNA Athletics in Crest Hill. Contact store at (815)588-0908 for seasonal schedule.



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

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

On the cover: PSRR members at the TCS Run, White & Blue 5k in Shorewood IL. Photo credit: Carol Musgrave

UPCOMING CIRCUIT RACES AND EVENTS

JULY

July 3—Liberty 5k—Morris

[Race Website](#)

July 21—Sundowner 5k—Joliet

[Race Website](#)

(or see John Warren before July 10 to register with the PSRR club rate)

AUGUST

August 11—Firefly 5k—Channahon

[Race Website](#)

August 21—DNA/PSRR Free 5k

[Race Website](#)



Membership dues must be current in order to earn circuit points



Prez

SEZ...

BY MARK BOWMAN
PRESIDENT

Greetings PSRR members:

In the last Pacesetter I talked about altering your personal limits. This time I was going to talk about a lighter topic. I had even started on it, but then I came across the following article. It so articulates one of the reasons I think so many of us run that I am going to cheat a bit this time by giving you this article. I hope you don't mind. I promise I will get back to my own words next time.

This article is by Zach Miller from a website called irunfar.com. Zach is a mountain and ultra runner along with full-time caretaker at Barr Camp in Colorado. As caretaker he lives year round in an off-the-grid cabin halfway up Pikes Peak. He competes for Nike Trail Elite and Team Colorado.

Stories

May 20, 2016 by Zach Miller

The door opens, the bell rings and a runner appears. "How was the run?" I say for what seems like the millionth time. And just like that the pages start turning. Not the pages of the newspaper that Pete hikes up each Sunday, nor the pages of the many books sitting on the shelf, but the

pages of the runner. She (or he) has journeyed several miles to get to my tiny cabin in the woods. Be it eventful or mundane, such a journey is bound to have some sort of story. Sometimes they flow freely. In the midst of an endorphin rush and air thin enough to make the brain a bit loopy, runners gush over their 6-mile ascent.

"It's such a beautiful day. I saw a few people on the incline, but after that, not a soul. There are moose tracks around mile four-and-a-half."

"I fell on the ice last week and the trash bag you gave me to carry down broke my fall. It saved my life! Trash saved my life!"

"I got to the trailhead when it was still dark. I put on my boots, but halfway up the trail I looked down and realized that they were my wife's boots. My wife isn't hiking today, but her boots are up here! I'm wearing my wife's boots!"

Other times the cover is hard to life. It takes a bit of prodding. Questions help.

"What's your name?"

"Where ya from?"

"Where ya headed today?"

"What are you training for?"

The last one tends to lead to something.



Continued on page 5

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Sometimes a lot of somethings. In the most extreme cases the story comes at a price. It needs to be bought. Not with money, but with trust. Oftentimes it starts with a lot of silent presence. Little is said, if anything at all. Perhaps a dollar is exchanged for a hot cup of coffee. Sometimes less. Warmth from the fire and a place to sit and rest the legs. A smile, a blank stare, a quick glance and an even faster departure. To the trail the runner returns. Alone with their thoughts. Alone with their story.

Some days, I want to hear the story. Other days, if I'm honest, I'm a bit storied out. But that's why working at Barr Camp is so great. You don't get to choose. Stories walk through the door all the time, and chances are they are going to be told whether you want to hear them or not. As difficult as that can be, it's great because it give me ample practice in being present, in paying attention.

Whenever I go home to visit my family in Lancaster, I always enjoy getting together for runs with my Amish friends. One of the great thins about running with them is that you never know who might show up. Sometimes, it's just Amos and I. Other times, it's a whole gang, some of whom I've never met before. The last time we ran together it was around 4am on a weekday and there were ten of us. I knew all but one person. At the end of the run I found out that many of the others didn't know him either. Apparently, he had shown up o a group run/workout the night before and one of my buddies invited him to come along. His newness didn't matter. He was

more than welcome in our little running community. As we ran that morning, the pages turned. We spoke of a recent tornado and how members of the Amish community banded together to help with the restoration efforts. We spoke of family and, most likely, jobs. And before too long someone, likely Lonnie (he always wants to hear my race stories) would have said something like "So Zach, tell me the story of your race in Spain." And just like that I would start rattling off the details. As the miles passed and the sun rose, I found myself bouncing up and down our line of runners, talking to different people. Sometimes my story got repeated, and sometimes I listened to theirs. Perhaps not everyone shared a story that morning, but they all created one. One run. Ten people. Ten stories. All different.

And that's exactly why it's so important to not only write your story, but to share it. Because you're the only one who knows it. Sure, someone else may partake in the same experience, but they won't come out of it with the same story. The general sequence of events may be the same, but the little details, personal reflections, and lessons learned are almost guaranteed to be different. This doesn't meant that you have to share every single experience that you have. Trust me, we don't all need to know what you ate for breakfast and how many pit stops you took on your morning run (although that could be entertaining if your name is Alex Varner and the number exceeds the mile markers). Laughing aside though, you never know how your story will impact someone else. What you write could be just what they need. It may motivate them to embrace a healthier lifestyle,

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tackle a new race distance, get rid of an unhealthy addiction, spend more time with their family, or stick it out in a less than perfect job so that they can fund the pursuit of a more desirable one. The list goes on and on.

To be honest, I used to struggle with the thought of sharing my story. I would hold back. Not so much because I didn't want to share, but because I didn't want to look conceited. Well, that and the fact that I just like being old school. No smart phone. No Twitter. No Instagram. Just a Facebook account (which I didn't want in the first place. My friends set it up for me before I left for college.) and an infrequently updated blog that I started when I worked on a cruise ship and figured people would like hearing about my world travels. If there was a social (media) norm, I was happy to buck it!

In a sense, I was New Hampshire's Tristan Williams. I read an article about him in Trail Runner the other day and kind of kicked myself. We are very similar in some ways. We both run and work in the mountains. I as a caretaker on Pikes Peak and he as a member of the Appalachian Mountain Club's construction crew, maintaining huts and shelters in the White Mountains of New Hampshire. The difference? He's where I used to be. Old school phone. Lack of social media presence. Hard to get ahold of. OK, that last one might still be kind of true for me. Just ask my Mom. When I realized that, I kind of kicked myself. I thought man, I want that back! Let's get rid of this phone and social media. Let's just run on the mountain and hide. But, then, I think about all the people I am able to reach and the impact I have on them. I'm not trying to sound cocky, but

over the past couple of year I've come to realize that my presence in the sport of MUT running really has an effect on people. With this realization came a new thought. The thought that not sharing my story could be a selfish act. It's kind of like that line from Spider Man, "With great power comes great responsibility." My ability to run is a true gift and it would be foolish to keep it to myself. So, I'm doing what I can to use my gift. I'm pounding the trails, climbing the mountains, and running the races. I'm putting pen to paper and scrawling my story. Then I'm wrapping it up and shipping it out. Because as much as I want to hide, I feel that I wasn't gifted with all of this just so I could sit in a corner and smile.

That being said, the story isn't reserved for elites. In fact, some of the greatest and most inspiring stories are found not on the podium, but at the back of the pack. Stories of people who are kicking addictions, saving marriages, losing weight, and doing all sorts of things that defy the odds. So on the days when the sun won't shine, the mercury won't rise, and your friends won't join you, go out and do it anyways. Pick up your pen, write your story, and share it with the world, because the book that you write just might inspire a sequel by another slinger of ink (or mud).

The End

Well, I hope you liked it. When I read this I couldn't help but think about our club these days. Group runs, races, Facebook, Instagram, etc. We are always welcoming new people and sharing stories. It is a major asset to our club. So just go out there, run, and create more stories!

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 Sept/Oct 2016 Newsletter is June 15th.* Please don't make me send comments to myself...send yours today!!

Email to: Judith Warren at newsletter@psrr.org

Exciting News for PSRR members!!!! Sign up for the Joliet Park District Sundowner by July 10 directly through our club and pay only \$28!!! That is a \$7 savings!!!

I will be collecting your information and registration fees and then turn it all in at once.

Please see me to register or if you have any questions.

John Warren—VP of Membership

Congrats to Mark Walker for being chosen for the Volunteer Spotlight at Greater Joliet Area YMCA! I love that our members give so much to our communities! Read about it [here!](#)

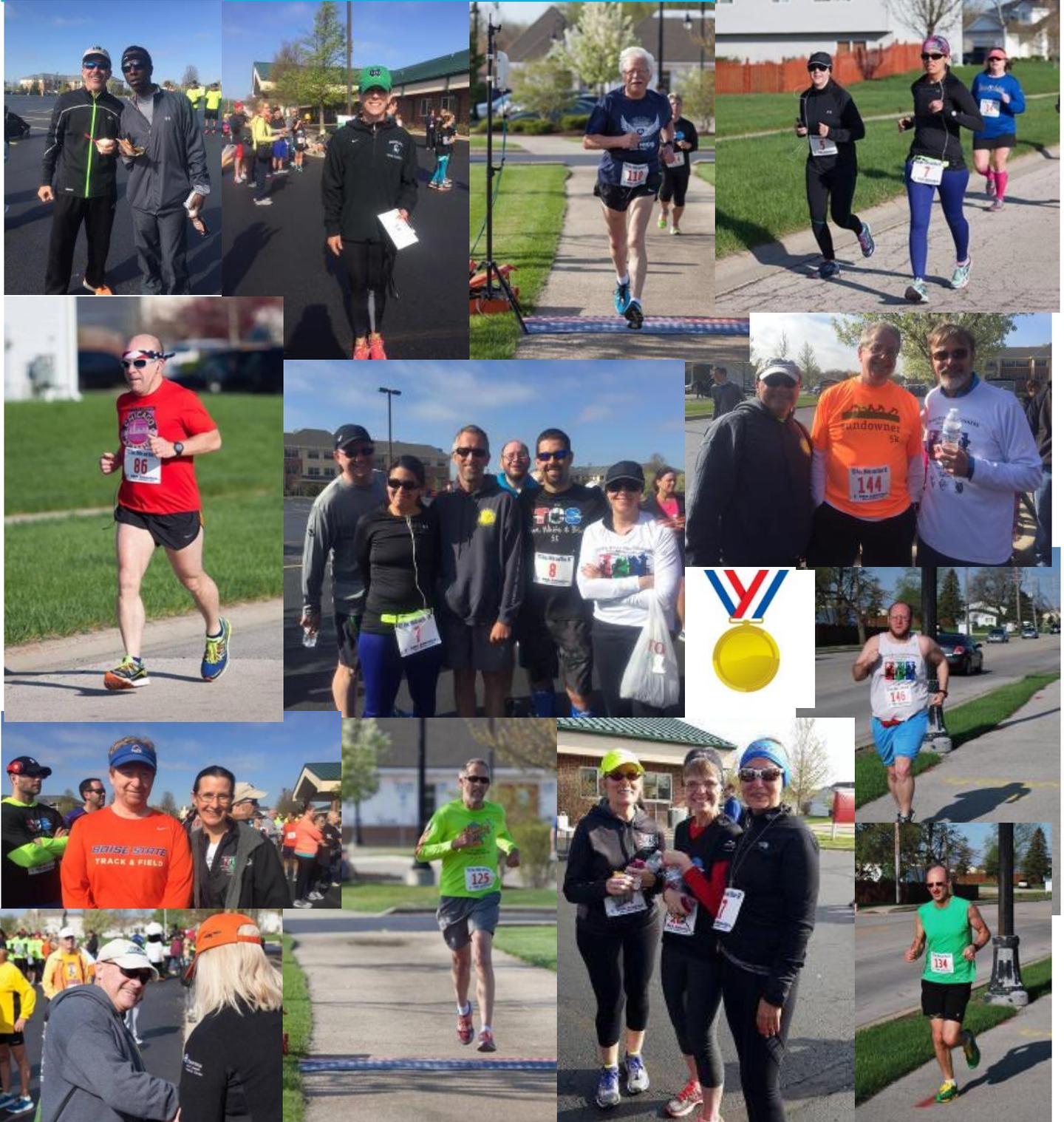
Judith

Are you on Facebook? Did you know there is a page exclusively for PSRR members? Come join us to discuss upcoming races, training, etc. Search for "PSRR Member Page" on facebook.

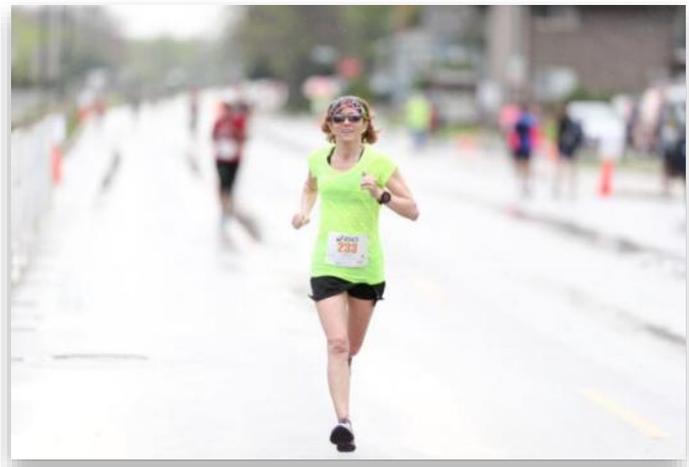
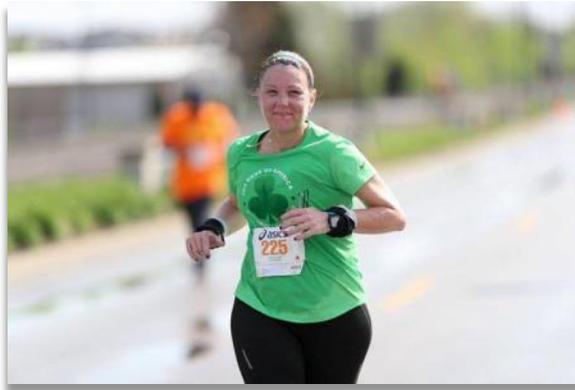
Judith

TCS Run, White & Blue 5k

PSRR won the team award for the most members at the race. President Mark Bowman immediately donated the crisp \$100 bill back to Trinity Christian School. This was the first year for TCS on the PSRR circuit and it was a terrific race! Thanks to PSRR member Vera Erickson who is one of the race directors!



Lemont Quarryman Challenge



Training Tips *By Robyn*

Robyn Bumgarner is an ACE Certified Health Coach, Personal Trainer and a PSRR Board Member.



Everything You Need to Run that isn't Running: Part III

Injuries.

They happen to all of us, some are more significant than others. What I can tell you is that running should not cause pain. Discomfort from tired legs? Yes. Sore muscles? Definitely. Burning lungs from pushing that last interval? Absolutely. Mental anguish? *Sometimes.*

When should running cause outright, ouch-that-hurts, can't-get-out-of-bed, or walk or sit or stand kind of pain? *Never.*

I'll say that again: ***Running should never cause pain.***

For any of you who have watched me run, it looks like I should hurt. I am a hotbed of compensatory movement caused by several musculoskeletal imbalances/anomalies. A shorter way to say that is I do not naturally possess good biomechanics. I'm not built to run. Yet, I don't hurt. I love to set personal records and race hard just as much as every other runner. However, my overriding goal is always to be able to come back and do it all again. There isn't a run out there that's worth having to take weeks or even months off afterward. If something hurts, I back off immediately. I stop and care for it. And so far (knock on wood), I have been able to avoid sidelining injuries.

When you go out for your next run, listen to your body. Do you have any niggling aches and pains? If so, maybe consider shortening your run and taking time to ice, stretch, and roll that area, and maybe even take an extra day or two off before you run

again. Sometimes all it takes to heal something minor is a little TLC. Sometimes one or two extra rest days can save you weeks of downtime in the long run. It takes two weeks to begin losing your running fitness, so do not fret about an extra rest day to care for something that hurts.

If you're in so much pain after a run that you cannot sleep, or if you wake up the next morning and you struggle to get out of bed or walk once you're upright, it's time to see someone.

I highly recommend choosing a chiropractic office who employs both a massage therapist and a physical therapist. Chiropractors are capable of healing so much more than just your spine. The Chiropractor can make recommendations as to how to treat your injury without surgery or other invasive techniques. The physical therapist can Prescribe exercises to correct weaknesses and heal the injury. Massage therapists can loosen Tight muscles and bring a great deal of pain relief. Regular adjustments can often help correct imbalances in the body that caused a soft tissue injury in the first place. Whatever type of medical professional you choose, pain that you cannot relieve yourself should be assessed.

Pain-free running is single most beautiful thing in the world. It's worth all the self care, time off, physical therapy, strength training, and medical treatment. I promise.

Happy running!

Nutrition corner with Coach Robyn

Need to cool off after a hot and sweaty long run? You can make this delicious and vitamin-packed frozen treat right in your very own kitchen!

Orange Dreamcicle "Ice Cream"

- 1 3/4 cup – coconut milk
- 2 medium – orange
- 4 tbsp – Sweetener (I use pure maple syrup)
- 1 tsp – vanilla extract

Directions

1. Peel and section oranges. Lay flat on a tray and freeze until hardened.
2. In a blender, add coconut milk and half of the frozen orange sections.
3. Blend until smooth. Add the remaining oranges and continue blending.
4. Add the sweetener of your choice (honey, powdered sugar, maple syrup) and vanilla extract.
5. Blend.
6. Pour into a freezer safe container and freeze until solid.

When ready to serve, let it sit out for a few minutes to make it easier to scoop. Enjoy!



Did you know?

There is a new PSRR award this year!

Along with Circuit Winners, Age Group Winners and Most Circuit Races Run awards there will be a brand new award this year:

MOST MARATHON MILES RUN.

This award will count all miles run in official Half or Full Marathons.

All you have to do to be in the “running” is to complete Half or Full Marathons and **report** those races to Jay Wait, our club statistician.

Please report results to Jay at statistician@psrr.org in a timely fashion after your race. Please DO NOT wait until the end of the year and blow up Jay’s mailbox with all your amazing results. Don’t forget that 1 half or full marathon also can count towards your circuit award so even if you don’t have multitudes of marathon miles in your plan this year, still report any that you do complete!

You MUST report your Half, Full or Ultra to Jay to receive circuit credit and to be in the running for this award. Just send an email today!!!!



Prairie State Hall of Famer Bill Murphy crossed his last finish line on May 23, 2016 at the age of 85.

Bill was a friend to many in the PSRR family. Member of St Patrick Catholic Church, Chicago White Sox fan and a gifted runner.

He will be missed.

Written by Mary Jones on May 31st

I don't know exactly where to start, but as it goes with runners it starts by showing up—showing up at the starting line and moving forward to do your best and ultimately crossing that finish line.

Today, a day after Memorial Day, I was honored to be at the Abraham Lincoln National Cemetery to see fellow Prairie State Road Runner—PSRR Hall of Fame Member Bill Murphy cross the final finish line. Today, Dave Cyplick, Clint Carter, Tom Lambert and Jack Piccolo served as pall bearers for one of our own.

Bill was one of the founding members of the club going back to the Joliet YMCA running club days—Bill was a notable age group runner and a huge Chicago White Sox fan— however— most all Bill was KIND and helpful. Bill always volunteered for the NHC 25k—which back in the days before chips and instant results—was a pretty significant undertaking from the months of prep on the course, packet assembly, and race day details and clean up.

I recall many fond memories of Bill at River to River and a multitude of race, my memories are mostly centered around his kindness, from his words of “how are you doing?” to congratulations on a race well run, and then “what else do you need from me?” And back to the Lone Star days—the post-run good ole' Murphy Special—of coffee, oatmeal and toast with jelly.

So Bill—thanks for all the years of inspiration, kindness and laughs—you have passed on your baton to your teammates and we can all do better by running with a little Murphy in us as we stride forward in life. May God bless you and welcome you to his team.

Thank you for the service to your country and to the club, but most of all thank you for being part of my running family. Rest well my teammate.





PSRR PICNIC





PSRR added the Walter Payton Foundation Sweetness 8k to the circuit for the first time. Despite starting in the rain everyone had a terrific time. Connie and Brittney Payton were great hosts posing for pictures with every medal winner. And we had a lot of them.

Winners included:

Fawn Acup, Clark Anderson, Ruth Bonacei-Klaeser, Kate Calder, Kathy Figueras, Lianne Holloway, Javier Martinez, Pat McFarland, Eva Rahn, Kibet Rono, Dawn Ruch, Julie Ruch, Harry Scheckel, Carol Stapleton, Jay Wait, Mark Walker, Mark Walters, John Warren, Ray Wertelka, and Paul Wojtkiewicz!

Vol nteering Needs

BY KRICKET BALTZ—VP OPERATIONS

This edition's Volunteer Spotlight is on **Kibet Rono**.

Kibet is not only a member of PSRR but can also be found volunteering his time as President of our sister club Kankakee River Running Club. In his "spare time", he also founded the Running Shoe Pantry. In this role, he collects gently used running shoes to find them new homes with those who may need them to begin or continue to run but might struggle to afford decent shoes. When not running a race, you will often see him volunteering in some capacity or simply showing up to cheer on each and every runner.



Q: Tell us about your childhood hobbies. Were your friends into the same interests as you?

I collected stamps, was a boy scout and we made go-karts from broken bicycles and other parts we could find. We were all into similar things as we didn't have a lot of options in Africa.

Q: Who has been the most meaningful mentor in your life?

My mother. She taught me at a young age that it was okay to do my best and sometimes it didn't appear to be much but it would be huge for me. Success is relative so value it all as the smallest might be the most important.

Q: What are some of your volunteer activities? Tell us about the giving and getting from it.

In college I was asked to share growing up in Africa to grade schools, churches and non-profit organizations. This helped me appreciate my heritage more and value the experience of Africa better.

Whenever one gives you share in the happiness of the recipient so it's a double blessing. I have so many PRs which were not mine but shared in the run. I have friends who we met during a race and we ran together to their better or best race, something we both will carry forever. I have some I can't remember but they do and some remind me of it



I Choose  !!!

Q: Favorite food.?

I don't have one. I love to eat and enjoy life a lot. Mediterranean and Indian food seem to have the best flavors though. I love fish but not too big on steak. Can't go wrong with chicken.



Continued on page 15

Vol nteering Needs

Continued from page 14

Q: Favorite food.?

I don't have one. I love to eat and enjoy life a lot. Mediterranean and Indian food seem to have the best flavors though. I love fish but not too big on steak. Can't go wrong with chicken.

Q: Favorite brand of shoe?

Saucony. I find them very comfortable. The ride series has been good to me.

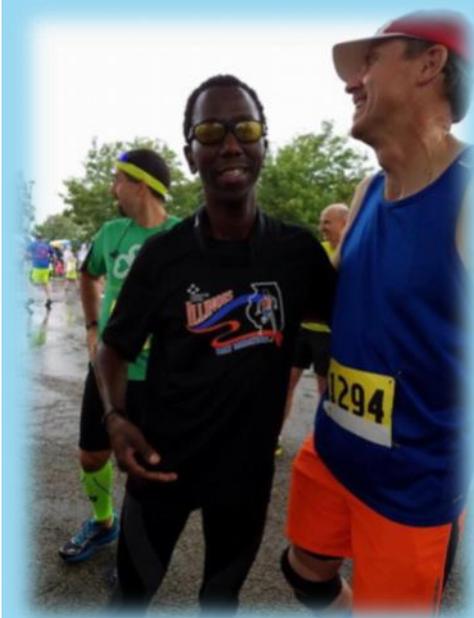
Q: Favorite song?

Michael Jackson's Nature song (not to be confused with Human Nature).

Q: Favorite race?

I don't have one as I have not run them all. Ask me later, much later. But if they have food there is a great chance I will be back!

Q: It has not gone unnoticed that you can be seen running some events and then going back to encourage people making them strong. Is your family as enthusiastic about lifting people up as you are? Or is this a unique Kibet trait?



Both my parents were educators by trade so yes they influenced me. Running has given me so much and enriched my life so that it's beyond me why anyone would not maximize this abundant renewable source of energy. Best antidepressant I know. Best therapy. If I was a God, I would make everyone run. It has been said that runners are the best people. I disagree. Running **brings out** the best in anyone thus runners seem to be the best people.

Since I started running at 40 I can hardly take credit as this being a trait. Many found it before me but I certainly have a flare about my approach, and it shows. I have found my thing and it's running with others. I hope to run as many different races in as many different places as possible.

Minooka Summerfest 5k



Hot Weather Running Tips from the RRCA

The Road Runners Club of America wants to remind the running community about the importance of following our hot weather running tips. Running in the heat of summer can be dangerous if proper precautions and preparations are not followed.

- Avoid dehydration! You can lose between 6 and 12 oz. of fluid for every 20 minutes of running. Therefore it is important to pre-hydrate (10–15 oz. of fluid 10 to 15 minutes prior to running) and drink fluids every 20–30 minutes along your running route. To determine if you are hydrating properly, weigh yourself before and after running. You should have drunk one pint of fluid for every pound you're missing. Indications that you are running while dehydrated are a persistent elevated pulse after finishing your run and dark yellow urine. Keep in mind that thirst is not an adequate indicator of dehydration.
- Avoid running outside if the heat is above 98.6 degrees and the humidity is above 70-80%. While running, the body temperature is regulated by the process of sweat evaporating off of the skin. If the humidity in the air is so high that it prevents the process of evaporation of sweat from the skin, you can quickly overheat and literally cook your insides from an elevated body temperature. Check your local weather and humidity level.
- When running, if you become dizzy, nauseated, have the chills, or cease to sweat... STOP RUNNING, find shade, and drink water or a fluid replacement drink such as Gatorade Endurance. If you do not feel better, get help. Heatstroke occurs when the body fails to regulate its own temperature, and the body temperature continues to rise. Symptoms of heatstroke include mental changes (such as confusion, delirium, or unconsciousness) and skin that is red, hot, and dry, even under the armpits. Heatstroke is a life-threatening medical emergency, requiring emergency medical treatment.
- Run in the shade whenever possible and avoid direct sunlight and blacktop. When you are going to be exposed to the intense summer rays of the sun, apply at least 15 spf sunscreen and wear protective eyewear that filters out UVA and UVB rays. Consider wearing a visor that will shade your eyes and skin but will allow heat to transfer off the top of your head.
- If you have heart or respiratory problems or you are on any medications, consult your doctor about running in the heat. In some cases it may be in your best interests to run indoors. If you have a history of heatstroke/illness, run with extreme caution.
- Children should run in the morning or late afternoon hours, but should avoid the peak heat of the day to prevent heat related illnesses. It is especially important to keep children hydrated while running and playing outdoors in the heat.
- **Do** wear light colored breathable clothing. **Do not** wear long sleeves or long pants or sweat suits. Purposefully running in sweat suits hot days to lose water weight is dangerous!
- Plan your route so you can refill water bottles or find drinking fountains. City parks, local merchants, and restaurants are all good points to incorporate on your route during hot weather running. Be sure to tell someone where you are running how long you think you will gone, and carry identification.

Stay hydrated, cool, and safe this summer!



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 your pictures to Judith Warren at newsletter@psrr.org or on facebook.



John Sheridan at the Soldier Field 10 Miler in Chicago

Jean Johnson, Jody Reddell, Mark Bowman, Adam Kimble, Dave Cyplick, Cathy Morman, Javier Martinez and Mary Jo Minarich at the homecoming for The Bearded Sole-Minooka Village Hall



Javier Martinez after the Illinois Marathon with a time of 3:25:58 in Champaign-Urbana IL



Wendy Janulis at the La Jolla Half Marathon in California

Travelin' PRAIRIE STATE ROAD RUNNERS!



Diana Sorich on a solo training run in West Lafayette IN at Purdue University.



John Warren somewhere in Indiana on the way to the Indianapolis Mini Marathon.



**Damien Mangabhai and Mark Bowman—
Age group winners at the Starved Rock
Country Marathon— Ottawa IL**

**Tommy John Baltz cross-training with his
new axe!**



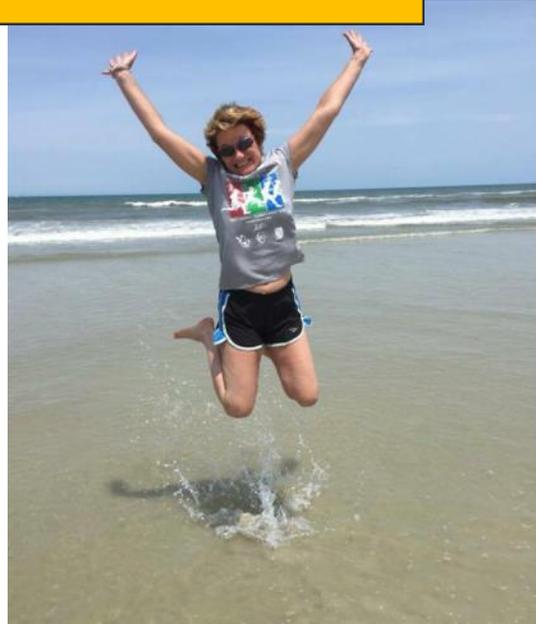


Travelin' PRAIRIE STATE ROAD RUNNERS!

Kathy Figuierras in New Smyrna Beach FL



Javier Martinez at the Chicagoland Spring Half Marathon in Busse Woods



Mark Bowman after the Kettle Moraine 100k in Wisconsin



Joy Hynzy and Cathy McQuarters at the Mainly Marathons Heartland Series Marathon in Niles MI



It's not too late to be a part of this new and fun event series. In cooperation with the National Recreation and Park Association's walking initiative, the Forest Preserve District of Will County is offering five opportunities to get out in nature and walk or run a different trail each month.

PSRR will be there to assist and answer any questions. There will be 1 mile, 2 mile and 5k fun runs/walks measured out. Come find out about some of our local natural resources! For more information go to [Reconnect With Nature](#). Upcoming events are on July 16 at Hickory Creek Preserve—Mokena, August 27 at Lake Renwick—Turtle Lake and September 10 at Hadley Valley—Gougar Road Access.



I was wondering—BY JUDITH WARREN

I had been noticing a lot of shirts with the saying **#RunningIsStupid** on them at various places. So I put on my sleuthing cap and decided to find out about them.



My quest brought me to PSRR member **Melissa Brown**.

Q: Hey Melissa! Rumor has it that you're the one to talk to about these shirts I've been seeing. Is this true? If so, what's up with them?

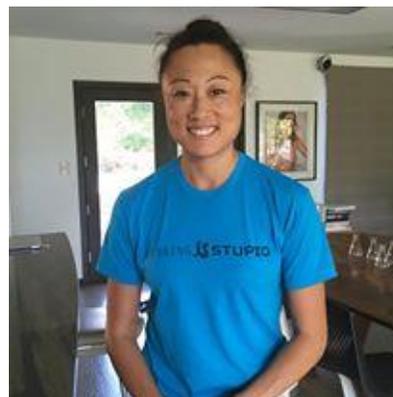
Melissa: Yes, that would be me! I started using the phrase 1 1/2 years ago. I was dealing with a bunch of running related injuries and while I should have taken a break from running...I didn't. It was hard to just stop running so I would just push through whatever pain I was having and tough it out. My relationship with running became love/hate. So whenever I would post about a race or a run I would use that little Hashtag for everthing....it was

therapeutic.

Q: Hmm. I know a few people that would do the same thing instead of taking a needed break. If we wanted to join the **#runningisstupid** movement, how would we go about this?



Melissa: Well I am pretty sure that every runner is a part of this movement. I know so many people that love running but also really hate it sometimes! Running is supposed to be fun, and not always taken so seriously. I just want people to remember that! Anyone who wants to "join" can, just get a hold of me. The shirts are \$25 and there are some different versions of the Hashtag along with a few different colors and styles. I promise putting the shirt on after a hard race or run makes you feel a little bit better...





Celebrating birthdays in **July** are Dan Aguilar, Katherine Atwood, Tommy John Baltz, James R. Barry, Ruth Bonacei-Klaeser, Mary Lou Bowman, Melissa Brown, John Bumgarner, Craig Carlson, Anna Marie Forbes, Glenn Gabryel, Bill Gora, Katie Henderson, Marty Manzke Jr, Tammy Munch, Terri Putnam, Jody Reddell, and Curt Ruch

Celebrating birthdays in **August** are Jennifer Bowman, Robyn Bumgarner, Colleen Calvey, John Davis, Karl Johnson, Reese Koven, Tom Lambert, Virginia Munro, Mark Nelson, Sally Podolski, Stephanie Porterfield, Eva Rahn, Lauren Raino, Carol Reeb, Terri Tatroe, John Warren, Ray Wertelka, and Nicole Zemaitis

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



NEW MEMBERS

Coral Berta

Mary Kay Kiley

Alyssa Caracheo

Maggie Caracheo

Jaime Ortiz

Jaime Ortiz Jr



Fawn Acup, Eva Rahn, Teresa Buturusis & Judith Warren after the inaugural **Naperville Women's Half Marathon—Naperville IL**



Races



Eileen Skisak at **Pat's Run** supporting the **Pat Tillman Foundation—Tempe AZ**



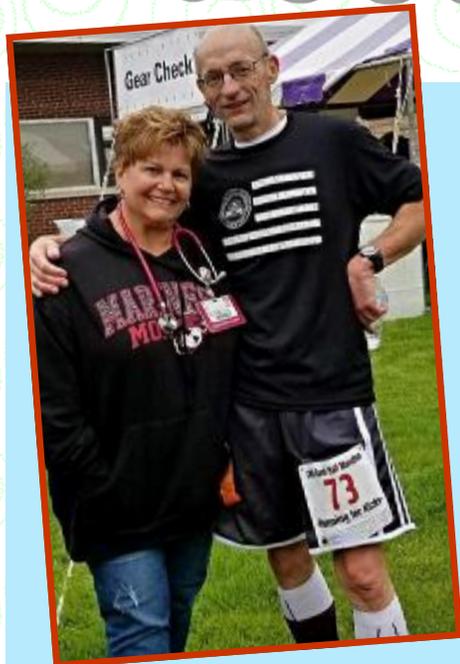
Vera Hamilton with her **Big Sur Marathon** medal—**Carmel CA**



Dave Giacomi, Deborah Renville, John Warren and **Kathy Figueras** after the **Frankfort Half Marathon—Frankfort IL**



Races



Bill Gora with his wife **Janice** at the **Southwest Half Marathon** in **Palos Park IL**. **Janice Gora** has participated as part of the **Medical Staff** every year since the inaugural race in 2009.

April Veerman and **Liz Costa** with age group medals at the **Ashley Can Mother's Day 5k-Bourbonnais IL**



Mary Jones, Diana Sorich, Tina Pirc, Tommy John Baltz and **Kricket Baltz** at the **Esprit de She Triathlon** in **Naperville IL**

Jody Reddell, Mark Walker, Judith Warren, John Warren and **Rheta Murdaugh** at **Manny's Mission 5k—Romeoville IL**



Races



Mary Andreotta, Caroline Portlock, and Pat Fera at Manny's Mission 5k in Romeoville IL



Clint Carter at the SMI 5k in Plainfield IL

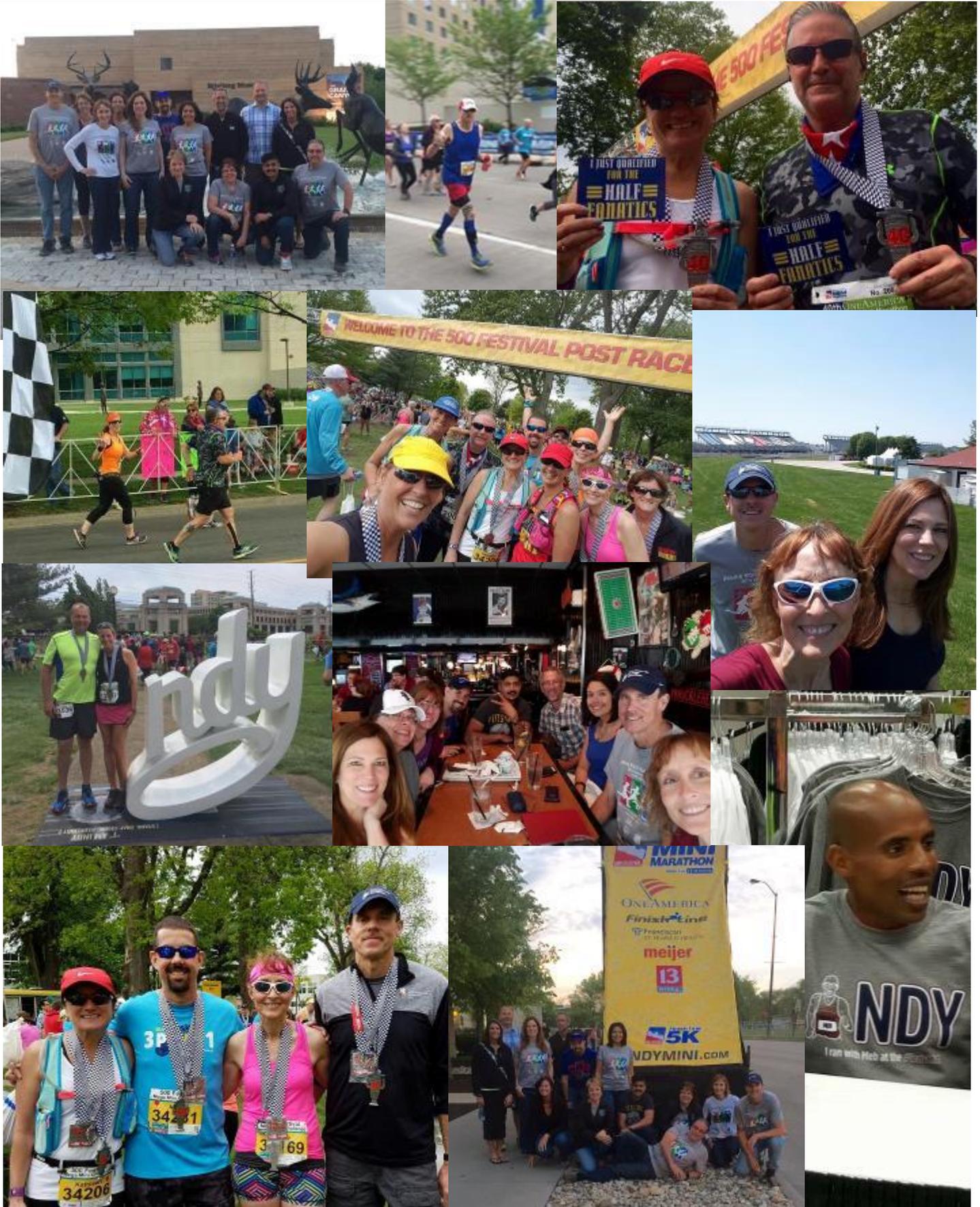
David Musgrave during the ROPArun 2016 near Picardy France



Aubrey Hopper, Spencer Hopper and Kibet Rono at the 18th Annual Lake Mingo Trail Race in Kennekuk Cove County Park near Danville IL



PSRR at the 500 Festival Indy Mini Marathon





2016 Circuit

<u>Date</u>	<u>Circuit Race</u>	<u>2015 Club Participation</u>
Jan 23	Midwinter Cruise 5k	Not on schedule in 2015
Feb 7	Winterfest 5k	5—Blizzard conditions
Feb 14	Frosty 5 Miler	59
Mar 5	Manhattan Irish Fest Parade 5k	52
Apr 16	Rockdale Ramblin' Run 10k	70
Apr 23	TCS Run White & Blue 5k	New to circuit
May 7	Quarryman Challenge 10 Mile	New to circuit
Jun 4	Kendall County Sweetness 8k	New to circuit
Jun 18	Minooka Summerfest 8k	34
Jul 3	Liberty 5k	35
Jul 21	Sundowner 5k	68
Aug 11	Firefly 5k	43
Aug 21	DNA/PSRR Free 5k	42
TBD	<i>Shorewood Scoot (race status unknown)</i>	
Sep 11	Ashley Can Half Marathon	14
Sep 25	Plainfield Harvest Fest 5k	25
Oct 15	Forte 5k	38
Oct 16	Cornerstone 5k "J" Run	New to circuit
Oct 23	JJC Haunted 5k	48
Nov 6	Canal Connection 10k	39
Nov 24	Poultry & Pie Predictor 4 Mile	53

Membership dues must be current in order to earn circuit points

PRAIRIE STATE ROAD RUNNERS

2016 Circuit Award Rules

AS EXPLAINED BY JAY WAIT

At the 12/11/16 PSRR board meeting, the directors voted to continue with the Circuit Award structure established for 2015. The Traditional Circuit Award will continue to reward participation (running, volunteering, and participating in 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 two 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 1st 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 using the [WMA Age Grading Calculator 2006/2010](#).

NOTE: On 2/12/16 the PSRR Board voted to use the updated factors found in the [WMA Road Age Grading Calculator 2015](#). These factors will be used starting with the Frosty Five Miler on 2/14/16.

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 to use the 16 age groups (8 each for male and female) that were used for 2015 awards. The age groups are: Under 15, 15-29, 30-39, 40-49, 50-54, 55-59, 60-69, and 70 & over. For the purpose of determining age group, age on January 1st 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 1st 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 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

2016 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

6/22/2016

Report errors/corrections to statistician@psrr.org

Runner	1. Mid-Winter Cruise 5k	2. Winterfest 5k	3. Frosty 5 Mile	4. Manhattan Irish Fest 5k	5. Rockdale Rambler 10k	6. Trinity Christian School 5k	7. Quarryman Challenge 10 Mile	8. Kendall County Sweetness 8k	9. Minooka Summerfest 5k	10. Liberty 5k	11. Sundowner 5k	12. Firefly 5k	13. DNA/PSRR Free 5k	14. Shorewood Scoot 5k	15. Ashley Can Half Marathon	16. Plainfield Harvest 5k	17. Forte 5k	18. Cornerstone 5k "J" Run	19. JJC Haunted 5k	20. Canal Connection 10k	21. Poultry & Pie Predictor 4 Mile	22. Your choice half /full/ultra	23. Volunteer Credits	Circuit Score	Circuit Ranking
Acup, Fawn	9	15	17			11		8																	
Aguilar, Dan				16					11														1		
Anderson, Clark	2	1	2	1	1	2		3																12	1
Arreola, Sergio			7	6	6																				
Auld, Michael	5	3	6	C		7	4																1		
Bailey, Marne			40	32	21		9																		
Bak, Leo						32																	1		
Baltz, Cricket	14	20	39		18	14																C	5		
Baltz, Tom		31	53	26																		C	1		
Baltz, Tommy John	13	17	47	38	24			24														C	1		
Barry, James G.				64																					
Barry, James R.	21		46	45																					
Barry, Laura			52	53	37		10	31																	
Berta, Coral								40																	
Blazekovich, Jenny							3																		
Bonacci-Klaeser, Ruth	15				33			18																	
Bornhofen, Larry			20	18	14				12																
Bowman, Jennifer				47																					
Bowman, Mark	3	4	19	7		3		2														C	4		
Brown, Melissa			25		20			15																	
Bumgarner, Robyn			26	29																					
Buturusis, Teresa		30	51		32																				
Byrnes, Brenda				44																					
Calder, Kate			28		16			12	18																
Calvey, Colleen				69																					
Caracheo, Maggie								21																	
Carlson, Craig			42																						
Carlson, Kerri			33																						
Carter, Clint		7	18	12																					
Clark, Matt			21		13			13														C			
Conboy, Jess			11	5																					
Costa, Liz		18						15																	
Cyplick, Dave		13	22			13		14															3		
DeGrush, Rich	8		10	10			6	7																	
DeVault, Sharon				73																			1		
Ellison, Howard					36																				
Erickson, Vera			31				7	16															2		
Fera, Pat																							2		
Figuieras, Kathleen	11	12	24	23				9																	
Forbes, Sean			48	42	43																				
Gabryel, Glenn	27		55		44																				



Club Member Benefits

- **BI-MONTHLY NEWSLETTER** – “The Pacesetter” is published every 2 months. Each issue includes a letter from the president, upcoming races, cartoons, race reports and running accomplishments by our club members. You are encouraged to send personal stories, race reports and pictures to newsletter@psrr.org so we can include them in the newsletter.
- **MERCHANDISE DISCOUNT**—Select items at DNA Athletics, 16133 Weber Road, Crest Hill, IL, Phone: 815 588-0908
- **ORGANIZED GROUP RUNS**
 - SUNDAY MORNING SHOW-N-GO RUN AND BREAKFAST**– Since many of our club members run at different paces and are training for various events, we may not always run as a group. We meet at the Channahon State Park (25302 West Story Street, Channahon) between 8:00 – 8:30 AM, finishing around 9:45 AM. At that time, we head over to Lалlos (25220 Eames St, Channahon) for breakfast.
 - 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 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**

PRAIRIE STATE ROAD RUNNERS Membership Application

2016 NEW MEMBER RATES

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

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

ADDRESS _____ CITY _____ STATE _____ ZIP _____

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

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

Family Membership Data – List All Members

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

How did you hear about us? _____

Make Checks Payable to: PRAIRIE STATE ROAD RUNNERS
Mail to: P.O. Box 293, Channahon, Illinois 60410-0293

CLUB MEMBERSHIP WAIVER

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

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

DATE _____

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



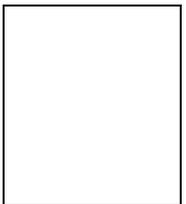
July/August 2016

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

