



MAY/JUNE 2014

Issue 3

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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 www.psrr.org for race results, race applications, club info and more!

**Prairie State Road
Runners**

Will County's Running
Authority Since 1975

PRAIRIE STATE ROAD RUNNERS



UPCOMING CIRCUIT RACES AND EVENTS



JJC Foundation 5K Run/Walk—May 3, 2014

<http://www.jjc.edu/about/community-interests/foundation-5k/Pages/default.aspx>

St. Mary Immaculate 5K Run/Walk—May 17, 2014

<http://smi5k2014.itsyourrace.com/event.aspx?id=382>



First Day of Summer—June 21, 2014

Celebrate!!

Minooka Summerfest 5K Run/Walk—June 21, 2014

**MEMBERSHIP DUES MUST BE CURRENT IN ORDER TO
EARN CIRCUIT POINTS.**

Prairie State Road Runners

Pacesetter

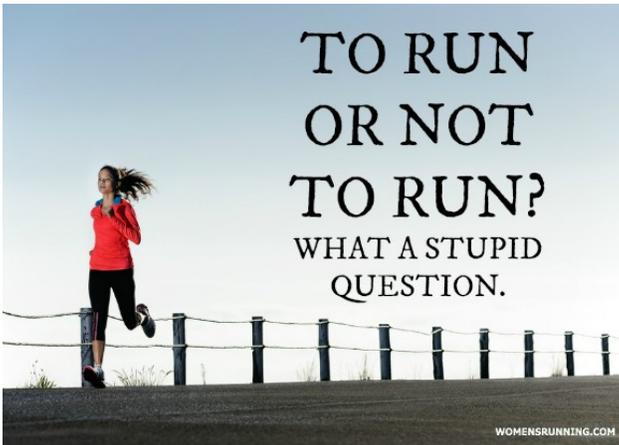


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WEEKLY CLUB EVENTS

- **Sunday** run with the Breakfast Club at 8AM on the I&M Canal towpath/Channahon State Park. Breakfast follows at Lallo's Bar and Grill at approximately 10am.
- **Wednesday** night track workouts will resume in the spring.
- **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 \$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

Newsletter created by Susan Mores

Many thanks to all contributors who submitted articles and pictures!

Prez Sez...



BY STEVE KOVEN

What does it take to be a race director? It's easy, right? I mean really, how hard could it be?

That's what I used to think!

It turns out that being a race director, and starting a race from scratch is much harder than it seems!

The story of the Manhattan Irish Fest Parade 5k for me goes back to the 2013 PSRR Annual Banquet, but depending on who you talk to, it actually goes back to the mid 90's and the first year Irish Fest was held. We weren't the first to hold a race in conjunction with the Fest, but we were the first to do so in a very long time. My involvement came about after Dave Cyplick mentioned at the 2013 banquet that we were interested in holding a new race, and were looking for ideas. A few days later, Ray Wertelka emailed me and said he was interested in directing a race in his hometown of Manhattan. We talked and emailed back and forth over the next few weeks and decided to contact the organizers of Irish Fest with the idea for holding a race in conjunction with the Fest.

We were hoping to meet with the organizers as soon as possible to give us time to plan the race, but it took time to set up a meeting. Irish Fest is a big event and involves dozens of volunteers and committees, but their event has a long history, so they don't need to hold planning meetings until fall. We had our initial meeting in October, and didn't receive final approval until December... For a race that would be held March 1!

Ray and I had agreed to co-direct the race the first year, and in the future it would be his responsibility. This was the first race either one of us directed, although I've been involved in a few races in my time as President of PSRR, and organized the Free 5k this past summer. I felt the need to be involved because I could help promote it, as well as answer questions and make decisions for the club in dealing with the other involved organizations.

This was, for a first race to direct... Quite the undertaking. We had our club board meetings, Irish Fest board meetings, meetings with the Village of Manhattan. The Irish Fest organizers were great to work with, and helped us wherever needed, but it still was a lot of work to get the details sorted out. For me, it really couldn't come at a worse time, because as President, the busiest time is the end of the year. I had to plan the banquet, order the awards, and tie up all the loose ends from the previous year... All while helping plan a brand new, somewhat complicated event. At the same time, I was coaching my oldest son's basketball team and attending

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the offseason meetings and coaches clinics for the upcoming baseball season. It was a wonder I could keep my schedule straight!

The week before the race was very busy. Ray took the entire week off of work, while I attempted to work a couple days at least. It seemed like I was making the 30 minute drive to Manhattan every day! There were so many little details for this race, and we strived to make this the best race possible for our runners. Given the harsh winter we experienced, we were unable to use the course we initially wanted to use, because the trail was covered in snow and ice. Our alternate course used the roads in town, but now there was snow in the forecast! Would the snow wait for the race?

Race day arrived, and mercifully, the forecast snow never materialized. The village had pre-salted the roads and a light dusting of snow did not cause us any problems. That's not to say we didn't have issues, but weather wasn't a problem for us on race day, in fact, it was probably one of the best days we had all winter!

Ray and I set up the cones on Gougar Rd and then proceeded to get the race set up. There was

much work to do, and seemingly not enough time. We did our best to delegate tasks and make sure everything was taken care of. Our volunteers did a great job, doing their jobs as well as taking care of other issues which arose.

As our start time of 11am neared, I rode my bike along the course to make sure everyone was in place and understood their jobs. I



was to lead the runners on the course on my bike, and give the start signal via walkie talkie to the timer waiting at the finish line. We had cell phones as a backup as well. The race would start after the 11am Metra train cleared the tracks on North Avenue. As the time for the race arrived, I was feverishly trying to contact the finish line staff via walkie talkie and cell phone, with no luck. I was forced to use my last backup method, and started the race using a stopwatch I carried with me. The race begun, and I pedaled down North Ave-

nue to lead the way. I glanced down at my watch, only to see, shockingly, the stopwatch hadn't started! The time was compromised... The gloves I was wearing apparently did not allow me to fully push the button. Shortly after the race started, the radio crackled to life, but it was too late. Perhaps it was interference from the train, the abundance of police and fire radios due to the parade... Maybe it was sun spots, but we never did figure out what caused the radio blackout. I turned onto Front Street as the race pressed on, only to see a mail truck turning onto the course in front of me. Runners soon surrounded the truck, and inexplicably, the truck continued to crawl down the street and deliver mail.

I was crushed. I felt awful about the timing mess up (I later found I was 1:06 late), and while I couldn't have foreseen the mail truck episode, that bothered me as well. Later a runner fell at the finish line and ended up at the hospital, and even though we found out later that evening he was OK... Even correcting for the things I could and could not control, I just felt bad about things after the race. Concerning the timing snafu, I felt like I let a whole bunch of people down, even if we were able to correct the results.

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The post-race party was predictably fantastic. Great music, including two bagpipe bands, beer, and corned beef sandwiches... What could go wrong there? Nothing! Ray did a great job of canvassing the community for prizes and we had a great raffle, plus shoes

from DNA Athletics to give away. After my duties involving the race ended, I was able to join my family and enjoy an afternoon listening to music, which was a great way to wind down after the race.

So, is it easy to be a race director? I learned so much about the process of directing a race

from this, and have a new perspective on running and races now. It is most definitely not easy to be a race director, especially for those of us who are trying to fit it in around work and other activities. I enjoyed being race director, but I'm happy to leave the work up to Ray for next year!

Do You Have A Need For Speed?



Track workouts are back! Every Wednesday beginning on May 7th at 6PM. We meet at Troy Middle School, 5800 W. Theodore in Plainfield. Set your own



A few of our 2013 speedsters

individualized pace and watch your race times improve. These workouts are for everyone, regardless of your current pace, and are very family-friendly. Bring the kids and even the dog!



MANHATTAN IRISH FEST PARADE 5K

"The Manhattan Irish Fest Parade 5K was a great inaugural event! Steve and Ray did an awesome job and thank you to all of the volunteers that helped prior to race day, as well as everyone that braved the cold to guide us on the course!!"

- Sue McLean



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.

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 May/June Newsletter is April 10.** Please don't make me send comments to myself...send yours today!!

**Email to: Susan Mores
at newsletter@psrr.org**

How Do You Display Your...



Evan Sather's home display of awards and bibs

Sue Mores—Some favorite medals (pinned on an inexpensive bulletin board) and trophies.



Tina Pirc—Medals and Bibs (under "Run" cover) made by her and Brittany



Brittany Pirc—Medals and Bibs (under "Run" cover) made by Brittany and her mom, Tina.



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Bling

Continued from Page 7



Kate Calder displays her medals and race bibs in the shadow box that was made by and given to her at Christmas by her husband, Jon.



Duane and Mary Jo Minarich's wall of accomplishment and motivation



Tommy John Baltz's quilted race shirts



Ken Goodwin's race photos, medals and trophies, along with his favorite shoes.

Relay Race

Checklist



BY SUSAN MORES

Having worked in a running store you know just about everything race related that goes on in the state. So when customers started shopping for supplies for last February's Del Sol Ragnar Relay event (200 mile relay race from Wickenburg, AZ to Tempe, AZ), I immediately was able to spit out all the critical supplies that were on my checklist when I ran in the MC200 and Ragnar events. With Ragnar's "Madison to Chicago" event taking place in early June, I thought it would be a great time to share my checklist, blended with one I recently saw on Facebook. While this might not cover everything you need, or this may even be too much, it should be enough to get you started and help make the weekend enjoyable for you and the people you're going to be spending the next 20 hours or more with.

SAFETY SUPPLIES

- ___ **Reflective vest** (some have blinky lights, which is best)
- ___ **Headlamp**
- ___ **Tail light**
- ___ **Cell Phone** (and don't forget a car charger)
- ___ **Road ID** (emergency contact info that hopefully you won't need)



APPAREL

- ___ **Three sets of running gear** (do it not just for you, but for your van mates too)
 - Socks
 - Shorts
 - Tops
 - Sports Bra
- ___ **Two pairs of running shoes** (especially if rain is in the forecast)
- ___ **Sandals** (to change into between legs)
- ___ **Rain and wind resistant jacket** (again...if rain is in the forecast)
- ___ **Sweatshirt and track pants** (to keep you warm in between legs – it can especially get chilly at night)
- ___ **Cap or visor**



ACCESSORIES

- ___ **Arm warmers**
- ___ **Cap or visor**
- ___ **Gloves**
- ___ **Sunglasses**

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___ **Race number belt** (this way you don't have to worry about annoying safety pins—easy to put on and take off)

___ **Hydration belt or hand held water bottle** (especially for unsupported courses/ legs – some hydration belts have pockets large enough to store your cell phone and attachments for race number)



___ **Compression socks** (great for recovery in-between legs)

___ **Garmin Forerunner** (I felt better knowing where I was on my leg and how much further I had to go - a good sanity check)

___ **Muscletrac or Stick** (muscles can tighten up after each leg – these massage tools are great for pre-run warm-up and post-run recovery. Not every team member needs one, but have at least one for the van)



NUTRITION

___ **Gels** (make sure to use these on your training runs to ensure your stomach can handle them)

___ **Electrolyte hydration mix**

___ **Oranges/Apples/Bananas**

___ **Peanut Butter and Jelly Sandwiches** (provide great balance of carbohydrates and protein—also easy to travel with and doesn't need to be refrigerated)

___ **Bagels**

___ **Water and Gatorade**

___ **Beer** (Like anyone has ever forgotten this!)



PERSONAL SUPPLIES

___ **Large towel** (to protect the van's seats)

___ **Medium zip lock bags** (to store your cell phone and/or other important electronics if it rains or from sweat)

___ **Large zip lock bags or plastic grocery bags** (to store your used sweaty clothing in after your run)

___ **Toilet Paper** (the porta johns usually run out)

___ **Toothbrush/toothpaste**

___ **Shower supplies** (some stops may have showers – bring a small bottle of shampoo, soap and deodorant stored in a zip lock bag – if you have room, bring an small towel or use your larger towel if it can dry quickly)

___ **Sunblock and Chapstick with SPF**

___ **Body Glide**

___ **Baby Wipes** (will keep you smelling fresh as a daisy)

___ **Hair brush, hair ties and barrettes**

___ **Any required medication**

___ **Ibuprofen** (or pain reliever of choice)

___ **ID and cash/credit card** (ID is usually required at event check-in)

___ **Camera** (you will definitely use it to get some good and not-so-good photos of your van mates)

___ **Ear Plugs** (to block out loud van mates...you know who are!)



EXTRAS TO CONSIDER

___ **Sleeping bag or blanket**

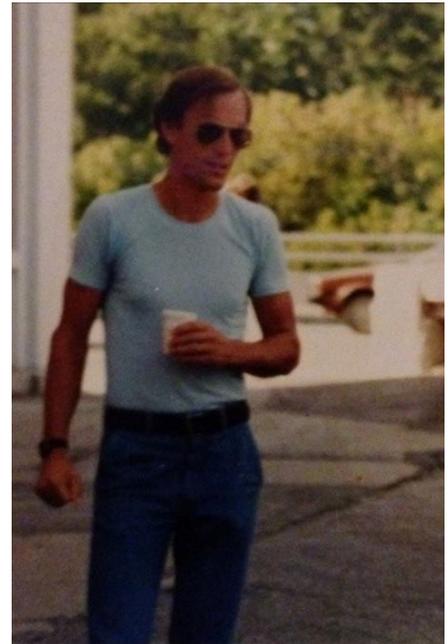
___ **Small Pillow**

___ **Insect Repellent**

And then finally...ENJOY YOUR TRIP!

HE IS THE ULTRA FART

Chances are if you've been around the running community for even just a short time you know **Jim Harman, a.k.a., The Ultra Fart**. If you are Facebook friends with him, you have seen pictures of him running marathons, surrounded by friends and always with a smile on his face. Full of accomplishments, there is so much more to the man we know as the Ultra Fart..



Jim Harman—Early 1970's

by Susan Mores

Born and raised in Kaiser, West Virginia, young Jim Harman joined the Army in his early 20s, serving from 1963 to 1966. From there he moved to Milwaukee and it was there he made the decision to become more active. At that time, cross country skiing was just getting started and Jim fell in love with the sport and began racing. In order to stay in top form in the off season, he started cycling in the summer, racing with the Lakefield Patio Cycling Team. Jim was running at that time, just not seriously. It was in 1972 that he started competing in road running races as a form of cross-training.

In 1982, Jim's employer, Dow Chemical, transferred him to Joliet and that's when Jim's fitness interests changed significantly. Cycling in the Will

County area at that time was not to Jim's liking and winter snow was iffy. So, he took up running and joined PSRR somewhere around 1982.

Jim will say that running has been good to him. He has a natural gait and has never had any major injuries...except for that nagging piriformis that we've been hearing about for years! Jim claims the greatest benefit from being involved in so many running clubs in Illinois is the love for all the friends he's made along the way. Also, at age 73 he's proud to report that he takes no medications, cannot recall the last time he's had a cold, has a resting heart rate of 38 and a blood pressure reading of 126/68. He can't think of a reason NOT to continue what has worked all these years.

At last count, Jim has run 160

marathons with a PR of 3:24 at the Marine Corps Marathon in 1991. His first was the Mayfair Marathon in Wauwatosa, Wisconsin around 1977. Racing was a lot different back then – the race and its records no longer exist. Jim is a member of the 50-States Club and has completed a race in all 50 states and is well on his way to doing that a second time. Most of those races came after his retirement from Dow Chemical in 2003.

Jim has also dabbled pretty seriously in Ultras, completing 60 each with distances up to 100K. The JFK 50-miler was his first in 1987. Back in the day, Jim's favorite distance was a 50K, now he would say it's the half marathon.

Jim's total number of races is approximately 640, with his very

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first being “The Ulster Project 5K” in Milwaukee. For those of us who know Jim, you are very aware that he does not like shorter races and he even didn’t back then. However, he still attends all the 5Ks just to cheer us on! Ask him though what his favorite race is and he will tell you it’s the Chicago Marathon when he ran with his daughter and PSRR member, Jennifer Krzak. It was Jennifer’s first marathon.

So here we are today and Jim is still knocking our socks off with ever impressive goals. This year, Jim is doing something he has never done before...a 24 hour run with a mileage goal of his age – 73! You might see him out at Waterfall

Glen or the I & M Towpath in his new Hoka One One’s. A much

that he describes as the cherry on top of the cake. He’s not ready to share that just yet, but I know it will be something super impressive. So, stay tuned!!

But, before this story can end, many want to know how Jim came up with the nickname, “Ultrafart.” Well here it is... back before Jim had a computer of his own, he used one at the library. He was 62 at the time and when he signed up for Yahoo email, he needed a password and his first choice, “Oldfart,” was already used. So, in a panic to set up something quickly he selected “UltraFart” since he runs ultras. And there you have it!



Jim (center), pictured with daughter, Jennifer Krzak, and son-in-law, Jim Krzak, receiving his PSRR Hall of Fame Award in 2010

needed shoe for such an adventure. Jim also has something up his sleeve for his 75th birthday

Here’s to many more years of running and accomplishments, Jim. You continue to inspire us!



Congratulations!

Dale Leonard

Paleozoic Trail Runs - Cambrian Spring 50K

Palos Park, IL

Why I Run

by
Mary
Leonard

I started running when I was 12 years old for the simple reason that my cousin was the star on her junior high's track team. After showing me her numerous medals, ribbons, and newspaper articles about her, I suddenly discovered that little green monster called jealousy. I thought to myself, "Really now, how hard can it be? Just keep putting one foot in front of the other as fast as possible!" There were no balls, no nets, no hand-eye coordination. And for someone not exactly athletically inclined (such as myself), this seemed like the perfect sport to start my trophy collection. Only there was one slight problem—I stunk. Running never came easy to me. I was always lagging behind the pack; huffing and puffing, looking less than graceful. While everyone else looked like a gazelle sprinting

through the plains, I looked like a turtle stampeding through peanut butter. I did manage one crowning achievement—I won one fresh/soph cross country race in high school. Though after the race, even my own father confessed that he thought I must have taken a wrong turn to have won (For the record, I didn't, thank you very much).

But I kept running...after high school, through college, and all the way to the present day. Which begs the question, why? I cannot tell you how many times I am asked on a regular basis, "why do you run?" And the majority of the time, the tone in which I am asked this question



Newest members Dale and Mary Leonard

would make you think I am being tortured. But for me, running isn't torture. Running is my sanity (I cannot even begin to explain how much running has saved me in therapy bills). Running is my private time, a gift that I can give to myself anytime I want. Running is my freedom. Nobody can tell me how fast to run or how far. I choose my own course. Running is my support. I have met some of the most giving, supportive, and sincere people within the running community, and am lucky enough to call many of them my friends. Running is my battle. Every time I run, I get to compete with my greatest nemesis—myself, and that little voice inside of me that wants me to quit. And I get a kick out of beating that voice!

So with all that being said, I guess my answer to that question would be, "Why wouldn't you run?"



Dale and Mary Leonard at the 2013 Liberty 5K in Morris.

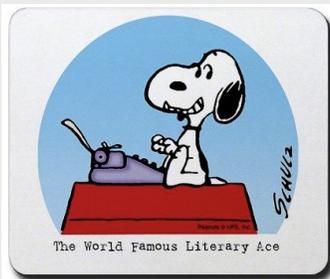


Robyn Bumgarner celebrated like an Irish PSRR on St. Patrick's Day. Stylin' in her PSRR jacket, she quoted, "May your troubles be less and your blessings be more, and nothing but happiness come through your door."



We Need You!

Over the past several months, the club has received many compliments on the newsletter. Yes, I can make it look pretty by adding pictures and fancy graphics, but the **BEST** part comes from our member contributions. Moving forward, I would like to have 2-3 articles and/or race reports from members in order to have a nice balance of reading material for all of you. I know we all lead busy lives, but if you could please devote a hour or two this year on a contribution, it would be greatly appreciated. Without input from our members, the newsletter will lack in character and content. Don't worry about editing, formatting, pretty colors or graphics—I will take care of all that. Your contribution can be two paragraphs or two pages...whatever you'd like to write. And, if you're a new member, we'd love to get to know you. **Everyone** has a story to tell, so please share yours today. Articles can be sent to newsletter@psrr.org!



**Let's keep this newsletter going strong.
Send your contribution today!!**

New Places Same Great Faces

It's time for some HILLS!

By Rich DeGrush

Except for the occasional Sunday race or really nasty running surface (ice, excessive water etc.), some of us in the club run most every Sunday morning—year round—on the Towpath, starting at the Channahon State Park. Having differing individual training/mileage goals and running paces, we may start as early as 6:00 AM or as late as 8:30 AM. Instead of a group start to our Sunday morning runs, we each plan our run to finish around 9:30. Then head off together to Lallo's Bar and Grill for breakfast, and perhaps a Bloody Mary.

The Towpath is a great place to run. The crushed limestone surface is very runner friendly on the legs and the trees lining the path provide both shade and a partial break from the wind. But, unless you venture out to the trail in McKinley Woods or go out on the road, the Towpath

is as flat as a pancake. So, sometimes the Sunday morning running group travels.

Like on past Sunday, we met in the Waterfall Glen parking lot right off I-55 and Cass Avenue South to run the 9.2 mile loop. Waterfall Glen is also a scenic crushed limestone trail, but with rolling hills.



PSRR is planning to schedule several Sunday morning group travel runs and some Saturday Club group runs on various dates between now and the end of October. Details will be posted on the website and also emailed to all members by Steve Koven. Feel

free to bring a friend(s). Non PSRR club members are welcome.

Details to follow!

Travelin' PRAIRIE STATE ROAD RUNNERS!



So where have you worn your PSRR gear?

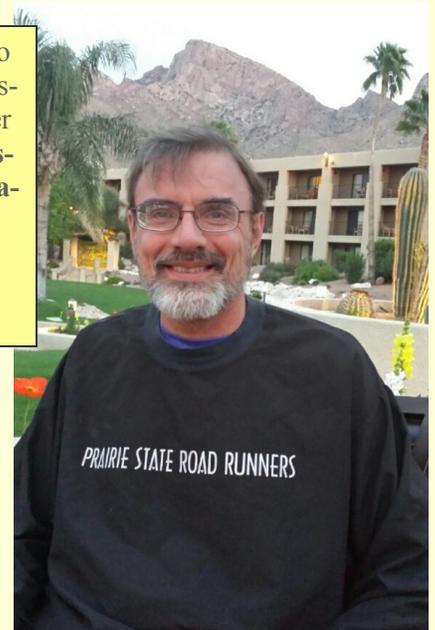
This feature highlights those who have been in cool and exciting places, or anywhere for that matter, wearing their PSRR gear. Send us a picture of you sporting your PSRR tech shirt at the Great Wall of China, carrying your PSRR duffel bag along the beaches of Costa Rica, or wearing your PSRR fleece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

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



Sue Mores wearing her new PSRR jacket, **Scott Jones** and **Mary Jones** sporting her PSRR hoody—after running the road at Sabino Canyon National Park, Tucson, AZ

Dave Cyplick at the Oro Valley Hilton El Conquistador's Happy Hour after running the **Arizona Distance Classic Half Marathon**. He's sporting his "classic" PSRR wind-breaker!



Javier Martinez making us proud at the finish of the **Circular Logic Marathon** in West Lafayette, IN on March 29, 2014.



SUMMER VACATION PLANS?
DON'T FORGET TO PACK YOUR PSRR GEAR!!

Manhattan Irish fest

5K



YOU SAY IT'S YOUR BIRTHDAY!!



Celebrating birthdays in **MAY** are Marcus Hardy, Phil Newberry, Judy Olson, Peter Slattery and Bob Thompson

Celebrating birthdays in **June** are Terry Bergin, Brenda Byrnes, Sharon DeVault, Patrick Koerner, Bradford Kohlmeyer, Stephen Koven, Fatima Lopez, Kent Munro, Amanda Quinn, Gerald Raino, John Sheridan, John Sikes and Mike Wilson

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



Bienvenido

Welcome!



Bienvenue

**Bob Funk
Bill Gora
Karl Johnson**

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



Welkom

Willkommen

RACE HOSTED BY A CLUB MEMBER



May 4, 2014

Start Time 8:30 am - 5K
Run/Walk

APPROX. 9:30AM - 1 MILE FAMILY RUN

St Joe's Baseball is excited to announce the second annual **Race to the Plate 5K Run/Walk and 1 mile family run** on May 4, 2014. The Race to the Plate is going to be a great event promoting health, fitness and support for local youth sports.

This exciting fundraiser will benefit the 10U Red and Blue teams of St. Joe's Baseball, who are involved in multiple tournaments that enhance their skill levels as well as their teamwork and camaraderie.



Find us on
Facebook

Visit
www.racetotheplate.com
for details

Circuit Results

Runner	1. Midwinter Cruise 5k	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Rockdale Ramblin 10k	5. JJC 5k	6. St. Mary's 5k	7. Minooka Summerfest 5k	8. Liberty 5k	9. Kankakee YMCA 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. Run For Palesh 5k	17. Forte 5k	18. Canal Connection 10k	19. Red Eye 8k	20. Poultry & Pie Predictor 4 Mile	21. Jingle Bell 5k	22. Your choice half /full/ultra	23. Volunteer Credits	Circuit Score	Circuit Ranking
Acup, Fawn			14																						
Anderson, Clark	1	3	3	2																					
Arreola, Sergio		9	9	7																					
Auld, Mike		10	8																					1	
Bailey, Marne		36	20	25																					
Baltz, Cricket	7	27		29																				4	
Baltz, Tom		42	26	17																					1
Barry, James		45																							
Barry, Kristin																									1
Bell, Grant		30																							
Bonaci-Klaeser, Ruth				40																					
Bornhofen, Amanda				41																					
Bornhofen, Larry		16																							
Bowman, Mark		14		14																					2
Bumgarner, Robyn		31	18																						
Byrnes, Brenda				26																					
Calder, Kate		33		20																					
Calvey, Colleen		48	35	44																					
Cherry, Becky																									1
Clark, Matt																									1
Conboy, Jess		18		9																					
Cyplick, Dave	6																					C		3	
DeBoer, Ted		22	13																						
DeGrush, Rich		11	10	12																					2
DeVault, Sharon	9	41	25	32																					
Ellison, Howard				31																					
English, Dwayne				45																					
Erickson, Vera		38																							
Forbes, Anna Marie				47																					
Forbes, Sean		39	26	30																					
Gabryel, Glenn	10	47		36																					
Goodwin, Kenneth		37																							
Gregory, Susan		51	35																						
Hardy, Marcus				11																					1
Horvat, John		19																							3
Jungwirth, Robert		7																							1
Kapala, Janet				28																					
Kielian, Jordan		23																							
Kielian, Patrick		29	16																						
Klaeser, Pete	14	53																							
Koerner, Craig				21																					1
Koerner, Patrick			21	18																					
Koven, Kelly			15																						
Koven, Steven		49		38																					5
Kuhel, Susan			34	33																					

Circuit Results

Runner	1. Midwinter Cruise 5k	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Rockdale Ramblin 10k	5. JJC 5k	6. St. Mary's 5k	7. Minooka Summerfest 5k	8. Liberty 5k	9. Kankakee YMCA 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. Run For Palesh 5k	17. Forte 5k	18. Canal Connection 10k	19. Red Eye 8k	20. Poultry & Pie Predictor 4 Mile	21. Jingle Bell 5k	22. Your choice half /full/ultra	23. Volunteer Credits	Circuit Score	Circuit Ranking		
Lambert, Tom																									2		
Leonard, Dale			29																								
Leonard, Mary				23																							
Martinez, Javier		8	5	5																							
Mason, Jim				10																							
McCahey, Michael		1	1																								
McLean, Laura			38																								
McLean, Susan		24	23	36																							
McQuarters, Cathy			28																								
Miller, Jim				22																							
Minarich, Duane		35	27																								
Minarich, Mary Jo		32	19																								
Montgomery, Maureen			22																								
Montgomery, Mike			33																								
Munch, Tamera		6	6																								
Munro, Virginia			30																								
Nette, Paul			16																								
Newberry, Phil	3																										
Pirc, Brittany			31																								
Pirc, Tina		44	24	34																							
Pironti, Jill	13																										
Pironti, Rudolph	12																										
Podolski, Sally		15	13																								
Putnam, Terri		46	39																								
Rahn, Eva		20																									
Reiter-Gorman, Brenda			39																								
Riley, Benjamin		54	42																								
Ruch, Dawn																											
Sather, Evan	2	4	4	4																							
Scheckel, Debbie			17																								
Servi, Tim		12																									
Sheridan, John		34																									
Sikes, John			37	43																							
Skisak, Eileen		2	2	1																							
Slattery, Pete																											
Smith, Keith		26	19																								
Sodt, Robert		25																									
Starling, Mary		21	15																								
Stempniak, Katie		52	46																								
Tatroe, Terri																											
Vanderhyden, Paige																											
Walters, Mark	5	17	12																								
Warren, John	4	13	11	8																							
Warren, Judith	8	43	32	35																							
Weisfus, Stella		40																									

Circuit Results

Runner	1. Midwinter Cruise 5k	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Rockdale Ramblin 10k	5. JJC 5k	6. St. Mary's 5k	7. Minooka Summerfest 5k	8. Liberty 5k	9. Kankakee YMCA 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. Run For Palesh 5k	17. Forte 5k	18. Canal Connection 10k	19. Red Eye 8k	20. Poultry & Pie Predictor 4 Mile	21. Jingle Bell 5k	22. Your choice half /full/ultra	23. Volunteer Credits	Circuit Score	Circuit Ranking	
Wertelka, Raymond	11	50																								
Westefer, Gary																										
Wojkiewicz, Paul		5	7	3																						
Zawrazky, Colleen				6																						
Zemaitis, Nicole		28		24																						

Juniors/Seniors

Baltz, Tommy John		2	2	3																						
Barry, James G.		7																								
Bell, Kyle		1		1																						
Bergin, Terry	1	5	4																							
Johnson, Karl			6	4																						
Kielian, Gerald		8	5																							1
Lauer, Bill																										1
Macknick, Dick	2																									1
McFarland, Patrick			3	2																						
Munch, Maxwell		4																								
Picciolo, Carol			1																							
Scheckel, Harry																										1
Thompson, Bob		6																								1
Wait, Jay		3																								



2014 Circuit Race Schedule

DATE	RACE	2013 CLUB PARTICIPATION
January 19	Midwinter Cruise 5K, Park Forest	21
February 9	Frosty Five Mile, Channahon	56
March 1	Manhattan Irish Fest Parade 5K	New Club Sponsored Race
April 12	Rockdale Ramblin' 10K	55
May 3	JJC 5K, Joliet	27
May 17	St. Mary Immaculate 5K, Plainfield	15
June 21	Minooka Summerfest	19
July 3	Liberty 5K, Morris	26
July 24	Sundowner 5K, Joliet	66
July 26*	Kankakee YMCA 5K	11
August 7*	Firefly 5K, Channahon	33
August 17	DNA Athletics/PSRR FREE 5K, Crest Hill	29
September 6*	Shorewood Scoot 5K	35
September 7	Ashley Can Half Marathon, Bourbonnais	New Club Sponsored Race
September 28*	Plainfield Harvest 5K	20
October 5	Run for Palesh 5K, Manhattan	New Club Sponsored Race
October 18	Forte 5K, Channahon	15
November 2*	Canal Connection, Utica	17
November 16	Red Eye 8K, Joliet	55
November 27	Poultry and Pie Predictor 4-Mile, Joliet	55
December 6	Jingle Bell 5K, Lockport/Crest Hill	25
Any	Your Choice half/full/ultra	

* Unconfirmed Dates

PRAIRIE STATE ROAD RUNNERS

Membership Application

2014 NEW MEMBER RATES (Dues paid for year 2014 if joining after October 1, 2013).

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

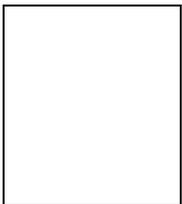


May/June 2014
PACESETTER

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

