

OVERALL MALE

194*Gary Moss
130 Pete Mathis
125 Paul Budnik
112*Eduardo Martinez
88 Sam Bucciarelli
85*Jim Swinson
80*Pat McGovern
79 Mike Ferguson
66 Karl Minor
62*Manny Palacios

OVERALL FEMALE

185*Barbara Campbell
163*Janet Volling
151*Kim Palacios
143*Barb Cesal
124 Susanne Thill
108*Kathy Whitgrove
97*Deb Reichenbach
95*Jackie Pinkowski
90*Lynn VanHimbergen
90 Allison Blaha

MALE 0 - 13

176*Matt Shull
173*Scott Ullian
141*Steve Honacki
114 Paul Nasenbeny
110*Jim Maciukenas
88*John Barrett
83 Deron Grzetich

FEMALE 0 - 13

160*Kim Palacios
98 Jennifer Larson
92*Janet Maciukenas

MALE 35 - 39

195 Pete Mathis
175*Jim Hubbell
171*Bob Maszak
166*Curt Rutledge
131*Rich Gaul
129*Gerry Landvatter
125*Tom Nowak
111*Bob Briick
110*Manny Palacios
94 Dan Kesich

FEMALE 40 - 44

196 Susanne Thill
155*Jackie Pinkowski
139*Sue Hinrichs
136*Linda Fisher
111 Natalie Kavanaugh

MALE 14 - 19

144*Jim Swinson
96*John Faber

FEMALE 14 - 19

92*Patti Honacki

FEMALE 20 - 24

179*Mary Volling
177*Char Siebold
155*Lilli Wheeler
125 Mo Burich
98 Allison Blaha
96 Gayle Spicer

MALE 40 - 44

178*John Moskal
152*Tom Nordbrock
151*Jim Robinson
119*Jim Campbell
119*Rich Gilbert
103*Jim Harman
84*Rich Dittle
84 John Picciolo
83*Dick Cassaro
79*Bob Sterling

FEMALE 45 & OVER

169 Patricia Lorenz
128*Carol Ketz
105 Gloria Barner
98*Marion Kowalski
89 Marge Prather
68*Annie Coleman
66*Carol Barry

MALE 20 - 24

134*Pat McGovern
90 Jim Govednik
82 Jamie Ortiz

FEMALE 25 - 29

200*Barbara Campbell
196*Janet Volling
164*Deb Reichenbach
135*Betty Zanella
128*Colleen Carlson
105*Loretta Steller
72*Robin Powers

MALE 50 - 54

200 Werner Thill
186*Ron Lehman
156*John Gudac
145*Rich Kowalski
96*Robert Pauly
86*Bill Murphy
82*Jack McGuire
77 Frank Fassl
73 Roy Lorenz
68 Paul Laskovsky

MALE 25 - 29

135 Paul Budnik
113*Steve Sineni
99*Ron Dzik
95 Michael Pappas
89*Mike Egdorf
87 Gregg Duckworth
86 Jerry Reinsdorf
79 Chris Kroback
70*Todd Kaes
37 Paul Tamayo

FEMALE 30 - 34

167*Pat Casanova
100*Lynn VanHimbergen
94*Jackie Sterr
85 Susan Nesper
79*Nancy Bertani
78*Barb Thompson

MALE 45 - 49

200 Karl Minor
188*Jack Coleman
187*Tom Brackenbury
185*Pete Viehweg
165 James Clinton
152*Dick Cronholm
142*Tom Marchio
134*Jim Barry
131*Bill Dawson
102*Harry Crews

MALE 55 & OVER

200*Laurin Blasier
193*Glenn Brown Sr.
169*Joe Matesi
109*Fred Scholz
85*Francis Sloat
71 Philip Martin

MALE 30 - 34

199*Gary Moss
168 Sam Bucciarelli
163*Eduardo Martinez
157*Ray Parini
131*Paul Spiezio
123 Mike Ferguson
117*Tim Van Horn
115 Joe Cernugel
82*Dennis Fajfar
80*Jeff Crowhurst

FEMALE 35 - 39

192*Kathy Whitgrove
178*Barb Cesal
161*Patty Tuma
129*Mary Kaye Cardwell
101*Rose Borowski
91*Hank Agney

The asterisk (*) identifies members of the Prairie State Road Runners Running Club.

The Prairie State Road Runners, along with "The Gutterman" and "Joyce Beverages" would like to congratulate everyone for their support of this year's Circuit, and of Will County Running in general. The Circuit award presentations will take place on Monday, January 14th, 1985 at the New Lenox VFW, 7:30 p.m. The 1985 Circuit, better than ever, will also be presented at that time.

1985 Will County Road Race Circuit
Final Standings

Overall Male

1. Gary Moss 152-8
2. Mike Wilhelmi 95-8
3. Chuck Rogers 87-8
4. Lance Bovard 85-7
5. Ed Martinez 84-8
6. Matt Shull 83-6
7. Manny Palacios 81-7
8. Joe Jenkins 78-5
9. Pete Mathis 65-5
10. James Barry 63-5

Male 13 and under

- ① Scott Ullian 144-8
- ② Steve Honacki 111-6

Male 14-19

- ① Jay Fabish 123-7
- ② Matt Shull 115-6
- ③ Kris Smerker 80-5
4. Rick Lorenz 56-5

Male 20-24

- ① James Barry 103-6
- ② Joe Jenkins 94-5
- ③ Jamie Ortiz 94-6

Male 25-29

- ① Mike Wilhelmi 149-8
- ② Ron Dzik 136-8
- ③ Ken Shepherd 115-8
4. Jerry Reinsdorf 97-6
5. Todd Kaes 90-8
6. Lloyd Meinhart 85-6
7. Mike Pappas 82-8
8. Robert Smerker 64-5
9. Tim DePratt 49-5

Male 30-34

- ① Ed Martinez 144-8
- ② Chuck Rogers 142-8
- ③ Lance Bovard 140-8
4. Ray Parini 121-8
5. Jeff Crowhurst 110-8
6. Paul Spiezio 83-7
7. Paul Tamayo 36-5

Male 35-39

- ① Gary Moss 160-8
- ② Manny Palacios 141-8
- ③ Mark Hameister 141-8
4. Jim Hubbell 132-8
5. Sam Bucciarelli 126-7
6. John Fong 97-8
7. George Sternisha 89-8
8. Joe Cernugel 75-5
9. Tom Brummund 70-6
10. Bill Lighthall 64-6

Male 40-44

- ① Jurgen Daartz 152-8
- ② Bob Maszak 146-8
- ③ Tom Nordbrock 136-8
4. Len Japchinski 126-8
5. Jim Robinson 124-8
6. Pete Mathis 98-5
7. Emil Berzinski 96-8
8. Gerry Landvatter 90-8
9. Dan Juday 79-6
10. Bob Sterling 68-7

Male 45-49

- ① Pete Viehweg 149-8
- ② Tom Brackenbury 141-8
- ③ Jack Coleman 139-8
4. John Randolph 134-8
5. Tom Marchio 122-8
6. Dick Cronholm 118-8
7. Harry Crews 113-8
8. Karl Minor 98-5

Male 50-54

- ① Ron Lehman 155-8
- ② Werner Thill 152-8
- ③ Rich Kowalski 140-8
4. Bill Dawson 132-8
5. Bill Murphy 111-7
6. John Gudac 111-8
7. Don Goesel 108-8
8. James Barry 104-6
9. Roy Lorenz 76-8
10. Jack McGuire 52-6

Male 55-59

- ① Laurin Blasier 159-8
- ② Glenn Brown 157-8
- ③ Larry Putney 89-5

Male 60 and up

- ① Jim Mostyn 158-8
- ② Joe Matesi 154-8
- ③ Paul Flynn 123-7

Female 45-49

- ① Carol Ketz 144-8
- ② Betty Foster 95-5

Female 50 and up

- ① JoAnne Barney 160-8
- ② Dorothy Nonnie 154-8
- ③ Pat Lorenz 147-8

Overall Female

1. Jan Velemir 146-8
2. Mary Kaye Cardwell 160-8
3. Renee Fabish 94-7
4. Amy Stewart 88-7
5. Kathy Whitgrove 79-8
6. Mo Burich 76-8
7. Jackie Pinkowski 75-6
8. Kathy Regelin 74-8
9. Barb Cesal 73-6
10. JoAnn Wahl 66-5

Female 14-19

- ① Patti Honacki 82-5

Female 20-24

- ① Renee Fabish 151-8
- ② Char Siebold 135-8
- ③ JoAnn Wahl 128-7
4. Lilli Wheeler 103-7

Female 25-29

- ① Mo Burich 150-8
- ② Robin Powers 143-8
- ③ Pat Kirby 143-8
4. Colleen Carlson 120-8
5. Deb Reichenbach 85-5
6. Linda Gerrity 70-5

Female 30-34

- ① Jan Velemir 158-8
- ② Amy Stewart 107-7
- ③ Pat Casanova 96-6
4. Jacquie Sterr 92-5
5. Kathy Regelin 91-5
6. Sandi Sternisha 85-6
7. Betty Zanella 71-6
8. Leann Tatro 64-5

Female 35-39

- ① Mary Kaye Cardwell 160-8
- ② Kathy Whitgrove 153-8
- ③ Patty Tuma 130-8
4. Kathy Lighthall 119-7
5. Hank Agney 89-5

Female 40-44

- ① Susann Thill 150-8
- ② Barb Cesal 117-6
- ③ Jackie Pinkowski 116-6
4. Becky Crisceione 110-6
5. Linda Fisher 93-6

Presenting, the 1986 WILL COUNTY ROAD RACE CIRCUIT FINAL STANDINGS

OVERALL MALE
 125/9 *Joe Jenkins
 113/8 *Gary Moss
 105/9 *Greg Rose
 91/7 *John Faber
 91/9 *Jim Woodrum
 60/9 *Lance Bovard
 51/9 *Mike Wilhelmi
 45/7 *Jim Barry
 40/7 Jerry Reinsdorf
 36/5 *Rob Smrekar

OVERALL MASTER MALE
 126/9 *Otto Volkman
 118/9 *Jurgen Daartz
 100/9 *Pete Viehweg
 88/9 *Tom Brackenbury
 81/9 *Jim Robinson
 74/9 *Laurin Blasier
 66/8 *Bob Maszak
 56/7 Jack Coleman
 41/5 Larry Matthews
 35/7 *Glenn Brown

MALE 0-13
 60/5 Kevin Brumund

MALE 14-19
 124/9 Kris Smrekar
 63/5 *Matt Shull
 58/5 Dan Millette

MALE 20-24
 115/9 *Pat Koerner
 103/7 *John Faber
 63/6 Jamie Ortiz
 40/5 Phillip Albee
 38/5 Mark Maxwell

MALE 25-29
 134/9 *Joe Jenkins
 124/9 *Greg Rose
 105/9 *Mike Wilhelmi
 98/9 Jerry Reinsdorf
 93/9 *Rob Smrekar
 82/7 *Jim Barry
 43/7 Ray Koehler
 42/5 *Ron Dzik
 35/5 *James Lee

MALE 30-34
 131/9 *Jim Woodrum
 123/9 *Lance Bovard
 110/9 *Paul Spiezio
 76/7 *Rollie Cagwin
 75/6 Chris Krolack
 65/7 *Ray Parini
 45/8 Paul Tamayo
 42/6 *Todd Kaes
 36/5 *Gustave Arendondo
 33/5 *George Galounis

MALE 35-39
 120/8 *Gary Moss
 120/9 *Chuck Rogers
 99/9 Kurt Faber
 82/6 Sam Bucciarelli
 74/5 *Patrick Davis
 69/6 *Dan Kesich
 67/6 *Mark Hameister
 44/5 Mark Clark
 44/8 *George Sternisha
 28/5 *Larry Cahalan

MALE 40-44
 127/9 *Jurgen Daartz
 111/9 *Jim Robinson
 103/9 *Bob Maszak
 91/9 *Tom Nordbrock
 73/9 *John Fong
 68/7 *Len Japchinski
 62/7 *Emil Berzenski
 58/8 *Gerry Landvatter
 50/8 *John Picciolo

MALE 45-49
 127/9 *Pete Viehweg
 112/9 *David Hayes
 110/9 *Jack Coleman
 102/9 *Tom Marchio
 74/6 Larry Matthews
 51/6 *Bob Thompson

MALE 50-54
 135/9 *Otto Volkman
 130/9 *Tom Brackenbury
 111/9 *Ron Lehman
 107/9 *Bill Dawson
 91/9 *Jim Barry
 84/9 *Rich Kowalski
 79/9 *Don Goesel
 31/6 *Roy Lorenz

MALE 55-59
 135/9 *Laurin Blasier
 131/9 *Glenn Brown
 123/9 *Bill Murphy
 69/6 *Stan Lenart

MALE 60 & OVER
 133/9 *Jim Mostyn
 122/9 *Paul Flynn
 109/9 *Fred Scholz
 81/6 *Joe Matesi
 75/6 Phillip Martin

OVERALL FEMALE
 119/9 *Mary Graff
 109/8 *Kim Palacios
 87/8 *Jackie Pinkowski
 84/8 *Janet Velemir
 81/8 *Barbara Cesal
 78/9 *Judy Woods
 71/5 *Karen Patton
 68/5 Lisa Witcher
 60/8 *Mo VanMoffaert
 48/5 *Marion Kowalski

OVERALL MASTER FEMALE
 131/9 *Jackie Pinkowski
 119/8 *Barbara Cesal
 118/9 *Joanne Barney
 107/9 *Janice Sommerfield
 92/7 *Marion Kowalski
 91/8 *Karin Rinaldi
 64/8 *Dorothy Nonnie
 63/6 *Betty Foster
 57/9 *Pat Lorenz
 26/5 Paula Mavec

FEMALE 0-13
 75/5 Magdalena Ortiz

FEMALE 14-19
 120/8 *Kim Palacios

FEMALE 20-24
 116/9 Mary Querio
 114/8 *Connie Weaver
 92/7 *Char Siebold
 81/9 *Lilli Wheeler
 73/5 Lisa Witcher
 72/5 *Karen Patton

FEMALE 25-29
 123/9 *Mo VanMoffaert
 119/9 *Robin Powers
 100/9 *Patty Kirby

FEMALE 30-34
 134/9 *Mary Graff
 119/9 *Judy Woods
 115/8 *Janet Velemir
 98/9 *Phyllis McQuarrie
 44/5 *Pat Casanova
 37/5 *LeAnn Tatro

FEMALE 35-39
 123/9 *Patty Tuma
 103/7 *Mary Kaye Cardwell
 56/5 Debby Book

FEMALE 40-44
 131/9 *Jackie Pinkowski
 123/9 *Janice Somerfield
 119/8 *Barbara Cesal
 57/5 Paula Mavec

CIRCUIT FINAL STANDINGS

FEMALE 45-49

130/9 *Karin Rinaldi
103/7 *Marion Kowalski
88/7 *Carol Barry
83/6 *Betty Foster

FEMALE 50-54

135/9 *Joanne Barney
125/9 *Dorothy Nonnie
117/9 *Pat Lorenz
62/5 Marge Prather

FEMALE 55-59

132/9 *Annie Coleman

Congratulations to all of the runners listed. Runners had to place in the top 15 positions of their respective divisions in at least 5 Circuit Races (out of 15 total races). Of the Circuit races, a runner's best nine (9) performances counted.

28 males and 20 females joined the Century Club, earning at least 100 Circuit Points, meaning that they finished on the average in the top 5 in their division in every Circuit Race. The maximum possible points was 135 (obtained by Joanne Barney, Laurin Blasier and Otto Volkman).

Asterisk (*) indicates Prairie State Road Runners.

SPECIAL NOTE: After the standings were typed up, it was noted that DON GOESEL was missing from the 50-54 Age-Group. Don finished 3rd in the division with 121 points from 9 races. Sorry Don.

The 1987 Will County Road Race Circuit will be presented in January, and will certainly be worth your interest. Stay tuned. Expect more quality, 5-year age-groups in all races (through 55+ at least), Overall, Master AND Senior (age 55+ divisions), more fun for sure. A Circuit Booklet will be prepared and available by Frosty Five in February. More TAC certified courses too. NO OTHER RUNNING AREA ANYWHERE YOU'LL TRAVEL TOO WILL OFFER WHAT YOU'LL FIND RIGHT IN YOUR OWN BACKYARD. Yep, no brag, just fact.

* * * * *

RUNNING FORM is less work, more fun, and more graceful than sloppy running form. It also wastes energy and detracts from your performance. And it's a major cause of many running injuries. For example, running too high on your toes or leaning too far forward can contribute to shinsplints or achilles tendinites. Carrying the arms too high or swinging the elbows back to far can cause back and shoulder injuries. Also, if you run properly, you'll run with more confidence.

As for your stride, your lead foot should strike the ground directly under your hips. If it hits the ground ahead of your center of gravity and before your knee begins to flex back, you're overstriding. As you grow more experienced, you might experiment increasing your stride length and stride frequency, the two ways of improving speed. You can do this by lifting your knees a little higher and pushing off harder with your rear foot. Remember, push off with your rear foot, don't reach with your front one.

BODY ANGLE--Hold your head high, focusing your eyes straight ahead, and keep your back straight. Tuck your buttocks in to run in an erect, comfortable position. Leaning too far forward is a common mistake that places an extra burden on the leg muscles and can contribute to shinsplints and back pain. Tilting too far back has a braking effect.

ARM ACTION--Your arms, if used properly, can make your legs go faster by propelling your body forward, and will allow you to maintain good rhythm and balance and conserve energy. They must hang loosely from the shoulders. Too high, and you will shorten your stride, twist your shoulder, fatigue muscles faster and create tension in your shoulders and upper back. Too low will contribute to forward lean or a side-to-side and bouncing motion. Carry your arms between your waistline and chest. On the upswing, your hand should come close to your body at about your pectoral muscles. On the downswing, your hand should lightly graze the side seam of your running shorts. Your hands should never cross the midline of your chest. Moving your arms across your body will result in a shortened stride. Arms balance the runner, and their motion propels you forward. The faster the arms move, so go the legs. Your hands should be held loosely, so that your thumb and forefinger or middle finger just touch, "cupping." Clenched fists create tension.. Snap your wrists on the upswing and backswing to stay loose and rhythmic. THE SUCCESS OF YOUR ARM DRIVE WILL BE ENHANCED BY IMPROVING YOUR UPPER BODY STRENGTH.

To go faster using proper form, remember these four "drives":

1. Drive off the back foot.
2. Drive up with the knee.
3. Drive forward with the hips.
4. Drive down with the arms.



1987 WILL COUNTY ROAD RACE CIRCUIT
FINAL STANDINGS

OVERALL FEMALE

1. Barb Cesal 109-9
2. Mary Moss 104-9
3. Connie Weaver 89-9
4. Jan Velemir 79-7
5. Jackie Pinkowski 73-8
6. Mary Smrekar 50-7
7. Linda Ryan 46-5
8. Mary Kaye Cardwell 46-8
9. Kathryn Penn 34-8
10. Marion Kowalski 31-6

OVERALL FEMALE MASTERS

1. Barb Cesal 133-9
2. Marion Kowalski 110-9
3. Jackie Pinkowski 109-8
4. JoAnne Barney 98-9
5. Patty Tuma 71-9
6. Betty Foster 64-6
7. Karin Rinaldi 58-5
8. Edith Alsvig 58-5
9. Annie Coleman 41-5
10. Dorothy Nonnie 39-5

OVERALL MALE

1. Greg Rose 107-9
2. Joe Jenkins 70-5
3. Gary Moss 65-5
4. Jim Woodrum 61-8
5. Jim Ryan 57-6
6. Robert Smrekar 50-6
7. Mike Wilhelmi 42-6
8. Kris Smrekar 36-7
9. Jerry Reinsdorff 35-5
10. Paul Spiezio 22-6

MALE 35-39

1. Mark Hameister 119-9
2. Mark Clarke 85-9
3. Gary Moss 75-5
4. Dan Kesich 64-5
5. Ray Parini 55-5
6. Dan Woods 42-6
7. George Sternisha 35-5

FEMALE 13 And Under

1. Magdalena Ortiz 90-6

MALE MASTERS

1. Walt Pennington 127-9
2. Jurgen Daartz 121-9
3. Laurin Blasier 94-3
4. Larry Matthews 90-9
5. Wayne Giese 88-9
6. Pete Mathis 86-6
7. Pete Viehweg 69-9
8. Curt Rutledge 64-7
9. Bob Maszak 55-8
9. John Randolph 55-8

MALE 40-44

1. Walt Pennington 128-9
2. Jurgen Daartz 124-9
3. Bob Maszak 98-9
4. Pete Mathis 87-6
5. Curt Rutledge 83-7
6. John Fong 78-9
7. Wallace McGhee 41-7
8. Dan Gould 40-5
9. Len Japchinski 34-5
10. Tom Nordbrock 24-6

FEMALE 14-19

1. Linda Ryan 68-5
2. Stephanie Pennington 67-5

MALE 13 AND UNDER

1. Sigfredo Gonzales 90-6

MALE 45-49

1. Larry Matthews 126-9
1. Wayne Giese 126-9
3. Pete Viehweg 120-9
4. Jack Coleman 108-8
5. Dave Hayes 91-9
6. Emil Berzinski 89-9
7. Jim Robinson 87-8
8. Bob Thompson 69-9
9. Larry Rinkenberger 58-9
10. Tom Griffin 26-8

FEMALE 20-24

1. Connie Weaver 131-9
2. Mary Smrekar 122-9
3. Holly Jo Reynolds 75-7
4. Charlene Hammar 72-6

MALE 14-19

1. Dan Millette 110-9
2. Jim Ryan 87-6

MALE 20-24

1. Kris Smrekar 112-9
2. Jim Dale 61-5
3. Scott Howland 56-5

MALE 50-54

1. John Randolph 132-9
2. Ron Lehman 119-9
3. Bill Dawson 117-9
4. James Barry 102-9
5. Rich Kowalski 71-9
6. Don Goesel 67-9
7. Harry Crews 42-6

FEMALE 25-29

1. Patty Kirby 107-9
2. Lilli Wheeler 92-8
3. Robin Larson 82-7
4. Mo VanMoffaert 80-7

MALE 25-29

1. Greg Rose 126-9
2. Pat Koerner 100-9
3. Robert Smrekar 98-8
4. Joe Jenkins 74-5
5. Brian Miller 63-5
5. Ken Lee 63-7
7. Greg Crnkovic 18-5

FEMALE 30-34

1. Mary Moss 130-9
2. Jan Velemir 100-7
3. Roberta West 92-8
4. Judy Woods 77-7
5. Sandi Sternisha 49-5

MALE 30-34

1. Mike Wilhelmi 117-9
2. Jim Woodrum 113-8
3. Paul Spiezio 109-9
4. Rollie Cagwin 83-8
5. George Galounis 77-9
6. Jerry Reinsdorff 76-6
7. Bill Linn 58-6

MALE 55-59

1. Laurin Blasier 135-9
2. Bill Murphy 119-9
3. Glenn Brown 107-8
4. Stan Lenart 91-8

FEMALE 35-39

1. Kathryn Penn 130-9
2. Mary Kaye Cardwell 129-9

MALE 60 AND OVER

1. Jim Mostyn 127-9