

# THE PACESETTER



January/February 2015 | Volume 40, Issue 1

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

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

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### NEWSLETTER EDITOR

Susan Mores

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

Send your articles, error corrections or comments to: [newsletter@psrr.org](mailto:newsletter@psrr.org). Visit our website at [www.psrr.org](http://www.psrr.org)

PRAIRIE STATE ROADRUNNERS



WILL COUNTY, ILLINOIS SINCE 1975  
[WWW.PSRR.ORG](http://WWW.PSRR.ORG)



## UPCOMING CIRCUIT RACES AND EVENTS

### JANUARY

January 1—AshleyCan Foundation New Year New Cure 8K,  
Bourbonnais

**\*\*This is not a Circuit Race\*\***

[NewYear NewCure](#)

January 1—PSRR New Years Day Run

Formerly Moose Island in the parking lot in front of the [Kerry Sheridan Picnic Grove Shelter](#) at 10am. Wear an AshleyCan shirt (or white or yellow if you don't have one) to support Ashley Montgomery.

January 24—PSRR Annual Banquet

### FEBRUARY

February 1—Winterfest 5k, Kankakee

**\*\*Tentative Circuit Race\*\***

<https://www.signmeup.com/site/online-event-registration/104728>

February 8—Frosty 5 Mile, Channahon

**\*\*Tentative Circuit Race\*\***

<http://www.channahonpark.org/2015WinterSpring/SpecialEvents/Frosty5Mile.php>

**\*\*\*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 10 AM.
- **Wednesday** night track workouts—Seasonal
- **Thursday** Group runs from DNA Athletics in Crest Hill. Contact store at (815)588-0908 for seasonal schedule.

I wonder what "normal" people do on Sunday mornings.



### 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

# Prez

# SEZ...



BY STEVE KOVEN—PRESIDENT

**T**he end of the 2014 running season is here, and with it, there is a flurry of activity for the club. Between circuit awards, banquet planning, and planning for 2015, there is much work afoot. One more critical function remains: Who will be serving on the 2015 Board of Directors?

For me as President the past three years, I have been thinking very much these past few months about my role in the club for 2015. Three years is a good amount of time to serve in this role, and our club has had many great accomplishments over this time. Our membership has dramatically increased, we have several new fun events during the year, and the club has gone from putting on one race a year to four. Age group awards are coming next year which should lead to more fun and excitement as we celebrate 40 years as a running club. It seemed to me that this was the perfect time to exit stage left!

As much as I have enjoyed my time as President, much has changed in my life over the past three years. I have written in past columns about my young family, coaching my sons' baseball and basketball teams. Last spring I coached two baseball teams, and I am currently coaching two youth basketball teams. I love coaching my kids and spending time with them, and I know that my three year-old princess will be starting her own activities soon as well... As much as I have enjoyed my time as President, I simply do not have the time that I had three years ago!

At the same time, due to the success of the club, the workload for this position has increased dramatically. More races, events, members, are all great things, but for all the good things we have accomplished, I never

really figured out how to delegate tasks and get help with this job. Af-

ter having some internal discussions with the Board, and realizing we didn't have anyone currently serving who was willing to take over and ensure a smooth transition, I realized that the bigger problem was the organization itself... Or rather the lack thereof! We had successfully tapped into the popularity of the sport and grown as an organization, but it became clear to me that the infrastructure still needed to be updated, no matter who fills the President role.

There is help written into our club's bylaws, however. As a non-profit organization, our club's bylaws govern the organization in accordance with applicable law. Our bylaws allow for us to have up to 3 Vice Presidents, and up to 8 Board Members. At our last board meeting we decided to go this route, and use the 3 VP roles to split up the various responsibilities of the President as directed in the bylaws. In addition to the new Vice Presidents, we are forming a Volunteer Council to help with smaller tasks on more of an as-needed basis. It is our hope that in forming these new roles and bringing more people into the fold of the day-to-day business that we can have not only a smoother running organization, but prepare for more growth as well.

After mulling over all available options and much discussion, I have decided that I am willing to serve as President for one more year. My focus will be on building the organization, training members to fill various roles, and appointing others to new ones. The role of President has become more labor-

*(Continued on page 4)*



(Continued from page 3)

intensive and if I stepped down now, it would be very difficult for someone who hasn't been on the board to fill the role and smoothly transition. For all the work that I've done for the club over the past three years, if the transition is rough, or my successor decides the job is more than they bargained for... If it doesn't go well and the club takes a step back, the past three years is all for naught. So it is very important to me that the transition goes smooth and my successor can step into the role and focus more on big-picture leadership as opposed to day-to-day functions.

The good news is, we have already had a few members reach out to us, offering help. We are always looking for more help; however, and the more people helping out, the less work for everyone involved. While board members are elected at the banquet, per the bylaws the President can appoint people to fill any roles necessary, and I have a long list of them, so

*“My focus will be on building the organization, training members to fill various roles, and appointing others to new ones.”*

if you are interested in helping out, I would love to hear from you! Email [President@psrr.org](mailto:President@psrr.org) for more information.

I would like to thank everyone for your consideration! It has truly been an honor to serve you as President these past three years. Despite the hard work involved, being President is a great job because you really

do have the means to make some amazing things happen, and be at the front lines of the sport.

When I think of what I consider some of our greatest successes over my term, I realize that most of them really weren't my idea at all... As President though, I was able to support and nourish those great ideas to fruition... This truly has been the most rewarding thing about being President these past three years. It is now time to groom the next generation of leadership for the Prairie State Road Runners, enhance the organizational structure, and in 12 months hand over the keys to a club which is "running" perfectly. Thank you!



Looking to have a

**GRAND** time?



Join some of your fellow PSRR members at the **Grand Canyon Half Marathon** on **May 9th 2015**. Since racing inside Grand Canyon National Park is not permitted, this race takes advantage of the beautiful trails right on the border of the park in the Kaibab National Forest immediately west of Tusayan, AZ. From the start line, you can drive approximately 5 minutes to the edge of the canyon. We are staying at the **Grand Canyon Plaza**, which is closest to the start line near the south rim of the canyon. Check out the website at <http://www.grandcanyonhalfmarathon.com> for more information!



I just wanted to say how happy and proud I am of both Rich DeGrush and John Warren for qualifying for the Boston Marathon next year. Both these guys are true warriors and don't know the meaning of the word "quit".

If you ever get the chance to talk with them you will soon find out they are nice people as well. Congrats you guys, you both have "paid your dues" and then some. You earned it! - **Pete Slattery**



Rich DeGrush and John Warren

## contact us

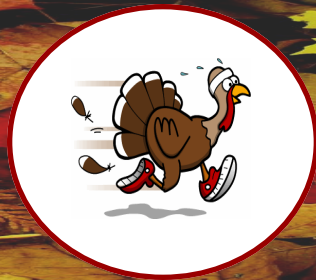
Would you like to comment on an article published in this newsletter? How about a congratulatory message to a fellow member? Or, maybe a few words of encouragement to a running friend on an upcoming race? Send me your comments and I will post them in the next publication. ***The deadline for the March/April 2015 Newsletter is February 1, 2015.*** Please don't make me send comments to myself...send yours today!!

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

**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.



# The Prairie State Road Runners Poultry & Pie Predictor 4M





## Prairie State Road Runners

### *Giving Back to the Community*



Joliet Area  
Community Hospice  
Serving the Community Since 1982

The First Free Standing Hospice Home in Illinois



*“Wonder what happens to the left over refreshments from the Poultry and Pie Predictor? They have been donated to the Joliet Area Hospice Home.”*

- Mary Jones, PSRR Poultry & Pie Predictor Race Director

## *What are your plans for New Years Day???*

Looking for a race? The AshleyCan Foundation is putting on an **8k**, the [New Year New Cure](#) at **1pm in Bourbon-nais**. Come support club member **Ashley Montgomery** in her fight against cancer! Looking for more of a "roll out of bed" group run? PSRR will meet at **Moose Island** in the parking lot in front of the [Kerry Sheridan Picnic Grove Shelter](#) at **10am** for our annual New Years Day group run. Wear an AshleyCan shirt, or white or yellow if you don't have one, to support Ashley! Most likely, Lallo's to follow.



**Planning on really tying one on New Years Day?**

**DO BOTH!!**

# A Heartwarming

# Visit

By Susan Mores

## From One PSRR Hall of Famer to Another

PSRR Member and Hall of Famer, **Bill Murphy** (pictured left), had a special visitor recently; **Tom Lambert** (pictured right), also a PSRR member and Hall of Famer. According to Tom, *"Bill's spirit is as kind and gentle as always."*

For those who have not yet had the pleasure of meeting Bill, he is a long-time PSRR member inducted into the PSRR Hall of Fame in 2007. Bill is known for his long running career where he excelled as a strong competitor in his respective age group at all times. A tall, lanky guy, Bill always seemed to gain strength the longer the race. He dominated his age group at local races and wherever he went, everyone seemed to know Murph.

As an avid White Sox fan, Bill can talk sports for hours at end. My memories include seeing Bill on Sunday mornings walking the Channahon portion of I&M trail while proudly wearing his White Sox cap. When passing, I would gleefully say, "Go White Sox!" and he always returned the gesture with a friendly smile and wave. Bill is now retired and his health prevents him from running or walking. He is the kind of guy that is the backbone of every running club.

Tom Lambert, inducted into the Hall of Fame in 2012, was a high school wrestler where he "had to" run for conditioning. His team manager was a



great guy named **Jeff Lindstrom** (also PSRR Hall of Fame). Tom hated to run, but stated, "Jeff (a cross-country team runner) always said I was pretty fast and should try my hand (or feet) at it. Several years later I began running (more like jogging) and decided to enter a 5 km race - and actually placed!"

Tom qualified for Boston on the first attempt and ran Boston in 1996, 1997 and 2003. His PR in the marathon is 2:56 and 16:59 for the 5 km. Today, Tom has a new outlook on running, stating, "Running is a relative term. What I referred to as jogging ten years ago - today - I call that running. The important thing is that we are doing something to promote wellness in ourselves - regardless of speed."





# Early Onset Heart Attack LEADS TO Life Changing Experience for PSRR Club Member

BY CRAIG KOERNER



Everyone has their own reason to start running. Mine is not one that you hear of very often and surprises many that learn about it.

It was a Saturday, May 15<sup>th</sup> 2010, as I was aerating my yard. I was happy because it was a year to the day that I owned my own house. It was a chilly day and I was sweating like never before. I stopped to eat lunch and when I started again I was having trouble breathing. It would come and go then finally it got to the point where I had to lay down in the grass. I asked my neighbor for an aspirin, just in case. Heart Disease runs in my family. Eventually, it got worse to where I asked my neighbor to run me to the emergency room. While in the emergency room my blood pressure was very high and they couldn't get it down no matter what they tried. The nurse was getting

worried, but after two hours it finally came down.

I was moved up to Intensive Care, which I didn't know at the time. I thought I was in a regular room. The new rooms at Presence are very nice, by the way.

*"My dad had his heart attack at the age of 49 and here I am at the age of 38."*

Nothing came back on the EKG abnormal, but later that night my blood test came back and tested positive for a heart attack. My dad had his heart attack at the age of 49 and here I am at the age of 38. It runs in the family and I knew one day I might have to deal with it, but I didn't think it would be that soon. I was a little shocked, but happy I made it through.

On the following Monday they did an angiogram. I had two stents put in one artery and had to wait to have another one done in a few days. I had a total of three stents put in by the time it was done with very minimal damage to the heart itself. The doctor told me with Heart Disease being hereditary that dieting alone would not work and that I needed to exercise. I couldn't do much physical work the first month, so I began with walking a mile or so. I did that for the first month and the walking got boring fast. Once I got the clear from the doctor I started to jog. I struggled for awhile to just make it a mile. I never really ran before the heart attack, but maybe a few times. My brother-in-law suggested to me that I should run a 5K. I told him I couldn't

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do that, but I saw it as goal and decided to do my first 5K.

I didn't pre-register, but I was looking to run the Shorewood Scoot. I kept trying to build up my distance before the race, but was worried because my longest run was only about 2.5 miles. On September 11, 2010, almost 4 months after my heart attack, that morning finally came. I made sure I got there early to sign up. In fact, I might have been one of the first there. It was cool and drizzling out. I saw two familiar faces. One was my uncle and the other was John Warren, who I have known for a long time, but didn't know he was a runner at the time.

Right before the race I looked around and saw all these serious runners and wondered, what am I doing here. The time came to line up and I went to the very back. They had a nice pre-race ceremony in memory of the September 11th victims. My goal was to run the race without having to walk. The gun went off and I started running. I made it through the first mile and felt good. The second mile went by and I'm thinking, hey, I can maybe do this, that is, until I saw the small hill on the road that lead out of the park. I

slowed down a little to make it up the hill and never stopped. A little out of breath, I wasn't sure if I was going to have to walk or not, but I kept going. Then just after mile three, as I was about ready to walk, I saw the finish line. As I made the final turn I could see the clock and tried to pick it up little. I came across the finish at 28:36.

*"I had so many emotions coming across the finish line. I was happy and had a few tears at the same time. Thinking that four months earlier could have been it and now I just finished my first race."*

I had so many emotions coming across the finish line. I was happy and had a few tears at the same time; thinking that four months earlier could have been it and now I just finished my first race. It was an awesome feeling that day and I knew I was hooked on running from there. It was a feeling I never experienced before. The Shorewood Scoot will always be a special race for me being my first 5K, and I also set my 5K PR there in 2012 when it was held at the Joliet Library.

It has been an awesome journey these past four years. I got to audition for a Bayer Aspirin commercial when they were looking for runners that had heart attacks. I have run many

5K's, 8K's, 10K's, a few half marathons, a marathon relay, a 25K and a Ragnar Relay. I was training for my first Marathon in 2012, but had an injury on my last 20-miler that kept me from running it. I have battled a few injuries since, cutting my running time down in the last two years.

I have met and made some great friends from the Prairie State Road Runners, the Inwood Run Club, and the Channahon-Minooka group. The running community is one of the best supporting groups you will find out there. If I'm injured or not running a race you might see me at a race with my camera equipment taking pictures. Don't be afraid to come up and ask for copies. Running is now a major part of my life. Sometimes it can be a Love/Hate relationship, but right now I see it as a way to stay healthy and alive. Some might think I'm crazy, but I wouldn't change a thing that happened on May 15<sup>th</sup> 2010. It made me wake up and make the necessary changes in life that I needed to change.





# Giving Thanks on a Special Thanksgiving Weekend

BY SUSAN MORES—NEWLETTER EDITOR

**T**hanksgiving is the day when we give thanks for our many blessings. This year was no different for me. I am blessed for the many people and things in my life, many of which come with no price tag at all. My Thanksgiving dinner was spent with **good friends and neighbors** from Canada who spend their winters here in the mild Southern Arizona climate. Since Canadians celebrate their Thanksgiving on the second Monday in October, this was just an ordinary day for them, but for me it was special in that I have no family near me here in Arizona. We enjoyed a delicious dinner, wine and great conversation. At the end of the evening, I gave thanks for having special neighbors in my life.



That weekend, I went to one the most beautiful parks in southern Arizona, the Catalina State Park at the base of the Santa Catalina Mountain Range. Again, I gave thanks for the beauty that surrounded me. The **majestic mountains** take my breath away. I look around and see the most **unique plant life** that's only found here in the Sonoran Desert. The Saguaro cactus is the largest

cactus in the desert with an average life span of 150-200 years. It doesn't even develop arms until it's nearly 70 years old. For the present-day Tohono O'odham people, the Saguaro is a sacred plant, used for both ceremony and sustenance. It is mysterious and luring, yet stunning and sacred to me as well, and I gave thanks for having these gems in my own backyard. I also gave thanks for the **warm sun** that beat down that day and the **summer monsoons** that sustain these beautiful plants giving this desert succulent life. And, who couldn't give thanks for being given this opportunity to live in this magnificent splendor that God has given us.



As I was taking in the beauty of my surroundings, I also thought about how blessed I am for the people in my life. I have an amazing **family** who always supports me in life no matter how crazy some of my ideas have been. It can be difficult being far from home during the holidays, but I have this **goofy, loveable dog** who always keeps me



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company. I just grab her leash and my car keys and she is up for anything, especially a hike on the mountain trails where the attention from **pleasant strangers** and the smells of **wildlife** that includes deer, bobcats, mountain lions, javelina and coyotes, to name a few, are just too irresistible to pass by. For all of this, I am thankful.



Then, there is this **amazing running community** that I am so fortunate to be part of. I have met many great runners here in Arizona, but the ones deep in my heart are back in Illinois. Over the years we have shared so much joy training together, traveling together and good-natured competing against each other. We started out as fellow runners, but within no time, we became good friends. The miles may have separated us, but our sport has forever bonded us. And, for that, I am thankful.

On this day, I wore my AshleyCan Half Marathon shirt. For those of you who don't know, PSRR Member, **Ashley Montgomery**, who the race is named after, is the daughter of **Mike and Maureen Montgomery** (also PSRR members). At age 23, Ashley was recently diagnosed with cancer for a 3<sup>rd</sup> time in her very young life. I met



Ashley and her family when I ran the half marathon in 2013 and was so touched by Ashley's kindness and sweet nature. Her mom, Maureen, and many others, I'm sure, direct this race with such passion for benefitting the AshleyCan Foundation—a foundation dedicated to raising awareness for Pediatric Cancer, providing assistance to families of children with cancer, providing funding for research and helping to ensure a future for the brave children fighting this disease.

I gave thanks for the **medical team and all of those who are helping Ashley heal from this disease** once again and also for **being introduced to the Montgomery family**. If I could ask one thing from all of you, it is to continue to support the Montgomery's mission to battle Pediatric Cancer and to support those affected. In 2014, PSRR added the AshleyCan Half Marathon to the circuit. I can speak first hand as to what a

(Continued on page 13)



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great race it is. The only other race that I can think of that will touch your heart as much as this one is the Shorewood Scoot, in memory of Mark Staehely—a Shorewood resident who lost his battle to cancer at age 18, which coincidentally is usually the same weekend of the AshleyCan

events and also on the PSRR circuit. It makes me proud to be part of such a supportive running club who not only cares about running, but is also compassionate and caring in our running families times of need.

I hope everyone was able to find as many things as me to be thankful for this past Thanksgiving. Please continue to share your stories with your fellow club members by sending me your newsletter contributions, for which I would be truly very thankful for! I could not do this newsletter without your help and **I sincerely thank EVERY-ONE for their generous contributions in 2014!** Please keep them coming!

Wishing you all a blessed and happy new year from sunny Arizona!



## PSRR ANNUAL BANQUET

- January 24, 2015—6:00 PM
- Barber & Oberwortmann Horticultural Center—227 Gougar Road, Joliet
- Cost: \$12 per person, kids under 12 are FREE!
- FUN, Food Provided, FUN, Awards, FUN !!
- A PSRR TRADITION—**BRING YOUR OWN BEVERAGES!** Alcohol is permitted, but please drink responsibly. We love our members and want everyone to be safe!



# BE THERE





# St. Jude Heroes

Club members Terri Putnam (#11323) and Kibet Rono (far right), along with 2 of their friends on the left, made up **Team Ashley Strong** at the **St. Jude Half Marathon** in Memphis, TN. They ran in honor of club member **Ashley Montgomery** and the **AshleyCan Foundation**. Here they are pictured at the St Jude Heroes party!



## *Jingle Bell 5k*

Lockport Township Park District

Left Photo—Back Row (L to R): Eileen Skisak, Jay Wait, Robert Jungwirth, Mark Walters, Mark Bowman, Sergio Arreola, John Warren, Judith Warren, Mike Auld, Front Row (L to R): Evan Sather, Dave Cyplick

Right Photo—Kate Calder takes 1st in her Age Group!





# February is AMERICAN HEART MONTH

Every day during the weeks before Valentine's Day, Martha Lowry sent an e-mail to her colleagues at Purdue University Calumet, speaking to them about matters of the heart.

Lowry, the school's wellness director, wrote about the physical and the emotional heart, touching on subjects like blood pressure, cholesterol and cardiovascular exercise as well as heart-to-heart talks and counting your blessings.

"They are connected," Lowry said. "Stress or emotional problems can lead to physical problems.

Emotional health is good for your physical health."

February isn't only a time for Valentine's Day lovefests; Congress has also designated it **American Heart Month** since 1963, according to the American Heart Association.

During February, the AHA beefs up its efforts to promote research and education on heart disease and stroke.

Here are some heart-healthy tips to remember.

## HEART ATTACK WARNING SIGNS

- **Chest discomfort:** Be mindful of discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body:** This can happen in one or both arms, the back, neck,

jaw or stomach.

- **Shortness of breath:** This often happens along with chest discomfort, but also can occur before.
- Other signs include breaking out in a cold sweat, nausea or lightheadedness.

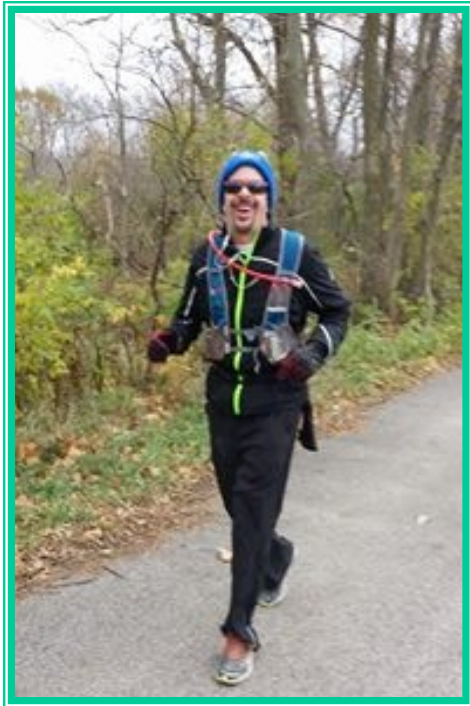
## TIPS FOR TAKING CHARGE OF YOUR HEALTH

- **Schedule yearly check-ups** with your doctor to have your blood pressure, cholesterol and glucose levels checked.
- **Exercise 15 to 30 minutes a day**, even if it's by stepping, marching or jogging in place while you watch television.
- **Take a water bottle wherever you go** and sip it throughout the day. It will keep you hydrated.
- **Keep packages of unhealthy food hidden.** Instead, keep raw vegetables and fruits ready for when you want a snack.
- **Keep your cholesterol down** by eating foods low in saturated fat, such as lean chicken or turkey, fruits and vegetables, low-fat yogurt and pasta.
- **Limit your salt intake.** It may be disguised on food labels as sodium alginate, sodium sulfite, sodium caseinate, sodium hydroxide, disodium phosphate, sodium benzoate, monosodium glutamate (MSG) and sodium citrate.
- **Don't smoke.** If you smoke, quit.
- **Avoid fad diets.** If you want to lose weight, eat 200 to 300 calories less per day and exercise at least 30 minutes five days a week.



Article taken from Active.com

# Mark Bowman's **60** Birthday Run



On November 9th, 2014, **Mark Bowman** celebrated his 60th Birthday (actual birthday is November 7th) by running 60 kilometers. Club member, **Mary Jones**, snapped this photo of Mark at the marathon distance with about 12 miles to go.

*Way to go, Mark!!*

# Chicago Marathon



**Javier Martinez**, post race, after running his 6th consecutive Chicago Marathon.

*Congratulations, Javier!*





**Craig Koerner and Patrick Koerner—Award  
Winners at the Forte 5K, Channahon, IL**



# Races



**Dale and Mary Leonard—Muddy Monk 15K  
Trail Run**



**Susan Mores (1st Place AG) and Mike Wilson  
(2nd Place AG) representing the Southwest  
Chapter of PSRR at the Oracle 10K in quaint  
and scenic Oracle, AZ.**



**Vera  
Erickson**  
describes the **Marine Corps Marathon** as the  
greatest experience ever!







Our Awesome and Very **COLD** Club Members at the Red Eye 8K, Joliet

By  
Steve Koven

## Behind the Scenes of PSRR

### Ordering Shirts and Other Merchandise

**H**ave you ever wondered about the PSRR logo shirts and merchandise? Where it comes from and why we make the choices we make? With our club's 40<sup>th</sup> anniversary coming up, we recently placed a sizable order of shirts and pint glasses. Here is the story of that order!

It may sound simple, but ordering merchandise is one of the most important decisions the club officers have to make. We have to buy the merchandise in advance and store, sort, and transport it. The warehousing issue is a big concern, even though I built a large shelf unit in my garage to help, it seems there is never really enough room to store everything. At the same time, when you have a large inventory it means that a large amount of the club's money is tied up in merchandise, which is never a good thing either. So while at the surface these things sound like simple decisions, there is a lot to consider.



One more thing you may not know is that we don't sell merchandise as a fund raiser. We're pretty happy to break even, generally we seek to buy high quality shirts and other items and sell them at a reasonable price as a benefit to members. There is a small margin, usually just enough to make the prices a round number. Usually we need to sell about 80% of our inventory to break even... Which doesn't always happen because we occasionally use these items as door prizes and giveaways. So it's not a very solid business model, but as a non-profit organization, we're very good at breaking even!

This particular shirt order was very important to us because we wanted them to commemorate our club's 40<sup>th</sup> anniversary next year. We hadn't ordered shirts for a couple years, so we had been planning this for some time. For any of you who have ordered shirts for a race or club

like this, you understand that prices get considerably better once volume increases... Especially for a four color logo such as ours. Because of this, ordering a handful of shirts on an as needed basis is very expensive, so we'd rather place larger orders and pass the savings on to our members. This order was quite possibly the largest order in club history, 185 shirts in three different styles!

One of the things I had wanted for the commemorative shirt was to track down various logos from the club's past and incorporate them into the shirt. I was able to get the four different logos from the past, but was quite disappointed to find that the shirt company was unable to use them... The logos became very pixelated when they were enlarged to do the artwork. I am not a graphics guy at all, but I did manage to find some free software to sharpen the image. After blowing up the new files a



bit, I printed them, rescanned them, and sharpened them again, and somehow this ended up working. The images were much less blurry and had sharp enough edges to print. Like I said, I am not a graphics guy (I called a couple graphic artists and nobody wanted to help for a reasonable fee), and somebody who was competent could have probably done the job in 15 minutes... But for me, it took the better part of an afternoon!

At long last, the shirts were ready from the shirt company! Unfortunately, they were done two days late (the day before Thanksgiving), so after getting off work at 8am (I worked over-

night), I went to help Race Director Mary Jones set up for the Poultry and Pie Predictor, then drove out to Blue Island to pick up the order... I still had to sort and separate the special orders before being done shortly before dinnertime. The Predictor was a great place to sell shirts, and we had done well selling them there in the past. Even though it meant going without sleep, the work had to be done.

The next day was Thanksgiving, race day, and time to sell some shirts! This was a huge order for us, and it was imperative that we put a big dent in our inventory. All kidding aside about having to store boxes of shirts, if we didn't

move a large number of shirts, it could mean that we had made a bad decision for the club, and would have a couple thousand dollars in shirts that could be very difficult to sell. I was nervous and hopeful at the same time!

Our decision ended up working out, as the shirts were a huge success and we sold nearly half of our inventory, with a bunch of our pint glasses moving out the door as well. We still have shirts in most styles and sizes, but I wouldn't wait too long to buy... We will be selling them next at the Annual Banquet on Jan 24!



# Shirts!

# Shirts!

# Shirts!

The **40th Anniversary PSRR Shirts** have arrived! Forty years only comes around once, so don't miss out on this opportunity to purchase a PSRR tech shirt. We still have about 100 shirts left following the Poultry and Pie Predictor. The shirts are New Balance, white long sleeve and singlet, grey short sleeve. Women's and men's sizes are available and we have most sizes left.

Email [president@psrr.org](mailto:president@psrr.org) to order yours today! They will also be on sale at the banquet and at most club events throughout the year — while supplies last.

Once you have your shirt, don't forget to pack it when you travel. We love when members share pictures sporting their PSRR gear in ANY destination!

# Travelin' PRAIRIE STATE ROAD RUNNERS!



## *So where have you worn your PSRR gear?*

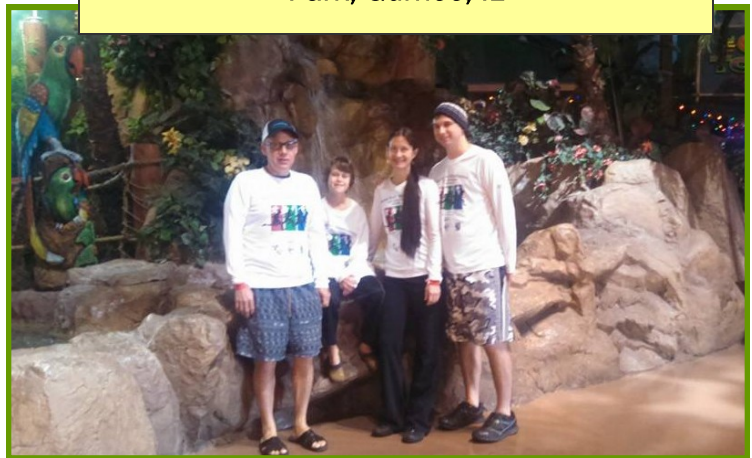
This feature highlights those who have been in cool and exciting places, or anywhere for that matter, wearing their PSRR gear. Send us a picture of you sporting your PSRR tech shirt at the Great Wall of China, carrying your PSRR duffle bag along the beaches of Costa Rica, or wearing your PSRR fleece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

Please send your pictures to Susan Mores at [newsletter@psrr.org](mailto:newsletter@psrr.org)

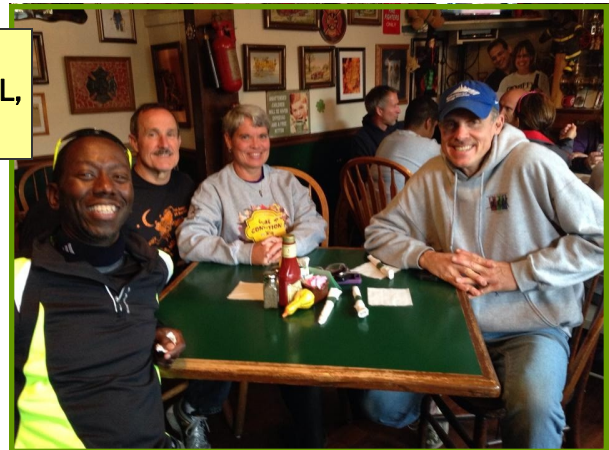


**Mike Wilson** (center) accepting his 2nd Place Age Group award in a PSRR tech shirt at the **Veterans Day Half Marathon, Tucson, AZ.**

**WOW!!** The Baltz Family rockin' their new 40th anniversary commemorative PSRR tech shirts at the **Key Lime Cove Resort and Water Park, Gurnee, IL**



**John Warren** (right) proudly wearing his PSRR sweatshirt at **Duffy's Tavern, Utica, IL,** following the **Canal Connection 10K**



**FALL OR WINTER GET-AWAY?**  
DON'T FORGET TO PACK YOUR  
PSRR GEAR!!







Celebrating birthdays in **JANUARY** are Michael Auld, Shawn Bernhardt, Harrison Bernhardt, Bryan Cherry, Howard Ellison, Sean Forbes, Bob Funk, Kelly Koven, Jim Mason, Cathy McQuarters, Robin Nette, Valerie Nette, Tina Pirc, Benjamin Riley, Dawn Ruch and Paul Spiezio

Celebrating birthdays in **FEBRUARY** are Teresa Buturusis, Becky Cherry, Galey Kielian, Colin Koerner, Dale Leonard, Sarah Orr, Rudolph Pironti, Jr., Phil Piskur, Julia Ruch, Eileen Skisak and Mark Walters



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



## NEW MEMBERS

- Marcia Davidson
- Emma and Benjamin Forbes
- Levi Garcia
- Lauren, Scott Taylin and Kai Lemke
- Cathy Morman
- David Musgrave
- Jody Reddell
- Julie Skuturna
- Liz Stephenson

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

# Welcome!

# 2015 CIRCUIT AWARD CHANGES

BY JAY WAIT



At the October 17<sup>th</sup> PSRR board meeting, the directors voted to make the following changes in the Circuit Award structure for 2015. As previously communicated, the purpose of these changes is NOT to replace an award system that encourages participation with one that puts the emphasis on winning. The Circuit Award system will continue to reward participation (running, volunteering, and participating in running the club). In addition, we will institute age group scoring so that those who are really competitive can better see how they stack up against those in their age group. The two award systems will work as follows:

**Traditional Circuit Award:** This Circuit Award will be administered as it is today with two significant changes. First, since scores are age graded anyway, there will be only one division instead of the two (15-64, and Junior/Senior) that exist today. As today, a member qualifies for a circuit award by earning 7 circuit credits, which may be earned by running circuit races, volunteering in club activities, and up to one credit for running a full/half/marathon anywhere in the world. One exception to the 7 circuit credit requirement is that any member age 14 or younger on January 1 will only be required to earn 5 circuit credits. All members who earn the required 7 (or 5) circuit points will receive the circuit award, which changes from year to year, but typically consists of club merchandise with a value of about \$30.

Those members who run 7 or more circuit races will be ranked against other runners on the basis of their age graded race scores, with the scoring done cross-country style. At year end, the top 3 ranked runners

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

**Age Group Circuit Award:** While there has been interest in establishing age group awards, doing so presents several challenges related to the demographics of the club. Simply put, there are not enough members in some of the traditional 5 year age brackets to provide any meaningful competition. Even in 10 year age brackets, it is likely that in some brackets there will not be enough participation to produce an age group winner. The board has reviewed the demographics and has established 16 age groups (8 each for male and female) to be used for 2015 awards. It is the intent of the board to review and adjust these annually to account for changes in the club demographics. The age groups designated for 2015 are: Under 15, 16-29, 30-39, 40-49, 50-54, 55-59, 60-69, and 70 and over. For the purpose of determining age group, age on January 1 will be used and nobody will be allowed to compete in two different age groups during the year. For example, a person aged 54 on January 1 who turns 55 in March will remain in the 50-54 age group for the

(Continued on page 24)



(Continued from page 23)

entire year.

Scoring in the age groups will be done cross country style, based on actual finish times rather than age graded scores. Ranking will be done on the basis of the best 7 race scores in each category except the under 15 category, which will only require 5 race

scores. Winners in each age group will be recognized at the annual banquet with a nominal award, such as a plaque. The three top ranked members based on age graded scoring will not be eligible for age group awards. Finally, ties will be broken using additional races as described above.



Listed below and on the following pages are the **SEMI-FINAL** 2014 Circuit Race Results. Final results will be announced at the January 24th banquet.

## JUNIOR/SENIOR CIRCUIT RACE RESULTS (as of December 15, 2014)



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	24. PSRR Cross Country Open	Circuit Score	Circuit Ranking	
Baltz, Tommy John		2	2	3		2	3	2			2	3		2						1		C		C	9	4	
Barry, James G.		7	7		7													4			7					32	9
Bell, Kyle		1		1			1			1		1			1				1		1					5	1
Bergin, Terry	1	5	4		3								4										1			17	7
Harman, Jim												2		1									C	1			
Horvat, John Jr.																				6							
Horvat, Shalyn																				7							
Hostert, Art													2										1				
Johnson, Karl			6	4	6	4	8	4		5			6		3					3	3	5	4			15	6
Kielian, Gerald		8	5																					1			
Kohlmeyer, Madison											6									9							
Koven, Reese												6															
Koven, Ryan												4															
Lauer, Bill					8																			1			
Macknick, Dick	2																						4	C			
Martinez, Christian							4				3																
McFarland, Patrick			3	2	4		6						3		2			1	1	2	2	3				8	3
Munch, Maxwell		4																			3						
Peterson, John					2																						
Picciolo, Carol			1																								
Ruch, Julia							5	3		3		5				2									C	18	8
Ruch, Spencer								5		4						3											
Scheckel, Harry					1	1	2	1	1	2	1		1			1					2		1			5	1
Sikes, Nikki												7								8							
Thompson, Bob		6								6	5										6		2				
Wait, Jay		3			5	3	7		2		4		5	3				2	4	4	5	C	2			13	5

# CIRCUIT RACE RESULTS (as of December 15, 2014)



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	24. PSRR Cross Country Open	Circuit Score	Circuit Ranking		
Acup, Fawn			15			5		21			16							15		11		C			15	3		
Anderson, Clark	1	3	3	2		2	3		1		5															15	3	
Arreola, Sergio		9	9	7						7	8								9	3	4					47	9	
Auld, Mike		10	8				4	7			6	13						4	12		5	C	1			44	8	
Bailey, Marne		37	21	26						30								19	31	26						190	42	
Bak, Leo							32	38																C				
Baltz, Cricket	7	28		30		10	13	25												41		C	9			154	34	
Baltz, Tom		43	27	18							17			11						21		C	3					
Barry, James		46																										
Barry, Kristin																							1					
Bell, Grant		31					21			23		10		9					33		10					137	31	
Blazekovich, Jenny										15									15			C						
Bonaci-Klaeser, Ruth				41						27	16			13	3				45			C						
Bornhofen, Amanda				42						53									54									
Bornhofen, Larry		16						12		11	11	4		5				11	11			C	1			65	15	
Bowman, Jennifer												18									22							
Bowman, Mark		14		15	2	3						11				1			10	7		3	C	4		37	6	
Bumgarner, Robyn		32	19				16				35		22					25	43	15						164	36	
Buturusis, Teresa										32								20	21									
Byrnes, Brenda				27	9					27				10					29		11		1					
Calder, Kate		34		21		6				19									27	12	9	C				128	29	
Calvey, Colleen		49	36	45	16								21							34		C						
Carrillo, Sezar										6																		
Carter, Clint									5										13	19								
Cherry, Becky																								1				
Clark, Matt							12	20			18									23		C	2					
Conboy, Jess		18		9			9				13									5		C				62	14	
Cyplick, Dave	6					7	14	23			19	8	7	9				8	8			C	9			70	17	
Davis, John																				9		C						
DeBoer, Ted		23	14					15	4											4		C		C				
DeGrush, Rich		11	10	12			6	11		9	9	2							4			C	3			51	10	
DeVault, Sharon	9	42	26	33	11					37									41	35		C				192	43	
Ellison, Howard				32	14	17		29		36	32		14					19	38	19	15	C				127	28	
English, Dwayne				46																								
Erickson, Vera		39			6					49	23				11					38	12					178	39	
Fera, Pat											38																	
Forbes, Anna Marie				48						52									55									
Forbes, Sean		40	27	31						33		14							36	18	13			C		172	37	
Gabryel, Glenn	10	48		37							33		15	15						29	16					155	35	
Garcia, Kristin																				39								
Garcia, Nick							31												50	42								
Goodwin, Kenneth		38				13		27	8	26		12							25			C				149	33	
Gora, Bill										28																		
Gorman, Tom							22																					
Gregory, Susan		52	36		12					44	31		20						46		18					207	45	
Hardy, Marcus				11	4					17	7								18				1					



# CIRCUIT RACE RESULTS (as of December 15, 2014)



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	24. PSRR Cross Country Open	Circuit Score	Circuit Ranking	
Harper-Kuhel, Susan			35	34	13	16	24	34		38	28	20	13		16	4	21	23	39	20	14	C			96	22	
Hopper, Spencer																							1				
Horvat, Chandler																				33							
Horvat, John		19																		30			3				
Hostert, Eileen													16														
Hume, Bert																				44			1				
Jungwirth, Robert		7						8							2		6	5	8		2		1			38	7
Kapala, Janet				29							24		12									C					
Kielian, Jordan		24																				C					
Kielian, Patrick		30	17																								
Klaeser, Pete	14	54									39	27			20				56			C					
Koerner, Craig				22						31	21		6		8		11		22				1			121	26
Koerner, Patrick D.								17	3					4													
Koerner, Patrick J.			22	19	5		18	18		16	15		4		5		9		20		7					61	13
Koerner, Stacey									11																		
Kohlmeyer, Jordan																				37							
Kohlmeyer, Linda											34									32							
Koven, Kelly			16			9						25		7	6				27			C					
Koven, Steven		50		39																			10				
Lambert, Tom																						C	3				
Lemke, Lauren																		7									
Leonard, Dale			30							24												C					
Leonard, Mary				24						50										32							
Lopez, Fatima		21	13	13						13		6			4				17			C				87	20
Martinez, Javier		8	5	5			5	10			7									43		C				83	18
Mason, Jim				10																							
McCahey, Michael		1	1			1	2	2		1	2			1				1	1							7	1
McLean, Laura			39		18																	C	5				
McLean, Susan		25	24	37	8		15				22			6	7							C	1			107	24
McQuarters, Cathy			29		10			31		35	25		11					20		16						142	32
Miller, Jim				23	7	11				25			8					15	26							115	25
Minarich, Duane		36		28						29		24						14	22	34	28		C			179	40
Minarich, Mary Jo		33		20						21		21						10	14	23	14		C			123	27
Montgomery, Maureen			23						9									16				C					
Montgomery, Mike			34						10									17									
Mores, Sue																						C	6				
Munch, Tamera		6	6					5		5								7		14	8		1			51	10
Munro, Kent																				25		C	1				
Munro, Virginia			31			14						17			12					17			2				
Nette, Paul				17			10	16		14										21							
Newberry, Phil		3																									
Orr, Sarah										48																	
Pirc, Brittany			32				29			40					19	6	26		52			C				204	44
Pirc, Tina		45	25	35			23	30		34					14		22		44			C	1			183	41
Pironti, Jill		13																				C	2				
Pironti, Rudolph		12																				C	2				

# CIRCUIT RACE RESULTS (as of December 15, 2014)



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	24. PSRR Cross Country Open	Circuit Score	Circuit Ranking	
Podolski, Sally	15		14							18									16								
Portlock, Caroline																							1		176	38	
Putnam, Terri	47		40			25	32		39	29			10				18	37	25		C						
Rahn, Eva	20				3	8	13				12	3					4	9			C				52	12	
Reeb, Carol										12																	
Reiter-Gorman, Brenda			40																								
Riley, Benjamin	55		43									26		17			23	53			C	2					
Rono, Kibet									2			15					3	3	2	2		C					
Ruch, Curt																9		48									
Ruch, Dawn							27	35		42	19					5		40					1	C			
Sather, Evan	2	4	4	4						8								6				C	2				
Scheckel, Debbie			18			8		26	7		26		9			2	13					2			83	18	
Servi, Tim		12																				C					
Sheridan, John		35					19						10					16	24			C	1				
Sikes, Jeremy								14												6							
Sikes, John			38	44			36		43		22							47	36				3		266	47	
Skisak, Eileen	2	2	1	1		1	3		2			2	2	1			2	2	1	1	1	C			7	1	
Slattery, Pete								1			1		1										1				
Smith, Keith	27	20				11	24				20							17		13			C		132	30	
Sodt, Robert	26						22	6				9	5				12			10		C			90	21	
Stapleton, Carol							20	28										18									
Starling, Mary	22		16							22				8				35	24			C					
Stempniak, Katie	53		47							47								51									
Tatroe, Terri																		28					1				
Vanderhyden, Paige					17	30				45	36												1				
Walters, Mark	5	17	12			11	19		51	14	5							12	13		8	C	1		66	16	
Warren, John	4	13	11	8		4	7	9	10	10	1	3	3	3			5	6	10	7	6	C	1		23	4	
Warren, Judith	8	44	33	36		15	28	33	41	30		17		18	7	24	24	42	31	17	C	1		106	23		
Weisfus, Stella		41					26			46													1				
Wertelka, Raymond	11	51					37				37		19	12						40		C	6	C	207	45	
Westefer, Gary					15							23	18	13		8		49				C	2				
Wojtkiewicz, Paul		5	7	3			4			4	3							3				C	1		29	5	
Zawrazky, Colleen				6			6			3	4																
Zemaitis, Nicole		29		25			17			20								30				C	1				



# 2015 Circuit Race Schedule

DATE	RACE	2013 CLUB PARTICIPATION
------	------	-------------------------

**STAY TUNED! WILL BE VOTED ON AT  
THE JANUARY 24, 2015 ANNUAL  
MEETING AND AWARDS BANQUET.**





## Club Member Benefits

- **BI-MONTHLY NEWSLETTER** – “The Pacesetter” is published every 2 months. Each issue includes a letter from the president, upcoming races, cartoons, race reports and running accomplishments by our club members. You are encouraged to send personal stories, race reports and pictures to [newsletter@psrr.org](mailto:newsletter@psrr.org) so we can include them in the newsletter.
- **MERCHANDISE DISCOUNT**—Select items at DNA Athletics, 16133 Weber Road, Crest Hill, IL, Phone: 815 588-0908
- **ORGANIZED GROUP RUNS**
  - SUNDAY MORNING SHOW-N-GO RUN AND BREAKFAST**– Since many of our club members run at different paces and are training for various events, we may not always run as a group. We meet at the Channahon State Park (25302 West Story Street, Channahon) between 8:00 – 8:30 AM, finishing around 9:45 AM. At that time, we head over to Lallo’s (25365 South Fryer Street, Channahon) for breakfast.
  - TRACK WORKOUTS (SEASONAL)** – These speed work sessions take place on Tuesday evenings and are lead by a club member in the spring and summer months. We currently meet at the Troy Middle School, 5800 W. Theodore, Plainfield.
  - GROUP RUN (SEASONAL)** – Takes place on Thursday nights at DNA Athletics, Crest Hill. All ages and abilities are welcome for a 3-5 mile run. Takes place all summer long with a 6:15 start. Stick around after the run to take advantage of your merchandise discount on select items in the store.
- **RACE CIRCUIT** — Consisting of approximately 18-20 races, including a “your choice” marathon or ½ marathon. All paid members are eligible for circuit participation awards. Runners age 15 through 64 must participate in seven circuit races to receive an award. Runners 14 and under, or 65 and over, must participate in five circuit races.
- **RACE DISCOUNTS**—Select circuit races
- **ANNUAL BANQUET AND CIRCUIT AWARD EVENT**
- **EMAILS AND REMINDERS ON UPCOMING RACES AND EVENTS**

## PRAIRIE STATE ROAD RUNNERS Membership Application

2015 RENEWAL/NEW MEMBER RATES (Dues paid for year 2015 if joining after October 1, 2014)

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

PRIMARY MEMBER NAME \_\_\_\_\_ Gender (M/F) \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_\_ E-MAIL \_\_\_\_\_

YEAR (OR APPROXIMATE YEAR) YOU JOINED THE PSRR CLUB \_\_\_\_\_

**Family Membership Data – List All Members**

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

How did you hear about us? \_\_\_\_\_

Make Checks Payable to: PRAIRIE STATE ROAD RUNNERS

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

**CLUB MEMBERSHIP WAIVER**

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

**SIGNATURE** (Parent of guardian if applicant is under 18) \_\_\_\_\_

**DATE** \_\_\_\_\_

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



January/February 2015

# PACESETTER

**Prairie State Road Runners**

**P.O. Box 293**

**Channahon, IL 60410-0293**



PRAIRIE STATE ROADRUNNERS



WILL COUNTY, ILLINOIS SINCE 1975  
WWW.PSRR.ORG

Mail to:

From Will County's Running Authority

