

THE PACESETTER

January/February 2016 | Volume 41, Issue 1

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

www.psrr.org

CLUB OFFICERS

NEW OFFICERS PENDING RATIFICATION
AT ANNUAL
PSRR BANQUET

PRESIDENT

VP/OPERATIONS

VP/BUSINESS

VP/MEMBERSHIP

TREASURER

SECRETARY

TRUSTEES

NEWSLETTER EDITOR

Judith Warren

THE PACESETTER is published six times annually and emailed to all paid members. Send corrections or comments to: newsletter@psrr.org. Visit our website at www.psrr.org

PRAIRIE STATE ROADRUNNERS



WILL COUNTY, ILLINOIS SINCE 1975
WWW.PSRR.ORG



UPCOMING CIRCUIT RACES AND EVENTS

JANUARY

January 23—PSRR Annual Banquet

Barber and Oberwortmann Horticultural Center at Pilcher Park

January 24—Midwinter Cruise 5k, Park Forest

****Circuit Race****

Limited to first 100 entrants

<https://www.signmeup.com/site/online-event-registration/105995>

FEBRUARY

February 7—Winterfest 5k, Kankakee

****Circuit Race****

<https://www.signmeup.com/site/online-event-registration/111158>

February 14—Frosty 5 Mile, Channahon

****Circuit Race****

<https://www.signmeup.com/site/reg/register.aspx?fid=DC2VMH7>

*****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 or check <http://www.dna-athletics.net/> for seasonal schedule.

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



Dues

- Individual Memberships** are \$18.00 per year
- Family Memberships** are \$25.00 per year
- Student Memberships** are \$12.00 per year
- Checks Payable To:** Prairie State Road Runners
- Mail To:** Prairie State Road Runners, P.O. Box 293, Channahon, IL 60410-0293

Prez

SEZ...



BY STEVE KOVEN-PRESIDENT

It's hard to believe, but my four year run as Club President is drawing to a close. (I know, I know. Time passes. What a shocker!) It has been a great run, a good time, and I am proud of what we have accomplished over this time. The club is stronger, with a large and diverse membership. We are more active, with more events and activities. Of course, it wasn't an unbroken string of successes and it wasn't always fun... However, for those ideas and times in which we missed the mark, we learned and grew and it made us stronger.

I would first like to thank those who have volunteered for the club over my time as Club President. From fellow club officers such as VP, Treasurer, Secretary, Trustees; positions such as statistician, newsletter editor, race director, webmaster, grillmaster, volunteer coordinator. Race day volunteers who served as course marshals, registration personnel, the underappreciated finish line teams. Andy Remley at DNA Athletics who helps us with the Free 5k and is always willing to donate to our cause. Finally, I'd like to especially thank Dave Cyplick, who has served this club in various positions over the years, but was Treasurer for my entire time as President, and always went above and beyond the call of duty and filled in wherever he was needed. I never called him at 2am with a club emergency, but if I ever had one, he would be the one I called! Being President and in a leadership role, I know full well that my success, and what others may perceive of my success, relies on a host of volunteers helping out along the way, and I am forever grateful to those who volunteers over the past four years!

I am proud to hand the role of President over to Mark Bowman, and am glad to know that along with Mark we will have a host of volunteers to help keep the club running strong. From a nine member board, plus statisti-

cian, webmaster, newsletter editor, and others, we have a

strong dedicated volunteer staff on hand. We have come a long way since the days when we'd have to ask (beg, really) around the banquet hall for people to help out for the upcoming year.

One area in which I feel I haven't been as successful in has been in recruiting race day volunteers. I understand that we put on some awesome races, and am proud that we do, but these races raise funds that support much of the club's activities. One of the most difficult things about being a race director is calling up friends and family a few days before begging them to come out and volunteer at a 5k race in which they have no personal stake in. It was never really meant to be that way, and is unfair to RD's to carry that extra burden of stress after spending months planning a race. I take the blame for now and hope that increased awareness leads to greater numbers of volunteers for future races. Without a doubt, this is one of the greatest threats to the club going forward, and as I step down as President, I will continue as an RD and will seek to encourage greater participation race day on the volunteer side of things... Our survival as we know it depends on the success of our races!

Thank you again, and I will see you at a race soon!



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 2016 Newsletter is February 15 2016* Please don't make me send comments to myself...send yours today!!

Email to: Judith Warren at newsletter@psrr.org

Dear Editor:

I want to sincerely thank Susan Mores for all the hard work and dedication she has put into The Pacesetter over the years.

It has grown into an amazing publication and I hope to grow to be even half the editor she has been.

Personally I want to say that Susan was a big contributing factor to why I joined PSRR. She has always been eager to help newbies and welcoming to everyone. Even from Arizona she continued as a valuable resource and member.

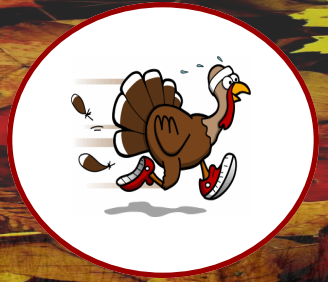
Thanks so much Susan! Hope to run in the warmth with you someday soon.

Judith

Jody—I'm so glad you were working on your fear of horses at the Ellis House & Equestrian Center Reindeer Run 5k!



The Prairie State Road Runners Poultry & Pie Predictor 4M



Bylaw Fine-tuning!!

PRAIRIE STATE ROADRUNNERS



WILL COUNTY, ILLINOIS SINCE 1975

WWW.PSRR.ORG

Banquet Business

As the year draws to a close and the banquet approaches, we will have one additional important piece of business to discuss at the banquet on January 23. No doubt many of you are aware that **we are an IRS registered 501c3 organization, and an Illinois nonprofit corporation.** As such, we are governed by a [set of bylaws](#) that the club voted on in 2003. Our non-profit structure gives us several benefits, such as the ability to purchase insurance for officers/race directors/events, own property and have a bank account, and shelters us from having to pay tax as a typical business would.

This past year the Board and I embarked upon an important task: updating/overhauling the bylaws. When I became Club President four years ago, it was difficult at times because while I had some experienced people around me on the board, the bylaws didn't give me much guidance. Last year when we brought on the new Vice Presidents, it was a similar scenario and we realized as a group that we needed to update the bylaws. The new VP's wanted to help and asked me to write out a list of things the various jobs needed to do... but without the list being part of the bylaws, it really doesn't mean anything down the road. **A new set of bylaws could set into stone the processes**

which have worked well for us, and be an opportunity to make changes where needed to keep things running smoothly and consistently for all membership.

As a group we worked on the bylaws at each of our five board meetings. We researched state laws and other comparable organizations' bylaws. I wrote rough drafts that were then discussed and edited and discussed again. **We arrived at a final edition that was agreed upon by the board at our meeting on December 11**, and now they are ready for membership to view and vote on at the banquet on January 23. I am proud of the effort and diligence the board took in undertaking this project!

The first thing to realize is that we didn't enact any major changes that will have an effect on the average member. **Our mission and purpose is the same as it was under the previous bylaws.** Some of the changes were simply putting onto paper things which had been (or should have been) taking place all along. For example, we've always voted on the circuit races at the annual banquet... Now it is part of the bylaws. Other changes were things we had observed/experienced over the years that needed solutions. **For example, you will no-**

tice that this year in order to vote at the banquet you will need to be a current member in good standing... Your dues need to be paid. Under the old bylaws there was no requirement that we actually check this before counting a vote, although we could decide to if we saw fit. Under the new bylaws, the board is required to take reasonable measures to ensure voters are actually current members. The end result is that membership is protected because important matters will be voted on by membership only.

The [proposed bylaws](#) are now posted on www.psrr.org. The [current bylaws](#) are there as well. **We will vote on the new bylaws on January 23.** Please feel free to email me at President@psrr.org to discuss these!

Our goal is to have a document that future generations of PSRR leadership can use as a guide, and keep a consistent membership experience for all.



PSRR CLUB TRIP

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



PSRR ANNUAL BANQUET



- January 23, 2016—6:00 PM
- Barber & Oberwortmann Horticultural Center—227 Gougar Road, Joliet
- Cost: \$10 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



Prairie State Road Runners Hall of Fame 2016



January is here, and now that the Baseball Hall of Fame in Cooperstown announced their 2016 inductees (Congrats Ken Griffey, Jr. and Mike Piazza!)...

It's time for the main event, the Prairie State Road Runners Hall of Fame! This year, the Club Historian Dave Cyplick handled the task of collecting nominations from membership and polling the Club's Board and other Hall of Fame members.

We would like to congratulate Spencer Hopper as our 2016 inductee!



Spencer's contributions to the club have been numerous, serving in capacities such as Secretary, Newsletter Editor, and Webmaster as well as working the finish line at the Poultry and Pie Predictor for many years.

As a runner, Spencer has completed numerous marathons including Pike's Peak several times. He has been an age group competitive runner for over a decade. He has always been great to train with and very supportive at track workouts.

Congratulations Spencer!!

We will inductee Spencer into the club Hall of Fame at the annual awards banquet on January 23rd. The banquet starts at 6pm with the doors opening at 5:45pm. Held at the Barber and Oberwortmann Horticultural Center in Pilcher Park, the banquet will feature a buffet-style dinner with desserts and bottled water provided.

Feel free to BYOB as we've had an informal craft beer exchange the last several years. Bring some to share and trade! Cost is \$10 per person. Children under 12 are free. Please bring cash to pay at the door. RSVP to President@psrr.org if you haven't already to allow for an accurate headcount.

You will also be able to join or renew your Prairie State Road Runners membership at the banquet or you can do so online at <http://www.runrace.net/findarace.php?id=1636611&tab=a3>.

You cannot earn circuit credit unless your dues are current for 2016. As the first circuit race is the day after the banquet at the Midwinter Fest 5k—don't delay!

Fall 2015 Circuit Races



Plainfield Harvest 5k

Forte 5k



Ashley Can Half and 10k



JJC Haunted 5k



Canal Connection 10k

The Final Red Eye



So long bloody marys!

Training Tips *By Robyn*

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



A very personal message from Robyn to start the new year:

Hey, want to see what a 5-year survivor looks like? Check out the picture below!

5 years ago, I walked into the hospital and faced an incredibly painful, frightening, scary, horrible surgery to rid my body of cancer. I was scared I would die on the operating table, mostly because I could not fathom how a human could survive that kind of trauma. I was scared it wouldn't be enough to save me and I would die anyway. I was scared of the scars if I did survive. I was scared of being broken, both physically and emotionally. I faced the fears, let them in, and I let them change me. Here I stand today, healthy, well, happy and **GRATEFUL**. All of that took work. The blood, sweat, and tears kind of work. The kind of work that either makes you better or breaks you. I will continue to face the fear that the cancer will come back until something else kills me. I viscerally experience the raw reality of that fear every time a friend is diagnosed, relapses, or passes away. Because it could easily be me, and could be my family losing their wife and mother.



What's the message here? **Don't wait another second.** Don't walk my road. Do something to improve your health today **BEFORE** something goes wrong. **Keep your resolutions.** Make them your reality. Here's to 2016 and my 5th re-birthday. Here's to your good health, my friends!

Mike Auld, Eileen Skisak, Mary Starling, John Warren—Horseshoe Winners Reindeer Run 5k—Minooka IL



Races



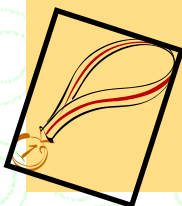
Karl Johnson, John Warren—Age Group Winners Frigid 5k—Lemont IL



Eileen Skisak—Frozen Gnome 10k Age Group Winner—Crystal Lake IL



Phil Newberry—Age Group Winner—Jingle Bell 5k—Kankakee IL





More race and running pictures of our awesome members.

Travelin' PRAIRIE STATE ROAD RUNNERS!



So where have you worn your PSRR gear?

Please send your pictures to Judith Warren at newsletter@psrr.org



Javier Martinez—In the Georgia Dome watching the Mass Bands practicing prior to their performance in the Peach Bowl. Minooka High School is one of 19 bands performing together.

Kathy Figueras—First run after her first marathon.
Toronto Harbour - Toronto Canada



Susan Kuhel—Proudly wearing her PSRR shirt with her family after their first 5k in Arizona



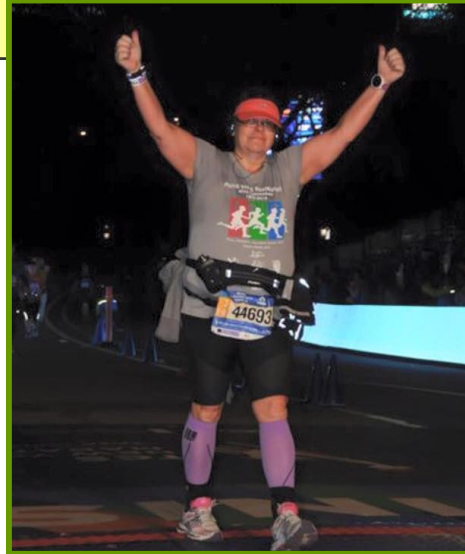
Jody Reddell—Arthurs Seat in Edinburgh, Scotland.



More Travelin' PRAIRIE STATE ROAD RUNNERS!



Judith Warren—Even happier to be finishing the TCS NYC Marathon!



John Warren—Happy to be finishing the TCS NYC Marathon

Mark Walters, Mike Auld, John Warren—
Medal winners at the PSHS Choir 5k in Plainfield IL



Javier Martinez —Nashville on the way to the Peach Bowl.





Celebrating birthdays in **JANUARY** are Michael Auld, Bryan Cherry, Howard Ellison, Sean Forbes, Jeff Johnson, Kelly Koven, Christine Luviano, Cathy McQuarters, Robin Nette, Valerie Nette, Tina Pirc, Benjamin Riley, Dawn Ruch and Paul Spiezio

Celebrating birthdays in **FEBRUARY** are Quinn Bumgarner, Becky Cherry, Rowena Henderson, Galey Kielian, Eva Suyko Manzke, Sarah Orr, Rudolph Pironti, Jr., Julia Ruch, Eileen Skisak and Mark Walters



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



NEW MEMBERS

JOY HYZNY

CHRISTINE LUVIANO

RHETA MURDAUGH

DIANA SORICH

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

Welcome!



March 5, 2016 11am Manhattan IL

Register today: <http://runrace.net/findarace.php?id=160651L>

The advertisement features a black and white photograph of a woman in a dark leotard performing a handstand on a mat in a studio. The text is overlaid on the image.

\$5 Yoga

Call 815-534-0123 or email
kyung76@sbcglobal.net
for inquiries

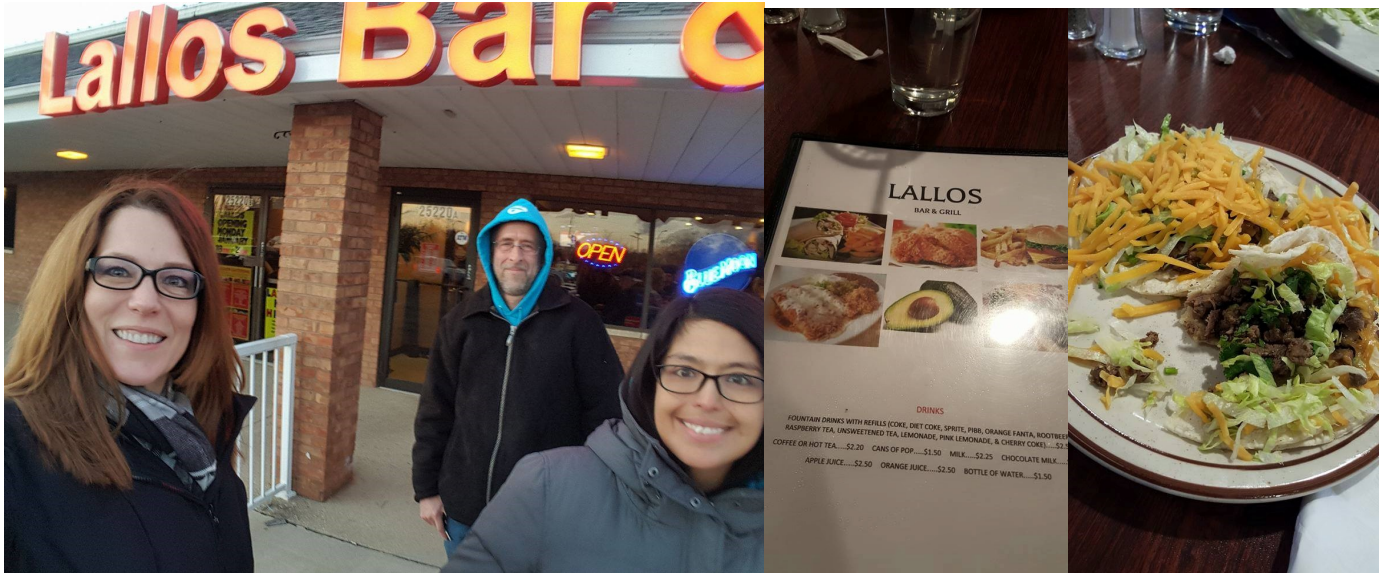
Private Lessons Available

Tamera Munch
Certified Yoga Instructor

Sunday Breakfast Club? Bloodys? Taco Tuesday?

You must be talking about Lалos—a PSRR mainstay. Recently Lалos moved from its previous location to the plaza just behind the remnants of Lonestar.

It reopened January 18th and is doing a rousing business. Parking is at a premium and reservations may be needed for groups so you might want to call ahead.



A couple throwback pictures to the previous location:



Here's to many new memories



at a PSRR favorite!

2015 CIRCUIT AWARD CHANGES

BY JAY WAIT—CLUB STATISTICIAN

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

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

Those members who run 7 or more circuit races will be ranked against other runners on the basis of their age graded race scores, with the scoring done cross-country style. At year end, the top 3 ranked runners will be recognized at the annual banquet. The award for being one of the top ranked runners is in addition to the circuit award, and is a much more modest award, such as a plaque. The second change is that a procedure is being put in place to handle tiebreakers. In the event of a tie

on the basis of the best 7 scores, additional races (best 8, best 9, etc.) will be compared until a winner is found. If that still does not break the tie, the runner with the most races will be declared the winner.

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

Scoring in the age groups will be done cross country style, based on actual finish times rather than age graded scores. Ranking will be done on the basis of the best 7 race scores in each category except the under 15 category, which will only require 5 race scores. Winners in each age group will be recognized at the annual banquet with a nominal award, such as a plaque. The three top ranked members based on age graded scoring will not be eligible for age group awards. Finally, ties will be broken using additional races as described above.





Listed below and on the following pages are the 2015 Circuit Race Results.

2015 Circuit Results

Completed 7 circuit races – eligible for circuit award and circuit ranking

Has 7 or more points via circuit races, volunteer credits, and 1 half/full/ultra – eligible for circuit award

Has 5 or more points (age 14 & under) via circuit races, volunteer credits, and 1 half/full/ultra – eligible for circuit award

Colored numbers are the 7 lowest finishes used in calculating circuit score

12/29/2015

Runner	1. Winterfest 5k	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Rockdale Ramblin 10k	5. Race to the Plate 5k	6. St. Mary's 5k	7. Minooka Summerfest 5k	8. PSRR X-Country Open	9. Liberty 5k	10. Sundowner 5k	11. Fire fly 5k	12. DNA Athletics/PSRR Free 5k	13. Shorewood Scoot 5k	14. Ashley Can Half Marathon	15. Plainfield Harvest 5k	16. Forte 5k	17. JJC 5k	18. Canal Connection 10k	19. Red Eye 8k	20. Poultry & Pie Predictor 4 Mile	21. Your choice half /full/ultra	22. Volunteer Credits	Circuit Score	Circuit Ranking
Acup, Fawn			26	C		14			20	18	8					11		23		C	1	120	22	
Aguilar, Dan		16		14					13	8		6				10	12	24					79	14
Anderson, Clark	1	2	2	2	C			2	1	3		1	1		2	1	2	2	3				9	2
Anderson, Rick	3	12		17	C												11							
Arreola, Sergio				9					7										8	4				
Auld, Michael												6			3	4		4	5		C	1		
Bailey, Marne		37	30	45					39		21				13				40	13			193	37
Bak, Leo		59		70	C	16	34					42		14									1	
Baltz, Cricket		26	43	63													28			50	C	7		
Baltz, Tom		23					15		25											31	C	3		
Baltz, Tommy John		21	10	23			12		20							23	27			16	C	1	125	25
Barry, James G.			46															34			C			
Barry, James R.		45																						
Barry, Laura				57					54		23					34		36	58		C	1		
Bell, Grant		42																						
Bell, Kyle		5		7																				
Bergin, Terry																	30							
Blazekovich, Jenny		15		15							9						8	7	15		C			
Bonacci-Klaeser, Ruth			37	50	C	12			46	31	22				18				43		C		209	41
Bornhofen, Larry		11		18	C		7		19	13	12						14		19				94	17
Bowman, Jennifer									52								35			32		1		
Bowman, Mark		6		4	C		3		2	1	2						3	1	2		C	5	14	4
Brown, Melissa				33	C				30	24						17	19		41	29	C		193	38
Brown, Nathan				66					47											53				
Bumgarner, John																				68				
Bumgarner, Robyn		30	20	36							32	41	24			29			64		C	2	212	42
Byrnes, Brenda							25													37				
Calder, Kate			24	32		6	20					20					23	19		15		1	127	26
Calvey, Colleen			48	64	C							29				35		39			C			
Carlson, Craig																				66				
Carlson, Kerri																				62				
Carter, Clint		13	8	22					12	22						13			10	17			95	18
Cheek, Patty			31														29			38				
Cherry, Becky				5					4											9				
Cherry, Doug																				7				
Cherry, Hannah									15															
Clark, Matt				21			22	11	11											9	C	1		
Conboy, Jess		9	9	13					6		10			2		6			5		C		47	8
Cyplick, Dave		40		38	C		18		13		20								16	17		10	162	31
Davidson, Marcia							30																	
Davis, John									7											8				
DeBoer, Ted																		9						

CIRCUIT RACE RESULTS

Runner	1. Winterfest 5k	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Rockdale Ramblin 10k	5. Race to the Plate 5k	6. St. Mary's 5k	7. Minooka Summerfest 5k	8. PSRR X-Country Open	9. Liberty 5k	10. Sundowner 5k	11. Fire fly 5k	12. DNA Athletics/PSRR Free 5k	13. Shorewood Scoot 5k	14. Ashley Can Half Marathon	15. Plainfield Harvest 5k	16. Forte 5k	17. JJC 5k	18. Canal Connection 10k	19. Red Eye 8k	20. Poultry & Pie Predictor 4 Mile	21. Your choice half /full/ultra	22. Volunteer Credits	Circuit Score	Circuit Ranking	
DeGrush, Rich				11																22	C	3			
DeVault, Sharon				62			32		64													C	1		
Ellison, Howard				44		9			19	35	26		16			24		28		26	C	1	148	28	
Erickson, Vera															15					35		1			
Fera, Pat									34	65							45		70			3			
Figueras, Kathleen		44	33		C		26		22	41	33		12	8		25	22	21	29	14	C		124	24	
Forbes, Anna Marie				69						68									71						
Forbes, Sean			35	52			13		43		17								47	33			240	43	
Gabryel, Glenn		52		53							39		25		21										
Garcia, Kristin																									
Garcia, Nick																									
Giacomi, Dave																	41	27	46						
Goodwin, Kenneth									35				22		22	26	33	26	44	34			198	39	
Gora, Bill		35								37										20					
Gregory, Susan		51	41	56				27									42		65		C	1			
Harman, Jim				25					28										27				2		
Hart, Suzanne		23																							
Hopper, Aubrey																							1		
Hopper, Spencer																							3		
Horvat, Chandler																		20							
Horvat, John											16														
Horvat, John Jr.																									
Horvat, Shalyn																									
Hovious, Liz									32	56		27													
Hume, Bert																				53		1			
Johnson, Jean		18	19				13		14	26	18	13	10		10	18	20	18	21	C			96	19	
Johnson, Jeffery		20								31	29	19	15		19					27	C		160	30	
Johnson, Karl		46	39	60	C	14	31	17					21		23	27	32		52	37			165	32	
Jungwirth, Robert		4		3		1	3			5		3	4					3	6			1	21	5	
Kapala, Janet				49						36									49			1			
Kielian, Galey									15																
Kielian, Gerald							27		23	45	35												1		
Kielian, Jordan									9																
Kielian, Patrick									12																
Klaeser, Pete			52		C	17					43	36		25			47								
Kodura, Robert												15													
Koerner, Craig			15	30	C					21	15		9		6	9	9		20	10		1	73	12	
Koerner, Patrick J.			23	28	C	3		8		14		10	7		7	11	10		25		2	56	11		
Koven, Kelly			42		C			14				35			11					43		1			
Koven, Reese			7		C			10				30								30					
Koven, Ryan			18		C			9				16								17					
Koven, Steven		55												11									11		
Kuhel, Susan		47	38	51	C				29	48	38	25	18				31	38	30	45		C	1	209	40
Lancaster, April	5																								
Lemke, Lauren		7		10			4					7						6	6						
Macknick, Dick																							2		
Manzke, Eva	4				C		5																		
Manzke, Marty Jr	2																								
Martinez, Javier		10	6	12				5	5		2	4								3	C		27	6	
Maszak, Robert																					23				
McFarland, Patrick		38	28	39	C	10	24			38	28		17	9	17	22	26	23	34	24			122	23	

CIRCUIT RACE RESULTS

Runner	1. Winterfest 5k	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Rockdale Ramblin 10k	5. Race to the Plate 5k	6. St. Mary's 5k	7. Minooka Summerfest 5k	8. PSRR X-Country Open	9. Liberty 5k	10. Sundowner 5k	11. Firefly 5k	12. DNA Athletics/PSRR Free 5k	13. Shorewood Scoot 5k	14. Ashley Can Half Marathon	15. Plainfield Harvest 5k	16. Forte 5k	17. JJC 5k	18. Canal Connection 10k	19. Red Eye 8k	20. Poultry & Pie Predictor 4 Mile	21. Your choice half /full/ultra	22. Volunteer Credits	Circuit Score	Circuit Ranking
McLean, Susan		17	27														17	14						
McQuarters, Cathy		41	32						31	55			20				48				C	2		
Miller, Jim				43	C					32				12	21		25		32					
Minarich, Duane		39	25			7	16	12		33		28					31		54	40	C		152	29
Minarich, Mary Jo		27	13	31		5	10	7		23		40				12	13		28	19	C		79	13
Mores, Sue																					C	7		
Moretti, Amanda				68						67									50					
Morman, Cathy		32	22	42	C		19		16	27	17	38		6	8	14	15	33	31	11			87	15
Munch, Tamara				6						5	5								13	28				
Munro, Kent															24								2	
Munro, Virginia			34		C	11								16								1		
Musgrave, David		36																						
Nelson, Mark																	34	38	59	39			1	
Nette, Paul				19						9				5	7				11	5	C			
Newberry, Phil		14		20			9				14	C		5						7				
Orr, Sarah				67						59														
Pirc, Brittany			50							57	41					C	44		67	51				
Pirc, Tina			26	46						50	37					C	39	29	51	41			268	45
Pironti, Jill																					C			
Pironti, Rudolph																					C			
Podolski, Sally		17								17									22					
Portlock, Caroline		57							33	63									69		C	3		
Putnam, Terri		48		58			29		26	49	36	24		10		30		31	55	38			186	36
Rahn, Eva			4						4		6	8		3		5	7	13				1	37	7
Raino, Gerald		54		41						58									35			1		
Raino, Lauren		58								62							46							
Reddell, Jody		53	40	59	C	13	28		28	51	34	39	19		20	36	36	35	56	36			177	34
Reeb, Carol				16						11									4					
Riley, Benjamin			47				18			69				13				37		C	1			
Ruch, Curt										60														
Ruch, Dawn				54	C			15	24	44		34							48	42			261	44
Ruch, Julia				48	C			16	21										35	25				
Ruch, Spencer					C					42		32												
Sather, Evan		3	3																			1		
Scheckel, Debbie		29	16		C	8	17		17	34	23		11			15	18	22	30				102	20
Scheckel, Harry		22	12		C	4	6		10	10	7		3			18		12	14				52	10
Servi, Tim		19							3										10		C			
Sheridan, John		33	27	34						29		14	14			28	24		42				169	33
Sikes, Jeremy				55						22									18	6				
Sikes, John			51	61						53		26						32	57	45		3	325	47
Sikes, Nikki												33								48				
Skisak, Eileen		1	1	1	C		1	1		1				1			1		1	1	C		7	1
Skuturna, Julie		60	49	65	C					66							43		61					
Smith, Keith											19	11										3		
Stapleton, Carol							21		18	24	25		13		9	16		16	33	18			111	21
Starling, Mary		43		35						25	21			7		20			26	12			146	27
Stephenson, Liz			21								30													

CIRCUIT RACE RESULTS

Runner	1. Winterfest 5k	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Rockdale Ramblin 10k	5. Race to the Plate 5k	6. St. Mary's 5k	7. Minooka Summerfest 5k	8. PSRR X-Country Open	9. Liberty 5k	10. Sundowner 5k	11. Firefly 5k	12. DNA Athletics/PSRR Free 5k	13. Shorewood Scoot 5k	14. Ashley Can Half Marathon	15. Plainfield Harvest 5k	16. Forte 5k	17. JJC 5k	18. Canal Connection 10k	19. Red Eye 8k	20. Poultry & Pie Predictor 4 Mile	21. Your choice half/full/ultra	22. Volunteer Credits	Circuit Score	Circuit Ranking
Tatroe, Brian																				16				
Tatroe, Terri		34		40						40										39		2		
Thompson, Bob							33																	
Underhile, Clinton		28	14	29			11	6		16	12	9							21		1		89	16
Wait, Jay		49	36	47						61	40		23			32			60	44	3		271	46
Walters, Mark		25	11	24			8		8	18	11	31	5	4		8		8	12		3		52	9
Warren, John		8	5			2	2		2	8	4	5	2	1	4	3	4			2	C		14	3
Warren, Judith		50	44			15						37				33	40				C	2		
Weisfus, Stella			45											12										
Wertelka, Raymond		56			C				30		42								63	49	C	8		
Westefer, Gary																							1	
Wojtkiewicz, Paul				8				4			3											1		
Zemaitis, Nicole		31	29	37			23				27				14		21						182	35

2015 Circuit Winners

Place	Name	Score
1	Eileen Skisak	7
2	Clark Anderson	9
3	John Warren	14

2015 Age Group Winners

Age Group	Name	Score	# Qualified
F Under 15	Julia Ruch	5	1
F 15-29	Melissa Brown	7	1
F 30-39	Kate Calder	13	5
F 40-49	Jean Johnson	8	3
F 50-54	Eva Rahn	7	6
F 55-59	Susan Kuhel	10	3
F 60-69	Debbie Scheckel	7	2
M Under 15	Tommy John Baltz	5	1
M 15-29			0
M 30-39	Jess Conboy	7	2
M 40-49	Javier Martinez	13	5
M 50-54	Duane Minarich	12	2
M 55-59	Larry Bornhofen	15	5
M 60-69	Mark Bowman	7	8
M 70 & Over	Harry Scheckel	7	1

Most Races Run: Jody Reddell with 16 + cancelled race



2016 Circuit Race Schedule

DATE	RACE	2015 CLUB PARTICIPATION
Jan 23	Midwinter Cruise 5k	Not on schedule in 2015
Feb 7	Winterfest 5k	5—blizzard conditions
Feb 14	Frosty 5 Miler	59
Mar 5	Manhattan Irish Fest 5k	52

**STAY TUNED! THE REST WILL BE
VOTED ON AT THE JAN 23 2016
MEETING AND 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 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” ultra, marathon or ½ marathon. All paid members are eligible for circuit participation awards.
- **RACE DISCOUNTS**—Select circuit races
- **ANNUAL BANQUET AND CIRCUIT AWARD EVENT**
- **EMAILS AND REMINDERS ON UPCOMING RACES AND EVENTS**

PRAIRIE STATE ROAD RUNNERS Membership Application

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
Contact us at president@psrr.org



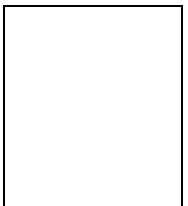
January/February 2015

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

