

THE PACESetter

January/February 2017 | Volume 42, Issue 1

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



The Pacesetter is for
Runners, Walkers, and Fitness
Enthusiasts
of ALL abilities.



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



Dues

Individual Memberships are \$18.00 per year
Family Memberships are \$25.00 per year
Student Memberships are \$12.00 per year
Checks Payable To:
 Prairie State Road Runners
Mail To:
 Prairie State Road Runners,
 P.O. Box 293
 Channahon, IL 60410-0293
 Join online [here](#)

PRAIRIE STATE ROAD RUNNERS

CLUB OFFICERS

President

Mark Bowman

VP/Business

Ray Wertelka

VP/Membership

John Warren

VP/Operations

Kricket Baltz

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

Send your articles, error corrections or comments to: [Judith Warren](mailto:Judith.Warren@psrr.org). Visit our website at psrr.org.

On the cover: Carol Stapleton completes one of her Bucket List items by winning an age group award at Canal Connection.

UPCOMING CIRCUIT RACES AND EVENTS

February

February 5—Winterfest 5k
Kankakee IL

[Register Here](#)

February 12—Frosty Five Miller
Channahon IL

[Register Here](#)

March

March 4—Manhattan Irish Fest Parade 5k
Directed by PSRR

Registration coming soon!

PRAIRIE STATE ROADRUNNERS



WILL COUNTY, ILLINOIS SINCE 1975
WWW.PSRR.ORG

Membership dues must be current in order to earn circuit points



Prez

SEZ...



BY MARK BOWMAN
PRESIDENT

Slowing Down

It is inevitable that you will get older. You cannot stop or reverse time. This leads to the fact that in this sport of running you will slow down. When this happens is different for everyone. Many factors lend itself to this: from our individual genetic makeup to when we started this running gig. For many of you in the club this has not happened yet. You are relatively new to running. I constantly see so many of you setting new PRs and running new distances. But chances are if you been running for decades instead of just a few years, your PRs are in the past. Sometimes way in the past. So what do you do, especially if you still have some of that competitive spirit in you? How you handle this can be the difference of whether we continue to run for years or hang it up.

There are many ways to keep the motivation and interest up. Try new things, such as obstacle course running, or going longer or running odd distances that you have never tried before. Age groups have been a tremendous boon in keeping those competitive fires up. We older runners do not have to feel compelled to compete against those young whippersnappers. Even that has been worked out with age-graded equivalents (which we have used in the club for a number of years now). Running for the camaraderie and fun

aspect can also be a key to longevity in the sport. Group runs, fun runs and special types of events can all lend themselves to continue running for years to come.

I am 62 years old and have been running for well over 40 years and generally, my PRs were a long time ago, but even I can be surprised sometimes. Just this year I set a career PR for the half-marathon at the Ashley Can Half. I **didn't realize at the time, but although I ran** many races and distances over the years, I had never run a half-marathon in my 20s, 30s or even 40s. I had run 20Ks and 25Ks, but never a half. My first half marathon was only seven years ago. So if you try a new distance that you have never run before you can always PR.

I have used several tricks over the years to keep my fires burning. The first is once I turned 40, I decided that I would begin a new set of PRs for each decade that I have been running. It would be a total reset. I did this again when I turned 50 and now for the third time at 60. This has worked well for me in that **I don't dwell on the "good old days", but continually create "good new days".** For those of you that have not been running for decades, you could try using the typical age groups as your resets. Although if you have only been running for a few years, chances are, no matter what age you are, you are still getting better. But one day, this comes to an end.

Continued from page 10

My second trick, which many of you know, is I have gone into the ultra-distances (going farther than the marathon). **This probably isn't** for everyone, but I have found slowing down **isn't quite the handicap it is in the shorter** races. Experience and smarts can overcome the lack of speed the longer you go. And it can be a very different type of atmosphere. For **most ultrarunners, it isn't beating someone** that is important, but instead, it is the testing of oneself that is primary. It is not uncommon to see an ultrarunner sacrifice their race to help another runner in need.

And finally, I have found giving back to the sport has been tremendously rewarding. Whether it be volunteering at a race or becoming more involved with any of the various running clubs in the area, it gives us a chance to

see things from a different perspective. We truly get a chance to see just how fortunate we are to have all these fantastic people that put **on these events for us runners. And I don't** know about you, but there have been many times when it was just as much fun or even more so to be a part of the event in this capacity.

I am sure there are other ways that some of you may have tried or have thought of, but the point is that there is no reason to stop being a part of this wonderful sport of running that we love as the years go by. It can be fulfilling at any pace, distance or involvement. So I say to you, **"Keep on running, my friends!"**

And not to be remiss, I hope each and every one of you had a joyous and safe holiday season, no matter how you celebrated it!



Prairie State Road Runners Annual Awards Banquet

Saturday, January 14 2017 6 pm

Barber and Oberwortmann Horticultural Center

227 Gougar Road in Joliet

\$10 entry. Kids 12 and under are free

Come mingle, have fun, cheer our accomplishments.

Dinner and dessert provided

Oh yeah—and enjoy an adult beverage or two.

BYOB - share your favorites with friends!

RSVP to president@psrr.org



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

Don't force me to put up cute pictures of my cats!
Send in your comments, jokes, etc today!

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 2017 Newsletter is February 15th.*** Please don't make me send comments to myself...send yours today!!

Email to: [Judith Warren](mailto:JudithWarren@psrr.com)



Please remember that your Prairie State Road Runners membership must be current to receive circuit credit in 2017. Renew or Join us [here!](#)

Canal Connection 10k





Poultry & Pie Predictor



Training Tips *By Robyn*

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



'Tis the season for new beginnings!

Do you have new goals and aspirations for 2017? If so, are you making space for them?

What I mean to ask here is: **“What are you letting go of to make room for your new goals?”**

In 2016, I diversified my fitness focus. I added 3 new yoga classes to my teaching schedule, which required both planning and also deepening my personal practice. As a result, I let go of a miles goal for running. I trained faithfully, ran consistently, and enjoyed every minute of training and racing, but as many of you saw, my social media posts regarding mileage always ended with question marks. **I didn't know how many miles I was going to complete.** I did know something had to give for me to get out of 2016 healthy and uninjured. As I write **this, I'm at 635 miles for the year, 250-300 less than the two previous years.** I can say without a doubt that I am stronger than ev-



er. I am just as much a runner at 600+ miles as I was at 900. **It's not always about faster or longer or more,** I believe our collective obsession with hitting the trails or the pavement is truly rooted in being healthy **and well; it's about living better and living longer.**

I write about things that supplement running because I realized something: This club does not need help from me to run another mile, sign up for the race, push a little harder, a little faster, a little longer. Is the extra mile worth knee or hip pain? Is the extra mile worth having to skip your run **tomorrow because you'll be hurting too much** to go? For myself, I realized teaching 4 yoga classes, running several miles, and lifting weights in a single 24-hour period each week was not sustainable for me. Fortunately, I realized it before I ended up sidelined. I chose the yoga classes, and reassessed the remainder of my training week.

New goals and aspirations are awesome. I love the excitement and anticipation; the what-ifs and dreams of glory are so beautiful to watch. Set your sights high for 2017, and then be realistic about what needs to get out of the way for you to get there. **Here's to another great year of running and wellness, friends!** See you out on the trail!

Nutrition Corner with Coach Robyn

I made these recently for a family gathering, and they disappeared in minutes. I neglected to add the mustard, and I honestly didn't notice until I came back to this recipe to share it with all of you. Herbivores and Omnivores alike will love this yummy appetizer! Recipe is from New York Times Well. Hint: Doubling the marinade is helpful.

INGREDIENTS

- 6 tablespoons olive oil, divided
- 2 large sweet or yellow onions, sliced thin
- Salt to taste
- 20 large brussels sprouts
- 1 tablespoon tamari
- 2 to 3 cloves garlic, pressed
- a dash of liquid smoke (if desired)
- ½ teaspoon ground cumin
- ¼ teaspoon cayenne pepper
- 8 ounces tempeh, cut into thin slices
- 5 teaspoons grainy mustard

PREPARATION

1. Heat a large skillet over medium heat. Add 2 tablespoons olive oil, heat for a minute, then add the onions and a sprinkling of salt. Stir frequently, making sure to stir from the bottom of the pan up, to dislodge any sticking onions. They will begin to yellow and shrink in volume, as they darken from yellow to more of a caramel color, lower the heat. Keep cooking until they are at the desired state. This usually takes between 25 and 35 minutes. Let cool.
2. Preheat the oven to 375 degrees.
3. Cut the brussels sprouts in half from top to bottom, keeping the two halves close together. If you don't, you will have to search for a pair that fits well together after they have roasted. Mix together two tablespoons olive oil, tamari, pressed garlic, cumin, cayenne and liquid smoke in a bowl to make the marinade. Taking one complete brussels sprouts pair at a time, dip both halves in the marinade. Remove and let sit cut side down on a parchment lined baking sheet. Bake for 12 minutes, then turn the sprouts and bake 7 more minutes.
4. Prepare a second parchment lined baking sheet. Pour the marinade into a baking pan and let the tempeh sit in it for 20 minutes, then turn all the pieces and let them marinate another 10 minutes. Remove the tempeh and set them up without touching on the baking sheet. If there is any reserved marinade, brush over the remaining pieces.
5. Bake at 375 for 12 minutes, gently turn, and bake for 5 minutes more. Cool onions, brussels sprouts and tempeh for assembly.
6. Take one half of a brussels sprout, smear with mustard, add a piece of tempeh cut to fit the size of the sprout, add some onions (I used a melon baller for this). Take the other half of the brussels sprout and position it so the two spouts are like the buns on a burger, with the cut sides facing each other, and secure with a toothpick.
7. Warm on a baking pan in a 325 degree oven for 10 to 15 minutes.

Save the Date

Manhattan Irish Fest Parade 5k

March 4th 2017

Travelin' PRAIRIE STATE ROAD RUNNERS!



So where have you worn your PSRR gear?

This feature highlights those who have been in cool and exciting places, or anywhere for that matter wearing their PSRR gear. Send us a picture of you sporting your **PSRR pride** anywhere in the world!

Please send email your pictures to Judith Warren or via message on facebook.

John Warren, Jody Reddell and Mark Walker at the Orland Park IL Turkey Trot



Matthew Clark at The Bluebird Café in Nashville TN



John Warren, Jody Reddell, Judith Warren, Rheta Murdaugh, Rachel Morman and Cathy Morman at Hot Chocolate 15k/5k Chicago IL



John Warren with the White Sox World Series Trophy at White Sox Park

Travelin' PRAIRIE STATE ROAD RUNNERS!



Duane Minarich, Mary Jo Minarich, Kathy Figueras, Jody Reddell, Nydia Beard, Mark Nelson, Mike Auld, Mark Walters and John Warren at Taco Tuesday Channahon IL



Cathy Morman on a solo training run

Matthew Clark at the Ryman Auditorium (Grand Ole Opry House) in Nashville TN



John Warren, Larry Bornhofen, Judith Warren, Jody Reddell and Mark Nelson at the Hobble Gobbler 10k in Oswego IL

Volunteering Needs



BY KRICKET BALTZ—VP OPERATIONS



Why Volunteer?

It's not for money, it's not for fame.

It's not for any personal gain.

It's just for love of fellowman.

It's just to send a helping hand.

It's just to give a tithe of self.

That's something you can't buy with wealth.

It's not medals won with pride.

It's for that feeling deep inside.

It's that reward down in your heart.

It's that feeling that you've been a part.

Of helping others far and near,

That makes you choose to volunteer!

-Author Unknown

I Choose  !!!



PSRR running around



PSRR running around



PSRR running around





BIRTHDAYS THIS MONTH

Celebrating birthdays in **January**: Mike Auld, Maggie Caracheo, Bryan Cherry, Howard Ellison, Sean Forbes, Alex Gliwa, Jeffery Johnson, Kelly Koven, Christine Luviano, Eva Suyko Manzke, Cathy McQuarters, Robin Nette, Valerie Nette, Tina Pirc, Benjamin Riley, Dawn Ruch, Paul Spiezio, and Kurt Wysock

Celebrating birthdays in **February**: Quinn Bumgarner, Teresa Buturusis, Becky Cherry, Rowena Henderson, Galey Kielian, Andrea Miller, Sarah Orr, Jaime Ortiz, Rudolph Pironti Jr, Julia Ruch, Eileen Skisak, and Mark Walters

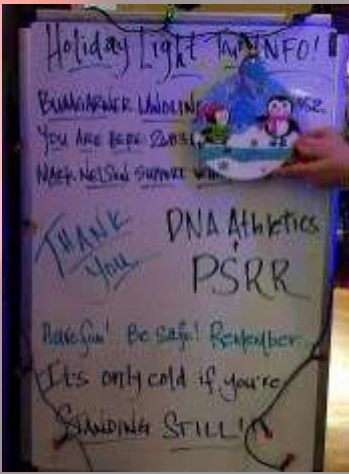
Let's all help them celebrate another great year of running through life!



NEW MEMBERS

- | | | |
|----------------------|-------------------------|------------------------|
| <i>Nydia Beard</i> | <i>Cassandra Salkas</i> | <i>Kellen Walker</i> |
| <i>Aidan Calvey</i> | <i>Isabelle Salkas</i> | <i>Kennedy Walker</i> |
| <i>Kevin Calvey</i> | <i>Jeff Salkas</i> | <i>Michelle Walker</i> |
| <i>Palmer Calvey</i> | <i>Linda Salkas</i> | <i>Michelle Weston</i> |
| <i>Kelly Curiel</i> | <i>Sean Salkas</i> | <i>Kurt Wysock</i> |
| <i>Rachel Morman</i> | <i>Sophie Salkas</i> | |
| <i>Judy Olson</i> | <i>Linda Sikes</i> | |
| <i>Rebecca Rice</i> | <i>Amanda Wagner</i> | |





Throughout the Holiday Season PSRR found many opportunities to MINGLE with our sister clubs—Kankakee Running Club, Inwood Running Club and with our home running store DNA.







2017 CIRCUIT RACES

<u>Date</u>	<u>Circuit Race</u>	<u>2016 Club Participation</u>
Feb 5	Winterfest 5k	42
Feb 12	Frosty 5 Miler	68
Mar 4	Manhattan Irish Fest Parade 5k	73

Rest of circuit TBD at PSRR Banquet on January 14th

*** Membership dues must be current in order to earn circuit points ***

PRAIRIE STATE ROAD RUNNERS

2016 Circuit Award Rules

AS EXPLAINED BY JAY WAIT

At the 12/11/16 PSRR board meeting, the directors voted to continue with the Circuit Award structure established for 2015. The Traditional Circuit Award will continue to reward participation (running, volunteering, and participating in the club). The Age Group Circuit Award allows those who are really competitive to see how they stack up against those in their age group. The two award systems will work as follows:

Traditional Circuit Award: A member qualifies for a circuit award by earning 7 circuit credits, which may be earned by running circuit races, volunteering in club activities, and up to one credit for running a half marathon, marathon, or longer race anywhere in the world. The one exception to the 7 circuit credit requirement is that any member age 14 or younger on January 1st will only be required to earn 5 circuit credits. All members who earn the required 7 (or 5) circuit points will receive the circuit award, which changes from year to year, but typically consists of club merchandise with a value of about \$30.

Those members who run 7 or more circuit races will be ranked against other runners on the basis of their age-graded race scores, with the scoring done cross country style. Age grading is done using the [WMA Age Grading Calculator 2006/2010](#).

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

At year end, the top 3 ranked runners will be recognized at the annual banquet. The award for being one of the top ranked runners is in addition to the circuit award, and is a much more modest award, such as a plaque. In the event of a tie on the basis of

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

Age Group Circuit Award:

Because of the club demographics, there are not enough members in some of the traditional 5 year (or even 10 year) age brackets to provide any meaningful competition. The board has reviewed the demographics (and intends to do so annually) and has agreed to continue to use the 16 age groups (8 each for male and female) that were used for 2015 awards. The age groups are: Under 15, 15-29, 30-39, 40-49, 50-54, 55-59, 60-69, and 70 & over. For the purpose of determining age group, age on January 1st will be used and nobody will be allowed to compete in two different age groups during the year. For example, a person aged 54 on January 1st who turns 55 in March will remain in the 50-54 age group for the entire year.

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



2017 Circuit Award Rules

AS EXPLAINED BY JAY WAIT

At the 11/18/16 PSRR board meeting, the directors voted to continue with Circuit Award structure established for 2015.

The Traditional Circuit Award will continue to reward participation (running, volunteering, and participating in operating the club). The Age Group Circuit Award allows those who are really competitive to see how they stack up against those in their age group. In addition, the board approved a couple of modifications to the Most Miles Award given to the person who accumulates the most miles in half marathon or longer races.

The three award systems will work as follows:

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Those members who run 7 or more circuit races will be ranked against other runners on the basis of their age graded race scores, with the scoring done cross-country style. Age grading is done by using the [WMA Age Grading Calculator 2015](#)

For this grading, age is considered to be the age on race day, and time is input to the nearest second. At year end, the top 3 ranked runners will be recognized at the annual banquet. The award for being one of the top ranked runners is in addition to the circuit award, and is a much more modest award, such as a plaque. In the event of a tie on the basis of the best 7 scores, additional races (best 8, best 9, etc.) will be compared until a winner is found. If that still does not break the tie, the runner with the

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Age Group Circuit Award: Because of the club demographics, there are not enough members in some of the traditional 5 year (or even 10 year) age brackets to provide any meaningful competition.

The board has reviewed the demographics (and intends to do so annually) and has agreed to continue using the 16 age groups (8 each for male and female) that were used for 2016 awards.

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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.

Most Miles Award: Races of half marathon or longer races that are run between January 1 and the cut-off date (usually around December 10) and reported to the statistician will be recorded with a running total of miles run in such races. The Ashley Can half marathon (a PSRR circuit race) will count toward total miles, but will only count once toward the Circuit Award (it will count as a circuit race, but not as a long run). Finally, ultramarathons, regardless of distance, will only count for a maximum of 50k (31.1 miles) toward the Most Miles Award. The winner will be recognized with a nominal award, such as a plaque.

2016 Circuit Results

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

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

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

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

12/12/2016

FINAL STANDINGS

Runner	1. Mid-Winter Cruise 5k	2. Winterfest 5k	3. Frosty 5 Mile	4. Manhattan Irish Fest 5k	5. Rockdale Rambler 10k	6. Trinity Christian School 5k	7. Quarryman Challenge 10 Mile	8. Kendall County Sweetness 8k	9. Minooka Summerfest 5k	10. Liberty 5k	11. Sundowner 5k	12. Firefly 5k	13. Theresa Lang Memorial 5k	14. DNA/PSRR Free 5k	15. Ashley Can Half Marathon	16. Plainfield Harvest 5k	17. Forte 5k	18. Cornerstone 5k "J" Run	19. JJC Haunted 5k	20. Canal Connection 10k	21. Poultry & Pie Predictor 4 Mile	22. Your choice half /full/ultra	23. Volunteer Credits	Circuit Score	Circuit Ranking		
Acup, Fawn		9	15	17		11		8								8	13						C		81	19	
Aguiar, Dan				16					11	12	18	10		14	7			15		10	12			2		76	18
Anderson, Clark	2	1	2	1	1	2		3		4				4		2		2	3		3					11	3
Arreola, Sergio			7	6	6						5											5					
Auld, Michael	5	3	6	C		7	4		11	10	10					4	7	5					1			34	8
Bailey, Marne			40	32	21		9		21				9	21					23	22	14	C			117	28	
Bak, Leo						32				44													1				
Baltz, Cricket	14	20	39		18	14									8					15	19	56	C	8	108	26	
Baltz, Tom		31	53	26																			C	1			
Baltz, Tommy John	13	17	47	38	24				24					27						26	28		C	1	159	41	
Barry, James G.				64																							
Barry, James R.	21		46	45																							
Barry, Laura		52	53	37		10		31	30	68	34	13	32						32	36		C	2		182	45	
Berta, Coral								40					3				14										
Blazekovich, Jenny						3																					
Bonacci-Klaeser, Ruth	15				33		18			54			25	21					35							202	48
Bornhofen, Larry			20	18	14			12	9	15	14		10				10	7	7		7	C	1		62	14	
Bowman, Jennifer				47																		38					
Bowman, Mark	3	4	19	7		3		2			3		3	1					4		3	C	6		18	5	
Brown, Melissa			25		20			15		19	20								19				C				
Bumgarner, John																				45							
Bumgarner, Layne											27						21										
Bumgarner, Quinn											15																
Bumgarner, Robyn			26	29							32						25			40		C	1				
Buturusis, Teresa		30	51		32					58			38				35			31	44					262	56
Byrnes, Brenda				44																							
Calder, Kate			28		16		12	18	17	27			39						18	20	13	C			114	27	
Calvey, Colleen				69							46																
Caracheo, Maggie								21		31																	
Carlson, Craig			42							64																	
Carlson, Ella										40	42						19										
Carlson, Garrett										4																	
Carlson, Gavin										14	18						4		5								
Carlson, Grace										47	30						32										
Carlson, Kerri			33							57	45						18										
Carter, Clint		7	18	12																				1			
Clark, Matt			21		13			13	13		16		12									10	C			98	23
Conboy, Jess			11	5										53								4	C				
Costa, Liz		18					15			25	24	7	16		13				27							118	29
Cyplick, Dave		13	22			13		14	16	22			15				17	10	12	15	18		7			92	21

CIRCUIT RACE RESULTS

Minarich, Mary Jo					17					20			17			22		14	18	16	C		124	31	
Morman, Cathy	9	11	30	36				13		21			22						14		C	2	120	30	
Munch, Tamera			3							7															
Munro, Virginia													16		17										
Murdaugh, Rheta		39		59	24	28		29	43	36				35	22	37			45		1	211	49		
Musgrave, David			23	22		12		42												12					
Nelson, Mark	23	41		57		22		30	33	35	38	31			18	30		28	33		C	3	182	44	
Nette, Paul			17	13	11						6			7	3				8			1	65	16	
Newberry, Phil		6	12	9	7	5				3				5					9			2	44	11	
Ortiz, Jaime								28		37															
Ortiz, Jamie Jr.										63															
Pirc, Brittany					53			43		44		15	36	20						40		1	251	55	
Pirc, Tina			49		41			32		36	28	11	37	17					27	29	C	2	181	43	
Pironti, Jill								42	66				50												
Pironti, Rudolph								40	62																
Podolski, Sally		10		20						16										11					
Porterfield, Dan			14	11	10	8		33		61											C				
Porterfield, Stephanie			44	71	35	18		20		45											C				
Portlock, Caroline			64	C					47	67		22					23					2			
Putnam, Terri		37	56	60	46			41	45	55	41			19				38	43	51			264	57	
Rahn, Eva				8	9			6	5	6		8		8	4		5			5		1	39	9	
Raino, Gerald	16			66																					
Raino, Lauren				67																					
Reddell, Jody	18	27	43	50	38			24	30	27	42	26	10	24			29	16	29	35		C	1	145	36
Reeb, Carol					4																				
Rhoden, Luis			40	41	30																		28		
Riley, Benjamin												44	19	43		28				41	57	C			
Rono, Kibet	6	24		19		4		2		1		1	1	1			1	1	1		2	1	7	2	
Ruch, Dawn					40			22	29				12							34	C	2			
Ruch, Julia					39	29		19	26												25	C			
Schackel, Debbie		15		30				17	20		25		19		10	27		22	24			2	127	32	
Schackel, Harry		21		21				10	8	14	8	7		13		6	11		13	11			61	13	
Servi, Tim			9																			4			
Sheridan, John									28	34							34	18	31			4			
Sikes, John				56	49	25			32	41			28							32	34	1	241	54	
Sikes, Nikki													47								36				
Skisak, Eileen	1		1	2				1		1	2			2		1		2	2	1	1	C	1	7	1
Skuturna, Julie				66	48					69															
Smith, Keith		26	29							18													2		
Sorich, Diana		34	59	62		31		34		53											49	1	322	59	
Stapleton, Carol	10	19	27		19	15		11		23			20	11	9	24		16	13			2	85	20	
Starling, Mary																							23		
Tatroe, Brian																					6				
Tatroe, Terri			45							28													26		
Thompson, Bob										59															
Tocwish, Alicia				48	31	19							35						29	31	C	1			
Tocwish, Timothy					52					39			46						44	54					
Underhile, Clinton		8	13	14	12				8			13		11	9		12		9	10	9	1	65	15	
Veerman, April		32						29				38	17	42		24			36				218	51	
Velazquaz, Javier					5					3	5														
Walt, Jay	24					26		32		36	50	35	14	34			38		33		39	C	7	198	47
Walker, Mark		25	38	35	39	20		17	20	23						17			20			C	1	142	34
Walters, Mark			16	15			5	7	6	7	12	9			6	5	9	6		8		6	42	10	
Warren, John	4	2	8	4	8	6		5		5	9	6	2	6	2		6	4		4		C	3	22	6
Warren, Judith	22		57	55		23		26					21	41						42		C	6	230	53
Wertelka, Raymond	25	36	60		51	27	13	31	36	38			20	44							55	C	6	188	46
Westefer, Gary	20							21					30						30			4			
Wojtkiewicz, Paul			4		2	1	2	1							3					3		C		16	4
Zemaitis, Nicole			35		34		8		19	19		21		49	16						C		152	40	

Please visit the [Prairie State Road Runners website](http://www.prairiestateroadrunners.com) for a list of all results and award winners for 2016



Club Member Benefits

- **BI-MONTHLY NEWSLETTER** – “The Pacesetter” is published every 2 months. Each issue includes a letter from the president, upcoming races, cartoons, race reports and running accomplishments by our club members. You are encouraged to send personal stories, race reports and pictures to newsletter@psrr.org so we can include them in the newsletter.
- **MERCHANDISE DISCOUNT**—Select items at DNA Athletics, 16133 Weber Road, Crest Hill, IL, Phone: 815 588-0908
- **ORGANIZED GROUP RUNS**
 - SUNDAY MORNING SHOW-N-GO RUN AND BREAKFAST**— Since many of our club members run at different paces and are training for various events, we may not always run as a group. We meet at the Channahon State Park (25302 West Story Street, Channahon) between 8:00 – 8:30 AM, finishing around 9:45 AM. At that time, we head over to Lалlos (25220 Eames St, Channahon) for breakfast.
 - GROUP RUN (SEASONAL)** – Takes place on Thursday nights at DNA Athletics, Crest Hill. All ages and abilities are welcome for a 3-5 mile run. Takes place all summer long with a 6:15 start. Stick around after the run to take advantage of your merchandise discount on select items in the store.
- **RACE CIRCUIT** — Consisting of approximately 20-22 races, including a “your choice” ultra, marathon or ½ marathon. All paid members are eligible for circuit participation awards.
- **RACE DISCOUNTS**—Select circuit races
- **ANNUAL BANQUET AND CIRCUIT AWARD EVENT**
- **EMAILS AND REMINDERS ON UPCOMING RACES AND EVENTS**
- **PSRR MEMBER ONLY FACEBOOK PAGE**

PRAIRIE STATE ROAD RUNNERS

Membership Application

2017 RENEWAL/NEW MEMBER RATES (Dues paid for year 2017 if joining after October 1, 2016)

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 2017

PACESETTER

Prairie State Road Runners

P.O. Box 293

Channahon, IL 60410-0293



Mail to:



From Will County's Running Authority

