

# THE PACESETTER

JAN/FEB 2024 | Volume 48, Issue 1

Newsletter of the Prairie State Road Runners

Will County's Running Authority Since 1975

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



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

# THE PACESETTER

Volume 49 Issue 1      JAN/FEB

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# THE PACESETTER

Volume 49 Issue 1 JAN/FEB

## CLUB OFFICERS

### President

Amy McGoldrick

### VP/Operations

Mark Walters

### VP/Business

Nydia Beard

### VP/Membership

Javier Martinez

### Secretary

Eva Rahn

### Treasurer

Steve Topf

### Directors (3)

Raquel Frias

John Davis

John Steinmetz

## Upcoming 2024 Races

February 3 - Winterfest 5k, Kankakee

February 10 - Frosty Five, Channahon

Coming Soon— 2024 PSRR Circuit List!

## Welcome New Members!

Alejandra Zavala

The Tamayo Family (Jesus and Becky)

Jack Bush

Hannah Host

Mateusz Kaluza

Gloria Kozar

Mike McGowan

Jaslyn Solorzano

The Moxley Family  
(Natalie, Zoe, Max, Rory,  
and Bill)

Ryan Babic

Michele Byrnes

Glenn Gabryel



On the cover:

Bill Williams took this beautiful photo at the Annual Holiday Lights Run.

Newsletter editor: John Steinmetz

Webmaster: Scott Lemke

### Corrections from the Nov. Dec. Issue:

Two names—Diana Sorich and Raquel Frias—were misspelled in the last issue in the article about the Des Plaines River Trail Race. The Editor sincerely apologizes. Hats off to 50k and 1/2

# BULLETIN

## From the PSRR Editor

2023 Was a great year! This issue provides some highlights from previous newsletters and also one of the best articles I received in the past two years. Mark Bowman puts you inside his head as he attempts another 100 miler under some warm conditions. You will enjoy it. Another story was contributed by Bobby Maszak, the son of Robert Maszak, 79, a Hall of Famer you need to know! His story is found in the PSRR Poultry and Pie Predictor write-up, near the end of this Newsletter.

Some readers may miss the 2024 Race registration links and 2023 Circuit Results.. This was time consuming. Readers are now directed to PSRR.org to look at the results on our website.

This will be my last issue as editor. It was a great way for me to meet club members, and be inspired by their exploits both on the circuit and off the circuit. I enjoyed sharing wisdom gained from experts in the Coaches Corner and gathering up Jokes for the bulletin board. I will be a contributor as Amy McGoldrick takes over the Newsletter. I look forward to seeing the new format and other improvements Amy and her staff will bring us.

Editing a Newsletter is like running a marathon, always a struggle, but when completed, a feeling of satisfaction. Many thanks to my informal staff of contributors and editors over the last two years. It cannot be done alone and was a team effort! May you prosper this coming New Year!

Finally, my sincere condolences to Darcy Welsh on the loss of her husband Bob. I reached out to Darcy today and she provided the following message. "This came out of nowhere and it changed my life forever. I find myself thinking of our plans for the future, knowing it will never happen. I miss my support guy. It's going to be different, I'm adjusting. Thanks to all my PSRR friends it's been easier. I feel your love through your messages, phone calls, and cards. It has helped me a great deal. I also love the mentions of him in this issue. He would be humble about it, but I'm sure he'd have a comment to make us all smile or laugh a bit." I know many of us shared tears and smiles when speaking of Bob. You and Bob are in our prayers. His funeral mass will be at St. Ann Church in Channahon on February 17 with visitation at 9am.

*John Steinmetz*



### Upcoming Events:

An Annual Membership Meeting and Annual Awards Banquet will take place on January 27th.

Sign up at <https://www.givesignup.org/TicketEvent/PSRRBanquet>

### Joke Corner

Please see Jokes of the Year in the 2023 Year in Review Section of this Newsletter.

One for 2024

Sad backwards is das...and das not good.

# PREZ SEZ



by Amy McGoldrick

Dear PSRR Members,

We hope that all of you and your loved ones enjoyed a happy, healthy, and joyful holiday season! As the year draws to a close, it's time to lace up our reflective running shoes and take a stroll down memory lane. 2023 has been a year of incredible strides, camaraderie, and personal achievements for our Prairie State Road Runners family. Let's celebrate the highlights that made this year unforgettable!

**Milestones Achieved:** We've collectively covered thousands of miles this year, conquering personal bests and pushing our limits. Whether it was your first 5K or a marathon, every step counts, and we're proud of each member's achievements.

**Community Support:** Our PSRR community has grown stronger, fostering a supportive environment for runners of all levels. The encouragement shared in our social media group, at Sunday Funday and at other meetups, and at circuit races has created lasting connections and friendships.

**Charitable Contributions:** I'm proud to share that our club participated in various charity runs and fundraisers, including our own PSRR fundraiser for a local Joliet elementary school. Together, we've made a positive impact on our community, using our passion for running to give back.

**Events and Gatherings:** We organized several enjoyable in-person events and gatherings, including a summer picnic, park clean-up, and holiday party. These moments allowed us to celebrate accomplishments, share stories, and strengthen the bonds within our running family.

**New Members and Inclusivity:** We welcomed new members with open arms, fostering an inclusive atmosphere for runners of all ages and backgrounds. Our diverse community continues to inspire and motivate each other on this shared journey. Sadly, we also lost one member this year. Bob Welsh was an active member and volunteer and attended many events with his wife, Darcy. Our deepest condolences to Darcy and all of his family and friends.

As we wrap up the year, let's carry the lessons learned, the friendship forged, and the memories made into the upcoming year. Thank you for being an integral part of PSSR. Your dedication, passion, and perseverance make our club the vibrant and supportive community it is. Wishing you a joyous holiday season and a new year filled with new challenges, achievements, and, of course, many more miles of running.

Amy

## IN MEMORIAM

Bob Welsh

1951-2023



We will miss you, dear friend!

# Christmas Holiday Party

The Annual Holiday Light Run and Christmas Party was held again this year at Channahon Lanes with almost 60 members and guests partaking in the festivities. Mild temperatures made it a perfect night for a run and photo ops in front of the beautiful Channahon Village Hall and the surrounding neighborhood's Christmas decorations.

Following the run, a free drink and pizza (provided by the club) as well as a party sized sub and an abundance of yummy appetizers, snacks and desserts brought in by club members were enjoyed by the attendees.

We raffled off over 30 fantastic gift certificates and apparel thanks to some very generous donors (listed below), and shared great fellowship, conversation and laughter in the ambiance of the festive Channahon Lanes bar with the joyful sounds of Steve Topf's Pandora Christmas music to set the mood.

Thank you to the PSRR Christmas Party planning committee (Eva Rahn and Stephen Topf), to John Warren and Liz & Nick Costa for their hospitality along the running route, and to everyone who participated to make the party a success.



# Christmas Holiday Party

To those who couldn't attend- we hope that you can join us next year!!

Please try to support and thank our generous raffle donors:

- DNA- Active Lifestyle Outfitter
- Rosebud Embroideries, LLC (Sarah Rose)
- Alter Ego Running (Nick Garcia)
- Channahon Lanes & Mini Golf
- 1340 AM WJOL Will County News Talk
- Inwood Athletic Club
- Premier Fitness- Minooka
- Anytime Fitness- Minooka
- Treadfit- Shorewood
- Shoop Scoot

Also special thanks to the PSRR Board of Directors who approved the donation of a free membership and Irish Fest registration, and to all the club members who participated in the Will County Brew 5K this past August – you helped us win the 'largest group' prize of (4) \$25.00 gift certificates that we could raffle off as well!





# Another 100 Mile Attempt and Maybe, A Little Redemption

By Mark Bowman

What do you do when you want to try just one more hundred mile race? It has been 8 years since I last ran one, which fortunately, I finished. I am not a youngster anymore at 68 years old. But there is something about trying this one more time.

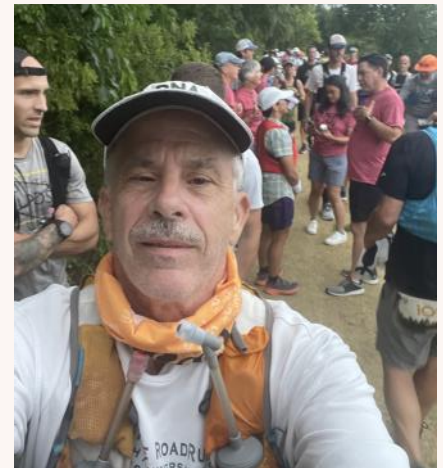
What is it that has attracted me to this distance? I have run many ultras over the last 28 years, including finishing 4 of 6, 100s. My wife feels it is just too much for me, but the appeal of the challenge is just something that I can't seem to shake. Running 100 miles delves down deep into your core. It can take you to the brink of what you are made of. And it doesn't matter how fast you are. Also, after meeting and running with some total stranger for possibly hours transforms into a new friendship that you couldn't possibly imagine before. Each one is a singular experience with no two races the same.

So I actually decided to try one, again, in 2023. After looking into several possibilities, I narrowed it down to the Badger 100 on the Badger Trail in Wisconsin. I signed up in December and the race would occur on the weekend of July 29th. The weekend of races consists of a number of races, including the 100 mile, 100K, 50 mile, 50K, Marathon & Half-Marathon.

The Badger trail started as an Illinois Central Railroad Company rail line in 1886 and ran from Freeport, Ill. to Madison, Wisconsin. The company's trains used this corridor to haul grain, livestock, freight and passengers. Passenger trains ran daily up until 1976. After several mergers, the line stayed in use until December 15, 1993, when because of unsafe operating conditions, it was embargoed. In 1997, the Department of Natural Resources began to look at the possibility of converting the corridor to a recreational trail under the federal Rails to Trail Act and in 2006 the Master Plan for the rail bed was approved by the Natural Resources Board making it the Badger State Trail.

The trail runs basically north/south through a number of small towns. It starts in Freeport, Illinois as the Jane Adams trail and turns into the Badger when crossing the Illinois/Wisconsin border. The trail is a mixture of dirt, limestone and grass with just a tiny bit of pavement here and there. And it is flat. The main unique feature is a quarter mile tunnel that the trail runs through. The tunnel bends a little in the middle, which creates a total absence of light. It is a surreal feeling passing through it. I got to experience it in full back in 2019 when I ran the 100K which was the first running of the Badger races. Unfortunately, for the races since, the tunnel has been closed because of unsafe conditions. It will remain closed for this year with expectations of it being ready for next year's edition of races. So there will be the detour around it on roads which have some hills and is very open to the hot July sun.

I had confidence I knew how to prepare. My body has definitely slowed down and it just doesn't hold up as well



## **Another 100 Mile Attempt continued**

anymore. But I did manage to average about 70 miles a week from the middle of May to the middle of July. But I had to keep to a minimum any speed work and/or tempo type runs to avoid any injuries (8 years ago I was able to regularly include these types of runs). Since I was not really planning on racing, just finishing, I was okay with this.

After tapering the week of the race, it was time to make the 2.5 hour drive to packet pickup, which was held at an old style tavern called Dot's. With multiple races over the weekend, there was a great crowd at Dot's. The ultra community is a unique culture. Extremely friendly and always helpful. I have been in races where runners have given up their own goals or even a finish to help a fellow runner. At Dot's, I saw old friends and made new ones. I talked with Scott Kummer, the race director, who is an incredible individual. He has done so much for the community over the years, as a race director and as the host of the Ten Junk Miles podcast. He will do anything to help people. After spending about an hour there, I headed to the motel and dinner with hopes of a good night's sleep.

The 100 mile race is an out and back and out again. So with the 6:00 AM start, runners needed to get to Belleville for the bus by 4:30 which would take us to the start in Orangeville. The weather was 68 degrees at the start and was expected to be sunny and reach about 85, but relatively lower humidity. The course is about 50/50 open/shady areas. We all knew it would be hot at times out there. From where we were all gathered at the start it was about a quarter mile walk to the actual starting line. We had about 150 starters.



After a short speech by Scott, we were off. I started with a good 5 minute walk and then went into a 3/2 strategy. That is, 3 minutes running, 2 minutes walking. Although the temperature was 68, the humidity was about 70%. Even taking it easy, the body warmed up pretty quick. It was about 3 miles to the Wisconsin border which went by quickly. By this time, the runners already had strung out and were mostly running in ones or twos. It was another 2 miles to the first aid station—an unmanned water only station.

Another 5 miles to the first big aid station (manned by OMR) in Monroe. I was feeling pretty good by this point and was happy with my 3/2 strategy. After a couple minutes replenishing my water bottles (one with water and one with Ucan) and a bite to eat I was off again. Next stop: Gutzmer Road aid station. It's a pretty long stretch of seven miles to the Gutzmer Road aid station, but, again, things were still going smoothly. It's only four miles to the next aid, so I did not spend much time at Gutzmer.

Hollywood aid station is a really big spread and was a place where I could have a drop bag. It is named after the aid station captain, Holly. She is a wonderful person and tries to greet every single runner as they come through. By this time the temperature was around 80 and we could start to feel the heat a bit. But I spent a bit more time there and left feeling refreshed.

## Another 100 Mile Attempt continued

The next section includes the tunnel detour with some significant hills on roads. Worse, it is wide open with virtually no shade. As the temps continued to rise, it takes more out of you. Needless to say, I walked the uphill even if they didn't fit in with the 3/2 strategy. At the bottom of the last hill, just before getting back on the Badger Trail, is another aid station which felt heaven sent. This allowed me to gather myself for the next push into Belleville.

Belleville is the finish location for the 100 mile as well as the start and finish for all the other races. The first time through here is about the 50K mark. This is where the crowds tend to be. It is in a large park across from a lake and this year had a music festival going on along with the race. A lot of the townspeople were cheering for us which really helps your mental state. Looking back, I should have spent more time here and ate a lot more. I also was probably going a bit too fast during my running portions for the past 5 miles since I was in a groove.

Leaving Belleville, we now head 4.2 miles to the turnaround at Dot's Tavern. Temps were reaching the high for the day at 85 degrees and this stretch has little shade. Humidity stayed about the same all day that it was at the start. At Dot's all runners are required to pick a coaster to prove they got there. I stuck it my running vest figuring it would make a nice keepsake of the race. Unfortunately, by the time I made it back to Belleville about an hour later, it was totally mush from the heat and sweat.

Back at Belleville, again, I did not take enough time to rest before starting out on the return trip to Orangeville. I did decide to just walk for the time being. It was here I met up with Matt, who was just as happy to just walk for a while. We had a great time just talking about everything. It turned out we had met the summer before at the Dog Days 12-Hour race in Aurora where finished 1st and I, 2nd. But since it was an overnight race, we kind of realized we didn't get a great look at each other. We stayed together for the four miles to the tunnel detour.

This is where I probably made my biggest mistake. After all the walking, I was ready to run again and without realizing it, I was pushing the pace. And it was hot. But I've always liked running in the heat and didn't think it through very well. I kept this up all the way back Hollywood thinking that I was feeling good.

And although I took some time at Hollywood, by Gutzmer Road, it was starting to hit me. I was able to do some decent running over the seven miles back to Monroe. But my energy was running out. It was also around twilight when I reached Monroe. Here I took a seat for about 15 minutes, trying to rest and to get some food down me. But it was not easy. I really did not feel like eating.



## Another 100 Mile Attempt continued

After the 15 minutes, I felt it was time to go. I had covered 60 miles in about 14 and a half hours. With a 36 hour cutoff, I had all kinds of time even with just walking. But my grandson was celebrating his birthday Sunday afternoon which I did not want to miss, so it would be more like 28 hours if I wanted to get there on time. So off I went, at first just walking from Monroe as darkness fell. I was tired, but managed to mix in a few stretches of running for the next couple of miles.

And that's where the wheels fell off. It was weird in that for the next 7 to 8 miles to Orangeville, I couldn't stay on the trail. I was constantly drifting to the right and running into the bushes just off the trail. Now, the trail is a lot like the I & M Towpath. It is not single track. In most places it has to be a good 6 feet wide. But even as I would try to stay on the left side, I would find myself all the way off the right side time and time again. It ended up taking me about 3 more hours to get to Orangeville (the last turn around). I felt dead. It was such a struggle to get there.

So it was decision time. I sat there for a while, not in a good state. Physically, very tired, but knowing it is possible to recover. Mentally, though, I just couldn't imagine fighting to stay on the trail for the last 30 miles. I even had two guys offer to put me in between them to keep on the trail heading back. But feeling sorry for myself, I didn't want to put that burden on them. What a nice offer though. After about another half hour of wrestling with this, I decided to pull the plug and end my race.



Fortunately, I found a really nice person to drive me back to Belleville to my car.

Overall, I don't really consider this a failure. Yes, I was very disappointed, but I run 70+ miles in under 20 hours. At my age, it was still a significant accomplishment.

### Redemption 4 Months Later

Fast forward to the second weekend in November. I had just turned 69. I wanted to create a challenge for myself. I decided I would run 69 miles for my 69th birthday. But I wasn't prepared to run through the night, so I would split it up over two days. I was already signed up for the Paleozoic Fall 50K on the Saturday. This left 38 miles which I would do the day before, running a 4.5 mile loop around my home. It took me about seven hours for Friday's 38. The question would be, "Was I able to get it done Saturday?". I just wanted to finish under the 8 hour cutoff. As it turned out, I surprised myself by finishing in 6 hours and 39 minutes. It wasn't 100 miles, but I was happy with the result and felt a bit of redemption.

# 2023 In Review

## Membership Meeting and Awards Banquet

January 21, 2023



## 9th Annual PSRR Manhattan Irish Fest Parade 5k

March 5, 2023



# 2023 In Review

## Bank of America Shamrock Shuffle March 26



## First Annual Braidwood Memorial Day 5k May 27, 2023



# 2023 In Review

## Minooka Summerfest 5k

June 17



## Yorkville Summer Solstice 4 Miler

June 23



# 2023 In Review

## Sunday Funday Mini-Tri September 10, 2023



## JJC Foundation 5k October 1, 2023

Another great turnout at JJC! Great charity and fast course! Lots of PRs.





# 2023 In Review

## Forte 5k

October 21st

### Elementary School Cross Country Team Kicks Butt!

PSRR J.T. Markland won the race (again) and three other club members finished in the top eleven including Nick Garcia, Pat Koerner (the younger version) and Humberto Macias De-Leon.

The PSRR women were on fire and Brittney Pirc was 3rd overall female, Charlene Hamann was 7th, Kate Calder was 9th, Eileen Skisak was 10th , and Jill Sauerwein was 11th.

The second through fifth place overall finishers were all between 10 and 13 years old and the 8th and 9th place finishers were 10 years old. This would seem to bode well for future versions of the Channahon and Minooka Cross Country teams both Junior High and ultimately at the High School level. Let's see what the youngsters do 40 years from now!



# 2023 In Review

## The Joke Corner, Best of 2023

Best Just Saying If you clean a vacuum cleaner you become the vacuum cleaner.

Math Challenge: 3,027 years from now, life will be either very good or very bad. Its 5050.

How does the the human brain ignore the second “the”?

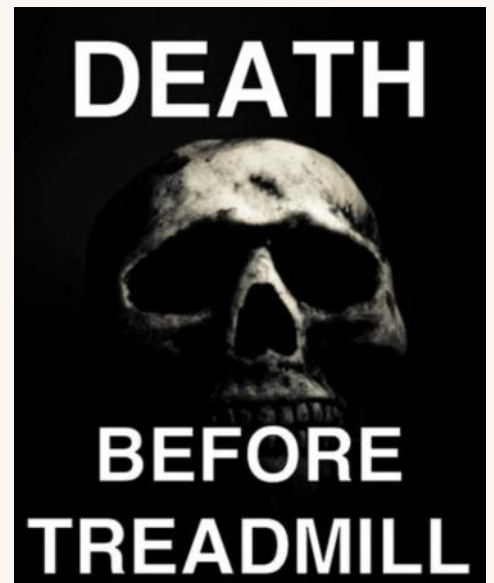
I accidently took my cat’s meds last night. Don’t ask meow.

How many exotic birds does it take to change a lightbulb?  
Toucan

I quit my job at the donut factory. I was fed up with the hole business.

I thought it would be a good idea to literally wear a different deodorant under each armpit. But that’s just my two scents.

What keeps sheep up at night? Velcro Fences



# 2023 In Review

## Tour Du Mont Blanc

The September-October Issue featured 4 articles of PSSR Runners Hiking around the Globe. The picture of Vera J. Erickson's group was spectacular.



Go to [PSSR.org](https://www.pssr.org) to see more 2023  
Newsletters and Photos!

# Tinley Park Turkey Trot 5k

November 6

## RACE RESULTS

The Tinley Park Turkey Trot 5k was run on a perfect November day with temperatures in the 50's. A great turnout by the PSRR members with 16 of the 200 finishers coming from our club! Jackson Ethridge turned on the jets to finish in 17:18.7.

The race was well run, except that one needed to return to Tinley Park on Monday to pick up their medal if they had placed.



PSRR runners  
after the race.

# Paleozoic Carboniferous Fall II

## RACE RESULTS

November 11



**When:** November 11<sup>th</sup>, 2023

**Where:** Palos Park - in the beautiful Tahe south racecourse is a wonderful mix of wide crushed gravel paths and sometimes narrower more rugged dirt trails. We prefer to chart these trails for fall Paleozoic racing... so nice to be back. Each out-and-back lap totals a running distance of 15.534 miles (25 Km).

The weather at the start was ~35 degrees at the start with 85% humidity under passing clouds. Temperatures in the early afternoon were 51 degrees with humidity falling to 44% under scattered clouds. Great weather for running.

**How Many:**

### Race Registration Statistics

Event:	Registered	Started	Finished
25 Kilometer:	86	71	71
50 Kilometer:	89	79	74
Race Totals:	175	150	145
Volunteers:	8		

**PSRR Participation:**

2 Runners competed in the 50 Km run. They were Mark Bowman and Jenn Craig. Mark took 44<sup>th</sup> overall and 3<sup>rd</sup> place in the 60-69 division, while Jenn finished in 68<sup>th</sup> place and 6<sup>th</sup> in the 30-39 division. Mark and Jenn provided their experiences later in this article.



# Paleozoic Carboniferous Fall II

**By John Steinmetz**

In the 25 Km division Nick Garcia finished in a blistering 2 hours 25 minutes and 45 seconds. That's 9:11 per mile pace. Nick finished 3rd in the 40-49 division and 12th overall. Well done! Nick has battled back from back issues and seems to have found his stride.



Lily Medina continued to be a standout in the Ultra community. Lily was still recovering from an extremely challenging 100 mile run over a hilly course in Iowa (See the last issue of the Newsletter for more details). Lily finished 14th overall, just a few minutes behind Nick. This earned Lily 2nd place in the women's division and 1st in her age group!

Efrain Huerta missed a turn and ran an extra couple of miles, but still finished in 19th place. Efrain's improvements in the trail races over the last couple of years has been phenomenal!

John Steinmetz finished in 26th place and 1st in the old guy division. Two people over age 60 ran, John at 71 and Andy Thomson at age 73. Both gentlemen were under 4 hours. That Geritol must really be working!

Leslie Williams continued her very strong 2023 season by finishing 30th out of 71 runners and taking 3rd place in the ultra-competitive 50-59 age division. Leslie finished 2nd in the PSRR circuit standings for this race.

Overall, the race was spectacular. The trail was quite hilly, especially when coming back on the out and back course. Quite challenging, when the legs are heavy and competition drives one to his/her limits. The festivities at the end of the race included warm rice and beans to go along with the usual fare of bananas, bars, etc. The top 3 awards were an engraved glass which is a lot more useful than medal when consuming fluids! Never could drink using a medal. Each finisher also received a medal.

After pounding the flat open roads of Illinois all summer, this race in the Cook County forest preserves was delightful.

Hoping other PSRR members can enjoy the fun next year.

(Pictured are 25 Km finishers Lily, Efrain, Nick, Leslie and John)



# Paleozoic Carboniferous Fall II

**By Jenn Craig**

As a diabetic runner I face many challenges on top of completing these long distances. I try to prepare and handle the challenges as they come. I ran the Chicago marathon this year and missed my goal by about 5 minutes. My insulin pump failed and caused me some issues during and after the race. Days after the marathon I was considering signing up for the Paleozoic 50k. I guess I felt like I wanted redemption. So I signed up and I was determined to manage my nutrition and my diabetes and finish the distance.

Race day came and the weather was great. I opted to start the race early to ensure I could be done before sunset. With an early start I had no one to follow and ended up taking a wrong turn and was lost. I called my friend Sue Bolatto, who is a maps wizard and she came and got me and showed me where I took the wrong turn. I ended up running an extra mile and a half by the time I got back on track.

After about 13 miles in I had another insulin pump failure. This time I was prepared and changed it right away. I had elevated blood sugar at this point and wasn't feeling well. I fought thru to finish the first 25k.

This was the first race I almost did not finish. I seriously considered not going back out. My blood sugars still weren't trending down after, a 10 minute discussion with my husband- the blood sugars showed some promise of coming down and I was feeling marginally better. So I went back out and told myself if I didn't start feeling better I could stop and anytime.

Good news, I started to feel better! By the time I got to the turnaround I had ran over 23 miles and was determined to finish. Sue and my husband Wes we're great supporters that day and carried me through. All in all, being a diabetic runner is a challenge. Runners are the toughest people I know!! This course was quite hilly and leaf covered, but beautiful. Overall, this race was good and challenging. I am so happy to be considered an ultra marathoner!

Congrats Jenn on joining the ultra club!



Jenn Craig and Mark Bowman

# PSRR Poultry & Pie Predictor

[RACE RESULTS](#)

November 23

[RACE Photos](#)

The PSRR Poultry & Pie Predictor was a sold out success! The one mile children's race kicked off the event followed by a horde of runners chasing Turkeys and pies. Congratulations to Mark Walters and his merry band of PSRR volunteers who showed up to make the race and festivities special. The results and some pictures are found on the next page.

A long time PSRR member and Poultry Predictor racer, Robert Mazak, 79, competed in the race for the 40th time this year. He started with the very first predictor on Thanksgiving morning in 1981. This race was held completely outdoors and had 30 participants. It was held at the pavilion close to the Gouger Road entrance to Pilcher Park. It was a five miler then. Since then, Robert has been the club statistician with results for more than twenty years before the introduction of computers. He also was the race director for 25 years for the one-mile run held before the predictor race. He is one of the original members of the Prairie State Hall of Fame.

Although his running has turned into race-walking, he still considers the Poultry Predictor his favorite race of all of the thousand plus races he has run. This is because everyone has a chance of winning here. Bobby Maszek ran with his dad, as usual. Bobby Maszak contributed the following additional information:

Bob has run a total of 1371 races starting in 1978. He has notebooks that fill an entire bookcase with yearly results from every race. He has won 428 trophies, 360 medals, 38 turkeys and 135 other awards.

His bookcase full of yearly results going back to when he started running in 1978.

His major running accomplishments include winning a 24-hour race on a quarter-mile track in Elk Grove by running 105 miles, running 26 marathons

averaging 3 hours and 20 minutes, and even creating a sculpture of 150 runners on a track using old trophies. The picture in the lower right corner has a story also, Bob and his wife are caregivers for their 12 year old great-granddaughter, Tori Maszak. Bob often pushes her in races. This picture is how most of the neighborhood athletes know him and Toni..





# PSRR Poultry & Pie Predictor

This letter of appreciation was sent to PSRR:

On behalf of all PSRRs, and anyone else who participated in the annual Poultry and Pie Predictor on Thursday, please accept our sincere appreciation for the hard work that the Board, volunteers and support staff put in to make the concluding circuit event absolutely wonderful.

All elements combined to make it a capital day... your dedication, the weather and being back at the nature center.

Yes, having 450+ at the Horticultural building had a positive buzz and maybe encouraged new members to sign up. However in my view there was something special about "going back to our roots" at the nature building, with concentration on club members and their immediate families and friends. Maybe it was a long association with the location and closeness.

In any case you made the day very special ... invigorating, exhilarating and just plain fun.

And certainly for your efforts throughout 2023 to make the Prairie State Road Runners an enduring organization. As Mr. Walters stated, the club is approaching 50 years which is a most extraordinary achievement, reflective of the Board and all who preceded it.

Respectfully,

Glenn Gabryel



# Poultry & Pie Predictor Joliet

Place	Name	Bib#	City	Age	Prediction	Finish Time	Differential
1	Scott Ward	310	Plainfield	65	43:00.0	43:00.0	00:00.2
2	Valerie Valente	378	Tinley Park	43	31:28.0	31:27.0	00:00.3-
3	Javier Martinez	315	Minooka	56	27:10.0	27:09.0	00:00.5-
4	Jesus Tamayo	327	Plainfield	49	40:00.0	40:01.0	00:01.1
5	Marne Bailey	382	Minooka	48	35:40.0	35:37.0	00:02.2-
6	Timothy Wenckus	401	Homewood	56	42:45.0	42:42.0	00:03.0-
7	Jim O'Neill	336	Orland Park	56	34:00.0	33:54.0	00:06.0-
8	Gina Hoefflerle	424	Shorewood	43	56:23.0	56:17.0	00:06.0-
9	Kelly Koven	341	Yorkville	44	43:30.0	43:23.0	00:06.7-
10	Cameron Martin	332	Joliet	43	26:00.0	25:49.0	00:10.3-

**Congratulations to the top 10 finishers above.**



Join us!  
**PSRR Sunday Funday**  
Channahon State Park  
8 AM



## Other Group Runs

You will also find PSRR members training with other groups, such as DNA Run Club, Channahon-Minooka Running Club, Inwood Running Club, and Lockport Running Club.



**Thank you for an  
amazing year!!!  
Looking forward to an  
even better one in 2024!**

The End