

# THE PACESETTER

JULY/AUGUST 2020 % Volume 45, Issue 3

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

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

## SUNDAY MORNING STATE PARK



## RUNS ARE BACK!



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

PRAIRIE STATE ROADRUNNERS



WILL, KENDALL & GRUNDY COUNTIES, IL SINCE 1975

[WWW.PSRR.ORG](http://WWW.PSRR.ORG)

# PRAIRIE STATE ROAD RUNNERS -- The Pacesetter

March/April 2020

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

Volume 45, Issue 1

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[Click here to join PSRR!](#)

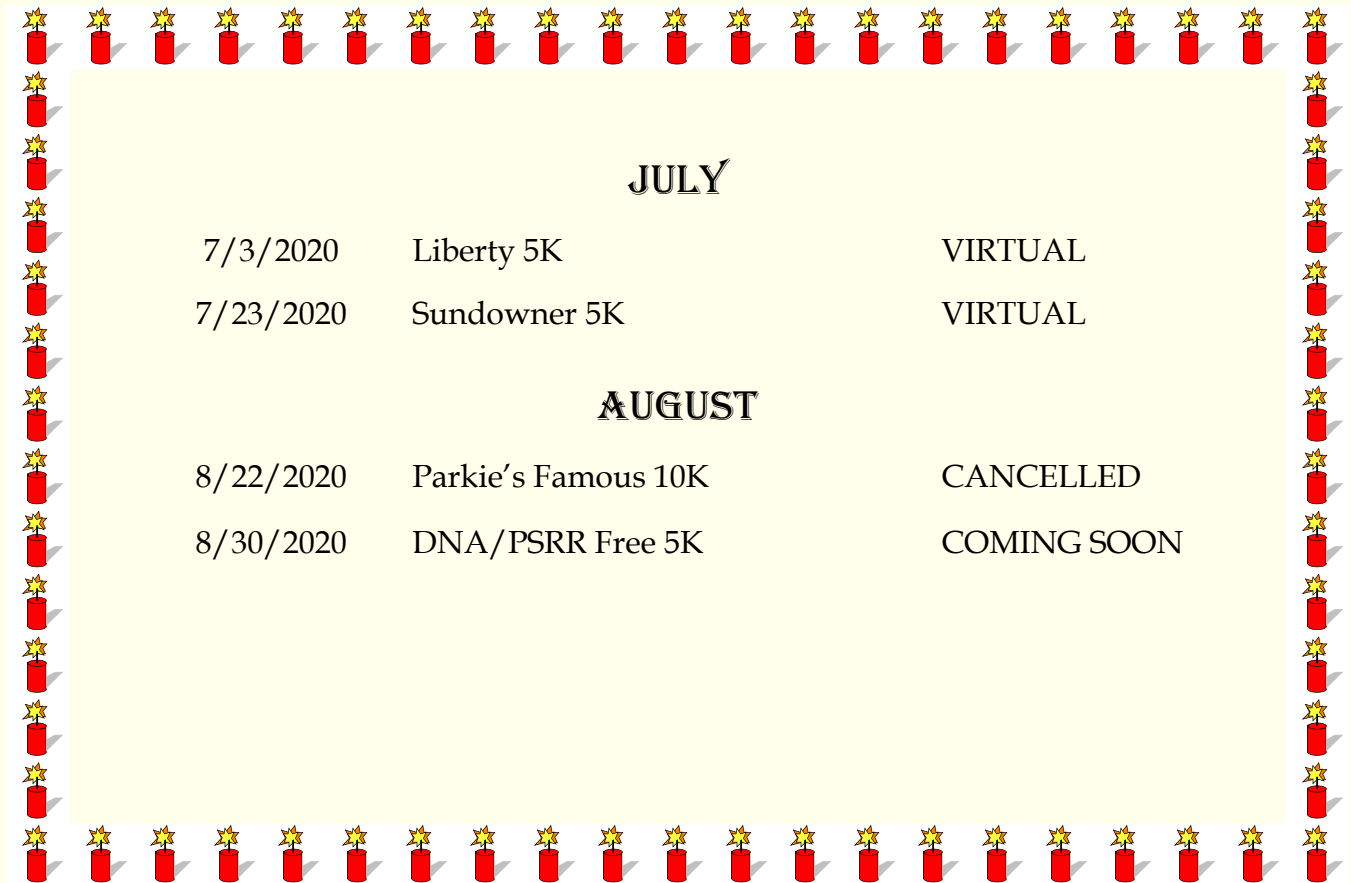


Founded in 1975, the Prairie State Road Runners (PSRR) are one of the oldest running clubs in Illinois. The majority of our members are from Will, Grundy, and Kendall counties. The club sponsors the Thanksgiving Day morning Poultry Predictor 4 Mile Race in Joliet’s beautiful Pilcher Park and the Manhattan Irish Fest Parade 5K.

The Prairie State Road Runners is a member of the Road Runners Club of America (RRCA) [www.rrca.org](http://www.rrca.org) and is a defined 501(c)(3) organization under the RRCA charter.

# PRAIRIE STATE ROAD RUNNERS

## UPCOMING CIRCUIT RACES AND EVENTS



JULY		
7/3/2020	Liberty 5K	VIRTUAL
7/23/2020	Sundowner 5K	VIRTUAL
AUGUST		
8/22/2020	Parkie's Famous 10K	CANCELLED
8/30/2020	DNA/PSRR Free 5K	COMING SOON

## ACKNOWLEDGMENTS

FIRST AND FOREMOST, many many thanks to everyone for patiently awaiting the recreation of this issue after the last file became corrupted. I have learned a valuable lesson and will always make an extra copy of the file even though I became a compulsive saver of documents almost 30 years ago.

MUCH GRATITUDE is also owed to the authors of this month's articles! Thank you for sharing your activities with us and keeping the common thread of running strongly connecting the fabric of our lives together as club members.

And we truly do APPRECIATE everyone for the steady flow of photos to the Facebook group. Even without races, we have photo journals of runners to share and that makes this challenging time so much less burdensome.

What an awesome group of people this is!



**By Mark Walters**

Greetings

The 'Prez Says' feature is back! We've missed a few editions, but that hasn't diminished the quality and inspirational content of the Pacesetter as a whole. Be that as it may, the feature is most useful in communicating those things that matter most to you as member of this club. And this is what I shall endeavor to do.

Faithful readers of this remarkable newsletter will recognize right away that this is my first column, in this, my first year as club president. I have been a member of PSRR since 2012, and I have served as treasurer since 2015. I am succeeding Cathy McQuarters, who has served admirably for 2 years, and although she has stepped aside, she is still serving as one of our 3 directors on the board.

2020 marks the 45<sup>th</sup> anniversary of our club! It is an honor to be in this position, at this time in the history of our club. We will have something in the way of merchandise to commemorate the occasion. Stay tuned!

The board has met three times this year and one of the major topics is what to do with the 2020 circuit. First, no circuit credit will be awarded for cancelled races, or races that have transitioned to virtual. Second, postponed races are to remain on the circuit, and fall to new dates. Other updates: The annual club picnic (scheduled for June 7) was suspended indefinitely. There is no Nike Running Camp in 2020. The PSRR Spring/Summer Merchandise online store will open in early July. There is no consensus on year-end circuit awards and recognition. This will be decided by the end of July.

One notable action has to do with annual membership. All members in good standing will have their membership extended through the end of next year. Therefore, there will be no collection of dues this fall.

Clearly, 2020 has been a year unlike any other in the club's history. So many races have been cancelled or transitioned to virtual runs, and this will likely continue. Minooka Summerfest 5K is the latest to have to cancel. Our FREE 5K is scheduled for Sun August 30, and we are working with the Forest Preserve District of Will County to develop a



viable plan to have an event which provides for the safety and comfort of all volunteers and participants. At last report, Shoop Scoot 5K (Sep 13) was planning to proceed with appropriate measures.

Racing and competition are the very heart of most any running club; however a race isn't an end in itself, but an important means by where one can 'level-set' their race fitness. Hardly anyone trains at 'race pace', and a race tends to bring out the best in us on that day.

But racing isn't necessary to experience the pure joy of running. We run because it makes us happy. It's a feeling of freedom or of being in nature; of being 'out'. And we can usually do that as often as we want, whenever we want, for however long we want. We can dictate our schedule or our training plan, and we like that.

Still, we crave achievement and that is where GOALS come in. Running goals, or goals that are running-related, can take many forms: miles per week/month, minutes per week/month, longest distance, longest time, fastest mile. Once we achieve a goal, we feel satisfied with self and perhaps even more confident in other areas of our lives.

So without in-person races, many of our members have turned to virtual distance challenges to gain that sense of achievement. Some are doing The Great Virtual Race Across Tennessee 1000K. Others are doing The Great Run Across Illinois Virtual Relay Challenge. Since the 2020 River to River Relay was cancelled, some are doing The R2R Virtual Run Across Southern Illinois, which follows the 80-mile route of the fabled event. In all - you do the distance in the time allotted and receive the recognition.

We commend all our members who are involved in virtual challenges, setting personal goals and staying in race-ready fitness. It's truly inspirational to see others commit to a plan to achieve a goal.

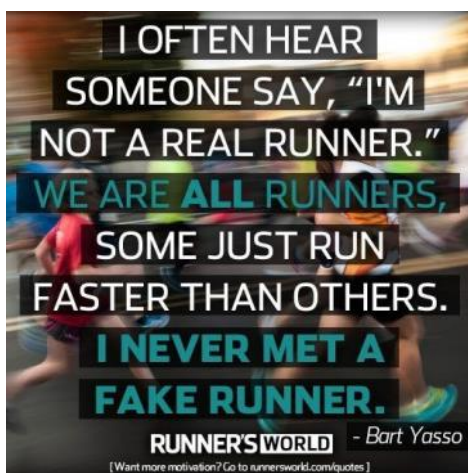
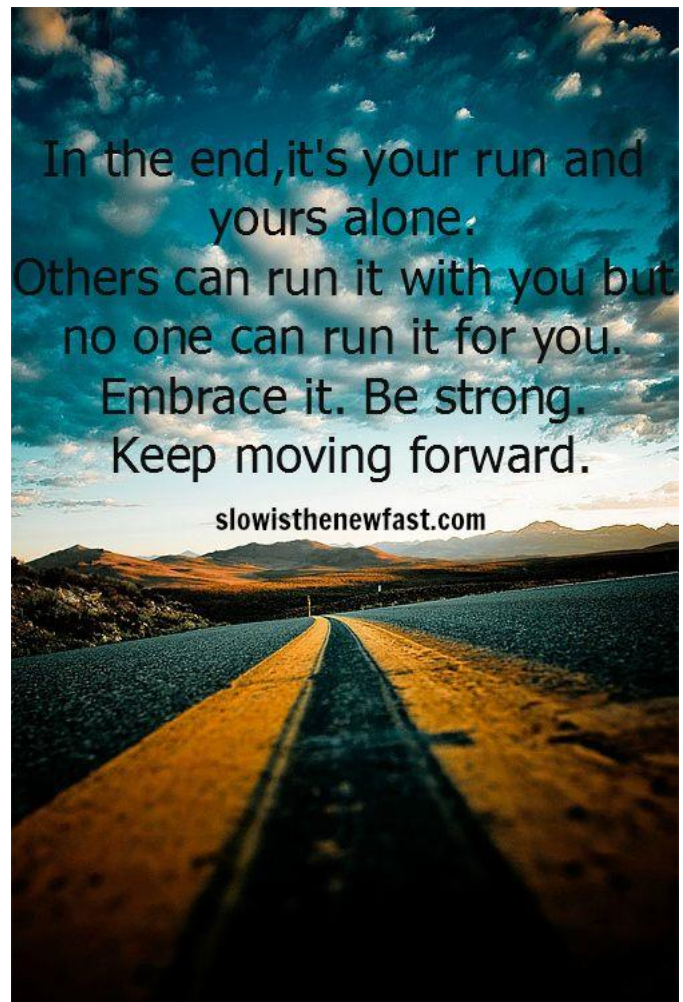
You can get plenty of advice on goal-setting by searching the internet. But here is my bit of advice based on personal experience: Set your own goals. Be creative. Make them realistic and attainable but challenging. Set smaller goals to meet the bigger one. Have fun. Tell others – especially those whom you hold in high regard. By doing so, you will work harder to achieve your goals.

Most of us set goals at the end of the year. For example: "run X amount of races" or "run X amount of miles." We tend to see these as 'etched in stone'. But I see that another aspect of a goal is that it be flexible. Life happens. You might not be able to average 100 miles per month.

There are other pastimes, family events, and recreational travel which will compete for your time, and that you will want to do. I have found that the end of June is an ideal time to reassess my yearly mileage goal. Reassessing one's goals is not to solemnly admit defeat. It's a way of pumping new energy into your activity.

On a personal note, I set these goals for myself for the month of June: run 100 miles; reach 400 y-t-d miles by July 4; complete 1,000 push-ups; plank daily for a month total of 2 hours. I'm happy to say that with one day remaining in June, I have achieved one of those goals, and have line-of-sight to achieve two others; but I will fall short on the planking goal. But that's fine, because I can attempt that goal again if I so wish. The main idea was to form a healthy habit.

Summer is here. The heat is on. Hydrate before, during, and re-hydrate after. Run in the cool of the day if you can. As my good friend John Sheridan told me so many years ago: "Run safe, run smart."





# BULLETIN BOARD

**Is there another PSRR gear order coming up soon?**

Cathy McQuarters, Nydia Beard and 2 others · 3 Comments · Seen by 83

Like Comment

View 1 more comment

**Heather Hall** I was wondering the same. I want a tank  
Like · Reply · 2w

**Mark Walters** Yes. The board met on 21 May to discuss ideas for the store. We have sent over a list of summer items including mens singlets and ladies tanks, and short sleeve shirts for those who prefer more cover. The board will meet again 25 June and we should have something soon.  
Like · Reply · 1w

Kate Calder shared a link.  
June 15 at 4:51 PM


If anyone wants a new virtual challenge, the Indy Mini group put together a 500 or 100 mile challenge lasting from June 22 to December 31. I made a team just for the heck of it. Join here if interested! Team name is Running for Sanity!



RUNSIGNUP.COM  
**Indy 500 Mile Challenge**  
Virtual Challenges are better with friends and family! Join me in completin...

Lianne Holloway shared a link.  
June 17 at 4:06 PM

A REAL RACE? With real people? And food? 🤔



DGPARKS.ORG  
**BBQ Bolt**  
Want to stay up to date on Downers Grove Park District news and events? Sign up for our monthly newsletter and follow us on social media!

your chance to p

Cathy McQuarters, Nydia Beard and 3 others · 8 Comments · Seen by 82

Diana Gonzalez Sorich shared a link.  
Admin · June 21 at 7:42 PM

So my favorite 5K —Carrera de Los Muertos —is going virtual. We had a great time last year because of the company. I read the FAQs—they will still have awesome shirts and medals as well as a mask and a Mercado bag. For an extra 4 dollars you will also get the personalized bib—otherwise it will be a digital bib you print out. If registered before September 16-your packet will be mailed in time to race on 10-31-2020. Let's do this! We can meet at the I&M, Saturday October 31, 2020, time TBD. We can even bring our own Modelo and Margaritas! Costumes and skull attire will be encouraged!



ENDURANCECUI.ACTIVE.COM

One small, **Take one. Pass it on!**  
**BEAUTIFUL IDEA**  
can transform the world.

DoingGoodTogether.org

"I have no special talent. I am only passionately curious."  
- Albert Einstein

"A candle loses **nothing** by lighting another candle."  
- James Keller

"I am only one, but still I am one. I cannot do everything, but still I can do something. Because I cannot do everything, I will not refuse to do the something that I can do."  
- Edward Everett Hale

"The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart."  
- Helen Keller

"Do not go where the path may lead. Go instead where there is no path and leave a trail."  
- Ralph Waldo Emerson

"Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love."  
- Lao Tzu

"It's not our job to toughen our children up to face a cruel and heartless world. It's our job to raise children who will make the world a little less cruel and heartless."  
- L. R. Krost

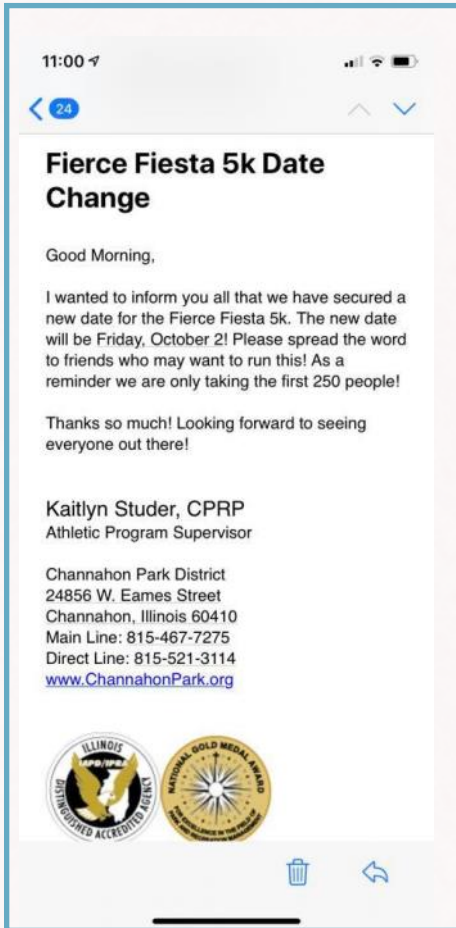
Sprinting the last mile of a jog to improve the average pace on your Garmin



The laws of time are mine



# CLUB RUNS: May 2020 Circuit Races



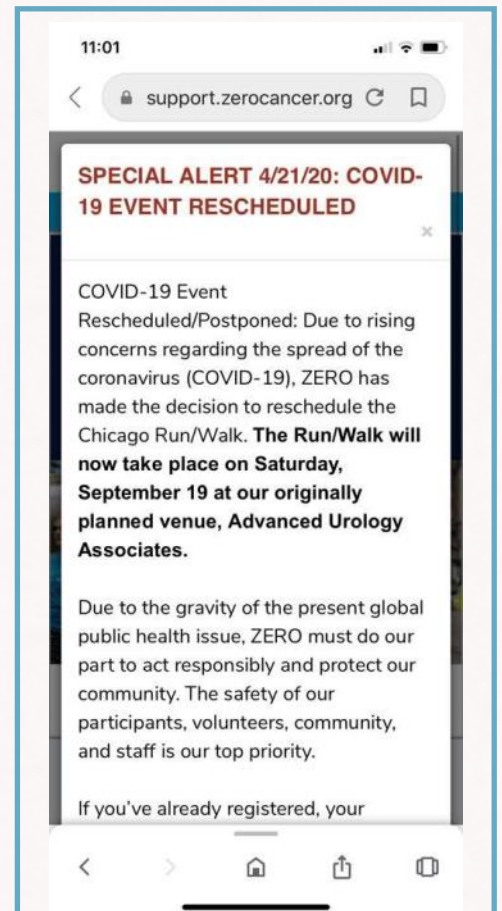
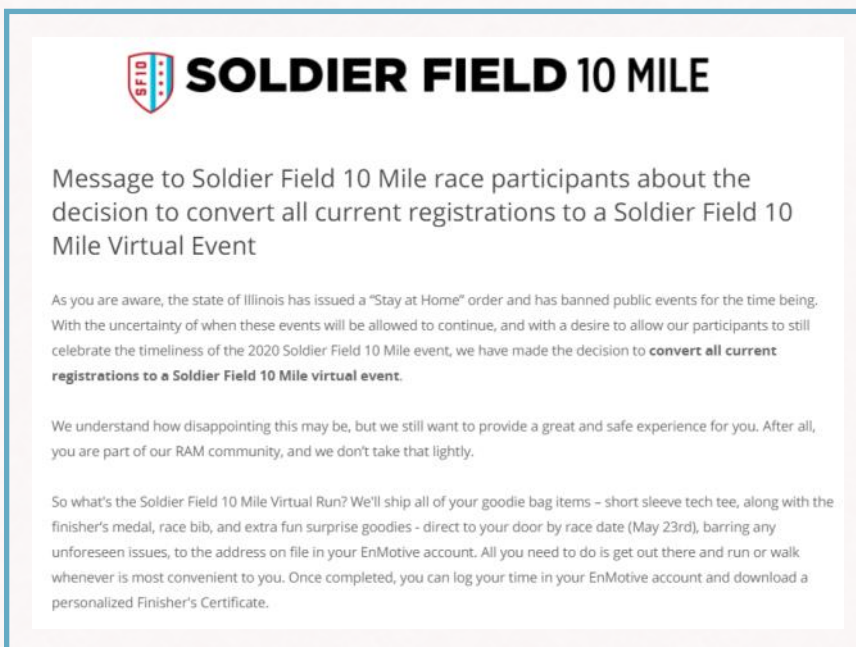
**May rolled around and the shelter-in-place order was extended, albeit with some modifications. Still, no large events were held.**

**Some races went virtual and some were postponed, as gathering in groups wasn't considered safe yet.**

**We were disappointed but undaunted.**



**We ran anyway.**



# CLUB RUNS: #RunningAloneTogether

## The Koerner Clan rocks the Rockdale Ramblin course

Three generations of Koerners conquer "The Beast". Patrick J, Kyle, & Patrick M.  
 Nearly 50 years ago, Karl Minor and his friends pioneered what would become a local running institution. That route would eventually become the Rockdale Ramblin Run, hosted until 2017 by Joliet Park District. Known as the "Toughest 10K in the Midwest" and nicknamed by me as "THE BEAST". The race tested runners with hills from the first turn to Morgan St hill, to along deceiving final stretch. While the race is no longer held the historic route continues to be a challenge for local runners.  
**Congrats** Kyle & Patrick M (Bubba) for conquering THE BEAST



## Cathy McQuarters ran a Virtual 5k

DNA Qua-RUN-tine Virtual 5K!



Smartphone overlay showing run statistics for Cathy McQuarters:

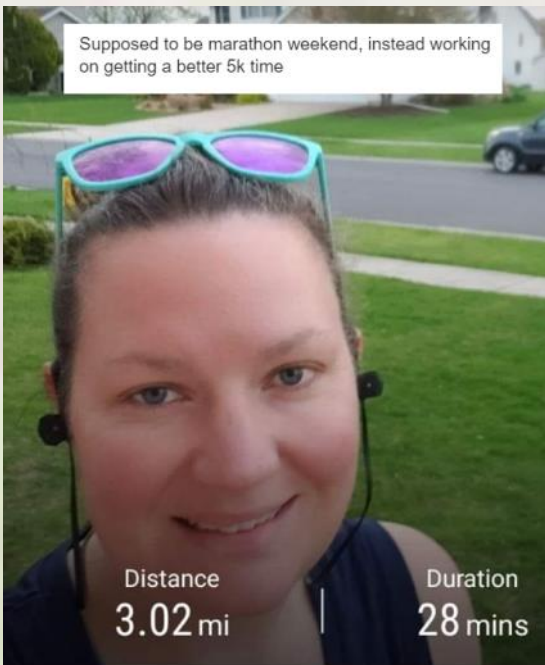
- Time: 29:48
- Distance: 3.10
- Cadence: 335
- Pace: 9:36
- Elev. Gain: 13.1

Lap	Time	Distance	Avg Pace
1	9:57.1	1.00 mi	9:57 min/mi
2	9:29.2	1.00 mi	9:29 min/mi
3	9:27.8	1.00 mi	9:28 min/mi
4	0:54.0	0.10 mi	8:45 min/mi
Total	29:48.0	3.10 mi	9:36 min/mi

## FIRST WEEKEND OF MAY

### Deprived of a race, Heather Hall works on racing strategy

Supposed to be marathon weekend, instead working on getting a better 5k time



Distance 3.02 mi | Duration 28 mins

Sat

2

79°/58°

Hist. Avg. 66°/47°

### Judith Warren bandits the Virtual Mini Indi

Stretching on Moose Island. I bandited the Virtual Mini Indi (I chose to donate my reg fee instead of participating in the virtual)







**JT Markland** Markland Marathon Invitational today. Key athletes that were asked to show included Galen Rupp, Mo Farah, and Eulid Kipchoge. None showed at the house by 5:00am, so at 5:10 I set out alone. 3:23:17 later I finished. A rare overall race win. No medal; just terrible poops the rest of the day. Also, no aid stations. Pre-race bathroom was best I've seen though. Overall, I'd give the race 5/10 and would not recommend. 🤔💩



**Angela Freeman starts running across Tennessee (without ever leaving Illinois)**



I slept in this morning, so I had to pay the price and run when it was hot and fully sunny! 8 miles on the I&M. Wanted to run on the single track at McKinley Woods, but too much water & not wearing trail shoes. 8 miles done, only 613 left in my virtual run across Tennessee!



RUN

**Diana Sorich rocked a virtual 5k with fans in the stands**



**Laurie Quigley revisits the I&M**



**Dave Cyplick** I did a qualifier half marathon for the Pikes Peak Ascent yesterday from Moose Island to the NHC 25k turnaround and back. It measured out at 13.8 miles.



**Lianne Holloway did a 5 mile race and won the top spot.**



Susan McLean rambled through Rockdale and saw Dave too

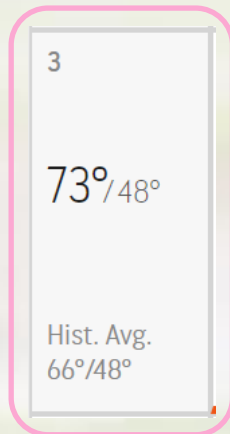


Cathy Morman ran a virtual half marathon



They drew some hisses from the crowd but it was all in good fun

Kate Calder turned her smiling face toward the sun and ran too





Debra Walters rocked it  
out at Rock Run

Gabriela Montejano  
and Javier Martinez did  
the same

GREAT MINDS  
THINK ALIKE

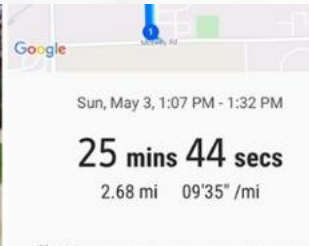


This is how it's done.

**Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it.**

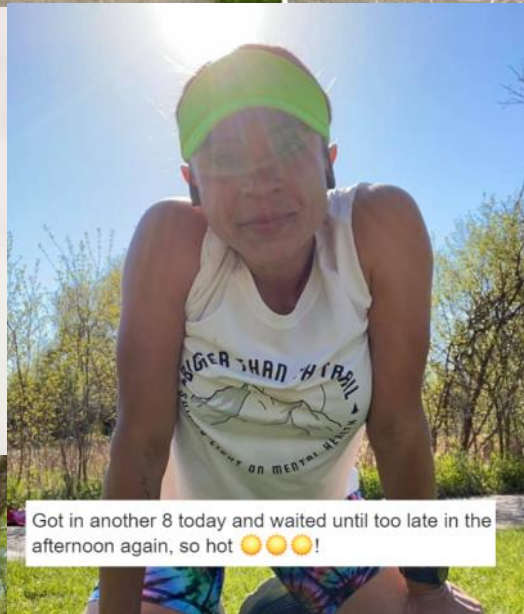
— Michael Jordan





**AND THEN  
 THERE WERE  
 THE "DOUBLE  
 DIPPERS" WHO  
 RAN BOTH DAYS  
 THIS WEEKEND!**

**BUT THE BIG  
 QUESTION IS:  
 DID THEY SEE  
 DAVE?**







Mary Smrekar 🖐️ I ran outdoors for 67 minutes today.

Love · Reply · 27m



Carla Hutley and Susan McLean ran in Hammel Woods on a sunny spring Wednesday



And a 3.2 mile family run for Heather Hall, Jaylyn Miller and Jason Miller was enjoyed the same day



Judith Warren and her exercise buddy did a slow steady 3.25 miles



Walked 3.25 miles with William today



## How will Illinois reopen?

Gov. J.B. Pritzker announced Tuesday a [five-phase plan to get Illinois reopened](#) as the COVID-19 pandemic slows its toll on health care providers. The plan, from “Rapid Spread” to “Illinois Restored,” splits the state up into regions and allows each region to open a different phase should the impact of the pandemic be different throughout the state. The plan also emphasizes that a region can move backward if the health metrics indicate enough risk.

### Health clubs

- **Phase 1:** Closed
- **Phase 2:** Closed
- **Phase 3:** Can provide limited training and activities
- **Phase 4:** Open with capacity limits
- **Phase 5:** All open

### Personal care

- **Phase 1:** Closed
- **Phase 2:** Closed
- **Phase 3:** Allowed with guidance
- **Phase 4:** Open with capacity limits
- **Phase 5:** All open

### Outdoor activities

- **Phase 1:** Distanced outdoor activities
- **Phase 2:** Some state parks; outdoor activities like boating, fishing, and golf allowed
- **Phase 3:** State parks open, activities with 10 or fewer allowed
- **Phase 4:** All allowed
- **Phase 5:** All allowed

### Entertainment venues

- **Phase 1:** Closed
- **Phase 2:** Closed
- **Phase 3:** Closed
- **Phase 4:** Movies and theaters can open with capacity limits
- **Phase 5:** Large events and festivals can resume

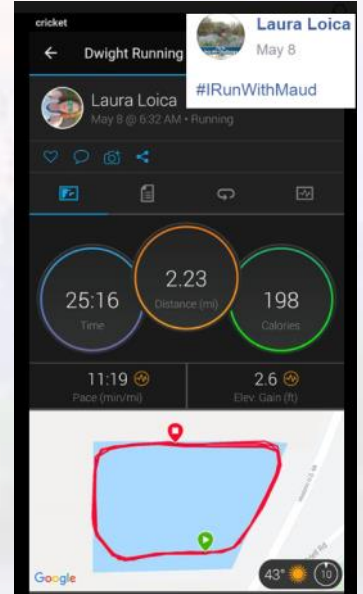
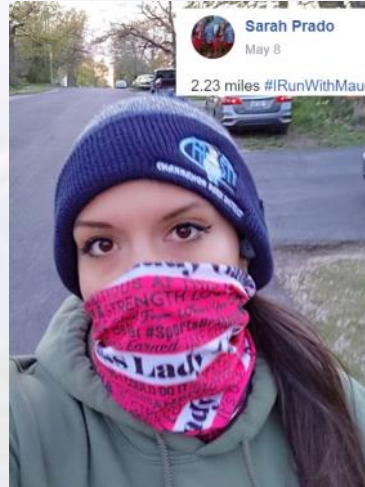
The state is currently in the second phase of the plan, labeled “flattening,” which relaxed some restrictions that had been in place since March. The earliest a region can move from the second phase to a third “recovery” phase is May 29, Pritzker said.

Each move forward to another phase comes with a caveat — a backslide in data will result in a return to the previous phase’s restrictions.

# Hopes high, we kept on running.



#RUNWITHMAUD

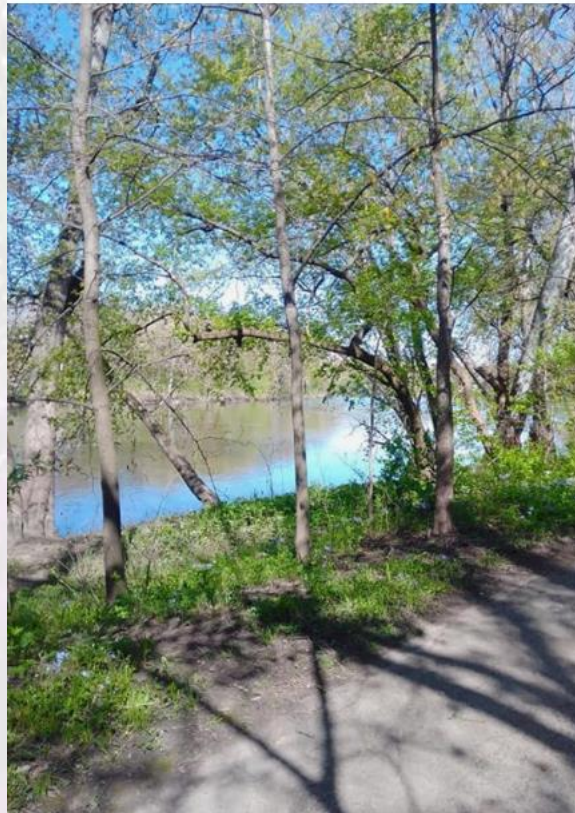


#ASHLEYSTRONG

#CRUSHCORONA



Darcy Welsh is <sup>14</sup> attending Ashley Elizabeth Montgomery Memorial Virtual Run/Walk.  
May 9  
This morning I ran/walked the Ashley Elizabeth Memorial virtual 5K course. For those of you that know, there's this hill! Enjoyed the run along the Kankakee River past the Indian Cave. There's lots of variety even streets in a subdivision. Best if all it benefits pediatric cancer.



**Some of us  
ran to  
support a  
cause they  
believe in.**





## Some ran with family.



## Others ran with friends.



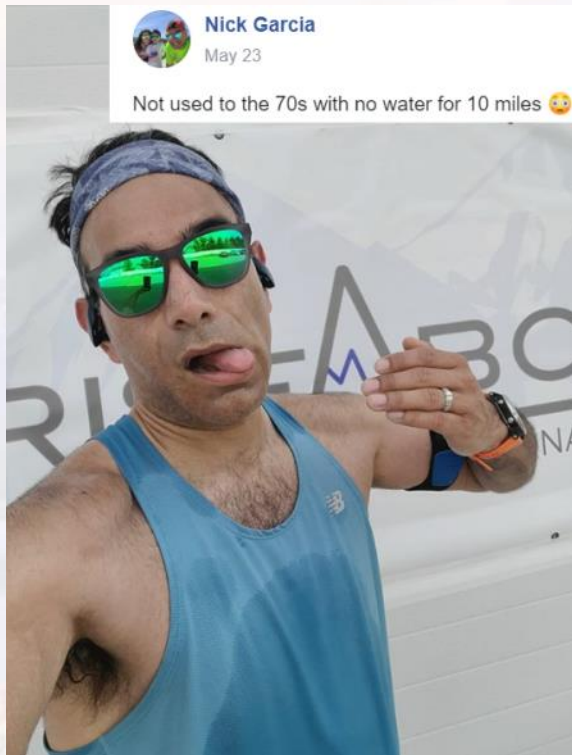
5miles on Midewin with Erica Kesler, Tammy Smith, and Debra Walters



## And we have all kinds of friends.



## They ran hot and thirsty.



## They ran cold and hungry.



Mark Nelson Lori Cuning Quigley nice seeing you we need to work in burgers & booze next time



## They ran virtual circuit races, and

## did virtual destination races too.





# They ran in honor of moms on **Mother's Day.**



SUNDAY, MAY 10



53° / 35°  
Light Rain  
/0.43in

# And they ran both in memory of and as a tribute to our fallen heroes on **Memorial Day.**



Darcy Welsh  
May 25

Ran a short mile in tribute to all those that gave the ultimate sacrifice, at Abraham Lincoln National Cemetery.



Susan McLean  
May 26  
Memorial Day

MONDAY, MAY 25



85° / 68°  
Partly Cloudy  
/0in

Memorial Day  
In Memory Of Our Heroes





## CORONAVIRUS OUTBREAK

# What phase 3 means for Illinois, Chicago

BY DAN PETRELLA AND JAMIE MUNKS

All four regions of the state are poised to move into the next phase of Gov. J.B. Pritzker's reopening plan Friday, which means many restaurants will be back open for outdoor service and "nonessential" retailers will be open to shoppers.

Except in Chicago, where Mayor Lori Lightfoot said on Thursday the city won't advance to the next phase of reopening until Wednesday, June 3, when retail, hotels and restaurants will be allowed to open under guidelines.

The opening of libraries and park buildings will happen on June 8.

The city (and all cities and counties) can enact tighter guidelines than the state, but not looser ones. For the most part, Chicago's guidelines are similar to the state's.

While the state's opening up a bit, don't throw away those masks yet, they'll continue to be required in public.

After being in almost total shutdown for more than two months, here are the new coronavirus rules of the road in phase three of Pritzker's "Restore Illinois" plan.

### Restaurants, bars

■ Outdoor dining and drinking will be allowed, but limited to parties of six or fewer, with tables spaced at least 6 feet apart from one another and from customer service areas. Rooftop establishments are included, but retractable roofs have to stay open.

■ Businesses are advised to implement a reservation or call-ahead system, and customers are asked to wear a mask over their nose and mouth except for when they are eating and drinking at a table.

### IN CHICAGO

■ The application process for restaurants to reopen is pending.

### Retail

■ "Nonessential" retailers — such as those that don't sell necessities like food and medicine — will be able to open to customers for the first time since mid-March, as will shopping malls. Customers and employees have to wear face coverings.

■ Statewide, retailers will have to limit the number of

customers in a store at one time to half the usual capacity, or five customers per 1,000 square feet of retail space. That's similar to the rules that have been in place for grocery stores and other "essential" retailers since May 1.

■ Fitting rooms have to be disinfected after each use or must remain closed. Returned items must be disinfected or quarantined for 72 hours before going back on the rack.

### IN CHICAGO

■ Nonessential retailers will be limited to 25% of normal capacity.

### Personal care services

■ Hair salons, barbershops, hair braiders, spas, tattoo parlors, nail salons, waxing centers and cosmetology schools are among the personal care services that can reopen, but they must limit services to those that can be performed with both the customer and the employee wearing a facial covering over their nose and mouth.

■ Reservations only, no walk-ins.

■ Massages and other body treatments must be 30 minutes or less.

### IN CHICAGO

■ Salons and other businesses will be limited to 25% of normal capacity.

### Child care

■ Child care centers that have been open during the first two phases of Pritzker's stay-at-home order to provide care for the children of essential workers will be allowed to expand service. Centers reopening in phase three will be limited to eight infants or 10 children per classroom for the first four weeks.

■ Children and staff will have to change shoes upon arrival, and anyone with a temperature of 100.4 or higher must not be admitted.

■ Staff must wear masks. Children older than 2 must wear masks when entering and exiting, in hallways and whenever possible in the classroom. Masks will be optional for staff and children during outdoor play.

■ Licensed and license-exempt home day cares can reopen. License-exempt homes will be limited to three unrelated children, and licensed homes will be limited to either their licensed capacity or 10 children, whichever is smaller.

■ Home day cares have to be able to provide sleep space for each child with 6 feet of separation.

### Recreation, fitness

■ Outdoor recreation businesses such as driving ranges, outdoor shooting ranges and adventure courses can reopen, with individual stations spaced 10 feet apart. Group sizes will be limited to 10 or fewer



people, following social distancing guidelines. Clubhouses and communal gathering spots must remain closed.

■ Health clubs and gyms can reopen for one-on-one personal training and outdoor classes with 10 or fewer participants. Workout equipment must be spaced 10 feet apart or 6 feet apart with barriers. Locker rooms must be configured to allow for 6 feet of distance between members.

■ While some state parks reopened as the state moved into phase two on May 1, all state parks and concessions will reopen in phase three, with concessions operating under the same guidelines as other restaurants and retailers.

■ Golf courses will be able to allow foursomes, and use of carts can resume, with one person per cart, unless they are members of the same household.

■ Camping and boating will be allowed in groups of 10 or fewer, with social distancing and other precautions.

### IN CHICAGO

■ The lakefront will remain closed for the time being, according to Lightfoot's office, as will playgrounds. Noncontact sports will be permitted in parks.

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# CLUB RUNS: June 2020 Circuit Races

**2020 Minooka Summerfest 5k Race!**  
 (TENTATIVE) Saturday, September 4th @ 8:00am


More information coming SOON

Last updated June 1st, 2020

**Phase 3 of the Restore Illinois plan allowed only 10 or less in groups, so once again our circuit was affected with one race postponed and another cancelled.**

Summer Solstice Four Miler & Two Mile Walk

REGISTER ON ACTIVE.COM ▾ RESULTS ▾ SUMMER SOLSTICE MUSIC FESTIVAL



**EVENT CANCELED FOR 2020**

June 26, 2020 | 7 p.m. Start

**BUT ALL WAS NOT LOST! BECAUSE WE HAD THIS:**



and thus a great start to the month



Heather did 2 mi

4 miles for Fawn



**I, CAROLINE, PLEDGE TO RUN 2 MILES WITH PRAIRIE STATE ROAD RUNNERS AS PART OF GLOBAL RUNNING DAY ON JUNE 3, 2020**

Terri Putnam I just did 3 miles. 2

Caroline Nail Portlock June 3 at 2:00 PM

Carla Hutley I did it! 1

Lianne Holloway 2.6 1

Judith Warren I did 7 split into 2 runs 1

Susan McLean I did too! 2

Cathy McQuarters run 5 miles

Clinton James 5 done. It is humid AF. 1

Cathy Morman Judith Warren I actually ran 1 measly mile, but it wasn't as tough as yesterday. I'll take it! Thanks for the reminder for GRD 1

Mary Smrekar I pledge to run for X minutes!

Kate Calder I ran 5! Agreed with Clinton James 1

Cathy Morman Oh crap, my poor legs ... 3



Diana ran but didn't say how many. A mystery runner!





# JUNE FOUND MANY OF US DOING VIRTUAL RACES of all lengths and themes:

PSRR runners joined with over 19,000 runners from around the world to compete in the 1000k Great Virtual Race Across Tennessee. Two teams competed and it kept them running the entire month, plus some.



Lori Cuning Quigley Still running virtual across Tennessee.



Overall Place	Division	Division Place	Team	Days	Runner 1	Finish 1	Runner 2	Finish 2	Runner 3	Finish 3
93	Club	27	Harman's Harem and John	287	John Warren*	40 days	Vera Erickson*	55 days	Jim Harman*	56 days
					Runner 4	Finish 4	Runner 5	Finish 5	Runner 6	Finish 6
					Laura Barry*	58 days	Maria Enriquez	7/17/2020	JODY JAMES	7/29/2020
					Runner 7	Finish 7				
Overall Place	Division	Division Place	Team	Days	Runner 1	Finish 1	Runner 2	Finish 2	Runner 3	Finish 3
249	Club	160	Illinois Prairie State Road Runners	444	Judith Warren	06/29/2020	Tina Pirc	7/29/2020		
					Runner 3	Finish 3	Runner 4	Finish 4	Runner 5	Finish 5
					Lori Quigley	8/1/2020	Susan McLean	8/7/2020	Carla Hutley	8/10/2020
					Runner 6	Finish 6				



Cathy and Cathy ran the Frontline Heroes Virtual 10k



Fawn ran a virtual 8k



Diana ran the virtual Ravenswood 5k



ROKA Forward Together 200  
Jun 2020



CLIF® Builders® Challenge  
Jun 2020

Judith ran the virtual Carmel Half Marathon



Lianne made it 77% of the way across the state in the virtual Run Across Illinois



**And for the first half of the month, virtual racing became our reality.**



June 10K  
Jun 2020



Picky Bars Summer Solstice Century  
Jun 2020



**But still we ran...**



**Laura and Griffin ran at Lions Lake**



**Nick ran in Oswego**



**Tammy ran at Midewin**



**Mary Jo and Duane ran at Moose Island**



**Mark Nelson ran with his shadow**



**Judith ran with Bill Gora**



**We ran because that's what we do — in good times, bad times and all times in between.**



**Patrick J. Koerner cheated and drove a race car**



## Then mid-month, Diana had an idea:

“One of the things I’ve always wanted was at least ONE outing where everyone is welcome regardless of whether you walk/run/what pace etc. This way one could meet people and get some fresh air. I want our club to be that club that lifts you up. I wanted those Sunday runs to be regular again.

Last Saturday when some of us ran, we were all yammering away and I was encouraged to post for that first Sunday run. I was going to wait til phase 4, just in case people felt it was too soon. But then I said, ‘why not—we are adults and we can manage the social distance.’ So I posted it in the Facebook group.

I wasn’t sure I was going to post for another week and was still mulling it over when JT Markland asked when is the run is. And I thought, ‘ok—so maybe we got something here’ and I posted again. While at this run—we all spoke out saying maybe we can keep this going.

I aligned my Sunday run posts in the PSRR and CMRC groups with what our website says—Sunday, State Park, 8am—so that there are 3 places it shows up—in the two Facebook groups and on the club website. It was more of a dream for me to see if I could get it going. I am including funny posts/pics to attract runners and walkers of all paces and give people the vibe that they are all welcome.

We meet at 8am Sunday-in front of the State Park sign for a club pic, then people run or walk any pace for any miles they need. We get back to the lot usually by 915-930 for some refreshments. Some stay to chat and some leave, but everybody has a good time.”



**And with that, club runs on Sundays came back.**





There was some live in-person racing too when a group went to Indiana for the Run Michigan Cheap series (which runs in both states):

Judith Warren is with John Warren and Eileen Ehrhardt Skisak. ...  
Yesterday at 12:02 PM  
PSRR racing Griffith Run Indiana Cheap. Half marathon for John and Eileen. 10k for me. Hot 🔥



AND THAT  
WAS JUNE

But kudos are due to Mary Smrekar whose colorful reports are so cute.

And the two streakers: Mark Walker and Nydia Beard who ran every day.





**LATE  
JUNE  
NEWS:**

**CORONAVIRUS OUTBREAK**

## For Chicago and Illinois, phase 4 is a go

City and rest of state to further reemerge from coronavirus restrictions Friday

By **JAMIE MUNKS**

On the eve of Illinois' move into the next phase of reopening its economy, Gov. J.B. Pritzker struck a victorious tone but also warned that it would reinstitute more stringent restrictions if there's an eventual backslide in data that illustrates a coronavirus resurgence in the state.

Starting Friday, all four regions of the state as designated in

Pritzker's "Restore Illinois" reopening plan will move into the fourth of five phases, when gatherings of up to 50 people as well as restricted indoor dining at restaurants are allowed. Other phase four perks, after months of few entertainment options, include a limited reopening of movie theaters and performing arts centers, zoos and museums.

Wearing facial coverings and social distancing in public will still

be required in the next phase. Public health Director Dr. Ngozi Ezike had strong words for people who refuse to wear a face covering in public and said not doing so was tantamount to "a game of Russian roulette."

State officials also will be on guard monitoring health statistics that could give advance warning of a possible resurgence of the silent coronavirus threat.

Pritzker acknowledged Thursday that as the state lifts restrictions that have been in place for months and more person-to-person interactions take place, "there

are many more opportunities for the spread of COVID-19"

A number of other states that lifted restrictions earlier have seen a surge in COVID-19 case numbers, and some governors have paused their reopenings amid those spikes. Pritzker drew a distinction between Illinois and such states that have "opened things up completely or done it in a not measured fashion."

**INDOOR  
DINING**

**GROUPS  
OF UP TO  
FIFTY**



**STATE OF ILLINOIS**  
Coronavirus (COVID-19) Response

### WHAT'S OPEN?

**Gatherings:** All gatherings of 50 people or fewer are allowed with this limit subject to change based on latest data & guidance

**Travel:** Travel should follow IDPH and CDC approved guidance

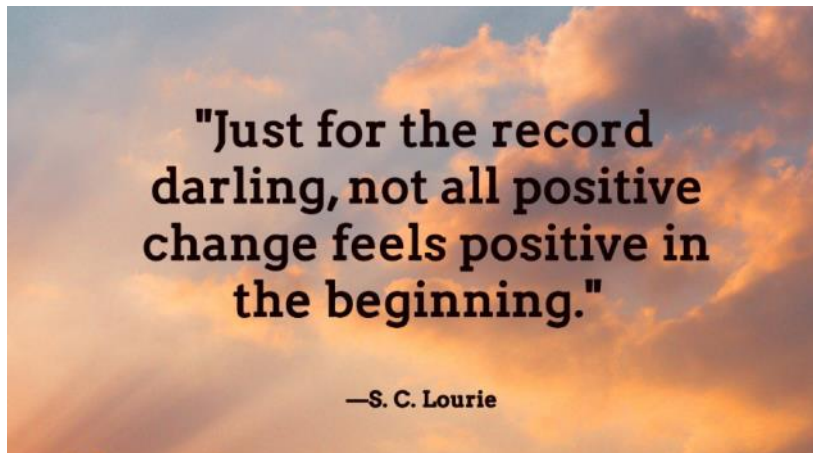
**Health care:** All health care providers are open

**Outdoor recreation:** All outdoor recreation allowed

### WHAT COULD CAUSE US TO MOVE BACK

IDPH will closely monitor data and receive on-the-ground feedback from local health departments and regional healthcare councils and recommend moving back to the previous phase based on the following factors:

- Sustained rise in positivity rate
- Sustained increase in hospital admissions for COVID-19 like illness
- Reduction in hospital capacity threatening surge capabilities
- Significant outbreak in the region that threatens the health of the region





# CLUB CELEBRATIONS:

## July and August Birthdays

Happy Birthday to You. Happy Birthday to You.  
Happy Birthday dear...

Daniel Aguilar

Rick Anderson

Ernesto Antonio

Katherine Atwood

Tommy John Baltz

James Barry, Jr.

Isaac Blenck

Ruth Bonacci-Klaeser

Jennifer Bowman

Mary Lou Bowman

John Bumgarner

Robyn Bumgarner

Aidan Calvey

Colleen Calvey

Kevin Calvey

Craig Carlson

Benjamin Clark

Jennifer Craig

Kelly Curiel

John Davis

Alexander Erchinger

Anna-Marie Forbes

Alex Forster

Miles Forster

Jennifer Fracaro

Glenn Gabryel

Bill Gora

Rachael Greeney

Heather Hall

Tina Heidrich

Katie Henderson

Jody James

Karl Johnson

Brianna Johnston

Chad Kelly

Reese Koven

Thomas Lambert

Rachel Lynch

Molly Meehan

Virginia Munro

Mark Nelson

Jill Pironti

Sally Podolski

Terri Putnam

Eva Rahn

Emerson Raino

Lauren Raino

Andy Remley

Rachel Reyes

Tim Rose

Curt Ruch

Amy Russell

Daniel Schalk

Linda Sikes

Tammy Smith

Terri Tatroe

Nicole Underhile

John Warren

Sarah Wertelka

Raymond Wertelka

Lucas Weston

Rubyann Wood

Nichole Zemaitis

# HAPPY BIRTHDAY TO YOU!





# CLUB MEMBER STORIES: RACE REPORT from Judith Warren about “Race Against Hate” virtual 5k



*"The longer I live, the more I realize the impact of attitude on life. We have a choice every day regarding the attitude we will embrace for that day. We cannot change the past. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have and that is our attitude. I am convinced that life is 10 percent what happens to you and 90 percent how you react to it."*  
— Ricky Byrdsong

The Race Against Hate is our 90% according to Sherialyn Byrdsong, Ricky's widow in 2019. "We have responded to Ricky's death in a way that would make him proud."

One of my favorite races on the CARA circuit is a 5k/10k sponsored by the YWCA Evanston/North Shore. Ricky Byrdsong, the basketball coach at Northwestern University, was jogging with two of his children ages 8 and 10 on July 2, 1999 when he became the first victim killed in a multi-day hate crime shooting spree.



Race Against Hate was founded because of Ricky's love of sports and his work with young people in his community. 2020 was to be the 21st running along beautiful streets including the lakefront in Evanston. Instead, like most every race, it was cancelled. The YWCA decided not to offer a virtual option but instead you could choose to Be A Race Hero. They suggested donating the cost of registration (or any amount you desired) and then race a 5k in place. "Different locations. Shared experience. A community united." All were then to use the hashtag #RaceAgainstHate to join us together.

This would have been my 3rd year running this race. I chose to run this year at the Morton Arboretum with the Trolls spectating. I will definitely be back to run in Evanston in 2021. Sherialyn Byrdsong speaks each year pre-race in what is always a very moving and relevant moment.





# CLUB MEMBER STORIES:

## RACE REPORT from Cathy Morman about “Yeti Ultra 24 Hour Challenge”



### How I Became a Yeti

I'm sure we have all felt the effects of quarantine these last few months, seeking out ways to cope as we distanced ourselves from loved ones and friends. For me, running was a solace that gave me stability in the midst of uncertainty. I stumbled upon a few Facebook running groups that provided additional inspiration to stay moving.

One group that became a source of high motivation was The Un-canceled Project. I saw runners from all locations and walks of life pushing themselves in ways they had never done before. Many were participating in a virtual event, the Yeti Ultra 24 Hour Challenge, where the goal was to run 5 miles every 4 hours for 24 hours. Six legs of running. The more I read about this challenge, the more intrigued I became... could I accomplish this? The questions whirled around in my brain like a tornado... how would I deal with lack of sleep, manage diet, hold up physically? I decided to go ahead and register, unsure if I'd actually attempt my first ultra.



I figured mental preparation was going to be the key to success so I started planning my strategy. After weeks of stalking weather forecasts and checking my work schedule, I decided to commit to May 30, 2020, as the day to get it done. Enlisting family support, I laid out my outfits, stocked up on snacks and Gatorade, and anxiously awaited for the midnight start. I was nervous.

At midnight I donned my Noxgear and headed out the door. The serenity and peacefulness was unexpected. Afterward, I started my cycle of refueling, showering, and resting. The 4am leg was just as enjoyable despite my lack of sleep. The next 3 legs were met with support from family and friends, which proved to be instrumental in my

success. I love how the human spirit is uplifted when fueled by positivity. The last leg was definitely a mental challenge. My quads were trashed, I was tired, I wanted to be done. I had to do a mental reset. Hooking up to my favorite inspirational running music, I headed out the door for the final time. I ended up with my best pace out of all the legs!

This wasn't a dream or a goal I have always wanted to accomplish, it was one of those unexpected events that took me by surprise. The next time you are met with the opportunity to challenge yourself, I hope you embrace the possibilities!

“If it doesn't challenge you, it doesn't change you.”



Yeti Ultra 24 Hour Challenge		
Leg #	Distance	Time
1 - 12:03 am	5.3 miles	58:28
2 - 4:07 am	5.3 miles	59:33
3 - 8:07 am	5.2 miles	58:38
4 - 12:01 pm	5.3 miles	58:58
5 - 4:00 pm	5.2 miles	1:00:15
6 - 8:00 pm	5.0 miles	53:32
1st Ultra!	50K	5:49:24





# CLUB MEMBER STORIES:

## RACE REPORT from Diana Gonzalez Sorich about “Soldier Field 10 Miler”



The Soldier Field 10 Miler is one of those large iconic Chicago races that promises runners great swag, scenic course, good cause and excellent after party. It is the 6<sup>th</sup> race on the Prairie State Road Runner circuit and occurs on the Saturday of Memorial Day weekend where it draws a few thousand runners and many run clubs from the surrounding area. PSRR participants generally get the carpools set up and make a day of running, eating, drinking, people watching and shenanigans.

This year—it became another domino in a long list of races that fell due to the corona virus restrictions. As the race drew near, most participants knew the race would not happen—it was more a matter of which way will it go—outright cancellation with no refunds, full refunds, deferrals, or-- gasp---the four letter word equivalent category of races this runner heretofore detested ---VIRTUAL. Well it went virtual. A virtual race is where you pay someone a lot of money to run your normal mileage and routes in your neighborhood and they send you a shirt and a medal. Totally different from a road race where you pay a lot of money to run those same amount of miles in a new location with other people. Ahem.



The swag bag came in the mail and did not disappoint. It was like Christmas and opening up your stocking—chock full of goodies. It was packaged in a substantial drawstring race bag where out popped a pretty light blue medium weight short sleeve tech running shirt with the Chicago stars and the SF10 logo emblazoned on it and darker blue stripes on the side. They included the personalized bib and a thick heavy medal representing the colonnades of Soldier Field attached to a creamy smooth red ribbon. There was also a red, white, and blue flag buff which I now view as prescient given that we have been asked to mask up during these times. They threw in some candy and one of my favorite “before-a-run-treats” known as a Honey Stinger Waffle. So far so good. The only tiny glitch with the swag was the hat. There had been an offer of a Chicago flag trucker hat with your registration and believe me there are some suckers who will quite literally do anything for such a hat including running 10 hot miles on the Lakefront. Well this sucker didn’t get her trucker hat—the race director replaced the hat with a strange long brimmed Hot Chocolate hat because they had an issue with the production of the promised hats. Small

issue as over all the race bag was excellent and was mailed directly to my home which meant Judith Warren didn't have to drag a million swag bags back to Channahon.

So now I guess I have to run 10 miles or I would never be able to look at or touch that medal or wear the shirt for that matter. If you think finding people to run 10 miles with you on a very warm humid Sunday at 7am is difficult you don't know the right type of people. My usual suspects were rounded up, Judith Warren, Cathy McQuarters, and Becky Rice were called up for active duty. We met at the I&M State Park entrance on Sunday, May 24<sup>th</sup>, 2020 and we were about 69 days into the stay-at-home order for Illinois so needless to say getting out running with people felt great. We started with the usual obligatory murmurings prior to any road race, the "I'm so slow, I don't know if I'll make it..." etc. When in truth we all know we're getting that 10 miles no matter what. We set out.



If this were a real road race—we would have all set in to do the work of racing against others and our own time but since this was a virtual race and felt more like a casual run meet up --we did run/walk and did what all runners do—we leaned in and let our conversation flow along with the miles. We did what I love to do best on a Sunday morning run-chat with your girlfriends about all that goes through your mind. We spoke on the Covid-19 situation, our races being cancelled, our running shoes, our hair, our children and of course our running injuries. We kvetched about all the things that ail us and we left it on the trail. We appreciated the beauty of our trail and kept an eye out for snakes. We cleared our minds and we laughed a lot and we mentioned how much more money we had because we weren't spending money on races and



going out to eat while simultaneously wishing we had races and were going out to eat. Due to recent rains and storms we encountered downed trees blocking the entire pathway. Should we turn around? NO—the type of runners I run with are all in agreement—we go over the trees and we just keep going. Well we did worry a bit about poison ivy but luckily we were in the clear for that.

Upon our return—there was no finish on the 50 yard line of Soldier Field hands up in victory for the picture, no service men and women handing us our medal and no big afterparty. There was no sitting on the hill drinking a beer and watching others run into the Soldier field chute cheering them on. What there was --was the back of my truck, cold drinks and cold watermelon for post run.





We took pictures with our medals in front of the I&M sign and we were happy to be out of the house away from Covid-19 and happy we got 10 miles in. Since the Soldier Field 10 Miler also is run to honor our veterans—on Judith’s suggestion -- I

went over to the next parking lot to view the beautiful Forgotten Warrior Memorial to pay my respects.

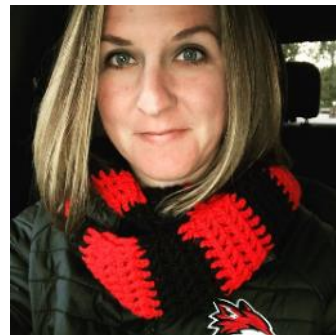
It wasn’t your normal “race” but then again these aren’t normal times. The type of people that running attracts are the kind of people who make the best of any situation work. We did that. In the end it is not about the medal or the swag—it’s always about getting out and enjoying the running in a pretty place and the community of friends helping you, listening to you and laughing with you through the journey.

But the trucker had really would have been nice too.....



# CLUB MEMBER STORIES:

## UNPOPULAR OPINION from Kate Calder: “I Love Virtual Races”



I've been running and racing for more than 10 years now, but up until 2020, had never participated in a “virtual” race. To me, they seemed silly -- why pay to run on your own streets on your own time when you can do that for free any day of the week?

With the rapid spread of COVID-19 in March (compounded by our Stay at Home order), however, I found myself without much to do BESIDES run. Normally, the spring is an extremely busy time for me. As a high school English teacher, I am finalizing essay grades and projects for my classes and getting my senior students ready to graduate; I coach track and field at our middle school, so my after-school time is eaten up with practices and meets (always in less-than-desirable weather, no less). I'm also a yearbook sponsor, so any other free time I have is spent finishing pages with my students and submitting our final deadlines. Needless to say, free time is at a premium for me every spring.

Spring 2020? Nada. Zip. Zilch. All of a sudden, my world stopped. Travel was canceled. Sports were canceled. School was moved online. I had been training for the Naperville Women's Half Marathon, originally scheduled in April (then rescheduled in June before finally being canceled), but without that to train for, what was I to do?

Enter the virtual race.

I had deleted every advertisement for the Joliet Park District Hill Yeah! Virtual 10K, but all of a sudden found myself clicking the link for more information. I could run a 10K on my own time, on my own trail, without having to travel much farther than the end of my driveway and the Fox River Trail to “race”. I could run it at dawn, midday, or in the evening. I could wait for a day with good weather. I didn't have to pick up a packet. I could even take my dog with me if I really felt like it.

What flexibility! How rogue! I signed up, and in a moment of adult decision-making, I paid to have my race goodies SHIPPED.

I ran my 10K. I submitted my time. I felt as though I had accomplished something. In a world without purpose or plans, I had made a plan and found a purpose. I was able to look forward to something and achieve an accomplishment. While I didn't get to see any of my



fabulous running friends or experience the thrill of crossing a finish line or ascend a podium to receive an award, I at least felt a sense of having completed a task and run a “race”.



On a roll, I signed up for other virtual ventures: the Bix 7 (which I haven't ever run in real life), the Run Across Illinois (with a team of other teachers), the River to River relay, the QuaRUNtine 5K through DNA, and a running streak during May to raise awareness for the importance of mental health. I even signed up for a virtual Ragnar, and will be running 14 miles over the course of three days at the end of June with team “Running out of TP”.

I think what has become so appealing about virtual racing this year is that it provides some structure and certainty in a very chaotic and uncertain world. I don't know when real racing will return. I don't know when I'll feel safe attending a real race, even if races come back sooner than I think they will. I've had to cancel travel plans; I've had to adapt to teaching from home. With so many changes to our lives, running has provided a constant for me, and training for “virtual” events has encouraged me to get out there EVERY day (I've kept my streak going, walking or running at least 1 mile each day since May 1) and accomplish something.

Even when no one acknowledges that I've crossed a “finish line”, I have found a new comfort and reliability in lacing up every day and finishing virtual milestones. I no longer dislike the virtual format, and I'll keep running one way or another until our world returns to a new normal.



# CLUB MEMBER STORIES:

## RUN REPORT from Gary Westefer on Running Chicago's Communities



I haven't done any virtual running because it is a poor substitute for the real race. No one there to push or pull you to a faster time.

But I had a different concept. Where I am (Mount Greenwood) I can reach a lot more Municipalities and Chicago Communities (communities not neighborhoods) Neighborhoods in 2020 are different than 1970 and 2050 will be. They come and go but the Chicago community is official even with specific census tract numbers. There are books out about the communities which were created by Ernest Burgess at the University of Chicago in the 1920's.

So a couple times a week a ran and tried to get into a new municipality (city or village) or a Chicago Community.

I started with Mount Greenwood, added Oak Lawn, Chicago Ridge, and Worth. Then Evergreen Park, Hometown, Ashburn, and Burbank. The next run I added Beverly, Morgan Park, Blue Island (it was rough to see Blue Island Brewery and not be able to get a beer) and Merrionette Park. Then I added Alsip and unincorporated Garden Homes. Then I figured out how to edge into the dregs as I ran to Dixmoor, Posen and Robbins. Then I did Calumet Park. One weekday morning I realized I could go to the corner of the Washington Heights and Auburn-Gresham communities (those are rough places, especially Auburn-Gresham) but the corner near Beverly is OK. It was amazing to see the empty parking lot at the 91st Street Beverly Hills station. It normally is packed.

Then I went west again to Palos Hills and Bridgeview. The next week I did Crestwood (as I told Dave Cyplick, Illinois not Missouri, I am not Mark Bowman) on Wednesday and Palos Heights on Saturday. Finally, last Friday I ran to West Lawn and Bedford Park. I am now running out of places I can get to (mainly because of time) It is 13 miles round trip to Clearing but if I go 15 miles, I can run to the Midway Airport terminal and add Garfield Ridge. It is also about 13 miles to get Midlothian. There are some communities that are closer but require traversing some gangland areas to get there. So Roseland, West Pullman and Pullman are off limits for now. But now we have resumed the Sunday morning tow path runs so some normalcy has returned. I sent my routes to Dave Cyplick and he traced them on Google Maps or another tool. Anyway, I am glad to get back to the Sunday runs as I am running out of towns/communities that I can get to without marathoning.



# CLUB MEMBER STORIES:

## WORKING FROM HOME REPORT

by Paul Spiezio

### on Training the Grandkids for Cross Country



What am I doing this summer?

Besides continuing to put in the miles and doing some traveling with my wife. I have developed a summer training plan for our twin grandchildren and continue to coach them as they complete the workouts.



Jenna and Owen, were 6<sup>th</sup> graders last year and ran cross-country in the Fall 2019 for Washington Middle School, Washington, Illinois. As 6<sup>th</sup> graders they both made their respective varsity teams. Although they had run a few 5K races over the years, they had never really practiced running. So, technically as first timers they found a love for running and both excelled. Jenna's team qualified for the IESA state meet.

They asked if I would put together a training plan for this summer so they would be better prepared for this Fall's season. I agreed to makeup a workout schedule and to help with the coaching. They have been following the training program since the first week of May and are doing awesome. They record their workout information in a log that I can review on-line and make comments and tweaks for the coming week.

The training involves some speed days (never enter the anerobic state) and a lot of easy to moderate aerobic days. It has been a lot of fun and we are looking forward to the Fall 2020 cross-country season.

# CLUB MEMBER STORIES:

## WORKING FROM HOME REPORT

by John Davis

### on Coaching "Troy Runs the World"



In the "Troy Runs the World" challenge, the plan was for runners to accumulate 15 miles per week (I know this is not a lot, but I am dealing with young and new runners). We started in Joliet and the first week they went to Atlanta, GA, then Mexico City, followed by Buenos Aires, Argentina. If they get behind on their miles, I tell them I will supply an UBER to help catch up. I give them clues each week as to their new destination (ie, heading to the city that hosted the 1996 Olympics for Atlanta). They can either e-mail me their miles or enter them on a Google Doc. I have attached our rules and examples of the e-mails I sent to the runners.

#### TROY CROSS-COUNTRY SUMMER RUNNING PROGRAM 2020

This is an opportunity for the Troy cross-country runners to get some summer training in. One thing that is an absolute truth is that in order to improve at running, you just need to run. The reasons are obvious:

1. The longer you run, the more your heart and lungs work. This will strengthen them and allow them to do even more in the future.
2. Running will strengthen your muscles and joints. Strong muscles help your ability to do other activities.
3. Running will help you mentally. You will be able to focus more and the blood flow to your brain will sharpen your brain cells.
4. Running gives you a reason to get away from family members for a while (or take them with you). You have been sheltered for the past two months. Get out and see the world for 30 minutes.

So here is your challenge, based loosely on the Amazing Race TV show. You will "start" from TMS and each 15 miles will take you to a new location. The journey will last nine weeks, starting Friday, May 29<sup>th</sup>. You will be in charge of logging your own miles. I would like you to report in each week with how many miles you get (even if you don't get 15, any miles are better than no miles).

I will send out an updated progress report each week, so you can chart how many locations you have reached.

Remember, be safe out there. You can run with your friends (just keep the number down and stay a couple feet apart). Take your dog with you. I know I can run further with my music on (nothing like Gregorian Chants or old Lawrence Welk to keep me going). If you're running on the street, be aware of local traffic (ie, don't have the music too loud), and remember, you should run/walk on the left side of the street (INTO oncoming traffic, NOT with traffic), or just stay on the sidewalk.

Coaches Davis, Oswald, Dalton, Offermann, Radek & Whitehead



## May 28th message

" *Oh the Places You'll Go*" ~ Dr Seuss

For those of you who will be going on to high school, we wish you good luck and hope you will come back to visit us on occasion.

For those of you going into grades 6 to 8, now is your chance to get ready for a successful cross-country season. The only way I know to become a successful runner is to run.

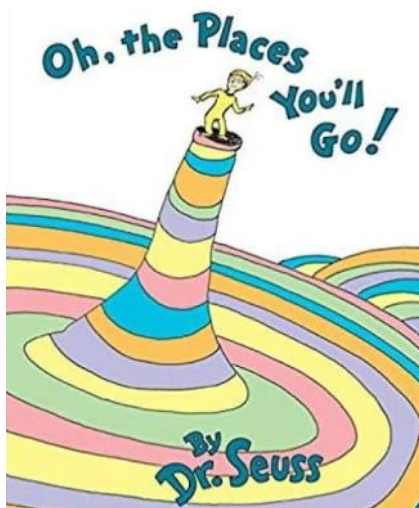
In order to give you some direction and a challenge, we have designed a ***Troy Runs the World*** contest. I have attached a document explaining the rules.

The contest will start on Friday, May 29th and last for nine weeks. We will hopefully get weekly updates from you.

Your first week of travel will take you on a journey to a southern location in the US. I won't tell you the town, but here are some facts to help you out:

1. It is the only major city in the US that was completely destroyed in a war.
2. It has the world's largest drive-in restaurant where, of course, they serve the city's favorite drink - CocaCola.
3. The state was named after a king.
4. The city hosted the 1996 Olympics.

Good luck on your journey. Remember, run 15 miles and, through the marvel of time travel, you will be at your first destination.



## June 5th message

**" Success is no accident It is hard work, perseverance, learning, studying, sacrifice, and most of all, love of what you are doing or learning to do." ~ Pele**

By now you have figured out that your first destination was Atlanta, GA, home of the 1996 Olympics and CocaCola.

For week two, here are your location clues:

- oldest capital city of the Americas
- fourth largest city with around 22 million people
- home to two World Cups
- hosted 1968 Olympics

Remember, you will need an additional 15 miles to reach this new destination. I know it has been brutally hot lately, so I hope when you run you do so early or late in the day. Also, keep hydrated.

## June 12th message

**" What you think of yourself is much more important than what others think of you." ~ Seneca**

I've also received some questions about other activities. My best guess is that three miles of biking equals one mile of running and 10 minutes of swimming equals one mile. It takes about 8 hours of texting or video games to equal one mile.

By now you've probably figured out that the second destination on your journey is Mexico City. It took 30 miles over the two weeks to get there. If you have 15 miles in, you've at least reached Atlanta (last week's destination).

I will give you next week's location clues on Sunday. The weather is supposed to be nice for a couple of days, so get your running in. I truly believe it will make you better this fall and will also benefit your ability to do other sports.

**" We know what we are, but know not what we may be." ~ William Shakespeare**





## June 14th message

**" Have a nice day. I hate it when people say that. Too much pressure." ~ Unknown**

By now you probably know you were to get to Mexico City this week. Now the good news for those of you just getting started or those who did not log their 15 miles, I was able to get you an UBER ride to Mexico City, so you will all be starting from that location toward the next location.

Here are some clues for your next destination:

1. Heading south to a large country with a population of almost 45 million
2. It is the 8th largest country in the world
3. The most popular sport is soccer, but the national sport is PATO which is a combination of polo and basketball played on horseback
4. It has a region called Patagonia
5. Your destination is the capital city

Good luck on your journey this week.



## June 19th message

**" Expect the best, plan for the worst,  
and prepare to be surprised." ~ Denis Waitley**

I hope you are still running (but do it in the early AM or late PM when it is cooler). You also need to be careful of heat exhaustion. We want you to exercise but do it safely. It is a concern when we have high temps and high humidity. Some of the signs are irritability (I guess I suffer from this even in the winter), nausea, cramps or chills. Stop running when any of these occur.

# COMPLAINT DEPARTMENT

**2020 HAS CERTAINLY BEEN AN INTERESTING YEAR THUS FAR. We have faced and overcome a lot of challenges but it wasn't all sunshine and roses. So here we vent:**



## **There goes another one**

Just when you think you're getting near the top of the drek pile, another load gets dumped on. Along with the sad list of cancelled, postponed or 'virtual' races going into June as listed in the wonderful May / June Pacesetter, there has been a new addition. No it's not on the PSRR Circuit however the always fun, uncomplicated, well organized, competitive, community based "Independence Day 5k" run-walk put on by the Riverside park district, at their water tower next to the Metra station was still taking registrations up to Monday. It was always an event to look forward to. Ok maybe not if you live south of I-55 but there are enough similar races down there that you know what I'm referring to.

Up to Monday morning the registration link was active. Then on Tuesday what a surprise .. it become another VIRTUAL race, whoopee. Some of us consider that 'virtual' races are no substitute for actually lining up with like minded running enthusiasts for another try at a PR, knocking a few seconds off your splits or just for participating. Virtual we do every day mainly by ourselves just by training or conditioning runs. Without a race to apply that to, it's not the same.

This would have been the 42 year for this storied race, which typically drew 400+ participants and in some years 600. Race directors know full well how hard it is to plan and manage any event let alone one with a 40+ year history. I've covered that flat n' fast triangular course along quiet tree lined streets back near my old neighborhood for many years. Even when my cervical neck thing was a torment and I could only walk. Even later when the appearance of A-fib made even fast walking scary as hell. Still got it done. It was another "familiar old friend" race that became special. Now it is stopped ... not by adverse weather or infirmity or even age but rather by the rotten Covid plague.

And at this point in the game I don't have that many more to look forward to. Another of life's simple pleasures stolen from us.

Glenn G  
May 29, 2020

## **I'm a mess.**

I'm jealous, sad, resentful, worried, deprived, angry and restless. I'm jealous of those who can work from home and run whenever they want. I'm sad for the people who've died and lost incomes. I'm resentful because this could have been the year I finished my last 4 of the 50 states I wanted to race in. I'm worried I'll catch COVID at work and bring it home to the family. I'm deprived of 'normal' human contact as I knew it. I'm angry at myself when I eat too much to assuage all of the above feelings. I'm restless, incredibly restless, because I don't know how it's all going to turn out in the end and I am someone who craves certainty. I'm a planner who needs some predictability in life in order to feel a sense of control. That's all gone now. And I don't know when or if it's even coming back.

Lianne  
June 1, 2020

## **More X's on the 2020 vision board.**

Laura  
May 28, 2020





# TRAVELIN' PSRR

Show off your club gear and/or send your race photos to us at this [link](#). Then come back and find them here!

I&M CANAL TRAIL:

Judith, Jody and Brittany



Jody Ann



Cathy "around town" and in WI



MEXICO

Mexico

## 2020 CIRCUIT OF RACES

<b>Race</b>	<b>Date</b> (some approximate)
1. Winterfest 5K	2/2/2020
2. Frosty 5 Mile	2/9/2020
3. Manhattan Irish Fest Parade 5K	3/7/2020
4. Bolingbrook Half-Marathon	<del>3/15/2020</del> CANCELLED
5. Bolingbrook St. Paddy's 5K	<del>3/15/2020</del> CANCELLED
6. Shamrock Shuffle 8K	<del>3/22/2020</del> CANCELLED
7. Morton Arboretum Champion of Trees 10K	<del>4/19/2020</del> CANCELLED
8. Fierce Fiesta 5K	<del>5/10/2020</del> 10/2/2020
9. Soldier Field 10 Miler	5/23/2020 VIRTUAL
10. Zero Prostate 5K	<del>5/30/2020</del> 9/19/2020
11. Minooka Summerfest 5K	<del>6/17/2020</del> CANCELLED
12. Summer Solstice 4 Miler	<del>6/26/2020</del> CANCELLED
13. Liberty 5K	7/3/2020 VIRTUAL
14. Sundowner 5K	7/23/2020 VIRTUAL
15. Parkie's Famous 10K	<del>8/22/2020</del> CANCELLED
16. DNA/PSRR Free 5K	8/30/2020
17. Hidden Gem Half-Marathon	<del>9/12/2020</del> CANCELLED
18. Shoop Scoot 5K	9/13/2020
19. Plainfield Harvest 5K	9/27/2020
20. JJC Haunted 5K	10/18/2020
21. Forte 5K	10/24/2020
22. Gobbler Hobbler 10K	11/8/2020
23. Poultry & Pie Predictor	11/26/2020

\*\*\*\*SOME DATES APPROXIMATE



# 2020 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

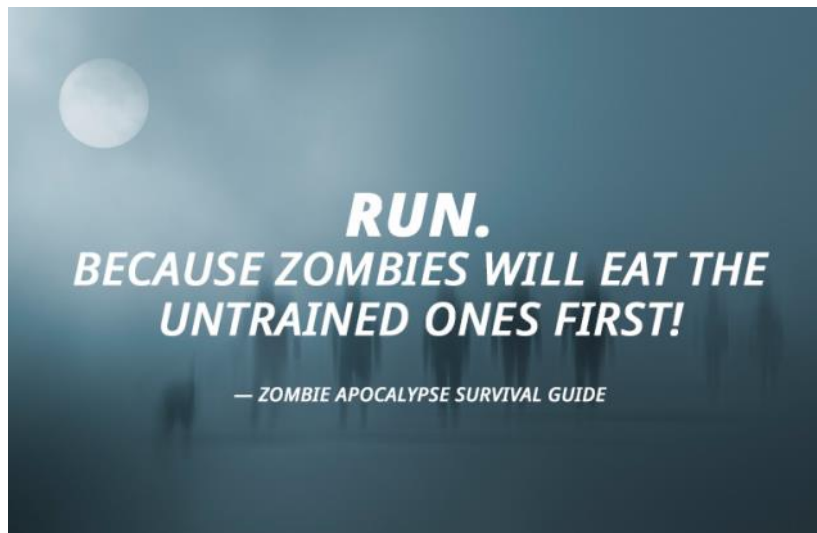
Posted 3/15/2020

## CIRCUIT STANDINGS

Runner	1. Winterfest 5K	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Bollingbrook Half Marathon	5. Bollingbrook St. Paddy's 5K	6. Shamrock Shuffle 8k	7. Arboretum Champion of Trees 10	8. Fierce Fiesta 5k	9. Soldier Field 10 Miler	10. Zero Prostate 5K	11. Minooka Summerfest 5k	12. Summer Solstice 4 Miler	13. Liberty 5k	14. Sundowner 5k	15. Parkie's Famous 10K	16. DNA/PSRR Free 5k	17. Hidden Gem Half-Marathon	18. Shoot Scoot 5K	19. Plainfield Harvest Fest 5k	20. JJC Haunted 5K	21. Forte 5K	22. Hobbler gobbler 10K	23. Poultry & Pie Predictor 4 Mile	24. Your choice half /full/ultra	25. Volunteer Credits	Circuit Score	Circuit Ranking	
Acup, Fawn	21	16																								1	###	
Aguilar, Dan	14																										1	
Antonio, Ernesto		37																										
Arreola, Sergio	3																											
Auld, Michael																										2		
Bailey, Marne	31	23																										
Barry, Laura	41	30																										
Beard, Nydia		8																										
Blenck, Shelli	13	14																								C		
Bornhofen, Larry	18	10																									1	
Bowman, Mark	5	5	11																								1	
Calvey, Aidan																											1	
Calvey, Colleen																											1	
Carter, Clint	11	23																										
Costa, Liz	8	12																										
Curiel, Kelly		10	12																									
Cyplick, Dave	12																											
Figuieras, Kathleen																											C	
Forbes, Sean		40	27																									
Freeman, Angela		15																									1	
Gabryel, Glenn		44																										
Goodwin, Kenneth	17																											
Hagenbaumer, Shannon		42																										
Hall, Heather		28																									1	
Heidrich, Tina			33																									
Heidrich, Julian			32																									
Holloway, Lianne			40																									
Hutley, Carla			20																								2	
James, Jody		37	35																								1	
Johnston, Eric			45																									
Johnston, Toni		25	28																									
Jungwirth, Robert																											1	
Kesler, Erica			36																								1	
Kiernan, Jane		16																										
Kisner, Griffin	14																											
Klaeser, Pete			44																									
Koerner, Pat	7																											
Koerner, Patrick J.	3	9	6																								1	
Koven, Steven	28																										1	
Loica, Laura	21	34																										
Macak, Matt		6																										
Macknick, Dick																											1	
Mangabhai, Damien		11	7																									
Markland, JT	2	7	5																									
Martinez, Javier		1	2																									

**2020 CIRCUIT STANDINGS**  
—continued

Runner	1. Winterfest 5K	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Bollingbrook Half Marathon	5. Bollingbrook St. Paddy's 5K	6. Shamrock Shuffle 8k	7. Arboretum Champion of Trees 10	8. Fierce Fiesta 5k	9. Soldier Field 10 Miler	10. Zero Prostate 5K	11. Minooka Summerfest 5k	12. Summer Solstice 4 Miler	13. Liberty 5k	14. Sundowner 5k	15. Parkie's Famous 10K	16. DNA/PSRR Free 5k	17. Hidden Gem Half-Marathon	18. Shoot Scoot 5K	19. Plainfield Harvest Fest 5k	20. JJC Haunted 5K	21. Forte 5K	22. Hobbler gobbler 10K	23. Poultry & Pie Predictor 4 Mile	24. Your choice half /full/ultra	25. Volunteer Credits	Circuit Score	Circuit Ranking	
McFarland, Patrick J.	22	27	25																									
McLean, Susan			19																									
McQuarters, Cathy		20																								3		
McQuarters, Tiffany																												
Miller, Jaylyn																										1		
Murdaugh, Rheta																										1		
Nelson, Mark	16	24	21																									
Newberry, Phil	10																											
Pirc, Brittany		30	29																									
Pirc, Tina		33	22																							1		
Pociask, Natalie		35	31																									
Podlin, Tom																										1		
Portlock, Caroline																										2		
Prado, Sarah		47	43																									
Quigley, Lori	9	19	13																									
Rahn, Eva	6	8																										
Raino, Craig		46																										
Raino, Emerson		29																										
Raino, Gerald	19	32																										
Raino, Lauren	24	43																										
Raino, Mary			17																									
Rice, Kayla		17	15																							C		
Rice, Rebecca		36																								C	2	
Scheckel, Debbie	15		24																								1	
Scheckel, Harry	4		4																								1	
Sheridan, John																											2	
Sikes, John			41																									
Skisak, Eileen			1																								1	
Smith, Tammy																											1	
Sorich, Diana																											1	
Stapleton, Carol	18		26																									
Tezak, Samantha		38	34																									
Topf, Stephen		22																										
Underhile, Clinton		13	18																									
Underhile, Nicole																											1	







“Close your eyes and turn  
your face into the wind.

Feel it sweep along your skin  
in an invisible ocean of  
exultation.

Suddenly, you *know* you  
are *alive*.”

— Vera Nazarian

**The Pacesetter July August 2020**