

THE PACESETTER

July/August 2022 ☿ Volume 47, Issue 4

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

www.psrr.org



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The Pacesetter is
for runners,
walkers and
fitness
enthusiasts of
ALL abilities



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Newest member.



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 and is a defined 501(c)(3) organization under the RRCA charter.

UPCOMING CIRCUIT RACES AND EVENTS

JULY

July 3rd —Morris Liberty 5k, Morris [Registration Link](#)

July 21st - Sundowner 5k, Joliet - [Registration Link](#)

AUGUST

August 5th - PSRR Free 5k, Shorewood - [Race Website](#)

August 27th - Parkies Famous 5k, Bolingbrook - [Race Website](#)



ACKNOWLEDGMENTS

Thanks to all who contributed photos . If you want to report on races, your training or anything else you would like to share, please contact the editors.— JS and MA



BULLETIN BOARD

Upcoming Board Meeting:

July 28 – Plainfield 6:30PM



Newest PSRR runner! Bennett Wesley Antonio was born on June 14th at 4:51am. 8lb 10oz and 22 inches long. Courtesy of Lauren Raino and and her husband Ernesto Antonio. Both PSRR Runners.



Thanks to those who have made donations to the club through the 'Donate' link on our RunSignup website, and through personal checks sent to our P.O. Box.

Kid's Corner

- What do you call a famous turtle? A shell-e-briety!
- Where do Dads keep their dad jokes? In a Dad-a-base!

Adult Runner's Corner

- How do crazy runners get through a forest? They take the psycho path.
- What do runners do when they forget something? They jog their memory.
- You know you are a runner when you have more patience running over an hour than you do waiting in line at Walmart for 5 minutes.



Pickle-Pineapple-Cherry.
Replaces all know electrolytes. Tested on the Sunday Funday Bunch.
FDA Certified.

PREZ SAYS



By Mark Walters

Greetings, friends and fellow members! I hope your Summer has gotten off to a splendid start. Some of you have already embarked upon that long-awaited escape to the mountains, or to the North Woods, or perhaps to the beaches with your families and loved ones. Others have those favorite pastimes and engaging hobbies which keep us closer to home. Those of us who must work while others play find solace in the thought our time for fun and adventure will come. We should all treat each day as a gift.

With school being out and these long hours of daylight, we runners have more choice times for our habit: in the morning, before the heat sets in; in midday, if we enjoy the heat; or in the early evening, if we can avoid disrupting dinnertime or other family plans. Usually the mileage you need (or want) dictates the time of day, whether its the time you have, or the weather. Some are doing the Runners World Summer Run Streak, where the challenge is to run at least 1 mile every day from Memorial Day to American Independence Day. If you're "streaking" this year, you'll have 36 straight days of activity. If you just need a mile, it can take longer to dress and get a good GPS signal than it takes to cover that mile. I have done such a 'run streak' before, and I am doing it again this season. However, I must confess that after 19 days I did miss a couple days due to travel. However, I did start over and streaked the last 12 days of June, topping 70 miles for the month. So I did two streaks!

Continued on next page.



The hot and sometimes stormy weather during this time of the year does pose a challenge for run streaks longer than 2 weeks, and also for runs longer in general. Personally, on those really hot days I tend to save my streak run for the evening hours, going out as late as 9 PM. Each year, I have what I call a 'firefly run', usually during the last full week in June. With my Noxgear and a headlamp, I set out along a route where I know I will see lightning bugs dipping and glowing in the fields. Doing this just makes me happy. My 'firefly run' this year was at 9:36 PM on June 16, and I must have been too early because I saw only three of them. I was happy nonetheless.

Many of us enjoy a short run in a summer rain. But weather often takes a turn. In the midst of a 34-day run streak in June 2016, I thought I could get a 1-mile run in after work and after dinner. It was a stormy evening so I waited and watched the weather radar for a 'window of opportunity'. It looked promising, so I geared up and headed out from my home in Channahon. Four minutes into my run, the skies opened up. Lightning and thunder came as the rain intensified. I remember worrying about hail. It didn't hail, but it rained so hard it could not runoff the center of the street fast enough. It seemed that with each stride, I landed in 1/2" of water. 5 minutes later, I was back home, safe and sound and having met my goal of 1 mile. But minutes later I learned that at the same time I was running, a tornado was damaging homes only miles away in Coal City. I suppose the moral of the story is "its ok to break a run streak if its the safe and sensible thing to do".

You fall marathon runners face the added challenge of "schedule", and that comes with your mid-week long runs and distance runs on the weekends. And if you want to prepare well and come away from Chicago or Columbus or Detroit feeling no worse for wear, there is no compromise. The long run on the weekend is essential, and the mid-week run, shorter runs, and rest days set you up for that long training run. There is also that feeling of angst or uncertainty or whatever, for missing that favorite 5K which lands on the day of your long run. But once you set out for that 15 or 16-miler, that feeling quickly dissipates.

Speaking of races, and circuit races in particular, we are halfway through the year and yet, not quite halfway through the number of races on the 2022 Race Circuit. Including the Morris Liberty 5K on July 3, there are 13 races remaining on the circuit. I have done only 2 circuit races so far, so I am looking forward to the 2nd half of the schedule. I'm signed up for the Sundowner 5K and planning to do Parkies 5K on August 27. In between, I'll head over to Davenport for the 48th running of the Bix 7 Road Race. I'll be at the Free 5K on August 5, most likely helping out in some way (if not pointing).

I'll see you at one of the circuit races soon! Safe travels everyone, and enjoy your Summer!

Mark

CLUB EVENTS:

Fierce Fiesta 5k, Channahon

[RESULTS LINK](#)

Fierce Fiesta took place on May 5th, 2022 Weather was perfect for a fast race. 31 PSRR runners!



CLUB EVENTS Cont'd:

May 14th - Galena Sky Trail 4-Hr and 8-Hr

[RESULTS LINK](#)

Ultra Events are a challenge and 17 PSRR members converged on Chestnut Mountain to run hours! Darcy Welch and Carol Stapleton ran the 4 hour challenge. The ranking was not age adjusted. It seems that some of the older runners had an advantage! Happy Birthday Leslie Williams!



Posted 5/17/2022
Report errors/correction to statistician@psrr.org by 6/30/22

Overall Place	Name	Distance	Time	Circuit Points
6	Efrain Huerta	39.36	7:57:04	1
15	Mark Bowman	36.52	7:56:49	2
18	Damien Mangabhai	35.91	7:49:33	3
19	Apolonio Esquivel	35.91	7:53:11	4
26	John Steinmetz	34.69	7:50:50	5
37	Lily Medina	31.24	6:19:55	6
44	Michelle Rowbottom	30.23	7:49:30	7
45	Leslie Williams	30.23	7:51:15	8
46	Karen Lathrop	30.23	7:51:16	9
53	Shelli Blenck	29.01	7:49:27	10
55	Angela Freeman	28.4	7:05:55	11
68	Vickie Walker	25.56	7:41:05	12
72	Lori Quigley	22.72	6:59:15	13
75	Rachael Greeney	22.72	7:41:06	14
84	Diana Sorich	19.88	7:05:29	15
86	Jay Wait	18.26	7:51:31	16
97	Sharon Simons	14.2	5:32:39	17

CLUB EVENTS Cont'd:

May 14th - Galena Sky Trail 4-Hr and 8-Hr

Go to JenniferThorsen.smugmug.com to purchase photos.



CLUB EVENTS Cont'd:

Minooka Summerfest 5k June 18, 2022

[RESULTS LINK](#)



JT Markland took second in a blistering 18:32. Cole Mangahhai, age 14, edged out his dad, Damien by 2 seconds. Cole finished in 39:34 on a warm day. Carol Stapleton lodged another sub 40 minute 1st place age group win!

Bailey Williams, 13 ran at a 9:48 pace to finish in the top 50% of all runners. Larry Bornhofen finished in a respectable 25:02 but finished a disappointing 4th in his age division edged out for 3rd by 18 seconds. Better luck next time. New member/new runner Ashley Shulman shown on the left ran Summerfest 5K and PR'd! .

PSRR Participants are shown below.



CLUB EVENTS Cont'd:

Summer Solstice 4 Miler, June 24, 2022

[RESULTS LINK](#)

PSRR Participants are shown below.



Sunday Fundays



CONGRATULATIONS FINISHERS!

KETTLE MORAINE ENDURANCE RUNS

SPECIAL ULTRA

REPORT



Efrain Huerta

Bib # 433
42 year old male

2022 100K

Share Your Results: [Facebook](#)

Gun Time	Overall Finish	Gender Finish	Age Group Finish	Average Pace
14:04:21	20 / 77	17 / 53	3 / 21	13:35/mile

Lily Medina

Bib # 186
40 year old female

2022 100 Mile

Share Your Results: [Facebook](#)

Gun Time	Overall Finish	Gender Finish	Age Group Finish	Average Pace
22:20:45	22 / 133	6 / 38	2 / 14	13:24/mile

ARTICLE:

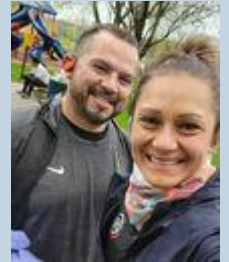
Kettle Moraine 100 Miler and 100K

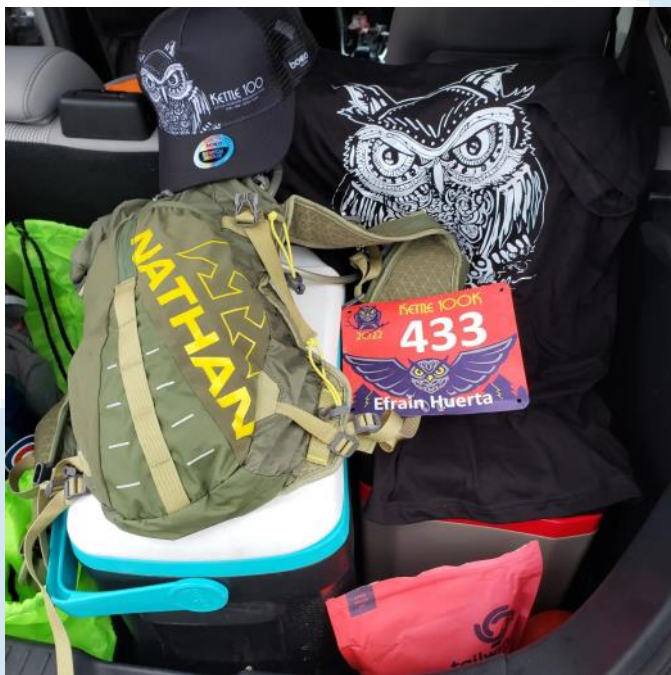
by John Steinmetz



From an Efrain Huerta FB Post:

KETTLE MORAINES 100K!! Got to experience another trail run this one much harder than the ones I had run. The elevation was way more and so was mileage. It was the furthest I have ever ran!! But loved it n hated it at some point but thanks to the community of runners out there that are awesome and friendly I got it done. Definitely a core memory thanks to friends that also whet out of the way to support us Mark Bowman and Angela Freeman!





A nice FB sendoff from Shelli Blenc:

My dear friend [Lily Medina](#) is running her very first 100 mile race today! I am so proud of all that she has accomplished in a year. She is a true inspiration along with her loving and beast of a boyfriend [Efrain Huerta](#) who is running his first 100k (62 miles) today. They are going to crush the course. So happy that my gal pal [Angela DeLeon Freeman](#) and Mark Bowman will be running along side of them to give them support.

"Happy Trails Until the
September-October
Issue



PSRR Pacesetter - July/August 2022

WWW.PSRRPACESSETTER.COM