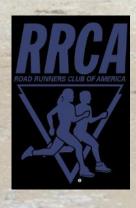
THE PACESETTER

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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TO FIND US ON
FACEBOOK



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



WWW.PSRR.ORG

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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



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.

NOW YOU ARE

NOT A RUNNER?

and her husband Ernesto Antonio. Both PSRR Runners.

Kid's Corner

- What do you call a famous turtle? A shell-e-brity!
- 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.

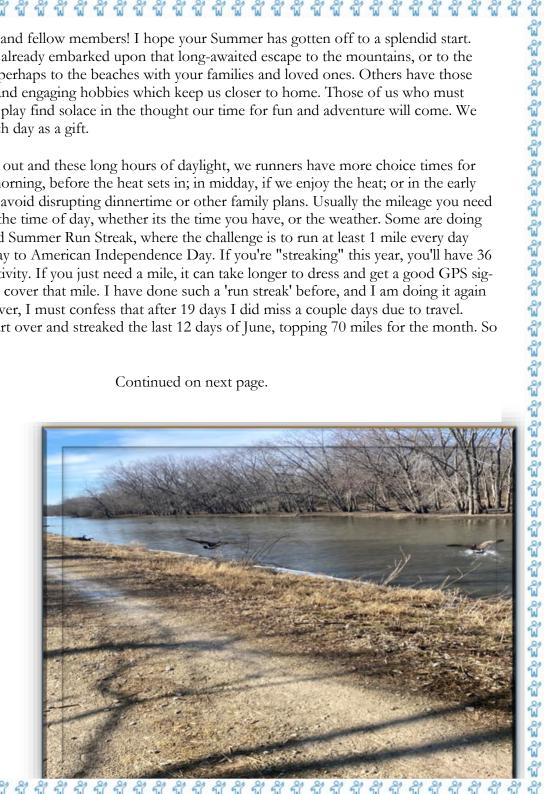


By Mark Walters

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 34day 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 midweek 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!







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 Report errors/correction to sta		oy 6/30/22	
Overall Place	Name	Distance	Time	<u>Circuit</u> 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



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



Go to JenniferThorsen.smugmug.com to purchase photos.









Minooka Summerfest 5k June 18, 2022

RESULTS LINK

April 9th: ran my first ever timed mile April 30th: ran my first ever 5k May 6th: ran my 2nd 5k even faster May 27th: 5k June 18th: 5k July 3rd: 5k Aug 27th: 5k Sept 18th: 1/2 MARATHON 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.



Summer Solstice 4 Miler, June 24, 2022

RESULTS LINK

PSRR Participants are shown below.



Sunday Fundays









14:04:21

Gun Time

Overall Finish 20 / 77

Gender Finish 17 / 53

Age Group Finish 3/21

Average Pace 13:35/mile

Lily Medina Bib # 186

40 year old female

100 Mile Gun Time

22:20:45

Overall Finish 22 / 133 Gender Finish 6/38

Age Group Finish 2/14

Average Pace 13:24/mile

Share Your Results: Facebo

ARTICLE:

Kettle Moraine 100 Miler and 100K by John Steinmetz



From an Efrain Huerta FB Post:

KETTLE MORAINE 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 Free-

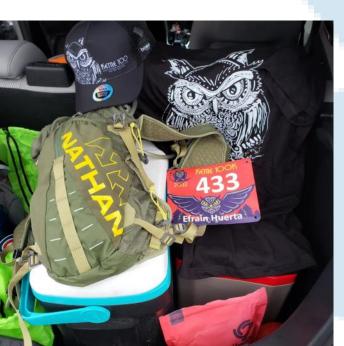
















A nice FB sendoff from Shelli Blenc:

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.

2022 Circuit Results

Age Group Standings

Updated 6/21/2022

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Updated 2/17/2022 CIRCUIT STANDINGS

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Pironti, Rudolph 1 4 3 1		-									-	+	+	+	+	\rightarrow	-			\vdash	+	+	+	+	+	+	+	-	+	\dashv
MALE 55-59 Mayle, Darrell 2 2 2 Murrorn, Kent 1 1 1 1 1 1 1 1 1		1	-			_						\top	1	+	+	\dashv				\vdash			+		+	+	1		1	\neg
Mayle, Darrell 2 2 2 2															1	_							1		1		I	1		\exists
Mayle, Darrell 2 2 2 2	I MALE AF AL			-					- 1 - 7																					
Munrom, Kent 1 Nelson, Mark 1 1 1 1 Tocwish, Tim 3 3 3 MALE 80-64 Bornhofen, Larry 1 1 1 Gors, Bill 2 Klasser, Peter 2 3		_	TŦ	13	1 5	_						_	-	_	-	_				_	÷	-	-	1	_	-	-		-	
Netson, Mark		+	÷	1						_	-	+	+	+	+	+	-			\vdash	۰	+	+	+	+	+	-	-	+	\dashv
Tocwish, Tim 3 3 5 MALE 60-64 Bornhofen, Larry 1 1 1 Gere, Bill 2 Klaeser, Peter 2 3		1	1		-	+				_	-	+	+	+	+	+	-	_	_	\vdash	+	+	+	+	+	+	-	_	+	\dashv
MALE 60-64 Bornhofen, Larry 1 1 1 Gora, Bill 2 Klaeser, Peter 2 3		t	1		-	1				_	-	+	+	+	+	+	-	_		\vdash	+	+	+	+	+	+	+	_	+	\dashv
Bornhofen, Larry 1 1 1		1			100		1772				111					-					1	1.1								
Gora, Bill 2 Klasser, Peter 2 3		-	177	_	-	_	_	_	_	_	-	_	_	_	-	_,	_	_	_	_	_	_	-	_	_	_	_	-	_	_
Klaeser, Peter 2 3		-	1	-	_	-	-				-	+	+	+	+	_		_	-	\vdash	-	+	+	-	+	+	-	_	+	\dashv
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Updated 2/17/2022 CIRCUIT STANDINGS

									CIR	CU	IT S	STA	ND	INC	38														
	Ninterfest 5K (Credit Only)	Mile	lanhattan Fest 5K	Shamrock Shuffle 8K	Arboreteum Champion of Tress 10K	Fierce Flesta 5K	Race to the Flag 10K	ummerfest 5K	ummer Solstice 4 Mile	Morris Liberty 5K	Sundowner 5K	36 5K	arkies Famous 5K	are & Tortoise 5K	lidden Gem Half-Marathon	coot	Plainfield Harvest 5K			Run the Path 10K	aleozoic Devonian Fall II 25K	Poultry & Pie Predictor		Galena Sky 4-Hour (Circuit Credit Only)			olunteer Credits	core	Circuit Ranking
	terfes	rosty 5 Mile	hatta	mroc	oreter	Ce Fig	o to	ment	nmer	ris Li	down	SRR Free 5K	Kles F	0 & To	den G	Shoop Scoot	nfield	JC SK	orte 5K	the	pozoic	iltry 8		ana Sk			nutee	Circuit Score	uit R
Runner	N.	Fro	Mar	Sha	A P	100	2 8	Sum	Sum	Mo	Sum	PSF	Par	Ig	P	Sho	Pla	3	For	P.	Pale	Pou		Gale	\perp		No.	Circ	20
FEMALE 55-59	-	•											_				_						_				,		
Acup, Fawm	_	2	11	1		1	1	1		_	Ť	T	Ť	Т	т	\top	-	\neg				_		_	T	T	Ť	_	1
Barry, Laura		2	2							-				†	+	†	\neg					-				1	7		1
Costa, Liz	1	1				1			1																				1
Lathrop, Karen	_		1	1		_	1			_				+	1	4	_	\Box		_		\vdash				_	_		1
Quigley, Lori	2	-	3		⊢	3	2	-	\vdash	2	-	+	+	+	+	+	-	\dashv	-	_	H	-	-	-	-	+	\rightarrow		4
Rice, Rebecca Smith, Tammy	3	3	5	+	-	2		1		1	-	+	+	+	+	+	+	\dashv				-		-	+	+	-	_	1
Tocwish, Alicia	+	-	4	3	+	4	-	·	2	3		+	+	+	+	-	-	\dashv				-		+	+	+	-		1
Total district			+		_	-		_		-	_	•	-	_	-	_	_	_		_		_	_	_	-	_	_		
FEMALE 60-64						507	Y533		7 2	25	50	V.,	-		321	377	115	. Y	y-,11-			22	100						200
Kleman, Jane		2	2		1									\perp	\mathbf{I}					1.2			1						1
Rahnm, Eva		-		2						\vdash		_		1	1	_	_			140		\vdash							1
Skisak, Elleen	-	1			\vdash	-	-	1	1	⊢	⊢	+	+	+	4	-	4	-				\vdash	\vdash	-	-	+	-		41.
Walker, Vickie Warren, Judith	-	3	4		1	1	1	2	-	-	-	+	-	+	+	-	-	\rightarrow	-	-	-	-		-	-	+	-		41.
warren, Juditii	_	-	4	_	_	_	_	- 2	_	_	_	-	-	+	_	_	_	_	_	_	_	_	_	_	_	_	_		4
FEMALE 65-69																													
Raino, Mary			1		$\overline{}$	1		1		$\overline{}$	Т	Т	Т	т	Т	\neg	\neg	\neg				г				T	\neg		1
Scheckel, Debbie	1		2					2	- 3											- 1									1
Walters, Debra	3		4			2		100						\perp	1		=			177									1
Welsh, Darcy	2		3	_	\perp				1	ட	_	_		1	1	_	_	_				\mathbf{L}		_		ᆫ	_		1
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FEMALE 70 & OVER Stapleton, Carol	11		1		1	1	1		1	1	1	-	_		-	-	-								_	1		_	т.
Stephenon, Caron			+		_				-		-	+	-	+	_	_	_	_				_					_		40.0
MALE UNDER 15																													
Craig, Peyton			2											\perp	1			\Box											1
Ethridge, Parker	_	1	1	_	_					\vdash		-		1	1	-	_					\vdash				_			4
Koerner, Casey	+	-	+	1	-	-	-	-	-	-	-	+	+	+	+	-	-	-	-		_	_	-	-	-	+	-	_	41.
Mangan, Logan	-		+	3	-	-	-	-	-	⊢	-	+	+	+	+	-	-	\dashv	-	-		⊢	-	-	-	╌	\rightarrow	_	41.
Raino, Emerson	_	1	-	-	-	_	-	1	_	_	-	+	-	+	_	-	_	_	-	_		_	_	-	-	-	_	_	1
MALE 30-39																													
Markland, JT	11	1	11		T	T	T		1	$\overline{}$	T	Ť	T	Т	Т	-	-										\neg	_	T
Crickman, Justin			2														\neg	\neg											1
Ernesto, Antonio			3											\perp	\mathbf{I}		\Box	\Box											1
Henkaline, Dustin				1						1																			1
MALE 40-44 Aguilar, Dan	-	3	11	_	_	_		_	1		_	-		-	-	_	-					_	-		_	_	-		1
Ethridge, Tom	-	-	3	_	1	1	-	-	-		+	+	-	+	+	+	+	\dashv				-		\vdash	+	+	+		1
Garcia, Nick		2				1	100			П				1	1	1										1	_		1
Huerta, Efrain	- 3	11	4			2	1							1	T	1	\neg			10									1
Mangabhai, Damien		1		1			2		2					\perp	\perp		\Box												1
MALE 45-49	_			_					_			-		_	-	-	_	_		_	_		-	_		_	_		
Forbes, Sean	-	1	2	-	-	-	-	-		\vdash	4	-	-	+	+	-	-	\dashv				-		-	-	-	-		1
Kisner, Griffen	2	-	+	1 2	-	-	-	-	-	\vdash	-	+	+	+	+	+	+	\dashv		-		-		-	+	+	\rightarrow		1
Olszewski, Russ Walker, Mark	1	-	1	1	-	1	-	-	1	1	-	-	+	+	+	+	\rightarrow	\rightarrow		-		-	-	-	-	+	\rightarrow		1
Trainer, mark	1.1	-	13	1.1	-	_	-	-		-	-	-		+	-	-	-	_		_		-	_	-		-	_	_	4
MALE 50-54																													
Esquivel, Apolonio		1	Т	1		T	1					1		Т	T											T			1
Kirsch, Steve		3		3						1				\perp												F			1
Martinez, Javier		2	-	_		1			1					1	1	1	1								-	1			4
Pironti, Rudolph	1	4			1	-	-	-			-	-		1	1	-	-	\perp					-	-	-	+	_		4
Sikes, John Williams, William	-	-	2	-	-	2	-	1	2	-	-	-	-	+		+	\rightarrow					-		-	-	+	-		1
ventiants, ventiant			1	1	1	1 4	1	1 1	1 4	1	1	100		- 1			- 1			100		1	100	100					

Updated 2/17/2022 CIRCUIT STANDINGS

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Runner	Winterfest 5K (Credit Only)	rosty 5 Mile	Aanhattan Fest 5K	Shamrock Shuffle 8K	Arboreteum Champion of Tress 10K	lerce Flesta 5K	Salena Sky 8-Hour	Race to the Flag 10K	Summerfest 5K	Summer Solstice 4 Mile	Morris Liberty 5K	Sundowner 5K	SRR Free 5K	arkies Famous 5K	lare & Tortoise 5K	Hidden Gem Half-Marathon	Shoop Scoot	Plainfield Harvest 5K	JC SK	orte 5K	Run the Path 10K	aleozoic Devonian Fall II 25K	oultry & Pie Predictor	Galena Sky 4-Hour (Circuit Credit Only)			/olunteer Credits	Circuit Score	Circuit Ranking
" Tourier	-		2	60	q		G	<u> </u>	so I	S	2	S	0		_	I	S	0	-	-	02			- 0	-		>	0	10
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MALE 55-59																													
Mayle, Darrell	_		2	2	1 2		Ti		Т	1		1					1	1	-	-				- 12	1		-	-1	
Munrom, Kent	-	-	-	1	1		+	+	+	+	-	-	-	-	-	+	+	+	+	+	-		-	_	+	-	+	+	
Nelson, Mark	_	1	1	1	+	+	+	+	+	+	-			-	-	+	+	+	+	+	\rightarrow		\rightarrow	_	+	1	+	-	
Tocwish, Tim	_	i i		3	3	+	1 2		+	+	1	2	_	-	-	+	+	+	+	-	\rightarrow	-	-1	_	+	-	+	\rightarrow	
Tochian, Tim		_		9	-	-	-		+	+	-	-		-	_	+	_	-	_	_	-		_		+	-	-	_	
MALE 60-64																													
Bornhofen, Larry			1		1 1			1	1	1	1	1	2.			1	1	1	-	-			- 1	- 12		100	1	- 1	
Gora, Bill	_			2					$^{+}$							$^{-}$	-	$^{+}$	\pm	\rightarrow	\neg		\neg		1		1		
	_	_	_			_																							
Klaeser, Peter		2	100	3				1								1	1	1		_									
Klaeser, Peter Topf, Stephen		1		1			1		1		2					E	I	1	-	1							E	1	
Topf, Stephen Gabryel, Glenn		1	6			+	1	_	+	1	2					E	Ξ	1	I	1	1		∃ ∓				E	1	
Topf, Stephen Gabryel, Glenn Goodwin, Mike			6	1		-		_	+	1	2					E	E	1	-	1	1		1				E	1	
Topf, Stephen Gabryel, Glenn Goodwin, Mike Jackson, Paul		1	6			<u> </u>		_	-	1	-						1	-		1	1		1						
Topf, Stephen Gabryel, Gienn Goodwin, Mike Jackson, Paul Jungwirth, Robert		1	6	1	1	_	1	_			2						 	1		1									
Topf, Stephen Gabryel, Glenn Goodwin, Mike Jackson, Paul Jungwirth, Robert Lafferty, Don		2		1	1	2	1			1	-						-			1									
Gabryel, Glenn Goodwin, Mike Jackson, Paul Jungwirth, Robert Lafferty, Don Raino, Gerald		2	5	4	1	_	1			2	-						-												
Topf, Stephen Gabryel, Glenn Goodwin, Mike Jackson, Paul Jungwirth, Robert Lafferty, Don Ralino, Gerald Steinmetz, John		2 6 1	5 1	1	1	_	1			1	-																		
Topf, Stephen Gabryel, Glenn Goodwin, Mike Jackson, Paul Jungwirth, Robert Lafferty, Don Raino, Gerald Steinmetz, John Walters, Mark		2	5 1 4	4		2	1		I	2	-																		
Gabryel, Glenn Goodwin, Mike Jackson, Paul Jungwirth, Robert Lafferty, Don Raino, Gerald Steinmetz, John Walters, Mark Warren, John		2 6 1 3	5 1	4		2	1		I	2	2	1																	
Topf, Stephen Gabryel, Glenn Goodwin, Mike Jackson, Paul Jungwirth, Robert Lafferty, Don Raino, Gerald Steinmetz, John Walters, Mark		2 6 1	5 1 4	4		2	1		I	2	-	1																	
Gabryel, Glenn Goodwin, Mike Jackson, Paul Jungwirth, Robert Lafferty, Don Raino, Gerald Steinmetz, John Walters, Mark Warren, John	R .	2 6 1 3	5 1 4	4		2	1		I	2	2	1																	
Gabryel, Glenn Goodwin, Mike Jackson, Paul Jungwirth, Robert Lafferty, Don Raino, Gerald Steinmetz, John Walters, Mark Warren, John Westefer, Gary MALE 70 & OVES	2	2 6 1 3	5 1 4	4		2	1	2	I	2	2	1																	
Gabryel, Glenn Goodwin, Mike Jackson, Paul Jungwirth, Robert Lafferty, Don Raino, Gerald Steinmetz, John Walters, Mark Warren, John Westefer, Gary MALE 70 & OVES	2	2 6 1 3	5 1 4 2	1 2		2	1	2	I	2	2	1																	
Gabryel, Gienn Goodwin, Mike Jackson, Paul Jungwirth, Robert Lafferty, Don Raino, Gerald Steinmetz, John Walters, Mark Warren, John Westefer, Gary MALE 70 & OVER Bullock, Dan Degrush, Rich Harman, Jim	3	2 6 1 3	5 1 4 2	1 1 2		1	1	2	I	2	2	1																	
Gabryel, Glenn Goodwin, Mike Jackson, Paul Jungwirth, Robert Lafferty, Don Raino, Gerald Steinmetz, John Walters, Mark Warren, John Westefer, Gary MALE 70 & OVE! Bullock, Dan Degrush, Rich Harman, Jim Koerner, Patrick J.		2 6 1 3	5 1 4 2	1 1 2	2	1	1	2		2	2	1																	
Gabryel, Glenn Goodwin, Mike Jackson, Paul Jungwirth, Robert Lafferty, Don Raino, Gerald Steinmetz, John Watters, Mark Warren, John Westefer, Gary MALE 70 & OVER Bullock, Dan Degrush, Rich	3	2 6 1 3 5	5 1 4 2	1 1 2	2	1	2 2	2		2	2																		
Gabryel, Glenn Goodwin, Mike Jackson, Paul Jungwirth, Robert Lafferty, Don Raino, Gerald Steinmetz, John Walters, Mark Warren, John Westefer, Gary MALE 70 & OVE! Bullock, Dan Degrush, Rich Harman, Jim Koerner, Patrick J.	3	2 6 1 3 5	5 1 4 2	1 1 2	2	1	2 2	2		1	2																		
Gabryel, Glenn Goodwin, Mike Jackson, Paul Jungwirth, Robert Lafferty, Don Raino, Geraid Steinmetz, John Walters, Mark Warren, John Westefer, Gary MALE 70 & OVER Bullock, Dan Degrush, Rich Harman, Jim Koerner, Patrick J.	3	2 6 1 3 5	5 1 4 2	1 1 2	2	1	2 2	2		1 1 2	2 4																		

2022 Circuit Results

Completed 7 circuit races — eligible for circuit award and circuit raceting.

Has 7 or more points via circuit races, volunteer credits, and other servic credits — eligible for circuit award.

Has 5 or more points (age 14 & under) via circuit races, volunteer credits, and other service credits — eligible for circuit award.

Updated 6/21/2022 CIRCUIT STANDINGS

	2				of Tress 10K								Г									1.2980		Gircus Credit Greby)					
Runner	Winterfest SK (Credit Only)	rosty SMIss	Manh attan Fost 6H.	Sharmock Shuffle 890	Ar borotean Champion of	Pierc e Flesta SK	3 atom a Sky 8-Hour	Saco to the Plag SK	Surrenierload SK	Summer Solution & Mile	Morris Liberty SK	Sundowner SK.	PSRR Prop SK	Parkies Famous SK	flar e & Tortothe SK	ili dde n G em Half-Marathon	Sho op Scoot	Plain fold Harvesk SK	J 3C 8K	Torto SK	Sunthe Path 10K	Pareozoio Devonian Fall II 299	Poultry & Pin Predictor	Salera Sky 4-Hour (Sircus)			Folumber Credits	Circuit Score	Circuit Ranking
Acup, Fawn			23																									***	
Aguilar, Dan	100	24	9						11																				
Antonio, Ernexto			51						100																				
Arecho, Dori	1 100			48											9									-				9-1	
Auld, Michael	100																							- 1			2	3	
Balley, Marne	-			13																									-
Barry, Laura		31	35	_						-					0													0-	
Beard, Nydia	6			11			200			2																			
Blenck, Shelli	3	3			-	-	10	-	-	_		_	-		_		\vdash	_		_			-	-			-		_
Bolatto, Susan	21	40	47		-	15		11		-	-	-	-		_			-		-			-	-			1		-
Bornhofen, Larry		11		14			-	4		5		-	-					-						-			_		-
Bowman, Mark		14	-				2		6		-	-	-			-	-	-			-			-			1		-
Bullock, Dan	-	25	43 22	23	3	19			-	-	-	\vdash	-	-	-	-	\vdash	\vdash		-	-	-	-	+		-	-	_	-
Calder, Kate	-	200	22		2					-	-	-	-	-	-	-	-	-		-	-		-	-	1	-	-	-	-
Calvey, College	-	-		45						-	-	-	-		-		-	-						-			-	_	-
Calvey, Palmer	100	100		42	-	-				-	-	-	-		-		-	-					-	-			-	-	-
Costs, Liz Craig, Jennifer	118	17	91	31	-	5			3	11		-	-			-	-	-		-			-	-		\rightarrow	\rightarrow		-
Graig, Peyton		-	63	-						-																	-		
Crickman, Justin			38																									3	
Curiel, Kelly		19	27	24																							\neg		
Cyplick, Dave	13		25	-					10																		\neg	0	
DeGrush, Rich	100		7						100															-				9	
Deleon, Mario	100														1												1		
Enquivel, Apolonia		2		3			4																						
Esquivel, Laura	1			21		1.7									-													0	
Ethnidge, Traci	4	7	5		1	6																		110					
Ethnidge, Parker	1 616	11.	14																										
Ethridge, Tom	-	_	40	26		11																		-					
Faison, Destiny	1	-	-	38		26																		-					
Forbes, Sean	-	_	22							-	-							-						-			_	-	-
Freeman, Angela Friss, Raquel	+	15	20	47	-		11		14	-	-	-	-		-	-	-	-		-	-		-	+	\vdash	-	1	_	-
Fritz, Nicole	-	-	24	40	-					-	-	-	-		-			-					-	+			1	-	-
Gabryel, Glenn	-	46				24				-	-	-			-		\vdash	-						-			-	_	-
Garcia, Nick	-		45	48		200				-	-				-			-						+			-		-
Goodwin, Mike	5	1	-	-								-	-				-	1		-	-		-	-		-	\rightarrow		
Gora, Bill	1	1	37																										
Greeney, Rachael	25	44	-	43		23	54																				1		
Hall, Heather	1	-	-	-			-		22																		-		
Harman, Jim				8					7.7																				
Henkaline, Amanda	1 18			33						16					-													9	
Hankaline, Dustin	1.5%			39						13														100					
Hoefferle, Gina			44	1		15																					1		
Hoefferie, Hunter	1 100														-												1	0	
Holloway, Lianne			1			100																		100					
Huerta, Efrain	-			44	-	12	1																						
Jackson, Paul	-	-	41		-					-	-	-	-					-			-			-			_	_	-
Johnston, Toni	-	37			4							-	-					-						-			_	-	-
Jungwirth, Robert	1	-	-	6					7	-	-	-				-	-	-			-			-		_	1		-
Keeler, Erica	-	100	62	18	1	30			-	-	-	\vdash	-		-	-	\vdash	-		-	-		-	-		\rightarrow	1.	_	-
Kiernan, Jane	-	113		18	1.2		_				-	-		_			_	_				_		_			_		_

	Winterfest SK (Credit Only)	Frosty SMile	Marrin attan Fost BK	Shanno ck Shuffle 8K	Ar baneteum. Champion of Trees 10K	Plent e Plesta SK	Salen a Sky 8 Hour	to to the Flag SK	Summerfeat SK	Summor Solidice & Mile	Morris Uborty SK	Sundowner SK	PSRR Froe SK	arkies Famous SK	riar e & Tortotne SK	ili dde n G em Half-Mandhon	Sho op Sco ot	Phain field Harvest SK	JC BK	orto SK	Sunth o Path 1 OK	alecanic Devonian Fall II 2590	outry & Pin Predictor		Salara Say 4-Your (Circus Creds Only)			of unition Credits	Circuit Score	Circuit Rank ing
Runner	2	2	2	25	5	2	8	Saco	2	2	20	5	17	100	3	2	4	2	×	8	à	78	18	L	4			2	5	5
Loica, Laura	28																													
Mangabhai, Damien				12			3		31					-	8					_					\Box		_	\neg		\Box
Mangan, Kristen	╨	45	-	45		27	-			19		-	-	-	-	-	-	\rightarrow	-	-	-	-	_	-	\vdash	-	+	-	-	-
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