

THE PACESETTER

March/April 2016 | Volume 41, Issue 2

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

www.psrr.org



THE PACESETTER IS FOR
RUNNERS, WALKERS AND FITNESS ENTHUSIASTS
OF **ALL** ABILITIES



PRAIRIE STATE ROAD RUNNERS

PACESETTER



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Weekly Club Events

- **Sunday** run with the Breakfast Club at 8AM on the I&M Canal towpath/ Channahon State Park. Breakfast follows at Lалos Bar and Grill at approximately 10 AM.
- **Wednesday** night track workouts— Seasonal
- **Thursday** Group runs from DNA Athletics in Crest Hill. Contact store at (815)588-0908 or check <http://www.dna-athletics.net/> for seasonal schedule.



Dues

- Individual Memberships** are \$18.00 per year
- Family Memberships** are \$25.00 per year
- Student Memberships** are \$12.00 per year
- Checks Payable To:**
Prairie State Road Runners
- Mail To:**
Prairie State Road Runners,
P.O. Box 293
Channahon, IL 60410-0293

PRAIRIE STATE ROAD RUNNERS

CLUB OFFICERS

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VP/BUSINESS

Ray Wertelka

VP/MEMBERSHIP

John Warren

VP/OPERATIONS

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TREASURER

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Dave Cyplick

Cathy Mormon

Tina Pirc

NEWSLETTER EDITOR

Judith Warren

THE PACESETTER is published six times annually and emailed to all paid members. Send corrections or comments to: newsletter@psrr.org. Visit our website at www.psrr.org

ON THE COVER: Mike Auld running the F³ Half Marathon in Chicago.

Photo Credit: Chad Marek
Endurance Photo



UPCOMING CIRCUIT RACES AND EVENTS

MARCH

March 7—Manhattan Irish Fest Parade 5k

Manhattan IL

****Circuit Race****

PRAIRIE STATE ROADRUNNERS



****directed by PSRR****

On-line Registration

APRIL

April 16th—Rockdale Ramblin' 10k

Rockdale IL

****Circuit Race****

Race Website

April 23rd—TCS Run, White & Blue 5k

Shorewood IL

****Circuit Race****

Race Website

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

Prez

SEZ...

BY MARK BOWMAN - PRESIDENT

Greeting PSRR members:

I would like to take this time to introduce myself to all of you. My name is Mark Bowman, and I was elected President of the Prairie State Road Runners at the annual banquet on January 23rd. I have been a club member since the mid-1980's. Yes, I am that crazy guy who runs those ultramarathons. For most of my club years, I just usually showed up and enjoyed the various events that were the result of the work put in by many others. Although I did help here and there during some of these years, I decided about five years ago that it was time to truly start giving back more to the club. I volunteered much more often, became more social, and last year became the VP of Membership. One advantage of being around for so long is that I have seen many changes. The club has had its ups and downs, but through it all it's the members that have kept it going. Kudos to all of you who have given your time and effort over the years to promote running in the area.

We are definitely in an up period right now. I am following in the footsteps of Steve Koven, who during his presidency has brought the club through one of its most successful periods. His leadership, along with the Board of Directors, has brought growth, cemented our success with club sponsored races, and propped up our policies and structure. My goal is to continue building upon these accomplishments. As the year progresses, I want to meet as many of you as I can.



I also want to introduce and thank the rest of the board, who I am honored to be working with this coming year. I know any success that I might have as President will be due to their hard work and help.

Returning Board Members

Kricket Baltz—VP Operations
Robyn Bumgarner—Secretary
Mark Walters—Moving to Treasurer
Ray Wertelke—Moving to VP Business
Dave Cyplick—Moving to Director and Club Historian

New Board Members

John Warren—VP Membership
Tina Pirc—Director
Cathy Mormon—Director

Judith Warren will be taking over as the newsletter editor this year. Scott Lemke will be taking over as our Webmaster, and Jay Wait will continue as our statistician.

I want to thank Tom Baltz for his time on the board this past year and Susan Tarrant-Mores for her outstanding work on the newsletter. And another thank you to Andy Remley, David Johnson & Jim Knudsen of DNA Athletics for all their generous donations throughout the year.

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(continued from page 4)

The banquet was a huge success. We really had a good turnout. As always, with this group, a good time was had by all. For those of you who could not attend, some highlights of the event follow.

We voted on the new circuit. Some of our past circuit races came to an end this year so the membership voted in some new races. Added to this year's circuit were: Trinity Christian Schools 5k, Quarryman Challenge 10 Mile, Kendall County Sweetness 8k, and the Cornerstone 5k "J" Run. The whole circuit can be viewed on the [PSRR website](#).

We will continue both age-graded scoring and age group scoring (chip/gun time) for the coming year. The participation awards will continue (a combination of seven runs, volunteering, or one half-marathon or marathon or ultramarathon time). We are adding one new award this year. This will be an award for most marathon miles through 2016.

The updated [Club Bylaws](#) were also voted upon and passed by the membership.

Important dates for this year: March 5th is the Manhattan Irish Fest Parade 5k. We are once again looking for volunteers. Volunteering gets you circuit, race shirt, and a free entry into the entertainment tent afterward. The Club Picnic is May 22nd

at Kerry Sheridan Grove Picnic Shelter (Moose Island). DNA Athletics/PSRR Free 5k will be August 21st. The Poultry and Pie Predictor will be on Thanksgiving, again, November 24th. (If you volunteer for any of the above races and work before, during and after without running the race you can earn two circuit credits.)

2015 Award Winners:

Circuit Winners: 1st Place—Eileen Skisak. 2nd Place—Clark Anderson. 3rd Place—John Warren. Most Races Run—Jody Reddell.

Age Group Winners:

F under 15	Julie Ruch
F 15-29	Melissa Brown
F 30-39	Kate Calder
F 40-49	Jean Johnson
F 50-54	Eva Rahn
F 55-59	Susan Kuhel
F 60-69	Debbie Scheckel
M under 15	Tommy John Baltz
M 15-29	No Qualifiers
M 30-39	Jess Conboy
M 40-49	Javier Martinez
M 50-54	Duane Minarich
M 55-59	Larry Bornhofen
M 60-69	Mark Bowman
M 70-79	Harry Scheckel

Congratulations to all our winners.

Looking forward to a great year!

SPRING BREAK VACATION PLANS?
DON'T FORGET TO PACK YOUR PSRR GEAR!!



INTERESTED IN VOLUNTEERING????
CONTACT KRICKET BALTZ



contact us

Would you like to comment on an article published in this newsletter? How about a congratulatory message to a fellow member? Or, maybe a few words of encouragement to a running friend on an upcoming race? Send me your comments and I will post them in the next publication. *The deadline for the May/June 2016 Newsletter is April 15 2016* Please don't make me send comments to myself...send yours today!!

Email to: Judith Warren at newsletter@psrr.org



No letters this edition?

Don't drive me to drink something stronger
than tea next edition!!

Additional photo credits: Fawn Acup, Sergio Arreola, Cricket Baltz, Melissa Brown, Dave Giacomi, Wendy Janulis, Steve Koven, Eva Manzke, Cathy Morman, Jody Reddell, Diana Sorich, Debra Walters, John Warren, Judith Warren

2016

*Prairie State Road Runners
Annual Meeting and Awards Banquet*

Club Business, Hall of Fame, Awards and Social
Pages 7-14



Annual Banquet—Club Business



Steve Koven giving his last Annual President's Report

Dave Cyplick presenting the Finance Report



Annual Banquet—Hall of Fame

Prairie State Road Runners Hall of Fame

The **Hall of Fame** was established in 2005 to recognize a long-standing member's running accomplishments, participation in the club, and contributions to the running community as a whole. The honorees are nominated by their running peers and elected by the club's Board of Directors and existing Hall of Fame recipients.

This year we are proud to welcome

Spencer Hopper

Class of 2016—Spencer Hopper

Class of 2015—Mark Bowman

Class of 2014—Sergio Arreola

Class of 2013—Dennis Killian and John Davis

Class of 2012—Jim Barry, Tom Lambert and Susan Mores

Class of 2011—Keith Theissen, Bill Lauer and Terry Bergin

Class of 2010—Jim Harman, Clint Carter and Larry Bornhofen

Class of 2009—Jeff Lindstrom, Dick Macknick and Dave Cyplick

Class of 2008—Mary Jones and Lance Bovard

Class of 2007—Bill Murphy

Class of 2006—Pat Koerner and Bob Maszak

Class of 2005—Becky Criscione, Jack Picciolo, Greg Rose and Gary Moss



Annual Banquet—Hall of Fame

Spencer Hopper

Thank you to Steve Koven as well as the Board and Hall of Fame voting members for this honor. I was surprised and humbled by the nomination to the HOF.

A Little About Me and Running

Back in 1982-83 (my freshman and sophomore years in high school) I ran cross country. My brother also ran so I thought I'd try it. However it turned out I was better at swimming. I swam all four years in high school and was co-captain of my team senior year. My last two years I decided to forego cross country and concentrate on swimming. Thus ended my brief experience running as a youth.

Both of my parents had health issues when I was in my 30's. Mom had a recurrence of breast cancer which she did not survive in 2002. In 2005 Dad had congestive heart failure, effects from a previous stroke, and diabetes which he fought until 2007. Seeing my par-



ents go through these issues, I decided it was time that I should start taking better care of myself,

exercising, and getting fit.

I got serious about it in 2005 and started running again. At the beginning of 2006 I felt I needed a goal for the year. I thought the Chicago Distance Classic half marathon would be well within my abilities. So in January I started training.

Before too long the running bug hit with full force and as soon as the Chicago Marathon registration opened, I signed up. I had no idea how to go about training for that distance so looked for a local online club for training runs and advice. Through the CARA website I found the Prairie State Road Runners.

Before too long the running bug hit with full force and as soon as the Chicago Marathon registration opened, I signed up.

With advice and help from Prairie Staters like Dave Cyplick and Jim Harman, I went on to run nine 5ks, my first 10k, 10 miler and half marathon followed by my first marathon. My goal for the Chicago Marathon was 3:30. I finished with a 3:30:20. Not too bad!!

I've gone on to run a total of six flatland marathons finishing between 3:29-3:31 in all except the 2007 Chicago Marathon (the hot one where they ran out of water)



when I finished in 3:47.

The race I enjoy the most happens every August in Colorado—Pikes Peak. I ran the Ascent for the first time in 2007 and the Marathon in 2009. In 2011 I ran the Double-Ascent on Saturday and the Marathon on Sunday. I completed the Marathon again in 2013 and 2015.

Other notable races include River-to-River relay (twice), and the Madison-Chicago 200 Mile Ragnar Relay (three times). These were run with PSRR teammates.

2011 found me at the Howl at the Moon 8-hour Ultra where I ran 41 miles in 8 hours. I didn't quite keep up with Club President Mark Bowman but not a bad result for my first Ultra!

Over the years I've met so many great people through the club and had so many great experiences

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Annual Banquet—Hall of Fame

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that I felt I should give back a little bit. From 2007-11 I served as the PSRR Newsletter Editor; 2008-13 Club Secretary and 2012-15 Webmaster. In 2008 then-Club President Dave Cyplick approached me about succeeding him. I politely declined but not before grabbing Sue Mores, who was standing nearby, throwing her at Dave as a sacrifice while running from the room screaming, pushing women and children out



Thanks to the Prairie State Road Runners and wonderful members like Dave Cyplick, Jim Harman and Sergio Arreola I received advice, encouragement, and confidence not only to finish my first marathon but each new challenge that I've attempted.

- Spencer Hopper

of the way like George Constanza in the apartment fire episode of Seinfeld.



Annual Banquet—Circuit Winner

Eileen Skisak

Overall Circuit Winner for the second year in a row!

Five Fun Facts about Eileen



When did you start running and why?

I became interested in competitive running in about 1999. My first race was the Richton Park Turkey Trot, when my sister said we should go to this race because of the post-race food. I ran the race, ate the food and went home. I received a call from Richton Park, informing me I won an award. I asked him what was my time... in the 24's, I think; and I thought, geez, I can do better than that! 650 races later.....

What is your favorite distance to run?

All distances appeal to me. But my favorite races are on a cross-country course, or technical, single-track course. I race for position in those races, rather than time. I once raced a 9 miler in 3/4" spikes the Warren Dunes called the Zoy Relapse. It was sandy, snowy, icy, and a lot of terribly steep hills. I had never worn spikes before that race. My first step, I landed on my face. But I composed myself, and had won the women's race, because nobody else wore the spikes. The award was a stone with the word ZOY written on it. I loved it. And post-race food included Riunite in paper cups.

Music or the voices in your head? Describe please!

I run most every day, and cross train with biking, swimming and weights. When I'm training alone, I listen to talk radio, or my I-tunes. But lately, running on the streets has become quite hazardous! So it will be much better when the ice finally melts and I can get back on the trails again.

Training plan?

My training plan depends on what I choose as my "A" races. Normally, I run anywhere from 6 to 10 miles a day. I have a training partner, who has hours that fit my schedule, so we can get long runs in on Mondays and Tuesdays, rather than the obligatory weekend long runs. I'm usually racing on the weekends, so a long run doesn't always happen. Running at 6:30 a.m., with a windchill, and in the dark would not happen if it were not for my training partner, to whom I am accountable. I tried using the excuse of slipping into a coma one morning; however, he showed up at my house.. He didn't believe me.

Dream race?

My dream race is to do a mountain bike race. Some day it will happen. Mountain biking is a lot of fun.

Winning the Circuit at Prairie State the past 2 years has been a wonderful experience. Racing not only for age group, but for age-graded scores is super fun and a real challenge. It makes getting older not quite as painful!

GO ILLINI !!

Annual Banquet—Most Circuit Races

Jody Reddell

Most Circuit Races Run—16+

Five Fun Facts about Jody



When did you start running and why?

*I first starting running 2 1/2 years ago. I liked to walk and hike and sometimes felt as if I wanted to take off. A **BIG** birthday, that starts with an F word, was quickly approaching and I thought *if not now, when?* Despite the wrong shoes, wrong attire and a lot of insecurity, I downloaded a free application on my phone and never looked back.*

What is your favorite distance to run?

Currently my favorite distance to run is a 5k, as it was my initial goal when I started my journey. I had injuries that made me learn patience, and caused me to take baby steps in my training, and it took me a whole year to run the entire distance. What a great runniversary it was! I had no aspirations for any further distances.

Music or the voices in your head? Describe please!

I have always been a music lover and have an eclectic taste in music and like just about everything, but never choose country. But I'm a rocker at heart, and currently enjoy the Pandora Hard Rock Strength Training station, on my phone that always joins me on my runs

Training plan?

I am beginning a 12-week half marathon training plan to get ready for the Indy Mini at the beginning of May. My training partner and fellow PSRR member, Cathy Morman won us free entry, so how could I not step up and stretch my goals? She and Judith Warren also convinced me that I had to do the Soldier Field 10 miler, as it was an experience not to be missed, and after all it's shorter than the half I would have already completed by then! I also do yoga once a week, and have started strength training to try to get rid of some muscle imbalances and injuries, with PSRR member and coach, Robyn Bumgarner.



Dream race?

My dream race is the Cardiff Kook Run 10k, because it is held in one of my favorite cities and happy places, Encinitas, California. I would also love to incorporate a race into my overseas trip next year, as I've found that running is a fantastic way to sight-see and enjoy a new country.

Oh look another race! Gotta go sign up!

Annual Banquet—Social



Training Tips *By Robyn*



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

EVERYTHING YOU NEED TO RUN THAT ISN'T RUNNING

When thinking about my column for the year, I decided that all of you probably know all about how to run. How to use your GPS, how to do speed work, how to execute a tempo run, et cetera. However, there's more to this sport than just running. This year, my column will focus on all the things you need to do to be a successful runner besides running.

I hear all the time that the only thing one has to do to be a runner is run. While that is absolutely true at the outset, it frustrates me to hear it, because one cannot just run and expect to continue indefinitely without eventually experiencing unnecessary pain and/or injury. Running is a repetitive motion, and repetitive motions can often cause repetitive use injuries.

Strength training is a MUST for runners. The best way to avoid repetitive use injuries is to use the muscles you don't use running. Find a strength group fitness class to attend. Group fitness isn't just for women anymore. There are many strength-based, circuit strength training classes that appeal to and can challenge both men and women. If group fitness doesn't interest you, even just a few sessions with a personal trainer can help you learn how to use the weight room and your own body to strengthen all those muscles that don't get used when you run. Even strengthening your upper body can improve your run greatly! Powerful arms and a strong back help carry you when you run, and will take some of the pressure off your legs and feet. If you're unsure where or how to begin with strength training, please get in touch with me (either through Facebook or by email, robyn@robynbumgarner.com). I promise not to sell you a single thing; it makes no difference to me if you train with me, or if I help you find some-

where else or someone else better suited to your lifestyle or schedule. The most important thing is that you strength train and come to the run pain and injury free!

Here's a quick strength workout you can do at home with just your body weight:

Repeat this circuit x3 times

10 body weight squats. Keep your chest up as you sit your hips back. Keep your knees right over your ankles. Use a mirror if you can; look at your knees from both the front and the side to make sure they stay right over the ankles. Advanced: add a hop to each squat in sets 2 and 3.

10 push ups. You can choose to modify by placing your knees on the floor. Visualize a nice, straight line from the shoulders all the way down the body to the floor. Advanced: Play with moving the hands closer together and farther apart.

10 stationary lunges, each leg. Find a stationary lunge. Drop the back knee toward the ground. Maximum range of motion will result in the back knee touching the ground and a 90-degree angle in both legs. Then lift your body back to the starting position. However, keeping the front knee right over the ankle is very important, and may reduce range of motion until you gain strength. Again, use a mirror to keep your knee in proper alignment. Advanced: Add a hop when rising up to the stationary lunge in sets 2 and 3

1-minute plank. On the hands or elbows facing the floor, stretch your legs behind you and balance on your toes. It will look like your push-up position, except stationary. Advanced: In 15-second intervals, alternate between lifting one foot a few inches off the ground and then the other.

You can make 3 sets of these four exercises happen in spurts using commercials on tv shows, a 5 minute break at work, or any other time you have a few minutes to move your body. Remember, you need all your muscles strong and working in harmony to keep your runs strong and pain free!

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NUTRITION CORNER WITH ROBYN BUMGARNER

I tried these cauliflower buffalo “wings” from Alex Thomopolous (www.alexcooks.com) on Super Bowl Sunday this year, and I have to say, I fell in LOVE. These are great for a party, or great for a quick weeknight meal, or really, just great any-time. I served mine with an avocado ranch dip from www.yepitsvegan.com. Both recipes are below! Enjoy!!!

GLUTEN FREE CAULIFLOWER BUFFALO WINGS (serves 8-10 people)

- 2 medium heads of cauliflower, cut into florets
 - 1 cup white rice flour
 - 1 cup water
 - ¼ teaspoon salt
 - ¼ teaspoon garlic powder
 - ¼ teaspoon paprika
 - 1 cup your favorite buffalo wing sauce (store bought or homemade. I used Frank’s Red Hot Buffalo Wing Sauce, which is vegan)
1. Preheat oven to 475 degrees.
 2. Combine rice flour, water, salt, garlic powder, paprika and whisk until combined.
 3. Dip cauliflower in batter and place on two baking sheets lined with parchment paper. Spray the tops with a bit of oil. Bake for 20 minutes or until the tops start to get color on them.
 4. Pull cauliflower out of the oven and lightly dip them into buffalo sauce to coat. Put them back into oven for another 5-10 minutes to crisp back up.

Remove from oven and serve hot along side your homemade ranch dip.

AVOCADO RANCH DIP

- 1 ripe avocado
 - 2 cloves garlic, finely chopped
 - 1/3 c. plain, unsweetened soy milk or other plain nondairy milk (plus more as needed)
 - 2 tsp. vegan Worcestershire sauce
 - 2 tsp. lemon juice
 - ½ tsp. white vinegar
 - 2 tsp. brown rice syrup (or liquid sweetener of choice; I don’t recommend maple syrup, though, as the flavor is too strong)
 - (optional) 1 tsp. hot sauce
 - 1/2 tsp. ground black pepper (¼ tsp. if freshly ground), plus more to taste
 - 1/4 tsp. smoked paprika
 - 1/8 tsp. salt, plus more to taste
 - 2 tb. chopped fresh dill
 - 3 tb. chopped fresh chives
 - 3 tb. chopped fresh parsley
1. Add the avocado, garlic, nondairy milk, vegan Worcestershire sauce, lemon juice, vinegar, brown rice syrup, pepper, paprika, and salt (and hot sauce, if using) to a blender. Blend until completely smooth. Add more nondairy milk a tablespoon at a time, if needed to blend.
 2. Add the chopped fresh herbs and blend for a short time, until the herbs are incorporated throughout (but not completely pureed).
 - 3.

For the best flavor, refrigerate for 30 minutes before using. This avocado ranch dressing is best enjoyed the same day you make it, but will keep for up to 2 days in an airtight container in the fridge. To slow the process of oxidization, top it with a thin layer of

*Failure is not the opposite of success.
It is part of success.*

MIDWINTER CRUISE 5K



WINTERFEST 5K



FROSTY 5 MILE

68 crazy, snow-covered, icy members participated. PSRR walked away with 18 medals!!



MORE FROSTY 5 MILE



Travelin' PRAIRIE STATE ROAD RUNNERS!



So where have you worn your PSRR gear?

Please send your pictures to Judith Warren at newsletter@psrr.org

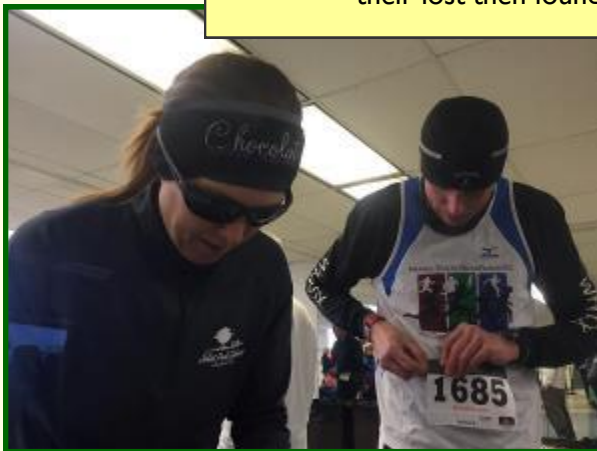


Steve Koven—Going for a nighttime run



Duane Minarich with Mary Jo Minarich—
Welcoming back Taco Tuesday at the new Lallo's
location.

John Warren with Jody Reddell—Pinning on
their lost then found bibs.



Cathy Morman —Takes her circuit award jacket
for a spin.

Travelin' PRAIRIE STATE ROAD RUNNERS!



So where have you worn your PSRR gear?

Please send your pictures to Judith Warren at newsletter@psrr.org



Fawn Acup with Kathy Figueras — Age group winners at Frosty 5



Mary Jo Minarich with Rheta Murdaugh — Celebrating Rheta's 100 mile milestone

Paul Wojtkiewicz—Accepting his age group medal at the Frosty 5



John Warren — Frosty 5 in the snow

Volunteering Needs



BY KRICKET BALTZ—VP OF OPERATIONS

Editor Note: Going forward Cricket will feature our volunteers on this page. Volunteers are the life-blood of the Prairie State Road Runners. We would not have a Board of Directors, a newsletter, an Annual Banquet, a Members' Picnic or any of our spotlight events—Manhattan Irish Fest Parade 5k, DNA/PSRR Free 5k or The Poultry Predictor without our fine volunteers. WE NEED YOU! Please consider volunteering anytime there is a need. We don't want an event to be in jeopardy because of the lack of helping hands.

Volunteer Business from the Annual Meeting:

In the interest of recruiting much needed volunteers during the Club's three races, the Race Director will now have the option of awarding 2 volunteer credits for those members who work during the race along with before and afterwards. In the past, members could get 1 circuit credit for working before the race and another one for completing the race. Volunteers who worked the whole event however only received 1 credit. To make the awarding of credits equitable for those who forego running for providing much needed help, the membership voted to add the 2 credit option for the Race Director.



James Barry Sr. "You can Call Me Jim"

Another PSRR Annual banquet has come and gone. More great memories were made. Lots of circuit awards were passed out to members who worked hard to run races, volunteer for club activities, or a combination of both.



How wonderfully rewarding, I must say, volunteering has been for me. I love giving back to the running community that means so much to my whole family. It is a priority for me to do what I can to lift up other runners whatever way I am able.

So just like last year, it was my job to get circuit awards to members unable to attend the banquet. I made a list and put them into a box to take to our next couple of circuit races and ultimately send emails to get the task done. "Ohhh... and there's the last circuit award from last year. James G Barry... I wonder where this guy lives. Maybe I could just drop it off at his house." I thought to myself. When I checked the member data I realized that James Barry Sr. is our club's most seasoned member at 81 years young and still running! I now recalled seeing him at past events. This man, in my opinion, had worked harder than any of us to earn that circuit award hoody and I was gonna get it to him! Turns out he lives in the town where I work. I felt bad and wish I would have noticed sooner. Anyway, I drove over after work and rang the doorbell. James Barry came to the door and I wasted no time stating my business, "I'm sure if I'd taken any longer, I don't need a new roof" and a closed door might have followed. He stepped out and talked for several minutes. He talked about how some people quit running when they can't be in the front of the pack and we agreed that life has chapters; fast running chapter, mid pack chapter and back of the pack helping encouraging new or injured runners. He also told me just that day that he hadn't run since December and today he ran three tenths of a mile. I said, "Well then, how appropriate that I should show up with a prize for you!" He grinned like a kid with a new puppy, which made me beam with that wonderful, this is why I volunteer feeling. James said he hadn't run many races this past year, looked down at that hoody... looked back at me and said, "I think I'm gonna sign up for that Manhattan race that's coming up." I told him I'll be volunteering for that race and I'll be watching for him.

This was a solid gold volunteering moment for me that I'll keep with my other super special core memories.



Celebrating birthdays in **MARCH** are Fawn Acup, Cricket Baltz, Grant Bell, Kate Calder, Clint Carter, Kathy Figuierras, Dave Giacomo, Ken Goodwin, Wendy Janulis, Jean Johnson, Ruan Koven, Javier Martinez, Brittany Pirc, Harry Scheckel, Mary Starling, Javier Velazquaz, Judith Warren, Stella Weisfus and Paul Wojtkiewicz

Celebrating birthdays in **APRIL** are Grace Carlson, Hannah Cherry, Jackie Ellison, Susan Gregory, Jim Harman, Julia Hart, John Horvat, Bert Hume, Lisa Hyzny, Marsha Lambert, April Lancaster, Lauren Lemke, Taylin Lemke, Pat McFarland, Duane Minarich, Maxwell Munch, David Musgrave, Mary Raino, Tim Servi, Keith Smith, Diana Sorich, Alicia Tocwish and Jose Velazquaz



NEW MEMBERS

LIZ COSTA

CARLA HUTLEY

LISA HYZNY

DAMIEN MANGABHAI

ANDREA MILLER

DAN PORTERFIELD

LUIS RHODEN

MICHELLE RHODEN

RUTH RHODEN

APRIL VEERMAN

MARK WALKER

*No matter how you say it,
we are so happy you joined us!*

Welcome!

Mark Walters and his birthday banana.



Mark's 60th

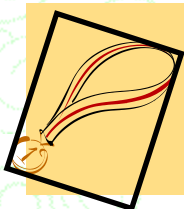


Mark, Mark and Mark
(Walker, Walters and Nelson)

Phil Newberry hoping for Spring



Leo Bak and Kathy Figueras



Train Hard - Play Hard



Saturday morning training run on the I&M



Taco Tuesday at Lалlos



Cutie goes for a run with Rheta Murdaugh



Point-to-point run starting at Lower Rock Run



Jody Reddell with Karen & Adam Kimble—The Bearded Sole



Clint Carter on the I&M



Marne Bailey and Melissa Brown on the I&M Heritage Corridor



Diana Sorich, Jody Reddell and Jenny Blazekovich at Bedrocks in Shorewood

Train Hard - Play Hard



Bearded Sole fans



Morton Arboretum Field Trip



Kathy Figueras is pursued by the Mad Bunny Ears



Jeff and Jean Johnson at—where else?—Lallos.



Taco Tuesday run at Minooka South High School



Dave Giacomi's half marathon training run with Coach Robyn

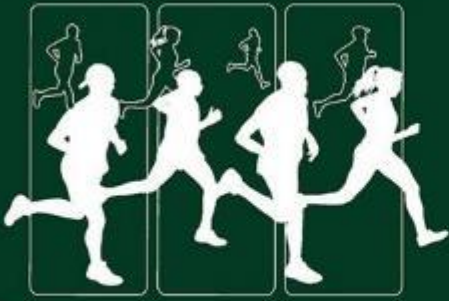


After a great run at Moose Island



Jody Reddell stretching after a run from Channahon State Park

PRAIRIE STATE ROADRUNNERS



MANHATTAN IRISH FEST PARADE 5K

March 5, 2016 11am Manhattan IL

[Register today](#)



PRAIRIE STATE ROAD RUNNERS

2016 Circuit Award Rules

AS EXPLAINED BY JAY WAIT-STATISTICIAN

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

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

Those members who run 7 or more circuit races will be ranked against other runners on the basis of their age graded race scores, with the scoring done cross-country style. Age grading is done by using the WMA Age Grading Calculator 2006/2010 (<http://www.howardgrubb.co.uk/athletics/wmalookup06.html>).

NOTE: On 2/12/16 the PSRR Board voted to use the updated factors found in the WMA Road Age Grading Calculator 2015 (<http://www.howardgrubb.co.uk/athletics/wmaroad15.html>). These factors will be used starting with the Frosty Five Miler on 2/14/16.

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

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

Age Group Circuit Award:

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

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



PRAIRIE STATE ROADRUNNERS



WILL COUNTY, ILLINOIS SINCE 1975

WWW.PSRR.ORG



2016 Circuit Race Schedule

<u>DATE</u>	<u>RACE</u>	<u>2015 CLUB PARTICIPATION</u>
Jan 23	Midwinter Cruise 5k	Not on schedule in 2015
Feb 7	Winterfest 5k	5—blizzard conditions
Feb 14	Frosty 5 Miler	59
Mar 5	Manhattan Irish Fest Parade 5k	52
Apr 16	Rockdale Ramblin' 10k	70
Apr 23	TCS Run, White & Blue 5k	New to circuit
May 7	Quarryman Challenge 10 Mile	New to circuit
Jun 4	Kendall County Sweetness 8k	New to circuit
Jun 18	Minooka Summerfest 5k	34
Jul 3	Liberty 5k	35
Jul 21	Sundowner 5k	68
TBA	Firefly 5k	43
Aug 21	DNA/PSRR Free 5k	42
TBA	Shorewood Scoot 5k	25
Sep 11	Ashley Can Half Marathon	14
Sep 25	Plainfield Harvest 5k	25
Oct 15	Forte 5k	38
Oct 16	Cornerstone 5k "J" Run	New to circuit
TBA	JJC Haunted 5k	48
Nov 6	Canal Connection 10k	39
Nov 24	Poultry Predictor 4 mile	53

Membership dues must be current in order to earn circuit points



2016 Circuit Results

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

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

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

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

2/19/2016

Report errors/corrections to statistician@psrr.org

Runner	1. Mid-Winter Cruise 5k	2. Winterfest 5k	3. Frosty 5 Mile	4. Manhattan Irish Fest 5k	5. Rockdale Rambler 10k	6. Trinity Christian School 5k	7. Quarryman Challenge 10 Mile	8. Kendall County Sweetness 8k	9. Minooka Summerfest 5k	10. Liberty 5k	11. Sundowner 5k	12. Firefly 5k	13. DNA/PSRR Free 5k	14. Shorewood Scoot 5k	15. Ashley Can Half Marathon	16. Plainfield Harvest 5k	17. Forte 5k	18. Cornerstone 5k "J" Run	19. JJC Haunted 5k	20. Canal Connection 10k	21. Poultry & Pie Predictor 4 Mile	22. Your choice half /full/ultra	23. Volunteer Credits	Circuit Score	Circuit Ranking
Acup, Fawn		9	15																						
Anderson, Clark	2	1	2																						
Arreola, Sergio			7																						
Auld, Michael	5	3	6																						
Bailey, Marne			40																						
Baltz, Cricket	14	20	39																				2		
Baltz, Tom		31	53																				1		
Baltz, Tommy John	13	17	47																						
Barry, James R.	21		46																						
Barry, Laura			52																						
Bonacci-Klaeser, Ruth	15																								
Bornhofen, Larry			20																						
Bowman, Mark	3	4	19																				2		
Brown, Melissa			25																						
Bumgarner, Robyn			26																						
Buturusis, Teresa		30	51																						
Calder, Kate			28																						
Carlson, Craig			42																						
Carlson, Kerri			33																						
Carter, Clint		7	18																				1		
Clark, Matt			21																						
Conboy, Jess			11																						
Costa, Liz		18																							
Cyplick, Dave		13	22																				1		
DeGrush, Rich	8		10																						
Erickson, Vera			31																						
Figuieras, Kathleen	11	12	24																						
Forbes, Sean			48																						
Gabryel, Glenn	27		55																						
Goodwin, Kenneth		27																							
Gora, Bill	12		32																						
Holloway, Lianne	26																								
Host, Chantal			61																						
Host, Joe			65																						
Hutley, Carla			36																						
Hyzny, Joy	28	33	62																						
Hyzny, Lisa	29	40	63																						
Janulis, Emma			38																						
Janulis, Wendy			14																						
Johnson, Jean			16																						
Johnson, Karl	19	29	50																						



Club Member Benefits

- **BI-MONTHLY NEWSLETTER** – “The Pacesetter” is published every 2 months. Each issue includes a letter from the president, upcoming races, cartoons, race reports and running accomplishments by our club members. You are encouraged to send personal stories, race reports and pictures to newsletter@psrr.org so we can include them in the newsletter.
- **MERCHANDISE DISCOUNT**—Select items at DNA Athletics, 16133 Weber Road, Crest Hill, IL, Phone: 815 588-0908
- **ORGANIZED GROUP RUNS**
 - SUNDAY MORNING SHOW-N-GO RUN AND BREAKFAST**– Since many of our club members run at different paces and are training for various events, we may not always run as a group. We meet at the Channahon State Park (25302 West Story Street, Channahon) between 8:00 – 8:30 AM, finishing around 9:45 AM. At that time, we head over to Lallo’s (25365 South Fryer Street, Channahon) for breakfast.
 - TRACK WORKOUTS (SEASONAL)** – These speed work sessions take place on Tuesday evenings and are lead by a club member in the spring and summer months. We currently meet at the Troy Middle School, 5800 W. Theodore, Plainfield.
 - GROUP RUN (SEASONAL)** – Takes place on Thursday nights at DNA Athletics, Crest Hill. All ages and abilities are welcome for a 3-5 mile run. Takes place all summer long with a 6:15 start. Stick around after the run to take advantage of your merchandise discount on select items in the store.
- **RACE CIRCUIT** — Consisting of approximately 20-21 races, including a “your choice” ultra, marathon or ½ marathon. All paid members are eligible for circuit participation awards.
- **RACE DISCOUNTS**—Select circuit races
- **ANNUAL BANQUET AND CIRCUIT AWARD EVENT**
- **EMAILS AND REMINDERS ON UPCOMING RACES AND EVENTS**

PRAIRIE STATE ROAD RUNNERS Membership Application

2016 NEW MEMBER RATES

INDIVIDUAL _____ \$18.00 STUDENT _____ \$12.00 FAMILY _____ \$25.00

PRIMARY MEMBER NAME _____ Gender (M/F) _____ AGE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

DATE OF BIRTH _____ PHONE (____) _____ E-MAIL _____

YEAR (OR APPROXIMATE YEAR) YOU JOINED THE PSRR CLUB _____

Family Membership Data – List All Members

Name	Age	Date of Birth	Gender (M/F)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

How did you hear about us? _____

Make Checks Payable to: PRAIRIE STATE ROAD RUNNERS
Mail to: P.O. Box 293, Channahon, Illinois 60410-0293

CLUB MEMBERSHIP WAIVER

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running and volunteering to work in club races including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Prairie State Road Runners and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNATURE (Parent of guardian if applicant is under 18) _____

DATE _____

Visit our website at www.psrr.org
Contact us at president@psrr.org



March/April 2016

PACESETTER

Prairie State Road Runners

P.O. Box 293

Channahon, IL 60410-0293



PRAIRIE STATE ROADRUNNERS



WILL COUNTY, ILLINOIS SINCE 1975

WWW.PSRR.ORG

Mail to:

From Will County's Running Authority

