

THE PACESetter

MARCH/APRIL 2017 | Volume 42, 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

I run because it's good for me.

Also, because I like to eat.

And drink. A lot.



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.
- **Thursday** Group runs from DNA Athletics in Crest Hill. Contact store at (815)588-0908 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
Join online [here](#)

PRAIRIE STATE ROAD RUNNERS

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THE PACESETTER is published six times annually and emailed to all paid members.

Send your articles, error corrections or comments to: [Judith Warren](mailto:Judith.Warren@psrr.org). Visit our website at psrr.org.

On the cover:

Dan Aquilar at the Frosty Five Miler in Channahon IL
Photo courtesy Channahon Park District

UPCOMING CIRCUIT RACES AND EVENTS

March

March 4—Manhattan Irish Fest Parade 5k

Manhattan IL

Directed by PSRR

Register [Here](#)

April

April 1—DNA Athletics No Foolin' 5k

Brent Hassert Park Lockport IL

Register [Here](#)

April 8—Run Rock & Roll 5k

University Park IL

Register [Here](#)

April 22—TCS Red White & Blue 5k

Shorewood IL

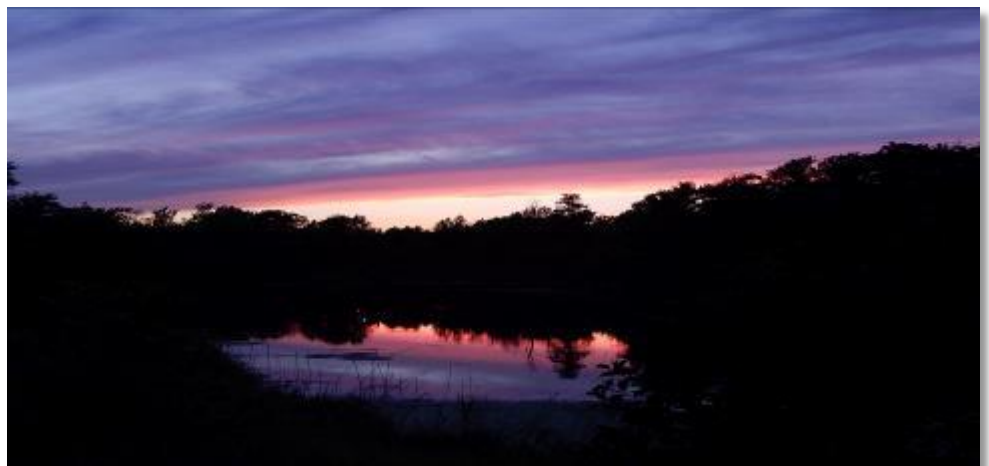
Register [Here](#)

April 29—Rockdale Ramblin 10k

Rockdale IL

Register [Here](#)

Membership dues must be current in order to earn circuit points





This is the start of the 4th annual Manhattan Irish Fest Parade 5K.

Almost 4 years ago, the Manhattan Irish Fest and the Prairie State Road Runners joined forces to form the Manhattan Irish Fest Parade 5K. Last year Berkot's Super Foods joined to sponsor the race. We can boast that we are the only race in the midwest that starts a parade (we are actually float #1). We use the parade route for the first ¾ miles of the race, then run throughout the various subdivisions in town. The runners definitely get a good snapshot of the town of Manhattan while they run on pavement.

The race ends near the festival's main entertainment tent in Central Park, 110 S. Park Street, where the post-race party and awards ceremony will take place. The runners will be able to witness Irish dance, music, and other festivities before and after the awards ceremonies.

The race route is a USATF (IL15029NM) and listed as a CARA Emerging Race (17013). The runners will receive an official running shirt, Fest Button (which gives access to the fest tent), and a beverage ticket. Food will be available for purchase at the fest tent.

If you pick up your packet on Friday you will have access to the fest tent on Friday and Saturday. Packet pick-up will be at Gallagher's Pub on Friday March 3rd from 4-8PM. The address is 160 East North Street. Food and refreshments will be available for purchase during that time.

There will be race day registration. Find more info or register at psrr.org

The Prairie State Road Runners was formed in 1975 and are a running club based in Will County bolstering 237 members from 135 families from all walks of life. Our members live in Will, Grundy, Kendall, Cook, and Kankakee counties. We are a 501 (c) (3) corporation with close ties to the RRCA (Road Runners Club of America). This year we are planning to award a summer running scholarship at a NIKE running camp to a 12-18-year-old, and 2 summer camp running scholarships to a 6-12 y/o with instructor Robyn Bumgarner ACE Certified Personal Trainer, Head Coach). Details will emerge on our web page psrr.org shortly.

Pres

SEZ...



BY MARK BOWMAN
PRESIDENT

and knowledge to the club.

Greetings Running Colleagues

I know it's the March/April Pacesetter, but as of this writing, it's January and the start of a new year. And as usual at the start, all things are possible. I would guess most of you have made your New Year's resolutions (hopefully you are still following them) and have many of your race plans made for the year (at least your "A" races, anyway). Don't be afraid to try something that is out of your comfort zone. Make it a point to challenge yourself with something different this year. It is when there is a real possibility of failure, that the success is so sweet. **So go out and run!**

It is time 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

Robyn Bumgarner - Secretary
Mark Walters - Treasurer
Ray Wertelka -VP Business
John Warren - VP Membership
Tina Pirc - Director
Cathy Morman - Director
Dave Cyplick - Director & Club Historian

New Board Member

Cathy McQuarters - VP Operations

Continuing in their positions are Judith Warren as newsletter editor, Scott Lemke as Webmaster and Jay Wait as statistician. It is such a relief to have all three of these people back bringing their expertise

And of course a big thank you to Andy Remley, David Johnson, Jim Knudsen and Virginia Munro of DNA Athletics for all their generous donations throughout the year.

The banquet was a huge success. We really had a fantastic turnout. As always with this group a great 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 some new races were added. New to this year's circuit were: DNA No Foolin' 5K, Run, Rock and Roll 5K, Fierce Fiesta 5K, and Grand Prairie Run for Your Life 5K. The whole circuit can be viewed on the PSRR website (psrr.org).

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 of your choice). We are adding one new award this year. The award for the most half-marathon/marathon miles will also be continued with one main change. An ultramarathon you will get credit for 50k at the most.

Important dates for this year... **March 4th** is the Manhattan Irish Fest Parade 5K. We are once again looking for volunteers. Volunteering gets you a circuit credit, race shirt, and a free entry into the entertainment tent afterward. The I&M Canal Clean-up is **April 22nd**. The Club Picnic is **June 4th** at

Kerry Sheridan Grove Picnic Shelter (Moose Island). DNA Athletics/PSRR Free 5K will be **August 20th**. And the Poultry & Pie Predictor will be on Thanksgiving **November 23rd** (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.)

A new event was added for 2017 called **the Road Runner Challenge** – to be eligible for the Road Runner Challenge Award you must complete a 5K, 8K, 10K, Half-Marathon on the 2017 PSRR Circuit & Volunteer for one of the 2017 PSRR events. There will be a \$10 fee and you will have to register. But any of the circuit races you do in 2017, even before you officially sign-up will count. Mark Nelson came up with the idea and has been kind enough to handle all the logistics. As soon as we have all the details, I will be sending out an email and will post on the PSRR Member Facebook Page.

2016 Award Winners

Circuit Winners:

- 1st Place—Eileen Skizak
- 2nd Place —Kibet Rono
- 3rd Place—Clark Anderson

- Most Races Run— Patrick McFarland
- Mileage Award—Kathleen Figuierras
- Most Volunteer Credits—Krocket Baltz

Age Group Winners

- F under 15: Julia Ruch
- F 15-29: Brittany Pirc
- F 30-39: Kate Calder
- F 40-49: Eva Manzke
- F 50-54: Fawn Acup
- F 55-59: Eva Rahn
- F 60-69: Debbie Scheckel
- M under 15: Tommy John Baltz
- M 15-29: No Qualifiers
- M 30-39: Dan Aquilar
- M 40-49: Javier Martinez
- M 50-54: Michael Auld
- M 55-59: Mark Walters
- M 60-69: John Warren
- M 70 & over: Harry Scheckel

Inducted into the PSRR Hall of Fame

- Phil Newberry
- Jay Wait

Congratulations to all our winners.

Looking forward to a great year and everyone keep running!

Mark

Prairie State I&M Cleanup

April 22

1PM

Give back to the trail that we love while having fun with other PSRR members





Are you on Facebook? Did you know there is a page exclusively for PSRR members? Come join us to discuss upcoming races, training, etc. Search for "PSRR Member Page" on facebook.

Running the **Shamrock Shuffle** in Chicago?

Join our PSRR/CMRC team! All you have to do is register, Judith will do the rest! Message me on facebook or email honeybe61@aol.com!

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 March/April 2017 Newsletter is February 15th.* Please don't make me send comments to myself...send yours today!!

Email to: [Judith Warren](mailto:JudithWarren@psrr.com)

Save the date~

PSRR picnic

June 4

Kerry Sheridan Grove



Please remember that your Prairie State Road Runners membership must be current to receive circuit credit in 2017. Renew or Join us [here!](#)

2017
Prairie State Road Runners
Annual Meeting
&
Awards Banquet



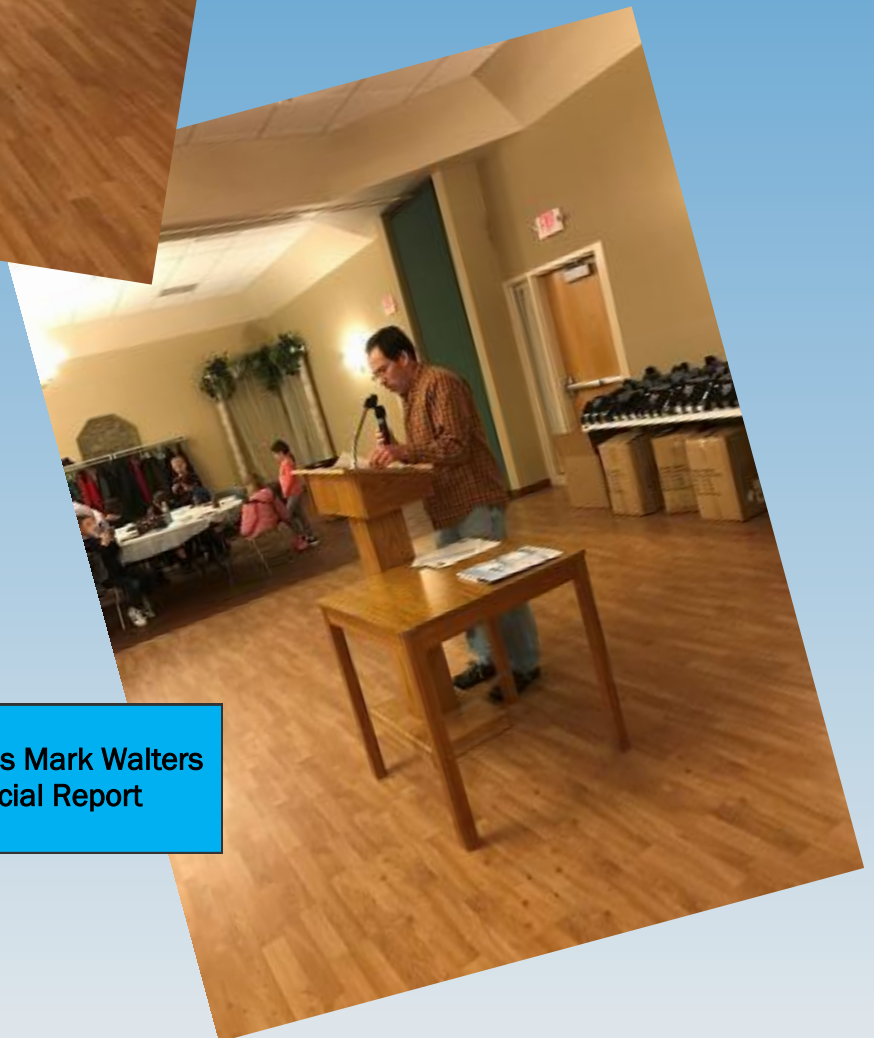
Annual Banquet—Club Business



President Mark Bowman giving the State of the Club presentation



Vice President of Business Mark Walters presenting the Financial Report



Annual Banquet—Hall of Fame

Prairie State Road Runners

Hall of Fame



Phillip Newberry

Jay Wait

Annual Banquet—Hall of Fame

Phillip Newberry

Thank you so much PSRR Board and Hall of Fame members for electing me into this great club's Hall of Fame. It definitely means a lot to me. I feel honored and very grateful.

I'VE BEEN RUNNING A LONG TIME!

I started running in 1976. There was a bicentennial race in Bradley, IL. The race was a mile running around the high school track. I came in second! There were two people in the race.

I went on to run cross country my freshman and sophomore year in high school. I was the second fastest guy on our team. One race I thought I was going to beat number one. I was so close! And I actually did beat him except he fell down and didn't finish the race. Ugh! I transferred to Momence the second half of my sophomore year and all they had was track. I ran the 880, mile, and 2 mile my junior year. After that I started smoking and partying and that was that.

I continued smoking until 1987. I was 25. I worked with a guy who started running at the YMCA. He was 6'4" and probably 230 pounds. He decided he could beat me in a race. He was a nice guy but had a big mouth so I couldn't just let it go. I challenged him to a race. This was January so I told him give me a few months to train and I will race him. We decided on May 1st and we would run 5 miles. He would ask me over and over if I had started training yet. I told him I hadn't started even though I had. He was driving me nuts. Finally the day came and we had our race. I ran 32:30 and he ran 35:00. I kept running after that because I had finally given up cigarettes!



My first race was the 1989 Momence Gladiola 10k. My uncle Jim ran it every year and thought since I was running I should do it. I didn't want to. I thought for sure I would come in last! Well I didn't come in last and I won an age group award. I didn't collect it though because I left not knowing there was awards after the race. I made my first running friend at that race and we started going to races together. He was quite a guy. He would sneak back to my truck and fire up a doob while I was doing my cool down. Like I couldn't smell it!

Over the years I read a lot of magazines and books while chasing PRs. My best year was 1997 when I was 35 and was chosen PSRR runner of the year! I discovered trail running around that time and my first trail race was a race in Indiana where I fell down. It was awesome! I started doing as

Annual Banquet—Hall of Fame

Phillip Newberry

many as I could eventually doing many trail races down by Danville with the Kennekuk club. After one such race there I met Lance Bovard. He would eventually become my best friend and is to this day. I was down there with another guy and Lance invited him to come run in Rockdale with a group on Wednesday nights. Well he never went but I sure did.

I am so very fortunate to have met and friended as many runners as I have over the years. I don't know where I'd be now if I hadn't found running and all the camaraderie that goes with it. We have a great club with many wonderful people and I have been blessed to know the people in our club.

One of the more amazing people I've met is Mark Walters. I met him the Canal Connection many years ago. I would see him every year and could never remember his name because he was so quiet. Eventually I got to know him. The CMRC club started and one Canal Connection 3 or 4 years ago he was telling me I should join. Well I gave him a difficult time because he hadn't joined PSRR. He started posting on FB when he was going to run and I started driving up to run with him. All a sudden I'm meeting a whole bunch of people and I started driving up regularly. Now I have a lot of new friends and I love it.



at I of

Thanks again PSRR for my election into your Hall of Fame. I love this club.



Annual Banquet—Hall of Fame

Jay Wait

Reflections on (Almost) 20 Years of Running



First, I want to say how excited I was to go into the PSRR Hall of Fame at the banquet in January. As I said that night, it is a special feeling to be honored for doing something that you really like doing. As I thought about what I might say when asked to speak, I made a list of my favorite races and some of the other things that stood out in my memories of running. For the most part, these were the kinds of things that I thought other runners would relate with. I chose to be brief in my remarks, but later, when Judith made a plea for articles for the newsletter, I decided to expand on them. If it interests you, great; if not, you can just skip over it.

One of the things I like best about running is that ability is only one factor. I would like to be fast like Kibet; I would like to be competitive like Eileen (or like I once was); I would like to have seemingly unlimited endurance like Mark. At this point in my life, I am none of the above, and that is ok with me. I almost always feel better after completing a run than before I start.

Also, I have long felt that runners tend to be very welcoming and encouraging to other runners, regardless of ability, and that is an aspect of running that I really like.

My first experience with running was when I was a junior in high school and talked my parents into letting me go out for track so I could run the mile. That did not start well because the first time I ran in a meet, the timers had left before I finished. The coach said “let’s try something else” and I moved down to the half mile. That was much more to my liking and I did well enough that in my senior year I won the conference meet with what was then a school record time of 2:13. The following week I got to run in the sectional meet in East St. Louis. As I was finishing the first lap, the track announcer was calling out a time of 59 seconds, which was about as fast as I had ever run a quarter mile. Halfway through the second lap the wheels totally fell off and I finished near the end of the pack (in the slow heat) with a time of 2:08 – another school record by 5 seconds. I then walked to the other side of the track, barfed, and didn’t run again for 15 years.

In the early 1980s I started running a little bit in the neighborhood and actually got talked into running the Shorewood 10k race with some friends from work. I don’t remember much about the race, but do recall that I was near the back of the pack with a time around 55 minutes. Back then, most of the runners were a lot more serious about times than many are today, and my running just kind of faded away for another 15 years. Today, I would be ecstatic with a time of 55 minutes in a 10k.

When my daughters were in junior high, they all ran track and my youngest daughter (Kathy) continued with track and cross-country in high school. I



Annual Banquet—Hall of Fame

Jay Wait

went to most of her meets and within a couple of years had started walking and then running in the neighborhood again. I even ran a few races, but typically had 5k times in the low 30 minute range. What really got me started running seriously was an Eric Zorn column in the Chicago Tribune in late 2001. Eric was looking for 100 people to join a group he called Someday Is Now (SIN). The deal was that you had to commit to spending 30 minutes a day, 5 days a week for a year (actually Jan-Nov), to accomplish some specific goal that you just never got around to doing. I submitted a 3 part goal for the year: Run 750 miles; Lose 25 pounds; and Run a 5k in under 25 minutes. I was accepted as one of his SINners, and each month had to report progress toward the goals. At the end of November, I had run 782 miles, I had lost 28 pounds, and I had run the Plainfield Harvest 5k in a time of 25:00! After that, I never even thought about stopping. Even when I have been injured, I have been anxious to get back to running.



In early 2003, I was approached by Art Hostert to join him on a Caterpillar team to run in the River to River Relay in April. I found the thought to be rather daunting, but ended up going with them and thoroughly enjoying it. Enough so that for the next 5 years I served as captain of the team. To date I have run it 10 times, have been there a couple of more years as non-running driver/timekeeper, and have enjoyed every one of them. This year I will get to go back with my daughter Kathy on the team.

Also in the spring of 2003, Kathy came home from college for spring break and asked if we thought she was crazy to be considering running the Chicago Marathon. We told her we did think that, but she was welcome to do it if she wished. She later asked if I would like to

run also, and I gave her an emphatic “No”. During the summer I ran with Kathy during a lot of her training runs. In October when I took her to Chicago I was surprised at how disappointed I was that there only one race packet to pick up, and that I would not be running. The following October I did run it.

Two of my favorite races were in 2006 when Kathy and I ran together in the St. Louis Marathon in April and the Chicago Marathon in October. In both races, we actually did run together for 3 hours, which got us to about the 20 mile marker. At that time she said something like “I’m going to pick it up now”, and finished about 15 minutes ahead of me. Still those were the fastest two marathon finishes I ever had, and I think that is true for Kathy as well.

Perhaps the most interesting race I ever ran was the Einstein Marathon in Ulm, Germany in September

Annual Banquet—Hall of Fame

Jay Wait



2007. Some of my work acquaintances in Ulm convinced me to travel there for their local marathon, which follows a course along the Danube River. It was a very scenic course on secondary roads and bike paths along the river, with a couple of short stretches through the city included maybe half a mile on cobblestone streets. The thing I found most surprising was that in the entire 26.2 miles, there were exactly zero port-a-potties. I suppose I could have peeled off to use the rest rooms in the lobby of the movie theater that we ran through at about mile 23, but by then most of us had already found a tree. Because I was running Chicago again in October, I had planned to use this race as kind of a final long run and not push very hard for time. That was a good choice because the temperature was unusually high and my time was lousy. It did turn out to be a realistic warm up for Chicago because that was the year the Chicago Marathon was cancelled mid-race because of the heat.

One major thing that I failed to do at the banquet was to introduce my wife, Lori, and give her the credit due for allowing me to run. She is not a runner, will never be a runner, and does not understand why anyone would want to run. However, she supports me when I run, even when it is not convenient for her, and I thank her for that. I suppose there may be a few benefits for her. She did get a trip to Austria and Germany.

Finally, you might have expected that as statistician I would have a few statistics about my running. I have been logging runs since 2002, and in that time run 12,339 miles. Since the circumference of the earth at the equator is 24,901 miles, I should hit the equivalent of the half way point in a couple of months. I have run in 54 different races (some of them multiple times) for a total of 175 races. The Poultry Predictor has been my most frequently run race (13 times), followed by the Jingle Bell 5k in Lockport (11 times) and the Frosty 5, the Shorewood Scoot, and the River to River (all 10 times).



And of all these races, I don't recall ever coming home and thinking "I shouldn't have done that".

Annual Banquet—Awards



**Circuit
&
Age Group
Winners!**



Annual Banquet—FUN!



Training Tips *By Robyn*

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



What Is a Health Coach?

Who can benefit from a health coach? Everyone can.

Take a quick look at the following people:

- A 42-year-old woman has a hard time staying asleep at night
- A 33-year-old man receives a diagnosis of type 2 diabetes
- A 50-year-old man who runs marathons is struggling with keeping his energy up while racing
- A 29-year-old woman has begun lifting weights and wants to reduce her body fat percentage safely
- A family of 4 wants to go gluten free in support of their child with celiac disease.
- A 58-year-old woman wants to lower her cholesterol without prescription medications
- A dual-income busy family wants to move toward preparing more meals at home to save money

What do all of these people have in common? They could all benefit from the support of a Health Coach.

For people with diagnosed medical conditions, health coaches pick up where doctors leave off. Most doctors want their patients to pursue more conservative, lifestyle changes for better health, and yet simply do not have the time to help patients walk through the steps to make those lifestyle changes. A good health coach is happy to work collaboratively with your physician(s) to implement nutrition and exercise plans as they see fit.

For people with little nagging problems that maybe don't quite warrant a visit to a doctor, health coaches can help you analyze your lifestyle and make changes to alleviate many issues. A health coach can help you gradually eat, sleep, and feel better with long-term lifestyle changes.

Health coaches will look at the habits and preferences of the client and help find the places where that client is ready to change. Their goal for you is to make changes feel natural and attainable, and with measurable results.

Still unsure if health coaching is right for you or someone you love? Get in touch with me and we can talk about it. Message me on Facebook or email robyn@robynbumgarner.com. Happy running, my friends!



Robyn's Nutrition Corner

Robyn's Ridiculously Radical Anti-Inflammatory Soup

- 2 tsp oil
- 1 small onion, diced
- 4-5 cloves garlic, minced
- 1 small head cauliflower, chopped
- 2 tsp ginger paste
- 1 tbsp curry powder
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp turmeric
- 1 red pepper, chopped
- 1 Jalepeno pepper, minced
- 1 package mushrooms loosely chopped
- 6-8 fresh tomatoes, chopped (or 1 28 oz can of diced tomatoes)
- 1 bunch kale, stems removed and loosely chopped
- Fresh cilantro, chopped, to taste (I use the whole bunch)
- 1-2 cans coconut milk

First, let me tell you a little about how I cook. I rarely measure anything and I hate having odds and ends of fresh ingredients leftover, so that means most of my recipes use all of whatever I buy. :) This delicious soup loves to change, so if you want to use some different veggies, I say go for it. For my protein lovers out there, adding tofu, chickpeas, or shredded chicken would work well here. For my carb lovers, adding some fully cooked wild rice at the end would also be yummy. This will keep in the fridge up to a week and get more delicious with each passing day, so don't be afraid to store the leftovers.

Heat the oil in a large soup pot. Saute the onion and garlic until translucent. Add the cauliflower and let it cook a little bit, then add all the spices. Stir to coat the veggies in the pan. Add red pepper and jalapeño, stirring thoroughly again. Now add the mushrooms. Let all the veggies cook a bit (sometimes I need to add a touch more oil to the pan). Now add the tomatoes and stir. Put the kale on top of everything in the pan and put a lid on it. Let it all simmer for a few minutes and the kale will wilt. Toss the cilantro in and stir everything together. Now add the coconut milk and stir everything together. Adjust seasonings as needed, and if it's too hot, add the second can of coconut milk to offset the spices. Turn the heat down to a simmer and stir periodically until heated through. Serve immediately, and be prepared to go back for seconds!

Winterfest 5k



Frosty Five Miler



More Frosty Five Miler



Travelin' PRAIRIE STATE ROAD RUNNERS!



So where have you worn your PSRR gear?

This feature highlights those who have been in cool and exciting places, or anywhere for that matter wearing their PSRR gear. Send us a picture of you sporting your **PSRR pride** anywhere in the world!

Please send email your pictures to Judith Warren or via message on facebook.

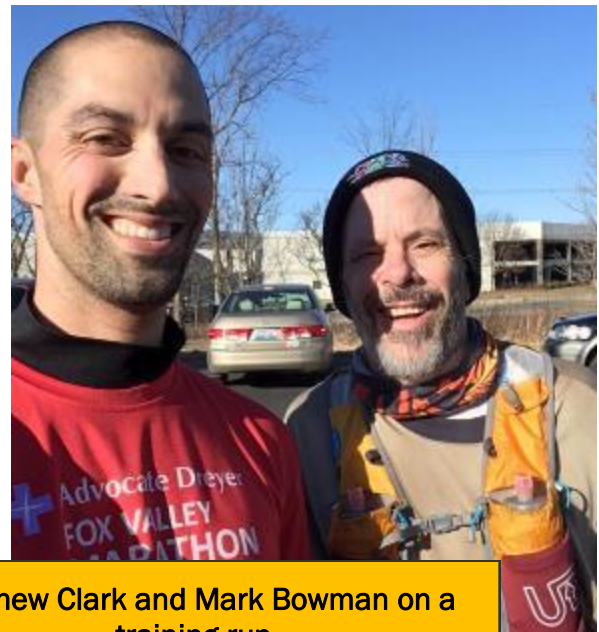


PSRR Hatapalooza at Channahon State Park
the day after the banquet



Mark Walters at Real Florida 5k/10k in
Wekiwa Springs FL (2nd in Age Group)

Jean & Jeff Johnson, Duane & Mary Jo Minarich and
Jayme & Sandy Speva in St Croix during the
Caribbean Running Cruise



Matthew Clark and Mark Bowman on a
training run

Travelin' PRAIRIE STATE ROAD RUNNERS!



John Warren, Judith Warren and Dave Cyplick at the Orland Grassland Forest Preserve



Jody Reddell in Colorado



Mary Jo Minarich after a 5k in St Maarten



Eva Rahn in Coronado CA

Race Report

BY KRICKET BALTZ

The Baltz family decided to expand our horizons in 2017. With so many running and tri goals set and achieved we decided it was finally time for an obstacle race!




Some of you may already know our running story began when Tommy John, 7 years old at the time, saw a truck bed full of post race Warrior Dashers and wanted in. He was way to young and so it all began, a 5k... then another... etc

So February 4th 2017, in Mount Pleasant Michigan we participated in our first obstacle 5k! The weath-

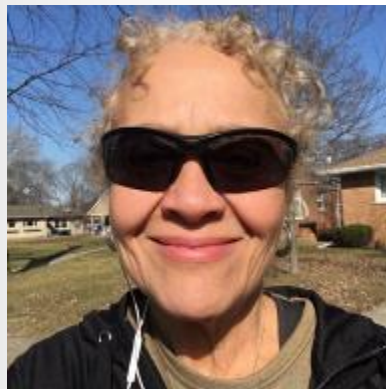


er was still, sunny, and 18 degrees. Athletes gathered at the Mountain Town Station restaurant to pick up their timing chip and wait for their wave. Our wave was at 9:40 am. We acclimated for a bit before toeing the start. Then we were off! Tom breezed through all of the obstacles no problem. Tommy John conquered all but was challenged an extra pinch because of his height. ...And there was me. There were 16 obstacles on the course, I had watched a lot of video on past events, I knew I would likely be going around some. And yup, that's what happened. I attempted and bypassed 4 of the dirty dozen. How do I feel about that? Very proud that I did 8! Very happy for Tom and Tommy John who had 100% success!



We would definitely recommend this race to anyone looking to do a winter obstacle race. Man vs Mountain and Mount Pleasant were both very pleasant indeed. 

PSRR running around



Guest Blog—Run and Smile



Ever listen to what crazy things runners say? Here are my favorites...

1. “Wait, I’m searching for a signal.” Admit it; you’ve held your arm up in the air hoping to catch your signal a little easier. I don’t know why I think the extra 2 feet closer to space will help.



2. “The marathon fee was only \$75!” What a bargain! Why do we go all over town to save a few cents on gas or a roll of toilet paper but we think nothing about dropping \$75 on a race fee? Maybe it’s because the usual marathon fee is around \$150-200! A \$75 fee means a little extra money to spend at the expo!



3.”Well, there goes another toenail.” It’s funny how this totally grosses out non-runners. Be sure to get fitted in a store that has employees that know what you need like I do! The right size toe box, the larger size shoe and the fit tells me if I get to keep my toe nails or not.



Guest Blog—Run and Smile

4. **“That port-a-potty was really clean!”** You know you’re the lucky dog if you’re the first person to use a port-a-potty at a race. And when you’re running and one magically appears at the right time you feel like there was divine intervention involved. “Thank you God for giving me this port-a-potty.”



5. **“The doctor said I should rest so I only ran an easy 5 today.”** Injuries suck and we all hate to hear those dreaded words from the doc, “No running for weeks.” But what we actually hear is, “You *can* run, just...

...not as hard.

...or as long.

...or during too many consecutive days.

...or maybe slow down if it hurts a lot.”

Do remember, **your doctor does know best** (esp. since he went to school for it) so try and listen to him or her.

So the big question is, why do we run?

What drags us out of a nice warm bed to do something that depletes our energy reservoir and many times really hurts?

Are we meant to run like [Christopher McDougall writes about in his book “Born to Run?”](#) Is it because our ancestors had to out-run their prey or starve?

If you get a chance, read his book. It’s really enlightening.



Guest Blog—Run and Smile

Can running be a drug?

That “need” to run is real so giving into running is better than giving in to many other not-so-healthy choices like smoking, too much drinking or sweets (except for cupcakes of course)...

When people exercise aerobically, their bodies can actually make drugs — cannabinoids, the same kind of chemicals in marijuana. Raichlen wondered if other distance-running animals also produced those drugs. If so, maybe runner's high is not some peculiar thing with humans. Maybe it's an evolutionary payoff for doing something hard and painful, that also helps them survive better, be healthier, hunt better or have more offspring.

SOURCE

When I first started running it was to lose weight. It was the fastest way to drop the pounds. I would put on my running shoes and hit the road. It wasn't my favorite and often thought this is so hard. How do people do this?

But by sticking with it and making some fantastic new friends who also love to run (HELLO RUN CLUB!), I was able to learn to run farther, compete and enjoy my trails for miles.

Now my main reason for running is running brings me joy. Yup there's joy in running. I didn't feel it in the beginning but I do now. Ever watch a kid play? Most of their play time is running. Joyfully running!

I promise you will find that joy as long as you stick with it. And being a part of a group like this helps tremendously.

**“Focus on where you
are instead of where
you wish you were.
The joy will follow.”**

John Bingham, No Need for Speed: A
Beginner's Guide to the Joy of Running

Keep running my friends!

Mary Jo Minarich

Blogger at runandsmile.com, RRCA Certified Coach, Happy Runner



BIRTHDAYS THIS MONTH

Celebrating birthdays in **March**: Fawn Acup, Cricket Baltz, Kate Calder, Clint Carter, JT Clark, Ken Goodwin, Wendy Janulis, Jean Johnson, Toni Johnston, Ryan Koven, Javier Martinez, Brittany Pirc, Harry Scheckel, Michelle Walker, Judith Warren and Paul Wojtkiewicz

Celebrating birthdays in **April**: Grace Carlson, Susan Gregory, Jim Harman, John Horvat, Lisa Hyzny, Marsha Lambert, Lauren Lemke, Taylin Lemke, Pat McFarland, Duane Minarich, David Musgrave, Mary Raino, Kibet Rono, Keith Smith, Diana Sorich, Alicia Tocwish, Clinton Underhile, Kennedy Walker and Landon Walker



NEW MEMBERS

- | | | |
|--------------------------|----------------------------|---------------------------|
| <i>Rebecca Auld</i> | <i>Christopher Gregory</i> | <i>Alicia McLaughlin</i> |
| <i>Bridget Clark</i> | <i>Toni Johnston</i> | <i>Tiffany McQuarters</i> |
| <i>Bobby Daw</i> | <i>Eric Johnston</i> | <i>Stephen Meehan</i> |
| <i>Debbie Dye</i> | <i>Griffin Kisner</i> | <i>Nicole Underhile</i> |
| <i>Apolonio Esquivel</i> | <i>Lucas Kisner</i> | <i>Michael Weisfus</i> |
| <i>Laura Esquivel</i> | <i>Joshua Kodura</i> | <i>Nicholas Weisfus</i> |
| <i>Kathi Flyte</i> | <i>Sophie Kodura</i> | <i>Noah Weisfus</i> |
| <i>Alex Forster</i> | <i>Ryan Kodura</i> | <i>Stella Weisfus</i> |
| <i>Nena Fournier</i> | <i>Laura Loica</i> | <i>Teal Weisfus</i> |



2017 CIRCUIT RACES

<u>Date</u>	<u>Circuit Race</u>	<u>2016 Club Participation</u>
Feb 5	Winterfest 5k	42
Feb 12	Frosty 5 Miler	68
Mar 4	Manhattan Irish Fest Parade 5k	73
Apr 1	DNA Athletics No Foolin' 5k	new to circuit
Apr 8	Run, Walk & Roll 5k	new to circuit
Apr 22	TCS Red, White & Blue 5k	32
Apr 29	Rockdale Ramblin' 10k	55
May 13	Quarryman Challenge 10 Miler	13
May 19	Fierce Fiesta 5k	new to circuit
June 3	Kendall County Sweetness 8k	34
June 17	Minooka Summerfest 5k	45
July 3	Liberty 5k	47
July 20	Sundowner 5k	70
Aug 10	Firefly 5k	46
Aug 20	DNA/PSRR Free 5k	53
Sep 10	Ashley Can Half Marathon	20
Sep 16	Grand Prairie Run For Your Life 5k	new to circuit
TBD	Plainfield Harvest 5k	28
TBD	Forte 5k	41
TBD	JJC Haunted 5k	41
Nov 5	Canal Connection 10k	45
Nov 23	Poultry & Pie Predictor 4 Mile	57

Membership dues must be current in order to earn circuit points

Road Runner Challenge

To participate in the challenge you must be a current member of the Prairie State Road Runners. Join at PSRR.org.



To complete the Road Runner Challenge you must finish the following distances on the PSRR circuit with a recorded finishing time and earn one volunteer credit by November 24, 2017.

1. Any **5k** on the PSRR circuit
2. Either an **8k or 5 miler** on the circuit.
Frosty Five—February 12
Kendall County Sweetness Run—June 3
3. Either **10k** on the circuit
Rockdale Ramblin' Run (final year)—April 29
Canal Connection—November 5
4. **Half Marathon**
Ashley Can Half Marathon—September 10 (must be completed for the challenge)
5. **Earn One Volunteer Credit**
Irish Fest 5k—March 4
I&M Cleanup—April 22
PSRR Picnic—June 4
PSRR table at Minooka Fest 5k—June 17
PSRR/DNA Free 5k—August 20
Poultry & Pie Predictor—November 23
Other volunteer opportunities as they arise.



PSRR Membership dues must be current on the date of a race to count towards the challenge.
Road Runner Challenge fees must be received by June 2, 2017.

The entry fee for the Road Runner Challenge is \$10.



A custom-made die-cast MEDAL celebrating your achievement will be awarded at the PSRR Awards Banquet in January 2018 to all who complete the challenge.

Entry fee is non-refundable. Any proceeds from runners not completing the full challenge will be donated to the Ashley Can Foundation.

Mail Check to: Prairie State Road Runners P.O. Box 293 Channahon, IL 60410-0293

2017 CIRCUIT AWARD RULES

AS EXPLAINED BY JAY WAIT

At the 11/18/16 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. In addition, the board approved a couple of modifications to the Most Miles Award given to the person who accumulates the most miles in half marathon or longer races. The three 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 2015 (<http://www.howardgrubb.co.uk/athletics/wmaroad15.html>). For this grading, age is considered to be the age on race day, and time is input to the nearest second.

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 2016 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. **At the 2/17/17 PSRR board meeting, after further review of 2017 membership demographics, the 40-49 and 60-69 age groups were both split into 5 year brackets.**

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.

Most Miles Award: Races of half marathon or longer races that are run between January 1 and the cutoff date (usually around December 10) and reported to the statistician will be recorded with a running total of miles run in such races. The Ashley Can half marathon (a PSRR circuit race) will count toward total miles, but will only count once toward the Circuit Award (it will count as a circuit race, but not as a long run). Finally, ultramarathons, regardless of distance, will only count for a maximum of 50k (31.1 miles)



2017 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

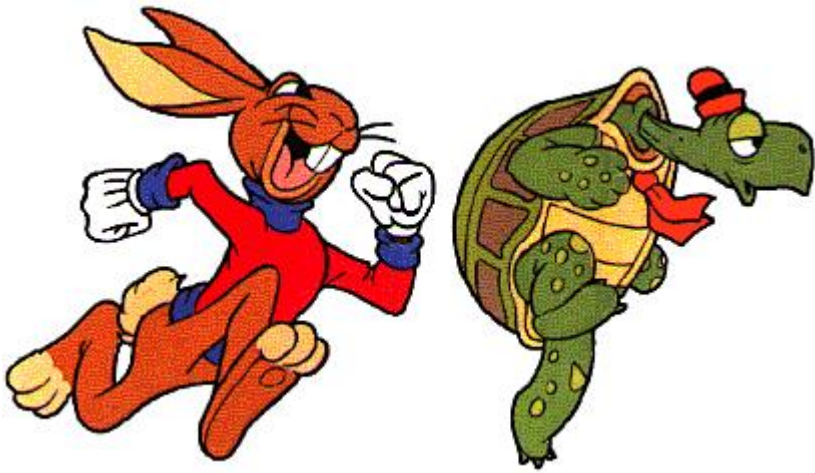
Colored numbers are the 7 lowest finishes used in calculating circuit score

2/13/2017

CIRCUIT STANDINGS

Runner	1. Winterfest 5k	2. Frosty 5 Mile	3. Irish Fest 5k	4. DNA No Foolin' 5k	5. Run, Walk & Roll 5k	6. Rockdale Ramblin' 10k	7. Trinity Christian School 5k	8. Quarryman Challenge 10 Mile	9. Fierce Fiesta 5k	10. Kendall County Sweetness 8k	11. Minooka Summerfest 5k	12. Liberty 5k	13. Sundowner 5k	14. Firefly 5k	15. DNA/PSRR Free 5k	16. Ashley Can Half Marathon	17. Run for Your Life 5k	18. Plainfield Harvest 5k	19. Forte 5k	20. JJC Haunted 5k	21. Canal Connection 10k	22. Poultry & Pie Predictor 4 Mile	22. Your choice half/full/ultra	23. Volunteer Credits	Circuit Score	Circuit Ranking	
Acup, Fawn	15																										
Agullar, Dan	21																										
Anderson, Clark	2	3																									
Anderson, Rick	6	17																									
Auld, Michael	18																										
Bailey, Marne	12	29																									
Baltz, Cricket																											1
Baltz, Tom	37																										
Baltz, Tommy John																											1
Barry, James R.	57																										
Barry, Laura	47																										
Beard, Nydia	8	20																									
Bowman, Mark	3	4																									1
Bumgarner, Robyn	30																										
Carlson, Craig	45																										
Carlson, Gavin	12																										
Carlson, Kerri	22																										
Clark, Kristen	68																										
Clark, Matt	26																										
Costa, Liz	14	27																									
Curiel, Kelly	42																										
Cyplick, Dave	24																										1
Dye, Debbie	29	65																									
Flyte, Kathi	36																										
Forbes, Sean	52																										
Forster, Alex	11																										
Fournier, Nena	25																										
Gabryel, Glenn	64																										
Garcia, Nick	62																										
Goodwin, Kenneth	10																										
Gora, Bill	32																										
Henderson, Amy	31																										
Henderson, Katie	11																										
Holloway, Lianne	28																										
Hutley, Carla	33																										
Johnson, Karl	67																										
Johnston, Toni	41																										
Jones, Scott	22																										
Jungwirth, Robert	5																										
Kisner, Griffin	17																										
Kisner, Lucas	39																										
Koerner, Patrick J.	23																										
Kuhel, Susan	32																										

Lambert, Tom	19																			
Loica, Laura	33	71																		
Mangabhai, Damien	28																			
Manzke, Eva	5	10																		
Martinez, Javier	9																			
McFarland, Patrick	38																			
McLaughlin, Alicia	61																			
McQuarters, Cathy	16	44																		2
Murdaugh, Rheta	55																			
Musgrave, David	39																			
Nelson, Mark	24	59																		
Nette, Paul	13																			
Pirc, Brittany	50																			
Pirc, Tina	23	46																		
Pironti, Jill	37																			
Pironti, Rudolph	36																			
Portlock, Caroline																				2
Putnam, Terri	35	73																		
Rahn, Eva	8																			
Raino, Gerald	20	72																		
Raino, Lauren	74																			
Reddell, Jody	51																			
Riley, Benjamin	38	70																		
Salkas, Cassandra	43																			
Salkas, Linda	60																			
Scheckel, Debbie	15	34																		
Sheridan, John	49																			
Sikes, John	58																			
Skisak, Eileen	1																			
Smith, Keith	9																			
Sorich, Diana	26																			
Tatroe, Brian	4																			
Tatroe, Terri	18																			
Tocwish, Alicia	53																			
Tocwish, Timothy	69																			
Underhile, Clinton	7	16																		
Underhile, Nicole	34																			
Veerman, April	27	56																		
Wait, Jay	21	48																		
Walker, Kellen	40																			
Walker, Mark	13	31																		
Walters, Mark	14																			1
Warren, John	6																			
Warren, Judith	54																			
Wertelka, Raymond	30	66																		
Westefer, Gary	19																			
Weston, Michelle	25	63																		
Wojtkiewicz, Paul	1	2																		C
Wysock, Kurt	7																			
Zemaitis, Nicole	35																			





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 Lалlos (25220 Eames St, Channahon) for breakfast.
 - 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 20-22 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**
- **PSRR MEMBER ONLY FACEBOOK PAGE**

PRAIRIE STATE ROAD RUNNERS

Membership Application

2017 RENEWAL/NEW MEMBER RATES (Dues paid for year 2017 if joining after October 1, 2016)

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 2017

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

