

THE PACESSETTER

March/April 2018 Volume 43, 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

Talents:

Eating
Running
Signing up for races

in every issue

- 3 Upcoming Races and Events
- 4 Prez Says—Cathy McQuarters
- 6 Letters to the Editor
- 25 Travelin' Prairie State Road Runners
- 31 Birthdays & New Members
- 32 2018 Circuit Race Schedule
- 33 2018 Circuit Award Rules—Jay Wait
- 34 2018 Circuit Results
- 36 Club Member Benefits
- 37 PSRR Membership Application

table of contents

March/April 2018
Volume 43, Issue 2



features

- 7 *F^3 Half Marathon*
- 8 *PSRR Annual Meeting and Awards Banquet*
- 19 *Manhattan Irish Fest Parade 5k—Ray Wertelka*
- 21 *Frosty Five Miler*
- 24 *Road Runner Challenge*
- 30 *Nike Running Camp Scholarship—Ray Wertelka*

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.

Group events with [DNA Athletics](#) in Crest Hill. Contact store at (815)588-0908 for seasonal schedule as events are on various days .



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

CLUB OFFICERS

President

Cathy McQuarters

VP/Business

Ray Wertelka

VP/Membership

Jody James

VP/Operations

Tina Pirc

Secretary

Eileen Skisak

Treasurer

Mark Walters

Directors

Cathy Morman

Mark Nelson

John Warren

Newsletter Editor

Judith Warren

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

Send your articles, error corrections or comments to: Judith Warren. Visit our website at psrr.org.

On the cover:

Paul Wojtkiewicz at the F³ Half Marathon in Chicago.
Photo courtesy of Chad Marek

UPCOMING CIRCUIT RACES

March

March 3

Manhattan Irish Fest Parade 5k

Manhattan IL

[Register Here](#)



March 18

Bolingbrook Half Marathon

Bolingbrook IL

[Register Here](#)

March 25

Shamrock Shuffle 8k

Chicago IL

[Register Here](#)

March 31

DNA Athletics No Foolin' 5k

Crest Hill IL

[Register Here](#)

April

April 22

Morton Arboretum 10k

Lisle IL

[Register Here](#)

Membership dues must be current in order to earn circuit points

Prez

SEZ...

BY CATHY MCQUARTERS
PRESIDENT



There's a new sheriff in town! No, that's not correct. There's a new president in town! I would like to introduce myself. My name is Cathy McQuarters. I have been a member of Prairie State Road Runners since 2014. My experience as a runner, as well as, club member has certainly grown since then.

I wasn't always a runner. In fact, I really didn't like running. My high school years were filled with playing the french horn in symphonic wind ensemble and the mellophone in the marching band. Music was my choice of extracurricular activities back then. I didn't consider myself to be a very athletic individual. My participation in high school football games was because the marching band played half-time! However, physical fitness was always a part of my life. I enjoyed aerobics class as a physical education class in high school. After high school, I made monthly payments on a way too expensive Chicago Health Club membership. In addition, I enjoyed walking, biking, roller blading and swimming on occasion.

In July of 2013, my daughter encouraged me to join the gym with her. I was working, raising a family and had just graduated from Joliet Junior College, so I was unable to dedicate time for exercise. As a result, my weight was out of control. After two months at the gym, I was leaving one day and picked up a card for the Shorewood Scoot 5K. I signed up for the race and dragged my son and daughter along for the fun. My race day plan was to walk the 3.1 miles, however, everybody around me took off at the sound of the horn. My race day plan was no longer in affect and I took off running! I finished in about 37 minutes. I felt like an athlete and was hooked on running!

In the months after my first race experience, I signed up for a few more races. I read books and magazines to learn more about my new found sport. I learned what PR stood for and set out to achieve success one PR at a time. I learned how not to over dress, breathe, nutrition and, very important, how to dodge dogs! Now I was ready to find a run club to join. I was looking for a group that included beginning runners. I found the PSRR website and sent in my application.

Since January of 2014, I have surpassed my expectations. I ran my first 10K in 2014 at Canal Connections. In August of 2015 I ran my first half marathon in Batavia's Half Madness. After volunteering in October of 2015 for the Chicago Marathon, I added my name to the lottery and got "in" for the 2016 Chicago Marathon. I met a lot of club members that year. However, I could not have made it to the finish line without the help and support of Tina Pirc and Diana Sorich.

Continued on Page 5

Continued from Page 4

Both of whom are responsible for my participation in the 2017 Chicago Marathon! The members of PSRR are all very knowledgeable, supportive and welcoming.

I have enjoyed volunteering on race day with PSRR, filling in as a race director and holding a board position as VP of Operations. I am looking forward to 2018 both as a runner and as your president!

Cathy





It is the 60th anniversary of our mother club
Road Runners Club of America. Take a look [here!](#)

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 2018 Newsletter
is April 20th*

Please don't make me send comments to myself...send yours today!!

Email to: [Judith Warren](mailto:Judith.Warren@rrca.org)

*The Prairie State Road
Runners are part of the
Road Runners Club of
America. Visit the RRCA
website [here](#).*



SAVE THE DATE:

Prairie State Road Runners Annual Picnic

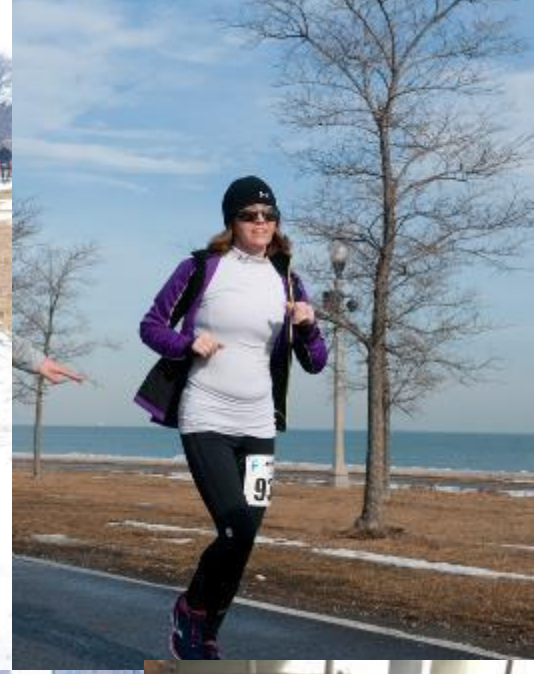
June 3rd

Running the **Shamrock Shuffle** circuit race in Chicago? Join our PSRR/IRC/CMRC combined team! All you have to do is register, Judith will do the rest! Message me on facebook or email [judith.ann.warren61@gmail.com!](mailto:judith.ann.warren61@gmail.com)

Thank you to all who have contributed photos to this issue!

A special thanks to Carol Musgrave for the awesome Frosty Five pictures

F^3 HALF MARATHON



2018
Prairie State Road Runners
Annual Meeting
&
Awards Banquet



ANNUAL BANQUET—CLUB BUSINESS



Left: Treasurer Mark Walters presents the Financial State of the Club

Below PSRR Board for 2018: John Warren, Mark Nelson, Eileen Skisak, Mark Walters, Jody James, Ray Wertelka, Tina Pirc, Cathy McQuarters, and Cathy Morman



ANNUAL BANQUET—HALL OF FAME



Prairie State Road Runners
welcome
Gary Westefer
into the
Hall of Fame



ANNUAL BANQUET—HALL OF FAME

BY GARY WESTERFER—2018 HOF

First I would like to thank the members for electing me to the Hall of Fame. I am far from being the most worthy of the Hall of Fame members, so I am pleased to be in a group that includes many talented runners and several builders of the Prairie State Road Runners.

I first started running competitively in 1969, and have raced several times in every year since then. Coincidentally this is the 50th consecutive year that I have raced in. I will not reach the 50th anniversary of running though, until next year.

My first race, in September 1969, was a high school intra-squad race that we put on for the Mustang Boosters (Evergreen Park H.S.). I was nursing sore ankles and finished so far behind that the varsity was already running their second lap. Things would get better.

My first road run started the same way but with a different twist. I wasn't that slow. I took dead last running a 2.2 mile cross country race, but ran under 5:30 pace. That was at the Hoffman Tower Trot in Riverside, IL. I had just come off a lousy Districts run (they weren't called Regionals yet) in Riverside to finish my High School career, so 40 years later, I had to run Jen's Run for Kids just to prove I could run a good race in Riverside.

I went to college at the University of North Dakota and joined the cross country and track teams. I was able to work my way up to seventh runner, putting me on the varsity team. Unlike high school, I finished with my **best** run at the North Central Conference meet held in Yankton, SD in 1976. There I knocked off our 6th runner and almost beat our 5th runner. But our team was not that good otherwise I never would have cracked the top 10. At least we were far from being the worst team though.

The summer of 1977 found me in the world of road racing. There were not many running clubs in the early 1970's, most were called track clubs. I first belonged to the Winged Foot Club which was created by former North Central College Runners and they knew where we could find the road races. By 1977 there were more road races than 1972, but far less than we have today. In July 1977, I ran my first marathon, the Aurora Marathon, in 3:29:26, ironically matching the distance by finishing 26th overall. T-shirts in those days were awarded to the top finishers.

My first encounter with the Prairie State Road Runners were the monthly low key 4 and 8 mile races held at Pilcher Park by the Joliet YMCA. They were probably put on by the fledgling Joliet Y running club who would become PSRR in 1982. There were no T-Shirts at those races yet.

My running was sporadic in those days. I raced in long races such as the Smoky Mountain Marathon (you don't get PR's on courses like that one) and the Knoxville 20 mile. I also belong to the Boardtown Road Runners while doing graduate work at Mississippi State. But my running/training was sporadic and my condition deteriorated to the point where I ran the Fred Lehman 10 mile in Mokena, which was during the Mokena Centennial, on July 4, 1980, and posted a 97:00 finish. This prompted me to train



ANNUAL BANQUET—HALL OF FAME

Continued from page 11

for a comeback. But the comeback would have to wait for a month as I returned to Mississippi State to finish my thesis and the temperatures had blown through a century old record passing the old mark of 106 degrees, setting records each day until we eventually reached 110. But the air conditioning was good at the dog track in Alabama, so I went there and let the dogs run for me.

The comeback began in August when I helped coach girls at the Evergreen Park High School and trained with them. One of the girls I ran with was Laura Haggerty who beat Jenny Spangler (future Olympic trials marathon champion) to capture the girls state cross country championship that year (1980-81). Then it was down to my first career job in southeastern Illinois. There I joined the Evansville Distance Runners and the Old Northwest Running Club (Vincennes, IN). 1981 was my career year and I was able to get my 10 K times down to 38:03 on a hilly certified course. As anybody who runs River to River knows, there are hills down south. I also worked my first race, in Evansville, and directed the George Rogers Clark 10 mile in Vincennes, in February 1982. A race that is still going after 44 years.

In 1983 I returned to Chicago where I began working with U.S. EPA. I joined Calumet Region Striders in 1983, Prairie State Road Runners in 1985, Starved Rock Runners in 1986, and the Rock River Striders (Quad Cities) in the late 1990's. Throughout my running career I have met many good people and learned a lot. As a result running has definitely enriched my life.

A running career is not complete without the volunteer aspect. I served as Secretary for the Calumet Region Striders and was on their board for over 15 years, mostly as the Gold Cup Statistician. The Striders nominated me, and I received a National Volunteer award from the RRCA. At Prairie State I was Secretary and also handled the circuit results for several years, in the 1990's, receiving the PSRR Presidents Award in 1993. I have also worked several races for the Starved Rock Runners and the Rock River Striders. In addition, I was a certified official for U.S.A. Track and Field for many years and have worked over 100 track meets at the high school level, most of these in Munster, Indiana, where I have officiated meets for 28 years. The next race I will be volunteering at is our own Manhattan Irish Fest Parade 5k. Hope to see you there, working, racing or both.

Thank you again for this honor.

Gary



ANNUAL BANQUET—HALL OF FAME

This year the PSRR Board of Directors voted in two members into the Oldtimer's Hall of Fame. With a club in existence since 1975, some of our runners weren't born when these members were active in the club. To honor our history and those who came before some of us, the Board elected Rich Gaul and Pete Viehweg into the first class of Oldtimers

Rich Gaul is a former president of PSRR. He started running in high school in 1961 and made State in all 3 years he ran. Then he quit running until 1981. His speed did not leave him in that time. He finished 3rd in his first road race—a 4 miler in Odell.

Rich attained some impressive PRs: 1 mile-4:31, 5k-15:24, 10k-31:33, 10 Mile-54:40, and in the Marathon-2:48.

Injuries plagued Rich and he turned to volunteering after a few years. He was instrumental in the creation of the Starved Rock Running Club. He was a VP in that club. In 1985 he started and was the race director of a popular 10 miler in Ottawa that was held through the mid-90s.

Rich worked the finish chute of the IHSA State Final Cross Country meet for many years and the finish line at a myriad of local races for even longer. He even helped with the timing at the world-renowned Bolder Boulder 10k in Colorado.

He was given the honor of carrying the 2002 Olympic Torch in Salt Lake City. Rich received the RRCA Volunteer of the Year Award. In 2006 the Starved Rock Running Club presented him with the Chris Christian Award for a lifetime of dedication to running.

Continuing as a PSRR member for years, Rich would volunteer at many of our races. He also continued to run some of the races for enjoyment as opposed to competition. He would pace a slower friend with very respectable finish times. In the mid-90s he was still running 5ks at a 7:30 pace. In 2000 at age 53, he ran the Canal Connection 10k in 50:27. His knees prevent him from running today but he will still occasionally walk a 5k.

Thank you Rich for all you have done for Prairie State Road Runners, local running and the sport.

Pete Viehweg was a PSRR officer for many years. He was the race director of the club's Armed Forces Classic and the Prairie State 10 Miler. In his late 40's, Pete could still run a 10k under 38 minutes. At age 48 he ran the Ottawa 10 miler in 1:03. At 50 he could still put a time under 19 minutes on the board for a 5k and under 39 minutes for a 10k.

Pete ran the 1985 North Shore Half Marathon in 1:25 and the 1989 Chicago Marathon in 3:16 at age 50. He was also a member of the competitive Masters team for River to River.

At age 54 he ran the Racing Hearts 10k in Joliet in 42:28. After that Pete had some health issues that affected his running and he transitioned to bike riding. Now in his late 70s he is still spotted at times on his bike and is in great shape.

Thank you Pete for championing some of the past popular races and all you've done for running.

ANNUAL BANQUET—AWARDS

OVERALL CIRCUIT WINNERS

1. Eileen Skisak
2. Paul Wojtkiewicz
3. John Warren

MOST RACES RUN

Kathi Flyte

MOST VOLUNTEER CREDITS

Kricket Baltz

AGE GROUP WINNERS

WOMEN		MEN	
Under 15	Katie Henderson	Under 15	Alex Forster
15-29	Brittany Pirc	15-29	None
0-39	Michelle Blenck	30-39	Dan Aquilar
40-44	Nydia Beard	40-44	Mark Walker
45-49	Toni Johnston	45-49	Javier Martinez
50-54	Fawn Acup	50-54	Mike Auld
55-59	Kathi Flyte	55-59	Larry Bornhofen
60-64	Debbie Scheckel	60-64	Mark Walters
65-69	Carol Stapleton	65-69	Patrick Koerner
		70+	Harry Scheckel

ANNUAL BANQUET—AWARDS



ANNUAL BANQUET—AWARDS



ANNUAL BANQUET—AWARDS



ANNUAL BANQUET—SOCIAL

This year's banquet was held at the beautiful Jacob Henry Mansion Estate in Joliet. Thank you to the Bornhofens for allowing us into your beautiful space!



Manhattan Irish Fest Parade 5K

PRAIRIE STATE ROADRUNNERS USATF Course Certified IL15029NM
March 3rd 2018 11am
ManhattanIrishFestParade5K.com
CARRA Certified, Chip Timed
Race Shirt, Irish Fest Button, and Beer Included



BY RAY WERTELKA—RACE DIRECTOR AND PSRR VP/BUSINESS

I'm sitting here looking out my front window, sipping on some delicious hot chocolate that my wife just made, and proudly looking at my newly shoveled driveway, while watching the beginnings of the new snow storm, wondering if this will melt before the Manhattan Irish Fest Parade 5K.

I began reminiscing of how this all began. Honestly, I have to blame it on our then President Steve Koven. You see, it was at our awards banquet in 2012 that he announced that we desperately needed a race in March as our circuit didn't include many winter/spring races. So, the very next day I talked to the parade director, Franklin Forsythe, and he said that they were looking to stage a 5K right before the race but they didn't know just how to "pull it off". He said that the Village of Manhattan wanted an event that included the whole family, so they thought that to bring back the 5K would be perfect. He also said that a number of years ago they did have a 5K called the Shamrock Shuffle but it was abandoned because of lack of support. As we talked further I brought up the idea that we would start the parade, run throughout the parade route, and figure out what route we should take to finish a 5K. He liked the idea.

I e-mailed Steve the next day and told him about my conversation with Frank. I mentioned that if we were able to pull this off we would be the only race in North America that started an actual parade and ran through the parade route. I jokingly told Steve that no matter where you lined up at the start line, you were float #1! He in turn called Dave Cyplic to "checkout" the event.

Continued on Page 20

Both Dave and Steve liked the Fest. Dave was impressed that he noticed that after the Emerald Society Pipe band finished playing they marched right into Fritz's Saloon, then Gallagher's pub for a few rounds of Guinness.

The rest is history. Our very first year we had around 130 runners. Each year the race has grown about 20% so that this year we are expecting 400+ runners. At our 3rd year we had the course USATF measured and registered, our 4th year we became CARA recognized, and this year we are CARA certified.

Our sponsors are an important factor in making our race a huge success. It is because of their support that we will be able to send a high school student to a NIKE summer running camp as a scholarship. The application blank for the camp is located on the psrr.org or the ManhattanIrishFestParade5K web sites.

Just to name a few of our sponsors, we have Berkots Super Foods sponsoring race; Fitness Premier sponsoring the directional arrows, mile markers, and water table, ALM Lawn Care, MKD electric, Murray Law Firm; ,Gallagher's Pub, Pet Envy, Running for Kicks, First Bank of Manhattan, Ray's Collision, Kraus Cable, Crosswinds Farms, Manhattan Book Keeping, Black Toe Running, McGrath and Clark Law Firm, Agave Azule, Race Time, and Constructive Noise.

Looking back, this could not have been done without the support of the Prairie State Road Runners. Each year at least 70 of our members sign up to run in the race, along with 20-30 volunteers to help at packet pick-up and as course Marshals. If you add all that up a good portion of the participants are from our very own running club. If you'd like to become a race participant, or volunteer please visit our web page at ManhattanIrishFestParade5K.com and follow the links

In conclusion, the Prairie State Road Runners Running club not only stages the only race in North America that starts a parade, but we are responsible to stage the largest winter running event in all of will county. Thankyou!

Raymond Wertelka

RayWertlka@psrr.org

FROSTY FIVE MILER



FROSTY FIVE MILER



FROSTY FIVE MILER



ROAD RUNNER CHALLENGE

Join the awesome new PSRR Challenge.

Earn a unique Road Runner medal!



- You must be a member in good standing of Prairie State Road Runners. Renew or join [HERE](#)
- Three award levels: Bronze, Silver, Gold
- Bronze - Complete 2 of the following distances: 5k, 8k or 10k from the 2018 PSRR Circuit. Or substitute a half marathon, marathon or ultra of your choice for one of the distances. Limit one substitution.
- Silver - Complete all 3 of the following distances: 5k, 8k, and 10k from the 2018 PSRR Circuit. Or substitute a half marathon, marathon or ultra of your choice for one of the distances. Limit one substitution.
- Gold - Complete 4 distances: 5k, 8k, 10k plus one half marathon, marathon or ultra of your choice.

Notes:

1. The two 10 mile runs on the circuit can be used as a WILDCARD. You may substitute them for a lesser distance. They count for nothing extra on their own.
2. PSRR Membership dues must be current on the date of the race to count towards the challenge.
3. Entry Fee is \$15.00 and must be paid in full by November 26, 2018.
4. PAYMENT OPTIONS: Personal Check to Mark Walters or Register [HERE](#) online.



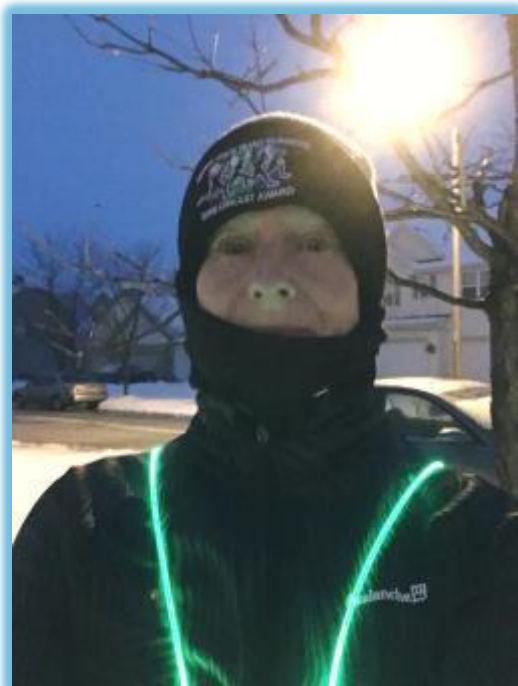
Travelin' PRAIRIE STATE ROAD RUNNERS!



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.



Travelin' PRAIRIE STATE ROAD RUNNERS!



Travelin' PRAIRIE STATE ROAD RUNNERS!



Travelin' PRAIRIE STATE ROAD RUNNERS!



Travelin' PRAIRIE STATE ROAD RUNNERS!





We are Giving Back!

Before I begin I need to tell you a story about myself. When I was 49 y/o I was smoking 1.5 packs of cigarettes a day and a little overweight. I asked the doctor that if I quit smoking could I start running. His reply was that I was too old. Well, nearly 20 years later I'm running Marathons, and he's dead. So, running has really added life to my years

This year the Prairie State Road Runners board of directors have decided to give back to the community as the sport of running has given so much to all of us. What we are planning to do is to give at least one NIKE summer camp scholarship to a qualifying athlete.

These "sports camps" are sponsored by NIKE and are held at college campuses throughout the United States. Our chosen college campus is located in Elmhurst Illinois. This campus is so close that the student can commute there by Metra.

The web site for the Nike camp is posted on the registration page for the Manhattan Irish Fest Parade 5K or you can click here.

<https://www.ussportscamps.com/running/nike/nike-cross-country-camp-elmhurst-college>

When you access the site, you will note that there are impressive biographies of the camp instructors, interviews with the athletes, a poll of just how much the athletes enjoyed the camp, and a video of the activities. You will note that this is a jam-packed, fun-filled, very productive weekend.

If your student athlete has never experienced life on a college campus this is the perfect time to experience a weekend of campus life.

And, not to worry. Your athlete will be kept busy as they will have two work-out sessions per day, private coaching sessions, runs along Lake Michigan, a field trip to Chicago, and a movie night. This kind of makes you wish that you were still in high school, doesn't it?

The board of directors are committed to awarding at least one summer camp scholarship. But we'd like to send more. If you note that on the registration page for the Manhattan Irish Fest Parade 5K there is a link that is dedicated to collecting additional money to send more promising athletes to a NIKE camp.

To apply for the scholarship, download an application blank from <https://www.psrr.org>, (under the tab info) or the ManhattanIrishFestParade5K web site and send it to Raymond Wertelka, PO Box 488, Manhattan IL. 60442 by Patriots day (same day as the Boston Marathon) April 16th and you be contacted within one week if you are awarded the scholarship.

Raymond Wertelka

RayWertelka@psrr.org: Race director of the Manhattan Irish Fest Parade 5K

Happy
Birthday



Celebrating birthdays in March: Fawn Acup, Cricket Baltz, Madison Blenck, Kate Calder, Clinton Carter, Jackson Clark, Kathleen Figuierras, Ken Goodwin, Wendy Janulis, Toni Johnston, Christine Lukanich, Kristen Mangan, Javier Martinez, Brittany Pirc, Harry Scheckel, Sheila Sinon, Judith Warren, Darcy Welsh, and Paul Wojtkiewicz



Celebrating birthdays in April: Brooke Blenck, Grace Carlson, Jim Harman, Marsha Lambert, Lauren Lemke, Patrick McFarland, Duane Minarich, David Musgrave, Mary Raino, Keith Smith, Diana Sorich, Alicia Tocwish, Clinton Underhile, and Linda Whalen

NEW MEMBERS

Welcome



Maria Enriquez

Kasia Goss

Ivan Iniguez

Frank Koehler

Lisa Laurie

Christine Lukanich

Kristen Mangan

Tiffany Norris

Amy Russell

Andy Russell



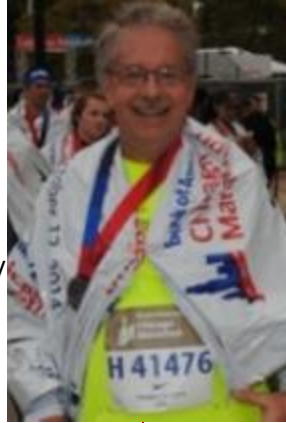
2018 CIRCUIT RACES

<u>Date</u>	<u>Circuit Race</u>	<u>2017 Club Participation</u>
Jan 20	F^3 Lake Half Marathon	New to the circuit
Feb 11	Frosty Five Mile	75
Mar 3	Manhattan Irish Fest Parade 5k	70—PSRR RACE
Mar 18	Bolingbrook Half Marathon	New to the circuit
Mar 25	Shamrock Shuffle 8k	New to the circuit
Mar 31	DNA Athletics No Foolin" 5k	31
Apr 22	Morton Arboretum 10k	New to the circuit
May 18	Fierce Fiesta 5k	50
May 26	Soldier Field 10 Miler	New to the circuit
Jun 9	Kendall County Sweetness 8k	27
Jun 16	Minooka Summerfest 5k	44
Jul 3	Liberty 5k	50
Jul 7	Waterfall Glen Xtreme 10 Miler	New to the circuit
Jul 19	Sundowner 5k	64
Aug 19	Dash-N-Splash 4 Miler	New to the circuit
TBD	DNA/PSRR Free 5k	50—PSRR RACE
Sep 9	Ashley Can 10k	New to the circuit
Sep 15	Dwight Harvest Days 5k	New to the circuit
Oct 13	Forte 5k	49
TBD	JJC Haunted 5k	41
Nov 4	Canal Connection 10k	45
Nov 11	Red Eye 5k	New to the circuit
Nov 22	Poultry & Pie Predictor 4 Miler	65—PSRR RACE

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

2018 CIRCUIT AWARD RULES

At the 12/8/17 PSRR board meeting, the directors voted to continue with Circuit Award structure as used in 2017. 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 Most Miles Award is given to the person who accumulates the most miles in half marathon or longer races. The three award systems will work as follows:



The age groups are: Under 15, 15-29, 30- 39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-59, and 70 & over. For the purpose of determining age group, age on January 1 will be used and no body 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.

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 20 age groups (10 each for male and female) that were used for 2017 awards.

Most Miles Award: Races of half marathon or longer races that are run between January 1 and December 9 and reported to the statistician will be recorded with a running total of miles run in such races. Any PSSR Circuit Race of half marathon or longer will count toward total miles, but will only count once toward the Circuit Award (i.e., 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) toward the Most Miles Award. The winner with most miles will be recognized with a nominal award, such as a plaque.



2018 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

2/16/2018

CIRCUIT STANDINGS

Runner	Bonus. F^3 Lake Half Marathon	1. Frosty 5 Mile	2. Manhattan Irish Fest 5k	3. Bollingbrook Half Marathon	4. Shamrock Shuffle 8k	5. DNA No Foolin' 5k	6. Morton Arboretum 10k	7. Fierce Fiesta 5k	8. Soldier Field 10 Miller	9. Kendall County Sweetness 8k	10. Minooka Summerfest 5k	11. Liberty 5k	12. Waterfall Glen Xtreme 10 Mile	13. Sundowner 5k	14. Dash & Splash 4 Mile Run	15. DNA/PSRR Free 5k	16. Ashley Can 10k	17. Dwight Harvest Day 5k	18. Forte 5k	19. JJC Haunted 5k	20. Canal Connection 10k	21. Red Eye 5k	22. Poultry & Pie Predictor 4 Mile	23. Your choice half /full/ultra	24. Volunteer Credits	Circuit Score	Circuit Ranking	
Anderson, Rick		22																										
Auld, Michael		4																										
Bailey, Marne		34																										
Baltz, Cricket																										1		
Baltz, Tom		31																										
Barry, James R.		28																										
Barry, Laura		8	36																									
Beard, Nydia		3	12																									
Bornhofen, Larry		17																								1		
Bowman, Mark		6																								1		
Bumgarner, Robyn		6																								1		
Carlson, Gavin		9																										
Carlson, Kerri		18																										
Curiel, Kelly		27																										
DeGrush, Rich		13																										
Enriquez, Maria		44																										
Erickson, Vera		5																										
Forbes, Sean		39																										
Forster, Alex		23																										
Gabryel, Glenn		58																										
Garcia, Nick		47																										
Harman, Jim		10																										
Henderson, Amy		57																										
Henderson, Katie		42																										
Hutley, Carla		32																										
James, Jody		49																										
Johnston, Toni		20																										
Kesler, Erica		62																										
Koerner, Patrick J.		26																										
Loica, Laura		60																										
Lukanich, Christine		24																										
Mangabhai, Damien		25																										
Mangan, Kristen		56																										
Markland, Britni		50																										
Markland, JT		14																										
Martinez, Javier		3																										
McLaughlin, Alicia		59																										
McLean, Susan		21																										
McQuarters, Cathy		38																										
Minarich, Mary Jo																										1		
Murdaugh, Rheta		55																										
Musgrave, David		11																										
Nelson, Mark		45																										
Norris, Tiffany		63																										
Pirc, Brittany		43																										
Pirc, Tina		40																										



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 [Judith Warren](#) 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)** – Take place various nights at DNA Athletics, Crest Hill. All ages and abilities are welcome for a 3-5 mile run. 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

2018 EARLY RENEWAL/NEW MEMBER RATES (Dues paid for year 2018 if joining after October 21, 2017. Discount rates expire at midnight, Dec 31, 2017.)

Price through 12/31/17: **INDIVIDUAL** _____ \$15.00 **STUDENT** _____ \$10.00 **FAMILY** _____ \$20.00
Price beginning 1/1/18: **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



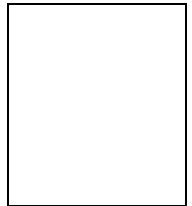
March/April 2018

PACESETTER

Prairie State Road Runners

P.O. Box 293

Channahon, IL 60410-0293



Mail to:

