

THE PACESETTER



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



Prairie State Road Runners Board	Other PSRR Positions
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Starting Lines

- **Special Thanks to Judith Warren's timely newsletter input and positive influences! In addition four ketching my speling arrows!**
- Special thanks to Dave Cyplick and Eileen Skisak: **Coming Soon in the May-June 2019 Newsletter!** PSRR historical items dating back to 1982! One is the announcement of the club splitting off from the Joliet YMCA along with the first newsletter identifying the club as the, "Prairie State Road Runners" and the other is circuit standings from 1982 when the club administered the Will County Race Circuit for members and non-members alike.



Prez Says

By Cathy McQuarters
President

So, most of you have been running for a good length of time but, our club includes beginning runners, too. Whether you are a long time runner or just beginning, we all have to prepare, physically and mentally, before a race. Everybody has different routines for preparing, right? The main reason is because we are all individuals with different needs. Despite our idiosyncrasies, there are some tips to help prepare you before race day.

Begin by creating a training plan. You can devise your own or there are plenty of training plans available by reputable authors. They have done all the work for you. You can purchase a book with training plans or search the internet, choose your plan, print, and follow. It's that easy!

While you are training for your race, consider turning in early for the night. Aim for getting in a full nights rest. Again, we are all different. You may not need as much rest as somebody else. Assess how you feel daily throughout your training. You can decide if it's going to be an early night or not. If you are continuously pushing yourself, then you are not only apt for injury but, your training won't proceed as planned.

1. Prepare yourself for the weather. This is especially important if your race is out of town. You may need to pack additional items if the weather is playing tricks on you. How many times has the weatherman been wrong? You may need to pack additional articles of clothing for the off chance that rain starts early or the temperature is hotter/colder than you expected. Best to be prepared than to go without!
2. The course. I am indifferent whether I know the course or not. I often hear, "There is a huge hill at mile 9!" As if I can go around the hill or something! However, some people do their homework. They are comfortable knowing where the out and backs are or if the course is the dreaded double loop. Whatever your preference may be, take the time to check out the course before race day. Often times, the course map can be found in the menu on the registration page.
3. The morning of the race. Rise and shine early with plenty of time to dress and eat. Fuel yourself with a meal that is not heavy. If you eat too much you can cramp or vomit. You may want to hydrate no less than 30 minutes before the race. However, you should hydrate well in advance of race day. Finally, get to the race at least an hour early. You



can locate gear check, packet pick-up and the start corral. The main reason that I arrive an hour early is for the added benefit of clean port-a-potties!

Whatever your training ritual or day of the race routine is...remain positive and optimistic! It's perfectly normal to be a little nervous as you toe the line. Have the utmost confidence in your training. You've gotten out there and practiced. You are ready! If all else fails, envision yourself crossing the finish line. You collect your medal and wear it around your neck with a smile and fist pump!

Upcoming PSRR Circuit Schedule Races

May 10, 2019	Fierce Fiesta 5K
May 25, 2019	Soldier Field 10 Miler
June 1, 2019	Kendall County Sweetness
June 15, 2019	Minooka Summerfest 5k
July 3, 2019	Liberty 5k Morris
July 8, 2019	Waterfall Gen Xtreme 10 Mile
July 18, 2019	Sundowner 5k
August 25, 2019	DNA /PSRR Free 5k



NOTE: Please refer to the PSRR web site for complete list including details and race site information.

www.psrr.org

2019 PSRR Circuit Standings

2019 Circuit Results
 Age Group Standings

4/16/2019

Runner	1. Winterfest 5K	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Bollingbrook Half Marathon	5. Shamrock Shuffle 8k	6. DNA No Foolin' 5k	7. Morton Arboretum 10k	8. Fierce Fiesta 5k	9. Soldier Field 10 Miller	10. Kendall County Sweetness 8k	11. Minooka Summerfest 5k	12. Liberty 5k	13. Waterfall Glen Xtreme 10 Mile	14. Sundowner 5k	15. DNA/PSRR Free 5k	16. Shoot Scoot 5K	17. Ashley Can 10k	18. Plainfield Harvest Fest 5k	19. Forte 5k	20. Red Eye 5k	21. JJC Haunted 5K	22. Canal Connection 10k	23. Poultry & Pie Predictor 4 Mile	Score	Ranking
FEMALE 15-29																									
Prado, Sarah			2																						
Raino, Lauren	1	1	1	2		1																			
Rice, Kayla				1																					
FEMALE 30-39																									
Calder, Kate			1	1																					
Fewkes, Andrea						1																			
Greeney, Rachael						2																			
Hall, Heather		2		3																					
Mangan, Kristen		4																							
Markland, Britni		1	1	2																					
Tezak, Samantha		3	3																						
Wagner, Amanda			2																						
FEMALE 40-44																									
Bailey, Marne		1		2																					
Colleen Calvey				3	1																				
Curiel, Kelly		4	2	1																					
Freeman, Angela		3	1																						
McLaughlin, Alicia			3		2																				
Tiffany Norris				4																					
Vanderploeg, Danielle		2																							
Weston, Michelle			4																						
FEMALE 45-49																									
Beard, Nydia			1		1																				
Johnston, Toni		1	2	1	2	1																			
Kraus, Joyce		2		3		4																			
Loica, Laura	1																								
McQuarters, Cathy		2		1	2																				
Sorich, Diana				2		3																			
Underhile, Nicole			3																						
FEMALE 50-54																									
Acup, Fawn			1	1																					
Barry, Laura			3	2																					
Jones, Mary					1																				
Musgrave, Carol				3																					
Quigley, Lori	1	1	2	1		1																			
Smith, Tammy					2																				

FEMALE 55-59												
Costa, Liz	1	2	3									
James, Jody		3	5		5	2	2					
Kiernan, Jane					2							
Morman, Cathy	2	4										
Murdaugh, Rheta						3						
Pirc, Tina		6	6		6		4					
Portlock, Caroline		7			8							
Rahn, Eva		1	2									
Skisak, Eileen			1	1	1	1	1					
Tatroe, Terri			8									
Tocwish, Alicia			4		4							
Veerman, April		5	7		3		3					
Warren, Judith					7		5					

FEMALE 60-64												
Holloway, Lianne						2	1					
Putnam, Terri	3				2							
Scheckel, Debbie	1		1			1						
Walters, Debra	2	1	2		1	3						

FEMALE 65-69												
Hutley, Carla			2									
Lukanich, Christine		1			2							
McLean, Susan			1	1	1							
Raino, Mary	1						1					
Stapleton, Carol		2					2					
Welsh, Darcy	2		3									

MALE UNDER 15												
Raino, Emerson		1										

MALE 30-39												
Aguilar, Dan		2	2		2							
Mangabhai, Damien		3	3		3							
Markland, JT		1	1	1	1							
Raino, Craig		4			4							

MALE 40-44												
Matt Macak		1	1									

MALE 45-49												
Arreola, Sergio		1			1							
Forbes, Sean		2	3									
Kisner, Griffen	1											
Underhile, Clinton			2									
Walker, Mark			1			1						
Watkins, Boyce			4			2						

MALE 50-54												
Johnston, Eric			6			1						
Kelly, Chad		4	5									
Martinez, Javier		1										
Musgrave, David		2	1		1							
Nelson, Mark	1	3	3				1					
Russell, Andy			2		3							
Tocwish, Timothy			4									
Viramontes, Carlos					2							

MALE 55-59												
Auld, Michael	1		1	2	1	1						
Barry, James, Jr.		1										
Goodwin, Ken	2											
Newberry, Phil			3									
Podlin, Tom					2							
Topf, Stephen			4									
Wojtkiewicz, Paul			2	1								

MALE 60-64												
Bornhofen, Larry			4		2		2					
Bowman, Mark		5				1						
Klaeser, Peter						3						
Meehan, Stephen		3	3									
Nette, Paul		2										
Tatroe, Brian			1									
Walters, Mark		1										
Warren, John		4	2		1	2	1					
Westefar, Gary	1	6										

MALE 65-69												
Cyplick, Dave		2	3			2						
DeGrush, Rich		1	1									
Gabryel, Glenn		4				3	1					
Jungwirth, Robert					1							
Koehler, Frank												
Lambert, Tom												
Koerner, Patrick J.		3	2		2	1						
Raino, Gerald	1		4	1								
Sheridan, John		5	5									

MALE 70 & OVER												
Harman, Jim	2	1	2		1		1					
Johnson, Karl		2										
McFarland, Patrick			4			2						
Scheckel, Harry	1		1			1						
Wait, Jay	3		3									

PSRR March and April 2019 Race Pictures and Results

Chicago Shamrock Shuffle 2019 - PSRR Men's Team Placed!!!

PSRR/IRC 1			
Scoring men			
#5879 Michael Auld	16 of 489	3.272%	33:38
#713 Sergio Arreola	32 of 891	3.591%	34:14
#16626 Jim Harman	3 of 10	4.000%	46:31
#5686 Steve Sullivan	16 of 291	5.498%	37:57
Top Scores		Teammates	
3rd		Preliminary Score	
		16.362%	

PSRR/IRC 1			
Teammates			
#3263 A. Esquivel	54 of 891	6.061%	35:08
#4452 Danny Machak	44 of 489	8.998%	39:05
#5776 John Warren	28 of 291	9.622%	41:26
#2479 Larry Bomhofen	44 of 291	15.120%	43:11
#16749 Patrick Koerner	46 of 136	33.824%	43:15
Top Scores		Teammates	
3rd		Preliminary Score	
		16.362%	

Chicago Shamrock Shuffle 2019, 8kM Group Pictures



For Race Results go to:

<https://www.shamrockshuffle.com/race-results/searchable-results/bank-of-america-shamrock-shuffle-8k#/tracker>

DNA No Foolin' 5kM (31MAR2019)



PSRR's Making "Spectacles" of themselves!



Mark says that running a 5kM race is as easy as PIE! No Foolin'!

MORTON ARBORETUM: CHAMPIONS OF THE TREES 10KM



MORTON ARBORETUM: CHAMPIONS OF THE TREES 10KM

METAL WINNERS!



Eileen Skisak and Jim Harman

River To River PSRR Teams

All 4 groups had PSRR members!

THE BREAKFAST CLUB - ORIGINAL PSRR TEAM SINCE 1994



THE BEAVS IN FULL FORCE



TBIFF



CMRC ABB



PSRR Earth Day!

Prairie State Road Runners hitting the trails for the yearly, I&M Canal Towpath clean up! We are so blessed to have these absolutely beautiful nature trails to enjoy each other's companionship and nature's beauty!



Earth Day Network works year round to solve climate change, to end plastic pollution, to protect endangered species, and to broaden, educate, and activate the environmental movement across the globe.



For more information on how we all can do our part each and every day to preserve the beauty of our planet go to:

<https://www.earthday.org/>

"Another one bites the dust"

By Glenn Gabryel

Several years ago our neighboring Park Forest Pancake and Running Club went extinct. This rather "eccentric" organization was known for several great racing events including their long lost 10 miler and the always fun Caribbean Cruise. Now another club is going under, the Lisle Windrunners having recently announced that they will be out of business at the end of 2019.

Although the Windrunners were mostly a western suburbs group, their "Windrunner 10k" (a pure 10k at that) in the resplendent Danada forest preserve was part our Circuit for some years. While the weather in late August could be challenging the venue was wonderful and a useful way to maintain distance conditioning. Further, the Windrunners were active participants in the River-to-River relay, fielding 1 to 3 teams annually since the race's inception in 1988. In addition they made substantial donations to the Special Olympics and other charities over the years.

Anyway, according to their website the reason for the demise is, like all volunteer organizations, we have experienced a decline in active membership and the availability of individuals willing to move into leadership positions. While it is sad to see things change, change is inevitable.

The Windrunners have been around since 1985. That is something to consider in the context of the PSRR's. While we do have magnificent people who generously donate time and effort to governing, maintaining the circuit and associated activities, that vitality does not come free and is not limitless. It's often the case that the same core of people do most of the heavy lifting. So volunteer when you can and at least express appreciation to the officers, race directors and support people out on the courses. Lastly, don't discount that "decline in active membership" bit that contributed to the Windrunners disappearing ... something to consider when PSRR annual membership renewal comes up.

May you have a fair wind at your backs,

Glenn Gabryel

Hip Flexors (The Hidden Survival Muscle)

The "Hidden Survival Muscle" In Your Body Missed By Modern Physicians That Keep Millions Of Men And Women Defeated By Pain, Frustrated With Belly Fat, And Struggling To Feel Energized Every Day...

You train hard, you eat well...it should be enough to keep you in good health and physically and emotionally strong.

Yet, there is a danger lurking in our bodies that's not only hidden from us... but which even doctors are failing to identify.

It affects nearly everybody, no matter how active or sedentary you are, or how old or young you are.

This problem affects not only our body but our whole well-being, its tight hip flexors.

You see, our hip flexors are the engine through which our body moves. They control balance, our ability to sit, stand, twist, reach, bend, walk and step.

Everything goes through the hips.

1. Lying Hip Rotations

- Lie on back with both knees bent.
- Cross one ankle over the opposite knee.
- Move in and out of the stretch by rotating the hip in and out.
- For the hold, use your hand for assistance to press into the knee.



This exercise starts the sequence as an easy first movement to warm-up and build toward the rest of the series.

Be aware of any tightness or soreness on the outside of your knees in this one. If you experience any of this, move the rotating leg so it's resting higher up on the shin.

2. Piriformis Stretch

- Cross one leg fully over the opposite leg, so your knee is crossed over your thigh.
- Pull the crossed knee toward your opposite shoulder, stretching the piriformis muscle.



In the same position as the first exercise, cross the leg further, then shift your hips fully to the other side, pulling your knee up to the opposite shoulder.

Remember to go gently into and out of the stretch, and use a little pressure from your hands to resist against the muscles you want to stretch. In this case it's the piriformis and other hip rotators.

3. Butterfly Stretch

- Sit up with feet together, moving the knees down toward the ground.
- Use your hand to press into the ground and move your groin closer to your heels.



This classic stretch is very useful for the groin muscles, and for improving hip rotation to the side. Pay close attention to your back and keep it straight and upright as you move through the stretch.

Work on one side at a time, and then do both knees at once as you feel comfortable and warmed up.

4. Frog Stretch

- Start on hands and knees, bringing your knees as far apart as is comfortable.
- Rock back and forth in that position.
- Keep the balls of your feet on the ground, with toes pointed outward.



At this point in the sequence, we are ready for a bit more intensive stretching for the hips, adding some more weight bearing into the exercise.

Again, take it slow and easy and don't force a range of motion you may not be ready to achieve.

The action here as you move in and out of a stretch is squeezing the knees together as you rock backward and relaxing as you rock forward. After a few repetitions you can sit back and relax into the stretch for upwards of a minute.

5. Kneeling Lunge

- Get into a lunge position, with knee and foot about hip width apart from the elevated leg.
- Keep the chest tall and the hips square.
- To make the stretch harder, you can pull the back knee up off the ground.



This exercise is somewhat deceptive in terms of how it can affect your hips.

You may need some trial and error to find the best front foot positioning, which happens when your shin is upright when you lean forward, rather than being angled down or back.

Keep your hips square and your upper body tall, and you'll be in the right position. Don't be afraid to adjust the back leg positioning to get the most out of the stretch to release your hip flexors.

6. Traveling Butterfly

- Sit on your butt with feet straight in front of you (long-sitting).
- Use your hands to push the hips forward toward your heels, so you wind up in the butterfly position.
- Move between the long sitting and butterfly positions.



This movement goes from long-sitting (on your butt with your legs straight out in front), to the butterfly stretch position.

It's meant to be a dynamic motion, and you won't hold any position here for more than a few seconds. This is a great way to improve circulation and get the hips moving after the stretching you did in the last 5 moves.

7. Squatting Internal Rotations

- Start in a deep squat position (as deep as you can go).
- Rotate one knee inward, down toward the ground.
- This stretch can be done sitting on a small stool if you cannot get into a comfortable squat position.



This is another dynamic movement like the traveling butterfly, which I've put toward the end to encourage blood flow and circulation after all the previous stretches.

Don't hold the end position very long at all.

Just keep moving and give yourself some time to work through the movement.

8. Pigeon Stretch

- Start with your front knee bent to a 90-degree angle. The back knee can be as bent or extended as is comfortable for you.
- Rotate the back hip toward the front heel, and then toward the back foot.
- Keep the chest up tall, and only bear as much weight as you can comfortably.



As you warm up you'll then work on straightening the back leg behind you. Take your time and gradually work on putting more weight through the bent front leg.

9. How To Customize This Routine to Your Schedule and Your Body

The hip region includes several large, overlapping muscle groups, and tightness in any one of them can cause problems, but the preceding stretches are a great way to take your hip muscles through their full range of motion, ensuring they stay as healthy and functional as possible.



But not all stretching is created equal. If you want to maximize your results for the time you spend on your mobility and flexibility, then technique really does matter.

As you practice you'll notice that some of the stretches will be easier to perform. When that happens, you can work on different angles to change things up and see how much further you can get.

Don't be afraid to explore your ranges of motion and the many different ways you can use your newly developed hip mobility.

Our hips are incredible structures that allow us to be mobile and strong and perform everything from the most mundane activities as walking to amazing feats of strength and power shown by the finest athletes.

Take the time to take care of your hips and your life will be the better for it.

Flexibility is so much more than just splits or backbends. It's a necessity for day-to-day function and being able to reach whatever goals you have.

Give your hip mobility the effort it deserves.

And when our hip flexors tighten it causes a lot of problems in ordinarily healthy and active people, like us.

The Race (Be Inspired!)

NOTE: This rather lengthy poem is written using a, "little boy" as the central character. It has equal inspiration to, "little girls" – AND the inner-child within each of us.



"Quit!" "Give up, you're beaten," they shout
and plead - there's just too much against
you now, this time you can't succeed.

And as I start to hang my head in front of
failure's face,
my downward fall is broken by the memory
of a race.

And hope refills my weakened will as I recall
that scene,

for just the thought of that short race
rejuvenates my being.

A children's race, young boys, young men;
how I remember well,
excitement sure, but also fear, it wasn't hard
to tell.

They all lined up so full of hope, each
thought to win that race
or tie for first, or if not that, at least take
second place.

Their fathers watched from off the side, each
cheering for his son,

and each boy hoped to show his dad that he
would be the one.

The whistle blew and off they went, young
hearts and hopes of fire,
to win, to be the hero there, was each young
boy's desire.

One boy in particular, his dad was in the
crowd,
was running near the lead and thought "My
dad will be so proud."

But as he speeded down the field across a
shallow dip,
the little boy who thought to win, lost his step
and slipped.

Trying hard to catch himself, his hands, flew
out to brace,
and mid the laughter of the crowd he fell flat
on his face.

So, down he fell and with him hope, he
couldn't win it now.

Embarrassed, sad, he only wished to
disappear somehow.

But as he fell his dad stood up and showed
his anxious face,
which to the boy so clearly said, "Get up and
win that race!"

He quickly rose, no damage done, behind a
bit that's all,

and ran with all his mind and might to make
up for his fall.

So anxious to restore himself, to catch up
and to win,
his mind went faster than his legs, he
slipped and fell again.

He wished that he had quit before with one
disgrace.

"I'm hopeless as a runner now, I shouldn't
try to race."

But, in the laughing crowd he searched and
found his father's face,
that steady look that said again, "Get up and
win that race!"

So he jumped up to try again, ten yards
behind the last,
if I'm going to gain those yards, he thought,
I've got to run real fast.

Exceeding everything he had, he regained
eight or ten,
but trying so hard to catch the lead, he
slipped and fell again.

Defeat! He lay there silently, a tear dropped
from his eye,
there's no sense running anymore—three
strikes I'm out—why try'

The will to rise had disappeared, all hope
had fled away,

so far behind, so error prone, closer all the
way.

"I've lost, so what's the use," he thought, "I'll
live with my disgrace."

But then he thought about his dad, who soon
he'd have to face.

"Get up," an echo sounded low. "Get up and
take your place.

You were not meant for failure here, get up
and win that race."

With borrowed will, "Get up," it said, "you
haven't lost at all,
for winning is not more than this; to rise each
time you fall."

So, up he rose to run once more, and with a
new commit,
he resolved that win or lose, at least he
wouldn't quit.

So far behind the others now, the most he'd
ever been,
still he gave it all he had and ran as though to
win.

Three times he'd fallen stumbling, three times
he rose again.

Too far behind to hope to win, he still ran to
the end.

They cheered the winning runner as he
crossed, first place;

head high and proud and happy—no falling,
no disgrace.

but, when the fallen youngster crossed the
line, last place,
the crowd gave him the greater cheer for
finishing the race.

And even though he came in last with head
bowed low, un-proud,
you would have thought he'd won the race,
to listen to the crowd.

And to his dad he sadly said, "I didn't do so
well."

To me, you won," his father said. "You rose
each time you fell."

And now when things seem dark and hard
and difficult to face,
the memory of that little boy helps me in my
own race.

For all of life is like that race, with ups and
downs and all.

And all you have to do to win is rise each
time you fall.

"Quit!" "Give up, you're beaten," they still
shout in my face,
but another voice within me says, "Get up
and win that race."

Finishing Lines

"Pour a little sugar on me."

~  Coffee

"We are more fulfilled when we are involved
in something bigger than ourselves."

~ John Glenn (1921-1916)

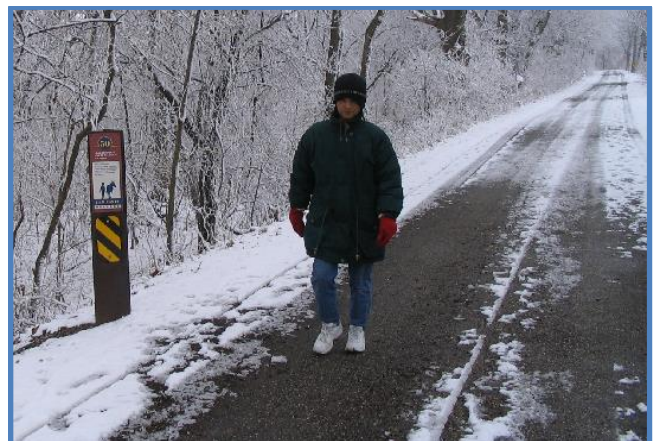
"I always get to where I am going by walking
away from where I have been."

~ Winnie the Pooh

A Parting Thought: My high school
chemistry teacher made learning fun. One
routine she often used was to encourage,
possibility thinking with the: "IF-THEN"
principle. This applies to distance running as
well:

IF I continue to move forward.....

THEN I will eventually reach the finish line!



FAITHFUL KIAWLAN!