

THE PACESETTER

MARCH/APRIL 2021 ⌘ Volume 46, Issue 2

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

www.psrr.org

FROM WINTER



TO SPRING



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



PRAIRIE STATE ROAD RUNNERS - The Pacesetter

Mar/Apr 2021

www.psrr.org

Volume 46, Issue 2

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Click here to join PSRR!



Founded in 1975, the Prairie State Road Runners (PSRR) are one of the oldest running clubs in Illinois. The majority of our members are from Will, Grundy, and Kendall counties. The club sponsors the Thanksgiving Day morning Poultry Predictor 4 Mile Race in Joliet's beautiful Pilcher Park and the Manhattan Irish Fest Parade 5K.

The Prairie State Road Runners is a member of the Road Runners Club of America (RRCA) www.rrca.org and is a defined 501(c)(3) organization under the RRCA charter.

PRAIRIE STATE ROAD RUNNERS

UPCOMING CIRCUIT RACES AND EVENTS

MARCH

MARCH 7 – Running o’ the Green 8k (live event in Tinley Park)

[Registration Link](#)

APRIL

APRIL 17-18 – Champion of Trees 10k (live event at Morton Arb)

[Registration Link](#)



ACKNOWLEDGMENTS

Thanks to all who contributed to this issue via their written participation or sharing of photographs. Much gratitude is expressed to the ladies who have agreed to let us follow along with their athletic lives through the yearlong article series.

BULLETIN BOARD



Please save March 14, 2021 for PSRR's "Irish I had Pi" Sunday Funday event. 3-14-2021 10am Metra Station in Manhattan



Run on Wauponsee Trail or neighborhood We will have PI(e) and adult refreshments Gallagher's in Manhattan (cash only place)



FRIDAY, MAY 7, 2021 AT 6 PM CDT

Fierce Fiesta 5K 2021

NOW A CIRCUIT RACE!

Channahon Community Park

(Run for the Brave 5/29 went virtual)

Three people in my age group... PODIUM!!

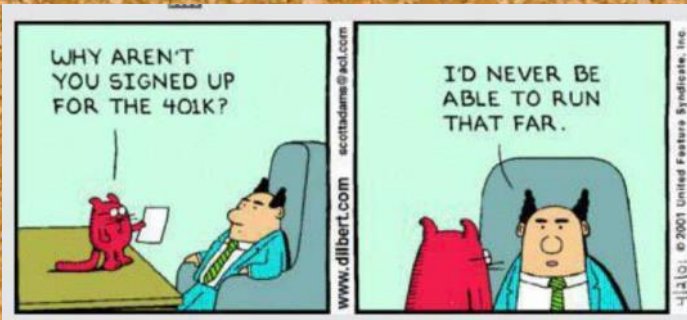


eCards user card
ilovetorun.org



Want a strong, solid relationship that is willing to go the distance? **Get to know your running shoes.**

Dean Karnazes



Reminder



Just a reminder that we have singlets (limited sizes—women's and adult sizes) and glasses for cash purchase. Singlets are \$15 and glasses are \$5 for a set of 2.



WWW.BCNKING.COM © 2012 Team Captain

PREZ SAYS



By Mark Walters

I must say it seems our club has gotten off to a good start in 2021. Our first two circuit races are in the books, and your club had an outstanding showing in each event. On Jan 30, thirty-two (32) club members participated in the F³ 10K at The Forge in Lemont. By all accounts, this was a tough race. It was the inaugural event, and one of several F³ sponsored events held that day, in other locations. The course at The Forge featured a single-track section, as I have seen shared in comments on our club's Facebook page. Most of you wore your yaktraks or micro-spikes to conquer the course, but then again some of you boldly met the challenge with no traction enhancement whatsoever! On Feb 13, forty-six (46) of us made that annual trip to Channahon for the Frosty 5 Mile race. 'Frosty' lived up to its name in 2021, as I suppose it has for most of its 42-year history. Facing bitter cold, steady wind, and persistent snow, nearly 1 in 3 runners who finished were PSRR members!

Both races were done with 'stages' – having groups start at different times. This has become the 'norm' for a foot race in the COVID era, and this is likely to continue for some time. Races done like this are less 'races' in the real sense, and more like time trials. If you are a competitive runner, you may not actually 'see' those you compete against in your age group. And the weather and road conditions may offer an advantage when they take place an hour apart. But one's finest competition is often found within oneself – and so the order is to go out and be the best one can be on that day and be thankful for the passion and vitality to do so.

In club business, we held our annual business meeting on January 28. The meeting was held virtually, using Microsoft Teams conferencing. Nearly thirty members were present online. We employed a PowerPoint presentation to review highlights of our truncated 2020 season, not the least of which was the commemoration of our club's 45th year. We then recognized our 2020 circuit winners and those who won the Long-Distance Mileage competition. Past club members Cindy Woods and Muriel Devine were inducted into the club's Hall of Fame for the Class of 2021. Both had impressive accomplishments and certainly deserved the honor. We also shared the results of the member survey we took late last year, and how the board used the feedback, concerns, and preferences to fashion a 20-race circuit for what we knew would be an unpredictable year. We shared the 2021 Circuit and took a formal vote, whereupon it was approved. Next, we presented the slate of candidates for Board of Directors for the year. By unanimous vote, those persons were elected to serve a one-year term.

The 2020 Circuit Award was earned by forty-eight (48) members, all of whom had accumulated 3 or more circuit credits. Each received a black leisure duffel, which had the current full color PSRR logo on the outside pocket. Two weeks prior to the business meeting, we held pick-up sessions on 4 different dates, all at DNA's store in Plainfield. For those who were not able to pick-up their PSRR custom leisure duffel, we are keeping them in a safe place until we can arrange to meet. A word of THANKS to those who volunteered their time to attend the table at DNA and hand-out the awards. Also, to those who collected awards for others and distributed these. We also express THANKS to DNA for making their store available to us to conduct this important business.

And speaking of volunteer opportunities, we have accepted the invitation to participate in the annual "Spring Clean the I&M Canal" on April 10. We would love to see many of you come out for that event, and if the weather is nice, we can have a run. We will have more details to share in coming weeks.

That's all for now! Perhaps I shall see you at an upcoming circuit race or at one of our burgeoning Sunday Morning Fun Runs.

Mark

WELCOME NEW MEMBERS!



**Amanda Henkalin
Dustin Henkalin
Ryleigh Henkalin
Kayleigh Henkalin
Katie Klingberg
Morgan Owens
Michelle Pasillas
Jackie Skrobot**

ANNUAL BUSINESS MEETING

IN LIEU OF AN ANNUAL BANQUET, A ZOOM MEETING WAS HELD DUE TO COVID RESTRICTIONS BEING IN PLACE.

January 28, 2021

01/28/2021

THE FOLLOWING INFORMATION WAS SHARED VIA POWERPOINT AND NARRATED BY MARK WALTERS

CLUB MEMBERSHIP

TOTAL MEMBERS

181

HOUSEHOLDS

116

FEMALES 94

MALES 87

AVERAGE AGE

44

48

2020
IT WAS A
TOUGH YEAR...

February 2nd - Winterfest 5k - Race Website
February 9th - Frosty Five Mile - Race Website
March 7th - Manhattan Irish Fest Parade 5k - Race Website -
March 22nd - Shamrock Shuffle 8k - Race Website - Cancelled
April 19th - Morton Arboretum 10k - Race Website - Cancelled
May 23rd - Soldier Field 10 Miler - Race Website - Cancelled
June 26 - Summer Solstice 4 Miler - Race Website - Cancelled
July 3rd - Liberty 5k Morris - Race Website - Cancelled
July 16th - Sundowner 5k - Race Website - Cancelled
August 22nd - Parkie's Famous 10k - Race Website - Cancelled
August 30th - DNA/PSRR Free 5k - Race Website - Cancelled
September 5th - Minooka Summerfest 5k - Race Website - Cancelled
September 12th - Hidden Gem Half-Marathon - Race Website - Cancelled
September 13th - Shoop Scoot 5k - Race Website
September 19th - Zero Prostate 10k - Race Website - Cancelled
January 28, 2021
September 20th - Bolingbrook Half-Marathon - Race Website - Cancelled
September 20th - Bolingbrook St. Paddy's 5K - Race Website - Cancelled

17 of 23
circuit
races
cancelled

No FREE 5K

No Poultry &
Pie Predictor

WHERE ARE WE FROM

JOLIET/CREST HILL	50
CHANNAHON/MINOOKA	40
PLAINFIELD	25
SHOREWOOD	12
YORKVILLE/OSWEGO	11
ELWOOD/WILMINGTON/BRAIDWOOD	8
GARDNER/SO. WILMINGTON/DIAMOND/DWIGHT	7
NEW LENOX/FLOSSMOOR	7
HOMER GLEN/ORLAND PARK/LOCKPORT	5
MORRIS/MARSEILLES	4
WESTMONT/OAK PARK/LAGRANGE PARK/DOWNERS GROVE	4
KANKAKEE/BOURBONNAIS	2

...Indiana (2) Chicago (1), Great Lakes (1), Washington (IL) (1), Texas (1)

No Club Picnic

No Spring Clean the I & M Event

Few Volunteer Opportunities

But WE are...



And we found a way...

- IRISH FEST PARADE 5K
- 45TH ANNIVERSARY CLUB GEAR
- REINFUSED SUNDAY FUN RUNS
- HALLOWEEN SPOOKTACULAR
DÍA DE LOS MUERTOS FUN RUN
& COOKOUT

2020 CLUB ACCOMPLISHMENTS

2020 CIRCUIT AWARD

A really nice gym bag with
the club logo



Above from left: Casey Koerner, Jane Kiernan, Larry Bornhofen

Left: Brother/sister duo John and Judith Warren; married couple Debbie and Harry Scheckel and Diana Sorich

AS IN “ALL THINGS 2020” CIRCUIT RULES DIFFERED:

At the Oct 15 board meeting, officers approved a modification to the 2020 Circuit Rules:

- 1) Only 3 circuit credits* are needed to qualify for a **circuit award** this year.
- 2) **Top 3** Ranked Runners based of best 3 races will receive awards
- 3) Member(s) having the **Most Circuit Races** will receive awards
- 4) **Age Group awards** will be based on composite ranking within age groups for three (3) circuit races, using the best 3 individual results.
- 5) Members who accumulate the **Most Miles**** in the two categories (half marathon/marathon, and ultramarathon) will receive awards.

*For the **circuit award**, any member having a combination of race credits and/or volunteer credits which add up to 3 will qualify. However, 3 race credits will be needed to be considered for an **age group award**. Virtual events are not eligible for circuit credit.

Virtual 'long distance' events are not eligible for totals for **Most Miles. This includes any race that was on the 2020 Circuit. It must be an actual timed or 'live' event. The same applies to the 'your choice' category credit in the circuit standings, for any race of a half marathon distance or longer.

2020
MOST MILES
LONG DISTANCE
EVENTS

HALF MARATHON/MARATHON

1ST – MARK WALKER

1ST – NYDIA BEARD

ULTRAMARATHON

1ST – MARK BOWMAN

2020
MOST CIRCUIT
RACES

JOHN WARREN
PATRICK J. KOERNER
JUDITH WARREN
DEBRA WALTERS

AWARD WINNERS

<i>Fawn Acup</i>	<i>Tina Pirc</i>
<i>Michael Auld</i>	<i>Natalie Pociask</i>
<i>Marne Bailey</i>	<i>Sarah Prado</i>
<i>Laura Barry</i>	<i>Terri Putnam</i>
<i>Shelli Blenck</i>	<i>Lori Quigley</i>
<i>Larry Bornhofen</i>	<i>Eva Rahn</i>
<i>Mark L Bowman</i>	<i>Lauren Raino</i>
<i>David Cyplick</i>	<i>Gerald Raino</i>
<i>Angela Freeman</i>	<i>Rebecca Rice</i>
<i>Lianne Holloway</i>	<i>Kayla Rice</i>
<i>Carla Hutley</i>	<i>Deborah Scheckel</i>
<i>Jody James</i>	<i>Harry Scheckel</i>
<i>Toni Johnston</i>	<i>Eileen Skisak</i>
<i>Eric Johnston</i>	<i>Tammy Smith</i>
<i>Robert Jungwirth</i>	<i>Diana Sorich</i>
<i>Jane Kiernan</i>	<i>Carol Stapleton</i>
<i>Patrick J Koerner</i>	<i>Lois Troha</i>
<i>Casey Koerner</i>	<i>Mark Walker</i>
<i>Stephen Koven</i>	<i>Debra Walters</i>
<i>JT Markland</i>	<i>Mark Walters</i>
<i>Javier Martinez</i>	<i>John Warren</i>
<i>Patrick Mc farland</i>	<i>Judith Warren</i>
<i>Cathy McQuarters</i>	<i>Darcy Welsh</i>
<i>Mark Nelson</i>	<i>Gary Westefer</i>

2020
MOST
VOLUNTEER
CREDITS

LIANNE
HOLLOWAY

2020 CIRCUIT WINNERS

SPECIAL RECOGNITION

45TH ANNIVERSARY COMMITTEE

SARAH PRADO
DIANA SORICH
CATHY MCQUARTERS

1ST EILEEN SKISAK

2ND JOHN WARREN

3RD J T MARKLAND



HALL OF FAME

PRAIRIE STATE ROAD RUNNERS

CLASS OF 2021

MURIEL DEVINE

Served on the PSRR board of directors for the majority of the 1990's

One of the top overall female runners in PSRR

Held at least two course records in the area

Competed on several very successful PSRR teams at the Illinois River to River Relay

CINDY WOODS

10th place overall female in the 1993 Chicago Marathon

2nd place overall female in the 1994 Shamrock Shuffle

Competed on division winning PSRR teams at the River to River Relay

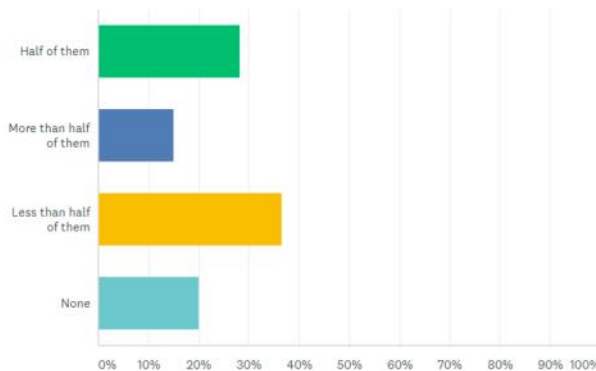
One of the most competitive female runners in the State of Illinois during the 1990's

SURVEY RESULTS

IN ORDER TO ASSESS THE CLUB'S MINDSET AND PLAN FOR THE 2021 SEASON, A SURVEY WAS CONDUCTED AND THESE RESULTS WERE SHARED:

Of the six (6) total races on the 2020 Circuit, I participated in (check one)

Answered: 60 Skipped: 0

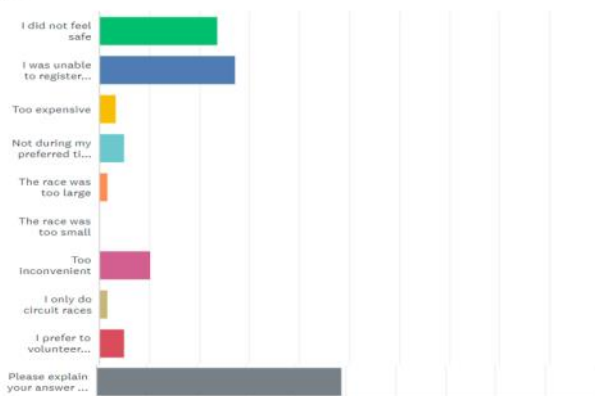


January 28, 2021

At the time of the annual meeting, Covid vaccines were just being rolled out to essential workers, with others' eligibility determined to come some time later over the spring and possibly the summer.

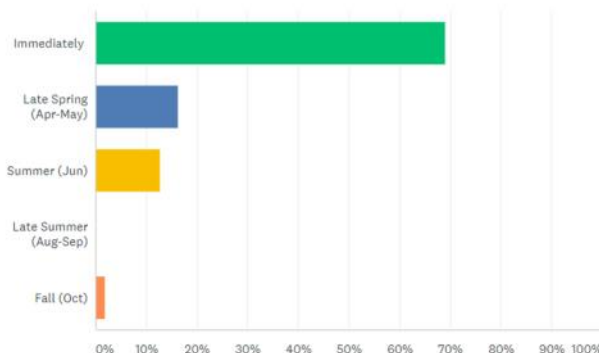
Reason(s) I did not participate in more races this year: (check all that apply)

Answered: 59 Skipped: 1



How soon would you be comfortable to resume participating in live, in-person races?

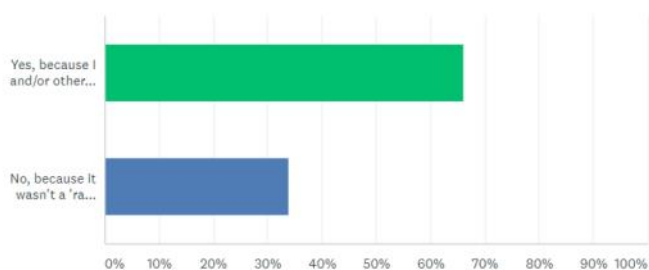
Answered: 55 Skipped: 5



Some previously annual races set in the springtime had already been declared virtual while others were cancelled (like the Manhattan Irishfest 5k) and still more were being provisionally penciled in with hopes that less Covid cases would permit them running.

If a circuit race does transition to a virtual event, should circuit credit be awarded for completion?

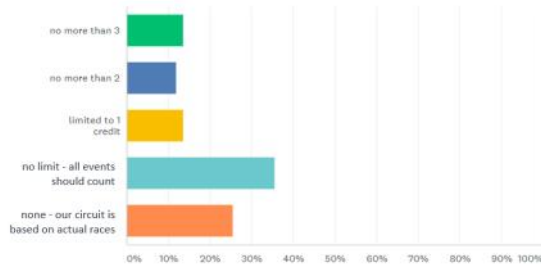
Answered: 59 Skipped: 1



The racing scene, while much more vibrant than most of 2020, was still in a state of flux and dependent upon case numbers, possible gathering restrictions and regulations in each locality due to Covid-19.

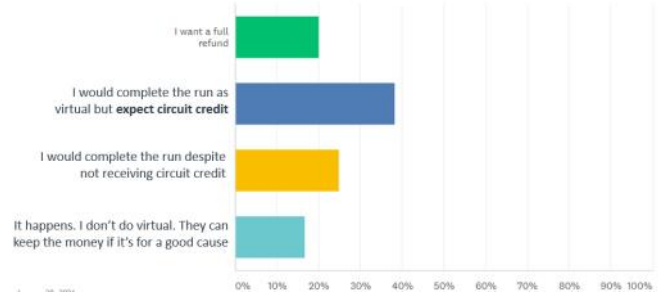
If circuit credit is awarded for virtual events, how many (credits) should be counted? (Note: assume that only races originally on the 2021 circuit are eligible)

Answered: 89 Skipped: 1



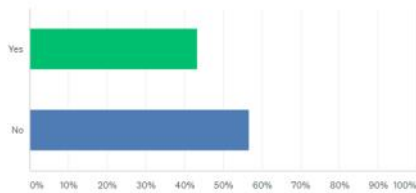
Select your response to the following: If a circuit race is cancelled or transitioned to a virtual event, then:

Answered: 60 Skipped: 0



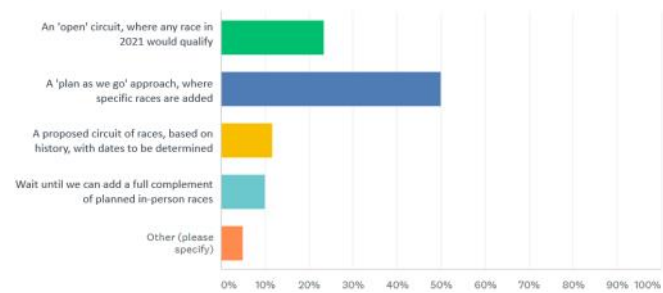
In place of a defined 'Circuit', would you be interested in other methods, in addition to volunteer credits, to count toward circuit credits?

Answered: 60 Skipped: 0



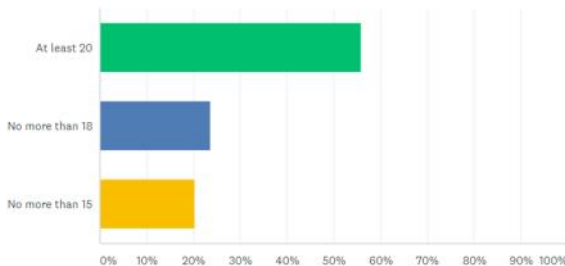
If we are not able to create and submit a 2021 Circuit for approval at the annual meeting, which of the following would you support?

Answered: 60 Skipped: 0



If a full circuit is proposed, how many races should be listed?

Answered: 59 Skipped: 1



BASED ON THIS INPUT FROM THE MEMBERSHIP, THE 2021 CIRCUIT WAS PROVISIONALLY SET

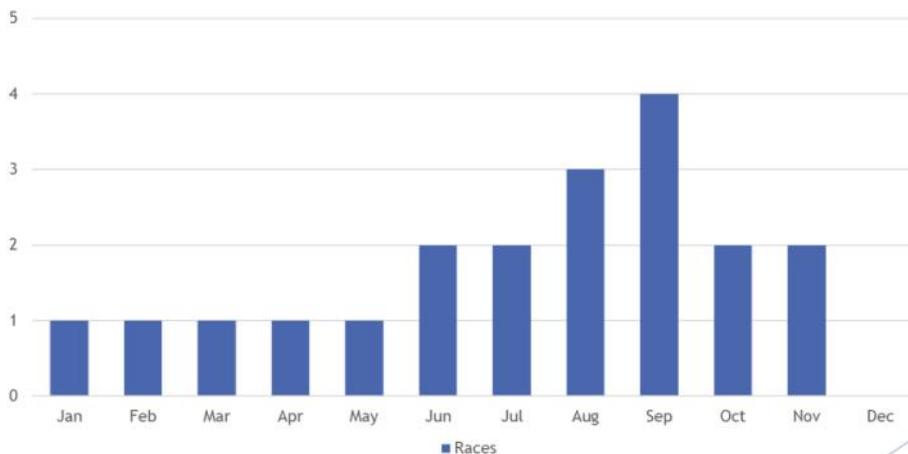
2021 CIRCUIT FEATURES

- 20 RACES
- 3 CREDITS FOR YOUR CHOICE RACES
- CREDITS FOR VIRTUAL COMPLETION OF CIRCUIT RACES

- 5K 11
- 4MI 2
- 8K/5MI 2
- 10K 4
- 13.1MI 1

2021 CIRCUIT AT A GLANCE

Races



The initial circuit was presented and approved with the understanding that, given the fluidity of stages races in a pandemic, things could and probably would change as we went along.

2021 CIRCUIT

THE FULL CIRCUIT WAS
INTRODUCED.

THE CURRENT BOARD
IS ALSO BEING
RETAINED.

PROPOSED SUB-
COMMITTEES AND
NIKE CAMP CHAIR
NEED INPUT AND
VOLUNTEERS FROM
THE MEMBERSHIP

Date	Day	Race	type	Location
30 January	Sat	F^3 @ The Forge 10K	10K	Lemont
13 February	Sat	Frosty 5 Mile	5mi	Channahon
7 March	Sun	Running O' the Green 8K	8K	Tinley Park
18 April	Sun	Champion of Trees 10K	10K	Lisle
29 May	Sat	Run For the Brave 5K	5K	Plainfield
19 June	Sat	Summerfest 5K	5K	Minooka
25 June	Fri	Summer Solstice 4 Miler	4mi	Yorkville
3 July	Sat	Morris Liberty 5K	5K	Morris
22 July	Thu	Sundowner 5K	5K	Joliet
21 August	Sat	Parkies Famous 5K/10K	10K	Bolingbrook
28 August	Sat	Bolt BBQ 5K	5K	Downers Grove
29 August	Sun	PSRR Free 5K	5K	Crest Hill
5 September	Sun	Hare & Tortoise 5K	5K	Herscher
11 September	Sat	Hidden Gem Half	13.1mi	Flossmoor
12 September	Sun	Shoop Scoot	5K	Minooka
26 September	Sun	Plainfield Harvest 5K	5K	Plainfield
16 October	Sat	Forte 5K	5K	Channahon
23 October	Sat	JJC 5K	5K	Joliet
7 November	Sun	Gobbler Hobbler 10K	10K	Oswego
25 November	Thu	Poultry & Pie Predictor	4mi	Joliet
		Choice Race #1	✓	
		Choice Race #2	✓	
		Choice Race #3	✓	

ODDS & ENDS

- ❖ CLUB MERCHANDISE AVAILABLE
 - TIE-DYE BUFFS
 - 45TH ANNIVERSARY PINT GLASSES
 - 45TH ANNIVERSARY 'RETRO' RUNNING TANKS
- ❖ NIKE RUNNING CAMP CHAIRPERSON needed
- ❖ SUBCOMMITTEES proposed
 - RECOGNITION AND AWARDS
 - WEBSITE
 - PACESETTER
 - BYLAWS
 - RACE CIRCUIT
 - YOUTH RUNNING CAMP (EXPLORATORY)
 - MERCHANDISE
 - BANQUET & SOCIAL
 - BEREAVEMENT

PRESIDENT - MARK WALTERS
 SECRETARY - EVA RAHN
 TREASURER - DIANA SORICH
 VICE PRESIDENT - NYDIA BEARD
 VICE PRESIDENT - JAVIER MARTINEZ
 VICE PRESIDENT - MARK WALKER
 DIRECTOR - SARAH PRADO
 DIRECTOR - JOHN WARREN
 DIRECTOR - CATHY MCQUARTERS

2021
BOARD OF DIRECTORS

AND WITH ALL THOSE ITEMS BEING INTRODUCED, DISCUSSED AND APPROVED, THE 2021 ANNUAL MEETING WAS CONCLUDED WITH HOPES THAT THE FOLLOWING YEAR WOULD BRING BACK THE IN-PERSON GATHERING FOR FOOD, DRINK AND CAMARADERIE THAT THE CLUB HAS ENJOYED EACH JANUARY.

IN RUNNING NEWS...

AND JUST LIKE THAT....A CHANGE IN THE 2021 CIRCUIT: RUN FOR THE BRAVE IS OUT. FIERCE FIESTA IS IN.

Run for the Brave Race Cancelled per the registration page.

"Dear Run for the Brave Participant,

After much thought, we have decided to cancel the 2021 Run for the Brave 5K Race, foremost for the safety of our participants who have supported us throughout the past 9 years. Due to the Covid-19 situation, which put last year's race in the virtual category, we realized that the potential risk to runners was just too great to attempt an in-person event in 2021. A repeat of the virtual Race was not considered as we felt our tenth anniversary could only be truly satisfied if we celebrated together. We thank you for your past dedication to our veterans, and it is our intent to honor your commitment in person when we host our tenth anniversary live in 2022.

Likewise, we honor our sponsors who have graciously supported us in the past but were hit hard by this pandemic and unable to commit to us this year. Thus, acknowledging that both the risks and the costs were too substantial for us to take on, we are focused on our veterans, their needs, and what we can do to make the 2022 Race memorable for all.

On behalf of Operation Welcome You Home, we want to humbly thank you for your dedication to our veterans, of which "all gave some, and some gave all." We will continue to do our part to support them and would welcome your assistance in helping us to maintain our unwavering dedication to them."

BOSTON ADDS A VIRTUAL OPTION (WITH A MEDFAL) FOR THE FIRST 70,000 RUNNERS TO CLAIM IT



125th BOSTON MARATHON | John Hancock

A VIRTUAL BOSTON MARATHON WILL BE HELD IN ADDITION TO IN-PERSON RACE IN CELEBRATION OF THE 125th EDITION OF THE HISTORIC RACE!

- OPEN TO FIRST 70K ENTRANTS, 18+
- NO QUALIFYING TIME REQUIRED
- RUN OR WALK IN ONE ATTEMPT WITH NO TIME LIMIT

Boston Marathon

March 2 at 12:26 PM · 🌟

The Boston Athletic Association announced it will offer a virtual Boston Marathon, open to everyone 18 or older, in celebration of the 125th Boston Marathon this fall.

The virtual race addition to the in-person Boston Marathon scheduled for Monday, October 11, 2021, the virtual race will be open to the first 70,000 registrants.

The Fierce Fiesta 2021 is on with a new location, but the same fun!

Registration is now open 🍌🇲🇪



Fierce Fiesta 5K 2021

FRI, MAY 7 AT 6 PM CDT

WE HAVE A CLUB DISCOUNT FOR THE CHAMPION OF TREES 10k (a Circuit race)

Circuit Race #4 - Champion of Trees 10K is Apr 17 & 18

The live, in-person 10K race will be held once each day; choose your date when you register. A virtual option is available, and can be claimed for circuit credit since this race is on the circuit.

Use coupon code PSRR21 at checkout to save \$5 on either the 10K race entry or the virtual event.

BOB POOL, KRRC MEMBER, AND FREQUENT ATTENDEE AT PSRR RACES, HAS PASSED AWAY

Robert "Bob" Pool

June 15, 1936 - February 4, 2021



REMEMBERING KRRC's BOB POOL

by Dan Gould and Charlie Grotevant



Robert Pool was a long-time member of KRRC. Many of you will remember him from the many races he ran in our area. Here is his obituary:

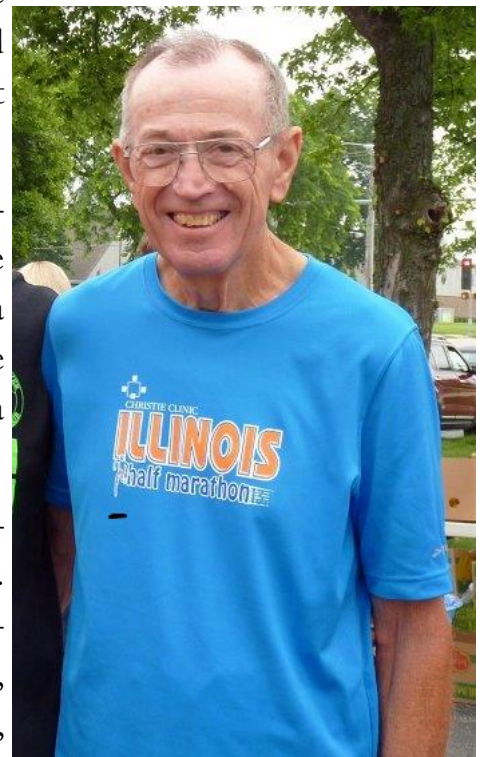
DANFORTH — Robert “Bob” Pool, 84, of Danforth and formerly of Onarga, passed away Thursday (Feb. 4, 2021) at Faith Place in Danforth. He was born June 15, 1936, in rural Piper City, the son of Oscar F. and Aldea M. (Rabideau) Pool.

Surviving are three brothers, Dale (Joyce) Pool, of Onarga, John (Joyce) Pool, of Thawville, and William “Bill” (Joan) Pool, of Gibson City; one sister, Linda (Douglas) Porick, of Fishers, Ind.; one brother-in-law, Ronald Crosby, of Republic, Wash.; 16 nieces and nephews; and 24 great-nieces and great-nephews.

Preceding him in death were his parents; his stepmother, Alice Movern Pool; two brothers Richard and wife Norma Pool, and James and wife Grace Pool; two sisters, Rita Crosby, and infant sister, Helen Pool; and one niece and one nephew.

Mr. Pool was a member of East Central Fur Takers Organization, where he was an officer for 20 years, and was a lifetime member of Fur Takers America. He graduated from Onarga High School in 1954. Bob was a U.S. Army veteran. He farmed in Thawville, Crescent City, Buckley and Onarga throughout his life.

Bob ran hundreds of 5K and 10K road races, three river-to-river relay races in southern Illinois, and several half marathons. He was a member of Second Wind Running Club in Champaign, where he was awarded Runner of the Year in 2000, Starved Rock Running Club, Vermillion Valley Striders, Kennekuk Running Club of Danville, Lake Run Club in Bloomington, and Kankakee River Running Club.





After retiring from farming, Bob became an avid golfer with a membership at Shagbark Golf Club, where he participated in Thursday night men's golf league.

Graveside services will be at a later date in Del Rey Cemetery. Funeral arrangements are by Knapp Funeral Home in Onarga.

The family would like to thank the workers at Prairieview Lutheran Home for the wonderful care they gave Bob over the last three years. Memorials may be made to Prairieview Lutheran Home in Danforth or to the charity of the donor's choice.

SOME TRIBUTES:

“ Robert (as I always knew him), was at so many of the central IL running races & beyond. Always a friendly smile, he was an inspiration to me. We would share a laugh or two as the years of running caught up with our bodies. It wasn't about the speed . It was about being out there, enjoying the fresh air & other runners & just “finishing” the race. Robert was always a pleasure to be around. I carry many fond memories of him. ”

Rich Beal - February 06 at 07:58 AM

“ Bob was a really nice guy. Always had a hello and smile.

Barney Harrison ”

“ Bob Was A Great Person And A Fine Runner. Ran Many Races That He Was In And Could Never Beat Him. Always A Fun Time At The Races. My Condolences To The Family-----Dick Wilson ”



CLUB EVENTS: F^3 at The Forge 10k

DIANA SORICH DID A MASS BIB PICKUP

I have the Bibs! Spoke a little bit with Zach the RD—and he says his business is “breathing”. He thanked PSRR for the business as we had many runners who signed up for the race. I told him me and others advocated for this race on the circuit. He’s already talking with Soldier Filed to get the Half back on next year—he’s looking at February 2022. I’m proud PSSR ultimately put this on the circuit and we were able to give them our business. Way to go!



30

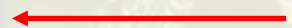
34°

29°

TEMPERATURES WERE FAIRLY MILD FOR LATE JANUARY BUT DAYS OF SNOW FELL THEN FROZE AND FELL AGAIN ON THE TRAILS PRIOR TO THE RACE.



[RESULTS LINK](#)





F^3 2021

a/k/a The Human Iditarod

WAS RUN BY:

Dan Aguilar, Mike Auld, Marne Bailey, Laura Barry, Shelli Blenck, Larry Bornhofen, Jennifer Craig, Kelly Curiel, Dave Cyplick, Angela Freeman, Nick Garcia, Dustin Henkalin, Lianne Holloway, Janie Kiernan, Casey Koerner, Patrick J. Koerner, Damien Mangabhai, Eva Manzke, Britni Markland, JT Markland, Terri Putnam, Lori Quigley, Gerald Raino, Lauren Raino, Michelle Rowbottom, Eileen Skisak, Jackie Skrobot, Diana Sorich, Samantha Tezak, John Warren, Judith Warren and Leslie Williams



6.2 MILES OF SNOW ON TOP OF ICE ON A 32 DEGREE DAY. THIS IS THE STUFF RUNNERS CALL FUN!



Judith Warren

January 30 at 1:57 PM · 🌐

Congrats to all our winners at the F^3 Forge 10k

- JT Markland - 3rd Overall
- Angie Freeman - 2nd 40-49
- Eileen Skisak - 1st 60-69
- Jane Kiernan - 2nd 60-69
- Lianne Holloway - 3rd 60-69
- Casey Koerner - 1st 0-19
- Damien Mangabhai - 2nd 40-49
- Mike Auld - 3rd 50-59
- John Warren - 3rd 60-69
- Patrick Koerner - 1st 70+
- Dixie Freeman - 1st Doggies

We were actually all winners of fun on a hard course!!

JANUARY MILES

NOW, ON TO JANUARY!

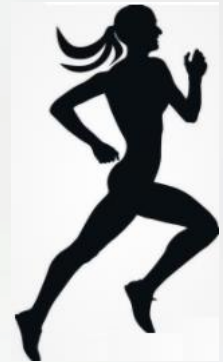
FIRST: forgotten in December so publishing now....Cathy Morman and her daughter signed up for Bolt for the Heart Virtual 5K and hoped to receive packets in time for the Thanksgiving morning run but finally received them in late December and got the race done then.



Mary Smrekar

A 65-minute run from my house today.

Some snowy walking miles this morning.



Leslie Palmer Williams
3.11 in freezing rain and icy roads.



Mark Walker

— with Nydia Beard

Gulf Shores, Alabama

7k

Nydia placed 1st in AG.

I placed 2nd in AG.



Big Beach Dolphin challenge in Alabama
7k and half marathon races



Heather Hall
Finished my first 3 miles of the year and now it's Jaylyn's turn to log some new year miles



Cathy Morman
1.3 New Years Day walking miles with Kami between the raindrops



Angela DeLeon Freeman

First 5 miles of the year on the treadmill in my warm dry basement.



Cathy McQuarters
3.5 mile walk with my hubby on a snowy towpath!



Judith Warren
4 miles with my basecamp group on Sun



Terri Putnam at the Arb



Another mile walking with my favorites



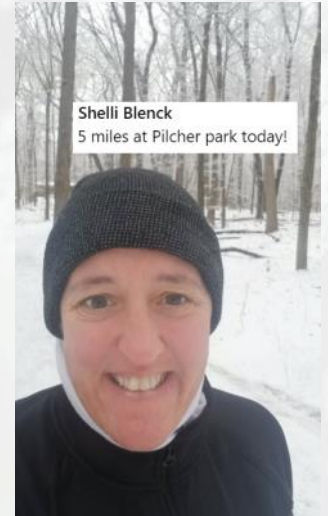
Heather Hall with Jaylyn Miller and Jason Miller and Batman



Susan McLean Trail that runs behind JJC



Shelli Blenck 5 miles at Pilcher park today!



Lori Cunning Quigley



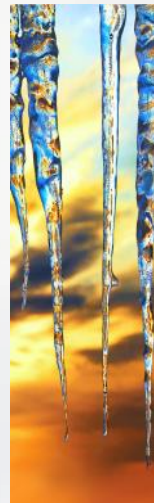
eagle seen by Angela Freeman



Angela DeLeon Freeman

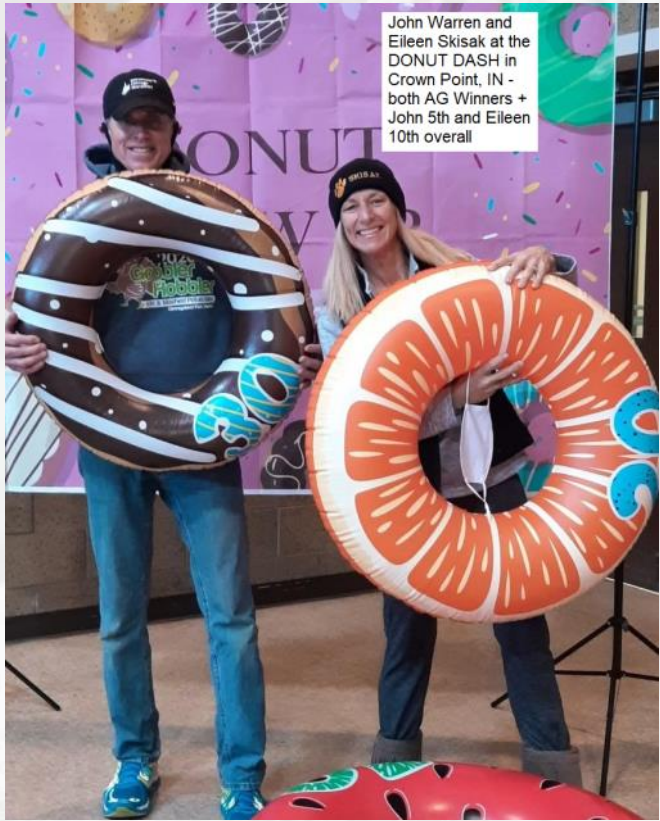
5 miles on Arroyo Trail today. Dixie and I are in an 8 week virtual stage race for dog/person teams called Iron Paws 🐾🐾❄️!

Debra Walters and Tammy Smith 5 miles on the Waupanse Glacial Trail





Kelly Curiel



John Warren and Eileen Skisak at the DONUT DASH in Crown Point, IN - both AG Winners + John 5th and Eileen 10th overall



Liz Siron Costa
Neighborhood run



Lois Katherine
3.5 in my neighborhood.



Mark Walker
Group run WFG via the streets



DNA



SUNDAY FUNDAYS

3
32°
25°

Sunday Funday! Thanks [Mark Walker](#) and [Nydia Beard](#) for the Mimosas 🍷🍹. The snow was postcard perfect. Today's lessons we learned that the crunching of snow underfoot cures all and never put your cat in a dryer. Happy Sunday all! GO BEARS!



Someone got lost and was late but we are the kind of club who waits for you. My happy place! Thank you [Rebecca Sheridan Rice](#) and [Mark Walters](#) for the coffee and hot chocolate. Thank you runners for coming



10
28°
19°





17

32°

26°



"You can't pee because there's hunters and dead people." We runners are an insightful bunch. Frosty course for some, I&M for others where the running was "try not to break an ankle on the ice pace". Good times! And finally...something Stephen Topf could eat. Thanks [Mark Walker](#) [Nydia Beard](#) [Rebecca Sheridan](#) [Rice Mark Walters](#) for the corn bread , coffee, hot chocolate and cookies!



In case you didn't know how to say it it's "maaaangho" not "man-go". Temps were cold but the conversation and friendship was warm. Coffee/hot chocolate bar looking great—thanks for the beautiful set up [Rebecca Sheridan Rice](#) and [Mark Walters](#). Thanks for all who showed up!

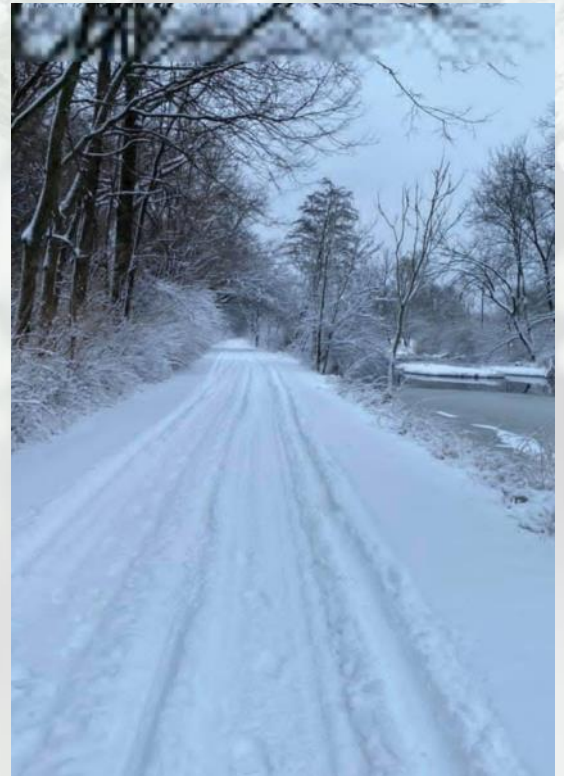


24

35°

25°

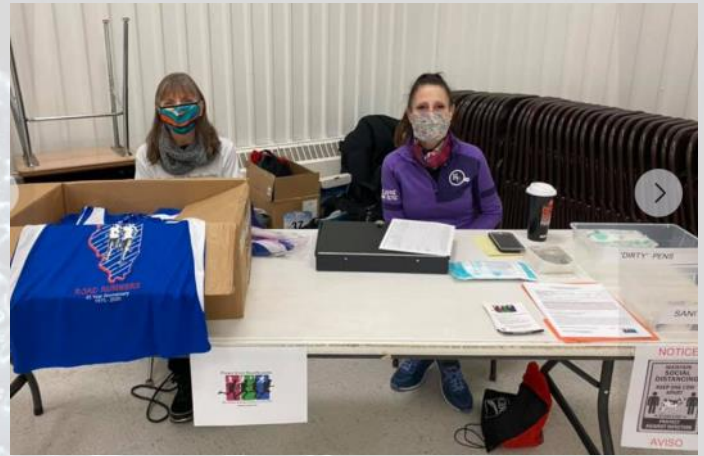
NOTE: No Sunday Funday was held on 1/31/2021, the day after the Forge 10k.



CLUB EVENTS: Frosty Five Miler

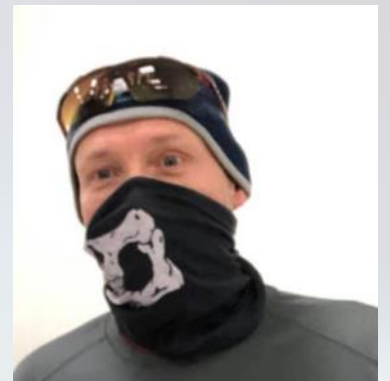
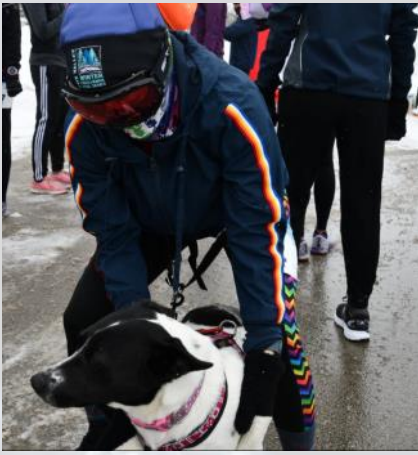
13
10°
-3°

It was a cold day in hell...I mean February... when the 42nd annual Frosty 5 Miler took place in wave starts throughout the morning in the usual pandemic safeguard we had come to know and love. PSRR had a table at the event inside the school.



RESULTS [LINK](#)





FEBRUARY MILES



Eva Suyko
5.5 at lunch.



Angela DeLeon Freeman
Tried to "run" a few miles at Hammel Woods today. Barely managed a slow trudge through the snow!



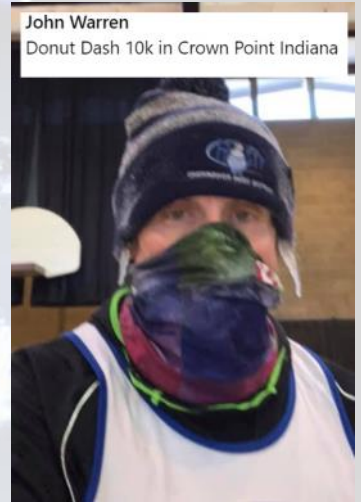
Perseverance Face mask run 5K today. Cold!



Lois Katherine
A new 5k PR in my neighborhood today!!!



Mark Nelson
Took the opportunity to run the Frosty5 course this afternoon, dam hill gets steeper each year and the course longer.



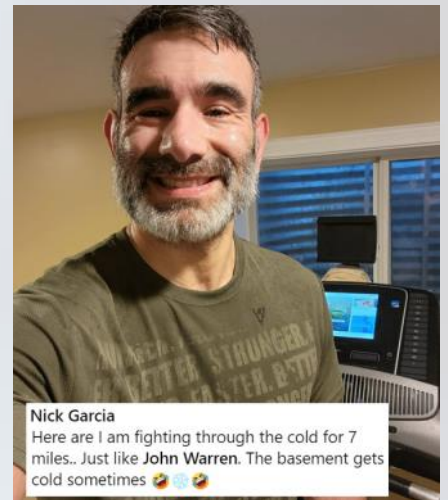
John Warren
Donut Dash 10k in Crown Point Indiana



Cathy Morman
Chilly evening run around the neighborhood



Angela DeLeon Freeman
5 miles with Shelli Blenck



Nick Garcia
Here are I am fighting through the cold for 7 miles.. Just like John Warren. The basement gets cold sometimes ❄️❄️❄️

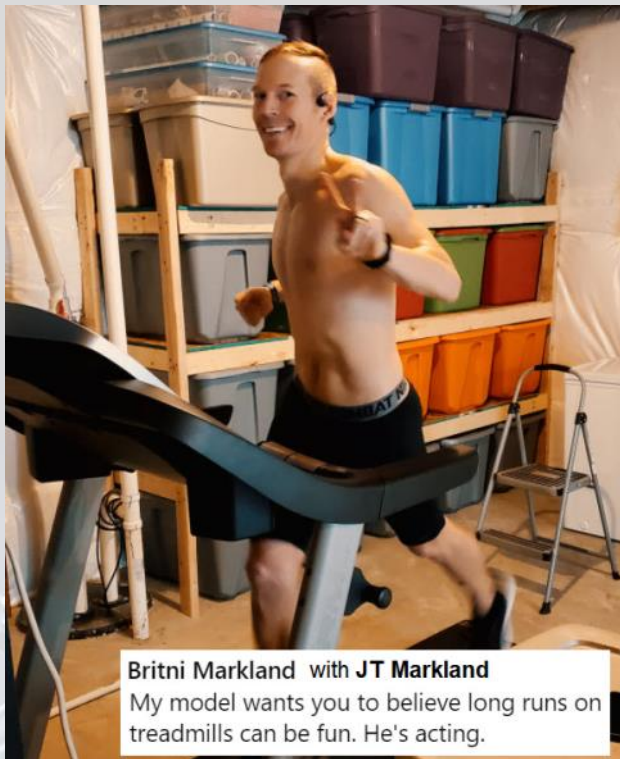
Chicago Tribune

By JONATHON BERLIN and KORI RUMORE
CHICAGO TRIBUNE | FEB 15, 2021 AT 11:58 AM

The average temperature for February 2021 so far is among the coldest ever when compared with monthly averages going back to 1875. Even if Chicago recorded normal temperatures for the rest of the month, 2021 would still rank in the top third of coldest Chicago Februaries.



Diana Gonzalez Sorich
Balmy for my run at 12 degrees



Britni Markland with JT Markland
My model wants you to believe long runs on treadmills can be fun. He's acting.



Mark Walker
Thursday snow run.



Fawn Acup
Saturday run/walk intervals. 2.19 miles!



Nydia Beard
Thursday run



Lori Cuning Quigley
Embracing the ❄️❄️❄️



Judith Warren
Morton Arb - ran both sides



Cathy McQuarters
If you didn't get out for a run...
☺️ you should have!



Alicia Tocwish
14k done!



Laura Loica
#irunwithmaud #finishtherun



Heather Hall
Getting Batman and my dad's dog Stanley out for some fresh air



Debra Walters
"Real Florida 5K"..Tammy Smith got 2nd in age group!(even with a fall on this challenging trail



Michelle Pasillas
Got in 3 miles today! Sunshine felt so good!



Mary Smrekar

70 minutes of running through Rockdale.

SHORTEST MONTH. COLDEST WEATHER. MOST SNOW. PSRR RAN, WALKED, RACED AND TREADMILLED ANYWAY.

SUNDAY FUNDAYS

HOW WE STARTED THE MONTH:



Emergency Management & Communications

OEMC provides citizens of Chicago with prompt and reliable 911 service

Chicago Braces for Dangerously Cold Temperatures with Subzero Wind Chills beginning Friday, February 5 Through Early Next Week

7

1°
-12°

THE FIRST TWO SUNDAYS WERE UNBELIEVABLY COLD AND DANGEROUS. OR, AS MENTIONED IN OUR FACEBOOK GROUP...



14

4°
-6°

ON THE 21st, SUNDAY RUNS RESUMED WITH A JOINT OUTING BETWEEN PSRR AND DNA RUN CLUB:

21

37°
17°





28
50°
32°



Sunday Funday! [Darcy Welsh](#) is BACK and we got the chance to give her a Happy Birthday toast! It was foggy running, fun with props, bagels. So long February. Bring on March!



Jump Rope, Shake Weight, Hula Hoops and the Thigh Master...who needs running?!



**OH WAIT...THAT'S RIGHT.
WE RUN FOR
FOOD**



PSRR AND DNA: a love story

In addition to fun and free weekly runs, DNA hosted a recent Taco Tuesday with DNARC, CMRC and PSRR, providing tacos as well as margaritas, and they allowed circuit award pickup at the store. They are a great partner to our club.



CLUB CELEBRATIONS:

March and April Birthdays

Happy Birthday to You. Happy Birthday to You.
Happy Birthday dear...

Fawn Acup
Kathleen Baltz
Brooke Blenck
Madison Blenck
Katherine Calder
Grace Carlson
Clinton Carter
Jackson Clark
Tony Fewkes
Madilyn Fewkes
Kathleen Figuierras
Brad Freeman
Ken Goodwin
Jim Harman
Ethan Heidrich
John Horvat
Wendy Janulis

Toni Johnston
Jane Kiernan
Pat Koerner
Ryan Koven
Kiawlan Lambert
Lauren Lemke
Christine Lukanich
Matt Macak
Kristen Mangan
Javier Martinez
Patrick McFarland
Kate Meehan
Duane Minarich
David Musgrave
Brittany Pirc
Sarah Prado
Mary Raino

Harry Scheckel
Sheilah Sinon
Tyler Slowinski
Keith Smith
Diana Sorich
John Steinmetz
Lucas Tanner
Alicia Tocwish
Clinton Underhile
Danielle Vanderploeg
Carlos Viramontes
Debra Walters
Judith Warren
Darcy Welsh
Linda Whalen
Paul Wojtkiewicz
Maria Wood

HAPPY BIRTHDAY TO YOU!



CLUB MEMBER STORIES:

The 2021 Annual Training Project

by Angela Freeman, Heather Hall, Lianne Holloway,
Laura Loica, Darcy Welsh and Leslie Williams

According to John Bingham, “If you run, you are a runner. It doesn't matter how fast or how far. It doesn't matter if today is your first day or if you've been running for twenty years. There is no test to pass, no license to earn, no membership card to get. You just run.” And we in PSRR know that is true. We are a collection of individuals with various levels of engagement with the road, the trails and the track. Some of us run every day year-round, others prefer the weather to be within a certain range of conditions. There are those who seem lightning fast to onlookers, middle-of-the-packers which are probably the vast majority of all runners, and those who bring up the rear pretty much every time. A few go longer distances than the rest of us could ever imagine seeing ourselves traverse. Yet we are all runners, united by love of a sport and a kinship with one another that mere mortals will never understand.

And being this unusual breed of person, runners greet each year slightly differently from the rest of the populace. While many people look at January 1 a time for making New Year's Resolutions (often forgotten before spring), we are putting pen to paper or fingers to keyboard instead crafting our annual racing and training plans. And these intentions, while subject to change, do not fall by the wayside. Dedication and perseverance is our life's blood. We live to run, and we are always planning on how to do it just a little bit differently than we did before.

With this in mind, The Pacesetter will be documenting via a series of articles in each issue the year-long efforts of a select group of club members who agreed to let us follow them along as they pursue their 2021 athletic and fitness goals. They and their goals are, in alphabetical order:

Angela Freeman—already an ultra runner, training for a 50 mile race,

Heather Hall—with a marathon cancelled by the pandemic, now returning to high mileage,

Lianne Holloway—losing the “pandemic paunch” and training for a duathlon and a Spartan,

Laura Loica—adding cross-training via strength work and yoga to avoid injury,

Darcy Welsh—breaking in the new knees with a healthy post-surgical return to running, and

Leslie Williams—training for her first half marathon.

Together they are **PSRR: Pacesetting Sisters Ruling the Roads**. Here are their intros:



Angela Freeman

I started running cross country and track in middle school because all my friends were doing it! I ran track and cross country through high school and continued running on my own for my first year of college, but then I began partaking in too many unhealthy habits to keep running. Years later at age 30, I took up running again after I had my daughter to try and lose the baby weight. I would run 2 or 3 miles a few times a week and occasionally sign up for a 5k. I started running a little more seriously (again to try and lose baby weight) after I had my son and decided I would set a huge goal for myself to run a half marathon the year I turned 40 (2016). That didn't

happen because that was the year I first met my arch nemesis: plantar fasciitis! I accepted the fact that I should just stick to 5 miles or less and started doing more workout classes and weight lifting.

In 2017, my life changed forever when my mom lost her life to suicide at the age of 58. To say I used running to cope would be an understatement. I just started running literally as much as I could almost every day and quickly ended up injured. Then I saw that the American Foundation for Suicide Prevention had charity spots for the 2018 Chicago Marathon, and I knew I had to do it. I healed from my injuries and hired a coach (PSRR's own MaryJo Minarich) to help me, someone who got injured anytime she tried to run more than 5 miles, train for her first marathon. That led me to my biggest running accomplishment so far: crossing the finish line at the 2018 Chicago Marathon on behalf of suicide prevention. As for why I have decided to pursue further ultra distances in 2021, I honestly cannot think of a particular reason other than I just love running. I think I have a need to prove to myself that I can keep going past my perceived limits.

My overall fitness goal for 2021 is to continue increasing my strength and endurance so I can compete in farther ultra distances. In order to tackle that broad goal, I have some smaller more tangible goals such as continuing to do yoga/core work three times a week, major hill training once a week, and developing a healthier sleep routine.

My first "big race" of 2021, the one I am currently training for, is the Potawatomi Trail Runs 50 Mile on April 9th in Pekin, IL. This will be my first attempt at this distance. I signed up for the 50k at this race in 2019 and chickened out because the race started at night which meant I would run the entire thing in the dark. When I went on a training run there, I could barely make it once through the 10 mile single track loop which includes plenty of hills, rocks, roots, and even a water crossing. The thought of tackling my first ultra on that course in the dark

was overwhelming, so I ended up volunteering at the race and completing my first 50k a few weeks later at the Earth Day Trail Races. Now I'm hoping to make up for my DNS in 2019 with a 50 mile finish in 2021!

I am following the training program in the book *Running Your First Ultra* by Krissy Moehl. Although this is not my first ultra, the book includes separate training plans for the different ultra distances. I also used this book to train for my first 50k and found it easy to follow and helpful. My primary training partner is of course my dog Dixie, but I try to join group runs or make plans to run with a friend whenever I can.



Heather Hall

Heather was training to run her first full marathon at the Flying Pig in Cincinnati last year when the pandemic stopped all racing. She is already planning for the return of big races like that one, even though they may not quite be back this year.

I started running in 2013. My biggest accomplishment so far is either completing my first half marathon or placing in the top 3 in my age group for 3 5ks in 2019.

My over all fitness goal is to run and strength train more consistently with the plan to return to higher milage runs. This year I'm pursuing my 20 mile goal to prove to myself I'm ready for my first marathon

to be run in 2022.

I have been running solo, mostly due to my schedule, but hope to start getting back to group runs. As of today, I am not yet following a training program.



Lianne Holloway

I started running in 2008 when I was 52 years old. I had done the Avon walk that year and got bored with all the walking. A coworker told me about running 5k races and how much more fun it was to run. When I said “but I could never run 3 miles!” she answered “of course, you can, it’s only 30 minutes.” So I figured well I could probably run for 30 minutes so I started the Couch to 5k plan in the fall, then did my first 5k, the Kankakee Jingle Bell Run, in December. I have yet to complete 3.1 miles in as little as 30 minutes but when, two weeks after the race, a ribbon was mailed to me saying I’d taken 7th place in AG, I

was immediately hooked because “wow, I just started running and I’m already winning prizes!” I figured this was something I could really enjoy. I subscribed to Runner’s World magazine, read everything John The Penguin Bingham had written about the sport and figured I was well on my way to a life of ribbons, trophies and adventures. What I soon discovered instead was the ups and downs of life “at the back of the pack.” But I still loved running and once I discovered destination racing, I became even more immersed. I decided I would race (any distance) in all 50 states by the time I turned 65. But for Covid, I would have completed my last four states in 2020.

“But for Covid...” starts a lot of my sentences now. Working the pandemic from Day 1 at a hospital, indeed in the only Covid testing center at that hospital initially, life became way more interesting than I’d planned 2020 to be. As I do when stressed out, I had a few too many donuts between donning and doffing PPE and dodging the brand new virus. I found myself more than a few pounds above my ideal weight and too slow for comfort (even for me, Last Place Lianne). To compound the issue, I had pushed myself too hard in 2020 and ignored warning signs from my typical overuse areas which resulted in an Achilles re-injury that had me grounded for the last three months of the year.

For 2021, my plan is to ditch the extra weight and return to the sports I love in better shape and without another injury. Because I also bicycle, I got into duathlons a few years ago and have done two of those. The Naperville duathlon which was cancelled last year still has my registration, so I’m hoping to participate in it come August 1 of 2021 if it actually goes off as planned. And then there is the accidental Spartan. I decided to put another 5k Spartan Sprint on my agenda for 2021 since I did one of those in 2018 and enjoyed it as well. Filling in my registration between patients while distracted at work, I clicked the wrong box and accidentally signed up for the Super instead of the Sprint. The Super is the half-marathon distance. So now I have a half-marathon trail with 30 obstacles to plan for in September.

I have been doing serious prep work for all of that since January with cardio DVDs to burn calories, strength training to rebuild lost muscle (as well as boost metabolism) and yoga to keep the elderly parts flexible, along with calorie-counting and general culinary deprivation. I ordered a Peloton bike in the fall which finally arrived in mid-February so I’ve started riding that as well, easing into it gradually to avoid leg cramps.. The Spartan Training Plan I bought on the TrainingPeaks website doesn’t officially start until March 13, but I recently included burpees and dead hangs to get ready for it. The 80/20 Endurance Duathlon Training Plan, also from TrainingPeaks, starts on April 11. I will be doing yoga, Pilates and active isolated stretching like it was my job in the meantime though because I do not intend to be sidelined by another injury. Keeping my over-eager brain in step with my 65 year old body has always been a battle but this time, common sense is going to be the winner.



Laura Loica

I started walking in 2014 which slowly transitioned to run/walking and then running. My first half marathon (Carmel) was in 2017. My greatest accomplishment definitely was my marathon on October 13, 2019 although my sub-30 5k at JJC was also a high point for me.

My major racing/fitness project for 2021 is to add consistent strength/yoga training to my fitness plan in order to reduce the chance of injury and become more well-rounded in my fitness journey. I have done yoga on-and-off for years. I'd like to engage in a more consistent practice.

This project will be a year-long effort after which point I hope will be integrated as part of my lifestyle. After my October 2019 Chicago Marathon, I had all sorts of racing plans for 2020 which were cancelled painfully one by one due to the pandemic. So, for 2021, I would simply like to stay fit and uninjured and ease back into racing slowly. I'm hoping the Poultry and Pie Predictor will be back this year since I've been using that race as one to monitor my yearly progress (through the finish line pictures). I need a realistic goal after the heartbreak of 2020. I'm willing to readjust if circumstances of this year greatly change.

I followed Hansons' Marathon Method (Hanson First Marathon) for my Chicago Marathon in 2019. I loved that plan. I will likely use a version of that plan moving forward.



Darcy Welsh

Darcy had double knee replacement surgery in the fall of 2020 and is working toward a pain free return to the sport in which she competed, regardless of aching knees, for the last several years.

I didn't start running until I turned 63. I needed clearance from my cardiologist as I have left ventricular hypertrophy. Before you Google that I will explain: it is a thickening of the wall of the heart's main pumping chamber. This thickening may result in elevation of pressure within the heart and sometimes poor pumping action.. When giving clearance, the cardiologist said to watch my heart rate but run to "my heart's content". It has so much improved my cardiac output over the years that. I wish I'd started earlier in life. My greatest accomplishment in running thus far is having completed the Shawnee Half Marathon, in 2018.

My major racing/fitness project for 2021 is returning to my run-walk pace and racing on a regular basis. My Physical Therapist says I can start running in March if my recovery continues at the current pace. I'm hoping to try a mostly walking race by the end of March and do a 10k by the fall season.

As far as training plans, since I'm a heart patient, my whole life, I'm following my cardiologist's advice and monitoring my heart rate. I think my heart instead of my knees will dictate when to walk, push it more, increase distance.

I am pursuing this particular goal now because I miss running. It makes me feel great mentally and physically. I've felt "dead" during these non-running times. I miss the great encouragement from the best people in the world: other runners. My running friends encourage even this sloth without judgment. Oh if the rest of the world could act like runners!

Leslie Williams



I'm battling a foot injury so I can't run much right now. It is very upsetting to me. I did manage to run the Forge the on the 30th and because of my foot it was the slowest I have ever run and the first time I didn't place.

I have a goal of running my first half marathon this year. So far the longest I have run was a 15k.

I was planning on doing a half this Spring but since I can't run much I will have to change my plans. I have to find a training plan that works when I find a race once my foot heals.

I started running at the young age of 47 just doing C25k. I didn't know anything about the sport but a friend ran a 5k and took her age group. I thought "I would really like to try that". In 2016, I ran my first 5k and did win my age group. I've been hooked ever since. In 2017, I had great plans for the year until Memorial Day weekend when I fell while rollerblading and broke my wrist (which required two surgeries plus a plate and screws) as well as my knee cap. That ended the year's racing. I picked up again later that year, then in 2018 ran the Frosty 5. I ran many 5k's in 2018 and 2019. I always placed either in my age group, gender and a few masters. My fastest 5k to date was 23:25 in 2019 at the age of 50. I ran my first live 10k in 2020 in 52 minutes.

Everyone tells me I can do a half so I guess I have to prove it to myself. I just have to get this foot healed and start training.

TRAVELIN' PSRR

CANADA

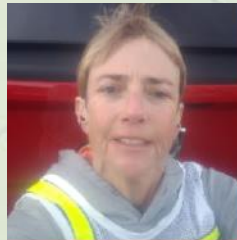
**FLORIDA GATOR
HUNTERS DEBRA WALTERS
AND TAMMY SMITH**



**CASEY KOERNER DID
SPRING TRAINING IN FL**



**MARK WALKER AND NYDIA
BEARD IN ALABAMA**



**MARY SMREKAR ENJOYED THE
FLORIDA SUNSHINE**

**A 70-minute run in St. Pete
Beach. 65 degrees and sunny.**

LORI QUIGLEY IN SAN ANTONIO TX



**ALICIA TOCWISH GOES
HOLLYWOOD**



MEXICO

Mexico

2021 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

Updated 2/15/21

CIRCUIT STANDINGS

Runner	1. F 3: The Forge 10K	2. Frosty 5 Mile	3. Running O' the Green 8K	4. Arboretum Champion of Tress 1	5. Run For The Brave 5K	6. Summerfest 5K	7. Summer Solstice 4 Mile	8. Morris Liberty 5K	9. Sundowner 5K	10. Parkies Famous 5K/10K	11. Bolt BBQ 5K	12. PSRR Free 5K	13. Hare & Tortoise 5K	14. Hidden Gem Half-Marathon	15. Shoop Scoot	16. Plainfield Harvest 5K	17. Forte 5K	18. JJC 5K	19. Gobbler Hobbler 10K	20. Poultry & Pie Predictor	Choice Race #1	Choice Race #2	Choice Race #3	Volunteer Credits	Circuit Score	Circuit Ranking
Aguilar, Dan	11																									
Auld, Michael	4	12																							2	
Bailey, Marne	30	31																								
Barry, Laura	24	25																						1		
Beard, Nydia		8																			C					
Blenck, Shelli	15																									
Bornhofen, Larry	9	10																								
Costa, Liz		9																								
Craig, Wesley		45																								
Craig, Jennifer	23	38																								
Curiel, Kelly	10	14																								
Cyplick, Dave	19	21																								
Forbes, Sean		30																								
Freeman, Angela	3	7																								
Frias, Raquel		46																								
Gabryel, Glenn		42																								
Garcia, Nick	16	17																								
Hagenbaumer, Shannon		33																								
Henkaline, Amanda		32																								
Henkaline, Dustin	22	28																								
Holloway, Lianne	26																									
Hutley, Carla																								1		
Johnston, Toni		23																								
Kiernan, Jane	20																									
Koerner, Casey	13	16																								
Koerner, Patrick J.	18	22																								
Mangabhai, Damien	6	6																								
Mangan, Kristen		39																								
Manzke, Eva	7	11																								
Markland, Britni	21	26																								
Markland, JT	5	4																								
Martinez, Javier		2																								
Nelson, Mark		24																								
Pasillas, Michelle		34																								
Pociask, Natalie		36																								
Putnam, Terri	31																									
Quigley, Lori	14	18																								
Raino, Gerald	25																									
Raino, Lauren	29	43																								
Rice, Rebecca		44																							1	
Rowbottom, Michelle	12	13																								
Skisak, Eileen	1	1																								
Skrobot, Jackie		8																								
Sorich, Diana	28	41																								
Stapleton, Carol		27																								

"Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought we could go. It helps us to find out what we are made of. This is what we do. This is what it's all about."
 — PattiSue Plumer, U.S. Olympian

2021 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

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CIRCUIT STANDINGS

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Tezak, Samantha	32	37																								
Topf, Stephen		20																								
Troha, Lois		29																								
Veerman, April																								1		
Walker, Mark		15																			C					
Walters, Debra		40																								
Walters, Mark		5																						1		
Warren, John	2	3																								
Warren, Judith	27																									
Williams, Hannah		35																								
Williams, Leslie	17	19																						1		

Sound

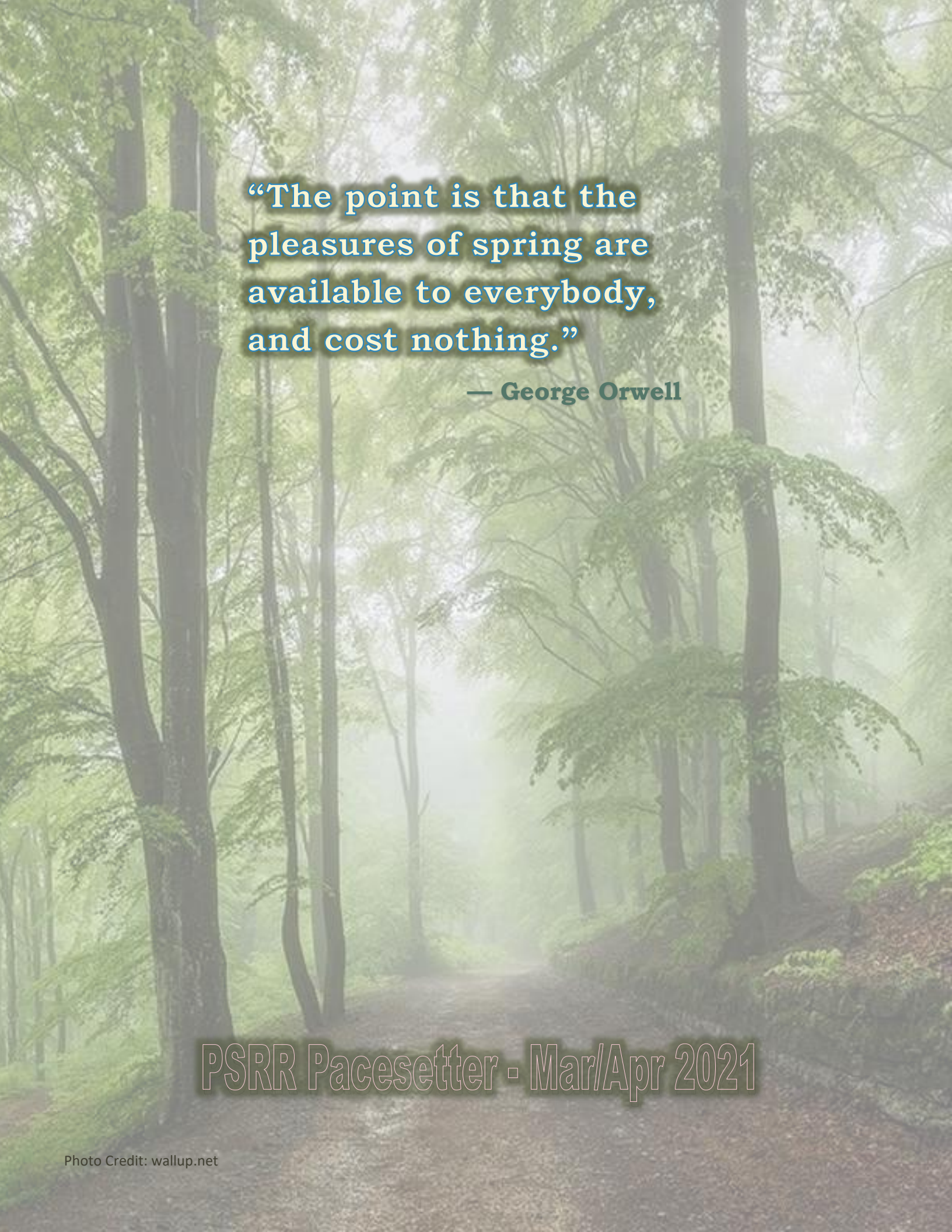


Advice

Every night, after you've gone to bed and turned out the lights, you have the only time in the day when there are no external interruptions.

This is a good time to run a quick check of how training went that day. Review your workouts. Find one thing you did well. It does not need to be a big deal. Maybe you climbed one hill well, or had one good interval. Or you finished a hard workout. Or maybe you had one of the best workouts of the season.

Relive today's successful moment repeatedly until you fall asleep.

A photograph of a misty forest path. The path is made of dirt and fallen leaves, winding through tall, thin trees with lush green foliage. Sunlight filters through the canopy, creating a soft, ethereal glow. The overall atmosphere is peaceful and serene.

“The point is that the pleasures of spring are available to everybody, and cost nothing.”

— George Orwell

PSRR Pacesetter - Mar/Apr 2021