

THE PACESETTER

May/June 2016 | Volume 41, Issue 3

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

www.psrr.org



The Pacesetter is for
Runners, Walkers, and Fitness Enthusiasts
of ALL abilities.



PRAIRIE STATE ROAD RUNNERS

PACESETTER



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Weekly Club Events

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



Dues

Individual Memberships

are \$18.00 per year

Family Memberships

are \$25.00 per year

Student Memberships

are \$12.00 per year

Checks Payable To:

Prairie State Road Runners

Mail To:

Prairie State Road Runners,

P.O. Box 293

Channahon, IL 60410-0293

PRAIRIE STATE ROAD RUNNERS

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

Send your articles, error corrections or comments to: newsletter@psrr.org. Visit our website at www.psrr.org

On the cover: Ray Wertelka and Kricket Baltz at the Manhattan Irish Fest Parade 5k.



UPCOMING CIRCUIT RACES AND EVENTS

MAY

May 7—Quarryman Challenge 10 Miler, Lemont

[Race Website](#)

11 AM May 22—PSRR Annual Picnic

Kerry Sheridan Grove, Channahon
(Moose Island)

JUNE

June 4—Kendall County Sweetness 8k, Yorkville

[Race Website](#)

June 18—Minooka Summerfest 5k, Minooka

[Race Website](#)

PRAIRIE STATE ROADRUNNERS



WILL COUNTY, ILLINOIS SINCE 1975

WWW.PSRR.ORG

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

Prez

SEZ...



BY MARK BOWMAN
PRESIDENT

Altering Your Personal Limits

The day I am sitting here putting this little note together, winter is 'slowly' making its way out of here. We have had several nice days in the 50s and 60s the past week, but of course, today we are getting a bit of snow across the Chicagoland area. That's what I mean about the 'slowly' bit.

As the year began it was time to pick out your key races and ramping up your training to prepare for them. This was also the time of year to set your goals. Goal setting can be a tremendous key to improving your running. But what happens to many runners is that they are too conservative in their goal setting. As many of you know, I run distances that most people have trouble even conceiving of doing (50 mile, 100K and 100 mile runs). But I am fully convinced that most anyone could do what I do. It is just a question of convincing yourself that you can do it. We tend to limit ourselves both in our running and in our lives in general. One of the hardest things for most people is believing that they can do more than they think they can. But it is the not believing part that limits us. What you need to do is to start changing this mental preconception. You need to "Alter Your Personal Limits". It is your mind that decides what your potential can be. Your body will follow.

Think back to when you first started running. There are hundreds of reasons you might have decided to start. Everyone has their own reasons. If you are

out there running, you came up with yours. But as you start-

ed getting into shape and feeling better and stronger, you might have felt you could go farther, then maybe your first 5K. After several successful 5Ks, you might have decided to try your first 10K. Maybe even a half-marathon next. Each successive step up was because you altered your personal limits each time. And once the mindset changed, the body's ability to match it changed as well. Yes, to do this is taking a risk. With risk can come failure but it is in our failures that we learn the most about ourselves. The key is to take that new knowledge and continue to strive for those new limits. It is the striving that makes the accomplishment worthwhile. If it was too easy, what would it be worth? One of my favorite quotes is by T. S. Eliot and I am sure he really wasn't thinking about running and racing when he said this. But it applies perfectly. It goes like this: *"Only those who will risk going too far can possibly find out how far one can go."* And a variation that I have used as well: *"Only those who will risk going too fast can possibly find out how fast one can go."*

So as we eagerly wait for the warmer weather to arrive, think about what is limiting your successes and change that mindset as you push yourself further than you ever thought possible before!

This whole running thing can be a journey so just go out there and run!

Mark

Did you know?

There is a new PSRR award this year!

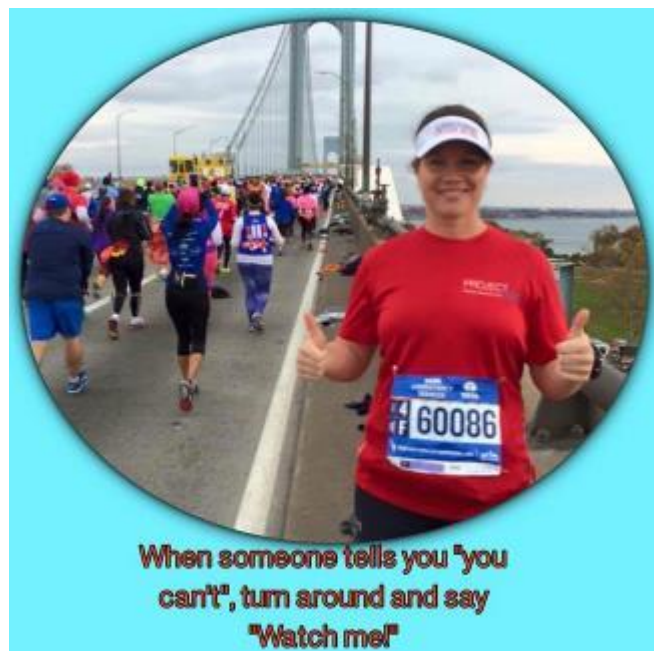
Along with Circuit Winners, Age Group Winners and Most Circuit Races Run awards there will be a brand new award this year:

MOST MARATHON MILES RUN.

This award will count all miles run in official Half or Full Marathons.

All you have to do to be in the “running” is to complete Half or Full Marathons and report those races to Jay Wait, our club statistician.

Please report results to Jay at statistician@psrr.org in a timely fashion after your race. Please DO NOT wait until the end of the year and blow up Jay’s mailbox with all your amazing results. Don’t forget that 1 half or full marathon also can count towards your circuit award so even if you don’t have multitudes of marathon miles in your plan this year, still report any that you do complete!





I would like to thank the club in general for the donations of shoes at the Manhattan Irish Fest Parade 5k. Each pair could save a life and can change a family. If one parent starts walking or running as a result of these shoes, their family at large is impacted for the better. You made a difference. Let's change our world one pair at a time.

Kibet Rono
Running Shoe Pantry

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 July/August 2016 Newsletter is June 15th.* Please don't make me send comments to myself...send yours today!!

Email to: Judith Warren at newsletter@psrr.org

Thanks to everyone who came out to play with me and joined my PSRR teams for the Shamrock Shuffle in Chicago. It's one of my all-time favorite races and a great way to experience a well-done big city race!

See you all in the beer garden next year!

Judith Warren

Prairie State Road Runners

present

Manhattan Irish Fest Parade 5k



The 3rd annual Manhattan Irish Fest Parade 5k was once again a success. Directed by Ray Wertelka and Steve Koven, the race began on a cool, crisp 40 degree morning. Runners led off the parade and were met with fantastic crowd support in downtown Manhattan. This point-to-point race continued into the scenic surrounding area finishing near the Anna McDonald Elementary School. Patrick Foley of Manhattan won with a time of 17:57. PSRR member Clark Anderson was right behind him finishing second overall. After finishing, the 296 runners continued on to the Irish Fest tent for beverages, bagpipes, fun, and awards. This race is a must-do with great directors, a speedy course, awesome volunteers and even the opportunity to take home bread as swag!

Manhattan Irish Fest Parade 5k



PSRR Members in the Running Community

BY JUDITH WARREN—EDITOR

There are several club members who have taken it upon themselves to reach out and join the greater running community. Robyn Bumgarner, Mary Jo Minarich and Mary Starling have all either become ambassadors for products/races or received sponsorship as they strive for their goals. I recently interviewed all 3 of them to find out a little more about their activities

Mary Jo is an Ambassador for Fort2Base



Why did you choose to have a relationship with this race in particular?

I only pick things that I truly believe in to share with my readers. I have run Fort2Base now four times and have not had a bad race yet. It's been fun going with all our run club friends and I just love the military atmosphere. Plus it supports the USO of Illinois.



The USO of Illinois seeks to enhance the quality of life of the U.S. Armed Forces Personnel and their families. Oh, and the bling isn't too bad either!

What is your favorite thing about this race?

*There are two reasons I love this race so much. First, the course! It's an unique distance of 10 nautical miles (11.5 miles) or 3 nautical miles (3.45 miles). If you are doing the 10NM you start in Fort Sheridan and end a Naval Station Great Lakes. The Green Bay Trail is the paved trail you are on between the two bases. It's mostly flat until you get to Hero Hill! There is a beautiful challenge where many of the military men and women will motivate you to **climb that hill!***



*The second reason I love this run is because **MANY OF US RUN THIS RACE!** Between PSRR and CMRC we are a fun group to hang out with. Over-nighters like this just add to our race experience and it's just plain **FUN.***

continued on page 11

continued from page 10



What do you need to do to fulfill your "duties:"?

My job as an ambassador is to share information about the Fort2Base race up to the event. They would like us to share this race within our community and help our with registration. We are asked to blog, Facebook, and tweet regularly about upcoming news. Basically, we are spreading the news to our local run clubs, running stores, and local races to create excitement. This is pretty easy for me since **I LOVE THIS RACE!** We are asked to host some fun runs, volunteer at the Fort2Base booth at two events and just share the race with everyone. I volunteered at the Shamrock Shuffle Expo and I'm hoping to work at the Chicago Rock n' Roll too.

If anyone is interested in running this race you can use the promo code 2016maryjo for 15% off your registration.

Or you can follow www.runandsmile.com for upcoming information about this race.



Robyn is Brand Ambassador for INKnBURN

Why did you choose to have a relationship with this company in particular?

I LOVE their running clothes. L O V E 😊❤️

What is your favorite thing about INKnBURN?

Three things.

1. Incredible quality. I have two pairs of their shorts that I have worn for every training run and race for three years. They are just as perfect as they were brand new.
2. Handmade in the USA. Each piece has the art laid on the fabric by hand before sewing takes place, which means the clothes look exactly the same in every size.
3. Awesome, stand-out designs! People always notice and comment when I wear their clothes.



What do you need to do to "fulfill" your duties?

INKnBURN asks their ambassadors to like and share their posts on Facebook, leave positive comments, and regram/retweet on Instagram and Twitter. I am also asked to post "fun/inspiring/interesting" photos of their gear in action on all my social media outlets.

continued on page 12

continued from page 11

Mary has a Sponsorship from Honey Stinger

Why did you choose to have a relationship with Honey Stinger in particular?

I chose them because it's what I use and believe is the best!



What is your favorite thing about Honey Stinger products?

I love that it's organic honey and it's not full of chemicals and crap which is easy on my stomach.

What do you need to do to fulfill your "duties:"?

I just have to post pics with the product of me training and racing on social media and be a good positive example. Also I need to email pics etc to them so they can put them in their adverts.



Looking for races to fill your time between PSRR Circuit Races? Here's a few to check out...

- ◆ May 1—Manny's Mission 5k & Superkids Miler—Romeoville [Info here](#)
- ◆ May 8—AshleyCan Mother's Day 5k/2 Mile Walk/Kids Run—Bourbonnais [Info here](#)
- ◆ May 20—Fierce Fiesta 5k-Channahon [Info here](#)
- ◆ May 21—Pause for Patriotism 4 Mile Race/2 Mile Walk— Kankakee [Info here](#)
- ◆ June 5—Run With the Nuns 5k and Youth Dash—Lemont [Info here](#)
- ◆ June 11—Foodie 5k—Joliet [Info here](#)

Find these and many other races online at [Running in the USA](#)

Prairie State Road Runners

I&M Towpath Cleanup - April 9, 2016



Training Tips *By Robyn*

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



Everything You Need to Run that isn't Running: Part II

Dump the Junk! Eat well to run well!

Nutrition is KEY to your success as a runner. Sometimes the problems are easy to see, especially if GI upset strikes. Other times, the problems are subtle. Was your pace inexplicably slower? Did you just feel “blah”? Food, or the wrong foods, could be the culprit.

If this sounds like you, consider keeping a food journal. Write down everything you eat, how much you eat, and when you eat it. Alongside that, keep an exercise journal. Write down everything you did, when you did it, how long or how much you did, and how you felt while you were doing it. After as little as a couple of weeks, you might start drawing connections between the food you ate and how you feel while exercising. Foods you eat stay in the body for up to 72 hours, so be sure to look back 3 days in your food journal after a less-than-stellar workout session to look for the culprit or culprits. Keeping these types of detailed journals will require work and commitment on your part. Running well is so much more than just pounding the pavement!



Overall, regularly eating whole foods and lots of veggies and fruits is a good plan to have great energy for exercise. Processed foods with chemical ingredients can bog down your system and leave less energy for your body to put toward running or exercise. Consider how you might eat if you did not have the grocery store at your disposal, and try to make your plate reflect what those choices would look like. Being the highly efficient and intelligent creatures we are, without the grocery store, we would probably choose foods that require the least amount of energy to obtain. Fruits and vegetables that simply need picked off the tree or out of the ground require very few calories to obtain, and reward us with important vitamins and mineral.

Eat well. Be well. Run well!

Nutrition Corner with Robyn Bumgarner

It's supposed to be spring, but as I write this, it's still chilly and it's clear that winter hasn't quite given up yet! Here's an awesome, nourishing, creamy soup that's sure to fill you up!

Creamy Coconut Lentil Soup

1 quart [chicken stock](#) ([homemade](#) if possible, or sub veggie stock)

1 can [coconut milk](#) or [coconut cream](#) (I love Aroy-D brand for both)

1 1/2 cups [lentils, soaked](#)

- 1 large sweet onion, chopped
- 1 organic yellow pepper, chopped
- 1 organic orange pepper, chopped
- 1 organic red pepper, chopped
- 4 cups [diced tomatoes](#)
- 1 cup [crushed tomatoes](#)
- 1 lemon, juiced
- 1 tbsp. garlic crushed
- 1-3 tbsp. fresh ginger, minced
- 1/2 tsp. – 1 tbsp. crushed [red chili flakes](#)
- 1 tsp. [cumin](#)
- 1 tsp. [coriander](#)
- 1/4 tsp. sea salt
- 1 bunch cilantro, chopped
- 2 tbsp. [coconut oil](#)

After soaking the lentils, pour off the water and rinse well. In a large pot, add the lentils and cover with about 3 inches of water. Bring to a boil and cook for 30 minutes. Keep an eye on the pot and skim off any grey foam that rises to the top. After the time is up, remove from the heat, pour off the water and rinse again.

In the large pot with the rinsed lentils, add all the chicken stock, coconut milk, coconut oil, onion, and spices to the lentils and bring to a simmer. Cover and reduce heat to low and let simmer for 1 hour, stirring occasionally. Check for seasoning and add the peppers and tomatoes. Adjust the seasoning as needed. Check the lentils for tenderness. They will still be firm. Cover and let the soup continue to cook over very low heat. It usually takes about 3 hours for me, but I am also a mile above sea level, so that makes a big difference. Once the lentils are tender, remove from heat and stir in 3/4 of the bunch of chopped cilantro and lemon juice. Save the rest of the cilantro for serving.

Another method to cook this soup is in the crock pot. Follow the step for cooking the lentils the initial 30 minutes, skimming off the foam, and rinsing again. Then, once that is done, place all of the ingredients in your crock pot and cook on low for 4-8 hours or until the lentils are tender. The amount of time will depend on your crock pot and altitude.

Article printed from Delicious Obsessions: <http://www.deliciousobsessions.com>

PSRR Annual Picnic



11 am Sunday May 22nd

Kerry Sheridan Grove (Moose Island)
Channahon

Location Info [Here](#)



Feel free to bring your favorite picnic dish to pass & your favorite beverage to share. Fun, friendship, & even maybe some egg on your face. Don't miss the good times. Bring your family!



Prairie State Shamrock Shufflers

This year PSRR and friends fielded 6 teams in the Deloitte Open Team Competition at the Bank of America Shamrock Shuffle 8k. All of our teams were awesome and fun was had by all. Our Mixed teams finished 5th and 20th. Our Male team brought home 9th and our Female teams rounded out the scoring with 6th, 14th and 16th! Our top team Prairie State Road Runners 6 was lead by Eileen Skisak, Kibet Rono, Colleen Zawrazky, and John Warren. Congrats to every single person who participated on a chilly, spring morning.



Vol nteering Needs

BY KRICKET BALTZ—VP OF OPERATIONS

This edition's spotlight is on long-time PSRR member, volunteer extraordinaire, and board member [Dave Cyplick](#).

Were you an athlete growing up?

I played all sports. My favorite was hockey even though I was a horrific skater!

Do you recall a particular adult volunteer from your youth who just seemed to always be helping out?

Our 8th grade basketball coach Bill Dooley was a great guy that was involved in all types of community activities. There is a park named after him in Schiller Park where I grew up!

Did your family volunteer for community events?

My dad was a director of the Chicago Jaycees. They were the sponsor of a preseason football game that featured the College All Stars playing the NFL Champs. He was also involved in a lot of other activities, mostly church-related.

What was a really great moment in volunteering for you personally?

I directed or co-directed a number of PSRR races and my favorite moment was to announce that 77-year old Warren Utes from Park Forest had set a National USATF age group record. His time was 1:52:57, a 7:15 pace per mile. He ran faster than the Half Marathon age group world record in a 25k race. Unfortunately there are no 25k age group records kept.

I also want to say that when you are in charge of an event it really is a great feeling to know that others choose to volunteer their time to help out. It's an opportunity for everyone to come together as a group to make something positive happen! No volunteers—no events!!

What would you say to those who think they might not be a good volunteer because they're too busy, shy or organizationally challenged?

A lot of people are very busy but they function at their best when they add that one extra project that they feel committed to. Someone that is organizationally challenged can get help from someone that has done something similar in the past. Folks that are shy find out that they quickly make some new friends—that's a nice outcome!!



Travelin' PRAIRIE STATE ROAD RUNNERS!



So where have you worn your PSRR gear?

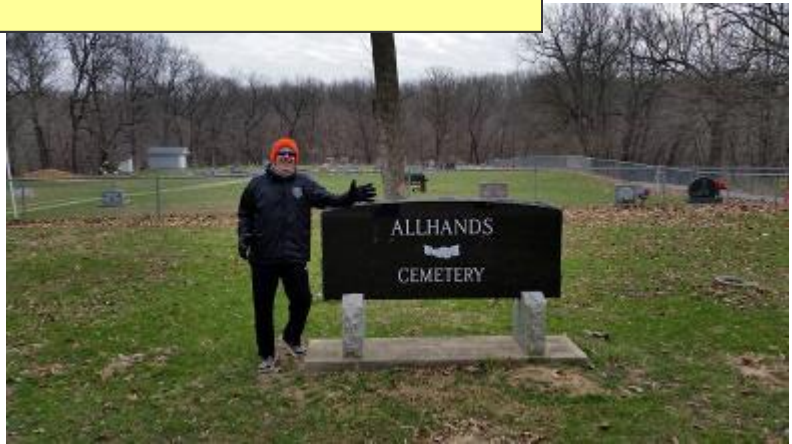
This feature highlights those who have been in cool and exciting places, or anywhere for that matter wearing their PSRR gear. Send us a picture of you sporting your **PSRR pride** anywhere in the world!

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

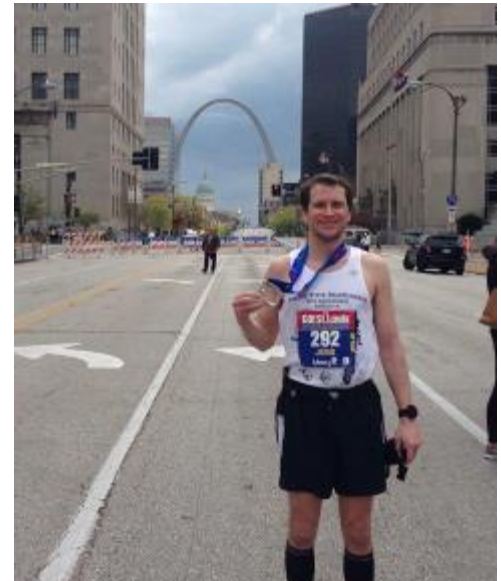


Kathy Figueras in London Ontario, Canada enjoying some poutine.

Mark Bowman at the Mountain Goat Hill Run near Danville IL



Dave Cyplick along with Lorie Everts and Dave Giacomi at the Lincoln Presidential Half Marathon



Jess Conboy at the GO! St. Louis Marathon after BQing (for the 4th time) with a time of 3:09:26. **WOWZA!!!**

Travelin' PRAIRIE STATE ROAD RUNNERS!



Tom Baltz and Mark Nelson at Hustle Up the Hancock in Chicago



Kathy Figueras at Toronto Harbour, Canada



Dave Giacomi on a training run in Florida

Susan Mores and Tommy John, Tom and Cricket Baltz at the Zion Half Marathon





Travelin' PRAIRIE STATE ROAD RUNNERS!

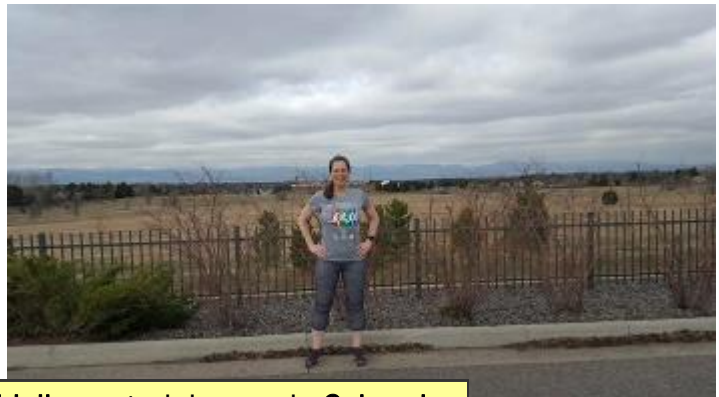


Carol Stapleton after a training run in Palm Desert

Karl Johnson and Eileen Skisak at the St Paddy's Day 5k



John Warren with his new friend at Tilted Kilt Chicago after the Shamrock Shuffle



Jody Reddell on a training run in Colorado

Rockdale Ramblin' Run 10k



Damien Mangabhai, Kathy Figuietas, Wendy Janulis and Mark Walker at the CARA Lakefront 10 Miler—Chicago IL



Races



Clint Carter at Lori's Walleye Run 5k with his 3rd place age group award—Spring Valley IL



Susan Mores at the Arizona Distance Classic Half Marathon—Oro Valley AZ



Javier Martinez at the Morris Women's Club Superhero 5k—Morris IL



Races



Kibet Rono at the Allerton Trails Half Marathon—Monticello IL.



**Karl Johnson at the Good Life Race 5k
—Oak Park IL**

**Sean Forbes, Bob Thompson, John Sikes, Bill Gora,
Debbie Scheckel, Harry Scheckel, John Warren and
Jody Reddell at the LTHS Foundation 5k
Lockport IL**



**Mark Walters at the Cardiff Kook Run—
San Diego CA**





Celebrating birthdays in **May** are Garrett Carlson, Donna DeBoer, Benjamin Forbes, Levi Garcia, Peter Henderson, Marlon Heuer, Shalyn Horvat, Carla Hutley, Jordan Kielian, Cassidy Koven, Patrick Lancaster, Kai Lemke, Phil Newberry, Judy Olson, Dan Porterfield, Ruth Rhoden, Gwen Ruch, Spencer Ruch, and Bob Thompson.

Celebrating birthdays in **June** are Leo Bak, Terry Bergin, Layne Bumgarner, Brenda Byrnes, Ella Carlson, Kerri Carlson, Sharon DeVault, Jocelyn Host, Steve Koven, Cathy Morman, Kent Munro, Gerald Raino, Kibet Rono, John Sheridan, John Sikes, Liz Stephenson, and Mike Wilson.

Let's all help them celebrate another great year of running through life!



NEW MEMBERS

Katherine Atwood
Darin Atwood
Davian Atwood
Alisson Atwood
Alex Gliwa
Laura Kuhel

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

Welcome!

Illinois River to River Relay



From the official Illinois River to River Relay webpage: The River to River Relay is a unique running experience: one part strenuous effort and seven parts recovery and relaxation. It might be a prescription for life.

PSRR members participated as members of several teams.



The Breakfast Club

PSRR members **Mark Bowman, Gary Westefer, Dave Cyplick, Nick Garcia, Jay Wait, Jerry Raino** along with **Mike Goodwin, Jen Krzak, and Jim Krzak**

TGIFF

PSRR members **Dan Aguilar, Robyn Bumgarner, Janet Keller, Lauren Lemke, Mike Auld** and **David Musgrave** along with **Becca Auld, Brian Keller** and **Jim Spalding**. (Not pictures is team captain **Mark Walters** who ran on his own team)



Slow Twitch

PSRR members **Robert Jungwirth** and **Kibet Rono** along with **Jurgen Daartz, Adam Piaskowy, Tom Stluka, Glen Tuuk, Kevin Dockemeyer, and Jim Piaskowy**



Illinois River to River Relay



Lauren Lemke & Robyn Bumgarner



Dan Aguilar & Mike Auld



TGIFF plus team captain Mark Walters

Gary Westefer takes the baton from Mark Bowman





2016 Circuit

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

Membership dues must be current in order to earn circuit points

PRAIRIE STATE ROAD RUNNERS

2016 Circuit Award Rules

AS EXPLAINED BY JAY WAIT-STATISTICIAN

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

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

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

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

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

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

Age Group Circuit Award:

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

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



CIRCUIT RACE RESULTS

2016 Circuit Results

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

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

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

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

4/19/2016

Report errors/corrections to statistician@psrr.org

Runner	1. Mid-Winter Cruise 5k	2. Winterfest 5k	3. Frosty 5 Mile	4. Manhattan Irish Fest 5k	5. Rockdale Ramblin' 10k	6. Trinity Christian School 5k	7. Quarryman Challenge 10 Mile	8. Kendall County Sweetness 8k	9. Minooka Summerfest 5k	10. Liberty 5k	11. Sundowner 5k	12. Firefly 5k	13. DNA/PSRR Free 5k	14. Shorewood Scoot 5k	15. Ashley Can Half Marathon	16. Plainfield Harvest 5k	17. Forte 5k	18. Cornerstone 5k "J" Run	19. JJC Haunted 5k	20. Canal Connection 10k	21. Poultry & Pie Predictor 4 Mile	22. Your choice half /full/ultra	23. Volunteer Credits	Circuit Score	Circuit Ranking
Acup, Fawn		9	15	17																					
Aguilar, Dan				16																			1		
Anderson, Clark	2	1	2	1	1																				
Arreola, Sergio			7	6	6																				
Auld, Michael	5	3	6	C																			1		
Bailey, Marne			40	32	21																				
Bak, Leo																							1		
Baltz, Cricket	14	20	39		18																	C	5		
Baltz, Tom		31	53	26	36																	C	1		
Baltz, Tommy John	13	17	47	38	24																	C	1		
Barry, James G.				64																					
Barry, James R.	21		46	45																					
Barry, Laura			52	53	38																				
Bonacci-Klaeser, Ruth	15				33																				
Bornhofen, Larry			20	18	14																				
Bowman, Jennifer				47																					
Bowman, Mark	3	4	19	7																			4		
Brown, Melissa			25		20																				
Bumgarner, Robyn			26	29																					
Buturusis, Teresa		30	51		32																				
Byrnes, Brenda				44																					
Calder, Kate			28		16																				
Calvey, Colleen				69																					
Carlson, Craig			42																						
Carlson, Kerri			33																						
Carter, Clint		7	18	12																			1		
Clark, Matt			21		13																				
Conboy, Jess			11	5																					
Costa, Liz		18																							
Cyplick, Dave		13	22																				3		
DeGrush, Rich	8		10	10																					
DeVault, Sharon				73																			1		
Ellison, Howard					37																				
Erickson, Vera			31																				2		
Fera, Pat																							2		
Figueras, Kathleen	11	12	24	23																					
Forbes, Sean			48	42	44																				
Gabryel, Glenn	27		55	45																					
Garcia, Nick				54																					
Giacomi, Dave				46																					
Gliwa, Alex				33																					

CIRCUIT RACE RESULTS

Goodwin, Kenneth		27																				
Gora, Bill	12		32	31	28																	
Gregory, Susan				63	51																	
Henderson, Amy				65																		
Henderson, Katie				52																		
Holloway, Lianne	26			58																		1
Host, Chantal			61																			
Host, Joe			65																			
Hutley, Carla			36	43	26																	
Hyzny, Joy	28	33	62	67	56																	
Hyzny, Lisa	29	40	63	68	55																	
Janulis, Emma		38																				
Janulis, Wendy		14		27	25																	
Johnson, Jean		16		37																		
Johnson, Karl	19	29	50	49																		
Jungwirth, Robert																						2
Klaeser, Pete	31	42	68	72																		
Koerner, Patrick J.				25	15																	1
Koven, Kelly				51																		
Koven, Reese				28																		
Koven, Ryan				24																		
Koven, Steven																						3
Kuhel, Laura				74																		
Kuhel, Susan			58	61	48																	
Macknick, Dick																						2
Mangabhai, Damien				40	23																	
Manzke, Eva	7	5																				
Martinez, Javier			5	3	3																	1
McFarland, Patrick	17	23	37	34	22																	
McQuarters, Cathy	30	35	54	70	46																	1
Miller, Jim		22	34	27																		
Minarich, Duane					43																	
Minarich, Mary Jo					17																	
Morman, Cathy	9	11	30	36																		1
Munch, Tamera			3																			
Murdaugh, Rheta		39		59																		
Musgrave, David			23	22																		
Nelson, Mark	23	41		57																		1
Nette, Paul			17	13	11																	
Newberry, Phil		6	12	9	7																	
Pirc, Brittany					54																	
Pirc, Tina			49		42																	
Podolski, Sally		10		20																		
Porterfield, Dan			14	11	10																	
Porterfield, Stephanie			44	71	35																	
Portlock, Caroline			64	C																		
Putnam, Terri		37	56	60	47																	
Rahn, Eva				8	9																	1
Raino, Gerald	16			66																		
Raino, Lauren				67																		
Reddell, Jody	18	27	43	50	39																	1
Reeb, Carol					4																	
Rhoden, Luis				40	41	30																
Rono, Kibet	6	24		19																		1
Ruch, Dawn					41																	2
Ruch, Julia				39	29																	
Scheckel, Debbie		15		30																		
Scheckel, Harry		21		21																		
Servi, Tim			9																			2
Sheridan, John																						2
Sikes, John				56	50																	1
Skisak, Eileen	1		1	2																		1
Skuturna, Julie				66	49																	
Smith, Keith		26	29																			2
Sorich, Diana		34	59	62																		



Club Member Benefits

- **BI-MONTHLY NEWSLETTER** – “The Pacesetter” is published every 2 months. Each issue includes a letter from the president, upcoming races, cartoons, race reports and running accomplishments by our club members. You are encouraged to send personal stories, race reports and pictures to newsletter@psrr.org so we can include them in the newsletter.
- **MERCHANDISE DISCOUNT**—Select items at DNA Athletics, 16133 Weber Road, Crest Hill, IL, Phone: 815 588-0908
- **ORGANIZED GROUP RUNS**
 - SUNDAY MORNING SHOW-N-GO RUN AND BREAKFAST**– Since many of our club members run at different paces and are training for various events, we may not always run as a group. We meet at the Channahon State Park (25302 West Story Street, Channahon) between 8:00 – 8:30 AM, finishing around 9:45 AM. At that time, we head over to Lалlos (25220 Eames St, Channahon) for breakfast.
 - TRACK WORKOUTS (SEASONAL)** – These speed work sessions take place on Tuesday evenings and are lead by a club member in the spring and summer months. We currently meet at the Troy Middle School, 5800 W. Theodore, Plainfield.
 - GROUP RUN (SEASONAL)** – Takes place on Thursday nights at DNA Athletics, Crest Hill. All ages and abilities are welcome for a 3-5 mile run. Takes place all summer long with a 6:15 start. Stick around after the run to take advantage of your merchandise discount on select items in the store.
- **RACE CIRCUIT** — Consisting of approximately 20-22 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**

PRAIRIE STATE ROAD RUNNERS Membership Application

2016 NEW MEMBER RATES

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

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

ADDRESS _____ CITY _____ STATE _____ ZIP _____

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

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

Family Membership Data – List All Members

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

How did you hear about us? _____

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

CLUB MEMBERSHIP WAIVER

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

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

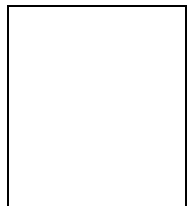
DATE _____

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



May/June 2016
PACESETTER

Prairie State Road Runners
P.O. Box 293
Channahon, IL 60410-0293



Mail to:

From Will County's Running Authority

