

# THE PACESetter

May/June 2018 Volume 43, Issue 3

Newsletter of the Prairie State Road Runners—Will County's Running Authority Since 1975 [www.psrr.org](http://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.

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



### Dues

*Individual Memberships* are \$18.00 per year  
*Family Memberships* are \$25.00 per year  
*Student Memberships* are \$12.00 per year  
**Checks Payable To:**  
 Prairie State Road Runners  
**Mail To:**  
 Prairie State Road Runners,  
 P.O. Box 293  
 Channahon, IL 60410-0293  
 Join online [here](#)

# PRAIRIE STATE ROAD RUNNERS

## CLUB OFFICERS

### President

Cathy McQuarters

### VP/Business

Ray Wertelka

### VP/Membership

Jody James

### VP/Operations

Tina Pirc

### Secretary

Eileen Skisak

### Treasurer

Mark Walters

### Directors

Cathy Morman

Mark Nelson

John Warren

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### Newsletter Editor

Judith Warren

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

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

## On the cover:

**JT Markland at the Morton Arboretum  
Champion of the Trees 10k**

## UPCOMING CIRCUIT RACES

### May

May 18

Fierce Fiesta 5k

Channahon IL

[Register Here](#)

May 26

Soldier Field 10 Mile

Chicago IL

[Register Here](#)

### June

June 9

Kendall County Sweetness 8k

Yorkville IL

[Register Here](#)

June 16

Minooka Summerfest 5k

Minooka IL

[Register Here](#)

### July

July 3

Liberty5k

Morris IL

[Register Here](#)

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

*Prez*

SEZ...

BY CATHY MCQUARTERS  
PRESIDENT



A

s I look around me during a race, while I may be digging deep to keep going, others exude an appearance of making running look way too easy. This prompted me to initiate a master plan for self-distraction.

The majority of my running is spent on a trail, my subdivision, or races in various suburbs or cities. In my subdivision, I focus on changing up the course. I can literally spend three or four miles making up my route as I go. With my mind at work, I am free and clear of mental negotiations. We all know that the left brain and the right brain are like feuding neighbors.

When I take to the trail, I look for wild life such as deer, feathery friends of any kind, and other forms of nature that make me run in the opposite direction. I take in the scenery along the course of a race.

In the suburbs, areas are diverse. There are historical towns such as Morris, Ottawa, and downtown Plainfield. I look at the architecture of the buildings, street signs, and lamps. They can conjure up images of enjoying an old fashioned root beer float on a summer evening, back in the day. Yes, the next thing you know...you've just finished another mile!

In downtown Chicago, the list is endless; skyscrapers, the magnificent mile, parks, stores, colleges, restaurants, the lake front, ball parks, and the football stadium. The huge sigh of relief that flat land is most abundant here will definitely, draw my attention away from mental negotiations.

Continued on Page 5

Some other mind trickery I have tried is to keep track of your time, pace, and splits on your favorite watch or phone application. If you have a race day goal, then keeping track along the course will benefit you.

Another is to go to center field in your mind and day dream. Would my Monday have been better if I hadn't begun the day by spilling my entire cup of coffee in my lap? It's funny but, it's not funny! When digging deep is difficult, choose three (or more) words of encouragement that have a meaningful nudge. For example; focus, relax, and stay strong. Also, the peace and quiet of a nature trail or an early morning run at home may help keep the mind focused.

And when all else fails, my go to is MUSIC! Sometimes it may be a struggle to push yourself to be your best but, for the most part, it's the love/hate relationship that I have with running that keeps me motivated to stay strong and persevere. These are some of my go to self-distractions. *What are yours?*

**Cathy**



*Please join us at the Prairie State Road Runners Annual Picnic June 3rd at the Kerry Sheridan Shelter on Moose Island*



**SAVE THE DATE:**  
**DNA/PSRR Free 5k**  
**August 26th**

**Fierce Fiesta on May 18th is the next circuit race. Don't be shut out—there are less than 60 entries left as of the end of April. Register today!**

## 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 2018 Newsletter is June 24th*

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

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

*The Prairie State Road Runners are part of the Road Runners Club of America. Visit the RRCA website [here](http://www.rrca.org).*



**Congratulations to the celebrity among us!  
Jess Conboy is in the April edition of  
Ultrarunning Magazine!**

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

# MANHATTAN IRISH FEST PARADE 5K



# MANHATTAN IRISH FEST PARADE 5K





# MANHATTAN IRISH FEST PARADE 5K

BY RAY WERTELKA—RACE DIRECTOR AND PSRR VP/BUSINESS

Once again **Berkot's Super Foods** sponsored the Manhattan Irish Fest Parade 5K; it was staged by the **Prairie State Road Runners**, under the watchful eye of the **Irish American Society of County Will**.

This was another spectacular year as we had 382 registrants, of which 84 came from the town of Manhattan IL. I never knew that there were so many runners from my little town. But maybe I should have as we have 3 certified USATF courses out here. Within the next year or two we will have a series of races for runners to compete, all on certified tracks! We are thinking of calling it the Manhattan Trifecta!

Enough of that! Let's talk about the **Manhattan Irish Fest Parade 5k**.

The early packet pickup was held at **Fitness Premier**. Same day race registration was still at the train depot and it was as hectic as ever. Even though a lot of folks opted for early packet pick-up at **Fitness Premier**, we still had about 255 folks including 20 registrants along with the 42 volunteers in that depot within 1.5 hours that needed to retrieve their packets and get their instructions. I have to commend **Tina Pirc** for the fine job she did to organize those volunteers!

The 5K was held on a bright sunny day. I think I got a little sun on my face for the hour or so I was out there. In fact, the only clouds in the sky were the contrails left from the jets. The temperature at race start was a balmy 48 degrees, so there were lots of runners wearing running shorts. The race announcer was **Brian Kirshenbaum**. The National Anthem was sung by **Alex Boeckman**. The timing crew was run by **J3 Timing** and **Race Time**. The start of the race started with an actual starting gun, fired by **Julie Pearson** from **Race Time**. The runners were led by Rob Parks from **AMP Mechanical** in a genuine Military Humvee, and Steve Koven on his race bike, and new to this year the course was marked with directional arrows sponsored by **Fitness Premier**.

The race only had one hitch this year as someone stole our whole water station. That's right, they took 400 cups labeled the Chicago Marathon, 12 gallons of water, and the table. So, if anyone notices folks drinking from Chicago Marathon cups, or a white table with the name Taylor written on it, I would be highly suspicious of where that came from. Next year the water station will be hidden and then brought out at the last minute by one of my Leprechaun friends.

The reviewing stand was manned by Kevin Haggerty who did an awesome job announcing

# MANHATTAN IRISH FEST PARADE 5K

Continued from Page 9

the runners as they passed by, while the finish line was manned by Brian Kirshenbaum and Julie Pearson who announced the finishers.

Just when you thought you heard or seen it all, something else happens. My wife was at the food table when a runner approached her and tells her that he didn't sign up for the race but ran it any way. He said here's \$35 and can I have a large shirt? Another couple did the same thing. They didn't offer to pay their \$70 registration fee but wanted to buy 2 shirts. My wife told them \$10 a shirt and they gave her \$20 for two shirts. Who would have ever thunk it?

This year our awards ceremony was held at 12:10 near the stage and that is where the Chicago Police Emerald Society Bag Pipes gave a mini concert. Listening to those guys play their bag pipes will change your life forever. When I left the tent at 3:00 there were still quite a few runners eating their corn beef sandwiches from **Kirby's Koerner Bakery** and washing it down with a complimentary cool Guinness.

I just want to mention that on our registration page and web site all of the sponsors have links to their web sites. Naturally we couldn't stage this race without the help of our sponsors. Many thanks to **Berkot's super Foods** for sponsoring this 5K, **Fitness Premier** for providing early packet pick-up and providing the directional arrows, **Gallagher's Pub** for providing the warming area before the race, **St. Paul's United Church of Christ** for providing our start line staging area, **Scott's U Save** for providing the valuable raffle, **A.L.M. Lawn Care**, **MKD Electric**, **Kohl's**, **McGrath & Clark Law Firm**, **A.M.P. Mechanical**, **Murray Law Firm**, **Pet Envy**, **Running for Kicks**, **Athletico**, **Manhattan Dental Care**, **Ray's Collision**, **First Bank of Manhattan**, **Manhattan Family Chiropractic**, **Agave Azul**, **Manhattan Firehouse Grill**, **Manhattan Bookkeeping & Tax Service**, **Crosswind Farms**, **Kraus Cable**, and **State Street Auto**.

*Hopefully next year's race will be bigger and better and I hope to see you then!*



# BOLINGBROOK HALF MARATHON





BY RAY WERTELKA—RACE DIRECTOR AND PSRR VP/BUSINESS

The Scholarship Committee has chosen a student to attend the NIKE Summer running camps at Elmhurst College this summer. . May I proudly present the winning essay:

*Editor note: The author has chosen to redact the winner's name due to being a minor child.*

Scholarship committee,

I have been running for four years which, when compared to others in my community and on my team, seems like so little. I attended the Joliet West Summer Endurance Camp for 3 summers prior to actually being old enough to be a part of the team. I really enjoyed the summer camp, but not nearly as much as I love being a member of the team. My cross country team is not just my team, they are like a second family to me, helping me stay motivated, and pushing me to improve. After cross country season, I took a break from training for about two weeks to recover and heal a injury, but directly after my break I jumped right back into winter training. I loved training throughout the winter, because it gave me even more opportunity to improve as an individual. Through the winter months I improved my 3 mile time by more than a minute, creating even more anticipation for next cross country season.

I always make an effort to participate in any community service projects possible, and through my freshman year I completed 20 of the 40 community service hours that are required for graduation. I volunteered at multiple Key Club/Students of Service events, as well as several community service opportunities provided by the Joliet West cross country program. Next year, I will be in the Health and Human Services Academy, and I plan to be a part of the Academy Roundtable as well as Students of Service and Key Club, which are all service clubs at Joliet West. I will also apply to be an officer/leader of all three.

My proudest accomplishment so far is my grades. Starting my freshman year at Joliet West, knowing that I would have cross country and other extracurriculars every day, I wasn't sure if honors classes would be the right path for me. However, I decided to try it and I proudly completed first semester with a 4.0 unweighted, 4.571 weighted G.P.A. I know for some people grades may not seem like an accomplishment, but for me they most definitely are. In addition to grades, I am very proud of earning the JTHS Foundation Grant for my team. I wrote the grant for my team, in hopes of earning money for stretching and strengthening equipment, and the JTHS Foundation granted us \$500 to use for various stretching/strengthening equipment that we will use for our summer training and many cross country seasons to come.

My first cross country season in high school definitely progressed differently than how I expected, and perhaps not how I hoped, but I took this year as a trial run to adjust to public school, as well as high school cross country.

Up until this year I was homeschooled, so the adjustment from homeschooling to public high school was rough but I firmly believe that running, as well as my team, helped me through the transition and made it a little bit easier for me.

I currently plan to continue running cross country and track for the next three years of high school, and I hope to have the opportunity to run in college as well. I understand that this will take a lot of determination, motivation, and commitment, but I am prepared to work hard and improve.

I would love to attend the Nike XC Summer Camp because I believe that it will help me improve as a runner, as well as helping me improve my leadership skills. I am currently working to improve my 3 mile time for high school xc as well as preparing me to run in college, and I would love to attend the summer camp to learn new aspects of training to help me achieve my goal.

# SHAMROCK SHUFFLE 8K

The combined running clubs of Channahon Minooka Running Club, Inwood Run Club and Prairie State Road Runners fielded 8 teams this year in the Shuffle—organized by team captain Judith Warren. Our team #1 with members Blanca Spence, Beth Hardenbrook, Angela Hugel, Eileen Skisak, Fawn Acup, Nydia Beard, Colleen Zawrazky, Kim Craig, Cathy Morman, and Marne Bailey placed 2nd in the Recreational Female Divison. This is the second year in a row we have had a team place!



# SHAMROCK SHUFFLE 8K



# DNA NO FOOLIN' 5K



# ROAD RUNNER CHALLENGE

Join the awesome new PSRR Challenge.

Earn a unique Road Runner medal!



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

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Notes:

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





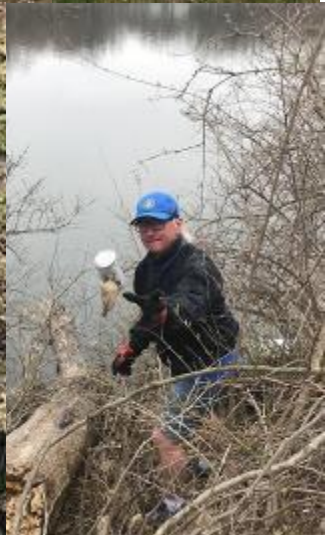
# CHAMPION OF THE TREES 10K



# EARTH DAY CLEANUP PARTS 1 & 2



# EARTH DAY CLEANUP PARTS 1 & 2



# Travelin' PRAIRIE STATE ROAD RUNNERS!



*So where have you worn your PSRR gear?*

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

Please send email your pictures to [Judith Warren](mailto:Judith Warren) or via message on facebook.



Nichole Zemaitis at the Naperville Women's Half Marathon



Liz Costa, Mark Nelson, Eva Rahn, April Veerman, Tina Pirc and Cathy McQuarters at Hustle up the Hancock

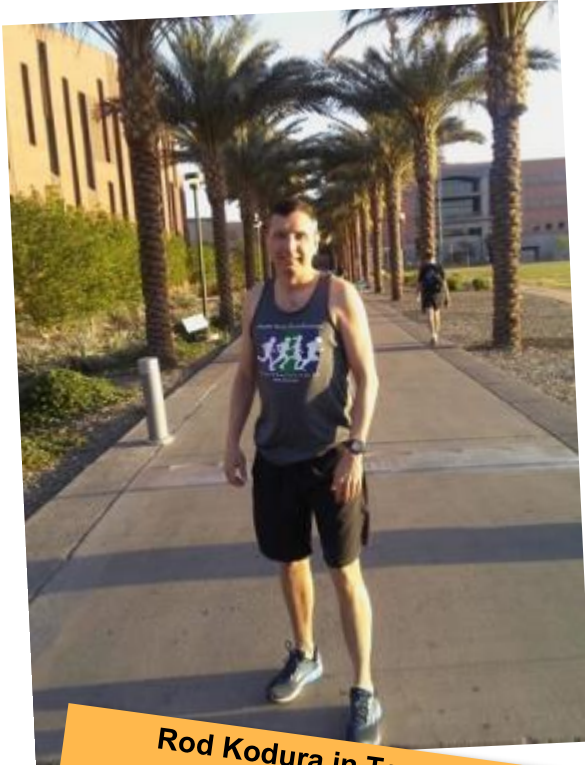


Robyn Bumgarner, Clint Underhile and Kelly Curiel (and friends) at R2R



Laura Barry and Jody James in Punta Cana, Dominican Republic

# Travelin' PRAIRIE STATE ROAD RUNNERS!



Rod Kodura in Tempe AZ



Lianne Holloway at the RnR Nashville in TN



Rebecca Rice & daughters at Disney Princess Half in FL

Nikkie and Clint Underhile in Bavaro, Dominican Republic



# Travelin' PRAIRIE STATE ROAD RUNNERS!



**Nikki Underhile in Bavaro,  
Dominican Republic**



**Cathy Morman and Rachel Lynch  
running hills in KY**

**Jody James and Judith Warren  
training on the I&M Canal Towpath**



**Diana Sorich, Tina Pirc, Christine  
Lukanich, and Cathy McQuarters at  
the Lincoln Half in Springfield IL**

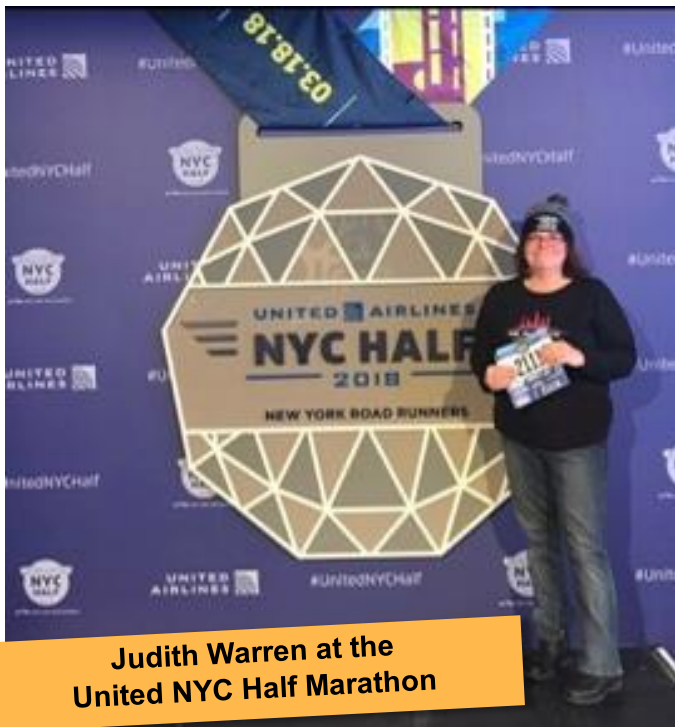
# Travelin' PRAIRIE STATE ROAD RUNNERS!



**Robyn Bumgarner, Mark Walker and Nydia Beard at the Paleozoic Trail Runs in Willow Springs IL**



**Javier Martinez at the Carmel Marathon in Carmel IN where he BQd**



**Judith Warren at the United NYC Half Marathon**



**Kathy Figueras at the Pistol Ultra in Alcoa TN**

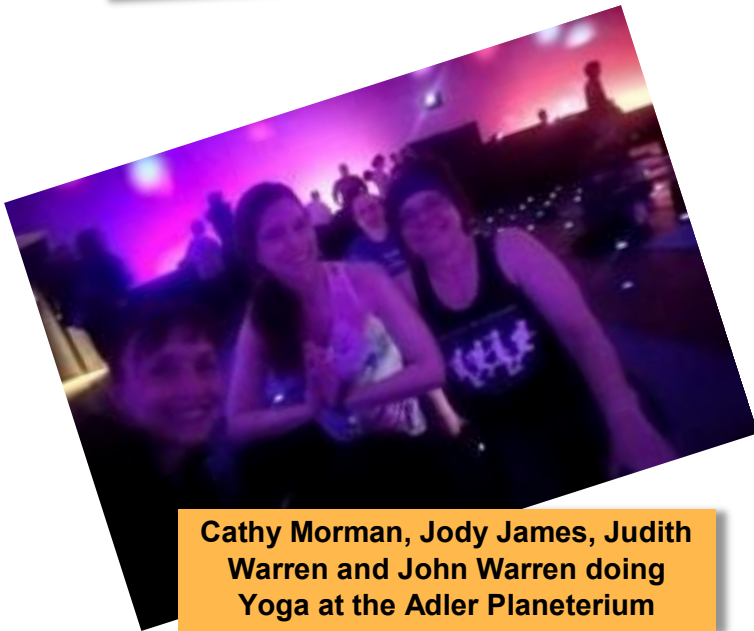
# Travelin' PRAIRIE STATE ROAD RUNNERS!



**Eva the Running Diva Rahn  
at the Illinois Half Marathon  
in Champaign IL**



**Cathy McQuarters, Tiffany  
McQuarters, Diana Sorich and Tina  
Pirc at the Naperville Women's Half**



**Cathy Morman, Jody James, Judith  
Warren and John Warren doing  
Yoga at the Adler Planetarium**



**Kathy Figueras at the SLO Half  
Marathon in San Luis Obispo CA**

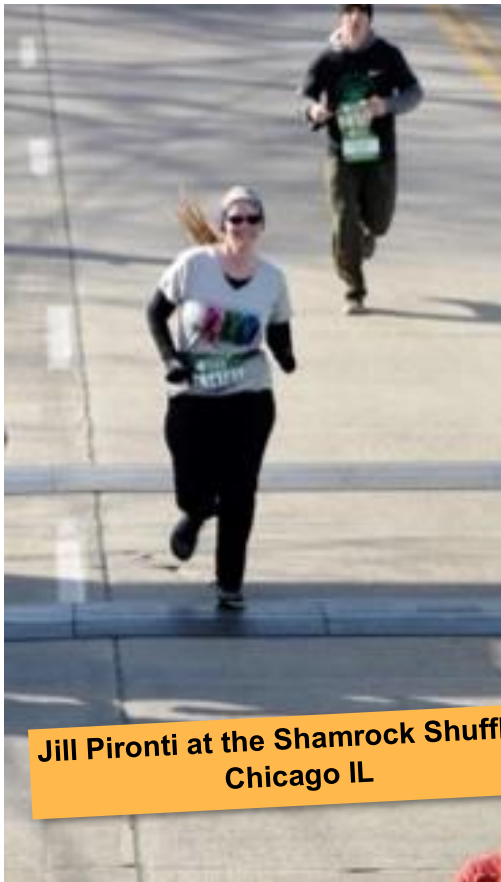


# Travelin' PRAIRIE STATE ROAD RUNNERS!

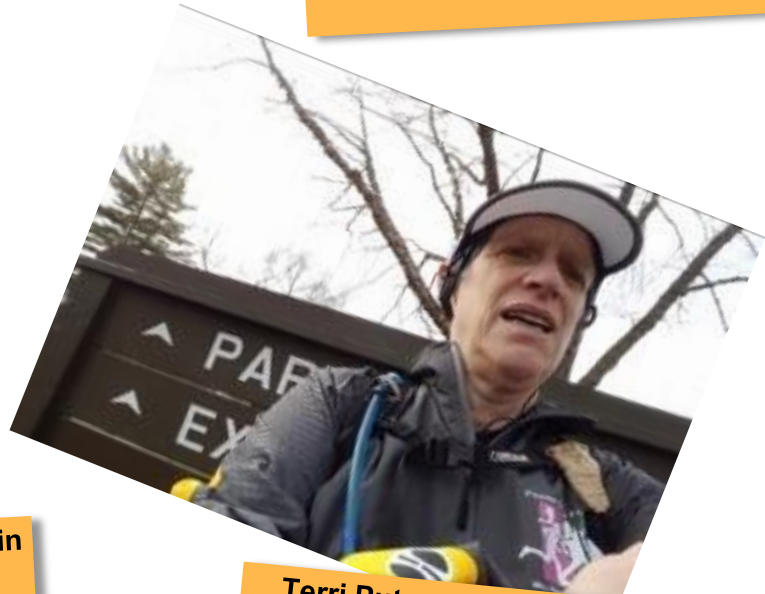
Rudy Pironti selling Girl Scout cookies



April Veerman and Liz Costa at the Daisy Half Marathon and Emma's 5k in Anthem AZ



Jill Pironti at the Shamrock Shuffle in Chicago IL



Terri Putnam on a training run in Kankakee IL

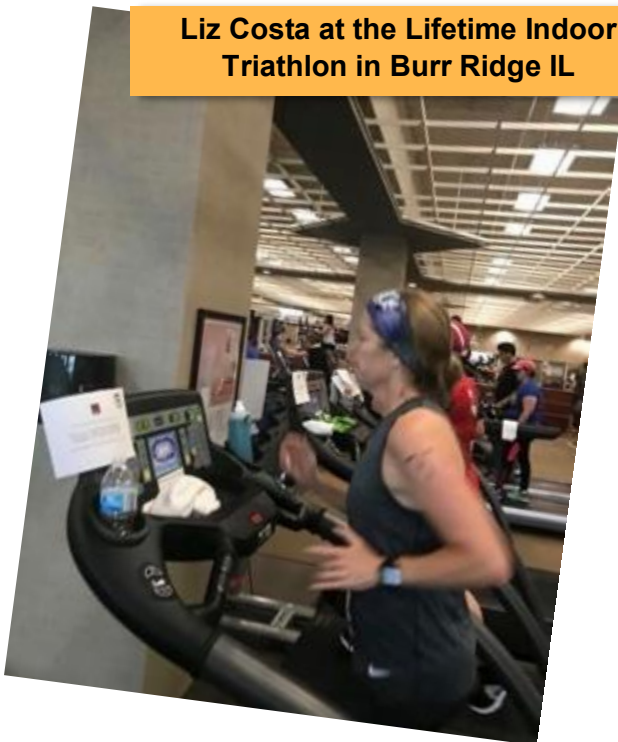
# Travelin' PRAIRIE STATE ROAD RUNNERS!

Javier Martinez in NOLA



Nydia Beard, Mark Bowman, and Mark Walker at the Paleozoic Trail Runs in Willow Springs IL

Liz Costa at the Lifetime Indoor Triathlon in Burr Ridge IL



Javier Martinez at the Carmel Marathon in Carmel IN

Happy  
Birthday



**Celebrating birthdays in May:** Garrett Carlson, Debbie Dye, Ben Forbes, Levi Garcia, Peter Henderson, Carla Hutley, Laura Loica, Alicia McLaughlin, Phillip Newberry, Judith Olson, Tom Podlin, Gwen Ruch, Spencer Ruch, Andy Russell, Sophie Salkas, Bob Thompson, and Amanda Wagner



**Celebrating birthdays in June:** Terry Bergin, Layne Bumgarner, Ella Carlson, Kerri Carlson, Angela Hugel, Joshua Kodura, Stephen Koven, Cathy Morman, Craig Raino, Jerry Raino, Kayla Rice, Cassandra Salkas, Jeff Salkas, Linda Salkas, Charles Schalk, Nathan Schalk, John Sheridan, and John Sikes



## NEW MEMBERS

Welcome

*Jane Kiernan*

*Joyce Kraus*

*Erin Meehan-Browning*

*Kate Meehan*

*Molly Meehan*

# RIVER TO RIVER RELAY

Prairie State Road Runners members participated in the R2R Relay on a variety of teams.





## 2018 CIRCUIT RACES

<u>Date</u>	<u>Circuit Race</u>	<u>2017 Club Participation</u>
Jan 20	F^3 Lake Half Marathon	New to the circuit
Feb 11	Frosty Five Mile	75
Mar 3	Manhattan Irish Fest Parade 5k	70—PSRR RACE
Mar 18	Bolingbrook Half Marathon	New to the circuit
Mar 25	Shamrock Shuffle 8k	New to the circuit
Mar 31	DNA Athletics No Foolin” 5k	31
Apr 22	Morton Arboretum 10k	New to the circuit
May 18	Fierce Fiesta 5k	50
May 26	Soldier Field 10 Miler	New to the circuit
Jun 9	Kendall County Sweetness 8k	27
Jun 16	Minooka Summerfest 5k	44
Jul 3	Liberty 5k	50
Jul 7	Waterfall Glen Xtreme 10 Miler	New to the circuit
Jul 19	Sundowner 5k	64
Aug 19	Dash-N-Splash 4 Miler	New to the circuit
Aug 26	DNA/PSRR Free 5k	50—PSRR RACE
Sep 9	Ashley Can 10k	New to the circuit
Sep 22	Dwight Harvest Days 5k	New to the circuit
Oct 13	Forte 5k	49
Oct 21	JJC Haunted 5k	41
Nov 4	Canal Connection 10k	45
Nov 11	Red Eye 5k	New to the circuit
Nov 22	Poultry & Pie Predictor 4 Miler	65—PSRR RACE

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

# 2018 CIRCUIT AWARD RULES

**A**t the 12/8/17 PSRR board meeting, the directors voted to continue with Circuit Award structure as used in 2017. The Traditional Circuit Award will continue to reward participation (running, volunteering, and participating in operating the club). The Age Group Circuit Award allows those who are really competitive to see how they stack up against those in their age group. The Most Miles Award is given to the person who accumulates the most miles in half marathon or longer races. The three award systems will work as follows:



The age groups are: Under 15, 15-29, 30- 39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-59, and 70 & over. For the purpose of determining age group, age on January 1 will be used and no body will be allowed to compete in two different age groups during the year. For example, a person aged 54 on January 1 who turns 55 in March will remain in the 50-54 age group for the entire year.

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

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

Those members who run 7 or more circuit races will be ranked against other runners on the basis of their age graded race scores, with the scoring done cross-country style. Age grading is done by using the WMA Age Grading Calculator 2015 (<http://www.howardgrubb.co.uk/athletics/wmaroad15.html>). For this grading, age is considered to be the age on race day, and time is input to the nearest second.

At year end, the top 3 ranked runners will be recognized at the annual banquet. The award for being one of the top ranked runners is in addition to the circuit award, and is a much more modest award, such as a plaque. In the event of a tie on the basis of the best 7 scores, additional races (best 8, best 9, etc.) will be compared until a winner is found. If that still does not break the tie, the runner with the most races will be declared the winner.

**Age Group Circuit Award:** Because of the club demographics, there are not enough members in some of the traditional 5 year (or even 10 year) age brackets to provide any meaningful competition. The board has reviewed the demographics (and intends to do so annually) and has agreed to continue using the 20 age groups (10 each for male and female) that were used for 2017 awards.

**Most Miles Award:** Races of half marathon or longer races that are run between January 1 and December 9 and reported to the statistician will be recorded with a running total of miles run in such races. Any PSSR Circuit Race of half marathon or longer will count toward total miles, but will only count once toward the Circuit Award (i.e., it will count as a circuit race, but not as a long run). Finally, ultramarathons, regardless of distance, will only count for a maximum of 50k (31.1 miles) toward the Most Miles Award. The winner with most miles will be recognized with a nominal award, such as a plaque.



# 2018 CIRCUIT RESULTS

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

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

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

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

## CIRCUIT STANDINGS

Runner	Bonus. F^3 Lake Half Marathon	1. Frosty 5 Mile	2. Manhattan Irish Fest 5k	3. Bollingbrook Half Marathon	4. Shamrock Shuffle 8k	5. DNA No Foolin' 5k	6. Morton Arboretum 10k	7. Fierce Fiesta 5k	8. Soldier Field 10 Miller	9. Kendall County Sweetness 8k	10. Minooka Summerfest 5k	11. Liberty 5k	12. Waterfall Glen Xtreme 10 Mile	13. Sundowner 5k	14. Dash & Splash 4 Mile Run	15. DNA/PSRR Free 5k	16. Ashley Can 10k	17. Dwight Harvest Day 5k	18. Forte 5k	19. JJC Haunted 5k	20. Canal Connection 10k	21. Red Eye 5k	22. Poultry & Pie Predictor 4 Mile	23. Your choice half /full/ultra	24. Volunteer Credits	Circuit Score	Circuit Ranking	
Acup, Fawn					10																							
Aguilar, Dan			16		25																							
Anderson, Rick		22																										
Arreola, Sergio					3																							
Auld, Michael		4			4	5																					2	
Bailey, Marne		34	36		39																							
Baltz, Cricket																											2	
Baltz, Tom		31																										
Barry, James R.		28																										
Barry, Laura	8	36	37		58																							
Beard, Nydia	3	12		4	13	8																					C	
Blenck, Shelli																												2
Bodach, Bob			67																									
Bonacci-Klaeser, Ruth			41																									
Bornhofen, Larry		17	9			6	4																					1
Bowman, Mark		6				2																					C	3
Bumgarner, Robyn	6																											1
Calvey, Aidan					41	22																						
Calvey, Colleen					42	26																						
Calvey, Kevin					60																							
Calvey, Palmer					57	38																						
Carlson, Gavin		9																										
Carlson, Kerri		18																										
Carter, Clint		18																										
Costa, Liz		19				11	6																					
Curiel, Kelly		27	34		28																							
Cyplick, Dave																												3
DeGrush, Rich		13																										2
Dye, Debbie					54																						C	
Enriquez, Maria		44	47		33																							
Erickson, Vera	5																											
Figuieras, Kathleen																											C	
Forbes, Sean		39	35			21																						
Forster, Alex		23				4																						
Gabryel, Glenn		58				36	14																					
Garcia, Nick		47	49																									
Gilwa, Alex			28		15																							
Goss, Kasia			62			34																						
Harman, Jim		10	7		6																							
Henderson, Amy		57	71			33																						
Henderson, Katie		42	17																									
Holloway, Lianne			63																									1
Hugel, Angela					8																							
Hutley, Carla		32	39																									1
Iniguez, Ivan			23		29																							
James, Jody		49	51		34	20																						









# Club Member Benefits

**BI-MONTHLY NEWSLETTER** – “The Pacesetter” will be sent to you via your provided e-mail. Each issue includes a letter from the president, upcoming circuit race information, current circuit rankings, and member running accomplishments. You are encouraged to submit personal stories, race reports, and pictures to the newsletter editor, Judith Warren at [judith.ann.warren61@gmail.com](mailto:judith.ann.warren61@gmail.com)

**MERCHANDISE OFFERS** - Rotating offers exclusive to PSRR members from; [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; however, you may connect with other members on our "PSRR Members Only Page" on Facebook to coordinate with others. We meet at the Channahon State Park (25302 West Story Street, Channahon) between 8:00 – 8:30 AM, finishing around 9:45 AM. We head over to Lallo's (25220 EamesSt, Channahon) for breakfast together about 10 AM.

**RACE CIRCUIT** - A paid member qualifies for a circuit award by earning 7 circuit credits. Credits may be earned by completing circuit races, volunteering in specified club activities, and by reporting results from one half marathon, marathon, or longer race anywhere in the world. (Exception; any member age 14 or younger on January 1st will only be required to earn 5 circuit credits). All members who acquire the required circuit points will receive a circuit award. Awards differ yearly but typically consist of club merchandise with an approximate value of \$30. At year end, the top 3 age-graded, overall ranked runners will be recognized at the annual banquet. There are also awards for the top runner in each listed age group; the runner that completes the greatest number of circuit races; the most distance miles reported from half marathons, marathons, and ultramarathons (ultras give up to 31.1 miles credit); and most volunteer credits.

**RACE DISCOUNTS** - for select races

**ANNUAL BANQUET AND CIRCUIT AWARD EVENT** - held in January

## **EMAILS AND REMINDERS ON UPCOMING RACES AND EVENTS**

**"PSRR MEMBERS ONLY PAGE" FACEBOOK GROUP** - request to join this group for timely information on PSRR events and other running related information.

*Please feel free to contact PSRR with any questions or concerns via e-mail at [president@psrr.org](mailto:president@psrr.org)*

## PRAIRIE STATE ROAD RUNNERS Membership Application

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

Price through 12/31/17: **INDIVIDUAL** \_\_\_\_\_ \$15.00    **STUDENT** \_\_\_\_\_ \$10.00    **FAMILY** \_\_\_\_\_ \$20.00  
 Price beginning 1/1/18: **INDIVIDUAL** \_\_\_\_\_ \$18.00    **STUDENT** \_\_\_\_\_ \$12.00    **FAMILY** \_\_\_\_\_ \$25.00

**PRIMARY MEMBER NAME** \_\_\_\_\_ **Gender (M/F)** \_\_\_\_\_ **AGE** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_ **CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**DATE OF BIRTH** \_\_\_\_\_ **PHONE (\_\_\_\_)** \_\_\_\_\_ **E-MAIL** \_\_\_\_\_

**YEAR (OR APPROXIMATE YEAR) YOU JOINED THE PSRR CLUB** \_\_\_\_\_

**Family Membership Data – List All Members**

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

**How did you hear about us?** \_\_\_\_\_

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

**CLUB MEMBERSHIP WAIVER**

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

**SIGNATURE** (Parent of guardian if applicant is under 18) \_\_\_\_\_

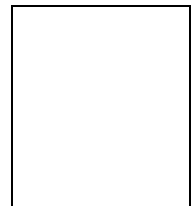
**DATE** \_\_\_\_\_

Visit our website at [www.psrr.org](http://www.psrr.org)  
 Contact us at [president@psrr.org](mailto:president@psrr.org)



May/June 2018  
**PACESETTER**

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



Mail to:

