

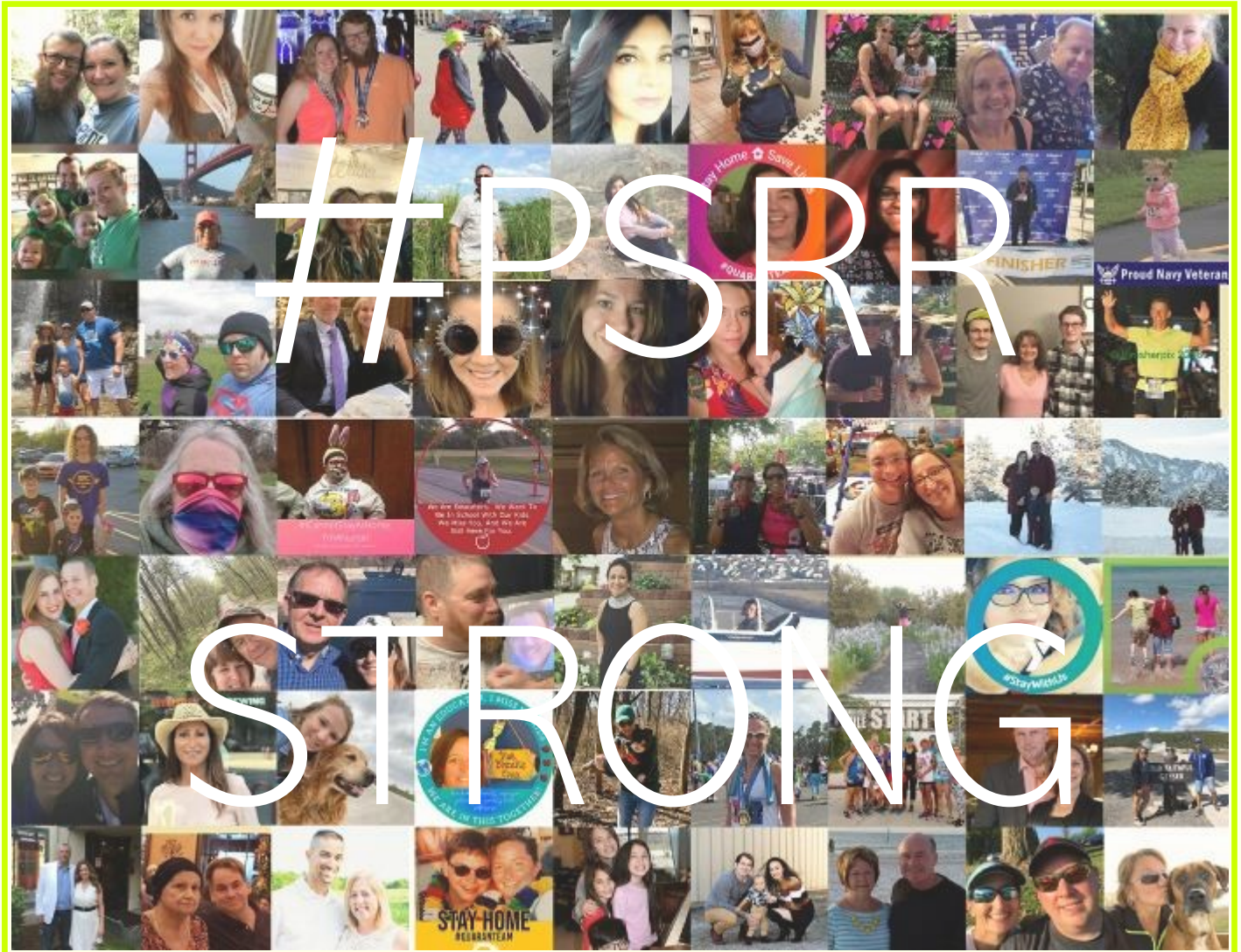
THE PACESETTER

MAY/JUNE 2020 ✨ Volume 45, Issue 3

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

www.psrr.org

With special memories as we celebrate our club's 45th anniversary this year.



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FACEBOOK



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



PRAIRIE STATE ROAD RUNNERS -- The Pacesetter

May/June 2020

www.psrr.org

Volume 45, 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

UPDATES IN RED CURRENT AS OF 4/27/2020

MAY

May 8th - Fierce Fiesta 5k **POSTPONED** - [Race Website](#)

May 23rd - Soldier Field 10 Miler **VIRTUAL** - [Race Website](#)

May 30th - Zero Prostate Cancer 5k **POSTPONED** - [Race Website](#)

JUNE

June 20th - Minooka Summerfest 5k **POSTPONED** - No website yet

June 26 - Summer Solstice 4 Miler **ON HOLD** - [Race Website](#)

[CURRENT CIRCUIT AS OF APRIL 27, 2020](#)



ACKNOWLEDGMENTS

Many thanks to all the members who shared their stories and photos. Without you, there'd be no Pacesetter this month, and without you there will be no PSRR in the future.

For their time and conversation: Lance Bovard, John Davis, Patrick J. Koerner, Tom Lambert

For their memory banks and personal archives: Dave Cyplick, John Davis, Paul Spiezio

For sharing part of the priceless legacy of Greg Rose: Sarah Prado

For proofreading: Caroline Portlock and Diana Gonzalez Sorich

For photos and clip art: <http://clipart-library.com/>, the PSRR Facebook page and members' public FB photos in general along with all cited sources within this publication.

WELCOME, New Members!

**A HEARTY BUT
BELATED WELCOME
IS WISHED TO:**

**THE HEIDRICH
FAMILY
TINA, JEFF, ETHAN,
JULIAN AND SOFIE**

BULLETIN BOARD

The RRCA recommends some basic do's and do not's out on the run (assuming that you will also follow the overarching CDC guidelines):

Don't go out for a run or walk if you are feeling ill or have flu-like symptoms.

Do practice social distancing - ensure appropriate spacing between runners; the current recommendation is at least six to eight feet of separation.

Do respect community regulations if parks, tracks, and multi-use trails have been closed due to over-use during stay-at-home orders.

Do run single-file, not two abreast unless there is ample public space to do so. Don't force others off of a sidewalk or trail by hogging the space.

Do alter your route or time of day you run if you find it too crowded to ensure appropriate social distancing.

Don't spit or "nose rocket" your nose in public - bring along tissues or a small towel or a good old-fashioned hanky if you need to get rid of some snot during your run/walk.

Carry your own fluids and avoid contact with public water fountains.

Do wash your hands or use hand sanitizer after using a port-a-john. As [NPRA](#) reminds people, prepare for limited access to public restrooms or water fountains.

Don't share towels, food, gels, or any other item if you run or walk with family or one close friend.

DON'T FORGET TO
SEND STORIES AND
PICTURES ABOUT
YOUR RUNNING LIFE
TO
LiannesMailbox@comcast.net



Take One!

You inspire me.

You are like a big hug.

I like to hear you laugh.

You are a treasure.

You have a gorgeous smile.

You are beautiful.

You amaze me.

You light up my life.

You look really good today.

You have a beautiful soul.

You are lovely.

kindovermatter.com



APRIL WASN'T FOOLING WHEN IT BROUGHT MORE DISAPPOINTING NEWS FOR RUNNERS:

THE STAY-AT-HOME ORDER CONTINUED AND OUR APRIL 10K CIRCUIT RACE WAS CALLED OFF FOR THE YEAR.



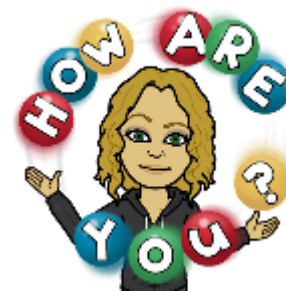
Schedule and location

This event is canceled.

Following federal and state recommendations to help slow the spread of coronavirus, the Champion of Trees 10K Run on April 19 has been canceled. Thank you for understanding that the safety and wellbeing of visitors is our top priority.

BUT, HARDY SOULS THAT WE ARE, THE PRAIRIE STATE ROAD RUNNERS WERE NOT WILLING TO GIVE UP.

WE ASKED OUR MEMBERS HOW THEY WERE COPING WITH CANCELED RACES AND ALL OTHER STRANGE TURNS OF EVENTS IN LIFE.



This was what we heard:



I was doing so well with my training this year leading up to this. I was scheduled for the Bolingbrook Half Marathon that was cancelled in March. This would have been my first half marathon and I was really bummed out that it was cancelled. My best friend's fiancé was supposed to run as well so she set up the COVID-19 Half Marathon for us. She made bibs and even had awards for the "top male and female" runners. It felt really great to run the half as planned, even though it doesn't officially "count." I was happy to know that if it did count, it would have qualified me for Pikes Peak.

Samantha Tezak

Pictures:
(above)
Ernesto Antonio and I once we finished.

(right)
Lauren Raino handing out our awards.





In spite of being confined to the house and immediate neighborhood, I am THRILLED to be out and running 4 or 5 mornings a week. For a long time, I have been doing much of my running alone, so the lack of a running partner has not been a big deal. The lack of races where I can socialize with other runners is far more significant.

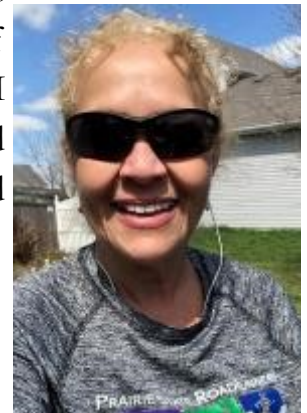
On January 21st, I was surprised with a diagnosis of atrial fibrillation (heart flutter) and an immediate appointment with a cardiologist. For the past year or so I had been getting slower and slower, and had found myself walking a lot during my runs, but I just thought it was because I was getting older. Turns out that blood flow was slow to get to my muscles, so the reason I was walking was not because I was out of breath, but because the oxygen in my blood was not getting to my leg muscles.

On March 3rd, I underwent a procedure to shock my heart back into regular rhythm, and the effect was immediate. My mile pace dropped by 2 minutes, and for the first time in over a year I completed a 3 mile run with no walking. It is a bummer to not be able to go to races and socialize with my running friends, but it is a real joy to actually be able to run (age appropriate slowly) again.

Jay Wait



I was planning to run a 10k in Arkansas on April 10 because I have a goal of racing (any distance) in all 50 states before my 65th birthday in December of 2020. It would have been my 47th state. When the race was changed to virtual instead of live due to the pandemic, I ran it around my neighborhood instead. They will send us the shirt and medal if we tag the race and hashtag H4H2020 on social media, so I did that. I'll take a medal for now, then run the state sometime later this year.



Lianne Holloway



With so many of our go-to and favorite races being cancelled or postponed I know finding motivation can be difficult. I took a short break after finding out my first planned marathon was postponed to a date that does not work for me, however I quickly laced up and hit the pavement as I always do when things get tough. With things constantly changing it has been nice to have something that gives me a sense of normalcy and routine. Over the last 4 years running has become a family affair for Jason, Jalyn and I. Since the pandemic began we have all been running more, even using

running as a gym class activity, watch out under 14 age group, Jaylyn is getting faster. Walks with Batman, our 1.5 year old mystery mutt, have increased and I have finally started to introduce him to running.

I have continued to be amazed at all the wonderful things our run community continues to do and look forward to hearing stories of every ones adventures. I hope everyone is doing well and has been finding time to run. We miss racing, seeing everyone and can't wait until we can all run together again.

Heather Hall



Some of us were supposed to go to Carmel for the April 4 Marathon/Half Marathon and my 50th—new age group! We all know what’s going on in the world—so I still ran—I ran Rockdale and still wore my dress and still had a toast with some of the runners. We’re all resilient type people who make the best of it. Happy that I still had the chance at “post race” drinks and it was a great day! Also—I won the Rockdale race today!



Diana Gonzalez Sorich



PSA from the NRPA

COVID-19: PHYSICAL DISTANCING IN PUBLIC PARKS AND TRAILS

- Do not use parks or trails if you are exhibiting symptoms.
- Share the trail and warn other trail users of your presence and as you pass.
- Be prepared for limited access to public restrooms or water fountains.
- Observe CDC's minimum recommended physical distancing of 6' from other persons at all times.
- Follow CDC's guidance on personal hygiene prior to visiting parks or trails.

NRPA National Recreation and Park Association
Because everyone deserves a great park.

RACE REPORT:

“Do Y.O.U Virtual Ultra Challenge” by Angela DeLeon Freeman



Here we are in the Spring of 2020, and life looks different than anyone could have imagined a few months or just weeks ago. Even in early March, we were hopeful that the races we had trained for all winter might still happen. Unfortunately, with each passing day it became obvious that we would have to change not only race plans but also every aspect of our daily lives. Personally, I found myself struggling with the relative ease and comfort of my own life during this time when so many people around the world are suffering. Of course, I'm struggling with this new normal: missing my family and friends, sad for my kids, scared for *everyone*, bored, tired, and overwhelmed. At the same time, I find myself very aware that my family is beyond blessed.

I think it was this gratitude for my life paired with my feelings of helplessness and magnified by my need to be away from my house and two children for a few hours that ignited a little spark in my brain. It started with me casually mentioning to my husband that I “might” try to run an ultra sometime in April. He’s pretty much realized that when I mention I “might” do anything regarding running, that usually means that I’m definitely going to do it and probably already signed up for something. This time was no different! I had already signed up for the Do Y.O.U Run Virtual Ultra Challenge and was brainstorming ways to make it a fundraiser. I was worried about doing a fundraiser because of the financial impact of the pandemic, but I also felt like many people were looking for small ways to contribute. I asked the advice of some running friends, and since they are all just as crazy as me their advice was “go for it!” So, on Saturday April 4th, I found myself writing this Facebook post:

Friends and family in Channahon and Minooka: I want to run past your house 🏃🏠🏡🏠🏡!
Tomorrow (Sunday) I'm going to run a solo ultramarathon 🧑🏻🏃🏻! Along the way, I'd like to help Ronald McDonald House Charities. There are no words to describe the impact of COVID-19 or the immeasurable need for help across all areas of society. As I've already committed to fundraising for TEAM RMHC this year, I'd like to help this great organization continue to provide housing and meals for the families facing the unbelievable challenge of caring for child with special medical needs. In addition to caring for families in RMHC houses, they are also repurposing many in hospital spaces to provide respite areas for healthcare personnel tirelessly working the frontlines of this pandemic. If you live in Channahon or a Minooka and I can safely run to your house (so basically not past 80 or 55) and you would like to join me in supporting RMHC by donating any amount, even just \$1, comment below or message me your address and I will run/walk/crawl or drag myself to pick up donations along the way! You can leave it in a safe spot on your porch or driveway, hang it from a tree, put it in a water balloon and throw it at me as I run by, whatever! I'm sure I'll regret this by this time tomorrow 😂, but isolation madness currently has me convinced this is a great idea 😂! Let's see how many miles I can run and dollars I can collect if I run around Channahon and Minooka all day!

Well, as soon as I posted, the responses started coming in!!!! Ding! Ding! Ding! Notifications from my phone came one after another. I grabbed a piece of paper and started writing down the names of the different neighborhoods in Channahon and Minooka with addresses underneath as I was getting pledges. Friends and family who live outside of my local area were messaging me and asking for a link to donate online.

Whoa! The response was amazing! Oh crap! Can I run to all these houses? Can I even run an ultra? What was I thinking? I have to do it now! I suddenly realized that I was very unprepared and now had a lot of people cheering for me. Find my hydration pack, find the bladder. Are my favorite socks clean? How can we be out of bananas at a time like this?

More messages are coming in, add them to the list. I was in the kitchen folding baby wipes and putting them in a zip lock bag with a few extra empty Ziploc bags when my five year old son asks, "What are those for mom?" I said, "In case I have to poop in the woods. I don't want to use leaves, and I can't leave trash in the woods, so I need the extra bags." The look on his face was priceless! He paused for a few seconds then said, "please don't do that mom. And please don't tell anyone else about this." (Spoiler alert: I never had to use my emergency stash of baby wipes! Phew!)

I continued laying out my running gear and replying to messages all evening. In addition to the many doubts and questions I already

had, I started wondering if I'd be able to hold it together emotionally enough to run for at least 6 hours. With each encouraging message, promise of a donation, and especially the stories of how RMHC made a difference in so many lives of people I know, my eyes filled with tears and my chest tightened. I got ready for bed knowing that, much like the night before a big race, I probably wouldn't get much sleep. Hopefully, just like in a big race, my adrenaline and the support of the crowd (even though virtual) would provide that extra energy to help me complete the run.

In true race day fashion, I woke up the next morning at 4:30 even though I'd set my alarm for 6:30. I went back and forth trying to fall back asleep for a few more precious minutes of rest and telling myself to just get up and start preparing. I guess I did fall asleep at some point because my husband woke me up at 7:00 asking, "hey, what time are you gonna start that run?"

I jumped up and into race morning mode. First, some black coffee and a peanut butter and jelly sandwich. I went over the list of addresses again and again, making sure the route I was planning made sense and would get me to at least 32 miles without wasting too many in between. I checked the weather app on my phone one last time and confirmed that I'd be blessed with a perfect day for running: partly cloudy with temps in the mid 50's and no chance of rain! I said, "see you guys in a few hours," to my husband and kids and headed out the door.



It didn't take too long for my first bout with overwhelming emotions. I had run less than 3 miles and already collected four donations. Three were from people I'd never even met. I told myself to take slower breaths in and longer breaths out, trying to slow my racing heart and wiping away tears already. I'd chosen an 80's playlist for the first part of my journey, and I was singing along out loud to keep my racing thoughts under control. It would work if there was a really great song on, but with so much to think about it was hard. My thoughts bounced back and forth between what was happening right there on my run to what was happening all over the world.

"Is that a pain in my knee? No, nevermind, it's fine, but wait, my toe might hurt. I wonder what the people in that house are doing? Are they sick? Are they loved? It's warmer than I thought it would be today. Oh, when the sun goes behind a cloud and the wind blows it's cold! What if I fail? What if I get hurt and have to quit? That won't happen. Think of the nurses and doctors working who are

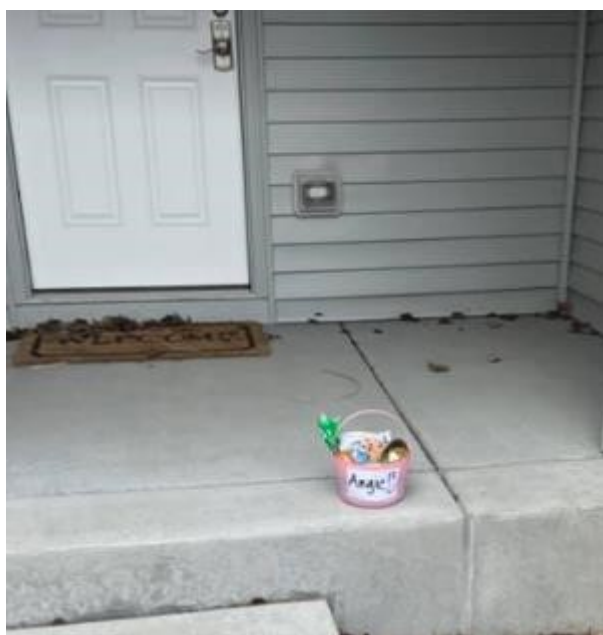
exhausted and still giving their all. Think of Robyn, already fighting cancer and now with the added danger of this virus. She left you a donation, you have to make it to her house! Think of the families who need help from RMHC while your own healthy kids are waiting for you at home. Think of the people who were already struggling with their mental health who are fighting the darkness and the fear. Keep counting your blessings. Stronger with every step. Stronger with every step. Stronger with every step."

Before I knew it, I had already covered eight or nine miles and was running by Mission Bible Church in Minooka on my way to Heather Hall's house. As I turned the corner onto the next street, I saw Heather and Jaylyn standing on their porch and waving to me excitedly! It was such a great boost to say hi to them and chat from afar. They had even taken my challenge and tied the donation envelope hanging from a tree branch! Jaylyn was so cute in her jammies and Heather was dressed for a run; she set out as I was running away and a few minutes later I waved goodbye to her and started heading back towards Channahon.

My next stop was my friend Angie's house. We share more in common than just our names. She is also a nurse, we have daughters the same age, we're both vegan, and she's also an endurance athlete. Over the past few years, she has ridden her bike hundreds of miles in support of the Juvenile Diabetes Research Foundation. After some excited (but distant) waving and chatting, I shoved Angie's

donation into one of my zipper pockets and headed off again while wiping away tears.

After a few more pickups from mailboxes and front porches, I started heading back to my house for my first aid station stop. At my neighbor's house, I saw an Easter basket containing an envelope with my name on it sitting on the porch. It contained some candy, the donation for RMHC, and a vegan protein cookie!



When I made it back home, I had already run 18 miles (more than I had planned on the first leg) but was feeling good! I made another PB&J, ate a few dates, and changed my clothes. Lastly, I sat down to change my socks and that's when I noticed that the second toe on my left foot looked a little...concerning. It was basically one giant purple blood blister. I am not at all an experienced ultrarunner, but I have watched enough ultrarunning documentaries to know that my only choice was to poke it with a

needle, drain it, clean it, put a clean sock on, and hope for the best. So that's what I did

The second part of my journey would cover Channahon. My first stop was to pick up a donation from Jody and Vera. I collected the donation and a bottle of water from their mailbox and moved on, thinking about how much I missed our Saturday morning group runs. Even when we have to stay apart, this amazing community of runners finds ways to stick together.

After a few more neighborhood stops, I found myself at the end of McKinley Woods Rd. At this point, I hadn't decided which way I would go next. I could either run back up McKinley Woods Rd. to Bridge Street and make my way to the other side of the canal running on roads with no shoulder, or head into the forest preserve and take the I&M path. I was torn because I wanted to make sure to follow all social distancing guidelines on this run. County preserves and trails are open, state parks are closed. I had heard that some people had been told to stay off the I&M while others were told they could use the trail. At that point, over 20 miles of road running convinced me to give the trail a try. Fortunately, I never passed anyone else and was able to cruise along past Moose Island, the waterfall bridge, and under Route 6. Before crossing over Tryon Street, I turned left as I came up onto the road and headed towards another donation pickup. After I retrieved the envelope and another very welcome bottle of water from

that mailbox, I was heading back down the street when I saw Eva Rahn driving towards me! It was her house I was leaving. I was so happy to see her! I again thought of happier times when Eva and I had run together. I was thinking, “even if I had to run that miserable long run we ran in the pouring rain together that one time, I’d still rather have that than running alone on this beautiful sunny day.” Hopefully someday soon! Eva told me she had just seen John Warren and he was on the lookout for me. That was another mood boost and motivation to keep moving! Just a short time later, I came scrambling up from the path and onto Canal St. where I saw John. He was, of course, cheery and helpful and encouraging! John and I chatted for a few minutes and he walked with me down the block to my next stop. By this point, I had run about 29 miles. I was so exhausted and hurting, but so energized by the thought that I was so close to finishing. My neighborhood stops were finished, and I only had one more stop to make at The Feed Loft on Route 6. I took a break there to eat that vegan protein cookie, took one last big deep breath, and started running back home.

On Sunday, April 5th 2020, I set out to run a solo ultramarathon and I hoped to maybe collect \$100 or so to give to Ronald McDonald House Charities. I ran for over six hours and covered 33.35 miles. After I showered, stretched, and ate a whole medium pizza, I sat down to open all the crumpled envelopes and look through the online

donations that had come in while I was running. It was truly overwhelming. When the going gets tough, people come together to do amazing things. While I was out doing what I love and challenging myself, my amazing friends and family did a great thing! They raised over \$800 in one day for RMHC! I collected \$413 in cash on my little scavenger hunt and another \$400 in online donations! The amount of love and support I received before, during, and since my run inspires me to keep shining and looking for ways to spread hope and light. I saw something written in sidewalk chalk on a driveway back when the shelter in place order was first announced. It said, “and the world came together as the people stayed apart.” I hope that years from now, when I look back on this scary and devastating time, I can remember that and remind others of it. I know I will never forget this one amazing Spring day in 2020 when I had the privilege to run 33.35 miles on behalf of my friends, family, and Team RMHC.



CLUB MEMBERS CHAT:

With no circuit races and few virtual races to write about for the past month, we invited our members to tell us about themselves instead: the autobiography of their running life, their goals, achievements, obstacles overcome, anything to help us all know each other better.



TERRI (“E-Bunny”) PUTNAM:

I started my running journey back in April 2010. I was doing my first 10k in Champaign and met runners from KRRC and the rest is history. I have run numerous half marathons but my inspirational half-marathons have been to Memphis running on the Team Ashley Strong, named for our biggest and strongest champion Ashley Montgomery, who taught us strength. We lost her almost 3 years this month. Biggest accomplishment was running two Marathons, both Chicago. That's another dream for this year. I am running a little but can't wait till I am in training again. Biggest struggle was after surgery for a torn Achilles tendon, I was forced to sit for 4 months but came back as strong as ever--injuries can be overcome.



Terri Putnam



ELAINE BOTTOMLEY:

My sophomore year of high school my best friend convinced me to join Cross Country. She told me, “It’ll be fun I promise! And we really don’t do THAT much running.” Looking back as an adult I realize that we really didn’t put in a lot of miles, but as a teenager I felt like the running never stopped. One of my favorite High School XC memories was when my coach, Mark Clarke, and I were talking about distance running. Mr. Clarke told me: “Elaine, I know you can run a marathon. You have the hardest part of running figured out: the mental part.”

I continued to run after High School and ran the Illinois half-marathon with my dad every year while I was down in Champaign for college. My dad is a seasoned runner, he has finished many marathons, countless half-marathons and quite frankly is a much better runner than I will ever be. But my dad will always slow down his pace to run with me. After a few years of running half marathons I decided it was time to run a marathon. Somehow, I even convinced my dad to run it at my pace with me. After some deliberation and conversations about having to take training seriously, it was decided: we were going to run the 2013 Chicago Marathon. I remember training all summer and feeling constantly exhausted, but by the end of an 18 week training plan I was ready to go to the start line of the marathon. Marathon day was literally perfect. I had an amazing experience and long run with my Dad. When I crossed the finish line I cried, I couldn’t believe that I had completed a marathon.

(Photo right: 2013 Chicago.)

That evening while having some celebration beers with friends I decided I wanted to run at least one more marathon. My desire to run “at least one more marathon” turned into a goal of running a marathon in all 50 states. As of today, I have completed 14 marathons in 14 different states.





2020 Disney Marathon Weekend: Elaine's 14th marathon and PSRR member Alex Erchinger's first half marathon

I am happy to say that 4 of those were side by side with my favorite running partner, my Dad. I am currently training for marathon number 15: Grandfathers Mountain Marathon (July 11, 2020). Hopefully it doesn't get cancelled, but if it does it means I have a good base built up for my fall marathon training!

At this point I have run too many races to even count, but I can say without a doubt my all-time favorite race is the Poultry Predictor. The Poultry Predictor has become a family tradition. I remember running it as a child and taking home a Cornish Hen!

The Poultry Predictor was my first exposure to PSRR. And after numerous years of running the PSRR runs I am happy to say that I am finally a PSRR member! I was at a Joliet Slammers game last summer and started chatting with Cathy McQuarters, she helped convince me that I should become a member.

As a new member I wanted to say hello and introduce myself and share some fun things about me:

I cross train by cycling or doing yoga

Cubs & Bears Fan

On a quest to find the best hot dog in Joliet

I ran and finished a marathon with a ladybug in my eye

Studied Urban Planning- feel free to talk to me about anything and everything urban planning related!

I love historic preservation and old homes

I am really looking forward to meeting everyone in person. Until then, run safe, stay healthy and have fun!



Elaine Bottomley



BRITNI MARKLAND:

How I started running and became the badass runner I was meant to be

I have always liked the *idea* of running long before I became a runner myself. Going back as far as middle school, I remember my PE teacher, Mrs. Lambert, would challenge every class to complete the dreaded 20 minute run. Students were simply required to run around the soccer field for 20 minutes without walking. Those that couldn't finish had to sit out in the middle of the field and watch the others. I never finished the dreaded 20 minute run, always pushing way too hard and getting winded early on. But I always admired those that did finish. I put runners on something of a pedestal because they made something I found impossible seem so effortless, and let's face it, badass.

Over the years I attempted to pick up the sport many times, but I lacked the discipline to get myself over the initial barrier. I could never run more than a few minutes at a time without tiring out and giving up, a fact that would lead me to quit sooner or later.

That all changed in 2016. My super sporty new husband (JT Markland) decided he wanted to run a half marathon and asked me to train with him. Having never run more than a mile or two at once, I committed to train for the significantly less daunting (though still infinitely challenging) 10k distance. I finished the couch to 5k plan and slowly added miles until I was within striking distance of 10k. On the morning of the Prairie State Half Marathon and 10k, I achieved my goal of running the whole distance without walking! Take that Mrs. Lambert! I then watched JT finish his first half marathon. I felt like I had done what I needed to do and could end on a high note. Not so for JT; he had been bitten by the running bug.

I got pregnant with my first son two months after that race and that was my perfect excuse to hang up my sneakers. JT, on the other hand, signed up for another half, then another, and then a full marathon. I spent my pregnancy watching him grow to love the sport and found myself wanting more and more to be a part of it too. Once I



was cleared for activity postpartum in September 2017, I laced up my shoes the very next day and started couch to 5k one more time. Driven by enthusiastic support from my husband and a new kind of discipline I had never felt before, I completed the plan again. This time, however, I was hooked on running. I ran over 500 miles and several races in 2018, including two more 10ks and a 15k. Every time I conquered a new distance or broke a PR, I reaffirmed my confidence in myself and my body. I finally felt like a badass runner!

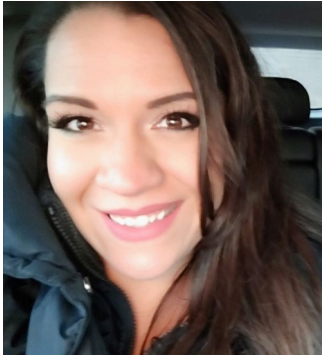
In 2019 I set the goal of completing a half marathon (my unicorn distance), and on St. Patrick's Day I achieved that goal by finishing the Bolingbrook Half Marathon in 2 hours and 16 minutes, a significantly faster pace than my inaugural 10k in 2016. I rode that high through several more races that spring and summer.



In July I found out I was pregnant with our second son. During this pregnancy I was determined to stay active. I had a strong baseline fitness and had my doctor's blessing to keep running as long as I felt good. At 18 weeks pregnant and sporting my trusty belly band, I completed the Naperville Half Marathon in 2 hours and 34 minutes. I was over the moon proud of myself; I consider that my most badass running achievement despite it not being a PR. Not long after, I hung up my shoes for the rest of my pregnancy due to the stress I was putting on my body.

Since then I have been sitting back watching my husband and PSSR teammates run their way through winter and spring, and been patiently waiting for the all clear from my doctor so that I can lace up again. I haven't been on a run for over 6 months, and I beyond excited to get back out there! My plan is to be back up to the 5k distance by June. I want to run another half marathon this fall, and eventually break the two-hour mark. I can't wait to get back to work on my goals! The inner badass runner has been unleashed!!

Britni Markland



SARAH PRADO:

Why I run

I started my running journey in late summer of 2018. I had just lost over 70 pounds and felt ready to exercise, kick things up a notch and challenge myself. Little did I know that my choice to run would open a new world for me and change my life forever. I've met many people and made a ton of friends, but getting into running has also given me a chance to get to know more of my Father in Law, the late Greg Rose, in a way I may not have known before.

Greg Rose was in his prime when his life was cut short on September 6th, 1994. He was out for a run and tragically passed away in a hit and run accident. He was running about 15 miles daily and was a top runner in the area. He was a member of PSRR for years and is in the PSRR Hall Of Fame.

When I started dating his son Tim many years later, I was told he was a runner and had seen a few race photos which inspired me to run. I enjoyed the thought of doing something that could bring me closer in a way to "Papa Rose." When I run and things get tough, I think of him. I like to imagine what guidance he'd give me if he were around today, and what I could learn from him. I have expressed this to both Tim and his mother, Connie. She said she had some running things of his and told me where to find them. What I found surprised me and made me forever grateful to have these items in my possession.

I found boxes and boxes and boxes of binders, all filled with running photos and articles. It turns out that Greg had meticulously documented all of his running ventures, as well as those of some friends of his. Every newspaper article, every flyer, every photo, every bib and medal—they are all there. He had put everything into photo albums and labeled them. Race photos and names, dates, and times. Best of all: his running logs. I get to read his logs, look at his daily runs of when and where he ran, read his commentary on how he was feeling and who he ran with. There are many, many mentions of runs with Gary Moss and Lance Bovard. There are handwritten notes of race training plans, cross-training exercises, and even a few recipes. These logbooks mean so much to me! It is like getting to know someone I never had the chance to meet, and in a way it is like getting his running advice that I long for.

I run for Papa Rose. I run to make him proud and to carry on a runner's legacy in the Rose family and run with PSRR just as he did.

Sarah Prado



ABOVE: "Papa" Greg Rose at a race



ABOVE: a young Tim Rose firing the start horn at the Racing Hearts 5k

BELOW: Sarah and Tim's engagement photo



CLUB MEMBER STORIES:

INTERVIEW with Patrick J. Koerner

PSRR has two Patrick Koerners, the Hall of Famer (Pat Koerner) who was an early member of the club, and “the new one” (Patrick J. Koerner) who joined in 2014.

The Pacesetter sat down with the New Patrick Koerner just after his Male 70-74 age group win at the Manhattan Irish Fest Parade 5k in March.



So let's start with this: You're not related to the famous Hall of Famer at all?

Nope, it might be somewhere down the family tree but he's luckier with me. (laughs) I found out about him after I joined the club and then a year or two later I saw he's in the Hall of Fame. I ran Dwight Harvest Days in 2018 and he was there, so I met him in person then.

When did you first start running?

2014 is pretty much when I started running seriously. I would run the Shorewood Scoot or one or two races a year, but 2014 is when I really got going and that's also the year I joined Prairie State.

What motivated me most was our family history of heart disease. My Dad passed away when I was fifteen at the age of 53, and all of his brothers passed before they reached the age of 55 and there were three or four of them. I had four siblings and they'd all passed away but my next brother who was 4 years old than me. There was just me and him left, and we had always joked in the past about how we know we're going to go from heart disease, but then the development of cholesterol medicines gave us longer to live. Then my brother got prostate cancer and he passed away in February of 2014. My intentions were to run anyhow that year but that was my additional motivation, literally to run for life so I could enjoy much more of my life and grandkids.

Running definitely makes a difference. You feel better and the benefits are real. My nephew Craig already belonged to PSRR and the Inwood Run Club. He's the one who mentioned that there's run clubs out there and if you really want to do this, then this is the way to go.

When my brother was still alive, they had started the Zero Prostate Run and it was originally called Dash for Dads. He ran one of the first ones but as he got sicker every year, we would try to come together as a family to run it. So my kids would come too, and we



would all run together. My grandson last Thanksgiving got first place in a turkey trot, and he just turned 10. He runs for Troy Cross Country where John Davis is the coach.



Are you married?

I have a picture of my wife Mary Ann when we first met in the second grade. We went to St Patrick's school here in Joliet and they used to have plays for their fundraisers, and we were partnered up. She stood next to me while I sang a solo. We have been married for 49 years, and we have four children and 11 grandchildren from ages 15 down to about 2.



[See photo on next page.]



LEFT: Patrick and his wife Mary Ann in 2nd grade when they met

What is your favorite race?

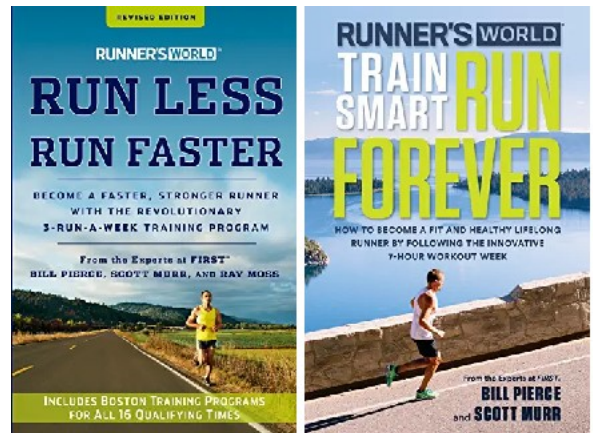
The Canal Connection – and it was the last one ever that I ran for the first time last year – that’s my favorite so far. It was so rich in tradition and a beautiful race.

Did you train in any special way for that race?

In general, I train with a heart-rate based “percentage of aerobic threshold” plan to build a base and then early in the week before the race I’ll do at least one day of speed interval training. I try to work on one long run generally every week too. My typical run is a little over 5 miles. I leave the house and go down River Road to Seil Road and back home. I usually do that 3-4 times a week.

Do you follow a particular trainer or plan in general?

The Furman Institute books *Run Less Run Faster* and *Train Smart Run Forever* are my favorites, and I pick and choose workouts from those. Stretching is incorporated in *Train Smart* which I’m a little bit lacking in right now but is very important.



Is there a race you haven’t done yet which you’d like to do?

I’d kind of like to do the Hot Chocolate just because of the swag and stuff. And it’s always in the back of my mind that “oh it’d be great to do a marathon” but there’s no way at this age. I feel like I’d be injured before I made it to the start line. I did the Naperville Half with my son once and that’s the only time I’ve done that distance.

Is there a race you really hated?

Yes, I’d say that would be the Frosty 5 and it’s kind of a hate/love or love/hate relationship. I hate it because of the weather, the hills and the distance. And I love it because of the challenge of the weather, the hills and the distance. It’s usually one of my worst races of the year as far as time goes.

Do you run in bad weather?

Being 70 years old, if it's raining or below 32, chances are I'll do the treadmill unless there's a race. Then I'll do it.

Do you have a specific goal you'd like to achieve?

Yes, and this has been my specific goal for probably the last 3 seasons, and that's to run a 5k in under 24 minutes. I've gotten to 24:00:02 but for some reason there seems to be a wall there. It is usually by the Forte or the Haunted JJC in October that I get close to it.

I remember the year before I got serious about running, I was at the Shorewood Scoot and I looked at the times in my age group. I saw these guys breaking 30:00 and I thought, "wow if I could only break 30 minutes." Then gradually the more I ran, the closer I got and then surpassed it. I think 24 minutes will be the fastest though.

Do you tend to gain weight in the colder months, or do you stay stable?

I gain, and I am probably about ten pounds up right now from where I ended the season.

What's the next race on your agenda?

The Shamrock Shuffle if they have it, but we'll see.

What do you do besides run?

I'm a retired plumbing inspector for the City of Joliet. Our oldest son races midgets and late model stock cars. His name is Scott. I work the pits on his car, and I spot for him in the spotter's stand.



LEFT: Patrick and his wife Mary Ann

CLUB MEMORIES: The 1990s

with history by Dave Cyplick, and
commentary by John Davis, Tom Lambert, Will Lindgren,
and Lance Bovard plus
material from the archives of the late Greg Rose



According to History.com: “The 1990s is often remembered as a decade of relative peace and prosperity: The Soviet Union fell, ending the decades-long Cold War, and the rise of the Internet ushered in a radical new era of communication, business and entertainment.”

The Silence of the Lambs, The Lion King, Pulp Fiction, The Big Lebowski, Goodfellas, The Matrix, and Toy Story were among the unforgettable movies as Milli Vanilli proved they were quite the forgettable lip syncing duo on the music stage. Grunge, industrial and alternative rock were the most popular in that genre while Mariah Carey and Whitney Houston were the queens of contemporary R&B. *Law & Order, The Late Show with David Letterman, Friends,* and *SpongeBob* were among the shows which debuted on television. Michael Jordan and the Chicago Bulls dominated the sports headlines.

In the world of running, Disney held its first marathon at Walt Disney World and even Oprah Winfrey conquered 26.2 when she completed the Marine Corps Marathon in 4:29:20. As for the Prairie State Roadrunners...read on.



DAVE CYPLICK recalls:

In 1990, the club started the National Heritage Corridor 25K run. This race was initially held as a point to point race from Morris to Channahon. After the first year, the race became an out and back race starting on in Channahon and proceeding along the towpath heading to Morris. The 25k featured handmade Native American Indian items including dream catchers, dance sticks, Coo feathers and deer skin plaques. These awards were well received due to their uniqueness.



During 1990 to 1992, the club had 5 races: the Armed Forces 12K, Illinois Open 8k Cross Country, PSRR 10 miler, NHC 25K and the Pilcher Park Thanksgiving Predictor Race. By the end of 1992, the PSRR 10 miler was dropped so that the club could focus on the 25K as these two races had only been held a few weeks apart. Keith Theisen became PSRR president in 1992 and held this role through 1996.



*Right: Greg Rose's trophy from 1990 PSRR 10M
Courtesy of Sarah Prado*

One of our club highlights in 1993 was Gary Moss running the Chicago Marathon. Gary was the overall Masters champ and 33rd overall in the race in a time of 2:34:15. He was on TV for much of the race as he ran with a small pack of elite women runners, including Linda Somers and female champ Ritva Lemettinen. The masters champion only received \$250 those days. On the women's side, PSRR Cindy Woods finished in 10th place overall.

1993

CHICAGO YEAR-BY-YEAR



OCTOBER 31, 1993

Luiz Antonio Dos Santos, 2:13:14; Ritva Lemettinen, 2:33:18

Snowfall, 34-degree temperatures and 12-degree wind chills greeted the 6,941 runners in the 16th Chicago Marathon on Halloween (the latest race date in Chicago's history). As the snow along the lakeshore pelted runners in the face, some dropped out with hypothermia. With prize money at \$20,000 for the first men's and women's finishers, Luiz Antonio Dos Santos of Brazil and Ritva Lemettinen of Finland trudged through the wintry conditions to claim victory with the fastest winning times since 1990. Dos Santos became the third-straight Brazilian man to win while Lemettinen was briefly disqualified with charges of running behind two male pacers who blocked the wind from her path, a violation of USA Track & Field Rule 66. The decision was later overturned due to unclear wording of Rule 66, and her victory was restored. Ann Walters won the women's wheelchair competition, continuing the streak she started in 1991. This year marked her easiest victory in 1:57:34; she was the only female competitor.



Of the 6,941 marathoners who started at Clark and Washington, nearly 3 percent would be treated for cold or hypothermia as a result of running in snow with a wind-chill factor of 12. Tribune photo by Nanette E. Lewis

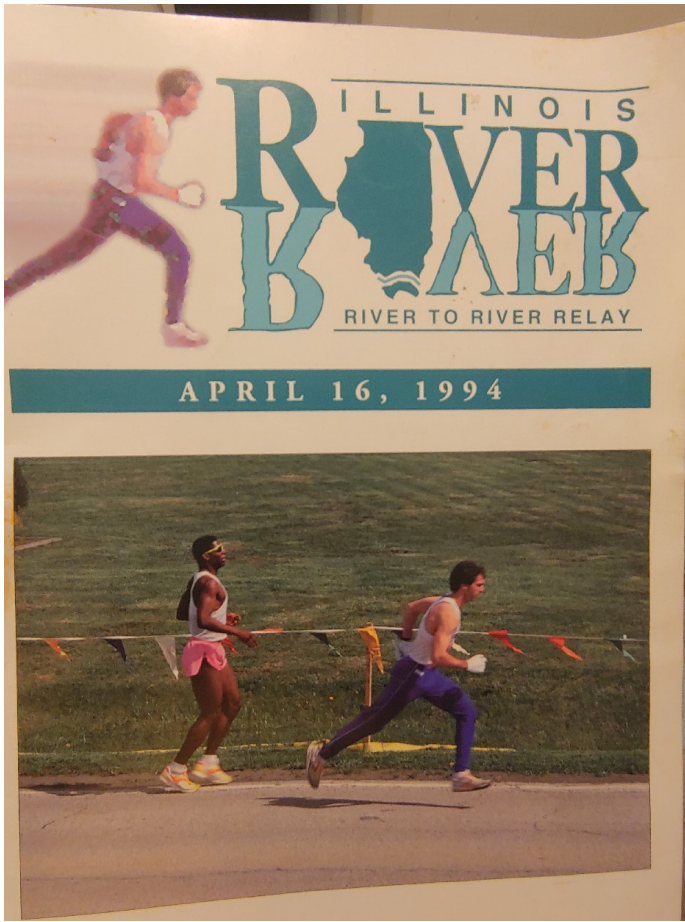
HISTORIC WEATHER

MASTERS CHAMPIONS

HISTORIC WEATHER

Race Date	High Temp. (*F/*C)	Low Temp. (*F/*C)	Avg. Temp. (*F/*C)	Year	Name	Age	Country	Time
Oct. 31, 1993	44/7	25/4	35/2	1993	M: Gary Moss	43	USA (New Lenox, IL)	2:34:37
					F: Nancy Rollins	46	USA (Evanston, IL)	3:12:30

In the early and mid 1990's, PSRR teams had tremendous results at the hilly 80 mile River to River relay in Southern Illinois. Two of our teams continue to hold course records in the event, the Masters of the Shawnee Forest (masters division) in a time of 7:20:45 in 1994 and the Coed Masters of the Shawnee Forest in a time of 8:01:38 (mixed masters division)



16 April, 1994

Open Division

- 6:51:04 ~ Arenberg Racing Team, from Wheaton, Ill.
- 7:02:59 ~ They Might Be Fast, from Springfield, Ill.
- 7:14:58 ~ C-U Later, from Champaign, Ill.
- 7:21:51 ~ Kansas City Northland Runners, from Kansas City, Mo.
- 7:54:54 ~ Hurrin' Hoosiers, from Indianapolis, Ind.
- 8:06:51 ~ Team Centralia, from Saint Louis, Mo.

Women's Division

- 8:52:42 ~ Chicago Gazelles, from Chicago, Ill.
- 9:57:57 ~ W.H.A.T. Racing Team? #2, from Indianapolis, Ind.
- 10:03:32 ~ 8 for 80 Jog Dogs, from Cape Girardeau, Mo.

Mixed Division

- 8:00:03 ~ Prairie State Road Runners, from Joliet, Ill.
- 8:02:54 ~ University of Chicago Track Club, from Chicago, Ill.
- 8:09:09 ~ Road Warriors, from Southern Illinois
- 8:11:18 ~ Mr. K's Mud Sweat & Tears, from Sterling, Ill.
- 8:19:21 ~ Movin' Shoes, from Madison, Wisc.
- 8:40:01 ~ Last Chance, from Wheeling, Ill.

Masters Division

- 7:20:45 * ~ Masters of Shawnee Forest, Volume IV, from New Lenox, Ill.

In 1994, the last Armed Forces Race was held. Not too long after that, the New Lenox VFW, the Armed Forces staging area, suffered an extensive fire. As traffic was picking up along Francis Road, it probably would have been

difficult to have the Armed Forces race much longer at the same New Lenox course.

The inaugural New Lenox Sundowner race was held in 1994 on a course south of Lincoln Highway and west of Cedar Road. This evening race became very popular and the club basically outgrew the race location. Ultimately, the race was taken over by the Joliet Park District and moved to Pilcher Park and The Park District Greenhouse area where it continues to this day.

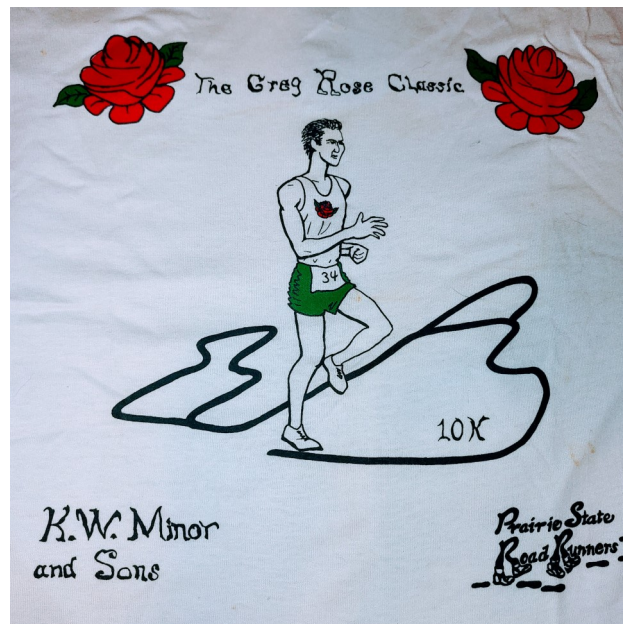


In 1995, the Armed Forces Classic became the Rose Classic 10k in honor of club member Greg Rose who was tragically killed by a drunk driver on the Briggs Street bridge over Interstate 80. Greg was a superb runner who was only 34 years old when he died. In 1995, the last Illinois Open Cross Country race was held and in 1996, the last Rose Classic.

Our oldest continuous club race, the Thanksgiving Poultry and Pie Predictor originally was a five mile race but was later changed to 4 miles. In the late 1980's, we added a one-mile race for kids which was directed by Bob Maszak for many years. Recently, we have also added a Toddler Gobbler race for the little kids.

The race shifted staging facilities from the Pilcher Park Nature Center in recent years to the Barber and Oberwortmann banquet facility next to the Joliet Park District Greenhouse though the actual course has remained largely the same.

Jeff Lindstrom was PSRR president in 1997 and 1998 and Mary Jones in 1999 and 2000. In addition to being club president, Mary edited the PSRR newsletter and directed the NHC 25K.



At The Finish Line

National Heritage Corridor
25K Sept. 19, 1993
429 finishers



John Collet, 10A	1:23:07	George Stapleton	2:08:25
Gary Moss 30A	1:26:38	James Cook	2:08:49
Pat Koerner	1:34:13	Steve Brinker	2:14:56
Mark Bowman 3AG	1:35:28	Laura Bowers	2:15:11
Marlin Howe 4AG	1:35:42	Keith Senior	2:15:25
Dennis Petrushkevich	1:39:24	Bob Thompson	2:18:23
Charles Kerley 1AG	1:40:14	Bruce Lane	2:19:34
Jurgen Daartz 1AG	1:42:52	Bill Kowalisyn	2:22:39
Dan Gould	1:44:35	Larry Rinkenberger	2:24:23
Bob Cerney 2AG	1:45:17	Bill Rex	2:32:00
Paul Tamayo	1:59:04	Sheldon Nicol	2:44:21
Jeff Lonergan	2:02:37	Robert Briney	2:44:47
Carol Reeb 1AG	2:02:41		



Additional Photo Credits for this article:

Chicago Tribune; Bank of America Chicago Marathon website;

River to River website; Wikipedia; PSRR archives of John Davis, Greg Rose's family, and Paul Spiezio



WILL LINDGREN, *Blogger at RunGuruSays.com* — Executive Director, Nebraska Run Guru Elite, Inc — Executive Director, Valley 7 Lakes Marathon

I was a hot shot when arriving in Joliet in 1990. Thirty three years old and a solid local runner, no better. I expected the transition from Houston's vast depth of talent to kind of Hicksville to work in my favor. Not so. My 16:30s I'd relied on in Texas put me out of the top hardware in Illinois. Consistently. A trio of fellas particularly delighted in running me ragged. Brash talking Lance Bovard, his best friend churchmouse Greg Rose, and masters runner Gary Moss from New Lenox. I was O-fer against them. All three are now in the Prairie State Road Runners Hall of Fame.

Some of my best distance training came on Sundays with Lance and Greg on the I & M Canal, a scenic and peaceful hand dug tow path that is designated as a National Heritage Corridor. I used to think I wanted my ashes scattered there and maybe I still do. They'd hammer me, and in my life have rarely felt so strong as those days.

In 1993 I was invited to be on the Prairie State Road Runners River to River Relay team. They gave me the team baton, something I still treasure today.

I only lived in the area for a couple of years but will always remember how competitive the scene was back then.



Will Lindgren

Registration Form from 1993 PSRR newsletter:

RIVER-TO-RIVER RELAY RACE APRIL 16, 1994 Marion, Illinois

YES! I am interested in being on an eight-person relay team.

Name: _____

Address: _____

Phone: _____ Age: _____

I would like to participate on a (check one, please)
 competitive team _____ fun team _____

Please mail this to Keith Theisen, 450 Old Hickory Road, New Lenox, IL 60451. If you would like to be part of this great running event, we need to know NOW so we can obtain applications. This event is limited to 200 teams! Any questions, call Keith, 815-485-2477..



JOHN DAVIS, PSRR HALL OF FAME member and former Pacesetter editor, named 2020 Distinguished Middle School Coach of the Year by the Illinois Track and Cross Country Coaches Association:

I grew up in southwest Wisconsin on a dairy farm and started running by chasing cows in the pasture to bring in for milking. We didn't have a junior high, but I did go out for cross country in high school. I was "a decent sized fish in a small pond" with a mile time around 5 minutes, often running on a grass track because it was all we had. Once we ran on rock and it was 5 laps to get a mile. I got beat because I thought I was done and stopped before the finish line. But I had fun and met good people. I tried running one year in college but realized it was taking too much time from my studies and I wasn't really going anywhere in terms of team running.

But I liked running and kept doing it. I ran a 2:38 marathon in Green Bay once and actually won it in 1985. Another guy who was faster than me ended up with a bunch of blisters. I mean his socks were bloody, and as I passed him, I asked what was wrong and he said he was injured. When they interviewed me on TV, I said, "well I only won because nobody faster showed up." Then I realized that's how anybody wins a marathon.

For a while, I was coaching cross country and teaching in Wisconsin. Then I went to Illinois and taught in Mt. Greenwood near Chicago. Some of the schools had no track so they ran in the park and had meets in the Dan Ryan woods. It was tough for a lot of the kids. They had no money for shoes, and some kids couldn't run in certain places because the parks were gang areas. They were good kids, but the neighborhoods were not. We once went to a meet and had to leave because gunshots rang out as we were getting off the bus. I left Chicago to work at the University of Illinois and started coaching at Troy because our sons were very interested and enjoyed running. Troy needed a coach and I got started there 28 years ago.

Best memories of PSRR include The Earl's Run in Joliet. There was a place where the BP station is at now Jefferson near the hospital by Al's steak house. It was called Earl's, and it was a casual dining restaurant kind of like Merichka's. He'd put on a run through the neighborhood and they'd have beer and beef sandwiches at the end. The St. Joe's Hospital

“Run for Your Heart” 10k was nice. They’d have people give talks about your health and then have the race.

The major runners in the early days were Gary Moss, a smart guy and very competitive, who actually used to sign his name as “C. Howie Runs”. Greg Rose was maybe the best of the group but never got a chance to show it, and Lance Bovard was great too. So many have gotten older or moved away and stopped running. I went to the banquet this year and barely knew anyone.

I used to go to 15-20 races a year but then it got to be more time consuming getting there an hour ahead to warm up and waiting an hour after the race for awards to be given out. Besides teaching and coaching runners, I referee basketball and soccer, and work part-time at a tax business. I just retired from U of I. I still run but mostly around the neighborhood, because it is quicker to start and stop and get back home. I still do the Poultry Predictor and the Liberty 5k. I find I’m missing the camaraderie of the club and the adrenaline of a race; when you get done, you’re not unhappy with anyone else, no matter how you finished. I had a hip replacement last December and was able to run eight weeks after the surgery. I run about 20-25 minutes every day in the morning now. I need to look at the Garmin, but I think I’m around maybe a 9:00 mile pace.

John Davis



***TOM LAMBERT, PSRR HALL OF FAME member and
Prairie State Road Runner for over 28 years***

Our lives, as walkers and runners, are at best, inconsequential. Moreover, we are a product of those who have reached out and touched our heart-of-hearts. Metaphorically, in life as in running, it is the sum of our experiences that molds our character; highs (up-hills), lows (down-hills) and in-betweens (flats). In fact, like running, it is those up-hill, troublesome times that strengthens us the most.

Calling to mind the 1994 movie, *Forrest Gump*, it was during times of adversity where Forrest (Tom Hanks) found his way. After all, “life is like a box of chocolates, you never know what you’re gonna get.” It was, his beloved “Jenny” (Robin Wright) who gave Forrest his famous pair of Nike running shoes. After Jenny had suddenly left his life, Forrest began his running quest and found strength.



Running was the outlet to ease his pain and connect with others. Isn't this how the Prairie State Road Runners has proven to be so much more than a running club? By grace, this is the running story written on my heart by a myriad of kind loving people in the running community. If I were to list all the people and situations when my life was touched by “running friends” - it could take an eternity. Here's a short list, with a sincere apology if anyone has been left out:

Jeff Lindstrom - a fellow member of our high school wrestling team who, as a cross country runner, included and encouraged us, “non-runners” to run for conditioning and fun.

Pat Koerner - a 16-minute 5kM runner who welcomed this slow-poke runner to do cool-down runs after racing...little did I know we'd be re-doing the entire course.

Dave Cyplick - a runner friend to any and every one, who encouraged this beginner to join the club.

Greg Rose - a running phenom, who after finishing a race (usually in the top three), would run the course in reverse, cheering on the remaining runners.

John Davis - a running hero for all ages. Coaching and sharing running tips and fun-filled stories.

Clint Carter - a steady runner and true lifelong friend.

Lance Bovard - another running champion who had enough energy and enthusiasm to last a lifetime.

Mary Jones - an energizer bunny noted for her ability to cheer on every runner to the finish.

Becky Criscione - world class runner and person.

Doug Cherry - running coach and humble champion of the sport.

Charlie Grotevant - a superb runner who ran against all odds. I remember Boston 2003, when Charlie “slowed down” near the finish line - just so he could finish together with this “hurting” runner.

Sue Mores - "Mile Marker Memory" (I&M Mile 47) Marsha and I first met Sue near the 47-mile-marker on the I&M Towpath. To this day, each time we pass that point, I call to mind Sue's sweet smile and wonderful friendship.

John Warren - one of the most thoughtful runners - leaves a cooler full of water and refreshments along the I&M Towpath with a "sign" welcoming anyone to enjoy a drink.



We found this little fella during our run on Easter Sunday morning, as she (or he - kinda hard to tell with turtles) was meandering up the McKinley Woods Hill. Somehow, in her new life, she had lost her way - as we all do. She once was lost, but now was found. We all need saving, sometimes. As we began to release her into the I&M Canal waters, our friend Jimmy Johnson, a walker and photographer, came along to snap these picture-perfect moments.

Please be encouraged to reflect on the people who have influenced your life and the running community. My prayer is that the Prairie State Road Runners club continues to be a source of strength and encouragement to others.

In closing, a quote from the movie, "It's a Wonderful Life" by George Bailey:

"This town needs this measly one-horse institution if only to have some place where people can come without crawling to Potter." PSRR has truly transformed my life. I joined in the early 1990's after the most devastating event in my life. I found hope. Thank God for the Prairie State Road Runners. I found some safe place to come.

Thank you, PSRR's! My gratitude RUNS deep.

Tom Lambert



Additional Photo Credit: Paramount Pictures
"Forrest Gump"

LANCE BOVARD, PSRR HALL OF FAME member discussing via telephone the local running scene of the 1990s vs. today:

It was an entirely different thing; back then we just raced and now it's more of a camaraderie thing, a social get together for a lot of the people. It was very competitive back in the day but that doesn't mean we weren't all friends. We respected each other and we even worked out together. Greg Rose and I were best friends. Greg was a very quiet guy and very unassuming, but you didn't let that detract from the fact that when the gun went off it was "Katie bar the door". He was as tough as nails. The reason why we ran was to be competitive. We used to run sub 16 minute 5ks and sub 33 minute 10ks and now the majority of runners don't do that. I'm not saying one is better than the other; it's just different.

Gary Moss and I went head to head, but he was a tremendous guy. There wouldn't have been a PSRR without Gary. He was a real moving force. We were big competitors but there was always a place for somebody that wasn't a serious racer. There was a larger part of people who were serious about their times and training and racing back then though than I think there is now. I can remember being on the track on July 4 in 90 degrees doing laps. There wasn't a week I didn't do between 60-80 miles, and if I was training for a marathon it was over 100. It was all consuming. I would have to say that most of us were a little compulsive.

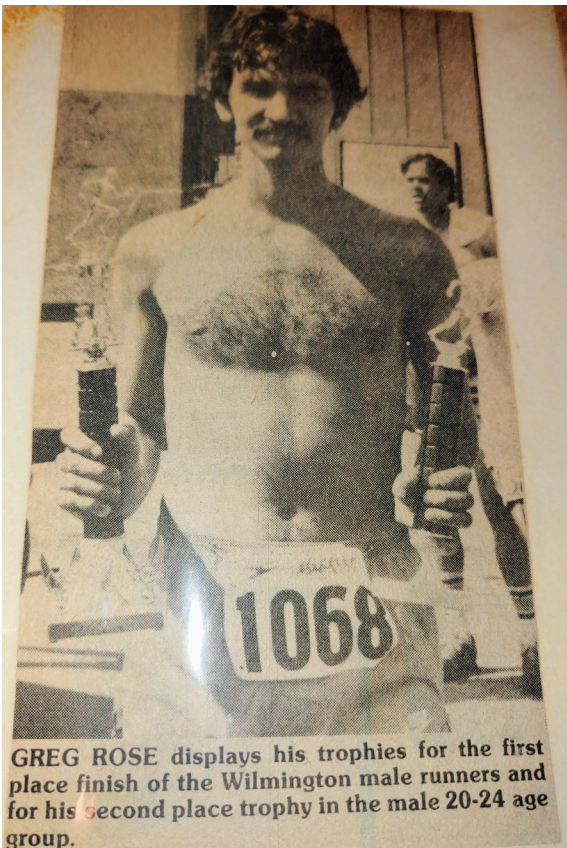
Lance Bovard



**River to River Relay
Hall of Fame**

Nominees to River to River Relay Hall of Fame

Judy Ayala	Judy and the Gang
Bruce Arrow	Skeeziks and the Pipsawahs
Joe Bannon, Jr	Bannon's Mountain
Chuck Barnett	Indiana Brew Crew
Lance Bovard	Prairie State Road Runners



GREG ROSE displays his trophies for the first place finish of the Wilmington male runners and for his second place trophy in the male 20-24 age group.



Some 1,500 runners take off at the start of Gordie's Run Sunday. (Photos for the Herald-News by Dennis Trowbridge.)

Moss bests 1,500 in Gordie's Run

Gary Moss was the overall winner and Kim Palacios was the women's winner Sunday in the 10-kilometer Gordie's Run.

A total of 1,500 runners participated in the fund-raising and 6.2-mile competition. Moss' time of 31:14 was just ahead of second-place finisher Joe Jenkins' 31:35.

Third in the men's division was Pat Davis (31:58) while John Kenton (32:06) and Greg [unclear] (32:09) were fourth.

Palacios posted a time of 42:40 and was ahead of Lynne Van Himbergen (42:40), Jackie Chandler

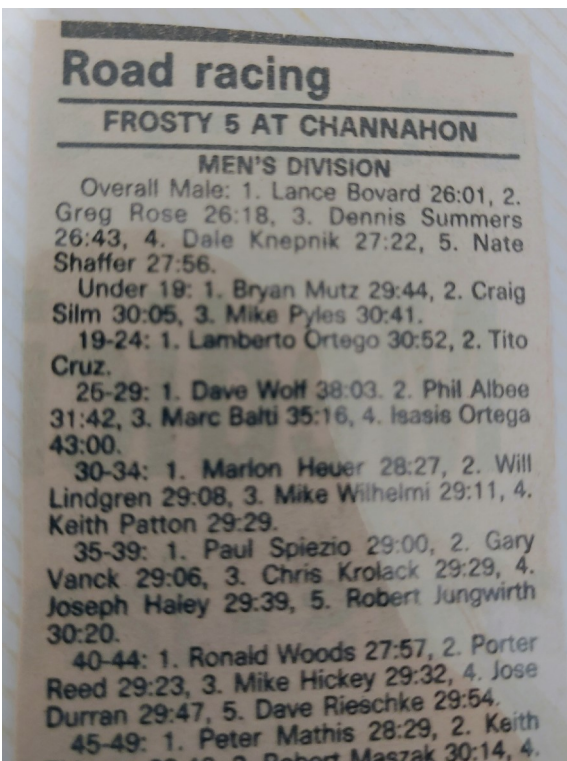
(43:55), Jackie McTee (44:03) and Janet Maciukenas (44:19).

Male division winners were Jim Maciukenas (13-under), Tom Welch (14-18), Dan Swinski (1-24), Jim Hill (25-29), Bob Bertani (3-34), Pete Mathis (35-39), Jim Campbell (40-44), Ed Hernandez (45-49), and Glenn Brown (50-over).

Female division winners were Linda Ryan (13-under), Patty Hotz (14-18), Marilyn Pagnusat (1-24), Judy Mueller (25-29), Mary Beth Flagg (30-34), Barb Cesal (35-39), and Marion Kowalski (40-over).

Gary Moss crossed the finish line first

Anyone who recalls “the early days” of PSRR always mentions the three fastest runners of their time — Lance Bovard, Gary Moss and Greg Rose — who were both friends and competitors and whose dedication to the club as well as the sport remain an inspiration even 45 years later.



Road racing

FROSTY 5 AT CHANNAHON

MEN'S DIVISION

Overall Male: 1. Lance Bovard 26:01, 2. Greg Rose 26:18, 3. Dennis Summers 26:43, 4. Dale Kneplik 27:22, 5. Nate Shaffer 27:56.

Under 19: 1. Bryan Mutz 29:44, 2. Craig Silm 30:05, 3. Mike Pyles 30:41.

19-24: 1. Lamberto Ortega 30:52, 2. Tito Cruz.

25-29: 1. Dave Wolf 38:03, 2. Phil Albee 31:42, 3. Marc Balti 35:16, 4. Isasis Ortega 43:00.

30-34: 1. Marlon Heuer 28:27, 2. Will Lindgren 29:08, 3. Mike Wilhelmi 29:11, 4. Keith Patton 29:29.

35-39: 1. Paul Spiezio 29:00, 2. Gary Vanck 29:06, 3. Chris Krolack 29:29, 4. Joseph Hailey 29:39, 5. Robert Jungwirth 30:20.

40-44: 1. Ronald Woods 27:57, 2. Porter Reed 29:23, 3. Mike Hickey 29:32, 4. Jose Durran 29:47, 5. Dave Rieschke 29:54.

45-49: 1. Peter Mathis 28:29, 2. Keith [unclear] 29:46, 3. Robert Maszak 30:14, 4. [unclear]

BELOW: Greg Rose, Lance Bovard, Cindy Woods, Gary Moss, Mary Moss



April 21, 1990 RIVER TO RIVER Mixed Blessing team



- HOME
- MEMBERS
- TEAMS
- COURSE
- PHOTOS
- VOLUNTEER
- RESULTS
- LINKS
- CONTACT US

21 April, 1990

Open Division

- 7:16:21 ~ Elite Non-Repeat Repeats, from Southern Illinois
- 7:32:57 ~ Second Wind, from Champaign-Urbana, Ill.
- 7:33:40 ~ Sterling Runners, from Sterling, Ill.
- 7:38:24 ~ Team Centralia, from Centralia, Ill.
- 7:43:30 ~ Gateway Athletics Hares, from Saint Louis, Mo.
- 7:54:31 ~ Brinkers Okers #1, from Belleville, Ill.
- 7:57:09 ~ Road Hogs, from Ames, Iowa

Women's Division

- 8:59:02 ~ TCBY Fit to be Tris, from Saint Louis, Mo.
- 9:00:00 ~ Second Wind (Women), from Champaign-Urbana, Ill.
- 9:24:01 ~ Adrienne's Revenge, from Saint Louis, Mo.

Mixed Division

- 7:59:43 ~ Prairie State Mixed Blessing, from New Lenox, Ill.
- 8:52:23 ~ USAthletics - Mixed, from Saint Louis, Mo.
- 9:05:02 ~ The Big Gulps, from Saint Louis, Mo.
- 9:06:04 ~ Zephyrs, from Saint Charles, Mo.
- 9:07:36 ~ Blade Runners, from Saint Louis, Mo.

River to River
The Prairie State Road Runners successfully defended its title in the Mixed Division of the River to River Relay race April 20, and set a course record in doing it.

The "Mixed Blessing" — comprised of Greg Rose, Mary Moss, Lance Bovard, Ron Koscielski, Cynthia Woods, Gary Moss, Connie Hesslau and Terry McGinn — covered the 80-mile distance in 7:59:43, beating the closest competitors by more than 52 minutes.

There were 24 stages, with each runner running three times. The Mixed Blessing placed 11th overall.

CLUB MEMORIES: from John Davis's archives

November 1993 PSRR Newsletter excerpts



OFFICERS

President: Keith Theisen 815-485-2477
Secretary: Lynn Runty 815-485-7284
Treasurer: Jack Picciolo 815-838-3418
Membership: Lori Keenan 815-723-9529
Sponsors: Gary Koss 815-485-6677

MEETINGS

The regular meetings, open to all, are the second Monday of each month at the New Lenox VFW (Rte 30 and Vine St), beginning at 7:30 pm. The board meetings are the fourth Tuesday, also at the VFW, at 7:30 p.m.

DUES

Individual memberships are \$15. Family, \$20
Payable to PSRR, PO Box 764, New Lenox, IL 60451

NEWSLETTER

The Pacesetter is published monthly for all paid members. Send your ideas, articles, race times, and calendar items to Don Lafferty, 349 W. Francis Road, New Lenox, IL 60451, 815-485-4618.



Nov 1993

The 1994 Circuit

A tentative circuit has been drawn up and we are asking your opinions on it. Come to the next general meeting, Monday, Nov. 8, at the VFW Hall at 7:30 pm and let us know what you think. You'll find a copy of it elsewhere in this newsletter. If by some postal error you receive your newsletter after the meeting, feel free to call Keith and let him know if there's something else you would like to see in the circuit.

Christmas Meeting

In December, we'll have our Christmas meeting on Dec. 13 at Aurelio's Pizza on West Jefferson in Joliet at 7:30 pm. The club will buy pizzas but drinks will be on your own. But don't forget to call Keith, 485-2477, so he'll know about how many will be coming.

Jacket For Sale

Kathy Penn is selling a Prairie State Road Runner jacket, a men's medium. If interested, call her during the day at 740-6647.

Happy Birthday

This month's birthday greetings are extended to: Jim Barry, Nancy Blackburn, Laurin Blasier, Mark Bowman, Herb Gramse, Ken Hansson, Jim Leslie, John Moss, Will Lindgren, Dorothy Nonnie, Tom Nowak, Carol Pratt, Lynn Runty, Herman Smallwood, David Summers, Paul Tamayo, KEITH THEISEN, Gary Westerfer and John Wright.

The Prez Sez

Hey! I'm back! Yes! We held our election last month and, since no one else stepped forward, you can guess what the results were. We did fill one office that has been vacant for the last two years. Gary Moss volunteered for the vice president's job and was immediately accepted. I can understand why many of you shy away from the job. It is tough at times and you sometimes wonder if you're ever going to reach the end of the rainbow. But the people you meet and the sense of accomplishment is really great. Whether it's a big race like our National Heritage Corridor 25K or a fun run in the park with dogs and chips afterwards - whether there's five hundred people or just five, you work just as hard because your goal is always the same--to be a Prairie State Road Runner, a representative of each and every one of you and, in my estimation one of the better clubs in this state. You say, Whoa Boy! Who wants that kind of responsibility. Well, with responsibility comes mistakes. If I had a penny for each mistake, well, I don't think any state lottery has gotten that high yet. Hey! I said we're good, not perfect! The point is that you can join in with the other new members of our running council and make this another great year.

We have a lot of new ideas kicking around and, to get them out of the idea stage to the reality stage, we're going to need your help more than ever.

One of our members, Joe Jenkins, is going to try to bring back the Old Rockdale Ramble. I know that there are quite a few of you who would like to see this happen. Well, the time is now! Call us now and we'll put you in touch with Joe. Don't leave everything on Joe's shoulders.

Talk about planning. We said at the last board meeting that there would be a pizza party at the general meeting, but I didn't have a chance to get in touch with any of the pizzerias. So we'll try to schedule it for our Dec. 13 general meeting. Look for details in next month's Pacesetter.

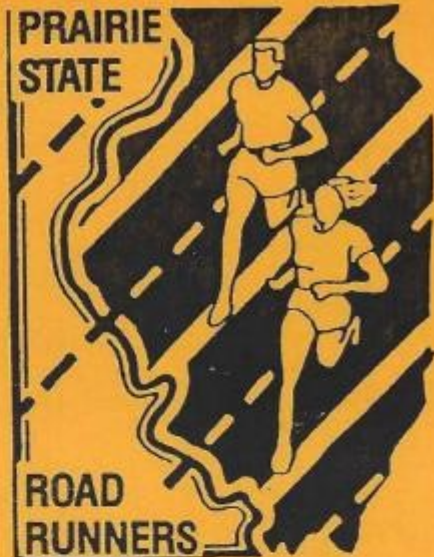
This month we'll talk about our Turkey Predictor and next year's calendar of events.

Hey! While you're out there doing that long one - think about us and have a good one!!

Keith Theisen



PRAIRIE STATE ROAD RUNNERS 1994 CENTURY CIRCUIT (tentative)



2/13	****	Channahon Frosty 5 Miler	** * CHANNAHON		
3/19	*****	MALS Shamrock Run 10K	***** MORRIS		
5/01	*****	Earl's 5K	***** JOLIET		
5/15	*****	ARMED FORCES CLASSIC 12K	*** NEW LENOX		
6/05	***	St. Joe's Racing Hearts 10K	***** JOLIET		
6/18	*****	Lockport Canal Days 8K	***** LOCKPORT	5K	4
6/19	*****	Manteno 5K	***** MANTENO	4M	1
7/09	*****	Kankakee YMCA 5K	***** KANKAKEE	8K	2
7/	*****	CREST HILL 4 Miler	***** CREST HILL	5M	2
7/28	****	SUNDOWNER 5K EVENING RUN	**** NEW LENOX	10K	6
8/	*****	Rockdale 10K	***** ROCKDALE	12K	1
8/21	***	ILLINOIS OPEN 8K CROSS COUNTRY	** KANKAKEE	10M	1
8/27	*****	Minooka Summerfest 5M	***** MINOOKA	25K	1
9/11	*****	Stateville 10K & 5K	***** CREST HILL		
9/18	*	NATIONAL HERITAGE CORRIDOR 25K	* CHANNAHON		
10/02	*****	Kankakee Governor's 10K	***** KANKAKEE		
11/06	*****	Canal Connection 10K	***** UTICA		
12/04	*****	Ottawa 10 Miler	***** OTTAWA		

DISTANCES No.



P.O. BOX 764
NEW LENOX, IL 60451

Attend the Nov. 15th Meeting and voice your opinion on the circuit

Calendar

NOVEMBER

- 6---Turkey Trot Palos Park Village Hall. 1 mile race at 8 am, 3 mile race 9 am \$8 individual/\$14 family. Call Marilyn 708-361-1535.
- 7---Canal Connection 10K, 11 am, Utica. Call Jon 815-434-7681.
- 7---Vertel's European X-Country Challenge 8K 10 am Busse Woods, Elk Grove Village. \$10. Call Will Bridge 312-664-4903.
- 7---Zoy Run between 10K and 10 miles, 9:30 am, Chesterton, IN Call 219-762-5680
- 13--or is it the 14th?? Trotter Twosome 5K 9:30 am Open and couples races around Arlington racetrack. Call Bill Smith 708-823-7465.
- 14--Fall Frolic 4 Miler, 9:30 am, Purdue University, Hammond, IN Prize money. Call Jimmy's Athletic Apparel 219-845-1977.
- 14--New York City Marathon. Call 212-860-4455.
- 20--Downers Grove Park District Turkey Trot 5K race along park jogging path. Walkers start at 11:45 am, runners at noon. Call Tom Carstens 708-963-1300.
- 20--Jingle Bell Run for arthritis 5K, 10 am, Chicago. 312-868-3010
- 21--Tinley Park Turkey Trot 5K 8:30 am Call 708-532-8698.
- 25--PSRR 13th Annual Pilcher Park Poultry Predictor 4 miler, 9 am \$4/\$6 1 mile, 8:40 am \$2/\$3. Call Keith 485-2477 or Jack 838-3418.
- 25--Orland Park Turkey Trot, 8 am 2.5 miles Call Douglas Boehm 708-403-7275
- 25--Thornton Lions Club Turkey Trot 5K run, \$5, 1.5K youth fun run, \$3. Stocking caps for all entrants. Call Pat Ellis 708-596-TROT.
- 25--Vertel's Turkey Trot 9 am Lincoln Park Zoo 8K run. \$8/10 plus a canned food item for charity. Call Vertel's 312-664-4903.
- 27--Turkey Tromp Handicap and Poker 5K, Danville, 217-733-2403.

DECEMBER

- 5--Ottawa 10-Mile Classic 9 am from the KC Hall, 401 W. Main. \$13/\$15 after Nov. 20. Call Larry 815-795-5752 or Tim 815-134-4512
- 5--International Marathon, Sacramento, CA 7 am \$30 Call John Mansoor 916-983-4622.
- 11--Rocket City Marathon, Huntsville, AL., 8 am \$30, Call the Tinsleys 205-881-9077.
- 12--Honolulu Marathon, Hawaii, 5:30 am 808-731-7200
- 13--Monday, the Illinois State Junior Olympics X-Country Championships 9am Contact Ray Vandersteen at 708-833-7303.
- 20--USA Track and Field Junior Olympics X-Country, 9 am, Ray Vandersteen at 708-833-7303.
- 31--Runner's World Midnight 5M, New York City, at midnight, through the streets of New York??!! 212-860-4455.

JANUARY

- 1--Mid-Town Bank 9th Annual New Year's Day 5K 11 am, Chicago, from the east side of Lincoln Park Zoo. 312-868-3010
- 16--Houston Marathon, Texas, 8 am Call David Hannah 713-757-2700.
- 22--Frosty 5K Run and 1M walk, 9 am, from 8050 S. Newcastle Ave., Burbank. Call Bill Olsen 708-599-2070.

FEBRUARY

- 6--Frozen Frenzy 5K 2pm Valparaiso, IN \$6/\$8 Call Nancy Willard 219-462-5144.

The racing schedule definitely cools off along with the weather. If you know of any races not posted here, please share them with the rest of us. (Drop us a line at PO Box 764, New Lenox, IL 60451)
...Gotta keep moving if you wanna keep warm....

LIFE'S LESSON

It's the day after Aetna Toe to Tow Marathon and normally I should be recovering from sore and tight muscles, but everything's fine. Now you may be asking how this can happen? Well, very easy! I'd pulled the plug at the nineteen miles. The achilles tendon was in pain at ten mile mark, but this was nothing new for the last three months. Generally I finish the race, then try to take my shoes off to a lot of pain. Because of the distance of the marathon, I knew I would be pushing the pain threshold, but I thought at a seven minute pace I would be at a further distance before it started. Wrong!

Now that you know what happened, let's fill in all the details. The odyssey started Friday morning when Bob and Althea Stevens, from the Park Forest Pancakers picked me up and we headed for Ohio. With the usual pre-marathon week jitters and the company of a very fine couple, the trip went very well. About 7-1/2 hours with pit stops and lunch break. You know that most of the country is very beautiful at this time of the year. The cool, crisp, clear day with its bright colors was just a hint of things to come. We found our motel and settled into our rooms. We were waiting for Bob and Althea's neighbor Ron Shopp, who is working in the Cuyahoga Valley area at the time. We went to dinner at this Chinese restaurant. We planned our next day's activities. Ron had a 5K race in Akron the next morning. It seemed that since Ron had just been transferred to Ohio recently with his company that a friendly competition had developed between him and another employee, Biff. Well, this competitive spirit seemed to have put the pazazz back into Ron's running. Plus Ron had a great strategy. He knew that Biff never warmed up at the start. So, Ron took him out hard. Biff payed at the end of the race. You could see that he was struggling to get in.

After the race, we went north to Maple Heights where Michele Angermeier's store, "The Athlete's Shoe Specialist", was to pick up our race packets. After a bite to eat, Ron took us out on part of the course. After seeing just a small segment of the course, I was really charged up with the beautiful scenery.

Race day was my kind of day - overcast and a threat of rain in the air. My body rested and mind charged up, everything's in a go mode except my left foot, which was very stiff. So I did a little warm up with Bob hoping the foot would relax enough to get me started. I already knew that I was going to be pushing it, but I thought that with everything else on my side that day--the weather, body rest, mind charge, and the company of great people this weekend, things would be okay. Well, you know what the results were or I should say my results. The others did quite well. Bob and Althea were first in their age group and Jurgen Daartz was third in his. I knew the race was over at 15 miles for me even though my foot was in pain at 10. Pain was something that I could live with, but when my calf started riding up, I knew I was shortening my stride and that there was no way for me to finish the race on one foot. It was still a very tough decision because I really felt quite strong.

continued...

Life's Lesson....

That night I had trouble sleeping, thinking about my decision. But the next morning I knew that I had done the right thing so that no more damage had been done and that I would be able to live with my down time. Two weeks into my down time I've learned that you can't listen to your body. For when this all started, I thought it was nothing more than morning stiffness and, as time went by and I realized it was much more, I reduced my mileage and speedwork and that seemed to work. Now, after two weeks of sitting on my butt, I know how much pain my foot was in. It looks like at least another two weeks. But I have something I never had before running - D.N.F. You may say this is not good, but I think I now have new focus. I took my bib from the race and hung it on the inside of my medicine cabinet. So, every morning my goal stares me right in the face. I'll be back Ohio!!!



Keith Theisen

The Younger Generation

Well, this was my second time in Springfield for the State Cross Country Meet. No I was not running, but my son, Mark was. Since I have quit running, Mark has taken over. And he has done quite well at it, too! Even though Mark comes from a running family, it was never pushed on him, especially after his knee surgery. But I think he is in full force to continue after his winning season of Junior High Cross Country.

Along with two girls, Katie and Michelle, only three kids from Oakview were represented at State. Katie and Michelle placed 4th and 8th and they are only seventh graders! Unfortunately, Mark was sick and could not come close to his 11:43 time in the two-mile. Realizing his main goal was making it as an individual, he did not get too upset! As for me, I cry every time I see him compete. Whether it was placing far in the pack or first, nothing can compare to seeing your own kid run, so I guess I will be crying all the way through his high school years.

A special thanks, also, to Jeff Lindstrom for letting Mark borrow his shower at the hotel to wash off all that mud!

Muriel Debold- Leyland

CREST HILL LION'S CLUB V 1991 "4" MILE RESULTS

Place	Name	Time	Age	City
1.	Tim Demco	20:04	23	Romeov.
2.	Pete Kathis	20:35	20	Romeov.
3.	Gary Hoss	20:46	41	NewLen.
4.	Jon Williams	20:57	33	Joliet
5.	Greg Rose	21:02	31	Joliet
6.	Al Kabat	21:20	19	Romeov.
7.	Jesus Salinas	21:46	35	Hoffman
8.	Patrick Koerner	21:58	29	Bourbo.
9.	John Davis	22:00	38	Joliet
10	Jose Duran	22:06	42	N.Auro.
11	Paul Hendrickson	22:13	39	Berkel.
12	Herman Smallwood	22:34	40	Mokena
13	Donald Petrizo	22:38	29	Lemont
14	Paul Spiezio	22:43	37	Morton
15	Craig Truitt	22:50	29	Chicag.

FROM PAUL SPIEZIO'S ARCHIVES:
1991 Circuit Race Crest Hill 4 Miler
Top Finishers



CLUB CELEBRATIONS:

May and June Birthdays

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

Dori Arocho

Terry Bergin

Elaine Bottomley

Wendy Brusich

Layne Bumgarner

Ella Carlson

Garrett Carlson

Kerri Carlson

Debbie Dye

Ben Forbes

Paige Forster

Angela Freeman

Levi Garcia

Peter Henderson

Shalyn Horvat

Angela Hugel

Carla Hutley

Joshua Kodura

Stephen Koven

Laura Loica

Alicia McLaughlin

Jason Miller

Cathy Morman

Kent Munro

Phillip Newberry

Judith Olson

Maureen Peterson

Tom Podlin

Craig Raino

Gerald Raino

Kayla Rice

Gwen Ruch

Spencer Ruch

Andy Russell

Cassandra Salkas

Jeff Salkas

Linda Salkas

Sophie Salkas

Charles Schalk

Nathan Schalk

John Sheridan

John Sikes

Liz Stephenson

Bob Thompson

Amanda Wagner

Boyce Watkins

Stan Wertelka

Sue Wertelka

HAPPY BIRTHDAY TO YOU!



CANADA

TRAVELIN' PSRR

NOBODY WENT ANYWHERE.



Show off your club gear and/or send your race photos to us at this [link](#). Then come back and find them here!

MEXICO

2020 CIRCUIT OF RACES

Race	Date (some approximate)
1. Winterfest 5K	2/2/2020
2. Frosty 5 Mile	2/9/2020
3. Manhattan Irish Fest Parade 5K	3/7/2020
4. Bolingbrook Half-Marathon	3/15/2020 9/20/2020
5. Bolingbrook St. Paddy's 5K	3/15/2020 9/20/2020
6. Shamrock Shuffle 8K	3/22/2020 CANCELLED
7. Morton Arboretum Champion of Trees 10K	4/19/2020 CANCELLED
8. Fierce Fiesta 5K	5/10/2020 10/2/2020
9. Soldier Field 10 Miler	5/23/2020 VIRTUAL
10. Zero Prostate 5K	5/30/2020 9/19/2020
11. Minooka Summerfest 5K	6/17/2020 POSTPONED
12. Summer Solstice 4 Miler	6/26/2020
13. Liberty 5K	7/3/2020
14. Sundowner 5K	7/23/2020
15. Parkie's Famous 10K	8/22/2020
16. DNA/PSRR Free 5K	8/29/2020
17. Hidden Gem Half-Marathon	9/12/2020
18. Shoop Scoot 5K	9/13/2020
19. Plainfield Harvest 5K	9/27/2020
20. JJC Haunted 5K	10/18/2020
21. Forte 5K	10/24/2020
22. Gobbler Hobbler 10K	11/8/2020
23. Poultry & Pie Predictor	11/26/2020

****SOME DATES APPROXIMATE

2020 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

Posted 3/15/2020

CIRCUIT STANDINGS

Runner	1. Winterfest 5K	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Bollingbrook Half Marathon	5. Bollingbrook St. Paddy's 5K	6. Shamrock Shuffle 8k	7. Arboretum Champion of Trees 10	8. Fierce Fiesta 5k	9. Soldier Field 10 Miler	10. Zero Prostate 5K	11. Minooka Summerfest 5k	12. Summer Solstice 4 Miler	13. Liberty 5k	14. Sundowner 5k	15. Parkie's Famous 10K	16. DNA/PSRR Free 5k	17. Hidden Gem Half-Marathon	18. Shoot Scoot 5K	19. Plainfield Harvest Fest 5k	20. JJC Haunted 5K	21. Forte 5K	22. Hobbler gobbler 10K	23. Poultry & Pie Predictor 4 Mile	24. Your choice half /full/ultra	25. Volunteer Credits	Circuit Score	Circuit Ranking
Acup, Fawn	21	16																								1	###
Aguilar, Dan	14																									1	
Antonio, Ernesto			37																								
Arreola, Sergio		3																									
Auld, Michael																									2		
Bailey, Marne		31	23																								
Barry, Laura		41	30																								
Beard, Nydia			8																					C			
Blenck, Shelli	13		14																							1	
Bornhofen, Larry		18	10																							1	
Bowman, Mark	5	5	11																							1	
Calvey, Aidan																										1	
Calvey, Colleen																										1	
Carter, Clint	11	23																									
Costa, Liz	8	12																									
Curiel, Kelly		10	12																								
Cyplick, Dave	12																										
Figuieras, Kathleen																									C		
Forbes, Sean		40	27																								
Freeman, Angela		15																								1	
Gabryel, Glenn		44																									
Goodwin, Kenneth	17																										
Hagenbaumer, Shannon		42																									
Hall, Heather		28																								1	
Heidrich, Tina			33																								
Heidrich, Julian			32																								
Holloway, Lianne			40																								
Hutley, Carla			20																							2	
James, Jody		37	35																							1	
Johnston, Eric			45																								
Johnston, Toni		25	28																								
Jungwirth, Robert																										1	
Kesler, Erica			36																							1	
Kiernan, Jane		16																									
Kisner, Griffin	14																										
Klaeser, Pete			44																								
Koerner, Pat	7																										
Koerner, Patrick J.	3	9	6																							1	
Koven, Steven		28																								1	
Loica, Laura		21	34																								
Macak, Matt		6																									
Macknick, Dick																										1	
Mangabhai, Damien		11	7																								
Markland, JT		2	7	5																							
Martinez, Javier		1	2																								

2020 CIRCUIT STANDINGS

—continued

Runner	1. Winterfest 5K	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Bollingbrook Half Marathon	5. Bollingbrook St. Paddy's 5K	6. Shamrock Shuffle 8k	7. Arboretum Champion of Trees 10	8. Fierce Fiesta 5k	9. Soldier Field 10 Miler	10. Zero Prostate 5K	11. Minooka Summerfest 5k	12. Summer Solstice 4 Miler	13. Liberty 5k	14. Sundowner 5k	15. Parkie's Famous 10K	16. DNA/PSRR Free 5k	17. Hidden Gem Half-Marathon	18. Shoot Scoot 5K	19. Plainfield Harvest Fest 5k	20. JJC Haunted 5K	21. Forte 5K	22. Hobbler gobbler 10K	23. Poultry & Pie Predictor 4 Mile	24. Your choice half /full/ultra	25. Volunteer Credits	Circuit Score	Circuit Ranking	
McFarland, Patrick J.	22	27	25																									
McLean, Susan			19																									
McQuarters, Cathy		20																								3		
McQuarters, Tiffany																												
Miller, Jaylyn																										1		
Murdaugh, Rheta																										1		
Nelson, Mark	16	24	21																									
Newberry, Phil	10																											
Pirc, Brittany		30	29																									
Pirc, Tina		33	22																							1		
Pociask, Natalie		35	31																									
Podlin, Tom																										1		
Portlock, Caroline																										2		
Prado, Sarah		47	43																									
Quigley, Lori	9	19	13																									
Rahn, Eva	6	8																										
Raino, Craig		46																										
Raino, Emerson		29																										
Raino, Gerald	19	32																										
Raino, Lauren	24	43																										
Raino, Mary			17																									
Rice, Kayla		17	15																							C		
Rice, Rebecca		36																								C	2	
Scheckel, Debbie	15		24																								1	
Scheckel, Harry	4		4																								1	
Sheridan, John																											2	
Sikes, John			41																									
Skisak, Eileen			1																								1	
Smith, Tammy																											1	
Sorich, Diana																											1	
Stapleton, Carol	18		26																									
Tezak, Samantha		38	34																									
Topf, Stephen		22																										
Underhile, Clinton		13	18																									
Underhile, Nicole																											1	
Wait, Jay	27																											
Walker, Mark			9																								C	1
Walters, Debra	25	45	39																								1	
Walters, Mark		4																								C	2	
Warren, John	1	2	3																									
Warren, Judith	23	39	38																									
Welsh, Darcy	26		41																									
Westefer, Gary	20	26																									1	



EDITOR'S NOTE:

So what do you say when everything we know has gone topsy-turvy and the reason we all come together in the first place as been put on indefinite hold ?

Rah rah platitudes only go so far. We're already the people who push ourselves to go farther or faster or to just continue plodding forward step after step after step when we are bone tired beyond the point an average human would give up. This is not a faint-hearted bunch, so I know you've already used all the coping mechanisms you know.

Besides, after a while, even the most earnest of encouraging sentiments become annoying. Like our friend Glenn said, *'If I hear any more unctuous bromides like 'we'll all get through this' or 'we're all in this together,' I'll barf up a hamster.'* I'm with you Glenn! I'm done with the memes and the videos with heart-tugging music too. So I'll stow any pep talk and use it on myself the next time it's raining sideways on my day off when I was really looking forward to a run in the sunshine.

For real, life sucks quite a bit for many of us at the moment and we aren't very sure the future is going to be much better. And the near future may not be. It might take longer than we'd like to get back to the pre-COVID world we remember. And we may never get 100% back there again.

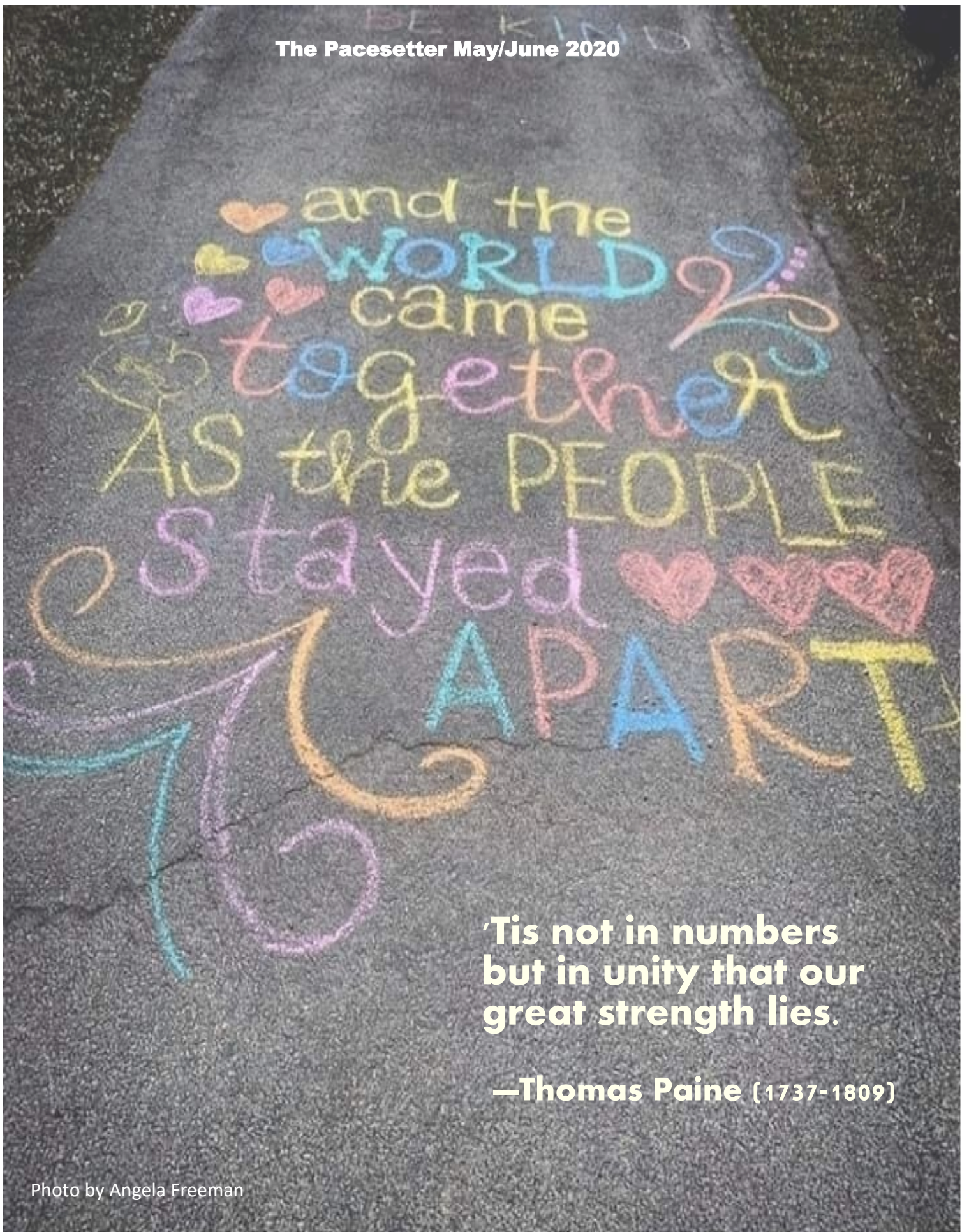
There will probably be changes that take place which will require getting-used-to. Because my background is medical, I recall

the early days of HIV. We were told to wear gloves for interactions we hadn't used them in the past. There was resistance and discomfort. There were people in fear of even breathing the same air as the patients. It took a lot of adjustment. Now HIV is a chronic disease and we call gloving-up "universal precautions" which everyone does. If the next thing is "universal masking" and social distancing for a bit, we can adjust to that too. We will find a way around it to get what we want anyway. Humankind is resilient enough.

If there aren't any events for a period and then they are smaller, we will probably respond by having more events so the same number of people can run during the season. If some races go away forever, like the larger marathons, then something will show up to take their place. There's no way a dynamic and persevering bunch like us, the runners, will just give up. Ever.

So for now we wait it out. We run alone or in small groups well spaced out and we wait together. And since all I have to make sure that happens is this newsletter and my two legs, I'll keep putting it out whether we have races or not and I'll go on running. You keep talking and I'll publish your words, so we have this link until whatever is going to happen takes place and things get back to something like what we once called normal. And hey, it might even be better than before.

Lianne



'Tis not in numbers
but in unity that our
great strength lies.

—Thomas Paine (1737-1809)

Photo by Angela Freeman