

# THE PACESETTER

MAY/JUNE 2023 | Volume 48, 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.

# THE PACESETTER

Volume 48 Issue 3

May/June 2023

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## CLUB OFFICERS

**President**  
Mark Walker

**Secretary**  
Eva Rahn

**Treasurer**  
Raquel Frias

**VP/Business**  
Nydia Beard

**VP/Membership**  
Javier Martinez

**VP/Operations**  
Amy McGoldrick

**Directors (3)**  
Stephen Topf  
John Davis  
OPEN

## UPCOMING CIRCUIT RACES AND EVENTS

### MAY

Sat 13 May - Quarryman 5K, Lemont  
[Registration Link](#)

Sat 20 May - Galena Sky Trail 8-Hr  
[Registration Link](#)

Sat 27 May - Braidwood Memorial Day 5K  
[Registration Link](#)

### JUNE

Sun 4 Jun - Annual Club Picnic  
McKinley Woods—Kerry Sheridan  
Grove, Channahon

Sat 17 Jun - Minooka Summerfest 5K  
[Registration Link](#)

Fri 23 Jun - Summer Solstice 4 Miler,  
Yorkville  
[Registration Link](#)



On the cover:  
Two runners on the I&M Canal  
April 2023  
photo credit: Darrell Mayle

Newsletter editor: John Steinmetz

Webmaster: Scott Lemke

Group runs (open):  
Every Sunday at Channahon State Park, 8:00 a.m. all year long

Speed work/group run (open):  
Wednesdays at 6:15, location varies  
Check postings on Funner Runners Facebook group

# BULLETIN BOARD

## MOTHER'S DAY

Sunday May 14

Pink Heals 9th Annual  
Mother's Day Walk 2023

Channahon

There's still time to register

## SAVE THE DATE!!

SUNDAY, JUNE 4

ANNUAL CLUB PICNIC

MCKINLEY WOODS

KERRY SHERIDAN GROVE

CHANNAHON

FOOD, FUN, MUSIC, AND GAMES

## BOARD OPENING

PSRR Board of Directors  
has an opening.

If interested please  
speak to a board member.

## VOLUNTEERS WANTED

When: May thru July

What: Doing work on one of the planned  
workdays in Will County Forest Preserves

Search for projects [here](#):

### Next PSRR BOARD MEETING:

JULY 13 - PLAINFIELD RIVERFRONT  
FOUNDATION CENTER 6:45 PM

THIS IS AN OPEN MEETING PLEASE LET ONE OF OUR  
BOARD MEMBERS KNOW IF YOU WISH TO ATTEND

## HELP WANTED

Articles, stories, and photos for the  
July/August newsletter

Send your articles to the editor:  
johnsteinmetz4@gmail.com

Please submit by Jun 15

THANKS!!  
J.S.

## Plainfield Harvest 5K

Registration Open!

Race Date: Sunday September 24, 2023

2023 marks the 25th Anniversary of the Healthy  
Driven Plainfield Harvest Run  
5K Walk/Run, 10K Run and Kidz Miler

Register online [here](#)

## Joke Corner:

I quit my job at the donut facto-  
ry. I was fed up with the hole  
business.

\* \* \* \*

I thought it would be a good idea  
to literally wear a different deo-  
dorant under each armpit. But  
that's just my two scents.

\* \* \* \*

# PREZ SEZ

by Mark Walters, past president



**G**reetings, fellow runners! This is past president Mark Walters, sent in to pinch-hit for current president Mark Walker. After all, it IS baseball season, so I can do that, correct? I'll try to bring you all up to date on a few things, some of which have been mentioned in posts in the PSRR Members Only group on Facebook. But since not all our members enjoy using that social media site, we (your wise and faithful leaders) must continue to communicate by broadcast mail. The Pacesetter is useful, but we only send it out on a bi-monthly schedule.

The first thing you need to know that our **Annual Club Picnic** is less than 1 month away. This was announced earlier in the year, and confirmed in a broadcast message that went out late last week. The picnic is set for **Sunday June 4** at Kerry Sheridan Grove at McKinley Woods in Channahon. The club will provide items off the grill and bottled water. Please bring a dish to pass. You may bring family members and others (friends, neighbors) with you; only we do ask you to RSVP either by marking "going" on the [event](#) that board member Eva Rahn set up on Facebook, or by sending an email to [president@psrr.org](mailto:president@psrr.org). In either case, please indicate how many will be in your group. We need to know this in order to purchase enough meats for grilling. Your guests (those who are coming with you) are under no obligation to bring anything; we just need a headcount. We had a blast at last year's gathering and be sure we have our fingers crossed for some more fantastic weather!

The new board of directors has had two meetings, and the next scheduled meeting is Thursday July 13. Anyone is welcome to attend, but please do let one of the board members know so that we can make sure we have enough room in our meeting space. The DNA/PSRR Free 5K race will be on the agenda. The race committee will be working to set things up for this circuit race—but as always, we will need a few volunteers to help with setting up the course and with post-race refreshments. The race date is Friday August 4 at Hammel Woods. If you plan to run or walk in the race, help us get the word out. We'll have a registration link up by mid-June or earlier.

Inclement weather forced postponing of our **Spring Clean the I&M Canal Trail**. Unfortunately, we did not have a 'rain date' scheduled. We know that many of you look forward to working hand-in-hand with other members to make a difference on the trail. It's a rewarding experience in more ways than one. However, the board feels the club's interests are better served through our members volunteering for various projects run by the Forest Preserve District of Will County (FPDWC). Last year the cumulative hours worked by our members and credited to our club offset the cost of renting the shelter at Hammel Woods that we used for the Free 5K. We will solicit your help again. Watch for

postings on Facebook regarding workday announcements. Its always more fun when we can work together. But if you'd rather get started, go to FPDWC's website and look for projects.

There is a workday coming up on Saturday May 13 at Hidden Oaks Preserve in Bolingbrook. The Quarryman 5K, a circuit race, is that same day; but if you missed registering for that race and have no other plans, you can earn some hours for your club. Register in advance [here](#) to claim a spot and sign the waiver.

Members, this is a reminder to please check the Race Scoring and Circuit Standings a few days after each circuit race to see that your result has been recorded and that you have received credit. Usually it takes 2-3 days to compile and post the results. A large race, like Shamrock Shuffle might take an extra day. If you don't see your result amongst the others when posted, contact our club statistician by email, at [statistician@psrr.org](mailto:statistician@psrr.org).

If you are one of the club's speedier runners in raw (ungraded) time, you'll want to check the 'Race Excellence' standings. This is the new competitive category that we announced at the annual membership meeting, and which is explained in the 2023 Circuit Rules. The scoring is triggered when any race that is on the circuit, exceeds 200 participants. Those among the Top 20% of finishers receive a percentile score. So far, Manhattan Irish Fest Parade 5K, Shamrock Shuffle, and Champion of Trees have all yielded race excellence scores. The scores are shown in a leading column on the race scoring summary. Rankings have not yet been applied, but will be once any runner has achieved scoring for 3 qualifying circuit races.

In this issue we cover our March circuit races: Manhattan Irish Fest Parade 5K and The Bank of America's Shamrock Shuffle. In April, three (3) members ran at Carmel, IN. That was followed by JT Markland and Brittany Pirc going to the 127th Boston Marathon. Our only April circuit race was The Champion of Trees 10K at Morton Arboretum, but on that same weekend, many members were in Southern Illinois doing the 80-mile Illinois River to River Relay. The Naperville Women's Half Marathon was also on that weekend. The Joliet Park District held their Hill YEAH! 5K Challenge on the last Saturday of the month, and The Good Life Race closed out the month with its 40th annual event.

Several members took up the Heritage Corridor's Triple Crown Trail Challenge. Their exploits are covered as well.

Finally, there is an article by Molly Hoover wherein she explains the benefits of swimming to runners.

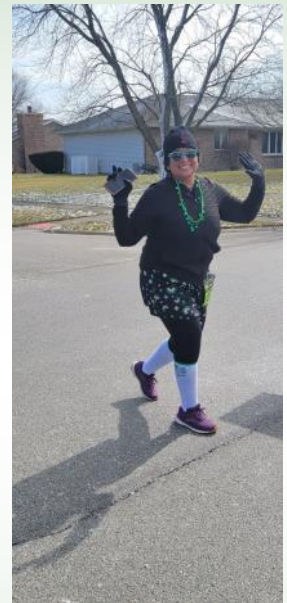
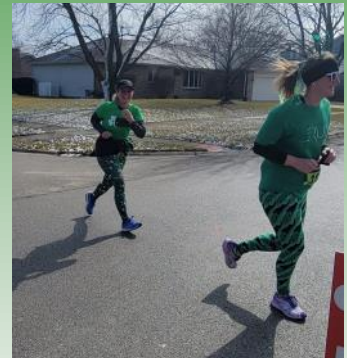
*Mark*

# Manhattan Irish Fest Parade 5k March 5, 2023 9th Annual



Manhattan resident and business owner Rob Park led the race dressed as a biker leprechaun





Photos courtesy of Shelli Blenck



# Still more Irish Fest Photos...



Why the long face?



Party's over here!

# Bank of America Shamrock Shuffle

March 26



Forty-seven (47) PSRR members made the short trek to the city for this race, considered by many to be the kick-off to the racing season. The weather on that early Spring day was beautiful. Top performers for the overall club standings were Javier Martinez, Traci Ethridge and Clark Anderson.



# Bank of America Shamrock Shuffle

March 26



Kristen and Logan Mangan



Tom & Traci Ethridge



Larry Bornhofen and Jim Harmon



# 2023 Carmel Marathon Weekend



The 13th Annual Carmel Marathon in Carmel, IN took place the weekend of April 8. This race has somewhat of a connection to our running club because for the past few seasons, members from our club have participated. This year, three club members ran the full marathon: John Collet, Bob Jungwirth, and John Steinmetz. Meanwhile Cathy Morman, a longtime member of our club and an Indiana resident, did the 10K. The marathon is a Boston qualifier.



## Race Recap Carmel Marathon

by John Steinmetz



“John Collet and I traveled to Carmel for a Saturday morning marathon. The marathon was well run and the weather perfect. We both went out fast, and hit the wall. The good news is that we both finished 1st in our age groups. Other than getting dehydrated, experiencing quad cramps at mile 21, it was very enjoyable. Hope to run another marathon in the fall. I finished 1st of 5 in 4:26:21.”

## Carmel Marathon

CONGRATULATIONS!

**John Collet**

Bib: 1440 | Race Time: 03:18:36

CONGRATULATIONS!

**John Steinmetz**

Bib: 1444 | Race Time: 04:26:22

CONGRATULATIONS!

**Robert Jungwirth**

Bib: 1492 | Race Time: 04:37:23



Bob Jungwirth



John Collet



Cathy Morman

## Indiana Spine Group 10K

CONGRATULATIONS!

**Cathy Morman**

Bib: 6630 | Race Time: 01:01:10



## DISTANCES

- [Carmel Marathon Presented by Franciscan Health](#) (26.2 Miles)
- [Carmel Half Marathon](#) (13.1 Miles)
- [Indiana Spine Group 10K](#) (6.2 Miles)
- [Indiana Members Credit Union 5K](#) (3.1 Miles)
- [4-Person Marathon Relay](#) (Approximately 6.55 miles per runner)

# The Champion of Trees 10k

## Morton Arboretum

### April 23, 2023

[RESULTS LINK](#)



Judith Warren and Mary Beth Casarez



L to R: Jay Wait, Jerry Raino, Mary Raino, Judith Warren, John Steinmetz, Jane Kiernan, Eileen Skisak

There were 863 entries to the 10K this year. Twelve (12) club members participated in the live race. This race also had the option to be completed as a virtual run.

PSRR participants were: Fawn Acup, Clark Anderson, Mary Beth Casarez, Emilio Castaneda, John Collet, Bill Gora, Jane Kiernan, Jerry Raino, Mary Raino, Eileen Skisak, Jay Wait, Judith Warren. John Collet placed 9th overall! Clark, Emilio and Mary Beth each placed in the Top 20%. Bravo!!!



Congratulations to all finishers!

# 2023 Boston Marathon



The 127th Boston Marathon took place on Monday April 17. It has been 10 years since that fateful day when three people were killed and more than 260 were injured when two pressure-cooker bombs went off at the finish line shortly before 3 pm. Perhaps the New York Times said it best: “It might be the greatest victory of this city and the world running community that the marathon bombings a decade ago had far from an overwhelming presence in Monday’s race.”

**JT Markland** and **Brittany Pirc** were the only PSRR club members who ran in this year’s event. **JT** battled the elements and managed to post his best finish in Boston, coming in at just under 3 hours. At what point, according to spouse Britni, “it was raining cats and dogs!” You can tell by his reflection off the pavement in the finish line photo (right). **JT**’s time was a remarkable 2:59:58! Outstanding!!



JT Markland (center, in pink) crosses the finish line on Boylston Street

**CONGRATULATIONS, JT!!**

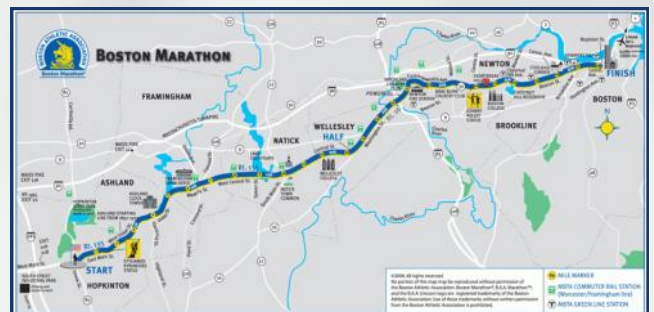
**02:59:58**

Meanwhile, **Brittany** completed Boston accompanied by her support guide, Kurt Wysock. Team “Fierce Pirc” has now completed 5 marathons. Brittany finished in well under 5 hours. What makes Brittany’s accomplishments so amazing and even inspiring is how much she has come back from a terrible accident in 2012 that left her in a coma for 6 weeks. She had to teach herself how to walk again. Now, with her family friend Kurt, they are running to support ‘Dare2tri’ and its mission to “enhance the lives of individuals with physical disabilities and visual impairments.”

Way to go, Brittany and Kurt!!



Brittany and Kurt board the shuttle to Hopkinton



Brittany Pirc, Boston Marathon Finisher



Click on the photo to hear Brittany’s radio interview with WJOL’s morning show host Scott Slocum

# Illinois River to River Relay



## April 22

PSRR members participated on various teams. This year's event was the 34th in the relay's history.

### The Breakfast Club



L to R: Nick Garcia, Katherine Bastidas, Lily Medina, Britni Markland, Efrain Huerta, Larry Bornhofen, Michelle Rowbottom, Russ Olzewski

### The Beavs In Full Force



L to R: Nydia Beard, Mark Walker, Beth Hardenbrook, Apolonio Esquivel, Sergio Arreola, Kurt Wysock, Gabriela Martinez, Javier Martinez



### If Found in a Bar Return to R2R



L to R: Mark Walters, Stephen Topf, Brian Fisher, Tina Pirc, Phillip Newberry, Eva Rahn, Lori Quigley, Karen Lathrop, Scott Slocum.

### TBIFF



L to R: Damien Mangabhai, Mike Auld, Clinton Underhile, Dave Musgrave, Jim Spalding, Robyn Bumgarner, Maria Tovo, Kelly Curiel, Becca Auld



# Illinois River to River Relay



## Lisle Windrunners



The Lisle Windrunners claimed 1st Place in the Masters Division with a time of **10:02:53**. PSRR member Bob Jungwirth (red cap) ran Leg 3 for the team.



Lori Quigley, team 'If Found in Bar Return to R2R', waves before disappearing into the morning mist



"Smile!", she says. No problem, it's Junior!



Jim Earleywine, the deejay at Exchange 13, dons a different outfit every year. You can count on the "midway deejay" to pump up the jam.



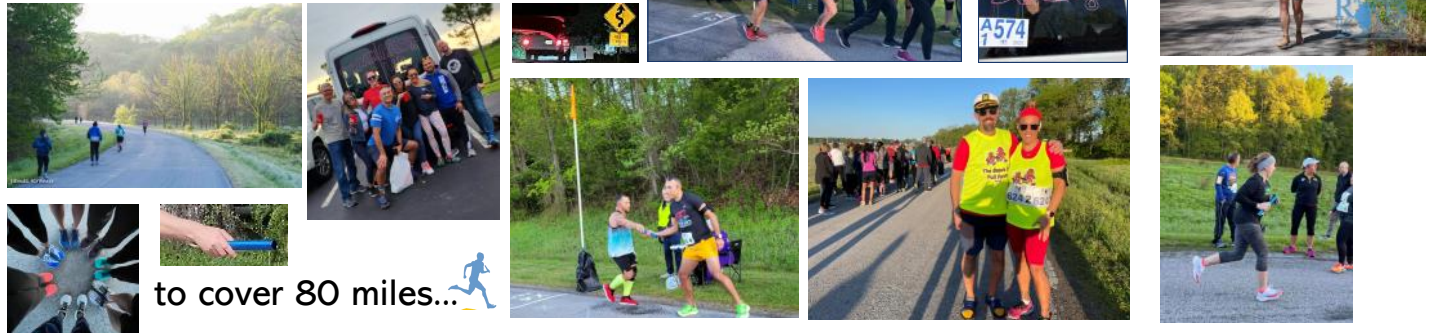
"Ta da!" We are just One Big Team at the River to River Relay



# Illinois River to River Relay



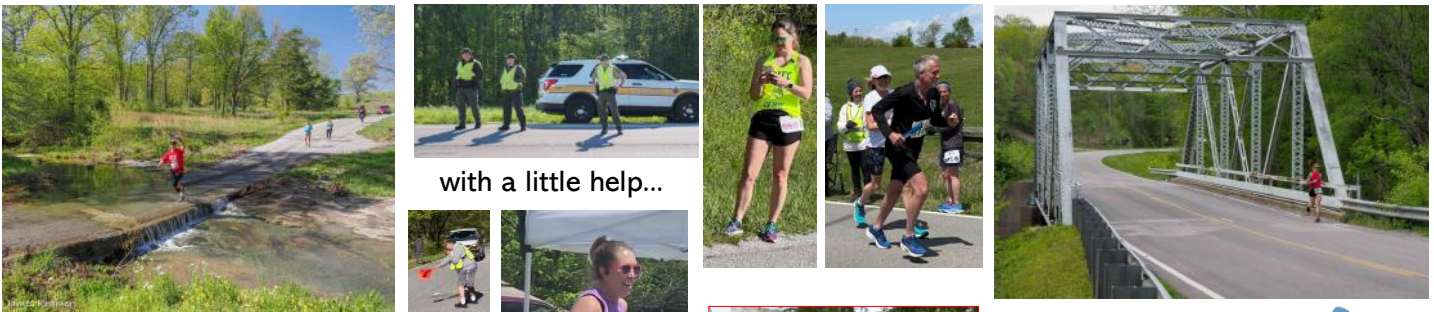
Starting at Wolf Lake, IL near the Mississippi River, in Union County...



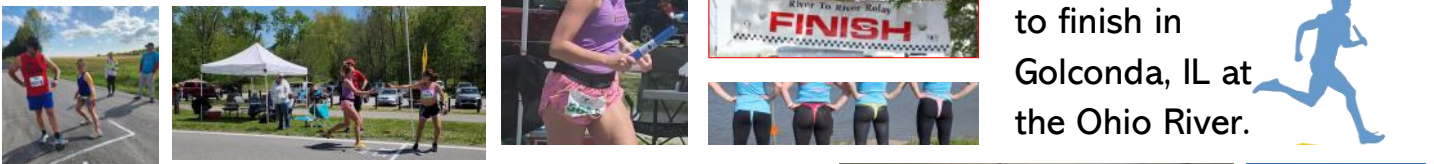
to cover 80 miles...



of scenic Southern Illinois...



with a little help...



to finish in Golconda, IL at the Ohio River.



Next relay:  
April 20, 2024



# SPRINGFEST 5K

April 22



The 3rd Annual Springfest 5K was staged by the Kankakee River Running Club. The race is held in Manteno at the American Legion. Besides the 5K, there is a 1.5 mi fitness walk. Several PSRR members participated.



Diana Sorich, Deb Walters, Tammy Smith, and Deb Scheckel



Diana with Laura Loica and Debbie Dye  
Tammy Smith, and Deb Scheckel



Diana Sorich and Dan Bullock

# NAPERVILLE WOMEN'S

## HALF MARATHON & 5K

April 23

The 8th Annual event took place on Sunday April 23. Early Bird registration for the 2024 event is open.



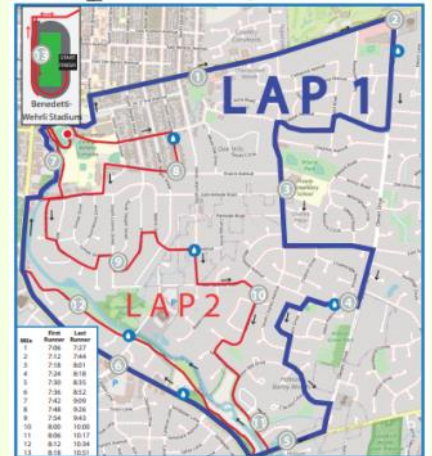
Rachael Greeney, Lois Troha, Leslie Williams, and Michelle Pasillas



Kristen Mangan



The half marathon starts and finishes at North Central College.



# HILL YEAH! 5K CHALLENGE

April 29 Joliet, IL



This Joliet Park District race takes place on many of the same streets as the old Rockdale Ramblin' 10K. It finishes in Joliet's West Park.



PSRR Participants before the race



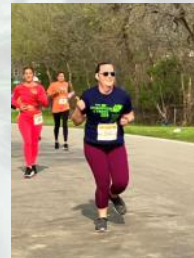
Damien Mangabhai



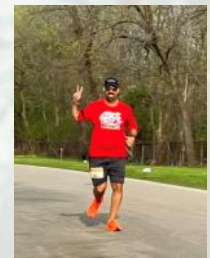
Cathy Morman



John Sikes



Heather Hall



Mark Walker

Hill YEAH! is the 1st of three races that make up Joliet Park District's 2023 RUN3 race series. Sundowner (July) and Red Eye (October) are the other two.



# THE GOOD LIFE RACE

April 30 Oak Park, IL



The 40th Annual Good Life Race was attended by several club members. The event is hosted by the Oak Park Runners Club. The event features a 5K race and 1-mile Youth race for ages 5-12.



Carlos "Wings" Viramintes



Harry & Deb Scheckel



Judith Warren and Kent Munro



Judith with Eileen Skisak



Judith with the Scheckels



Representing PSRR

# OFF THE ROAD / ON THE BEATEN PATH

## WILL COUNTY TRIPLE CROWN CHALLENGE

WALK, RUN, HIKE, RUCK

This Spring and Summer, the Nature Foundation of Will County is sponsoring a challenge to hike the 3 longest trails in the county. Those who complete the challenge earn the Triple Crown award. To do so, one must hike these 3 trail sections: the 22-mile Wauponsee Glacial Trail, 14 miles of Old Plank Trail in Will County, and 13 miles of the I&M Canal State Trail from McKinley Woods to Brandon Road. Each path can be hiked the entire length at one time or completed in sections during the four-month period. Those who complete the challenge will receive a bottle sling cooler with a zipper pouch made from post-consumer plastic.



The PSRR Girls of Sunday Funday took up this challenge and they are getting it done - by running. They have completed the I&M Canal Trail, Wauponsee Trail, and have only the 14 mi section of the Old Plank Trail (OPT) remaining. And they are taking time to enjoy the scenery and sights while strengthening friendships.



Diana Sorich and her "tribe":  
(L to R) Michelle Pasillas, Jennifer Craig, Leslie Williams, Susan Bolatto, Sharron Simons, Vickie Walker

All three trail sections must be completed by June 30. There is no registration for the challenge. Trails can be logged on the All Trails App.



Wauponsee Glacial Trail, Symerton Access. The trail runs from near the I-80 overpass to Custer Park



If you choose to end at Symerton, you can reward yourself at the Symerton Tap & Grill. And don't forget to reward your driver!



A quick side trip to see the Gemini Giant, a landmark statue on U.S. Route 66 in Wilmington.

To find out more about the challenge, call (815) 727-8800

Editors Note: Molly Hoover has been training tri-athletes and masters swim team competitors. She is currently training Carol “The Shark” Stapleton and John “The Turtle” Steinmetz. Carol is an accomplished Master Swimmer and John credits the cardio gained from his swim workouts for success in the Boston Marathon. Carol and the Joliet Blue Tides Swim Team cleaned up at the recent State Masters Swim Tournament, just missing 1st place.



## ***Benefits of Swimming as a Cross Training Tool for Runners***

**By Molly Hoover**

As a US Masters Swim Coach for over 10 years and a competitive swimmer for almost 40, I much prefer the pool to the pavement. I have the utmost respect for those who “go out for a run” and return sometimes several hours and many miles later. At the same time, I’m sure many of you can’t fathom going to a pool and swimming back and forth staring at a black line for hours, either. However, there are some huge benefits to adding some swimming to your workout routine and you might find out you kind of like it!

The main reason runners make their way to the pool is that their body isn’t tolerating the pounding as well as it used to. Whether it is an actual injury or just a slower recovery time than before, the constant forces on the joints take their toll. Swimming laps is a great way to get in an excellent cardio workout without putting much stress on the joints. This gives the legs some time to heal without having to totally rest and miss training time.

Swimming is also a good way to work every muscle without worrying about bulking up like lifting weights can do. You will definitely feel the work in your arms and core as well as your legs, but the biggest benefit will still be the cardio work you are doing. Coordination will also improve as you learn to connect your arms and legs and become more efficient moving through the water.

Many runners also find that swimming is very like-minded to running. While you can work out with a buddy or a team, both sports are very individual. Your workout doesn’t have to depend on anyone else. You can also put as much brain power into either sport as you wish on any given day. Whether you are focused on improving a certain aspect, beating a certain time, or just trying to clear your head, both running and swimming can provide that space for you.

You may be wondering what your options are for adding swimming to your workout routine. If you have a pool near you, check out what they offer in terms of open lap swimming, adult swim lessons, or a masters program. If you are able to swim a few laps of freestyle with your face in the water and are comfortable in the deep end, I suggest seeking out a masters program. This will get you the most bang for your buck, give you a set of trained eyes to help you improve, and surround you with other like-minded people to get through the workout.

**(Continued)**

While the word “masters” might seem intimidating, it just means that you are over 18. Masters teams have a range of abilities from beginner to former college athletes, and there is a place for everyone. You will find that no matter their swimming background, all are there to keep up with their fitness and have a little fun. Some will still compete and might encourage you to try a swim meet, but you wouldn’t have to.

If you feel you need some lessons before you can take on lap swimming, look into your facility’s private lessons. Assuming you are comfortable in the water, it usually just takes a couple of lessons to get some basic tips and you are on your way. Getting a membership and lap swimming on your own is fine if you are motivated to keep up with it. If you find it’s hard to get to the pool, then seek out a buddy or Masters team to help with that accountability.

Check out USMS.org for more information on Masters Swimming. There is a “Club Finder” tab at the top that will help you locate any masters teams in your area. Just shoot the coach an email before dropping in so they can confirm their practice times and plan for you to attend.

The biggest benefit of swimming is that it is truly a lifelong sport. Your body may get to a point where running isn’t possible any more, but the buoyancy of the water makes swimming something you can do at any age and with many limitations. Start adding some swimming to your workouts to cross train for your road races now, and use it to stay fit for the rest of your life!

Questions? Contact Coach Molly at [bluetides@jolietpark.org](mailto:bluetides@jolietpark.org)



## Inwood Blue Tides

Practice Times:

Monday/Wednesday/Friday - 5:45-7:00am

Tuesday/Thursday - 9:30-10:30am

Tuesday/Thursday - 6:00-7:00pm (by reservation)

Saturday - 8:00-9:00am

## Avery YMCA Blue Tides

Practice Times:

Tuesday/Thursday - 5:00-6:00am and 6:15-7:15am

Thursday - 7:00-8:00pm

Sunday - 7:00-8:00am







