

THE PACESETTER

NOVEMBER/DECEMBER 2021 ⌘ Volume 46, Issue 6

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

www.psrr.org

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our favorite running season**



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



PRAIRIE STATE ROAD RUNNERS - The Pacesetter

NOV/DEC 2021

www.psrr.org

Volume 46, Issue 6

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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

NOVEMBER

November 14th Gobbler Hobbler 10k [Race Website](#)

November 25th Poultry & Pie Predictor [Race Website](#)

DECEMBER

NO RACES ON THE CALENDAR

JANUARY

RACES TO BE DETERMINED

BANQUET INFO COMING



ACKNOWLEDGMENTS

Thanks to all who have contributed to The Pacesetter over the past two years. You have made this a wonderful memoir of our club. The next issue is my last as editor. It's been a great journey together. Please continue being the awesome bunch of people that you are. You make running, walking and loving the outdoors a pleasure to enjoy no matter what the skill level of the athlete.

—LH

BULLETIN BOARD

001976

I plan to swear so much running the Chicago Marathon that Samuel L. Jackson would be shocked.



002538

Oh wait, that's not a race photographer, it's a statue.

from:
Mark Walters

Plainfield Harvest 5k Team Challenge Results

The race was Sunday Sep 26. Three (3) teams in the Team Challenge ended up with a score of '3'. The tiebreaker was used to determine which team would possess the trophy.

DNA Run Club retained the trophy, on the tiebreaker, with an aggregate time of 0:58:46. PSRR was 1st Runner-up.

DNA, PSRR, and Ira Jones all ended up with the best possible score of '3'. This happened because each team had at least three (3) members who took first place in their respective categories (age/gender groups). PSRR had five (5) age group winners.

The tiebreaker used the raw (unadjusted) times of the fastest 3 age group winners. No age-grading was applied. Our aggregate time of 1:06:01 was not low enough to take possession of the trophy.

Here are the results:

DNA 0:58:46
PSRR 1:06:01
Ira Jones 1:07:48

The table below shows the age-group winning times within each team, by category (age/gender group). Times within each team were ranked. The top 3 ranked times were added together for the aggregate time. Times not included are grayed out. Team size (no. of members) is within parentheses.

We had no runners in the categories won by DNA runners, but those times are hard to beat. Still, we had more than half of our team (15 of 29) placing in their respective age groups; nearly more members placing than DNA and Ira Jones combined. Age-grading would have tilted things squarely in our favor, but in the end I think the method used was simple, straightforward, and fair.

Sincere 'Thanks' to each and every one of you who were willing to join in the Team Challenge. We had a terrific day in Plainfield. You may not have placed, but you brought spirit and enthusiasm to our quest for excellence. We came close! As I look back, a few things stand out: there was unity of purpose, pride in association, genuine camaraderie, and a shared passion for our sport. Possessing these qualities or attributes as a team (and as a club) are far better than a trophy. And, these never need dusting!

Times of Age/Gender group winners, ranked								
Ira Jones Eagles (40)			DNA Run Club (41)			PSRR (29)		
team rank	Category	Time	team rank	Category	Time	team rank	Category	Time
1	M14&Und	0:19:02	1	M20-24	0:17:30	1	M35-39	0:17:49
2	F40-44	0:23:45	2	M40-44	0:19:41	2	M65-69	0:23:29
3	F14&Und	0:25:01	3	M45-49	0:21:35	3	F60-64	0:24:43
			4	F55-59	0:23:29	4	M70&Up	0:25:44
						5	F70&Up	0:37:31
Top 3 Total Time		1:07:48	Top 3 Total Time		0:58:46	Top 3 Total Time		1:06:01

Dec 4, 2021
Saturday

Lions Club Reindeer Run
5K run
[More Information](#)
[Signup](#)

Wheaton, IL
 City Location
Dupage County, IL

Dec 5, 2021
Sunday

Jingle Bell Run - Kankakee
5K, 1M run
Virtual Option
[More Information](#)

Kankakee, IL
 City Location
Kankakee County, IL

Dec 11, 2021
Saturday

Hot Cider Hustle - Chicago
8K run
[More Information](#)

Chicago, IL
 City Location
Cook County, IL

SANTAS ON THE RUN VI 5K RUN/WALK

Saturday, November 27, 2021

LOCATION:Spring Valley, IL US 61362
TYPE:Run or Run/Walk, Walk Only, Virtual Race / Challenge

Race Date	Race	Location
Dec 4, 2021 Saturday	5K Grinch Run 5K run More Information Signup	Crete, IL City Location Will County, IL

PREZ SAYS



By Mark Walters

Greetings, fellow members and running enthusiasts!

It's hard to believe the year is almost over. As I write this, there are just 54 days left in the Year 2021. And only 45 shopping days until Christmas!

I have quite a few things on my mind. First is our Poultry and Pie Predictor 4 Mile Run and 1 Mile Kids Run on Thanksgiving morning. Have you signed up yet? If you have, that's great. And perhaps you can also help us put these races on by volunteering. We always need about 20 volunteers to make things go smoothly. Those who help with set-up, parking, check-in, and registration can also run the 4-Miler. But we need those who are willing to serve as course marshals, and others to help at the finish line. Those who volunteer will earn 2 volunteer credits. So, it's possible to get 'caught up' if you are needing those credits to earn the 2021 circuit award.

And that's the second thing on my mind. The 2021 Circuit Award. What item or memento should we acquire to award member participation in races and club activities? The board is looking at some items and I think we will have a decision in a couple weeks. Meanwhile, we are looking at the circuit standings to anticipate about how many we need to get. Our last circuit race is the Poultry and Pie Predictor, and our club statistician will have things finalized most likely before December 8. So, if you need to report any 'choice' races, or your virtual run results for circuit races; or, if you need to report your long course mileage (half marathon & marathon, or ultramarathon) then please get that done in the next couple of weeks. We don't want to miss recognizing your stellar achievements!

Thirdly, is our 2022 Membership drive. We would like to get as many members as possible to renew during the last couple of months of this year, to take advantage of our discounted rates. We are extending the discount rate period into January 2022. This year we are using RunSignup for our member application service. We have created a club page on RunSignup, and in doing so we migrated all current members from our 2021 club roster into this system. When you login, you should find your information as you had entered it as before. You need only confirm the information, add or delete members (if you have a Family membership), then make your payment. If you prefer to pay by mail, or in-person, you may print out the paper application. We will have applications at the Poultry and Pie Predictor so that would be a convenient time to register.

And speaking of January, the date of our Annual Meeting and Awards Banquet will be Saturday January 29. We will be back at the Jacob Henry Mansion in Joliet, and we will have our RSVP or online reservation system open no later than December 10.

As we look forward to 2022, we are seeing more of a return to normalcy. Registration for Bank of America's Shamrock Shuffle is open, and the race will take place on March 20, 2022. The date for the Soldier Field 10 Mile is May 28, 2022. Bolingbrook's St. Paddy's Half Marathon and 5K will return in March. As we look at what races to put on the 2022 circuit, we most certainly will look at member participation in races on the 2021 circuit. Will we be looking to add those races in Chicago, or will we be endeavoring to support our local races? What about a 4 or 8-hour ultra? Should we bring back the three 'your choice' races since we aren't certain if all the races on this year's circuit will return? Should we have more than one half marathon on the circuit? What about a special destination race? What should we do with the Free 5k? These are all questions that the circuit race subcommittee will be considering as they develop a 2022 Circuit proposal.

The race with the most impact on our club is Manhattan's Irish Fest Parade 5k, which we held in 2020 only days before the pandemic came. There was no festival in 2021; therefore, no race. But just days ago, we received word that the Manhattan Irish Fest (MIF) committee will be holding an organizational meeting on December 1, to plan the 2022 festival, and we are invited. This is exciting news! Should anyone be interested in attending the meeting with me, please let me know.

Last, but certainly not the least, is our bi-monthly publication, The Pacesetter. As we say goodbye to our outgoing editor Lianne Holloway, we must figure out how we are going to keep this good thing going. This publication has arguably done more for member engagement than anything else we have done over the years. Lianne isn't going away... she's just stepping aside to let someone else shine. If you are reading this, then that person could be YOU. Ask yourself! Don't worry about "matching up" to the job Lianne has done, or the job that her predecessors have done. Each of us is gifted in different ways, with strengths in different areas, and we see things in a different light. The Pacesetter will have your unique touch, and rest assured that it will have benefit and be appreciated by all!

That's all for now. Happy Thanksgiving my friends!

Mark



IN RUNNING NEWS...

Chicago Tribune

By ASSOCIATED PRESS STAFF
ASSOCIATED PRESS | OCT 10, 2021 AT 12:00 PM

Chicago Marathon winners: Seifu Tura Abdiwak and Ruth Chepngetich cross the finish line first, while Americans Galen Rupp and Emma Bates place second

Seifu Tura Abdiwak of Ethiopia and Ruth Chepngetich of Kenya won Sunday in the return of the Chicago Marathon, which was scrapped last year amid the coronavirus pandemic.

Abdiwak, who placed sixth in the Chicago race in 2019, finished in 2 hours, 6 minutes, 12 seconds. Galen Rupp was second in 2:06:35, followed by Kenya's Eric Kiptanui with a time of 2:06:51.

Rupp won the Chicago title in 2017, becoming the first American man to accomplish the feat in 15 years.

Chepngetich took the women's race, finishing in 2:22:31. Emma Bates of the U.S. was second at 2:24:20.

University of Illinois grad Tatyana McFadden won the women's wheelchair division at 1:48:57, while Champaign's Daniel Romanchuk (1:29:07) claimed his third consecutive Chicago Marathon title in men's wheelchair.

Around 35,000 runners competed. Organizers canceled last year's race due to health concerns for runners, spectators and volunteers. Registered participants had to provide either proof of a COVID-19 vaccination or negative test result

Boston Marathon 2021 winners list

By **Hayden Bird**
October 11, 2021

BOSTON.COM

For the first time in its 125-year history, the Boston Marathon took place in October.

While the timing was different, the competition remained the same. Elite athletes competed along the 26.2-mile course for a chance to win prize money and the prestigious honor of being named a Boston Marathon champion.

Here's a list of winners and results from the 2021 Boston Marathon:

Men's wheelchair: For the fifth time in his career, Marcel Hug won in Boston. He came close to breaking his own course record, but initially missed the turn onto Hereford Street.

1. Marcel Hug (1:18:11)
2. Daniel Romanchuk (1:25:46)
3. Ernst Van Dyk (1:28:43)

Women's wheelchair: After establishing an early lead, Manuela Schär never looked back. She cruised to a third Boston win by a margin of almost 15 minutes.

1. Manuela Schär (1:35:21)
2. Tatyana McFadden (1:50:20)
3. Yen Hoang (1:51:25)

Men's race: Benson Kipruto won his first Boston Marathon after finishing 10th in 2019. Kipruto made a decisive move in Mile 23, running it in just 4:29. He then upped the tempo in Mile 24 (4:25), finishing with an average mile pace of 4:58 and a 46-second margin of victory.

1. Benson Kipruto (2:09:51)
2. Lemi Berhanu (2:10:37)
3. Jemal Yimer (2:10:38)

Women's race: Diana Chemtai Kipyogei won her first Boston Marathon after withstanding a late charge from 2017 champion Edna Kiplagat. Kipyogei pulled away from Netsanet Gudeta at Mile 23.

1. Diana Chemtai Kipyogei (2:24:45)
2. Edna Kiplagat (2:25:09)
3. Mary Ngugi (2:25:20)

HEARD ON THE STREET

Quote from a local runner who was one of those most intrepid souls that did the Chicago marathon then flew to Boston for that event the next day ... and found out on the Newton hills that it wasn't going to go according to plan: "The Boston course showed who was boss, and this year it wasn't going to be me".

However this lady gets points for the very bold attempt, especially as she resolved to try again it in 2022.

Only in my dreams,
Glenn G

REMEMBERING JAMES G. BARRY Sr.



Hall of Famer and longtime PSRR runner and friend, James G. Barry Sr., crossed the final finish line on October 4th. He was universally well-liked and fondly remembered by all who commented. Per the obituary:

“James G. Barry, age 86, passed away on Monday, October 4, 2021 at The Cottages in New Lenox.

James is survived by his children; Carla Barry, James (Wendy) Barry, Thomas (Christina) Barry, and Edward (Andria) Barry; his grandchildren, Matthew Barry, Jessica Barry, Ryan Barry, Colin Barry, Alexander (Kristin) Barry, and Samantha Barry; sister Nancy (Robert) Lasser; sister-in-law Rita Barry; and numerous nieces and nephews.

He is preceded in death by his loving wife of 34 years Carol Barry; his parents, William and Jeanette Barry; granddaughter Elizabeth Barry; and his brother William Barry.

James was born in Joliet, IL in 1934. Upon graduation from high school, James enlisted into the Army and proudly served our country. It was here that he discovered a great passion that he would carry for the rest of his life. This passion was running. This passion ended up taking him all over the world. Eventually he ran either marathons or half marathons on every continent in the world including the first ever marathon in Antarctica. He was also a teacher of mathematics at Prairie State University for over 40 years. James was a loving man and will be missed by all that knew him.”

Mark Walters recalled, “I remember Jim from my early days of doing local races, well before I joined Prairie State. Dave Cyplick pointed him out to me. Jim was in his 60s then, and I often would see him finish a race. You could always spot him because wore a bucket hat; a plaid one, if memory serves me. I distinctly remember seeing Jim at the 2002 Park Forest Scenic 10, and he did very well, finishing ahead of many people so much younger than he. I also crossed paths with Jim at local races, like the Sundowner, Shorewood Scoot, and Minooka Summerfest. I met his son Jim at the Frosty 5, three or four years ago. I asked about his father, and he told me that his dad didn't race anymore. But as club treasurer, I knew that Jim paid his annual dues faithfully. He was loyal to this club, a great example of continuing physical activity well into the golden years and beyond. Condolences to the family of a terrific runner, loyal club member, and wonderful man.”

Rich DeGrush said, “Sad news! Jim was a real road warrior. I saw him countless times running on the shoulder of Francis Road (with the traffic!) in his floppy, wide brim hat. I also remember him laughing after a 5K race at Dellwood Park how he beat younger runners who didn't know enough to “run the tangents”. I didn't know at that time he had been a math professor!

Also, Jim was the only person I know to have run the Antarctica Marathon! A genuinely nice guy!”

Dick Macknick remembered, “Barry was a remarkable runner, in terms of persistence. He wasn't anywhere in sight as the leaders crossed the finish line; but he was there. Week after week he showed up at local races, wearing his signature light blue bucket hat. He lined up with the back of the pack group, enjoyed that competition, even collected some hardware from time to time. He may be the only person we know who ran a marathon in Antarctica. He leaves a void in future races. We were running acquaintances for many years even though I don't know much about him outside of races. But he always seemed upbeat, and was known by many at each race. The last time I recall him running a race was the JJC 2 years ago, where he finished second in age.”

PSRR extends its sincere condolences to the family and to all who knew this remarkable gentleman.



Terra Stamps
October 11

I have to many fond memories of running up and down the stairs of Prairie State College with Jim. He was a wonderful mentor to me at PSC.



A memorial tree was planted in memory of James G. Barry.
[Plant a tree](#)



Your cousins, Jo, Gerry Jackie, Pam
October 6

For your uniqueness. From cousins, On, Gerry, Jackie, Pam



In Paradise was purchased for the family of James G. Barry by Your cousins, Jo, Gerry Jackie, Pam.



Kevin Balda
October 7

Sent with love and remembrance,



A memorial tree was planted in memory of James G. Barry.
[Plant a tree](#)

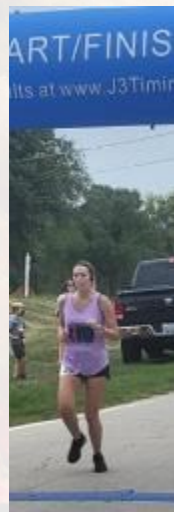


“It is not length of life, but depth of life.”

—*Ralph Waldo Emerson*

SEPTEMBER CLUB EVENTS:

Minooka Summerfest 5k



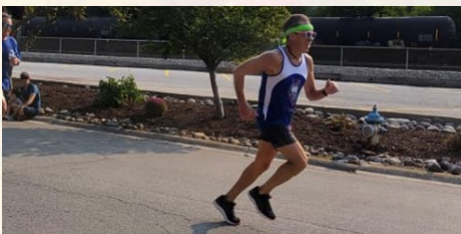
Hare and Tortoise 5k



**PSRR
BROUGHT
HOME ALL
THE
BLING!**



Hidden Gem Half Marathon



Shoop Scoot 5k



Plainfield Harvest 5k



September-October Sunday Fundays



Lots of
circuit
races
means
fewer
Sunday
Fundays

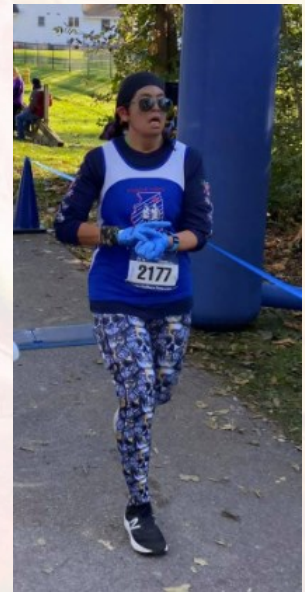


OCTOBER CLUB EVENTS:

JJC 5k



Forte 5k



CLUB CELEBRATIONS:

November and December Birthdays

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

NOVEMBER BIRTHDAY

1-Nov
Erin Ralls
2-Nov
Carol Stapleton
Rita Smith
4-Nov
Samantha Tezak
6-Nov
Michelle Weston
7-Nov
Dick Macknick
Mark L Bowman
8-Nov
Nydia Beard
9-Nov
Gary Westefer
11-Nov
Robert Jungwirth
12-Nov
Julian Heidrich
Larry Bornhofen
13-Nov
JT Markland
14-Nov
Susan McLean
17-Nov
Kelsey Rice
19-Nov
Nick Garcia
26-Nov
Paul Nette
27-Nov
John Hannon
28-Nov
Britni Markland



DECEMBER BIRTHDAYS

3-Dec
Karen Lathrop
Mark Walker
5-Dec
Connie Taylor
6-Dec
Caleb Weston
Erika Kesler
Nicholette Sikes
9-Dec
Jay Wait
10-Dec
Cindy Parks
13-Dec
April Veerman
Shannon Hagenbaumer
Vera Erickson
15-Dec
Damien Mangabhai
17-Dec
Stephen Topf
18-Dec
John Peterson
21-Dec
Lianne Holloway
22-Dec
Debbie Scheckel
26-Dec
Raymond Smith
28-Dec
Dustin Henkeline
Tom Baltz

HAPPY BIRTHDAY TO YOU!



CLUB MEMBER STORIES: Boston Marathon Race Report

by Javier Martinez



On October 11, 2021, I completed the 125th running of the Boston Marathon. It was my third in-person Boston and collected my 4th Boston medal since the 2020 version was a virtual one. The other Bostons I completed were in 2013 and 2014. It was also my 24th overall marathon finish.

The 2021 Boston marathon was a little different from past ones in a few ways. The field was much smaller. Twenty thousand were allowed to run compared to 30000. This made for more elbow room and personal space throughout the race. About 15000 actually finished.

We started in rolling waves instead of corral waves. This was one of the coolest parts of the race. Runners simply had to hop off the bus and go on their merry way to the start line without having to wait for an entire wave to begin. I hope BAA will keep this method in the future.

The third difference from past races was the finisher medal. This year's version was bigger, and gold embossed compared to the smaller silver version. Maybe it was because this was the 125th anniversary of the world's oldest marathon. It was definitely hard-earned.



It was truly a miracle that I was able to participate in this prestigious event. Qualifying time for my age group is 3:25 but even with a qualifying time, one is not guaranteed entry. I submitted a time of 3:17:25 and I was still unable to gain a coveted spot during the initial application period. It was a big disappointment, but I didn't let it get me down. There are some exceptionally gifted runners in this world and I commend them. But then one day, about 7 weeks before the race, I received an email from BAA.org asking me if I would still be interested in running and I gladly said yes. I still wasn't guaranteed a spot pending

submission times from other potential runners, but I remained hopeful. About a week later, I received the response from BAA that I was looking for. Seven weeks to prepare for a marathon is not very ideal. Luckily, I had a fairly decent base set of miles and did manage to squeeze in a couple of long runs. My goal was to simply complete the race and that I did with a time just under 3:50.

The first 20 miles went smoothly. My legs felt great and was surprised at my strength especially for not training that well. But once I approached the dreaded Newton hills my legs weren't having it anymore. So I slowed to a comfortable jog and did the best I could the rest of the way.

I'm still proud of my finishing time especially with the minimalist training.

Hopefully next time I'll be more prepared.

I want to express my gratitude to my wife for having endured a 19-hour car ride to Boston since our flight got canceled last minute and for her cheers and support at mile 26. She deserves a medal as well.

I'm also proud to represent PSRR. It is such a great club and to know that people back home were following my progress was such a thrill.

I'm hoping to be back in 2022 in a new age group which is my goal, to race Boston at least once in each age group until I can no longer go. I now have the 45-49 and 50-54 age groups under my belt.

Until next time, have a wonderful run, just breathe, and relax.

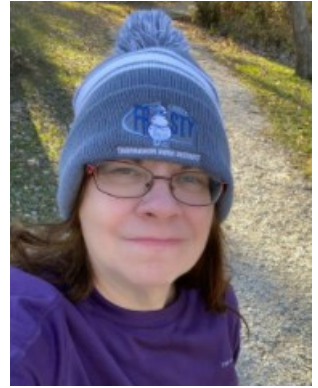
Thank you kindly, Javier Martinez



CLUB MEMBER STORIES:

Chicago Marathon Report

by Judith Warren



Yellow. Such a bright cheery color. That is, unless you are a marathon runner and compulsively checking the weather forecast. This year's Bank of America Chicago Marathon was set to start under "Yellow" in the Event Alert System (EAS). A runner can do amazing training and prep but cannot control the weather. Yellow at the start can be a goal-crusher. Yellow is defined as "less than ideal conditions".

I volunteer in the Start Corrals. I looked for our runners but only spotted a few in the crush of hopeful, excited, nervous runners. Some are focused. Some walk towards the start and you can see emotion on their faces. Some are trying not to tear up. First marathon? Running for a charity? It's a good thing they don't set up a registration desk for the next year for volunteers. I'd be signing up. Emotion gets to me.

Hey! There's JT in Corral B. Unfortunately, the emotion on his face is pain. He had just gotten stung on his hand by a bee. He clears the pain off his face and focuses on the road ahead. He's off!

The corrals continue to move up. I spot Eileen and her daughter Haley. Eileen's goal is to run a decent race so they are a bit more silly posing for photos.

The last corrals are off and we do our final sweep as volunteers. Sometimes the throwaways are two feet deep in the corrals. This year we barely cleared 20 big garbage bags. That is good for us but doesn't bode well for running 26.2 miles in this weather. It feels cool to those standing around but the humidity is crazy high. Add some gusting wind and runners are going to feel the effects. While most of our runners are on the course, the EAS will change to Red. Red means "potentially dangerous conditions."

I walked from the corrals to mile 23. As I walked facing the runners, I noticed I had never seen so many of the speedsters with "A" bibs having so many issues. Cramps, falling, painful expressions. The weather was taking its toll even on the front-of-the-pack. It would only get worse for the ones to follow.

I got to mile 23 in time to see the first of our runners run by. JT still looked focused. It's hard to pick out runners in the stream of humanity. I did see Shelli, Eileen, Mark, Lauren, Gerald, and Kristen. They were in various stages of wear and tear.

There were stories for the ages of course. JT got stung, Lily forgot her shoes and ran in a borrowed pair, Mark's knee seized up but he persevered...

We had eleven marathoners start AND finish on an unforgivable weather day. I saw the pain like never before in the faces at mile 23. All the desire that I had earlier in the corrals to register for 2022 disappeared at this year's mile 23.

Our Chicago Marathoners: Every single one of them is amazing and my hero!!

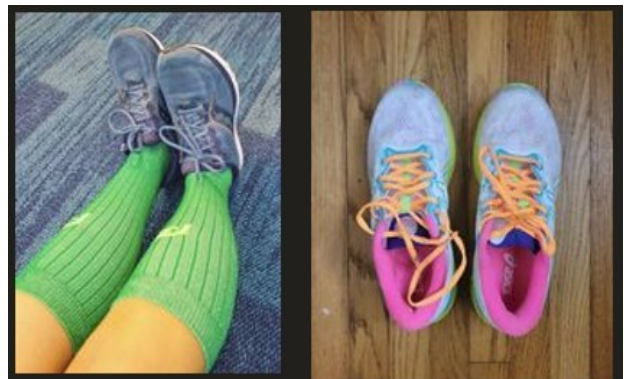


From top left:

JT Markland 3:06:58 — Lily Medina 4:13:57 with Shelli Blenck 4:52:46 and Angie Freeman 5:26:43 — Kristen Mangan 6:16:39 — Lauren Raino 6:17:34 with Gerald Raino 6:30:11 — Dustin Henkalin 5:14:41 — MarkWalker 5:25:48 with Nydia Beard 4:39:49 — Eileen Skisak 5:12:19

Right:

The shoes Lily borrowed from Angie F and ran in for the marathon. Shoes left at home have the orange laces

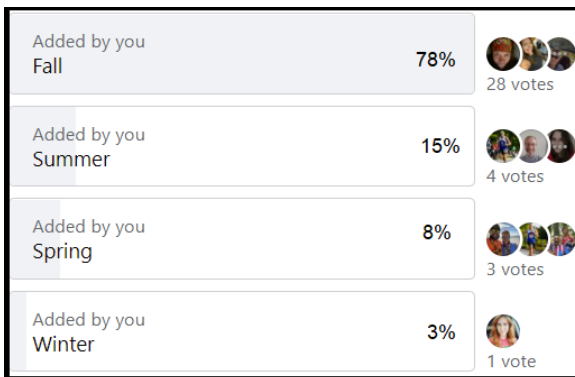


CLUB MEMBER POLL:

Our favorite season for running

Ask a dozen runners one question about our sport and you will come away with a variety of answers, all of which are claimed to be well-reasoned and absolute. For example, a 2017 blog entry from Map My Run stated emphatically that the 6 reasons spring is the best season to run are (1) It's finally warm but not too warm, (2) April showers make fun puddles, (3) You can use all of your run gear by layering, (4) You'll finally get Vitamin D after winter, (5) What was old is new again when snow melts on the roads, and (6) Spring cleaning means disposing of old gear and getting new. An article in Women's Running bested those with not just six, but twelve, reasons by summer is the best time to run, some of which included such benefits as no frozen eyelashes or frostbite, not needing a water bottle because of public fountains being turned on, more daylight hours for running, and the benefits of running in humidity which are said to be similar to running at altitude. When we asked our membership for their favorite season, the first voice in support of winter, Britni Markland, said "running on fresh snow is magical—particularly if it's sunny, the snow sparkles." In agreement, Shelli Blenck said "the days of a fresh snowfall it is peaceful and quiet; not much traffic or people outside." But by far, in most of the articles online and our own membership poll below, Fall is PSRR's favorite run season.

When queried about the reasons for their votes, Kate Calder stated, "I will run in any season, but



I dislike summer the most because of the humidity! I love sleeping in, so getting up at 5am to run in mid-August is my idea of a bad time. If I had to pick a favorite, I would probably say late fall/early winter is the best season for running. Those 30-40 degree days where there's a chill in the air and a stillness around really allow me to lose myself in a run. I also really enjoy an empty trail and the extended views through trees that I get

when it's colder out. I can also run at any time of day -- what a joy!" According to Jay Wait, "My favorite season is fall. I run as soon as I get out of bed in the morning, usually around sunup, and often there is little or no wind at that time. I like fall because the temperatures tend to be in the 50s which I consider to be an ideal temperature. Spring has similar temperatures, but the fall tends to be drier. Summer is often too hot and humid. Winter is fine as long as there is no snow or ice, but I prefer to not have to put on the extra layers." And those statements echo the reasons listed in many of the articles out there. Plus, there are more marathons and for runners who love distance, this is truly a golden time.

CLUB MEMBER STORIES:

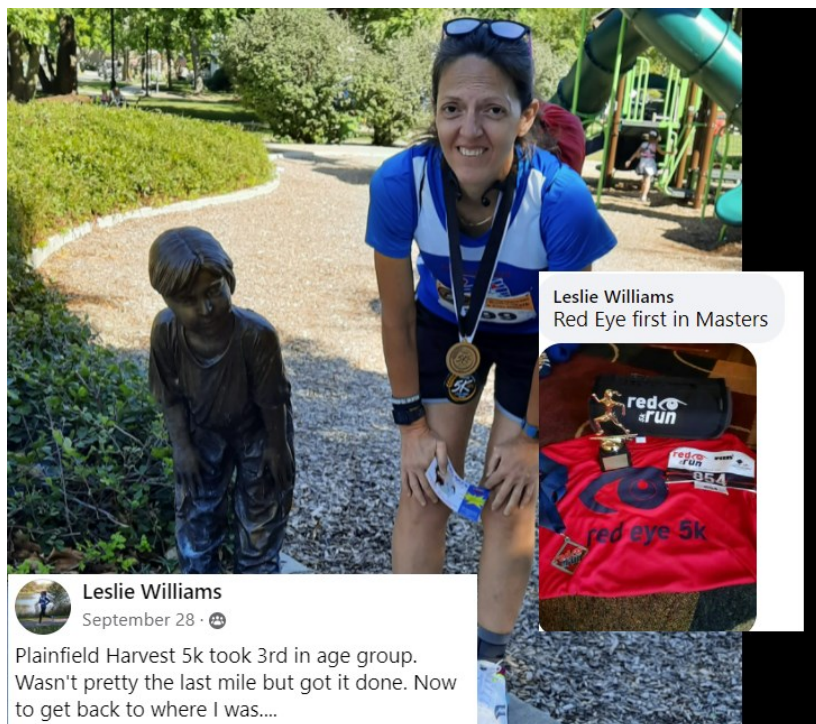
The 2021 Annual Training Project

by Heather Hall and Lianne Holloway

SEPTEMBER AND OCTOBER UPDATES
from the PSRR Pacesetting Sisters Ruling the Roads:

LESLIE WILLIAMS, having fulfilled her goal of returning to running with a fit healthy body, left our project after getting back to racing and claiming several age group wins from September's 3rd AG at Plainfield Harvest Fest 5k to October's 1st Place Overall Masters at the Joliet Red Eye. And those who follow her on Strava can see she is cross training in multiple disciplines and appears to have found the key to injury-proof competition.

THANKS Leslie!



HEATHER HALL

September Update:

I finished physical therapy 9/23, unfortunately I am further from running than I was when I started. A little more than a week before my last session I was feeling great. We had added some weight bearing exercises and single leg balancing it had me feeling good enough to see when I could start increasing my at home activity. However, by the time my next PT session came around I was starting to notice slight pain again, especially after sitting. We cut back on my exercises, but the week had me feeling worse than when I started and although I was feeling better by my last visit, I was by no means feeling great. Based on the recommendation at my last doctor's visit and my therapy team I have a follow up appointment with a different doctor October 7th. I was told by the previous doctor I would need to see one of his colleagues, as if I need surgery,

1.5 mile family hike at McKinley woods



he did not perform they type I would need. I'm hoping a second set of eyes can figure out the best plan to get me back to normal activity. At this point I'm feeling lazy, frustrated and defeated. I had a goal set to be running the JJC 5k but will now officially be walking.

I've decided to do the will county woods walk challenge to keep motivated. I love the Fall and look forward to being out in the nice weather.

October Update:

October began with me being in constant pain prior to my orthopedic appointment. This time I met with Dr. H, he was

one of the recommended colleagues from the previous surgeon. He is certified in orthopedics and sports medicine, highly recommended by my physical therapy team, and from his impressive bio I learned he is a runner. How could I not be in good hands? I was nervous for the appointment, but ready to hopefully get an answer and plan. He asked me when the last time was I ran, hard to believe it was June. He also asked if I could run. I said non initially, then told him I could, but the end result would be a world of hurt, I'm talking an 8/10 on the pain scale. He discussed my previous x-rays and MRI and told me despite it not showing a definitive tear, he suspects I have a tear somewhere in my labrum. I also had some bone irritation and bursitis, which I knew. Although I'm not having pain where expected for the bursitis, I'm also not having typical labrum pain. The decision was made to give a cortisone injection to treat the bursitis in hopes it is the source of my pain and I'll feel better. If I don't feel better, we have ruled it out as the cause of pain and have officially tried everything before moving forward with the scope and surgery. I was surprised at how much I hurt later that night, after the injection. A week after the injection I'm feeling better, but haven't done any weight bearing exercises in a while meaning, as before, the lack of pain could be that and not the injection. I have a follow up on the 25th.



LIANNE HOLLOWAY

When September started, I was in agony. I had been lying on my right side in bed a few minutes before the alarm went off when I woke up cold and wanted to get a few more minutes' sleep. I reached back with my left arm to pull up the blanket which was bunched behind me and drape it over my left shoulder and neck, when I felt a pulling and some pain. This is not unusual since I have two elderly rotator cuffs that get strained on occasion. But somehow this was different. The pain increased over the next few days and was fairly excruciating at times. Rest didn't help. Exercise made it worse. Ibuprofen dampened it for a few hours but it always returned and I knew the future of my September 18 Spartan Beast — my second most important race of the year — was seriously in doubt.

Being in the Open and not the Age Group Competitive heat, it is not mandatory that I do any of the obstacles (and indeed I never do all of them) but I enjoy the ones which I can accomplish and they are an integral part of a Spartan race. Since even the penalty burpees for a failed obstacle require shoulder strength, I was definitely bummed out. A book which I read and re-read called "The Brave Athlete" has a chapter about injuries and the author/trainers agree that a mandatory grieving period for each athletic injury should be written into any revised training plan wherein the athlete is allowed to be as dismal, sulky, vulgar and babyish as they need to be for a set period but then they must get their act in gear, and focus on what they truly can do instead of whining about what they can't. So I dropped all my strength training, stomped around and whined, bemoaned my elderly joints and the unfairness of it all, then got back to doing the one thing I could do to finish the race and ran.

On September 4, I did the Naperville Trails Half Marathon as a training run for the Spartan Beast and had an absolutely awful time. I had the misfortune of working a 12 hour shift the night before the race and the lack of sleep was not an advantage, nor was the sun and fairly warm day. It ended up being one of the slowest 13.1s of my life. Somewhere around Mile 12, I sent my husband this Poor Me Selfie when I was wishing I could just sneak off the course and drive home. Needless to say, I continued sulking afterwards.



When race day for the Beast showed up though on September 18, I was there at the Badlands in Attica Indiana, figuring I'd give it my best or die trying. The day was hot and relentlessly sunny, and the terrain was the most brutal and unforgiving I have ever encountered in my life. Five hours, 41 minutes and 26 seconds was what it took to complete almost 14 miles of hill after hill after hill in the blazing sun and 90 degree heat over sand and pea gravel, through the cool shady forest with its dozens of mud pits and smaller hills, through multiple ponds and creeks plus a huge pipe with water gushing through it. I was incredibly humbled by the experience, and almost broken by it too. There was no way to adequately train

for that event. Every where I turned, people were stopping to rest, gasping for breath, and muttering about how difficult a day they were having. And I would not argue with them. In fact, at one point about halfway through I was sure I just didn't have what it was going to take to finish. So I sat down on a rock in the shade, ate half a protein bar and considered my goals. Did I really want the Trifecta medal for doing a Spartan 5k, 10k, and half? Did I really want the Spartan tattoo I planned to get after earning it? Did I want to disappoint myself and everyone in my run club when I came back from Indiana to say "I gave up"? Or did I want to keep pushing on, give it



everything I had, and get it done? After about 10 minutes, the answers were Yes, I want the medal AND the tattoo; No, I am not going to disappoint anyone; and You Bet Your A*s I'm getting up and pushing on until I either finish or die trying. Fortunately, the shade and the sugar perked me up and off I went. I did only two of the obstacles but the terrain so thoroughly kicked my butt, it was grueling enough as it stood. I was so happy to jump over that fire log at the end, I almost couldn't believe it was real. "Never say never" is the old adage, but I'm gonna tell you this right now: I will NEVER do another Spartan Beast as long as I live!

The next month's Spartan 5k was almost easy by comparison. It was the 5k Stadion with no mud at all which they hold in a sports stadium, in this case Citizens Bank Park in Philadelphia on October 30. Up and down the stairs we went, under ropes, over or around 6-8 foot walls, carrying buckets and sandbags, climbing the cargo net and all the usual trappings. My shoulder was about 75% and I was able to do most of the obstacles. Burpees were still out of the question so I did jumping jacks for penalties. It was truly a breeze, and I had a lot of fun completing it. So the Trifecta medal is mine (although they ran out of medals and will have to mail me one), and the tattoo is on the agenda for some time in the next couple of months. All in all, it was a nice year of competition and fun. Next year's plans are still in the works but multisport is for sure my new passion.



TRAVELIN' PSRR

John Warren Admin

Duneland Half Marathon. In retrospect I probably should of trained for it.



Judith Warren

Duneland 5k in Chesterton IN



Show off your PSRR gear and send your photos to the newsletter editor. Stay tuned for more info.

Heather Hall

Still not cleared to run, but can walk. Palisades State Park



Rachael Greeney



Cathy Morman

Representing PSRR at the Fishers Run to Remember 5K in Fishers, Indiana 🇺🇸



Mark Walker Arizona run



2021 Circuit Results

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

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

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

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

Updated 11/9/2021

CIRCUIT STANDINGS

Runner	1. F 3: The Forge 10K	2. Frosty 5 Mile	3. Running O' the Green 8K	4. Arboretum Champion of Tress 1	5. Fierce Fiesta 5K	6. Summer Solstice 4 Mile	7. Morris Liberty 5K (Postponed)	8. Sundowner 5K	9. Parkies Famous 5K/10K	10. Bolt BBQ 5K	11. PSRR Free 5K	12. Minooka Summerfest 5K	13. Hare & Tortoise 5K	14. Hidden Gem Half-Marathon	15. Shoop Scoot	16. Plainfield Harvest 5K	17. Forte 5K	18. JJC 5K	19. Gobbler Hobbler 10K	20. Poultry & Pie Predictor	Choice Race #1	Choice Race #2	Choice Race #3	Volunteer Credits	Circuit Score	Circuit Ranking
Acup, Fawn						12	20	4				12				12		8							###	
Aguilar, Dan	11		21	8	9	8	11	11		4							9							1	60	14
Antonio, Ernesto	C	C		24							41															
Arreola, Sergio																3										
Auld, Michael	4	12	4		11	10	24	26					10		14		15							2	65	15
Bailey, Marne	30	32	30		30		20	41			27														210	34
Baltz, Cricket																								1		
Barry, Laura	24	26	31	21				44								22								1		
Beard, Nydia		8	5	4		6		13			8		6	7							C				44	10
Blenck, Shelli	15	18	9	10		13	10	22			12			12		15								2	81	20
Bonacci-Klaeser, Ruth								29																		
Bornhofen, Larry	9	10	6	7	13	9	7	12		5		5			6		6	4							39	9
Bowman, Mark			C	13	18			21								13					C	C		1		
Calder, Kate						16	16	32								19	11	13			C					
Carter, Clint							12						15													
Costa, Liz		9		6	5		8	14		6	9	6				8	8				C	C			47	11
Craig, Wesley		46			45																					
Craig, Jennifer	23	39		31	29	42	46				32				20						C				216	35
Curiel, Kelly	10	14			19	15	28			12																
Cyplick, Dave	19	22	14	18			28	34		10	16	10			15									1	102	21
Davis, John							21																			
DeGrush, Rich																								1		
Forbes, Sean		31						47			29					23	22				C					
Freeman, Angela	3	7	7		17	15					17			10			15							1	74	17
Frias, Raquel		47									40		25			28										
Fritz, Nicole							24																			
Gabryel, Glenn		43		28	43					16						33					C	C	C			
Garcia, Nick	16	17	11	11	16		9	30		9	19	9			11	14	10								70	16
Goodwin, Kenneth							33																			
Greeney, Rachael						C	22	47	9		24	15	19	11	18	24	18	18						1	108	23
Hagenbaumer, Shannon		34																								
Henkaline, Amanda		33			29	28	35	49			30										C	C				
Henkaline, Dustin	22	29			25	22	36	35													C	C				
Holloway, Lianne	26			23		C					34					27	24				C	C				
Hutley, Carla																								1		
Jackson, Paul			32																					1		
Johnston, Eric			40			34		11			42															
Johnston, Toni		24	26	16		19		7			15															
Jungwirth, Robert														3												
Kesler, Erica								59			43		26		25	37	29				C					
Kiernan, Jane	20		13	9	10			16			10				10	9									77	18
Klaeser, Pete							58	10				20				36	30	29								
Koerner, Casey	13	16	17		6		6		7	5	7	11			8	6	1								38	8
Koerner, Patrick J.	18	23	16	17	8	11	5	17		3	7	4	4		7	7		6			C	C	1	36	7	
Lathrop, Karen																								1		

Runner	1. F 3: The Forge 10K	2. Frosty 5 Mile	3. Running O' the Green 8K	4. Arboretum Champion of Tress 1	5. Fierce Fiesta 5K	6. Summer Solstice 4 Mile	7. Morris Liberty 5K (Postponed)	8. Sundowner 5K	9. Parkies Famous 5K/10K	10. Bolt BBQ 5K	11. PSRR Free 5K	12. Minooka Summerfest 5K	13. Hare & Tortoise 5K	14. Hidden Gem Half-Marathon	15. Shoop Scoot	16. Plainfield Harvest 5K	17. Forte 5K	18. JJC 5K	19. Gobbler Hobbler 10K	20. Poultry & Pie Predictor	Choice Race #1	Choice Race #2	Choice Race #3	Volunteer Credits	Circuit Score	Circuit Ranking
Loica, Laura																		28								
Macknick, Dick									31									27						1		
Mangabhai, Damien	6	6		7		2	8		2								16								47	12
Mangan, Kristen	33	40		40	30	39	52				19					32									233	38
Manzke, Eva	7	11	8	14				15		6		7			9			9							57	13
Manzke, Marty								18																		
Markland, Britni	21	27	23		22	18		36				23	9			20									136	26
Markland, JT	5	4	3	3	2		4			2			2	1		2	3								15	3
Martinez, Javier		2			1		1	3		4	3				4		1	2					1		13	2
Mayle, Darrell			27		28	23	31	39	8		20					23							3		160	29
McFarland, Patrick J.							27	42				17			17	26	21	16			C				166	32
McQuarters, Cathy									13			17				30	17									
Medina, Lily										22				6				7								
Morman, Cathy																					C	C	C			
Morman, Rachel																					C					
Munro, Kent			20			20	19						13					17						1		
Munro, Virginia			29			24	37						22					23						1		
Nelson, Mark		25					26	37					16								C	C	C			
Nette, Paul								25	5		14					17										
Newberry, Phil			15																							
Norris, Tiffany									12									30						1		
Pasillas, Michelle		35			34																					
Pirc, Brittany								33													C					
Pirc, Tina																					C					
Pociask, Natalie		37	33		36			54								31										
Prado, Sarah					47						44	27			26	38								1		
Putnam, Terri	31		35	29		31															C	C	C			
Quigley, Lori	14	19	18	19	21		13																	1		
Rahn, Eva					2	3		7		3					3		2									
Raino, Gerald	25				41					25					21											
Raino, Lauren	29	44	38	27	39	33				38					22										226	37
Raino, Mary				14	44																					
Rails, Erin																					C	C				
Rice, Rebecca		45	37		32	26							21		19	25	19	19			C		5	161	30	
Rowbottom, Michelle	12	13					17	27		11							12									
Schalk, Daniel							1																			
Scheckel, Debbie			22				25	6		28	13	14			21	13	14								103	22
Scheckel, Harry							9	3		33	11	5			5						C					
Sheridan, John							51			36							26							1		
Simons, Sharron							57			39					23	35					C	C				
Skisak, Eileen	1	1	1	1		1			1		1	2	1	1										7	1	
Skrobot, Jackie	8		19							18								12			C	C	C			
Smith, Tammy					20	14	41	23		13					13	16	10						1	109	24	
Sorich, Diana	28	42	36		38					15			24			25					C	C	C	2	208	33
Stapleton, Carol		28	24	22	35		18	31				12	18		16	18	14						1	118	25	
Steinmetz, John				5		4		2	1	1		1		1	2								3	16	4	
Tezak, Samantha	32	38	39	30		34																				
Tocwish, Alicia					27	17	32	43																		
Tocwish, Timothy					42	32	38	50										24								
Thompson, Bob							55			37														1		
Topf, Stephen		21	25				23																			
Troha, Lois		30	28	15		21	30	40		21	14					22		19			C		1	140	27	
Veerman, April																							1			
Wagner, Amanda					25											28	21									
Wait, Jay					20	26	25	29	45		23	16				20									159	28
Walker, Mark		15	12	12				19					9	8							C		1			
Walters, Debra		41			46		46		18						34	27					C	C	2			
Walters, Mark		5	10		12	5	4	5	2			2	3	4	5	4	7						2	24	6	
Warren, John	2	3	2	2	4	7	3	10		8	11	8	8	5	12	10	4	3			C	C	C	1	19	5
Warren, Judith	27		33	26	33	27			14							29	25				C	C	C	1	181	31
Weish, Darcy					37		40	53		17	34	18			24						C	C	C		223	36
Westefer, Gary										26		20												1		
Williams, Leslie	17	20			15		6									11	5	5			C	C	4	79	19	
Williams, Hannah		36			24		34	38										26			C		1			
Williams, Bailey					23		14											11			C		2			



Let the storm rage on.

The cold never bothered
me anyway.

-Idina Menzel

PSRR PACESETTER

NOVEMBER DECEMBER 2021