

THE PACESETTER

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

www.psrr.org



The Pacesetter is for Runners,
Walkers, and Fitness Enthusiasts

THE PACESETTER

Volume 48 ISSUE 6 NOV/DEC

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THE PACESETTER

Volume 48 ISSUE 6 NOV/

CLUB OFFICERS

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Secretary

Eva Rahn

Treasurer

Raquel Frias

VP/Business

Nydia Beard

VP/Membership

Javier Martinez

VP/Operations

Mark Walters

Directors (3)

Stephen Topf

John Davis

John Steinmetz

Upcoming Circuit Races and Events

November

Sun 5th - Tinley Park Turkey Trot

[Registration Link](#)

Sat 11th - Paleozoic Carboniferous Fall II

[Registration Link](#)

Thur 23rd - Poultry & Pie Predictor,

Joliet [Registration Link](#)

December

Kick back and get ready for 2024!

Newsletter editor: John Steinmetz

Webmaster: Scott Lemke

Group runs (open):

Every Sunday at Channahon State Park, 8:00 a.m.

Speed work/group run (open): Wednesdays at 6:15

Check postings on Funner Runners Facebook group

Moose Island Taco Tuesday 4:30, 5 or 5:30



**PRAIRIE STATE
ROAD RUNNERS**
Will County, Illinois ★ Since 1975

On the cover:

A Sunday Funday Kayak leg of a
bike-Run-Kayak triathlon.

BULLETIN

From the PSRR Editor

The Newsletter Staff continues to grow! A number of members contributed articles for this newsletter.

Contributors included: Amy McGoldrick (PREZ says), Humberto Macias (Herscher's Hare and Tortoise), Harry Scheckel Jr.. (Water and Life 5k), Dave Cyplick (Forte 5k), Eileen Sisak (JJC Foundation 5k) Javi Martinez (Chicago Marathon), Michelle Pasillas & Sharon Simons (DPR 50k) and Mark Bowman (Circuit Standings) and Mark Walters (Proof Reading)!

John Steinmetz

P.S., I often say to myself, "I can't believe my cloning machine worked!" If anyone wants to contribute additional material for posterity, send it to me and I will revise the Newsletter.

From Judith Warren: "I just want to give a shoutout and thank you to Sean Forbes for waiting near the finish of the Forte 5k to cheer on those of us finishing after him!"

Next PSRR Board Meeting:

November 1. All members are encouraged to attend. Meetings are usually held at 6:45pm at the Plainfield Riverfront Building.

Joke Corner

We should start referring to our ages by levels. "I just leveled up to 71" sounds way more bad ass.

* * * *

What breed of roosters lays eggs?
Himalayan

* * * *

Geology rocks, but geography's where it is at.

* * * *



PREZ SEZ



by Amy McGoldrick

Dearest PSRR members,

Welcome to the international edition of this month's PSRR newsletter. :) While our PSRR Secretary Eva has been having the adventure of a lifetime walking the Camino de Santiago in Spain, I've been living and working this month in beautiful Timor-Leste in Southeast Asia. It took 3 days and 9,000 miles to get here, but it has been an incredible life-changing experience and I've been treasuring every minute of my time here.

I'm here on a month-long work assignment for my day job with the Peace Corps. In addition to welcoming a new group of Peace Corps Volunteers and visiting others at their sites, I have been doing a lot of exploring. One highlight was a weekend trip to a nearby island to go snorkeling on some spectacular coral reefs. The island's people are proud of their decades-long fight for independence and are eager to see their nation's economy grow. More than 40% of the population lives under the poverty line and is dependent on subsistence activities like farming and fishing, but education is highly valued here.

I haven't done much running while I've been here, but running is surprisingly popular here (despite the heat and relative lack of safe running paths) - probably because it requires very little equipment and gear. On my 2nd day here I met a couple of expat runners on a hike and asked about local running routes. A British woman mentioned that the extreme heat and hills make for excellent training conditions. She just finished a 100km race in Bali and is now training for the Marathon des Sables. A Portuguese man said that he runs on the road and broken sidewalks while motorbikes, buses, and cars zip by him because there aren't a lot of other options.

On early morning walks, before sunrise, I often see young men (and only men) out early to beat the heat. They run on the city streets using only the street lights as illumination. I have never seen anyone with a neon vest, reflective clothing, or a headlamp. Children and young adults can also often be found running barefoot and shirtless on the city's pristine sandy beaches. The country's one and only race takes place in early September.

Being here is a good reminder of how accessible running can be - and how you can run under any conditions if you have the will to do so.



Amy hiking in Timor-Leste and Eva running with the Bulls in Spain.



Letter from the Prez (continued from previous page)

Turning back to Club business, PSRR runners have had an amazing past couple of months. Jim Harman ran his 170th marathon and competed in the Abbott World Marathon Age Group World Championships at the Chicago marathon. Several PSRR members ran their first-ever Chicago marathon - and we had our first ever PSRR engagement during the race! We won the JCC group award at the 5km for most number of club participants (over 40 runners!)

Parker Ethridge placed 4th at the State Cross-Country Championships
Efrain Huerta ran a very impressive 100 mile race at the Hennepin100
6 PSRR members competed in the Des Plaines River Trail Races (and many PRs, longest ever distances, and age awards were had!)

Multiple teams of PSRR runners rocked the Quad City relay (and looked great in their PSRR shirts!)

And there are WAY too many other accomplishments and races to count and so I'm going to stop here :)

New Interim Board Member

Please join me in giving a warm welcome to our newest PSRR Interim Board Member [John Steinmetz](#)! We've reshuffled the board positions and John is joining as Interim Director. He brings a wealth of experience to our board having previously served for many years on HOA boards. John is an active PSRR member and also edits our quarterly newsletter. This round, we were very pleased to have multiple expressions of interest for board positions and this bodes well for the upcoming elections during which we expect to have multiple positions available.

Next Board Meeting

Our next board meeting is scheduled for November 1 at 6:45 at the Plainfield Riverfront Building. We will dedicate time at the beginning of the meeting for member input and all are welcome. The minutes for the previous meeting are available on our website.

Poultry and Pie Predictor

Sign up your whole family! Share our event listing. The 4 mile race is only \$12. Yes, you heard that right, only \$12!

Circuit Awards and Banquet

The members have spoken! And this year's circuit award will be a rain jacket/windbreaker. You still have plenty of time to earn more circuit credits and there are many more races to come! This year's banquet will take place on January 27th at Jacob Henry Mansion and registration will be announced later this year. Nominations for the PSRR Hall of Fame are ongoing and can be submitted by email to president@psrr.org.

Holiday Party

Save the date! Our annual holiday party will take place on December 14 at Channahon Lanes. More info is coming soon. Please get in touch with Eva if you have something to donate to our holiday raffle.

Love and Running

And finally love is in the air. 😊 If you haven't seen the clip of PSRR member [Marne Bailey](#) getting engaged during the Chicago marathon, check it out!

<https://www.nbcchicago.com/.../couple-engaged.../3245616/>

Letter from the Prez (continued from previous page)

PSRR Committees

You can see the great work done by our new PSRR newsletter committee here in this issue. Our by-laws committee is hard at work on a draft of revised PSRR by-laws. And our circuit committee is deep in discussion about recommendations for next year's circuit race schedule. Keep up the great work everyone!

Looking forward to seeing many members at the upcoming November circuit races in Tinley Park (November 5) and Palos Paleozoic (November 11).

As always, we welcome your input! Please reach out to a board member with recommendations, suggestions, and feedback.

Herscher's Hare and Tortoise 5k

September 3

RACE RESULTS

Herscher's Hare and Tortoise 5k was run on a perfect September day for running. A balmy 88 degrees. A great turnout by the PSRR members with 24 of the 80 finishers coming from our club! The day of race entry fee was only \$14 making this race a bargain. Ace Staff Reporter Humberto Macias gives us his first hand impressions of the race beginning on the next page. Also, thanks for photos provided by Humberto and Leslie Williams. Pictured below is the PSRR Group Photo and Some of the PSRR Award Winners.



Herscher's Hare and Tortoise 5k

September 3

From Humberto Macias!

It was a beautifully hot and sunny day! Yeah, it was a warm 90°F, but it could have been worse. We did have a breeze blowing, it was a warm breeze, but it was still a breeze. Unfortunately, I wasn't able to get in a decent warm-up, but the temps allowed me to not have to do much in order to loosen up.

The gun went off at 5:30pm and we were off! There were at least a handful of racers that started out amazingly fast, including my good friend Michelle Rowbottom! She took off and I immediately knew that she wasn't going to make it easy! I'm not sure who all was around me, but I tried my best to make sure that I kept her in my cross hairs. Another person that didn't make it easy on me was Patrick Koerner! He kept up with me and kept me in his sights throughout the entire race!

We started off right across from The Herscher High School, and we ran south on N. Elm Street for a handful of blocks. We eventually took a left onto W. Walnut Ave, and zigzagged to S. Main St., onto E. Kay St., and ending the first mile with a slight elevation as we crossed over S. Park Rd.

The second mile did what David Bohlke called a "lollipop." Where it went from E. Kay St., and did a loop going around a portion of E. Walnut Ave., taking lefts on E. Jeanette St., E. Myrtle Ave., and back onto E. Kay St., tracing our steps back to the football field. During this time there were at least 3 of us vying for position. Patrick, Kevin O'Connor, and myself, with Michelle still keeping a commanding lead in front of our group.

Herscher's Hare and Tortoise 5k

September 3

From the desk of Humberto Macias!

Her power and cadence was incredible and she pushed me to stay focused on my form, breathing pattern, and mental fortitude. As we crossed back up the slight elevation that was the intersection on S. Park Rd., I finally was able to catch up to her. I managed to give her some words of encouragement by telling her to stay strong and then just concentrated on completing the second mile by taking a right back onto S. Main Street.

The last leg of the of the race consisted of the small portion of W. Walnut Ave. again and back along Elm Street. I thought that I was in the clear and all I had to do was maintain my pace, as soon as we crossed the railroad tracks, right after passing LIFT Fitness, a familiar face ran up next to me on my right hand side. Lo, and behold it was Patrick and he was doing awesome! I couldn't help but yell out, "There he is!" and it turned into a race to the finish. Before passing Herscher United Methodist Church, I switched gears and kept him behind me, but he kept me right in front of him!

We ultimately took a left onto the graveled entrance towards the football field, took a right through the parking lot, went around the building where people registered for the 5k, and was able to finish the last stretch of the race on the newly built speed track. Once again, I thought that my position in the race was assured, especially when I looked over my left shoulder and didn't see anyone immediately behind me, but as soon the track turn into a straightaway and the finish line was within range, here comes Patrick powering through and finishing strong! Again, I couldn't help myself and tried empowering him by yelling, "C'mon Pat! Let's do this!" We both have it everything that we had and left it all on the course!



Michelle, John Warren and the author are pictured above.

Herscher's Hare and Tortoise 5k

September 3

From the desk of Humberto Macias!

I finished 8th overall, with a time of 22:02, a pace of 7:06/mi, and I got 3rd place in my age group for my effort. The course was relatively flat, which was a breath of (hot) fresh air compared to Saturday's race in Kewanee, and it was so great seeing so many of my fellow club members at this race!

The Bunny Dash followed the 5k for all kids from ages 7 and under. The kids lined up on the track and we're waiting for the start of the dash. All of a sudden a cute little button of a girl false started and took off! It was so funny and definitely a memorable part of the day!

I want to thank David Bohlke, the Herscher police officers, all of the volunteers who took time out of their holiday weekend, and the townspeople of Herscher who braved the heat to cheer us all on. All of them helped make this event a fun, safe, and tasty event! The bananas, watermelon, bottled water, and Gatorades all being covered by ice and ice packs were an excellent touch! It was my first time ever running here, but it won't be my last! The town is beautiful and I kept making remarks on how nice it was!



Clockwise from top left: Nydia Beard, Steve Topf, Tammy Smith and Eva Rahn.



Water for Life 5k

Sept. 4

RACE RESULTS

Ace Reporter Harry Sheckel Jr. provides his overview of the event!



September 4th marked the second annual Water for Life race which raises money to drill water wells in Africa. Clean water is in short supply in many parts of Africa so they have been able to drill 4 so far. The Prairie State Runners were well represented with 14 runners and 12 medals won! Ten members even did the double!

This is the second circuit race of a dual race weekend, basically an out and back trip on the Old Plank Trail bicycle path. While the race was cooler than Herscher, 83 degrees versus 89, most of the first mile consisted of a rather "challenging" hill.

To critique the race it was especially difficult for the back of the pack runners. The Water for Life Race ran out of water for the final runners. They had plenty of water but it was not strategically located. Also no mile markers or course arrows to show you the turns. A few runners who lost contact with people ahead of them took wrong turns. There were no Port-a-Johns there at the start. They did have 2 bathrooms one in the Vita Life store and porta-potties a couple hundred yards up the race course in the New Lenox commons area. The volunteers did the best they could with traffic control on Nelson Avenue, but the police officer should have been there and not in the non essential location he was at.

All in all not too bad for their second race. Room for improvement but they are trying. Lastly, as a 79 year old it was greatly appreciated that they started giving out awards from the oldest first.

The following runners participated in both the Herscher and Water for Life 5ks that were run less than 16 hours apart!

Traci Ethridge, Tom Ethridge, John Steinmetz, Michael Auld, Mary Beth Casarez, Nydia Beard Mark Bowman, Eileen Skisak, Liz Costa, Tim Costa.

Also running on Labor Day morning were / Erica Kesler, Jane Kiernan, Debbie Scheckel, and Carol Stapleton,



Hidden Gem 13.1

RACE RESULTS

Sept. 9

Hidden
GEM
13.1



Article provided by John Steinmetz

The Hidden Gem offers PSRR members a chance to stretch their legs beyond the 5k or 10k. Eighteen club members took up the challenge in a field of 851 runners. The Hidden Gem is a pure road race with minimal backtracks through the distinct neighborhoods of Flossmoor, IL. It was the CARA 2022 race of the year. With over 900 runners, it's a good chance to test your Chicago Marathon readiness against some of the better runners in the Chicagoland area. Some reasons to run next year:

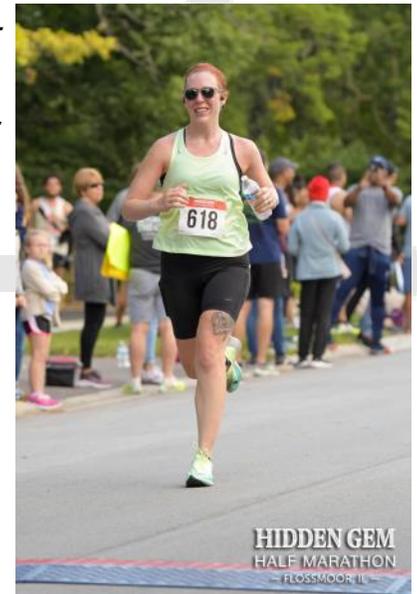
- Easy to get to from the Joliet area.
- Plenty of free parking
- METRA train line service to the race
- Free beer!
- Great runner swag and medals
- Cheering from residents and H-F High School cheer squads for much of the race
- Free race photos! [Photo link.](#)

The day started early meeting at the PSRR tent. Mark Walters was there before the sun came up and set the tent alongside other club tents. Shown below are Amy McGoldrick, Lois Troha, Carol Stapleton, John Steinmetz, Brittany Pirc, Tina Pirc and Mark Walters. To the right is Lois smiling as she is cheered on by students lined up at H/F High School.



Hidden Gem 13.1

Race day was 72 degrees at the start as cooler weather hit the Chicago area. My plan was to run around a 9 minute pace. About 100 yards into the run I found myself running with Britni Markland. I asked Britni what she was expecting to run and found out it was about 1:53. She finished in 1:52:22! I said, "I guess I will see you after crossing the finish line." Britni shifted to a higher gear and pulled away. Britni is shown nearing the finish line, gliding past spectators along the course route.



At mile one, I was right on pace. I was alongside some men going at 9 minute pace. In another mile and a half I came up to the Mayor of Flossmoor. I said the neighborhood was beautiful. She said we were in Flossmoor, and it occurred to me that Homewood Flossmoor are two cities! It wasn't long that two ladies passed me and I decided to catch up. Dawn (38) and Jamie (45) would pace me the next 11 miles before pulling away. Turns out they were best friends and each the mother of 4 children. They ran half marathons to get back in shape after having another child. Jamie talked the whole race. At about 11 miles we encountered a longish hill and Jamie started bounding up the hill saying; Come on John!, Come on John! That was the last I saw of Jamie and Dawn as they finished a minute ahead of me.

Their pacing was great as we settled into a 8:50 pace, give or take a few seconds. I managed to have a negative split and move from 404 to 381 position thanks to Jamie and Dawns pacing. Jamie is shown at the finish line.



SPLIT	OVERALL	GENDER	DIVISION	PACE	TIME
5KSPLIT	404 of 925	252 of 426	2 of 7	8:55 min/mi	27:44
10K	386 ↑ of 925	242 ↑ of 426	2 of 7	8:54 min/mi	55:16
10MILE	384 ↑ of 925	246 ↓ of 426	2 of 7	8:51 min/mi	1:28:26
Full Course	381 ↑ of 925	243 ↑ of 426	2 of 7	8:50 min/mi	1:55:39

Hidden Gem 13.1

The run was as enjoyable as any 13 mile run could be, with some rolling hills in the last 5k, music in multiple locations and local residents ringing cowbells and cheering along the entire route. The last 1/2 mile is a long stretch heading into downtown. As I tried and failed to put on a kick, Brittany Pirc passed me with a woosh! Her finishing kick was amazing. Not only did she pass me, but she passed John Warren who finished almost a minute ahead of me. Here is Brittany nearing the finish line. I believe this was my first 1/2 Marathon. I have run about a dozen Marathons and hit the wall each time. I'm certainly considering running more 1/2 marathons in the future.



John Steinmetz



Here are the PSRR participants and their results.



Name	Category	Time
Markland, JT	35-39	1:24:19.0
Walker, Mark	50-54	1:51:53.0
Markland, Britni	30-34	1:52:22.0
Pirc, Brittany	25-29	1:54:41.0
Warren, John	65-69	1:54:45.0
Steinmetz, John	70-74	1:55:39.0
Beard, Nydia	45-49	1:59:18.0
Bornhofen, Larry	60-64	2:00:28.0
Walters, Mark	65-69	2:03:37.0
Williams, Leslie	55-59	2:06:01.0
Craig, Jennifer	35-39	2:17:24.0
Quigley, Lori	55-59	2:17:24.0
Pirc, Tina	60-64	2:19:18.0
Mayle, Darrell	55-59	2:22:59.0
Henkaine, Amanda	40-44	2:37:22.0
McGoldrick, Amy	45-49	2:37:41.0
Troha, Lois	45-49	2:42:51.0
Stapleton, Carol	70-74	3:17:10.0

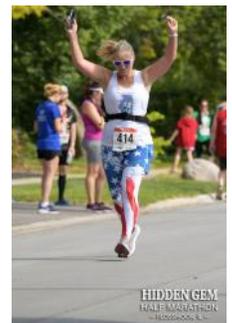
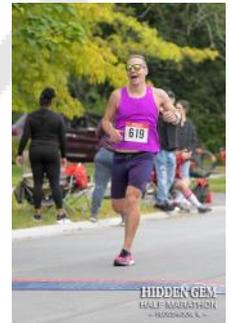
Hidden Gem 13.1

There were many amazing runs, including several PRs. Here are some additional pictures to capture the joy of running.

Top row: Amy McGoldrick, Leslie Williams, Jennifer Craig, Nydia Beard

2nd row: Brittany Pirc, Mark Walker, Lori Quigley, JT Markland

3rd row: Carol Stapleton, Mark Walters, Darrell Mayle, Larry Bornhofen and Tina Pirc



Plainfield Harvest 5k

[RESULTS LINK](#)

September 24th

Hosted by the Plainfield Shorewood Area Chamber of Commerce, the Harvest run, walk and kids' miler evolved from a group of 250 runners and walkers competing to one averaging about 1,000 participants a year. This year 27 PSRR members were part of 495 participants in the 5k.

Nicole Howell ran her first 2023 race as a PSRR member! Heather Howell and Gina Hoefflerle also had outstanding performances. Clark Anderson took 1st in the age graded standings.

JT Markland on his home course, finished #1 in the male category. JT averaged a blistering 5:56 minutes per mile pace. Not to be outdone, Tammy Smith took first in her age group with a speedy 8:56 per mile pace.

Pictured below are Judith Warren, John Warren, Bob Jungwirth, Harry Scheckel Jr., Tammy Smith and Liz Costa. Also, pictured is Patrick J. Koerner who likes to take selfies with famous PSRR runners..



JJC Foundation 5k

[RESULTS LINK](#)

Sunday, October 1st



By PSRR Newsletter Staff Reporter Eileen Skisak

Hi everyone!

The PSRR Circuit race on 10/1/2023 was held at Joliet Jr. College.

The venue has always been perfect. Plenty of parking, use of the college restrooms, ease of packet pickup and getting the race started exactly on time really makes for a great pre-race experience.

The kids had a 1-mile race at 0830. This appeared to go off without a hitch and the kids had a great time. Wiley the Mascot was there, too, giving hugs and photo-ops. Love the Mascots!

The weather was perfect. Summer-like conditions. Not a cloud in the sky. Tons of racers easily lining up behind the chipped starting line makes for a non-bunched-up start for the racers. I asked a policeman if we were going to run on the beaten-up sidewalk for the last .2 mile; and he reassured me that the course was run completely on the asphalt inside the campus.

The race started on time; the course was clearly marked. It was nice for the several out-and-back sections to see who of our friendly arch rivals were either ahead or behind us.

By consensus of the runners, the course was a bit short, hence the faster-noted times. But, hey, we all ran the same course. And it really looks good in the results!

The post-race food consisted of vanilla and chocolate-coated doughnuts on a stick, individually wrapped! All kinds of Planter's mini bags of cashews, peanuts and trail mix. The usual fruit, Gatorade and of course Frozen Yogurt!!

Prairie State Road Runners had a great showing. Tons of us gathered for a group photo.

The awards were the JJC knitted purple and black winter hats. Very nice!!!

All in all, a wonderfully run race, lot's of good food, great venue. It has always been on my racing calendar year after year.

Eileen

To the right, Jim Harman finishing and JJC.



JJC Foundation 5k

The Club was well represented at the run. The Results link provides Age graded results. Four of the top five runners were from the Club! Well don.

Place	Bib	Name	Gender	City	State	Country	Chip Time	Pace	Age	Age Percentage	Division Place	Division
1	274	 Lucas Houlihan	M	Joliet	IL	US	16:52.8	5:26	13	82.1	1	M Open
5	109	 Javier Martinez	M	Minooka	IL	US	19:09.5	6:10	56	80.0	1	M 55-59
48	168	 Eileen Skisak	F	La Grange Park	IL	US	24:55.9	8:01	64	78.0	1	F 60-64
13	97	 Patrick Koerner	M	Bourbonnais	IL	US	20:41.9	6:40	61	77.4	1	M 60-64
30	286	 John Steinmetz	M	New Lenox	IL	US	23:01.0	7:25	71	76.7	1	M 70-74



JJC Foundation 5k

Bill Williams took some great pictures at the race. Here are a few.



From top left moving clockwise.



Javi showing his speed. Hannah Williams pushing Steve Topf and Darrell Mayle. Gary Westefer demonstrating nose breathing and doing calculus near the finish line. Tom Ethridge thinking Lily Medina is making this look to easy. Angela Freeman flashing an award winning smile. Patrick Koerner flexing for the camera. Nick Garcia getting faster. John Steinmetz showing 70+ form.



Forte 5k

October 21st



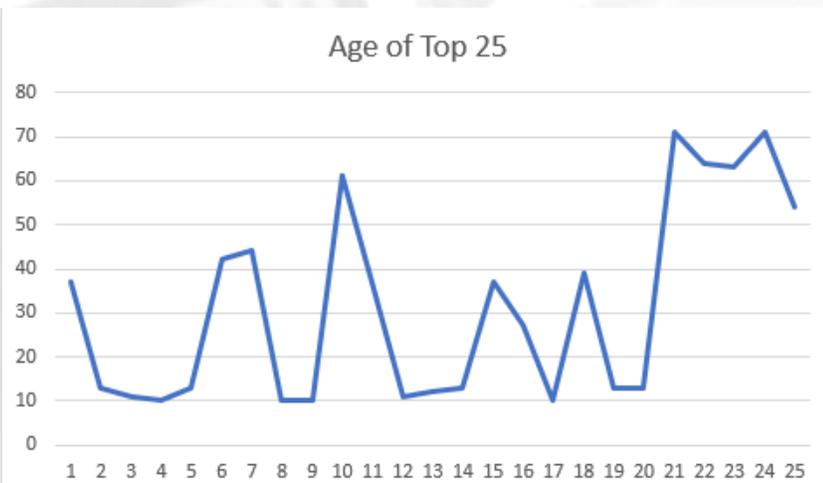
[RESULTS LINK](#)

[PHOTOS LINK](#)

There was great running weather temperature-wise along with beautiful fall colors both in the Channahon State Park where the race

started and finished and along the course route. It was the eleventh annual Forte 5k. Channahon Band members sang the Star-Spangled Banner to kick off the race and the Band performed along the course. There were multiple course marshals along the course including long time PSRR member Tom Lambert who was stationed at Bridge Street and was turning runners onto Blackberry Lane. The race then proceeded onto the Moose Island area and then along the I & M Canal tow-path where the final turn led runners back into the State Park.

PSRR J.T. Markland won the race (again) and three other club members finished in the top eleven including Nick Garcia, Pat Koerner (the younger version) and Humberto Macias De-Leon. The second through fifth place finishers were all between 10 and 13 years old and the 8th and 9th place finishers were 10 years old. This would seem to bode well for future versions of the Channahon and Minooka Cross Country teams both Junior High and ultimately at the High School level. The graph below, shows youngsters dominating the first twenty positions. The graph shows 37 year old JT finishing first and 60+ coming in 10th, and 20th thru 24th. Let's see what the youngsters do 40 years from now!



The post-race refreshments always include home baked goodies as well as coffee, water, and cider. Race results were done promptly, and the entire race management process was well done. The number of runners entered in the race was down compared to prior years: we hope that was only a temporary blip. It appeared that roughly a third of the participants were PSRR members. We support local races very

well and the race directors are certainly appreciative..

Congratulations to all of you that have completed or will be completing fall Marathons! Now you can kick back and enjoy yourselves at the end of the running season!

David Cyplick

Forte 5k



October 21st

Some Pictures from the race.. The 60-65 Award winners. Nick trying to keep up with the youngsters. Larry, gliding through the park. Brittany Pirc, getting her 2nd place female award. Brit just keeps getting faster and faster. JT leaving the youngsters in his tracks. Patrick the younger, finishing 10th.



Forte 5k



October 21st

More pictures:



PSRR Group Runs

Tuesday Runs With Channahon-Minooka Run Club

5:30 PM at Moose Island



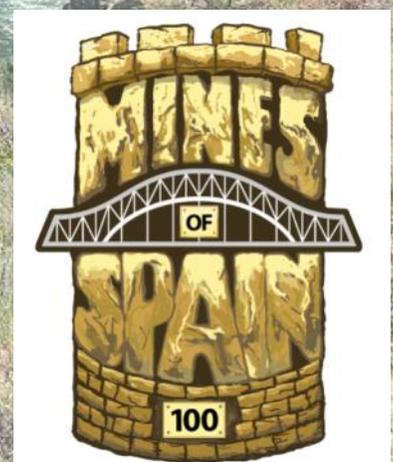
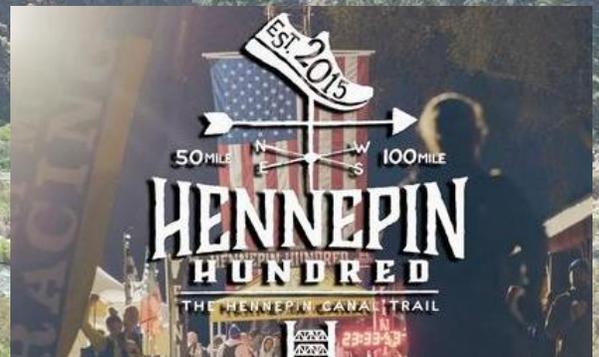
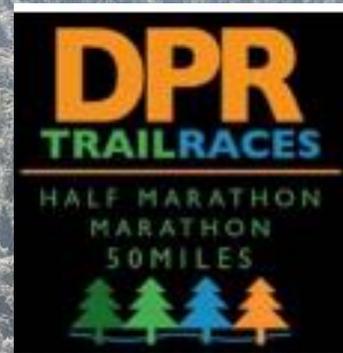
Sunday Funday at 8 AM in the park in Channahon



Not shown: Speed Training on Wednesday evenings and Ladies 5 AM Runs at Shorewood Four Seasons Park.

PSRR Running Around the USA

Beyond the circuit races, our runners distinguished themselves at other races. Here are a few pages to capture these endeavors.





Chicago Marathon

By Javi Martinez

On Sunday, October 8th I had the pleasure of participating in the 45th Chicago Marathon, my 13th Chicago and 29th marathon overall with a time of 3:26:58. This one was special because it happened to be the marathon where a world record was achieved with a time of 2:00:35, the women and both wheelchair divisions broke course records and a fellow club runner got engaged on the course around mile 19.

I had three goals going into this race, first was to finish, second was to BQ (3:35:00) and third was to beat my previous marathon time (3:22:04). I was very happy to accomplish two out of the three goals but simply finishing would have been fine by me. Weather conditions were pretty much perfect for a marathon with cool temperatures and cloudy skies.

Once again my loving wife Gaby came to the race to cheer me on. I knew exactly where she would be on the course and I could also hear her cheers a mile away. JAVI! JAVI! JAVI! This was a marathon for her as it was for me due to all the maneuvering she had to make to find me. The first ten miles I took it easy by trying to find my groove. I made sure I hit every aid station and took a gel every five miles. At mile 10 is when the 3:20 pace group caught up to me so I decided to run with them to the finish line. Hanging with them only worked for about ten miles because around mile 20 is when I started to bonk out. It was the start of the breakdown.



Continued on next page.





Chicago Marathon

By Javi Martinez



I said my goodbyes to the 3:20 pace group. Within that group I encountered a barefooted runner as well as a F65-69 age group. Pretty interesting. The last ten kilometers, I hung on by a thread. Was hoping not to cramp up and luckily I didn't. If it was any warmer out, I probably would have. The last couple of miles, I fed off the spectators for support. I looked at my watch and wondered if I could make the finish under 3:30. It was a strong possibility. I was within BQ range but now I was looking towards sub 3:30. In the end, I wound up having enough energy to finish under 3:27 and a third consecutive marathon with a BQ.

I celebrated with a beer after the finish , a selfie with Deena Kastor and pizza with my wife, Becky and Jesus at Connie's Pizza on Archer Ave. I couldn't have done this without the support of my family, running colleagues, the many spectators and numerous volunteers out on the course. I'm super grateful for them all. All in all, it was a good day.



Des Plaines River Trail Half Marathon and 50k

By John Steinmetz, Michelle Pasillas and Sharon Simons

Pictured Below are the PSRR's 50k participants, Dianne Sorich, Vickie Walker, Leslie Williams and Michelle Pasillas.

Dianne's Results: 8:43:34 5th of 5 in 50-59

Vickie's Results: 8:02:35, 2nd of 3 in 60-69

Leslie's Results: 6:02:39 First in 50-59

Michelle's Results: 7:58:21, 8th of 10 in 40-49



Des Plaines River Trail Half Marathon and 50k Continued

The promoters said it was “A flat and fast course through lush forests and wetlands”. This years race was an exception, as conditions were cold, wet and windy. The trail had some flooding and in places, a few branches needed to be circumvented. Like postal workers, the PSRR runners made delivered.

Pictured below are half-marathon finishers Raquel Freeza and Sarah Rose!

Raquel’s Results: : 3:20:11 19th of 22 in the 50-59 division

Sarah’s Results: 5:20:37 37th of 37 in the 30-39 division



Des Plaines River Trail Half Marathon and 50k

My first 50k Des Plaines River Trail Race

By Michelle Pasillas

What can I say...I know there has been many Facebook posts I am tagged in explaining the conditions ,rain, wind, down trees, flooding we all ran through this past Saturday. Well here are my thoughts and reflection of the race.

As I watched the weather days leading up to the race praying it would change, it didn't and the forecast just got worse. With that I was getting pretty nervous. I have run in rain before but not for as many hours I was going to be running in for this race. All I could do was be as prepared as I could knowing what conditions I was going to face.

NOW one thing I wasn't prepared for was an unexpected "river crossing " it was actually an underpass by the river that had flooded, and we all had to walk through knee deep COLD water . Thankfully it was towards the end of the race with about 3 miles to go.

Needless to say this race was more of a spiritual awakening for me. For the first 15 miles the rain came down steady, it got cold and windy. After that the rain just came & went for the entire 31.83 miles so we never really saw a break. I had my playlist on repeat and one song that kept hitting me hard was " Lord send a revival" by Hillsong Young & Free -part of the lyrics goes: "Come Holy Spirit rain down on me Break open the heavens and drench the unseen Pour out Your presence as I pour out Your praise" I was crying listening and just singing out worship.

I can't explain it, it was healing. With so much going on in this world I couldn't help but be in the moment feeling God's presence all around this race, the rain, being in nature just made me feel so close to God ...like I said it was something spiritual. Running trails has always been that place for me, it's my God time. Thanks so much to all the volunteers at the aid station they were all so amazing!!

A Very SPECIAL thanks to Sharron Simons, Susan Bolatto and Jeff, Diana Gonzalez Sorich's husband for taking us and crewing us...you ALL went above and beyond we could not have done this without you! The 5am project ladies ALL of you ...I am so thankful for you. Training for this race and other races together has been such a blessing and has built our friendship even stronger I

am so proud of everyone for all their accomplishments this year!!  So many it's hard to name

them all. 



Des Plaines River Trail Half Marathon and 50k

Continued

50k Des Plaines River Trail Race

By Sharon Simons

It all started when our group, The 5am Project decided in early Spring we needed a Fall half marathon to add to our race schedule and before we knew it the group was signed up for a 50K, we blame Diana for this, as she hit the 50K button first, and many soon followed. The training these ladies put in is nothing short of amazing, super early mornings, and very long runs on weekends followed by margaritas and many naps!

The training plan was laid out and each person took it and personalized it for themselves as everyone had their own goal to achieve. Our group came together to support and lift each other up when we were down thinking it was going to be impossible. The strength that was shown was like no other I have seen, we leaned on each other and supported each other through every run, hung out until the last person came back so that we could all celebrate together. What seemed impossible was coming together and along the way many, many memories were made.

What we knew was the course had an 11.5 hour limit so everyone knew there was plenty of time to complete the course, but everyone was determined to do it within their goal time they set. In order to do that we needed to do some recon, we heard the course was mostly flat, but we felt a field trip was needed to truly confirm this. A field trip was taken by some to do the 20 mile run on the DRP trail so we could confirm what it would be like and confirm that it was a flat course, it was in fact mostly flat. The training was done in cold, hot, rain, and shine, however nothing could have prepared anyone for the conditions of that day.

With all the training complete the day of the race arrived, the forecast did not change, but the hearts of these ladies was unstoppable. Each trusted their training and stepped up to the start line in order to take on the 50K. Through rain, wind, and flooding each person kept moving with one foot in front of the other and everyone was supported along the way by Sue and Jeff (Diana's husband). These two met each lady at several of the aid stations to make sure they had everything they needed to keep going to the next aid station. They stayed out in the weather conditions all day to make sure each lady was supported and had everything needed.

Each of our ladies successfully crossed the finish line with smiles! Their strength and determination was unmatched and I could not be more proud of these amazing ladies who accomplished exactly what they set out to do the day they hit submit on their 50K registration. .



THE ULTRA SCENE

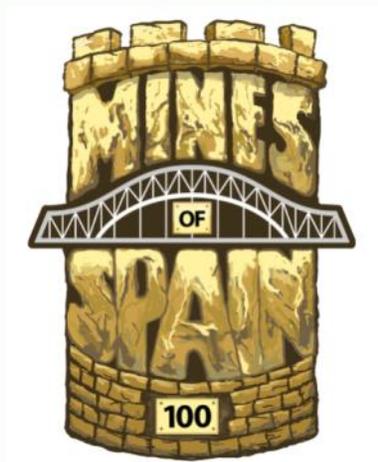
Efrain Huerta finished in 21:41 hours in his 2nd 100 miler at the Hennepin Hundred on October 8th!



THE ULTRA SCENE

Junior Esquivel ran the 100k at Mines of Spain State Park near Dubuque, Iowa. Here is what he had to say on Facebook:

Mines of Spain 100k (62 miles) was quite the running experience. It was a beautiful course with a ton of elevation gain. I finished in 15:47hrs, a bit over my goal time, but I finished and that was the ultimate goal. The scenery was awesome with the fall foliage and bluffs around the Mississippi River. This race definitely pushed my body, and especially my mind!



QUAD CITIES MARATHON

BY JOHN STEINMETZ

The [Quad Cities Marathon](#) is always held on the fourth Sunday in September and brings out runners from all over the Midwest and beyond. This event is incredibly inclusive as it offers a 5K, 10K, half marathon, marathon relay, and marathon to participate in.

The race begins at 7am, so it's easier to make this an overnight trip. Rock Island, Moline, Davenport, and Bettendorf make up the quad cities, with 2 cities in Illinois and 2 in Iowa. This unique area is home to the John Deere headquarters, the Mississippi River, and several bar and restaurant strips.

The EXPO is located at Vibrant Arena in Moline. The expo is easily accessible and close to the start line. It allows one to map out where everything is located so that race morning is a bit less stressful. The expo was quite large with multiple vendors and races to sign up for. There was even an area full of comfort dogs, where you could spend time petting the adorable pups. Runners listened to the motivational speeches of several mayors and a leader from the US Army. At 7 am, the marathon, marathon relay, and half marathon runners took off. The race began in downtown Moline, next to the John Deere pavilion under clear skies and 60 degrees.

Although the weather was predicted to stay cloudy, this did not stay true. By about mile 6, the sun was out and vibrant, heating up the course. The humidity was mid-level, but the sun was constant throughout the day. The course began with an out and back 6 miles where runners were treated to flat ground and could get a fast start. Runners then turned onto the Centennial Bridge at mile 9. Runners climbed up and ran over the Mississippi River. It was beautiful, if you could catch your breath after the climb.

Runners exited the bridge into Bettendorf, Iowa, where runners looped through a hilly set of residential neighborhoods. The hills were small, but seemed unending until mile 16-17, where runners entered Davenport. The runners crossed another bridge back into Illinois at mile 18-19. There were quite a few hills between miles 8 and 19, with the combination of the sun and humidity making it difficult.

The Quad Cities Marathon has some of the best aid stations you can find. There are 25 aid stations that have water and Gatorade. Interspersed throughout the course there is also candy and fruit. At two locations there were lube stations and wet towels. And of course porta potties are aptly stationed throughout. You can tell that a runner put a lot of thought into the placement and offerings at the race's aid stations.

While there isn't a massive crowd lining the course, with the huge number of aid stations, you have course support nearly the entire time. And, there were so many spectators that came out and followed runners around to cheer them on at various points of the course.

QUAD CITIES MARATHON



QUAD CITIES MARATHON

Editors Note: If someone would like to add words to the QC Marathon Pictures, please send to the editor and a revision to the newsletter will be made.



2023 Circuit Results

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

Has 7 or more points via circuit races, volunteer credits, and other service credits -- eligible for circuit award

Has 5 or more points (age 14 & under) via circuit races, volunteer credits, and other service credits -- eligible for circuit award

Updated 10/23/2023

CIRCUIT STANDINGS

Runner	Winterfest 5K	Frosty 5 Mile	Manhattan Post 5K	Shamrock Shuffle 5K	Arboretum Champion of Trees 10K	Quinnymen 5K	Galena 5Kly 8 Hour	Brookwood Memorial Day 5K	Summerfest 5K	Summer Solstice 4 Mile	Morris Liberty 5K (Credit Only)	Bundovener 5K	PS&S Free 5K	Parishes Famous 5K	Hans & Tobiasen 5K	Water for Life 5K	Hidden Gem Half-Marathon	Painfield Harvest 5 K	JAC 5K	Porto 5K	Prehistoric Carboniferous Fall II 25K	Timley Park Turkey Trot	Poultry & Pie Frolic for	Chick-a-Race	Galena 5Kly 4-hour or Quinnymen 10 Mile	Volunteer Credits	Circuit Score	Circuit Ranking
Acup, Fawn								11																				
Aguilar, Dan		18	13	23			4	23			21	14							26	26						1	114	22
Anderson, Clark	3		3	2	1		2	3			2							1	9								14	2
Antonio, Ernesto			58							20		60							45					C				
Arocho, Dori			56								64	63														1		
Auld, Michael	47	44	29		3	6	23	C			63	28	4	10	4			19	16						8	62	13	
Bailey, Marne		15	12					17			C	32	21															
Barcus, Jamaica		29	25		6	24	19	10	C	29	31								24								137	26
Barry, Laura		36	30								46							17	42					C	C			
Beard, Nydia	10		9	9						C	15	12		7	6	7		12								1	69	12
Blenck, Charlotte																										1		
Blenck, Shell								25			26	33						25	33						1			
Bolatto, Susan	40		38			18	40					64		23											2			
Bonacci-Klauser, Ruth																		24										
Bornholen, Larry		17	11	12		2	12	12	4	C	17	10					6		6							50	9	
Bottomley, Elaine												65							44									
Bowman, Mark		12	14				9	9	2						6	6										59	11	
Brolley, Fran																			11	7								
Bullock, Dan	35	40	39																									
Bush, Jack W.													34															
Calder, Kate		24	43	21						11	C	25							21									
Casarez, Mary Beth	16	19	20		6		22	17							11	7		14								90	15	
Castaneda, Emilio					8					13																		
Collet, John	1	2			1							4																
Costa, Liz	24						20	13	12		28	13	6	14	8		10	38								76	14	
Costa, Tim	43						36			C				18	24	14		26										
Craig, Jennifer				32		14					C						15		27					C		2		
Crickman, Justin						5																						
Curl, Kelly			27	26								38	37											C				
Cyplick, Dave	17	20	21		5	19	13	7	C		25								22							102	18	
Erchinger, Alex																		47										
Erickson, Vera						19																						
Esquivel, Apolonia		4	2									6	3															
Esquivel, Laura			53																									
Ethridge, Traci	4	3	2					7								3												
Ethridge, Jackson				5							5		2															
Ethridge, Parker			8					2					4						6									
Ethridge, Ryder													50															
Ethridge, Tom	23		26	25				24				32			10			21								101	20	
Falcon, Sean							29			C	50	44							24									
Forbes, Sean		37	51									53	48	14				30	29								262	44
Freeman, Angela		46	31			20	26	20				39						32									214	29
Frias, Raquel	39		52	41		24					C	68						40								1		
Gabryel, Glenn		47										54	16				21							C				
Garcia, Nick		22	24			14	19					35	30	7				17	11					C		110	20	
Goodwin, Mike	21														13													
Gora, Bill					9																							
Graaf-Smith, Tracy				45																								
Hall, Heather						8					C	45						16	34									
Hemann, Charlene	15	14	15							8	C	19	17						9								97	16

2023 Circuit Results Age Group Standings

Updated 10/23/2023

Runner	Winterfest SK	Friday 5 Mile	Manhattan Feet SK	Shanrock Shuffles SK	Arboretum Champion of Trees 10K	Quinnman SK	Calena Sky 8 Hour	Shadeood Memorial Day SK	Summerfest SK	Summer Solstice 4Mile	Morris Liberty SK	Sundowner SK	PG&E Run SK	Parkies Famous SK	Hans & Tonnie SK	Water for Life SK	Hidden Gem Half-Marathon	Pleinfeld Harvest SK	JVC SK	Portia SK	Pediatric Carb on Reno on Fall # 20K	Trinity Park Turkey Trot	Poultry & Pie Predator	Score	Ranking	
FEMALE UNDER 15																										
Jaylyn Miller						1						2						1	1					1000		
Williams, Bailey	1						1				1	1														
FEMALE 15-22																										
Howell, Nicole																		1	3							
Pinc, Brittany		1	1	1								1	1				1				1				7	1
Williams, Hannah	1											2	2		1				1	2						
FEMALE 23-34																										
Bottomley, Elaine												3							1							
Grasl-Smith, Tracy				4																						
Markland, Britni		2	2				2					1					1	1								
Raino, Lauren	1	3							1		4	3														
Ross, Sarah								2			5	4							2	1						
Rowbottom, Michelle		1	1	1			1	1	1		2				1										7	1
Shulman, Ashley			2	3							1	2														
FEMALE 35-39																										
Calder, Kate		1	1	1						1	1										1					
Craig, Jenn			2				1										1			2						
Loera, Karla												2														
Mangan, Kristen		2	3					1	2	3	1															
FEMALE 40-44																										
Blanch, Shell								4			2	1						3	2							
Boletto, Susan	4		3				2	3				4		2												
Casarez, Mary Beth	2	1	2		1			1	2					1	2				2						10	1
Ethridge, Traci	1	1	1					1							1											
Hall, Heather						1						4						2	4							
Henkalina, Amanda			4	2								5	3				1									
Hoeffler, Gina		3	5						6			6	1					4	6	3					28	3
Medina, Lily												1							1							
Pasillas, Michelle						1																				
Sauerstein, Jill		2	3						3			3	2					1	1						15	2
Simon, Sharon			4				3	4																		
Troha, Lola	3							2	5								2	3	5							
FEMALE 45-49																										
Bailey, Marie		1	2				1				3	2														
Beard, Nydia	1	1	1								1	1		1	1	1		1							7	1
Curtel, Kelly			3	3								4	4													
Freeman, Angie		4	4				2	2	1			5							2						20	3
Hamann, Charlene	2	2	2							1		2	3							1					13	2
Keeler, Erica								4				5				2										
McGoldrick, Amy		3	5	4			1	3				6					2								24	4

2023 Race Excellence Standings

Completed 7 credits -- eligible for race excellence award and circuit ranking

Has 5 or more credits (age 14 & under) via circuit races, volunteer credits, and other service credits -- eligible for circuit award. Has 3 or more percentiles via circuit races over 200 participants -- eligible for race excellence award

Posted 10/23/2023

Runner	Manhattan Fest 5K	Shamrock Shuffle 8K	Champion of Trees 10K	Quarryman 5K	Sundowner 5K	Parkies Famous 5K	Hidden Gem Half-Marathon	Plainfield Harvest 5K	JJC 5K	Poultry & Pie Predictor			7 or more Credits Completed	Excellence Score	Excellence Ranking
Aguilar, Dan	91.32				88.78				93.07				Y	91.06	6
Anderson, Clark		96.01	97.10	99.42	94.51			98.40	96.10				Y	98.31	1
Auld, Michael				84.88		87.97			81.82				Y	84.89	12
Bailey, Marne		80.82											6		
Beard, Nydia	84.30	82.62							82.68				Y	83.20	13
Bornhofen, Larry	80.99			85.76									Y		
Brolley, Fran									84.42				2		
Calder, Kate		82.08											6		
Casarez, Mary Beth	85.12		87.95						89.61				Y	87.56	10
Castaneda, Emilio			90.96										2		
Collet, John			98.96		91.89								4		
Esquivel, Apolonia	96.28				92.12								4		
Ethridge, Traci	94.21	95.33											5		
Ethridge, Jackson		97.55											3		
Ethridge, Parker	93.80								98.70				4		
Ethridge, Tom	88.02	87.88							92.21				Y	89.37	7
Garcia, Nick	89.26				83.29	93.99			95.24				Y	92.83	5
Hamann, Charlane	80.58												Y		
Henkaline, Dustin						88.29							5		
Huerta, Efrain					86.16								2		
Jungwirth, Robert								83.80					2		
Kirsch, Steven		80.83											4		
Koerner, Casey		94.62			97.85								3		
Koerner, Pat	90.08				90.69	94.30		96.60	94.37				Y	95.09	4
Mangabhai, Damien	92.15	92.53											5		
Markland, Britni		84.82						88.10					Y		
Markland, JT		98.16					91.07	99.60					Y	96.28	3
Martinez, Javier	95.87	95.86							97.84				Y	96.52	2
Medina, Lilly					83.77				92.64				2		
Miller, Jaylyn									90.04				5		
Pirc, Brittany	87.60	85.86			91.17								Y	88.21	9
Rappana, Jeremy	86.78												1		
Rowbottom, Michelle	86.36	84.90											Y		
Sauerwein, Jill								84.40					Y		
Skisak, Eileen						82.28							5		
Steinmetz, John	84.71				83.05	90.19		90.50	87.01				Y	89.23	8
Walker, Mark	87.19	85.82			84.49								Y	85.83	11
Warren, John								88.70					Y		
Williams, Leslie									81.39				Y		

Birthdays!

Gary Westefer Nov. 9	Dustin Henkalin Dec. 28
Nick Garcia Nov. 19	Vera Erickson Dec. 13
Britni Markland Nov. 28	Damien Mangabhai Dec. 15
JT Markland Nov. 13	Karen Lathrop Dec. 3
Carol Stapleton Nov. 2	Jay Wait Dec. 9
Justin M Sorich Nov. 4	Mark Walker Dec. 3
Nydia Beard Nov. 8	Laura Esquivel Dec. 12
Justin Crickman Nov. 10	Nikki Sikes Dec. 6
Paul Nette Nov. 26	Logan Mangan Dec. 30
Nicole Howell Nov. 29	Natalie Andrews Dec. 10
Robert Jungwirth Nov. 11	Erica Kesler Dec. 6
Dick Macknick Nov. 7	Cindy Parks Dec. 10
Susan Bolatto Nov. 22	Debbie Scheckel Dec. 22
Brenden Tezak Nov. 3	Raymond Smith Dec. 26
Samantha Tezak Nov. 4	Tom Ethridge Dec. 24
Larry Bornhofen Nov. 12	Stephen Topf Dec. 17
Mark L Bowman Nov. 7	
Gabriela Martinez Nov. 30	
Rita Smith Nov. 2	
Robert Reiter Nov. 29	
Susan McLean Nov. 11	
Ed Pizzo Nov. 13	
Russ Olszewski Nov. 18	

The End

An amazing
success!!!

Sunday Funday gathering at Moose Island
Sunday, September 10th, 2023. We kayaked,
Biked and ran followed by a picnic brunch.

The End