

2005 Circuit Standings

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Handicap = seconds per mile reduction from actual finishing time are derived from an age/gender format of the River to River 80 mile relay "leveling the field" adjustment. Vol = race volunteer. Each volunteer for sundowner and/or predator receives one race credit, volunteers for 25k receive 2 race credits but no competitive points Races are scored on cross country/handicap adjusted basis. Lowest score is best. 5 races are needed to qualify for juniors (15 & under) and seniors (65 & over) 8 races are needed to qualify for runners between 16 & 64. The number to the right of your name is your handicapped place finish. The circuit has a competitive category (you must run in 8 races) and circuit qualifying category (Races you volunteer or run in must total 8 (or 5 if a junior or senior). The column on the far right shows the circuit qualifiers in both the competitive and circuit qualifying categories.

	handicap	Midwinter	Wellness	Frosty	Feb 4	Joliet	Canal	Lemont	Sundown	KKK	July	Shore	Windrun	Dwight	25k	KKK10-16	Morris	Canal	Con	Poultry	Jingle	8 best	
j biggs	0.24		9	10					12							8							
c carter	0.36		3	4	3	5			9	6	3	3		2	5	5	3	5	5	10			23
d cyplick	0.52		4	10	9	9	3	3	Vol	8	7	1			Vol	10	7	8	V		7		40
r feeley	1.14			16																			
g gabryel	0.55		5		19	11		5				8	2		Vol					15			VOL Qual
c grolevant	1.37		1	2	3	2	3		5	2				1	1	6	1	3					13
t hatcher	1.50			15																			
j homerding	0.39		4	6	5	6	1		11	5					2	3		4	4	5	1		25
j horvat	0.19			17		11	2		17						Vol					16			4 VOL Qual
a hostert	1.11				25	12	13	7	13	22	10	3		8	8			9	9				75
e hostert	2.25						19	7	27		14	5		Vol			14	14					? Vol Qual
m jones	1.14		11	13				10	13						4								17
p klaaser	0.42		7	14	28		18											11					10
p koerner	0.22			1	1	2			3	1								1	1				
s kurtenbach	3.01			5					2	3				3	3	4	2	6	6				28
t lambert	.48				2																		
d lavire	0.29				12																		
j lindstrom									Vol														
j lonergan	0.48		8							7						7							
r manthei	1.11		10	17					Vol											Vol			
b maszak	0		9																	12			
r. maszak	1.22		2	7	8	6				9							5			12	6		55
s nicol	1.37		9		27					10											11		
t nordbrock	1.27		3	6	12					10							6			14	3		60

handicap	Midwinter	Wellness	Frosty	Feb 4	Joliet	Canal	Lemont	Sundown	KKK July	Shore	Windrun	Dwight	25K	KKK10-16	Morris	Canal Con	Poultry	Jingle	8 Best	
j peterson	0		13																	
c piccolo	2.48	18												12				vol		
j picciolo	1.37	19												vol	13			vol		?
s podolski	1.14		10		10	4				24				vol	9			16		5 qual vol
c pratt	1.05		5							2										
g tryon	1.00			10	12									19						
r dailey															11					
p errat															4					
m vezner	:09														6					?
j wigton																				13
r gaul																				vol
g neumaier																				vol
a swayka																				vol
m wieclaw																				vol
g raiho	:55		23	7																
d renville	1.21	6	12	21																
r. riegel	0.55		13	26		15						4								10
s. sarver	84						8													
b savage	1.01		7							4					1					9
j sheridan	1.01		18		7															
j steinmetz	:55		20											14						
b thompson	1.37		22			9				26					9					19
j wait	1.08		16		6					16					5					11
k wait	:56						2			8										
m waiters	0.45		21		10															
g westler	0.48		24		13										11					11
d cherry	0.19				1					1										
j perle	1.00		4																	7
l bornhofen	0.35				14					4										
d gould	1.23				4															2
v st.germain	1.37				8															
k gruber	2.47					11														
m. bauer	:61					14														

Vol pool

handicap	Midwinter	Wellness	Frosty	Fab 4	Joliet	Canal	Lemont	Sundown	KKK	July	Shore	Windrun	Dwight	25K	KKK10-16	Morris	Canal Con	Poultry	Jingle	8 best	
m bowman	:52							9	10										8		
j davis	:56								7		2			vol					3		
m.k. Davis	:0								1										6		
k theisen																			vol		
b cherry																			13		
a davis																			vol		
l mclean	:58	8						16	27	12						8		12	21		
c stapleton																		13			
p mcFarland																			18		9
Seniors & Juniors																					
d mackrick	2.03	1						2	1	1	1			vol				vol	1	1	5
j berry	2.22		3	2	3			4	3					2				2	2	1	2
t bergin	2.09	2	1	1	1			3			1			vol				vol	1	3	4
g engelhorn	2.09							1		1											5
m halstead	1.50		4							Vol				vol				vol			11
j halstead	1:50		4							Vol				vol				vol			Vol Owl
c koerner	0.58		2							Vol				2							
e cherry	1.00								2												1
l rinkenberg	1.56	3	5		4			5		2										2	16
b lauer	2.22		6	3																	
b murphy														vol							
m zollner																					1

Circuit Participants by Race

Midwinter	13	Lemont 4th of July	16	NHC 25K	29
Wellness	21	Sundowner	37	Kankakee State PK	15
Frosty Five	31	Kankakee YMCA	12	Morris Run the Beat	9
Fabulous 4 miller	16	Shorewood	15	Canal Connection	16
Explore Joliet	22	Windrunner	5	Poultry Predictor	30
Old Canal Days	16	Dwight Harvest	3	Jingle Bell	15

PSRR 2006 CIRCUIT XC POINT RESULTS

	first half races run or volunteer	second half races run or volunteer	best 8 race XC score	
j barry	1	1		dnq
j biggs	2	0		dnq
l bornhofen	1	4		dnq
j bowman	1	0		dnq
k bowman	1	0		dnq
m bowman	1	1		dnq
j bringas	0	1		dnq
c carter	6	7	22	
b cherry	2	0		dnq
d cherry	3	0		dnq
d cyplick	7	8	37	
j davis	0	2		dnq
p ernat	0	1		dnq
r feeley	1	0	dnq	
d forde	3	0		dnq
g gabryel	5	2		dnq
r gaul	2	2		dnq
d gould	1	2		dnq
c grotevant	4	3		dnq
c hanus	3	0		dnq
t hatcher	1	0		dnq
j homerding	8	2	22	
s hopper	3	6	36	
j horvat	3	3		dnq
a hostert	3	2		dnq
e hostert	1	2		dnq
d johnson	4	1		dnq
m jones	1	2		dnq
c kerley	0	1		dnq
d killian	0	1		dnq
p klaeser	3	4		dnq
p koerner	3	1	dnq	
b lane	1	0		dnq
p lauer	1	0		dnq
d lavire	0	1		dnq
n liptak	4	1		dnq
j lonergran	2	2		dnq
r lynn	4	5	66	

2006-2

r manthei	1	0		dnq
b maszak	0	1	dnq	
r maszak	7	3	51	
p mcfarland	3	3	dnq	
l mclean	6	0		dnq
s mclean	4	4		111
s mores	1	2		dnq
p newberry	4	0	dnq	
s nicol	5	7	91	
t nordbrock	9	3	36	
d norris	0	1	dnq	
j pearle	1	1	dnq	
c picciolo	2	1	dnq	
j picciolo	2	1	dnq	
s podolski	7	2	70	
c pratt	1	1	dnq	
g raino	1	1	dnq	
a remley	4	0	dnq	
r reigel	4	2	dnq	
r robarts	1	0	dnq	
d rohner	2	0	dnq	
b savage	1	1	dnq	
j savage	0	1	dnq	
j sheridan	5	4	76	
j steinmetz	0	1	dnq	
g tryon	2	1		dnq
j wait	5	3	61	
k wait	1	1	dnq	
g westerfer	1	2	dnq	
m wezner	0	2	dnq	
m wieclaw	1	0		dnq
j wigton	1	0	dnq	
p wojtkiewicz	2	3	dnq	

2006-3

jrs & srs

best 5 race
XC score

j barry	2	5	7
t bergin	6	2	8
e cherry	3	0	dnq
g englehorn	2	0	dnq
j harman	4	3	5
j halstead	4	1	vol
c koerner	3	0	dnq
b lauer	3	1	dnq
d macknick	5	2	11
b murphy	1	0	dnq
l rinkenberger	2	0	dnq
b thompson	1	0	dnq
m zollner	6	1	11

2007-1

PRAIRIE STATE ROAD RUNNERS CIRCUIT STANDINGS

Member	hdep/sec/mi	Canal Days			Sundowner		
		clock/hdep	XC pts		clock/hdep	XC pts	
S. Arreola	11				17:26	16:52	2
L. Bornhofen	39	26:15	24:14	12	24:54	22:53	16
J. Bowman	51	28:30	25:52	14	27:06	24:12	19
M. Bowman	55	22:20	19:29	4	22:05	19:14	7
C. Carter	42				21:45	19:35	10
D. Cherry	24				18:24	17:10	3
K. Erb	58				25:22	22:22	14
R. Feeley	82	26:50	22:36	10			
G. Gabryel	58	26:11	23:11	11			
R. Gaul	82	30:06	25:52	14			
S. Hopper	15	20:04	19:17	2	22:23	21:36	13
J. Horvat	22	22:12	21:04	6			
A. Hostert	74				27:52	24:03	18
E. Hostert	155				38:53	30:52	24
J. Kammerer	131	27:56	21:10	7	26:20	19:34	9
J. Kaspirisin					34:52	30:21	23
D. Klebine	58				24:07	21:07	11
R. Kodura	4	19:51	19:39	5			
T. Lambert	55				21:01	18:10	4
J. Leal	35				28:46	26:57	22
J. Lindstrom					volunteer		
L. McLean	68	31:25	27:54	16	29:34	26:03	20
S. McLean	140	32:40	25:26	13	31:06	23:52	17
P. McFarland	92				26:55	22:10	13
S. Mores	94				23:20	18:29	6
S. Nicol	103	36:13	30:53	17			
T. Nordbrock	97	26:56	21:55	9			
J. Picciolo					volunteer		
S. Podolski	135	28:46	21:47	8	28:26	21:26	12
C. Pratt	110				21:54	16:12	1
R. Riegel	55				29:19	26:28	21
D. Rohner	58				20:47	18:27	5
L. Schwandt	100	21:19	16:09	1	24:37	19:27	8
J. Sheridan	71				26:02	22:22	14

(Continued on page 4)

PRAIRIE STATE ROAD RUNNERS CIRCUIT STANDINGS

(Continued from page 3)

Member	hdep/sec/mi	Canal Days			Sundowner		
		clock/hdep/XC pts			clock/hdep/XC pts		
P. Wojtkiewicz	43	21:40	19:27	3	20:40	18:27	5
Jrs & Srs							
J. Barry	155	32:20	24:19	1			
T. Bergin	142				32:05	24:35	1
D. Macknick					volunteer		
G. Englehorn	135				43:09	36:10	3
J. Harman					volunteer		
L. Rinckenberger					volunteer		
B. Thompson	110	34:43	31:02	3	32:20	26:39	2
M. Zollner	129	31:24	24:44	2			

PRAIRIE STATE ROAD RUNNERS

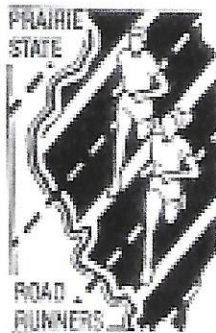
DUES

Individual Memberships are only \$18.00 per year.
 Family Memberships are only \$23.00 per year.
 Student Memberships are only \$12.00. Make checks payable to : Prairie State Road Runners and send to : Prairie State Road Runners, 628 Ca-Crest, Shorewood, IL 60431

The Pacesetter is published ten times annually and sent to all paid members. Send your articles, stories, or comments to Spencer Hopper, 1822 S. Jefferson St., Lockport, IL 60441. Call 815.838.0764 or email wireman99@sbcglobal.net Visit the PSRR home page for race results, race applications, links, etc.

NEWSLETTER EDITED BY
 SPENCER HOPPER AND
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WILL COUNTY'S RUNNING
 AUTHORITY SINCE 1975



YOU SAY IT'S YOUR BIRTHDAY

Celebrating Birthdays in **AUGUST** are :

Michael Bauer, Jennifer and Katie Bowman, Mary Cardwell, Linda Cirrincione, John Davis, Rick Gougis, Mitchell Hobbs, Tom Lambert, Richard Manthei, Sally Podolski, Alex and Lauren Raino, Joe Savage, and Ken Shepard.

Let's all help them celebrate another great year of running through life!

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PSRR 2008 FULL CIRCUIT XC POINT RESULTS

MEMBER	M	W	F	N	J	CS	SU	K	M	SH	H	C10	P	JJ	#R	PTS	POS
ADELMAN	X	X	X	6	X	X	X	X	X	7	X	7	2	X	4	DNC	0
ARREOLA**	X	X	2	5	X	5	5	X	2	3	3	4	X	3	9	15	2
BAUER	X	X	X	X	19	X	X	X	X	X	X	X	X	X	1	DNC	0
BIGGS	X	X	X	X	X	X	X	X	X	X	X	12	X	X	1	DNC	0
BIGGER	X	X	13	X	X	X	X	X	X	X	X	X	X	X	1	DNC	0
BORNHOFEN**	X	X	19	V	X	17	14	X	X	15	7	14	19	14	2V	81	15
BOWMAN	X	X	X	7	X	X	X	X	X	X	X	X	7	X	2	DNC	0
CARTER**	X	6	2	V	5	X	10	5	4	X	X	5	4	X	2V	32	5
CERRY	X	X	X	X	2	X	X	X	X	X	X	1	X	X	2	DNC	0
CYPLICK**	X	11	11	V	X	14	V	2	X	9	X	11	V	2	7VV	59	11
DECOURCY	2	X	9	5	X	X	X	X	X	X	X	X	X	X	3	DNC	0
FEELEY	X	X	X	X	10	X	X	X	X	X	X	X	X	X	1	DNC	0
GAERYEL**	7	X	15	V	X	15	X	X	X	X	X	X	15	13	2V	65	14
GAUL	X	X	X	X	X	X	X	11	X	X	X	X	X	X	1	DNC	0
GELDEAN	X	X	1	X	X	5	5	X	X	X	X	X	X	X	3	DNC	0
GOULD	X	X	X	X	4	X	X	4	X	X	X	X	X	X	2	DNC	0
HANUS	X	X	X	4	7	X	X	X	X	X	X	X	X	X	2	DNC	0
HOMERD NG**	3	5	6	9	X	X	5	7	X	8	5	9	6	X	10	32	5
HOPPER**	X	X	10	V	6	7	X	6	X	4	X	X	24	6	7V	39	5
HORVAT	X	X	12	X	11	9	X	X	3	X	X	X	X	X	4	DNC	0
A. HOSTERT	X	X	X	X	X	X	X	X	X	5	X	16	X	X	2	DNC	0
E. HOSTERT	X	X	X	X	X	X	X	X	X	19	X	X	X	X	1	DNC	0
JOHNSON	X	X	X	V	11	X	X	X	X	X	X	X	23	X	3V	DNC	0
KAMMERER	X	X	X	X	X	X	X	X	5	X	X	X	X	X	1	DNC	0
KLAESER	9	13	21	X	X	X	X	X	X	X	X	19	X	X	4	DNC	0
KLEINE	X	X	X	X	13	X	X	X	X	X	X	X	X	X	1	DNC	0
C. KOERNER	X	1	X	X	X	X	1	1	X	X	X	5	X	X	4	DNC	0
P. KOERNER	X	3	X	X	X	X	2	3	X	X	X	2	X	X	4	DNC	0
LAMBERT**	X	4	3	X	X	X	X	X	1	2	X	X	5	2	6	17	4
LEAL	5	X	X	X	17	X	X	X	X	X	X	X	X	X	2	DNC	0
LINDSTROM	X	X	X	V	X	X	V	X	X	X	X	X	V	X	7VV	DNC	0
LIFTAK	X	X	X	V	X	X	X	X	X	14	X	X	15	5	3V	DNC	0
LONERGAN	X	5	X	X	X	X	X	X	X	X	X	X	X	X	1	DNC	0
C. LUEDTKE	X	X	4	V	X	X	X	X	X	X	X	X	18	X	2V	DNC	0
J. LUEDTKE	X	X	X	X	X	X	X	X	X	X	X	X	17	X	1	DNC	0
LYNN**	2	X	X	X	11	10	11	X	X	11	5	X	X	11	7	55	10
MCFARLAND**	X	X	X	5	9	X	13	X	X	X	X	13	12	10	6	65	13
L. MCLEAN	X	X	X	V	12	X	X	X	X	X	X	12	23	15	4V	DNC	0
S. MCLEAN	X	X	X	V	15	X	X	X	X	X	X	16	14	X	3V	DNC	0
MASZAK**	4	9	X	X	X	11	X	9	9	17	X	X	19	X	7	52	9
MCRESS**	X	X	7	X	X	5	9	X	7	6	4	10	3	5	9	32	5
MUNSON	X	X	X	X	X	X	7	X	X	X	X	X	X	X	1	DNC	0
NEWBERRY	X	7	X	X	X	X	X	X	X	X	X	X	2	4	3	DNC	0
NOBBEROCK**	X	10	X	X	X	13	X	10	10	12	X	X	9	X	6	64	12
NORRICK**	1	2	X	2	X	4	X	X	X	X	2	5	X	X	6	16	2
PERLE	X	X	5	X	X	X	X	X	X	X	X	X	1	X	2	DNC	0
C. PICCIOLLO	X	X	X	X	X	15	X	X	X	X	X	X	21	X	2	DNC	0
J. PICCIOLLO	X	X	X	V	X	X	V	X	X	X	X	X	V	X	7VV	DNC	0
PODOLSKI	X	X	X	X	14	12	12	X	X	X	X	X	X	X	3	DNC	0
PRATT	X	X	X	X	X	X	X	X	X	X	X	5	X	X	1	DNC	0
G. RAINO	X	X	17	X	X	X	X	X	6	X	X	X	X	X	2	DNC	0
M. RAINO	X	X	20	X	X	X	X	X	X	X	X	X	X	X	1	DNC	0
A. REMLEY	X	X	X	V	X	3	4	X	X	X	X	X	X	1	3V	DNC	0
M. REMLEY	X	X	X	X	X	2	2	X	X	X	X	X	X	X	2	DNC	0
SAVAGE	X	X	X	X	X	X	X	X	X	X	X	X	11	X	1	DNC	0
SCHWANDT**	X	X	X	1	1	1	X	2	X	1	1	X	X	X	6	7	1
SHERIDAN	X	X	18	X	8	X	X	X	X	10	X	X	X	X	3	DNC	0
STAPLETON	X	X	X	X	X	X	15	X	X	15	X	X	X	X	3	DNC	0
TOMASINO	X	X	14	X	15	X	X	X	X	13	X	X	X	12	4	DNC	0
WAT	X	X	X	X	10	X	X	X	X	15	X	X	13	7	4	DNC	0
WESTERFER	X	X	15	X	X	X	X	X	X	X	X	X	X	X	1	DNC	0
JUNIORS AND SENIORS																	
BARRY**	X	1	1	X	2	1	X	X	X	2	X	3	X	2	7	7	1
BERGIN	X	2	X	X	X	X	1	X	X	3	X	X	1	X	4	DNC	0
ENGLEHORN	X	X	X	X	X	X	2	X	X	X	X	X	X	X	1	DNC	0
GROTEVANT	X	X	X	X	1	X	X	1	X	X	X	1	X	X	3	DNC	0
HARVISON	X	X	X	V	X	X	X	X	X	X	X	2	V	X	1VV	DNC	0
MACKNICK**	1	X	X	V	X	2	V	X	X	X	X	X	2	X	3VV	5VV	2
NICOL**	2	3	X	X	X	4	X	X	1	4	X	X	X	X	5	14	4
NOLAND	X	X	X	X	X	X	X	X	X	1	X	X	X	X	1	DNC	0
THOMSON**	X	X	2	X	X	3	X	X	X	X	X	4	3	1	5	13	3
ZOLLNER	X	X	X	V	3	X	X	X	X	X	X	X	X	X	1	DNC	0