

CLUB MEMORIES: The 1990s

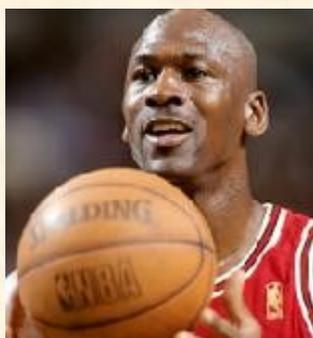
with history by Dave Cyplick, and
commentary by John Davis, Tom Lambert, Will Lindgren,
and Lance Bovard plus
material from the archives of the late Greg Rose



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

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

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



DAVE CYPLICK recalls:

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



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



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

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

1993

CHICAGO YEAR-BY-YEAR



OCTOBER 31, 1993

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

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



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

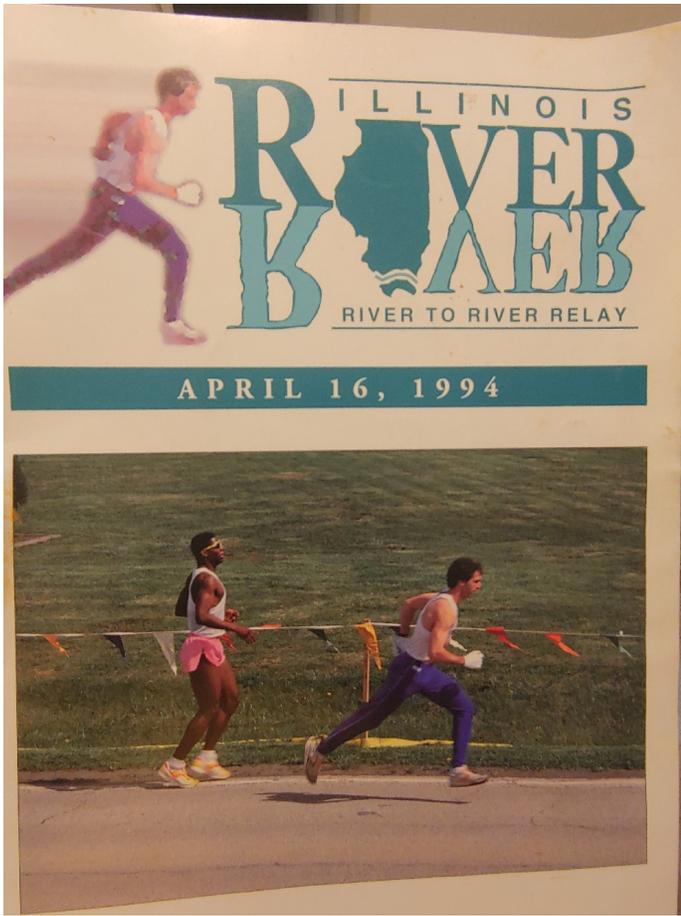
HISTORIC WEATHER

MASTERS CHAMPIONS

HISTORIC WEATHER

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

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



 This is a screenshot of a website for the 1994 River to River Relay. The header shows a group of runners and the "RR" logo. A navigation menu on the left includes links for HOME, MEMBERS, TEAMS, COURSE, PHOTOS, VOLUNTEER, RESULTS, LINKS, and CONTACT US. The main content area is titled "16 April, 1994" and lists results for three divisions:

- Open Division**
 - 6:51:04 ~ Arenberg Racing Team, from Wheaton, Ill.
 - 7:02:59 ~ They Might Be Fast, from Springfield, Ill.
 - 7:14:58 ~ C-U Later, from Champaign, Ill.
 - 7:21:51 ~ Kansas City Northland Runners, from Kansas City, Mo.
 - 7:54:54 ~ Hurrin' Hoosiers, from Indianapolis, Ind.
 - 8:06:51 ~ Team Centralia, from Saint Louis, Mo.
- Women's Division**
 - 8:52:42 ~ Chicago Gazelles, from Chicago, Ill.
 - 9:57:57 ~ W.H.A.T. Racing Team? #2, from Indianapolis, Ind.
 - 10:03:32 ~ 8 for 80 Jog Dogs, from Cape Girardeau, Mo.
- Mixed Division**
 - 8:00:03 ~ Prairie State Road Runners, from Joliet, Ill.
 - 8:02:54 ~ University of Chicago Track Club, from Chicago, Ill.
 - 8:09:09 ~ Road Warriors, from Southern Illinois
 - 8:11:18 ~ Mr. K's Mud Sweat & Tears, from Sterling, Ill.
 - 8:19:21 ~ Movin' Shoes, from Madison, Wisc.
 - 8:40:01 ~ Last Chance, from Wheeling, Ill.
- Masters Division**
 - 7:20:45 * ~ Masters of Shawnee Forest, Volume IV, from New Lenox, Ill.

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

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

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



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

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

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

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



At The Finish Line

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



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



Additional Photo Credits for this article:

Chicago Tribune; Bank of America Chicago Marathon website;

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



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

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

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

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

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



Will Lindgren

Registration Form from 1993 PSRR newsletter:

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

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

Name: _____

Address: _____

Phone: _____ Age: _____

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

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



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

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

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

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

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

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

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

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

John Davis



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

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

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



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

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

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

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

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

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

Clint Carter - a steady runner and true lifelong friend.

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

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

Becky Criscione - world class runner and person.

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

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

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

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



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

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

In closing, a quote from the movie, "It's a Wonderful Life" by George Bailey:
"This town needs this measly one-horse institution if only to have some place where people can come without crawling to Potter." PSRR has truly transformed my life. I joined in the early 1990's after the most devastating event in my life. I found hope. Thank God for the Prairie State Road Runners. I found some safe place to come.

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

Tom Lambert



Additional Photo Credit: Paramount Pictures
"Forrest Gump"

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

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

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

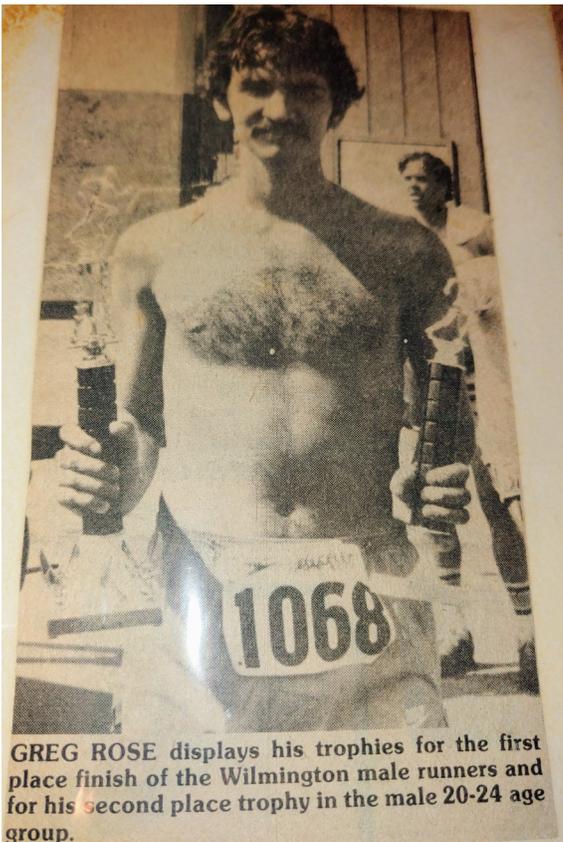
Lance Bovard



**River to River Relay
Hall of Fame**

Nominees to River to River Relay Hall of Fame

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



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

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

Moss bests 1,500 in Gordie's Run

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

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

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

Palacios posted a time of [unclear] and was ahead of Lynne Van Himbergen (42:40), Jackie Chandler (43:55), Jackie McTee (44:03) and Janet Maciukenas (44:19).

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

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

Gary Moss crossed the finish line first

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

Road racing

FROSTY 5 AT CHANNAHON

MEN'S DIVISION

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

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

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

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

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

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

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

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

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



April 21, 1990 RIVER TO RIVER Mixed Blessing team



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

21 April, 1990

Open Division

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

Women's Division

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

Mixed Division

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

River to River
 The Prairie State Road Runners successfully defended its title in the Mixed Division of the River to River Relay race April 20, and set a course record in doing it.
 The "Mixed Blessing" — comprised of Greg Rose, Mary Moss, Lance Bovard, Ron Koscielski, Cynthia Woods, Gary Moss, Connie Hesslau and Terry McGinn — covered the 80-mile distance in 7:59:43, beating the closest competitors by more than 52 minutes.
 There were 24 stages, with each runner running three times. The Mixed Blessing placed 11th overall.

CLUB MEMORIES: from John Davis's archives

November 1993 PSRR Newsletter excerpts



OFFICERS

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

MEETINGS

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

DUES

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

NEWSLETTER

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



Nov 1993

The 1994 Circuit

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

Christmas Meeting

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

Jacket For Sale

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

Happy Birthday

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

The Prez Sez

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

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

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

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

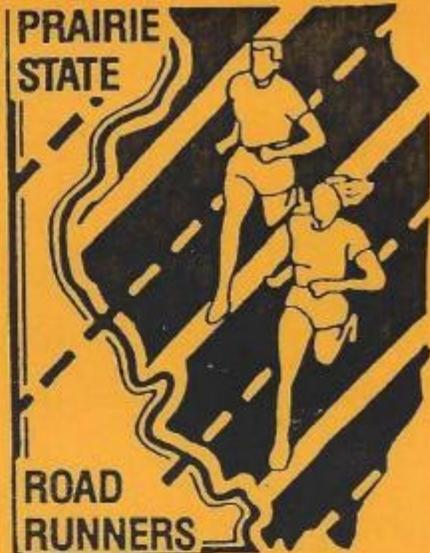
This month we'll talk about our Turkey Predictor and next year's calendar of events.

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

Keith Theisen



PRAIRIE STATE ROAD RUNNERS 1994 CENTURY CIRCUIT (tentative)



			<u>DISTANCES</u>	<u>No.</u>
2/13	**** Channahon Frosty 5 Miler	** * CHANNAHON		
3/19	***** MALS Shamrock Run 10K	***** MORRIS		
5/01	***** Earl's 5K	***** JOLIET		
5/15	***** ARMED FORCES CLASSIC 12K	*** NEW LENOX		
6/05	*** St. Joe's Racing Hearts 10K	***** JOLIET		
6/18	***** Lockport Canal Days 8K	***** LOCKPORT	5K	4
6/19	***** Manteno 5K	***** MANTENO	4M	1
7/09	***** Kankakee YMCA 5K	***** KANKAKEE	8K	2
7/	***** CREST HILL 4 Miler	***** CREST HILL	5M	2
7/28	**** SUNDOWNER 5K EVENING RUN	**** NEW LENOX	10K	6
8/	***** Rockdale 10K	***** ROCKDALE	12K	1
8/21	*** ILLINOIS OPEN 8K CROSS COUNTRY	** KANKAKEE	10M	1
8/27	***** Minooka Summerfest 5M	***** MINOOKA	25K	1
9/11	***** Stateville 10K & 5K	***** CREST HILL		
9/18	* NATIONAL HERITAGE CORRIDOR 25K *	CHANNAHON		
10/02	***** Kankakee Governor's 10K	***** KANKAKEE		
11/06	***** Canal Connection 10K	***** UTICA		
12/04	***** Ottawa 10 Miler	***** OTTAWA		



P.O. BOX 764
NEW LENOX, IL 60451

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

Calendar

NOVEMBER

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

DECEMBER

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

JANUARY

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

FEBRUARY

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

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

LIFE'S LESSON

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

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

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

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

continued...

Life's Lesson....

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



Keith Theisen

The Younger Generation

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

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

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

Muriel Debold- Leyland

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

Place	Name	Time	Age	City
1.	Tim Demco	20:04	23	Romeov.
2.	Pete Kathis	20:35	20	Romeov.
3.	Gary Hoss	20:46	41	NewLen.
4.	Jon Williams	20:57	33	Joliet
5.	Greg Rose	21:02	31	Joliet
6.	Al Kabat	21:20	19	Romeov.
7.	Jesus Salinas	21:46	35	Hoffman
8.	Patrick Koerner	21:58	29	Bourbo.
9.	John Davis	22:00	38	Joliet
10	Jose Duran	22:06	42	N.Auro.
11	Paul Hendrickson	22:13	39	Berkel.
12	Herman Smallwood	22:34	40	Mokena
13	Donald Petri2zo	22:38	29	Lemont
14	Paul Spiezio	22:43	37	Morton
15	Craig Truitt	22:50	29	Chicag.

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

