

THE PACESetter

January/February 2018 Volume 43, Issue 1

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 of ALL abilities.**



PRAIRIE STATE ROAD RUNNERS

PACESETTER

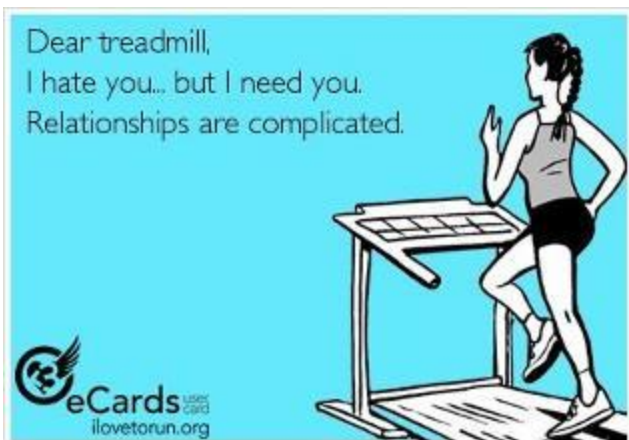
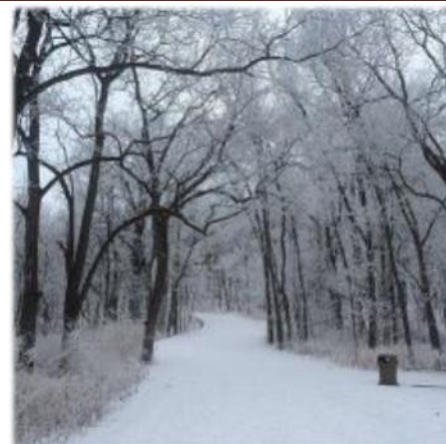


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Weekly Club Events

Sunday run with the Breakfast Club at 8AM on the I&M Canal towpath/Channahon State Park. Breakfast follows at Lалos Bar and Grill at approximately 10 AM.

Group events with [DNA Athletics](#) in Crest Hill. Contact store at (815)588-0908 for seasonal schedule as events are on various days .



Dues

Individual Memberships are \$18.00 per year
Family Memberships are \$25.00 per year
Student Memberships are \$12.00 per year
Checks Payable To: Prairie State Road Runners
Mail To: Prairie State Road Runners, P.O. Box 293, Channahon, IL 60410-0293
 Join online [here](#)

PRAIRIE STATE ROAD RUNNERS

CLUB OFFICERS

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VP/Business

Ray Wertelka

VP/Membership

John Warren

VP/Operations

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Judith Warren

THE PACESETTER is published six times annually and emailed to all paid members.

Send your articles, error corrections or comments to: [Judith Warren](mailto:Judith.Warren@psrr.org). Visit our website at psrr.org.

On the cover:

Kathleen Figuietas in the Schaumburg Turkey Trot Half Marathon

UPCOMING CIRCUIT RACES AND EVENTS

January

January 20, 2018

F^3 Lake Half Marathon

Soldier Field, Chicago

[Register Here](#)

February

February 11, 2018

Frosty Five Miler

Channahon IL

[Register Here](#)

Membership dues must be current in order to earn circuit points



Prez

SEZ...



BY MARK BOWMAN
PRESIDENT

I was digging around in my crawlspace a few weeks ago and found a bunch of old Prairie State newsletters in one of my storage chests. This was back when it was a paper newsletter that had to be actually sent by snail mail. So it was a lot smaller and just black and white to keep the costs reasonable.

So I pulled them out and got a chance to relive some the old days. In particular I found this article about volunteers that I thought I would pass along. Even back then it was an old article that was found by newsletter editor. A few of you who have been around for a long time might remember it.

BONES, BONES, and MORE BONES

In a way, an organization can be thought of as a skeleton. That's right. I said a skeleton. Members tend to fall into categories that are quite accurately described by certain bones. Let's take a look at four such bones.

Some members are WISHBONES. They wish the organization could do various things for them personally. Sometimes they wish it could do things for the members as a whole. Unfortunately, they also spend much of their time wishing someone else would get the job done.

Some members are JAWBONES. They do a lot of talking, but very little else. They are always griping with good and bad suggestions and criticisms. They rarely, if ever, do anything other than use their jaw.

Other members are KNUCKLEBONES. They knock everything anyone else suggests or tries. They have little, if anything, positive to say and almost always end up quoting from their favorite list, "twenty-five reasons it won't work."

Ah yes, the fourth type. We come now to the BACKBONES. These are the members that really take on the task at hand. They are what make the group successful.

Could the group along without any of these bones? Perhaps, but they do all serve a purpose. They

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tend to support one another and give the whole skeleton its basic framework and shape. The wishbone provides ideas, the jawbone helps analyze or test them, and the backbone gets the job done. Even the knucklebone makes a contribution by reminding the others of the reality of things and that the task at hand may not always be easy.

Wait a minute! What's this? Here's another bone! The SPARERIB! Ah yes, they represent the people in the group that reap the benefits of the organization's work, but haven't yet decided to even join much less become active. They just sort of wait around without choosing a role to play. Maybe some day they will come to realize they can help and will even feel better about themselves if they become a part of the framework that serves the group.

As far as the article above goes, I have been blessed that during my time as president of Prairie State I have had so many *BACKBONES* to help me with what I have felt is a successful time for the club. Membership is up, we have three great races we put on each year that just keep getting better, the picnic and all the fun runs that have such great participation throughout the year are flourishing.

So, this being my last Prez Says before stepping down, I just wanted to thank everyone who has made my tenure as President so heartwarming and special, particularly, my Board and all the volunteers at each and every event we put on or participate in. And it was great to see the number of people that have responded to want to be a part of new 2018 PSRR Board. Three more people I want to thank are: Jay Wait, who is our statistician, and does such an incredible job with keeping the circuit straight; Scott Lemke, our webmaster, who did the redesign of the website and has been continually adding to it and improving it; and finally, Judith Warren, who has done such a masterful job of putting together our newsletter every two months keeping it fresh, informative and beautiful. These three put a lot of time and effort into their tasks and are not actually part of the PSRR Board.

Well, that about wraps it up for me.

May all your runs be fun!

Mark





Contact us

Would you like to comment on an article published in this newsletter? How about a congratulatory message to a fellow member? Or, maybe a few words of encouragement to a running friend on an upcoming race? Send me your comments and I will post them in the next publication.

The deadline for the March/April 2018 Newsletter is Feb 20

Please don't make me send comments to myself...send yours today!!

Email to: [Judith Warren](mailto:Judith.Warren@rrca.org)

The Prairie State Road Runners are part of the Road Runners Club of America. Visit the RRCA website [here](http://www.rrca.org).



Troy Middle School cross-country runners who finished All State (top 25) at the state meet in October coached by PSRR member John Davis.

Thank you to all who have contributed photos to this issue!

PSRR Banquet & Other Information



Hello Running Colleagues,

The PSRR Banquet and General Meeting will be on January 20th this year. But it will be at a new location this year. It will be from 6:00 PM to 9:00 PM in the Gathering Room at the Jacob Henry Mansion, 15 South Richards Street, Joliet, IL 60433. As usual, it will start with ???, then dinner and finally the general meeting, including announcement of new Hall of Fame members and distributing Circuit Awards. Cost will be \$15.00 per person, and children will be \$10.00. There will be a cash bar. We do need an RSVP by January 12th so we know how much food to have on hand. So please, RSVP me at president@psrr.org. If for some reason you cannot make the dinner, there will be no cost to attend the meeting part of the night. At the general meeting we will be voting on several things, including the Board of Directors for 2018 and the 2018 Circuit. **To vote, you must be a current member and must be present.**

And a final reminder that the last date for reporting long runs is December 10th, and the last date to report any needed corrections is December 21st.

Also, don't forget to take advantage of the discounted rate for PSRR renewal for 2018. It is good until December 31, 2017. You can renew [here](#). We will also have renewal sign-up at the banquet, but it will be at the regular rate.

Mark L. Bowman
PSRR President



CANAL CONNECTION 10K



CANAL CONNECTION 10K



CANAL CONNECTION 10K



Robyn's (yummy) Recipes

BY ROBYN BUMGARNER—ACE CERTIFIED HEALTH COACH

CREAMY TOMATO SOUP

WITH

ROASTED CHICKPEA CROUTONS

INGREDIENTS: Recipe from [The Oh She Glows Cookbook](#)



For the chickpea croutons:

- 1 (15-ounce/425-g) can chickpeas, drained and rinsed
- 1 tsp (5 mL) grapeseed oil or melted coconut oil
- 1/2 tsp (2 mL) dried oregano
- 1/8 tsp (0.5 mL) cayenne pepper
- 1 tsp (5 mL) garlic powder
- 1/4 tsp (1 mL) onion powder
- 3/4 tsp (4 mL) fine-grain sea salt or Herbamare

For the tomato soup:

- 1 tbsp (15 mL) extra-virgin olive oil
- 1 small to medium yellow onion, diced (1.5 to 2 cups/375 to 500 mL)
- 2 large cloves garlic, minced
- 1/2 cup (125 mL) raw cashews, soaked in water for at least 3 hours
- 2 cups (500 mL) vegetable broth
- 1 (28-ounce/793-g) can whole peeled tomatoes, with their juices
- 1/4 cup (60 mL) oil-packed sun-dried tomatoes, drained
- 3 to 4 tbsp (45 to 60 mL) tomato paste
- 1/2 to 1 tsp (2 to 5 mL) dried oregano
- 3/4 to 1 tsp (4 to 5 mL) fine-grain sea salt
- 1/2 teaspoon (2 mL) freshly ground black pepper, plus more as needed
- 1/4 to 1/2 tsp (1 to 2 mL) dried thyme

DIRECTIONS

For the chickpea croutons: Preheat the oven to 425 degrees F (220 degrees C). Line a large rimmed baking sheet with paper towels. Place the chickpeas on the paper towels and place a couple of paper towels on top. Roll them around until any liquid on them has been absorbed. Discard the paper towels.

Transfer the chickpeas to a large bowl and stir in the grapeseed oil, oregano, cayenne, garlic powder, onion powder, and salt. Line the baking sheet with parchment paper and then spread the chickpeas in an even layer on the baking sheet.

Bake for 15 minutes. Give the pan a shake from side to side and cook for 15 to 20 minutes more, watching closely, until the chickpeas are lightly charred and golden.

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Let cool on the baking sheet for at least 5 minutes. The chickpeas will crisp up as they cool.

For the tomato soup: In a large saucepan, heat the olive oil over medium heat. Add the onion and garlic and saute for 5 to 6 minutes, or until the onion is translucent.

In a blender, combine the soaked cashews and the broth and blend on high speed until creamy and smooth. Add the garlic-onion mixture, tomatoes and their juices, sun-dried tomatoes, and tomato paste and blend on high until smooth. Pour the tomato mixture into the saucepan in which you cooked the onions and set the pan over medium-high heat. Bring the mixture to a simmer, then stir in the oregano, salt, pepper, and thyme, all to taste.

Gently simmer over medium heat, uncovered, for 20 to 30 minutes, until the flavors have developed.

Ladle the soup into bowls and top each with 1/3 to 1/2 cup (75 to 125 mL) of the Chickpea Croutons. Garnish with minced fresh thyme, a drizzle of olive oil, and freshly ground black pepper.

Tips: The chickpeas will lose their crispness in the soup, so be sure to add them just before you sit down to eat — or you can even add the chickpeas as you eat the soup.

If you have leftover chickpeas, make sure they're cool, then pop them into a baggie or container and throw them in the freezer. Freezing the chickpeas seems to retain their crispness better than leaving them at room temperature. To reheat, simply pop the frozen chickpeas into the oven at 425 degrees F (220 degrees C) for 5 minutes or so, until thawed. Voila — instant roasted chickpeas!



POULTRY & PIE PREDICTOR 4 MILER



POULTRY & PIE PREDICTOR 4 MILER



POULTRY & PIE PREDICTOR 4 MILER



WHERE'S RAY???

Match Ray Wertelka with Oh The Places He's Been this year:

(answer key on page 29)



A



B



C



D



E



F

1. Trifecta Sprint Chicago
2. Marine Corps Marathon
3. Santa's on the Run
4. Spartan Race at Lambeau Field
5. Marine Corps Marathon
6. Race Guards in Chicago

MANHATTAN IRISH FEST PARADE 5K

BY RAY WERTELKA—RACE DIRECTOR AND PSRR VP/BUSINESS

Well, now that the start of winter has officially come and gone you know that the Manhattan Irish Fest Parade 5K is just around the corner! This race has become the largest winter 5K in all of will county in a large part because almost 25% of the finishers were from the Prairie State Road Runners Running club! We had 392 sign-ups to run last year. And to top it off, we are the **ONLY 5K in North America** that actually starts a parade, runs through the parade route, and is included in the Irish Fest festivities in the Irish Fest Tent.



This year this race has gained CARA certification. This means that this race has applied for and received the Chicago Area Runners Association designation as a 2018 CARA CERTIFIED RACE #CARA18003. This race has agreed to adhere to and uphold CARA's Best Practices Guidelines. These Guidelines embody the highest standards for quality, safety and comfort for participants in a road race." The approval process was 2 years in the making. The survey that was mailed to you after last years race convinced CARA that the Manhattan Irish Fest Parade 5K was worthy of certification If you are interested to learn of the guidelines please visit CARARUNS.ORG to learn of all the details.

Did you know that the first race that was associated with the Manhattan Irish Fest was called the Shamrock Shuffle? That was back in 1995. This race was staged for only 3 years. Running wasn't as popular back then and the most runners that they could muster was 75. The start time was at 8AM and staged at Berkot's Super Foods, and runners were not included in the Irish Fest Tent Festivities. So that meant that the Irish Fest was 5K challenged for about 17 years.

"2017 marks the 23rd annual Manhattan Irish Fest.

"Anyone that has volunteered or partaken in a festival the size of Irish Fest, which is attended by over 10,00 people from the greater Will County area and beyond, knows that it does not take long before committees, organizations and volunteer pools are run ragged. And thus, Irish Fest has seen a total of 4 different organizations take on the job. The Manhattan Chamber of Commerce ran the Fest form 1995-1999 when the Manhattan Youth Athletic Association took over until 2004. In 2005, Manhattan Irish Fest was going to disappear. That's when the Irish American Society of County Will stepped up to the plate. Today's festival is run by the IASCW in conjunction with the Manhattan Park District Foundation.

"Now on to the most remarkable part of Irish Fest, the donations to the community and the improvements that have been done to and for the town of Manhattan, all because of an annual 2-day festival on the first, mostly frigid, weekend in March over the past 22 years. The Chamber of Commerce funded numerous projects totaling over \$25,000 including: Village of Manhattan entrance signs, banner poles throughout town, many improvements to Central Park including land acquisition and savings bond to local grade school and high school students, and the creation of the Chamber website. MYAA refurbished and built many of the Athletic fields now used in Manhattan including the softball field at the junior high and the soccer fields on Smith Road. Updates were made to players and field equipment as well. On top of everything the MYAA had already given to Manhattan, it also donated \$50,000 to the Manhattan Park District Foundation. Because of their generous efforts, the taxpayers benefited as well as the participants in the athletic programs!

"The Irish American Society continued the gracious efforts of both the Chamber and MYAA. Before taking over the Fest, the Society had provided many volunteers to help run the Fest, including the members of the men and women's rugby teams. In 2005, the IASCW donated \$20,000 to the MYAA field

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MANHATTAN IRISH FEST PARADE 5K

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fund, \$3,000 to the Lincoln Way High School Rugby Club, and \$10,000 to St. Joseph Church and Curtain Call Community Theater over the years. The IASCW and Manhattan Park District/Foundation has given \$18,000 to the King and Queen Scholarship winners and provided 7 students with opportunities to study in Ireland. From 2005-present over \$215,000 has been raised and donated to local organizations!!

"On behalf of the Manhattan Irish Fest committee, please remember what you have read this year when March 2nd and 3rd rolls around. Instead of hesitating at the price of an admission button (\$7 presale and \$10 at the door), think instead about organizations such as, the Irish American Society of County Will, the Manhattan Park District Foundation, Manhattan Chamber of Commerce, Operation Care Package, MYAA and Critter Junction that benefit from the Fest. Each organization donates it's time and good spirits to help run the Fest, which relies solely on volunteerism. Your attendance awards scholarships, brightens military lives, saves animals, builds Athletic fields, creates programs for area children and promotes local businesses. As always, Manhattan Irish Fest will highlight some of the most well-known and enjoyed aspects of the Irish Culture, such as, bagpipers, Irish dancers, music, food, and drink. This year's Fest will once again showcase local, regional and national Irish musicians and entertainment. Events will take place in and outside the Main Tent, the Park Rec Center, the library, St. Joseph Church and downtown Manhattan.

"For more information, pre-sale buttons, sponsorship opportunities, parade entry, schedules and more visit the website at www.manhattanirishfest.com and "Like" us on Face book.

As for the logistics, this has become a true family event as out of the 392 runners that signed-up we had 39 runners under 14 and a total number of 43 runners under 19. I haven't even looked at the number for older family members running together but I am sure that that is also a significant number.

A fun topic included is that we had a chiropractic group that has "fitness wars" sent us 39 runners, we had a pub crawl group that ran in their first 5K, and we also had a group that trained to run under 30 minutes in a 5K. New to this year is that the race has its own web site ManhattanIrishFestParade5K.com. I have an e-mail address just for the fest RayWertelka@PSRR.Org. the fest page is ManhattanIrishFest.com. and the beautiful part of the fest site is that they have a video of our race as we pass by the reviewing stand (a total of 4 Mins). Our site gives credit to our sponsors and the registration page is linkable to the sponsors web site for one year. On our registration site you can see that we are collecting donations to send a runner to a NIKE summer camp, we can donate to the Ashley Cann foundation, we can run as teams, and we have **GIFT CERTIFICATES!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!**

Watch for next year as there will be a new race coming to town sponsored by Fitness Premier. It will be timed and run a certified course. If anyone knows Joe Regan and his wife Andrea you will know that this will be a top-notch race. There is also another race in town called the Mission Run that is also run on a certified course. So, what I am saying we have a trifecta coming to town.

One final note. With all of this running going on in Manhattan we will petition, apply, and probably receive the rank as Manhattan II. being designated a runner friendly town. See you at the start line.

Travelin' PRAIRIE STATE ROAD RUNNERS!



So where have you worn your PSRR gear?

This feature highlights those who have been in cool and exciting places, or anywhere for that matter wearing their PSRR gear. Send us a picture of you sporting your **PSRR pride** anywhere in the world!

Please send email your pictures to [Judith Warren](#) or via message on facebook.

John Davis in Washington DC in June wearing old school PSRR gear



PSRR at the Redeye 5k in Joliet



Taco Tuesday PSRR/CMRC crew in November in Channahon



Travelin' PRAIRIE STATE ROAD RUNNERS!



Hobbler Gobbler 10k in Oswego

Chili Chase 5k in Yorkville

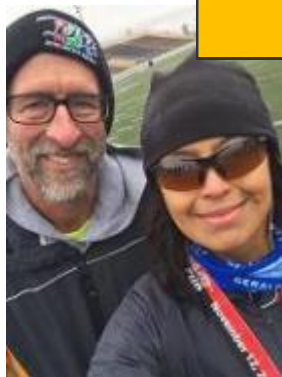


Redeye 5k in Joliet



Redeye 5k in Joliet

Reindeer Run 5k at Brookfield Zoo



Redeye 5k in Joliet



Travelin' PRAIRIE STATE ROAD RUNNERS!

PSRR took the Team Award at the
Autobahn 5k+ in Joliet



Training run at Springbrook Prairie, Naperville

Jingle Bell 5k in Kankakee



Jingle Bell 5k in Kankakee

Travelin' PRAIRIE STATE ROAD RUNNERS!



Reindeer Run 5k at Brookfield Zoo



Up the Stairs at Swallow Cliff in Palos



Training run on the I&M Canal in Channahon



Mark and his Indy Monumental Marathon Medal

Happy Birthday

Bring on the NEW YEAR!

Celebrating birthdays in January: Michael Auld, Charlotte Blenck, Maggie Caracheo, Michael Cimino, Toni Colwell, Howard Ellison, Sean Forbes, Nena Fournier, Alex Gliwa, Jeff Johnson, Eric Johnston, Kelly Koven, Griffin Kisner, Christine Luviano, Cathy McQuarters, Robin Nette, Valerie Nette, Tina Pirc, Benjamin Riley, Dawn Ruch, Paul Spiezio, and Kurt Wysock



Celebrating birthdays in February: Shelli Blenck, Quinn Bumgarner, Teresa Buturusis, Bridget Clark, Christopher Gregory, Rowena Henderson, Mary Jones, Galey Kielian, Eva Manzke, Andrea Miller, Jaime Ortiz, Rudolph Pironti, Lori Quigley, Julia Ruch, Eileen Skisak, Sue Smith, Kristine Walker, and Mark Walters

NEW MEMBERS

Welcome



- | | | |
|-------------------------|-----------------------|---------------------|
| <i>Alisson Atwood</i> | <i>Angela Hugel</i> | <i>Gina Schalk</i> |
| <i>Darin Atwood</i> | <i>Tom Podlin</i> | <i>Sarah Schalk</i> |
| <i>Davian Atwood</i> | <i>Brent Radomski</i> | <i>Stephen Topf</i> |
| <i>Katherine Atwood</i> | <i>Jeff Salkas</i> | <i>Darcy Welsh</i> |
| <i>Isaac Blenck</i> | <i>Charles Schalk</i> | <i>Linda Whalen</i> |
| <i>Bob Bodach</i> | <i>Daniel Schalk</i> | |

6TH ANNUAL HOLIDAY LIGHT RUN



Once again, Robyn Bumgarner plotted a course and opened her home for the Holiday Light Tour. PSRR, DNA, and Hydraklick all contributed to the festivities. The 6th year that Channahon Minooka Running Club and Prairie State Road Runners have met for running, lights, and holiday cheer was better than ever! THANKS ROBYN!!!



2018 CIRCUIT RACES

<u>Date</u>	<u>Circuit Race</u>	<u>2017 Club Participation</u>
Jan 20	F^3 Lake Half Marathon	New to the circuit

The rest of the circuit will be voted upon at the PSRR Banquet on January 20th

Membership dues must be current in order to earn circuit points

2018 CIRCUIT AWARD RULES

At the 12/8/17 PSRR board meeting, the directors voted to continue with Circuit Award structure as used in 2017. The Traditional Circuit Award will continue to reward participation (running, volunteering, and participating in operating the club). The Age Group Circuit Award allows those who are really competitive to see how they stack up against those in their age group. The Most Miles Award is given to the person who accumulates the most miles in half marathon or longer races. The three award systems will work as follows:



The age groups are: Under 15, 15-29, 30-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70 & over. For the purpose of determining age group, age on January 1 will be used and no body will be allowed to compete in two different age groups during the year. For example, a person aged 54 on January 1 who turns 55 in March will remain in the 50-54 age group for the entire year.

Scoring in the age groups will be done cross-country style, based on actual finish times rather than age graded scores. Ranking will be done on the basis of the best 7 race scores in each category except the under 15 category, which will only require 5 race scores. Winners in each age group will be recognized at the annual banquet with a nominal award, such as a plaque. The three top ranked members based on age graded scoring will not be eligible for age group awards. Finally, ties will be broken using additional races as described above.

Traditional Circuit Award: A member qualifies for a circuit award by earning 7 circuit credits, which may be earned by running circuit races, volunteering in club activities, and up to one credit for running a half marathon, marathon, or longer race anywhere in the world. The one exception to the 7 circuit credit requirement is that any member age 14 or younger on January 1 will only be required to earn 5 circuit credits. All members who earn the required 7 (or 5) circuit points will receive the circuit award, which changes from year to year, but typically consists of club merchandise with a value of about \$30.

Those members who run 7 or more circuit races will be ranked against other runners on the basis of their age graded race scores, with the scoring done cross-country style. Age grading is done by using the WMA Age Grading Calculator 2015 (<http://www.howardgrubb.co.uk/athletics/wmaroad15.html>). For this grading, age is considered to be the age on race day, and time is input to the nearest second.

At year end, the top 3 ranked runners will be recognized at the annual banquet. The award for being one of the top ranked runners is in addition to the circuit award, and is a much more modest award, such as a plaque. In the event of a tie on the basis of the best 7 scores, additional races (best 8, best 9, etc.) will be compared until a winner is found. If that still does not break the tie, the runner with the most races will be declared the winner.

Age Group Circuit Award: Because of the club demographics, there are not enough members in some of the traditional 5 year (or even 10 year) age brackets to provide any meaningful competition. The board has reviewed the demographics (and intends to do so annually) and has agreed to continue using the 20 age groups (10 each for male and female) that were used for 2017 awards.

Most Miles Award: Races of half marathon or longer races that are run between January 1 and December 9 and reported to the statistician will be recorded with a running total of miles run in such races. Any PSSR Circuit Race of half marathon or longer will count toward total miles, but will only count once toward the Circuit Award (i.e., it will count as a circuit race, but not as a long run). Finally, ultramarathons, regardless of distance, will only count for a maximum of 50k (31.1 miles) toward the Most Miles Award. The winner with most miles will be recognized with a nominal award, such as a plaque.



2017 CIRCUIT RESULTS

2017 Circuit Results

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

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

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

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

12/22/2017

CIRCUIT STANDINGS -- FINAL

Runner	1. Winterfest 5k	2. Frosty 5 Mile	3. Irish Fest 5k	4. DNA No Foolin' 5k	5. Run, Walk & Roll 5k	6. Trinity Christian School 5k	7. Rockdale Ramblin' 10k	8. Quarryman Challenge 10 Mile	9. Fierce Fiesta 5k	10. Kendall County Sweetness 8k	11. Minooka Summerfest 5k	12. Liberty 5k	13. Sundowner 5k	14. Firefly 5k	15. DNA/PSRR Free 5k	16. Ashley Can Half Marathon	17. Run for Your Life 5k	18. Plainfield Harvest 5k	19. Forte 5k	20. JJC Haunted 5k	21. Canal Connection 10k	22. Poultry & Pie Predictor 4 Mile	22. Your choice half /full/ultra	23. Volunteer Credits	Circuit Score	Circuit Ranking											
Acup, Fawn	15		9						11		8			15	12					12	10		C	1	77	17											
Aguliar, Dan	21	8							7		17			18					19	15				1	105	23											
Anderson, Clark	2	3	1		2	3		4																													
Anderson, Rick	6	17			5	5			13									3	8		9					49	11										
Arreola, Sergio						4							5																								
Atwood, Davian																											5										
Atwood, Katherine																											41										
Auld, Michael		18	14	6	4		6	2		3		2		6	3				2		4	4	C			20	4										
Auld, Rebecca							5										4					15															
Bailey, Marne	12	30	23	11			18						32								36	38				1	162	32									
Baltz, Cricket				10																																	
Baltz, Tom		38	18				28																														
Baltz, Tommy John																											7										
Barry, James R.		58	42		13																																
Barry, Laura		48	37	24				10					35	40					29	25		28	C			188	35										
Beard, Nydia	8	20	11				12		12	6	11	18		16		3											C	1	63	14							
Blenck, Shell														15	24	30		4	6	11	11	13						C		90	18						
Bonacci-Klaeser, Ruth			58				31		16				34	41	35			13											C		228	44					
Bornhofen, Larry			7	8			13	6	10		7	12	12	10					13	8	12	10								56	12						
Bowman, Jennifer																															42						
Bowman, Mark	3	4		3		2									5																9	C	7				
Bumgarner, John									44																												
Bumgarner, Layne			49						26					34					21																		
Bumgarner, Quinn									40				60	30																		62					
Bumgarner, Robyn		31	52						28					63																	65	C	1				
Buturusis, Teresa			57																																		
Calder, Kate							21			11		21				28						20	27	C													
Calvey, Aidan				26											43			19	19	39	28		48									222	43				
Calvey, Colleen				31											42			18	18	43	33		47							1			232	45			
Calvey, Kevin															49																						
Calvey, Palmer														14																							
Carlson, Craig		46							29				64	64																							
Carlson, Ella									22				22	44					6																		
Carlson, Garrett									34				60																								
Carlson, Gavin		12							7				3	7						4																	
Carlson, Grace									19					46							32																
Carlson, Kerri		22							17				14	17							14																
Carter, Clint											20	19			16																						
Clark, Kristen			69						48					57	40						39	42	58											353	62		
Clark, Matt		26					17				13									12	18		16	C													
Conboy, Jess						3																	6														
Costa, Liz	14	28			6						21		20	27	21				9		16	14													100	21	
Curiel, Kelly		43	36								24		21	33					24																		
Cyplick, Dave		24	24		11		24	7	18				20																			5			128	28	
Davis, John													11																								
Daw, Bobby													54																								



Club Member Benefits

- **BI-MONTHLY NEWSLETTER** – “The Pacesetter” is published every 2 months. Each issue includes a letter from the president, upcoming races, cartoons, race reports and running accomplishments by our club members. You are encouraged to send personal stories, race reports and pictures to [Judith Warren](#) so we can include them in the newsletter.
- **MERCHANDISE DISCOUNT**—Select items at [DNA Athletics](#), 16133 Weber Road, Crest Hill, IL, Phone: 815 588-0908
- **ORGANIZED GROUP RUNS**
 - SUNDAY MORNING SHOW-N-GO RUN AND BREAKFAST**– Since many of our club members run at different paces and are training for various events, we may not always run as a group. We meet at the Channahon State Park (25302 West Story Street, Channahon) between 8:00 – 8:30 AM, finishing around 9:45 AM. At that time, we head over to Lалlos (25220 Eames St, Channahon) for breakfast.
 - GROUP RUN (SEASONAL)** – Take place various nights at DNA Athletics, Crest Hill. All ages and abilities are welcome for a 3-5 mile run. Stick around after the run to take advantage of your merchandise discount on select items in the store.
- **RACE CIRCUIT** — Consisting of approximately 20-22 races, including a “your choice” ultra, marathon or ½ marathon. All paid members are eligible for circuit participation awards.
- **RACE DISCOUNTS**—Select circuit races
- **ANNUAL BANQUET AND CIRCUIT AWARD EVENT**
- **EMAILS AND REMINDERS ON UPCOMING RACES AND EVENTS**
- **PSRR MEMBER ONLY FACEBOOK PAGE**

PRAIRIE STATE ROAD RUNNERS

Membership Application

2018 EARLY RENEWAL/NEW MEMBER RATES (Dues paid for year 2018 if joining after October 21, 2017. Discount rates expire at midnight, Dec 31, 2017.)

Price through 12/31/17: **INDIVIDUAL** _____ \$15.00 **STUDENT** _____ \$10.00 **FAMILY** _____ \$20.00
Price beginning 1/1/18: **INDIVIDUAL** _____ \$18.00 **STUDENT** _____ \$12.00 **FAMILY** _____ \$25.00

PRIMARY MEMBER NAME _____ **Gender (M/F)** _____ **AGE** _____

ADDRESS _____ **CITY** _____ **STATE** _____ **ZIP** _____

DATE OF BIRTH _____ **PHONE (____)** _____ **E-MAIL** _____

YEAR (OR APPROXIMATE YEAR) YOU JOINED THE PSRR CLUB _____

Family Membership Data – List All Members

Name	Age	Date of Birth	Gender (M/F)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

How did you hear about us? _____

Make Checks Payable to: **PRAIRIE STATE ROAD RUNNERS**
Mail to: **P.O. Box 293, Channahon, Illinois 60410-0293**

CLUB MEMBERSHIP WAIVER

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running and volunteering to work in club races including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Prairie State Road Runners and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNATURE (Parent of guardian if applicant is under 18) _____

DATE _____

Visit our website at www.psrr.org
Contact us at president@psrr.org



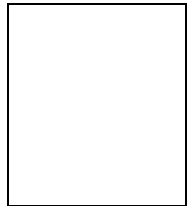
January/February 2018

PACESETTER

Prairie State Road Runners

P.O. Box 293

Channahon, IL 60410-0293



Mail to:

