

THE PACESSETTER

JULY/AUGUST 2023 | Volume 48, Issue 4

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.



THE PACESETTER

Volume 48 Issue 3

July/August

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PRAIRIE STATE
ROAD RUNNERS
Will County, Illinois ★ Since 1975

THE PACESETTER

Volume 48 Issue 3 July/August

CLUB OFFICERS

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OPEN

UPCOMING CIRCUIT RACES AND EVENTS

JULY

Sat 1 July - Morris Liberty 5k
[Registration Link](#)

Thr 20 July - Joliet Sundowner 5k
[Registration Link](#)

AUGUST

Tue 4 Aug - PSRR Free 5k
[Registration Link](#)

Sat 26 Aug - Bolingbrook Parkies Famous 5k
[Registration Link](#)



On the cover:
Braidwood Bling
photo credit: Amy McGoldrick

Newsletter editor: John Steinmetz

Webmaster: Scott Lemke

Group runs (open):
Every Sunday at Channahon State Park, 8:00 a.m. all year long

Speed work/group run (open):
Wednesdays at 6:15, location varies
Check postings on Funner Runners Facebook group

BULLETIN BOARD

PSRR Ladies Complete the Will County Triple Crown Challenge

Challenge: Hike the three longest trails in Will County
22-mile Wauponsee Glacial Trail, 14 miles of the Old Plank Road Trail and
13 miles of the I&M Canal State Trail

Those who accepted the challenge had from March 1 to June 30 to complete the full 49 miles. Trails were hiked in full or in segments, and those who complete the challenge before June 30 received an adjustable bottle sling cooler with a zipper pouch.

1st Photo (L to R) Diana, Leslie

Williams, Vickie Walker, Jen Craig,
Susan Bolatto, Sharron Simons

2nd Photo (L to R)

Jen, Sharron, Diana, Leslie, Susan,
Vickie



VOLUNTEERS WANTED

When: thru July

What: Doing work on one of the planned work-days in Will County Forest Preserves

Search for projects [here](#):

Next PSRR Board Meeting:

July 13 – Plainfield Riverfront
Foundation Center 6:45 PM

This is an open meeting. Please let one of our board members know if you wish to attend

Plainfield Harvest 5K

Registration Open!

Race Date: Sunday September 24, 2023

2023 marks the 25th Anniversary of the Healthy Driven Plainfield Harvest Run
5K Walk/Run, 10K Run and Kidz Miler

Register online [here](#)

Welcome to a new member!

Anne Bennett of LaGrange Park joins us!

HELP WANTED

Articles, stories, and photos for the Sept/Nov newsletter

Send your articles to the editor:

john-steinmetz4@gmail.com

THANKS!!
J.S.

Joke Corner:

How does the the human brain ignore the second "the"?
* * * *

I accidentally took my cat's meds last night. Don't ask meow.
* * * *

How many exotic birds does it take to change a lightbulb? Toucan.

Letter from the Editor

by John Steinmetz



I apologize! This newsletter is very late. I have learned the hard way, there is no easy way out to gathering information and putting a newsletter out on time. I let the club down and promise to do better in the future.

The **Annual Club Picnic** was a blast. Thanks to all that made it happen. Some pictures can be found in the newsletter.

The Galena Sky 8 hour is always so much fun. Right up there with root canals, passing kidney stones and listening to Donna Summer music from the 80s. I didn't run the 8 hour race after running it two years in a row, but am looking forward to 2024!



Last Dance 1978

Still the ultimate choice for any finale – wedding reception, high school reunion, radio station format change – Summer's contribution to the "Thank God It's Friday" soundtrack not only glides, but rollicks as she makes her plea ("Will you be my Mr. Right?").

The Minooka 5k was a superb event. Please note, the race write-up takes a tongue in cheek approach to the great city of Minooka (is it a city, village, ghost town, rail stop, gateway to Channahon?) Anyway, great job Scott Lemke as usual.

The Braidwood Memorial Day 5k was also a blast. Especially the parking lot hooch served after the race. The race profits went to the Mario Brothers Brazil vacation. For more accurate information, see Umberto's writeup on page 15.



Letter from the Editor (continued from previous page)

Summer Solstice was a great example of a well run race. Did you get your award in the mail yet? Nothing is ever perfect, but we all will be back next year for the 4 miler! I know I will be!

Several runners took up the Heritage Corridor's Triple Crown Trail Challenge. They were closing in on the finish in last issue. They finished the challenge! It was such a great example of the comradeship of our members, I the write-up was updated this issue! Note, the rest of us laggards have until the end of August to complete the three longest trails in Will County.

Finally, from our PREZ Mark Walker comes this message:

Hey club. I want to thank everyone that volunteered this Sunday for the Hammel Woods cleanup. We had a great turnout. It was a win/win for PSRR and Will County. For our volunteer hours, the \$270 permit fee for the Free 5k was waived.

John

PSRR ANNUAL PICNIC JUNE 4TH

At McKinley Woods - Kerry Sheridan Grove

We were blessed with outstanding weather, good food and good company. Burgers, brats, vegan meat options and water were provided. Members brought a dish to share, and their preferred beverages. Special thanks to Steve the Chef and Eva for pulling this together.



PSRR ANNUAL PICNIC JUNE 4TH

At McKinley Woods - Kerry Sheridan Grove

More pictures from the event which had over 50 members and family attend.



Quarryman 5K, Lemont May 5, 2023

[RESULTS LINK](#)

It was a beautiful day to run the Quarryman 5k. The hilly course tested runners to the max. Nine PSRR came out to compete. Clark Anderson ran a blistering 20:21 and finished 2nd overall! Mike Auld ran 25:42 and took 3rd place in his new age group. Larry Bornhofen had a fine race and finished 2nd in his age group. Dave Cyplick, Heather Hall, Jamie Barcus, and Judith Warren also had outstanding performances. Patrick J. Koerner stepped it up and finished 1st in his age division.



Jamie Barcus shows off her 2nd place award.



Galena Sky 8 Hour Ultra

May 20th



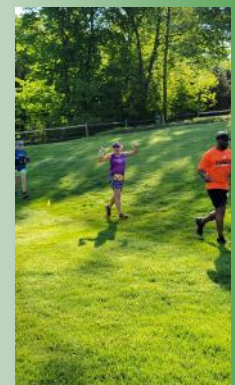
What a day at Chestnut Mountain! So many accomplishments at the Galena Sky Trail race - including several PSRR age group awards. Several PSRR members ran their longest ever distance or first ever trail race. And a lot of PSRR members improved on their previous year results. The biggest highlight for one PSRR runner was seeing PSRR Hall of Famer Jim Harman receive a standing ovation while accepting his age group award. Well done Jim!



Is it true, Lila Medina turns into a beast the second half of an ultra?

Galena Sky Trail 8 Hour Ultra

May 20th



First Annual Braidwood 5k

The first annual Braidwood 5k was a rousing success. The PSRR was heavily represented with over 40 participants. Umberto captured the ambiance with his write-up of the event which follows:

64°F with a whole lotta sunshine! Now who could ask for better weather? The race began and ended in the Braidwood Park District's Old Smokey City Park. Located between North Center Street and North School Street and between West First Street and West Third Street. I actually showed up early this time! During my warm-up, I noticed that the park, along with a big open green field, featured baseball fields, a skate park, disc golf course, two full length basketball courts, a play area for the kiddos, and a path, roughly a mile and a half long of blacktop which is great for walks, biking, and jogging. Also, a small play area, and I think I counted up to four pavilions. This place was a great location to set up a race.

Once again, the race was timed by It's Race Time Inc. The gun went off at 9am on the dot, and we were off. A kind of did myself a disservice because I didn't position myself at the front, right before the START line. Though, it didn't matter, because there were just a little less than a handful of racers that there was no way that I was catching them! During the first mile, some runners started passing me up, which kind of messed with me mentally, but when the first mile ended, I saw that I finished it in 6min 13sec. After seeing that, I was satisfied enough with my pace to focus on my own performance and not anyone else's, at least for the time being.

By the end of the first mile, I was in the top 9, but I kept my form and breathing pattern in check, or at least as well as I could. By the start of mile 3, right after the waterstation, I noticed that a runner in front of me named Adam Specht was starting to lag behind, and that grew a fire in my belly and made me push harder, which allowed me to gradually pass him up. Then, while trying to mentally and physically keep my form and pace up to par, I eventually passed young Tyler Wiyninger as well.

Leading up to the end of the third mile, while staying as strong as I could, pushing myself to my limits, I finally caught up to and passed Clark Anderson. At the start of the race, he was one of the runners that I didn't think that I was going to catch up to at all! After passing him, I saw that young Kyle Plante was getting closer and closer. It was the end of mile 3 and there were only 0.15 miles left. There was a big part of me that said to just let him go, but the little voice in the back of my head, telling me to catch up to him wouldn't stop. That little voice eventually turned bombastic and my brain began to work its wonders. I told myself to improve my stride, push hard with every step, run your thumbs across your hips, and just..keep..breathing! At the final turn, with the FINISH line in sight, I began to pass him up. I thought that he was going to give me a run for my money, but I managed to beat him by 2 seconds!

I crossed the finish line, completely spent. So tired that I went and laid down on the nearest plot of grass so I could catch my breath and my bearings. All of a sudden I hear a voice saying, "Good job." I had to wipe the sweat from my eyes before I could open them, but when I did, I realized that it was JT Markland standing over me, not even breathing hard. After that, I man'd up, got up off of the ground (with grass and white dandelions all over my back) and started taking pics of the upcoming finishers. Out of 136 runners, I got 5th overall, and 2nd place in my age group.

It was great meeting Kyle. For it only being his second 5k ever, he did outstanding! Keep going, bud, because you're killing it!

First Annual Braidwood Memorial Day 5k

Later on, after talking to Patrick Koerner for a bit, I was hopping in my jeep to go home. When suddenly Michelle Rowbottom invited me over some post-race refreshments with her group. I absolutely love the running community. They always know how to make me feel welcomed and a part of the crew, and she is no exception! She's such a class act! We hung out, I got to meet Prairie State Road Runners; Amy McGoldrick, Mike Auld, Javier Martinez, Nick Garcia, Mark, Jim, Bill, and others! We talked the Shamrock Shuffle in Chicago, The Channahon 5-mile, The Forte 5k, and how I'm possibly going to be able to do two 5k's in one day since the Streator Run for Glory 5k is in the morning and the upcoming Morris Liberty 5k is in the evening! I mingled so much there that I actually got a little sunburnt but definitely worth it!

I want to thank race director, Ryan Dodge for organizing this awesome event. I want to thank all the departments that came out in force to help out. I also want to thank all of the volunteers that all helped make this race a safe, tasty, well organized and memorable event!

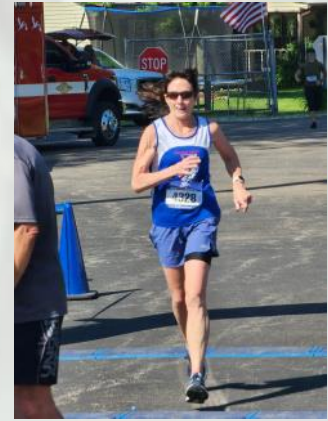
Of course, Thank you to the brave men and women who have made the ultimate sacrifice. Let us remember those who courageously gave their lives. Let's use today to count our blessings and stand proud.



First Annual Braidwood 5k



First Annual Braidwood 5k



First Annual Braidwood 5k



Minooka Summerfest 5k

June 17th

[RESULTS LINK](#)

Great PSRR turnout for the race. Forty-one runners (25% of total runners) were from our club. The race course quickly leaves the quaint little town of Minooka, with its corn silos marking the center of downtown, and heads East. You quickly find yourself in the farm fields which surround Minooka. The road has several dips, putting a bit of challenge into the course. A halfway turnaround starts the journey back to the finish line. Along the way, you hear encouragement from fellow PSRR runners.

Later in the day, there are bands and pork chop dinners. The Summerfest is quite the event in this town which usually rolls up main street at 6 pm. After 6 PM you may want to go to Cookie's Restaurant for some great food. Cookies was established a couple years after the Pilgrims landed at Plymouth Rock.

Can't wait for next years Summerfest 5k!



Minooka Summerfest 5k

June 17th



Damien strolls to the finish line.



Some of the PSRR award winners.



Angie showing off some speed to go with her ultra stamina!



Javi with his hat on backwards!



John closing in the finish line.

Yorkville Summer Solstice 4 Miler June 21



[RESULTS LINK](#)

Boy, talk about a long day. Ha! Anyway, 4 miles is a lot longer than a 5k especially when the temperature is in the upper 80s. There was no awards ceremony as the timing company had 10 year age groups instead of 5 year. Therefore, notable performances are highlighted: 1st place finishes in their age groups: John Steinmetz, Charlene Hamann, Carol Stapleton,, 2nd place finishes by Kate Calder, Mark Bowman, Jamica Barcus; 3rd place Larry Bornhofen, Fawn Acup, Jay Wait..



Minooka Summerfest 5k

June 17th



Mark and Carol show off there finishing kicks.



Some of the PSRR award winners.



John Warren wishing it was a half-marathon.



Javi with his hat on backwards!



PSRR Group Runs

Tuesday Fun Runs 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 Globe

Amy and friends hiking the Appalachian Trail



Judith and Eileen at Run for the Stars 5k in Wheaton.



Mark, ??? And Daryll at Law Enforcement Torch Run for Special Olympics



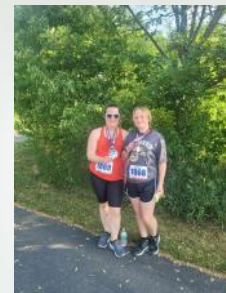
Tom and Tracy at the Bank of America Half Marathon



Darcy at a 10k in North Carolina



Heather and Jaclyn at Hometown 5k



John at the Naomi 5k



Mark at Hometown Half Marathon in Wheaton.



Amy at Ice Age Trail half marathon



PSRR Running Around the Globe

Lily at 10 Junk Miler 50 Mile Race



Cathy at Sunburst Half Marathon in South Bend Indiana



Shelli and ??? at Rockdale Police Torch Run for Special Olympics



Mary Beth, John and Eileen at Ribbons of Hope 5k



Judith and Robert at Ridge Run 10k



Mary Beth, Eileen and Amy at Westmont Race to



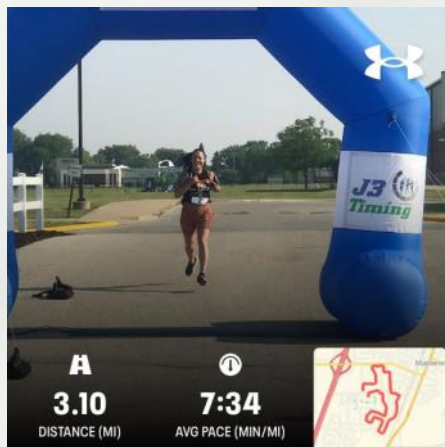
Humberto Macias and Mary Beth at Rock the Block 5K in Manteno



Mark and Nydia at Soldier Field 10 Miler



Mary Beth at Manteno Rock the Block 5k.



OFF THE ROAD / ON THE BEATEN PATH

WILL COUNTY TRIPLE CROWN CHALLENGE

WALK, RUN, HIKE, RUCK

This Spring and Summer, the Nature Foundation of Will County sponsored a challenge to hike the 3 longest trails in the county. Those who complete the challenge earn the Triple Crown award. To do so, one must hike these 3 trail sections: the 22-mile Wauponsee Glacial Trail, 14 miles of Old Plank Trail in Will County, and 13 miles of the I&M Canal State Trail from McKinley Woods to Brandon Road. Each path can be hiked the entire length at one time or completed in sections during the four-month period. Those who complete the challenge will receive a bottle sling cooler with a zipper pouch made from post-consumer plastic.



The PSRR Girls of Sunday Funday took up this challenge and they are getting it done - by running. They have completed the I&M Canal Trail, Wauponsee Trail, and the 14 mi section of the Old Plank Trail (OPT). Congratulations.



Diana Sorich and her "tribe":
(L to R) Michelle Pasillas, Jennifer Craig, Leslie Williams, Susan Bolatto, Sharron Simons, Vickie Walker

All three trail sections must be completed by August 30. There is no registration for the challenge. Trails can be logged on the All Trails App.



Wauponsee Glacial Trail, Symerton Access. The trail runs from near the I-80 overpass to Custer Park



If you choose to end at Symerton, you can reward yourself at the Symerton Tap & Grill. And don't forget to reward your driver!



One of the last team photos before celebrating the end of the challenge.

To find out more about the challenge, call (815) 727-8800

