

THE PACESETTER

March/April 2015 | Volume 40, Issue 2

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

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

Send your articles, error corrections or comments to: newsletter@psrr.org. Visit our website at www.psrr.org

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ON THE COVER: Eva Rahn and Mark Walters
running the Channahon section of the I&M
Canal State Trail.

DUES

Individual Memberships

are \$18.00 per year

Family Memberships

are \$23.00 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

Membership Application is al-
ways included in this newsletter
or at www.psrr.org.

UPCOMING CIRCUIT RACES AND EVENTS

MARCH

Irish Fest 5K—Manhattan, IL

March 7, 2015

[http://www.manhattanirishfest.com/
activities.html](http://www.manhattanirishfest.com/activities.html)

APRIL

Rockdale 10K

April 11, 2015

[http://www.jpdrun3.com/rockdale-ramblin-
run.php](http://www.jpdrun3.com/rockdale-ramblin-run.php)

[Membership dues must be current in order to
earn circuit points](#)

WEEKLY CLUB EVENTS

- **Sunday** run with the Breakfast Club at 8AM on the I&M Canal Towpath/Channahon State Park. Breakfast follows at Lallo's Bar and Grill at approximately 10 AM.
- **Wednesday** night track workouts—Seasonal
- **Thursday** Group runs from DNA Athletics in Crest Hill. Contact store at (815)588-0908 for seasonal schedule.



Prez

SEZ...



BY STEVE KOVEN—PRESIDENT

The annual banquet has passed, and spring is right around the corner. We had a great time and a great turnout at the banquet... nearly 100 members! In case you missed this great event, never fear... I will give you a report on the event, and highlight what's new for 2015!

As always, we voted on the circuit. There have been a few races removed and a new addition as well. We voted to limit the circuit to 20 races, so it was necessary to make a few cuts, but everything was voted on by membership who were present at the banquet.

One of the great things to look forward to this year is age group awards. In the past, we awarded winners in two divisions, but for this year we are going to a system with age group awards. More information can be found on page 28 or online at www.psrr.org, but the gist of it is, we are going to one division for age graded scoring, and 8 different age groups for men and women. Age groups will be scored using chip/gun time. While this is an exciting addition, I want to stress that there will be no major changes to the participation awards that we all enjoy... You can still run or volunteer seven times and get a cool award, like those awesome hooded sweatshirts we got this year.

We announced some important dates... **March 7** is the Manhattan **Irish Fest Parade 5k**. We are looking for volunteers to help put on the race. One of

the great things about volunteering for this race is that you

get circuit credit, a race shirt, and a button good for entry into the entertainment tent. You literally get the same deal as if you'd have signed up, and you get to save some cash and rest those tired legs! Our **club picnic** will be **May 31** at Kerry Sheridan Grove Picnic Shelter (Moose Island). This is a great time to come and meet your fellow club members, although it's possible you might not recognize each other in non-running clothes! The **2nd annual PSRR Cross Country Open** will be **June 27** at Plainfield Central High School. If you're like me and never got the chance to run Cross Country in high school, now you can make up for lost time! Come run a free cross country race in a fun, friendly setting. Finally, the **DNA Athletics/PSRR Free 5k** will be **August 16** at Prairie Bluff Preserve. Leave your wallet at home and bring your running shoes! Bring the whole family to this great event!

We inducted Mark Bowman into the Prairie State Roadrunners Hall of Fame, and awarded our circuit winners. In the age 15-64 division we had **Michael McCahey** and **Eileen Skisak** tied for first. In the Junior/Senior division we had **Kyle Bell** and **Harry Scheckel** tied as well. Finally, in a three way tie, we had **Susan Harper-Kuhel**, **John Warren**, and **Judith Warren** running the most circuit races with 17

(Continued on page 5)

(Continued from page 4)

each.

Finally, we elected new officers for 2015, and expanded our board in accordance with our bylaws. Instead of one Vice President as we had in the past, we will now have three VP's, each with a different area to focus on. The 2015 PSRR Board of Directors are: **Steve Koven**, President; **Kricket Baltz**, VP Op-

erations; **Mark Bowman**, VP Membership; **Mark Walters**, VP Business; **Dave Cyplick**, Treasurer; **Robyn Bumgarner**, Secretary; **Tom Baltz**, Trustee; **Ray Wertelka**, Trustee. I would like to thank our fine Board of Directors for stepping up and volunteering their time to help make this club run so smoothly!



Looking to have a **GRAND** time?

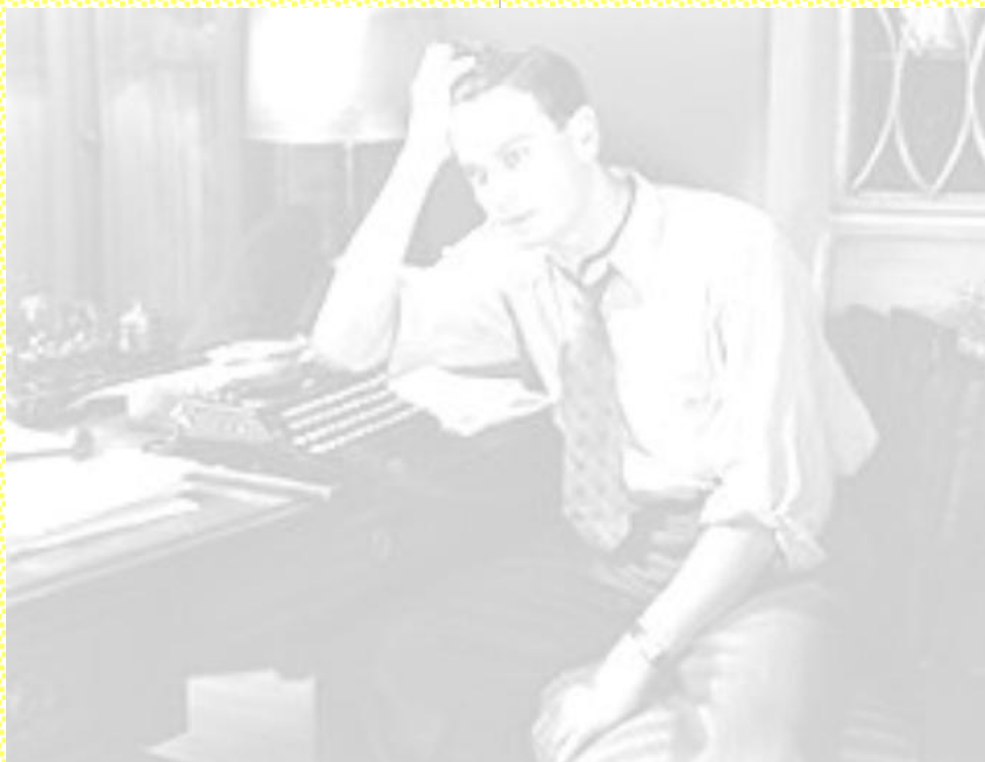


Join some of your fellow PSRR members at the **Grand Canyon Half Marathon** on **May 9th 2015**. Since racing inside Grand Canyon National Park is not permitted, this race takes advantage of the beautiful trails right on the border of the park in the Kaibab National Forest immediately west of Tusayan, AZ. From the start line, you can drive approximately 5 minutes to the edge of the canyon. We are staying at the **Grand Canyon Plaza**, which is closest to the start line near the south rim of the canyon. Check out the website at <http://www.grandcanyonhalfmarathon.com> for more information!

Contact newsletter@psrr.org with any questions.



Nothing...



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 May/June 2015 Newsletter is April 1, 2015.* Please don't make me send comments to myself...send yours today!!

Email to: Susan Mores at newsletter@psrr.org

EDITOR'S NOTE: I would like to personally thank EVERYONE who has submitted articles, pictures, etc. for all **Pacesetter** publications. Without your contribution, the newsletter would lack in content and character. Every member has a story to tell—please consider sharing yours.



Newsletter Happenings

What's New in 2015

By Susan Mores—Newsletter Editor



As you scroll through the newsletter, you will see a few exciting changes!

1. There will now be a **Cover Photo** of a club member (or members) in each edition. If you have an awesome photo that you would like to submit for consideration, please send it to me. While there is the possibility we could receive several submissions for consideration, please understand that we can only choose just one. Therefore, if your photo does not make the most current edition, **PLEASE** resubmit, as I would like to give everyone the opportunity to be a star!

2. **Training Tips by Robyn** is a new feature—see page 18. PSRR Board Member, Robyn Bumgarner, will be submitting training tips in each Pacesetter edition. I am very excited about this new feature! Robyn has agreed to do this on a trial basis as her busy schedule permits. If you happen to RUN into Robyn, give her a **BIG** thanks for this very valuable contribution.
3. **The Track Workout** has been kicked-off by club President Steve Koven and is a column dedicated to running and music—see page 25. Club members are encouraged to write about their favorite songs or music they listen to when they run.

4. **Product Review** will begin with the May/June edition. Have you tried a really cool product that you would like to tell your fellow members about? A new reflective vest (I know from reading Facebook some of you have received a new one...Hint! Hint!)? Knucklelights? Running socks? Tell us what you like, what you don't like, pros, cons, whatever... You will be helping members make wise buying decisions and you may even learn about some new products from others as well.
5. **Upcoming Circuit Races**—see page 3—will move from the cover to the Dues and Club Events page.

I hope you enjoy the changes and I look so forward to your contributions.

Please submit all contributions to newsletter@psrr.org





2015

*Prairie State Road Runners
Annual Meeting and Awards Banquet*

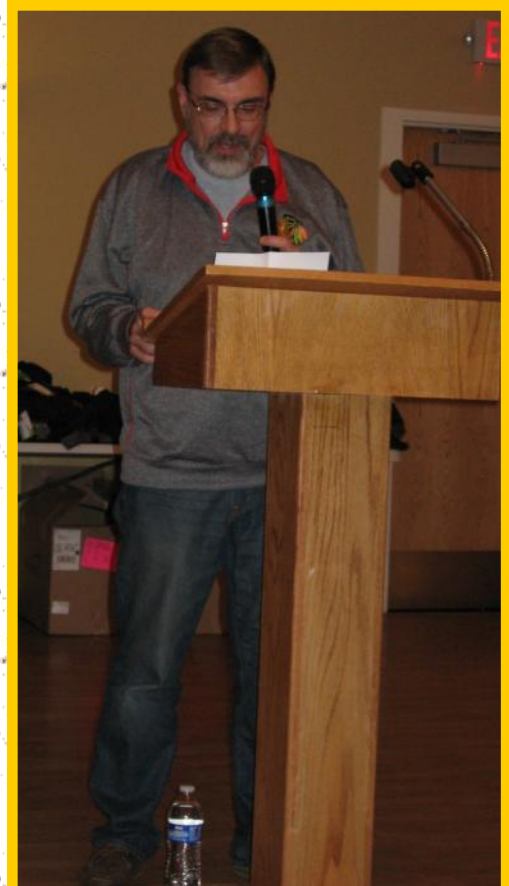
CLUB BUSINESS, AWARDS AND SOCIAL

PAGES 8-13

Annual Banquet—Club Business



Jay Wait introducing new Circuit Race Guidelines.



Dave Cyplick reviews the club's financial statement.



Steve Koven leading the discussion on the 2015 Circuit Race selection and election of club officers.

Annual Banquet—Hall of Fame

Prairie State Road Runners

Hall of Fame

The **Hall of Fame** was established in 2005 to recognize a long-standing member's running accomplishments, participation in the club and contributions to the running community as a whole. They are nominated by their running peers and elected by the club's Board of Directors and existing Hall of Fame recipients.

This year we are proud to welcome

Mark Bowman!



Class of 2015—Mark Bowman

Class of 2014—Sergio Arreola

Class of 2013—Dennis Killian and John Davis

Class of 2012—Jim Barry, Tom Lambert and Susan Mores

Class of 2011—Keith Theissen, Bill Lauer and Terry Bergin

Class of 2010—Jim Harman, Clint Carter and Larry Bornhofen

Class of 2009—Jeff Lindstrom, Dick Macknick and Dave Cyplick

Class of 2008—Mary Jones and Lance Bovard

Class of 2007—Bill Murphy

Class of 2006—Pat Koerner and Bob Maszak

Class of 2005—Becky Criscione, Jack Picciolo, Greg Rose and Gary Moss

Annual Banquet—Circuit Winners—Age 15-65 Division



Michael McCahey



Eileen Skisak

Annual Banquet—Circuit Winners—Junior/Senior Division



Harry Scheckel

Not Pictured:
Award Winner
Kyle Bell

Annual Banquet—Circuit Winners—Most Races Run



Susan Harper-Kuhel



Judith Warren



John Warren



Annual Banquet—Social



Confessions...

of a

First Time Runner

By Club Member, Cathy McQuarters

Who decides to run at the young age of 44? The answer is really quite simple. I discovered a lot of people do, including myself! Let me take you back to a memory that still resides in my brain like it was just yesterday. I was leaving the locker room in middle school and I entered the gymnasium where the steel double doors were propped open to let in the fresh spring air. Beyond the doors and far back on the grassy green field, the track team was practicing. As I took in the scene, I disregarded the idea of ever becoming a track team member. Running was just not my thing. I didn't have an interest in it. Moreover, I never thought of myself to be much of an athlete. On the contrary, in high school, I enthusiastically participated in marching band. Now that was more like my "pace"!

In July of 2013, my oldest daughter, Tiffany, encouraged me to join the gym where she had a membership. I joined and began the process of setting achievable goals for myself. I didn't want to set myself up for failure, however, I was really moti-

vated! This motivation would help push me through the aches and pains that followed each workout, as a result, of my getting back into shape. As I left the gym one evening, I walked past a table that is used to display advertisements. I selected the postcards for the Shorewood Scoot 5K and Plainfield's Harvest Fest 5K. I was energized at the idea of incorporating the walk/run as a means to work toward my running goals!

My plan was easy. I would convince my son and daughter to sign up with me and I would walk at a fast pace. We all signed up for our first race, the Shorewood Scoot 5K on September 7, 2013. The radio station Star 96.7 and ABC news were present, adding to the race day excitement. We learned what packet pick-up meant, what a bib number was used for and what size shirt to order, men's, women's or no gender, because once you select your size, there is no turning back! I learned to line-up according to pace per mile



and to be honest about it! So, I situated myself accordingly. The countdown began and when the gun sounded, I remembered my plan was to walk, but everybody around me began to run! I mentally revised my plans and began to run. I was proud to have finished the race mostly running and stopping to walk occasionally. My son and daughter were ahead of me and astonished that I finished shortly after them. I learned the difference between chip and gun time. I finished the Shorewood Scoot 5K with a chip time of 36:47 and a gun time of 37:28. I felt for my first race (which I intended on walking only) I succeeded in establishing my first PR. I would improve with more practice and a goal of two races per month. My pièce de résistance, I would challenge myself to a Thanksgiving Day run. My

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daughter and son were spectacular! Tiffany finished 5th in her age group and a chip time of 27:03 and Collin finished 2nd for his age group, earning him a medal, and a chip time of 30:44. We enjoyed the post race snacks, each of us satisfied with their race results.

“I read that you have crossed the runner threshold when you feel guilty for having missed a run. I have experienced this bad, bad feeling.”

The Shorewood Scoot 5K seems like it was ages ago. Since then, I have learned a lot through reading running books and magazines, the PSRR/CMRC Facebook pages, talking to people and experience. I have been a member of PSRR for a year now. I have completed seven circuit races and seven other non-PSRR races for a total of fourteen races in 2014. My greatest achievement thus far are third place in age group at the Manhattan Irish Fest 5K, accomplishing my first 10K at Cannal Connection and my PR of 28:39 at the 2014 Shorewood Scoot 5K, subsequently, taking me full circle.

At this time, my personal journey has been a success! I have done well, I have made some mistakes and I still have a ways to go. However, I know I get out there and give it my all. I have heard that beginning runners put too much emphasis on

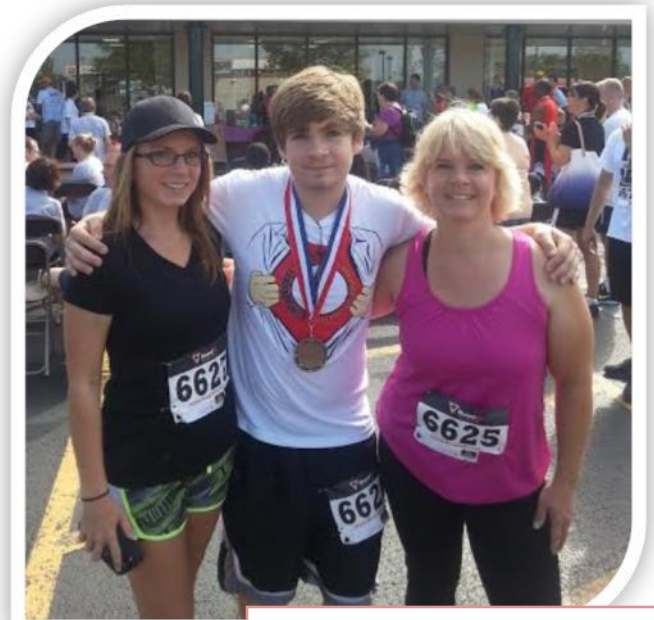
a specific race time or PR. That they are missing out on the pure enjoyment of running. I think I can use my race times as a means to measure my progress and improvement. It gives me the confidence to move full speed ahead and the reassurance that my weekly runs are a contributing factor to my improved race scores.

I read that you have crossed the runner threshold when you feel guilty for having missed a run. I have experienced this bad, bad feeling. A flow chart in a magazine advised me what I should do if I wasn't feeling the running feeling. It asked if I was injured and I wasn't. It asked if I was feeling lazy and I was. The flow chart told me that I needed to get my butt outside and run because what I needed was endorphins to give me the energy that I was lacking. I carry this information with me, to motivate me, and I remind myself that a run will increase my energy level.

Finally, some miscellaneous tidbits of free advice from a beginning runner. Safety is of the highest priority. There are too many to mention, but be aware of your surroundings, let someone know where you will be running, run in a group and bright colored clothing is your best friend. Also, you may make a few furry

friends as you run in your neighborhood. Dogs will want to follow! Be aware! Next, do not over dress for a run longer than a mile. As your run progresses, you will lose the scarf, ear muffs and extra coat! Dri-fit outfits absorb perspiration and help keep you dry and warm. Finally, look into lacing your shoe strings so they won't un-tie during your run or lose precious race time. YouTube has some great tutorials that show you how to do it yourself.

I look forward to another exciting year with PSRR. The 2015 schedule of circuit races include new races, as well as, the past favorites. I look forward to adding to my already large pile of t-shirts, but I wear them with pride because, for me, they are my hard earned reward!



Tiffany, Collin and Cathy at the Shorewood Scoot 5K

Congratulations!



PSRR Club Member
Eileen Skisak
pictured with
Carlos "Wings" Viramontes
at the
CARA Annual Awards Banquet



PSRR Club Member—Eileen Skisak
CARA 2014 Female Veteran Runner of the Year
CARA 2014 Age Group Champion
1st Place Female 55-59

CHILLER 5k & 10k TRAIL RUNS

Race Report

BY DICK MACKNICK—CLUB MEMBER

The date of these races was irresistible: 12-13-14. The next time that opportunity will roll around is 1-2-34, nearly a couple of decades away. And the location was close by: Hammel Woods. Not sure how many PSRR's took advantage: at least Sergio, Tammy, Nicole, Cricket/Tommy/Tommy John were there. And Jim Harman was there as a course marshal.

The organizers were: Muddy Monk, a couple who began a monthly series of trail runs in the greater Chicagoland area in the fall of 2012. They occasionally have Hammel woods as their venue. This one proved more popular than expected, somewhere near 300 for the combined races. They ran out of race bibs. They also ran out of race premiums (ceramic mugs), they ran out of T-shirts, they ran out of beer, they may have had hot dogs – there was a truck to dispense them, but the line was dozens of people long and I didn't wait.

Although designated as a trail run, it was more detour than trail. It started along a line of foot high red flags on the perimeter of a prairie grass field for the first few hundred yards. It transitioned to a paved single lane trail, giving false hope that this might be civilized. But we were

directed to a detour of tree roots, covered by leaves, leading down a ravine, and across a stream. Everyone was backed up deciding whether to try to jump across, find stepping stones, or wade through. The other side was up the tree root and leaf covered slope following the red flags.



Someplace farther on, we came to what might have been a trail. The leaves were mostly on either side of a single file mud bottomed path. Didn't last real long, though, more leaves and tree roots and occasional fallen logs would follow. And more ravines and streams. It seemed apparent there were trails available, midway through there was a bridge across a stream, the bridge was about 30 yards to the right, the red flags led us through the water.

Somewhere out on the run, after



crossing a stream, the 10k runners were directed to the right, the 5k to the left. The 5k would loop around some hardpack, turn left on crushed gravel, turn left onto hardpack, and be led by the red flags back onto the mud path. It was an out and back course, but the red flags weren't through with us yet. There was another detour, down the steepest of the ravines, across another stream, around a fallen tree, back through the stream, and up the ravine tree roots and leaves and indigenous growth. Other than the red flags, this was an area the original native inhabitants called the boondocks.

Finally returning to the out portion of the course, we followed the back portion: same ups and downs, same mud, same streams, same tree roots, same leaves, same fallen trees, just in reverse, finishing on the prairie grass. The Muddy Monk will be back at Hammel Woods again 10/31/15. If you ran this one on 12/13/14, hopefully your shoes will be dry by then (your socks, of course have already been trashed).



Training Tips *By Robyn*



Robyn Bumgarner is an ACE Certified Health Coach and Personal Trainer at P3 Academy in Morris, IL and a PSRR Board Member.

Strength Training For Runners 101

Of course, the best way to train for running is to run. However, strength training plays an important role for increasing performance and preventing injury. You don't need an expensive gym membership or weight room to add strength training to your training. Here are some tips for effective strength training for runners:

Train 2-3 times per week. 20-30 minutes per session should be enough to see improvement and prevent injury.

Perform sets with high reps and lighter weight. Since the goal for most runners is to develop muscle endurance and prevent injury, high rep sets are better. Choose weights that allow you to perform 12-16 reps per set.

Use proper form. If you are unsure, consult with a fitness professional prior to starting a weight program.

Cut back or eliminate weight training the week prior to goal races, possibly even up to two weeks

for a half or full marathon. Weight training, particularly lower body training, will cause muscle fatigue at a time when you need to have well-rested and fresh muscles.

Here's a simple strength workout you can perform at home. A mirror to check form, exercise mat, and hand weights are helpful, but not necessary.

15 Bodyweight Squats - Aim for a 90-degree angle at the knee by sitting your rear end back. If you can look down and see your feet, then your knees are in the proper position. Keep the chest up. Advanced modification: Hold a dumbbell like a goblet in the center of your body while you squat.

12-16 Push Ups - Do as many as you can on your toes. Try to lower your body until your elbows are at 90 degrees. Drop to your knees as needed, but maintain good form. Tuck your tail under and maintain a straight line from your knees to your shoulders.

10 each bodyweight lunges - Step one leg forward and lower your body. You should see 90-degree angles at both knees. Repeat 10 for each side. Advanced modification: Lunge hops. Lower into a lunge and jump back to a standing position.

12-16 tricep kickbacks - Handweights are helpful here, but canned goods work just as well. Bending slightly at the waist, extend arms down and back.

10-15 Burpees - Bend down and touch



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your toes. Explosively drive your heels backward into plank position. Jump your feet back to your hands. Jump up and reach for the sky.

10-15 Side plank hip raise. Assume a side plank position on your elbow with your feet stacked on top of one another. Put your free hand on your top hip. Raise your hips up. Repeat on the other side.

12-16 Bicep curls. Holding weight with the palms up, bend the elbow and bring the weight toward you. Advanced modification: Do 4 slow and then 4 fast, remembering to maintain good range of motion.

30-45 second plank (or longer if you're able!). On your hands or your elbows. Be sure to drive your heels to the back of the room, tighten the quads, and pull your kneecaps up to help carry the load.

Repeat entire circuit 2-3 times.

Nutrition

Are you someone who is running to lose weight or get lean? Did you know that body composition is 80% determined by nutrition? The other 20% is determined by exercise and fitness. So even with all of the health benefits running provides, it's still impossible to outrun a poor diet. Try this healthy and delicious asparagus soup from www.allrecipes.com to put a "Spring" in your step!



Fresh Asparagus Soup

1 lb fresh asparagus
3/4 cup chopped onion
1/2 cup vegetable broth
1 tbsp butter*
2 tbsp all-purpose flour*
1 tsp salt, or to taste
1 pinch ground black pepper
1 1/4 cup vegetable broth
1 c soy milk or regular milk
1/2 c plain yogurt (regular or vegan as desired)
1 tsp lemon juice
1/4 cup grated parmesan cheese (optional)

*If making this vegan, you can swap the butter for olive oil and omit the flour. To thicken the soup, simply add more asparagus and one or two small, peeled potatoes.

1. Place asparagus and onion in a saucepan with 1/2 cup vegetable broth. Bring the broth to a boil, reduce heat and let simmer until the vegetables are tender.
2. Reserve a few asparagus tips for garnish. Place remaining vegetable mixture in an electric blender and puree until smooth.
3. Melt butter in the pan that was used for simmering the asparagus and onions. Stir while sprinkling flour, salt, and pepper into the butter. Do not let the flour brown. Allow the mixture to cook only 2 minutes. Stir in remaining 1 1/4 cups vegetable broth and increase the heat. Continue stirring until the mixture comes to a boil.
4. Stir the vegetable puree and milk into the saucepan. Whisk yogurt into the mixture, followed by lemon juice. Stir until heated through, then ladle into bowls. Garnish with reserved asparagus tips. Sprinkle with Parmesan cheese if desired.



** Advertisement **



PASSION. POWER. PERFORMANCE.

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DO YOU HAVE A BIG RACE COMING UP? OF COURSE YOU DO!

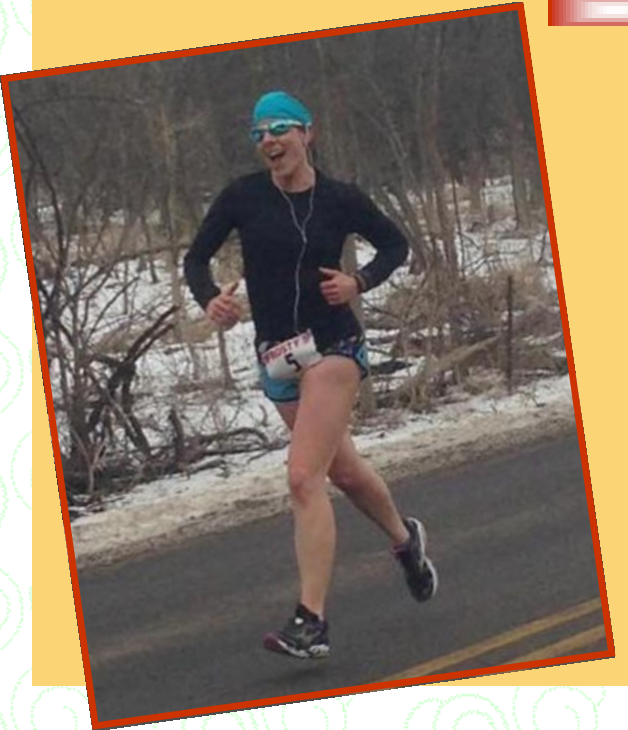
ARE YOU ON THE HUNT FOR A NEW PR? ARE YOU MAKING A COMEBACK AND WANT TO INJURY-PROOF YOUR BODY? ARE YOU NEW TO RUNNING AND NEED HELP TRAINING? COME SEE **COACH CHRISTI SMITH**. CHRISTI IS AN ACE CERTIFIED PERSONAL TRAINER, TRACK COACH, AND FORMER HIGH SCHOOL TRACK STAR. NO ONE UNDERSTANDS A RUNNER'S NEEDS BETTER THAN CHRISTI.

ARE YOU UNSURE HOW TO PROPERLY FUEL YOUR BODY WHILE YOU TRAIN? DO YOU KNOW WHEN YOU NEED CARBS AND WHEN YOU NEED PROTEIN? ARE YOU BONKING ON YOUR LONG RUNS AND YOU AREN'T SURE WHY? COME SEE **COACH ROBYN BUMGARNER**. ROBYN IS AN ACE CERTIFIED HEALTH COACH, ACE CERTIFIED PERSONAL TRAINER, AND AVID RUNNER AND ROAD RACER.

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Robyn Bumgarner—Shows us what it takes to win 3rd Place AG at **The Frosty 5**, Channahon



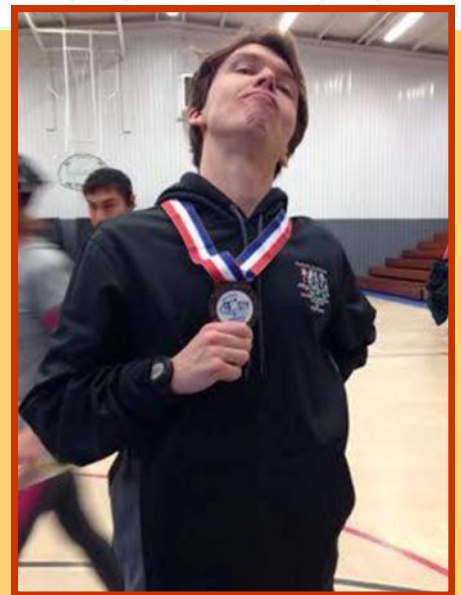
Races



Dan Aguilar—3rd Place AG at **The Frosty 5**, Channahon



Jenny Blazekovich—1st Place AG at **The Frosty 5**, Channahon



Evan Sather—3rd Place AG at **The Frosty 5**, Channahon



Our *Awesome* Club Members at the Frosty 5 Mile, Channahon

Race Swag

One runner's love affair with running apparel

By Club Member, Kate Calder

I hate to admit it, but ever since I started running seriously, I've wanted to feel like a "real" runner, one of those cool people who has the latest Garmin watch, remembers every PR they've ever achieved, and can converse with ease about speed work and long runs and blackened toenails and their next ultra-marathon. But above all of those keys to the runner lifestyle, the ultimate tangible goal for me lie in acquiring running apparel: visible reminders of my running achievements.

It probably started when I ran my first "real" race (not one of the infrequent 5Ks I had run in college and high school), the Shamrock Shuffle. Gear-wise, I remember feeling like a Pinto in a sea of BMWs. I was festooned in old running shoes that had seen better days, a clearance rack fleece jacket, my Under Armor tights, previously only used as a base layer during chilly football games, and a hideously enormous sparkly green bowtie. I needed to step it up to be accepted by the running commu-

nity, who proudly wore their Chicago Marathon jackets and Hot Chocolate 15K sweatshirts the day of the race. I had no foothold, no race swag by which I could prove my status. I was, clearly, a newbie.

After successfully running the Shuffle, I proudly sported my race shirt to the gym (and to work, and to the grocery store) in the week following the race. Finally, I thought: I count!

Alas, my newfound acceptance was short-lived. I had only one shirt, only one important race to my name. I needed more gear to feel I belonged.

As I continued running races, I started acquiring and purchasing more running-specific items. Of course, I needed new shorts. Not the Softees I'd had since college, with my university's name displayed across my rear: no, this time I needed some Nikes, with a built in liner (classy!) and a small pocket for my house key (practical!), like other runners wore. I purchased new "wicking"



shirts, designed to keep me cool and stylish while not chafing (multipurpose!). I acquired more racing shirts, which I continued to obsess over.

I began looking for races with the best "swag", often sacrificing other basic comforts in the name of fashion (A race on Superbowl Sunday in a driving snowstorm? Sure, especially since I get a SWEATSHIRT with my entry fee!). I planned my racing apparel a few days in advance, trying to decide which shirt would make me look most impressive at the starting line. I spent more money on swanky exercise gear (lululemon, anyone?) than I spent on my work wardrobe, all in the name of fitting in. I felt more and more like I belonged, but still felt like I was lacking for some reason.

When I arrived at the Chicago

Marathon expo in the fall of 2013, on the eve of my first ever marathon, I couldn't help but stare at the aisles and aisles of running gear, including thousands of shirts with the marathon logo plastered across the front. I had arrived, ready to purchase the ultimate in running accessories: the "look I ran a marathon!" marathon shirt.

I made my way to the Nike shop, strategically positioned so that you can't really help but browse the merchandise, and I paused. The immensity of my running journey hit me as I looked at a shirt with the course map laid out across its back. Five years in, and I finally felt like I had accomplished something. How many miles had I logged up to this point? How many race t-

shirts, sweatshirts, hats, and shorts had I acquired over the course of this journey? Sure, I was about to embark on a 26.2 mile run, but hadn't I already accomplished that, and so much more?



Experts tell you not to change anything drastically on the day of

a big race. I followed their rules. Instead of running in any of the new items purchased at the expo, I ran Chicago in an old, comfortable wrestling camp T-shirt that my husband had gifted me. I'd spent countless training hours sweating in the thing over the summer. I didn't look like anything special when I got into my corral that morning downtown; but I knew crossing that finish line, that I didn't have to look special. My inner sense of pride at all that I had accomplished was better than any race shirt I could have purchased. I was a "real" runner the day I had first decided to put on my sneakers and jog out my door.



Post Sunday morning run at Lallo's Bar and Grill in Channahon. Join the club on most Sundays for running, breakfast and fun!!

The Track Workout



By Steve Koven—Club President

Do you listen to music when you run? A purist might say “Never that!” and prefer to run unplugged, but for the rest of us who enjoy a good tune on the run, “The Track Workout” will be a new feature... A column dedicated to music and running. Consider this, a recent search for songs with “run” in the title generated nearly 200 examples. Fourteen songs titled “Run”, from Snow Patrol to Flo Rida to George Strait, transcending genre and generation. Hundreds more with lyrics about running and no mention in the title. Its no coincidence that running has boomed since the invention of the iPod. Being able to choose from 20,000 songs while on the run has undoubtedly led to more people picking up and sticking with the sport. The secret is out... Runners love music, and music loves runners!

As much as I love what I listen to, and would love to talk about it, this column will be about what you like to listen to. I will fill in the gaps with my own submissions, but I’m looking for what *you* put on to get through a tough stretch of a race. What do you put on to kind of zone out and get lost in the moment? What is your favorite workout jam? Can you tell the story of a race through the music that you listen to? Please submit either a short paragraph about a favorite song, or a longer race story to President@psrr.org. We would love to get a variety of submissions, and I will curate them to create “The Track Workout”... The goal is music discovery and telling a story!

One of my best moments as a runner happened in the Quad Cities Marathon in 2012. I had high hopes of a PR, but I went out too fast and really struggled through the middle miles. I never stopped running, but I needed to dig deep much earlier than I’d expected to. One my favorite times of a marathon, however, is when I get around mile 18 and I start to realize that the end is getting near, and for everything I’ve been through... I’m still going! I get to that point, and I’m exhausted, but energized and often have run my fastest splits of the race in the late teens. I don’t care about pacing myself anymore, or whatever plans I had before the race. It’s now a manageable distance and I can run by feel and work my way through the race, which is a big relief.

I was in this kind of late race euphoria when I saw my family near mile 20. I muted my headphones, made my way over the side of the road, and high fived my wife and three kids. The moment even happened to be captured by the race photographer! I turned the corner and put the music back on when I was treated to the opening bars of one of my favorite songs, “Baba O’Riley” by **The Who**. It was good enough for Paul O’Neill of the Yankees, the Los Angeles Lakers intros, and it suited me just fine as I approached and conquered the wall. It was a perfect transition for the last six miles and carried the joy of the moment forward with me. Every time I hear that song, I think of that moment, seeing my wife and kids at mile 20 on my way to.... A PR! I ran my fastest marathon, a 3:34:19 on that beautiful cloudless day in the Quad Cities!



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 tech shirt at the Great Wall of China, carrying your PSRR duffel bag along the beaches of Costa Rica, or wearing your PSRR fleece in International Falls, Minnesota!

Please send your pictures to Susan Mores at newsletter@psrr.org



Wearing his PSRR jacket, **Mark Walters** (right) is pictured with son James (left) and 4-month old grandson Brighton (center) at Pacific Beach (PB, as the locals say) in San Diego, CA after running the San Diego Holiday Half Marathon on Dec 28, 2014!

2-fer! Not only is **Larry Bornhofen** wearing his new PSRR 40th anniversary tech shirt, but he's also downing some kind of drink (can you guess?) that is staying nice and cool in a PSRR koozie while on the annual Bornhofen Cancun trip in January.



FALL OR WINTER GET-AWAY?

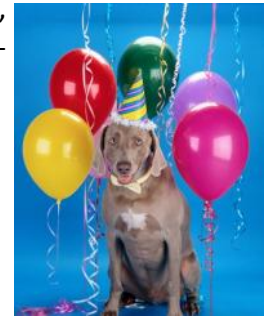
DON'T FORGET TO PACK YOUR
PSRR GEAR!!





Celebrating birthdays in **MARCH** are Kathy Figuierras, Jean Johnson, Stella Weisfus, Grant Bell, Ryan Koven, Fawn Acup, Javier Martinez, Brittany Pirc, Judith Warren, Kate Calder, Clint Carter, Ken Goodwin, Paul Wojtkiewicz, Cricket Baltz, Harry Scheckel, Mary Starling, Omar Carrillo, Heidi Carrillo, Pat Koerner, Sheila Russum, Jack Picciolo, Mark Vanderhyden, Carol Wojciechowski and Kelli Piskur

Celebrating birthdays in **APRIL** are Julia Hart, Mary Raino, Tim Servi, Clinton Underhile, Susan Gregory, Jackie Ellison, April Lancaster, Jim Harman, Pat McFarland, John Horvat, Maxwell Munch, Keith Smith, Hannah Cherry, Bert Hume, Duane Minarich, Lauren Lemke, Taylin Lemke, David Musgrave, Kristin Barry, Abbie Vanderhyden and Haleigh Gorman



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

Welcome!

Bienvenido



NEW MEMBERS

- Kathy Figuierras
- Dan Aguilar
- Suzanne Hart
- Megan Hart
- Gaby Hart
- Julia Hart
- Jean Johnson
- Jeff Johnson
- Gerald Raino
- Mary Raino
- Lauren Raino
- Clinton Underhile

*No matter how you say it,
we are so happy you joined us!*

Bienvenue

Willkommen

Welkom

2015 CIRCUIT AWARD CHANGES

BY JAY WAIT—CLUB STATISTICIAN

At the October 17th PSRR board meeting, the directors voted to make the following changes in the Circuit Award structure for 2015. As previously communicated, the purpose of these changes is NOT to replace an award system that encourages participation with one that puts the emphasis on winning. The Circuit Award system will continue to reward participation (running, volunteering, and participating in running the club). In addition, we will institute age group scoring so that those who are really competitive can better see how they stack up against those in their age group. The two award systems will work as follows:

Traditional Circuit Award: This Circuit Award will be administered as it is today with two significant changes. First, since scores are age graded anyway, there will be only one division instead of the two (15-64, and Junior/Senior) that exist today. As today, 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 full/half/marathon anywhere in the world. 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. 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. The second change is that a procedure is being put in place to handle tiebreakers. 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: While there has been interest in establishing age group awards, doing so presents several challenges related to the demographics of the club. Simply put, there are not enough members in some of the traditional 5 year age brackets to provide any meaningful competition. Even in 10 year age brackets, it is likely that in some brackets there will not be enough participation to produce an age group winner. The board has reviewed the demographics and has established 16 age groups (8 each for male and female) to be used for 2015 awards. It is the intent of the board to review and adjust these annually to account for changes in the club demographics. The age groups designated for 2015 are: Under 15, 15-29, 30-39, 40-49, 50-54, 55-59, 60-69, and 70 and over. For the purpose of determining age group, age on January 1 will be used and nobody 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.



CIRCUIT RACE RESULTS (as of February 15, 2015)

																										
<u>Runner</u>	1. Winterfest 5k	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Rockdale Ramblin 10k	5. Race to the Plate 5k	6. St. Mary's 5k	7. Minooka Summerfest 5k	8. PSRR X-Country Open	9. Liberty 5k	10. Sundowner 5k	11. Firefly 5k	12. DNA Athletics/PSRR Free 5k	13. Shorewood Scoot 5k	14. Ashley Can Half Marathon	15. Plainfield Harvest 5k	16. Forte 5k	17. JJC 5k	18. Canal Connection 10k	19. Red Eye 8k	20. Poultry & Pie Predictor 4 Mile	21. Your choice half /full/ultra	22. Volunteer Credits	Circuit Score	Circuit Ranking		
Mores, Sue																							1			
Morman, Cathy	32																									
Musgrave, David	36																									
Newberry, Phil	14																									
Podolski, Sally	17																									
Portlock, Caroline	58																									
Putnam, Terri	48																									
Raino, Gerald	54																									
Raino, Lauren	59																									
Reddell, Jody	53																									
Sather, Evan	3																									
Scheckel, Debbie	29																									
Scheckel, Harry	22																									
Servi, Tim	19																									
Sheridan, John	33																									
Skisak, Eileen	1																									
Skuturna, Julie	61																									
Smith, Keith																							1			
Starling, Mary	43																									
Tatro, Terri	34																									
Underhile, Clinton	28																									
Wait, Jay	49																									
Walters, Mark	25																									
Warren, John	8																									
Warren, Judith	50																									
Wertelka, Raymond	57																									
Zemaitis, Nicole	31																									

CLICK HERE FOR AGE GROUP STANDINGS: <http://www.psrr.org/files/2015%20Age%20Group%20Standings.pdf>

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

2/13/2015

Report errors/corrections to statistician@psrr.org



2015

Circuit Race Schedule

Race #	Race	Date	2014 PSRR Participation
1	Winterfest 5k (Kankakee)	2/1/15	Returned to Circuit
2	Frosty Five Mile (Channahon)	2/8/15	63
3	Manhattan Irish Fest 5K	3/7/15	46
4	Rockdale Ramblin' 10K	4/11/15	52
5	Race to the Plate (Joliet)	4/19/15	NEW
6	St. Mary Immaculate 5K (Plainfield)	5/16/15	21
7	Minooka Summerfest 5K	6/20/2015	40
8	PSRR Cross Country Open (Plainfield)	6/27/15	9
9	Liberty 5K (Morris)	7/3/15	43
10	Sundowner 5K (Joliet)	7/23/15	59
11	Firefly 5K (Channahon)	8/6/2015 *	45
12	DNA Athletics/PSRR Free 5K (Crest Hill)	8/16/15	34
13	Shorewood Scoot 5K	9/5/2015 *	28
14	Ashley Can Half Marathon (Bourbonnais)	9/6/2015 *	16
15	Plainfield Harvest 5K	9/27/15	22
16	Forte 5K (Channahon)	10/17/15	28
17	JJC Foundation 5K	10/25/15	26
18	Canal Connection 10K (Utica)	11/1/15	29
19	Red Eye 8K (Joliet)	11/15/15	60
20	Poultry & Pie Predictor 4 Mile (Joliet)	11/26/15	53

* Date not yet confirmed.



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 newsletter@psrr.org 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 Lallo’s (25365 South Fryer Street, Channahon) for breakfast.
 - TRACK WORKOUTS (SEASONAL)** – These speed work sessions take place on Tuesday evenings and are lead by a club member in the spring and summer months. We currently meet at the Troy Middle School, 5800 W. Theodore, Plainfield.
 - GROUP RUN (SEASONAL)** – Takes place on Thursday nights at DNA Athletics, Crest Hill. All ages and abilities are welcome for a 3-5 mile run. Takes place all summer long with a 6:15 start. Stick around after the run to take advantage of your merchandise discount on select items in the store.
- **RACE CIRCUIT** — Consisting of approximately 18-20 races, including a “your choice” marathon or ½ marathon. All paid members are eligible for circuit participation awards. Runners age 15 through 64 must participate in seven circuit races to receive an award. Runners 14 and under, or 65 and over, must participate in five circuit races.
- **RACE DISCOUNTS**—Select circuit races
- **ANNUAL BANQUET AND CIRCUIT AWARD EVENT**
- **EMAILS AND REMINDERS ON UPCOMING RACES AND EVENTS**

PRAIRIE STATE ROAD RUNNERS Membership Application

2015 RENEWAL/NEW MEMBER RATES (Dues paid for year 2015 if joining after October 1, 2014)

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



March/April 2015

PACESETTER

Prairie State Road Runners

P.O. Box 293

Channahon, IL 60410-0293



PRAIRIE STATE ROADRUNNERS



WILL COUNTY, ILLINOIS SINCE 1975
WWW.PSRR.ORG

Mail to:



From Will County's Running Authority

