

THE PACESetter

May/June 2017 | Volume 42, Issue 3

Newsletter of the Prairie State Road Runners—Will County's Running Authority Since 1975 www.psrr.org



Kurt

BOSTON

John



Lauren



The Pacesetter is for
Runners, Walkers, and Fitness
Enthusiasts
of ALL abilities.



PRAIRIE STATE ROAD RUNNERS

I'M TRYING TO ELIMINATE NEGATIVITY FROM MY LIFE. THEREFORE MONDAYS ARE NOW "TACO TUESDAY EVE" UNTIL FURTHER NOTICE.

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.
- **Thursday** Group events with DNA Athletics in Crest Hill. Contact store at (815)588-0908 for seasonal schedule as some 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

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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: [Judith Warren](mailto:Judith.Warren@psrr.org). Visit our website at psrr.org.

On the cover:

Kurt Wysock, John Warren and Lauren Lemke at the Boston Marathon. Pictures courtesy of Diana Sorich, Judith Warren and Scott Lemke

UPCOMING CIRCUIT RACES AND EVENTS

May

May 13—Quarryman Challenge 10 Mile
Lemont IL

[Register Here](#)

May 19—Fierce Fiesta 5k
Channahon IL

[Register Here](#)

June

June 3—Kendall County Sweetness 8k
Yorkville IL

[Register Here](#)

June 17—Minooka Summerfest 5k
Minooka IL

[Register Here](#)

July

July 3 —Liberty 5k
Morris IL

[Register Here](#)

Membership dues must be current in order to earn circuit points



Prez

SEZ...



BY MARK BOWMAN
PRESIDENT

Greetings Running Colleagues

Whew! I just got back from spending about ten hours out on the trails at the McNaughton/Potawatomi Trail races. Distances included 50 miles, 100 miles, 150 miles, 200 miles, and a fun run in the dark of 30 miles. The races are held at McNaughton Park just out of Pekin, IL. Some form of the races have been a spring mainstay since 2001. All the races consist of ten mile loops that wind throughout the park. I hadn't been back there since 2004, when I DNF'd the 100 mile after my crew (youngest daughter) had an accident on her way from Illinois State University. Mentally, after getting word of this, I was done after 30 miles.

But this time, I wasn't there to race. I went down there to support and help. I was hoping to even pace someone for a loop or two, but those who wanted a pacer already had someone lined up. So I spent the day running/hiking all over the course and spending time at the aid stations cheering and supporting all these incredible people trying to reach their goals. It was a blast. I got to see so many tired and sometimes painful faces turn into smiling faces when they found this idiot stranger out in the middle of nowhere cheering them on.

Seeing the changes in the runners was priceless. It was just a great day. It was so inspiring watching everyone overcome their hardships to achieve success.

It is an experience that I would hope everyone has a chance to do someday. It doesn't necessarily have to be all day or on trails. Just make a point to volunteer somewhere sometime and help someone achieve success in this endeavor we call running. Give back to the sport by helping your fellow runners. The sport and you will be better for it.

Mark





Are you on Facebook? Did you know there is a page exclusively for PSRR members? Come join us to discuss upcoming races, training, etc. Search for "PSRR Member Page" on facebook.

Congrats to Lauren Lemke, John Warren and Kurt Wysock for all successfully completing the 2017 Boston Marathon. We are proud of you!

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 July/August 2017 Newsletter is June 25th

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

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

Thank you once again to everyone that came out and Shuffled with the combined CMRC/IRC/PSRR teams this year. Our Mixed Team consisting of Kurt Wysock, Apolonio Esquivel, Beth Hardenbrook, Eileen Skisak, Scott Severt, Eva Rahn, John Warren, Colleen Zawrazky, Steve Sullivan and Kim Craig came in 3rd Place!!!



Please remember that your Prairie State Road Runners membership must be current to receive circuit credit in 2017. Renew or Join us [here!](#)

MANHATTAN IRISH FEST PARADE 5K

BY RAY WERTELKA—RACE DIRECTOR/VP BUSINESS

Well, I'm just about rested from the Manhattan Irish Fest Parade 5K. We couldn't have asked for a better time. It all started at the Gallagher's Pub on Friday night. This place is the anchor for Irish Tradition in Manhattan. About 130 of the runners were pleasantly surprised when they found out that they could have a tasty corn beef sandwich and wash it down with a Guinness while picking up their race packet.



But the fun didn't really begin until race day at the Metra Station. In about 90 minutes we had 230 runners sign in which included 28 race day sign-ups. We had at least 6 people at the registration table calmly taking down each of the runner's information. We were even able to honor credit cards, and an ATM was not far away. And of course, this did not include the 50 volunteers who were checked in, trained, measured for shirts, and given their assignments. This was a monumental task and those folks need to be commended!

At the start line, we had 37 of the greatest Irish drinking songs playing for the runners to enjoy. The race had several groups in participation. From the very large group from Lockport Chiropractic's (37) participating in their fitness wars, folks training for the Saint Jude's run, the Pub Crawl Folks (who just trained in a couch to a 5K), and the group who trained to run a 5K in under 30 minutes. We had family groups out in full force as there were 37 kids under 14 y/o run with their parents and if you took that age group up to 19 there were 45 in all. I never did check to see just how many married couples, boyfriend/girlfriend, and older family members who took part in the race.

The pre-race announcements were professionally done by Todd Busteed from Constructive Noise. He was able to give recognition to the groups at the start line and introduce Alex Boeckman who sang our National Anthem. The area had a surreal moment as once he began to sing, everyone stopped what they were doing, put their hands on the hearts, and turned to the flag carried by the Grand Marshall, and began to sing



The race was chipped timed through J3 timing and Race Time. The course is USATF certified, and is recognized by CARA as a CARA emerging race. As everyone knows the race doesn't begin until the train passes. The conductor, of the train, heard about the race and parade so he started the train early. So, it seemed like we started the race late but we didn't.



Prior to the race, Steve Koven rode his bike

Continued on Page 7

Continued from Page 6

around the track to make sure that all the course Marshalls were pointed in the right direction, then he returned to the start line to help lead the race. We also had Rob Parks in the lead car driving a military HUMVEE.



The wind on the second leg of the race proved to be a challenge in that it kept blowing the water cups (donated by the Chicago Marathon) off the table. But James Johns improvised and used his Suburban to block the wind which allowed the runners to be refreshed.

While all this was going on Todd briskly walked to the finish line and he and Julie from Race Time set up his microphone to call off the finishers names. While doing so he gave little anecdotes to each finisher which I am sure made their day more memorable.

After the race, we all gathered in the Irish Fest Tent and waited for the awards ceremony. While waiting for the awards ceremony the runners enjoyed corn beef sandwiches and a cold Guinness while watching the bag pipping police from Chicago and the Irish dancers.

Todd began his announcements by stating that this is the only race in the nation that starts a parade. Todd gave all the runners under 14 participant medals and then announced the age group winners. Included in the first-place finishers were gift cards from Manhattan Pizza and Wings. We also had a 23rd place finisher award donated from Ace hardware. After he was done with his part of the race he came up to me and said that he's never witnessed a finer post-race party than this!

In conclusion, and most importantly I'd like to thank all of our sponsors. Berkot's Super Foods for being the race sponsor. Our Platinum sponsors: ALM Lawn Care, Riverside Immediate Care, AMP Plumbing and Mechanical, and Gallagher's Pub and Grill. Our Gold sponsor's: Athletico Physical Therapy, Emmy's, Kraus Cable, Ace Hardware, and Running for Kicks. Silver Sponsors: Agave Azul, Black Toe Running, DNA Athletics, Pet Envy Spa, Ray's Collision Centers, Manhattan Firehouse Grill, First Bank of Manhattan, Manhattan Family Chiropractic, Manhattan Firehouse Grill, Manhattan Pizza and Wings, Country Flooring, Manhattan Bookkeeping and Tax Service, David Anthony Jewelry, and Crosswind Farms.

I would also like to thank all of our volunteers from the Prairie State Road Runners, Joliet Catholic Academy, Lincoln Way High Schools (Central North and West), Providence High School and runners for the fine effort they did to make this the largest winter running event in all of Will County. If anyone would like the phone numbers or addresses for any of our sponsors, please let me know and I will forward them to you.

And as for the future? I have reached out with the Oak Forest 5K Fleadh in that if a runner participates in both races they will get some sort of recognition. We will have a very new and modern sign up page. We are building a web site for this event called Manhattan Irish Fest Parade 5K so that we can better share information with you.

See you next year on March 3rd for another jammed pack fun filled day in Manhattan IL!!





DNA No Foolin' 5k



Training Tips *By Robyn*

Robyn Bumgarner is an ACE Certified Health Coach, Personal Trainer and a PSRR Board Member.



10 Reasons to Run in the Rain

1. It might rain on race day
2. It might rain on race day
3. It might rain on race day
4. It might rain on race day
5. It might rain on race day
6. it might rain on race day
7. it might rain on race day
8. It might rain on race day
9. It might rain on race day
10. It might rain on race day

I invite you to think twice next time before moving a training run for better weather, and instead take on the elements and learn what works for you in all weather conditions. You might even find out you enjoy getting out and splashing in the puddles!

Happy rain running, my friends!

As I pack and prepare to join team TBIFF for our 5th River to River relay, I am packing for a rain run. This is the second race this spring for me that has been cold and rainy. Since I train in all weather, preparing for a race with adverse conditions isn't a daunting task. Training is not only for running, training is also preparing mentally and physically for whatever mother nature might decide to throw at you.

Here are some ideas for gear to make a rain run more tolerable, and dare I say, even fun! Hats and visors with a brim aren't just for sunshine; they do a great job keeping the rain out of your face. A buff can act as a hat or cover your ears if it's chilly out. Experiment with different jackets and layers to decide what works best for you.

When you come in again with soaked shoes, stuff them with newspaper. Wait two hours, then change out the newspaper. Leave them until you run again and they should be bone dry.



Robyn's Nutrition Corner

Black Bean Brownies

Sometimes you just need a little dessert. Check out these yummy brownies from Chocolate Covered Katie! No one will ever guess they are made with black beans unless you tell them! Enjoy!

Total Time: 15m

Yield: 9-12 brownies

Ingredients

- 1 1/2 cups black beans (1 15-oz can, drained and rinsed very well) (250g after draining)
- 2 tbsp cocoa powder (10g)
- 1/2 cup quick oats (40g) (See nutrition link below for substitutions)
- 1/4 tsp salt
- 1/3 cup pure maple syrup or agave (or honey, but not for strict vegans.) (75g)
- pinch uncut stevia OR 2 tbsp sugar (or omit and increase maple syrup to 1/2 cup)
- 1/4 cup coconut or vegetable oil (40g) (See nutrition link for substitution notes)
- 2 tsp pure vanilla extract
- 1/2 tsp baking powder
- 1/2 cup to 2/3 cup chocolate chips (115-140g) (Not optional. Omit at your own risk.)
- optional: more chips, for presentation

Instructions

Black Bean Brownies Recipe: Preheat oven to 350 F. Combine all ingredients except chips in a good food processor, and blend until completely smooth. Really blend well. (A blender can work if you absolutely must, but the texture—and even the taste—will be much better in a food processor.) Stir in the chips, then pour into a greased 8×8 pan. Optional: sprinkle extra chocolate chips over the top. Cook the black bean brownies 15-18 minutes, then let cool at least 10 minutes before trying to cut. If they still look a bit undercooked, you can place them in the fridge overnight and they will magically firm up! Makes 9-12 brownies. If you make this recipe, don't forget to leave a review! The trick with these: serve them first, and then reveal the secret ingredient. In all the times I've served bean desserts, not one single person who didn't know beforehand has ever guessed!



T-

Save the Date!

[Ellis House & Equestrian Center](#)

August 13, 2017

5k race to benefit the American Heart Association in the memory of Bob Shoop.

Race packet pickup is from 7 to 8:30

5k race starts at 9 am

Shirt size will be gender specific

Cost \$30 plus \$2.50 fee

[Register Here](#)

PSRR Annual Picnic

11 am Sunday June 4th

Kerry Sheridan Grove (Moose Island)
Channahon



Feel free to bring your favorite picnic dish to pass & your favorite beverage to share. Fun, friendship, & even maybe some egg on your face. Don't miss the good times. Bring your family!



Run, Walk & Roll 5k



A bit of GSU history from Bill Gora:

Entry from my first 5k at GSU in 1983. Race price included a shirt. That was my bib too, about that number though...



TCS Red White & Run



Fun With DNA Athletics

DNA Athletics: Running and Walking—currently located at 16133 Weber Road hosts or partners with the Prairie State Road Runners for various fun and informative events. Below are some of the events that you can find at DNA by checking their [website](#) or [facebook page](#).



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.



PSRR at the Amita Bolingbrook Half



Terri Tatroe reached 200 miles for the year while in Puerto Vallarta

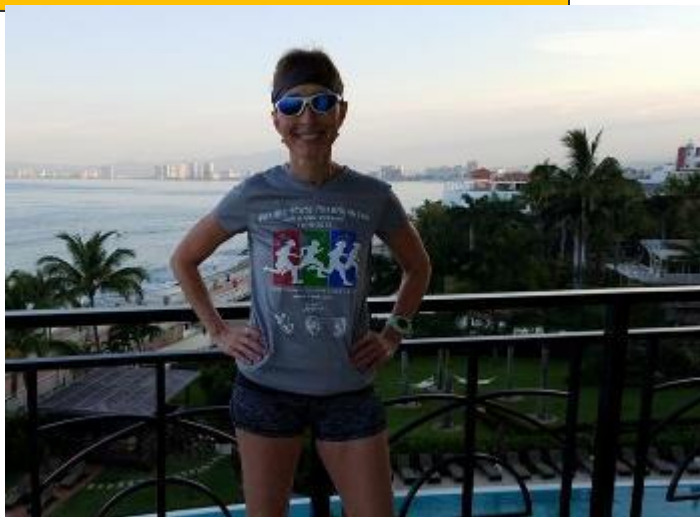
Ray Wertelka, John Sheridan and Judith Warren at the Shamrock Shuffle Expo



Javier Martinez in Vegas

Travelin' PRAIRIE STATE ROAD RUNNERS!

Cathy Morman in Puerto Vallarta



Rheta Murdaugh in Nashville



Jody Reddell, John Warren, Diana Sorich
and Judith Warren at the BAA 5k in Boston



David and Carol Musgrave in Hawaii

Travelin' PRAIRIE STATE ROAD RUNNERS!



Terri Putnam at the Chicago Quarter Marathon



Jody Reddell in Colorado



Kate Calder and her sister at the Purdue Cancer Challenge 5k



Mike Auld on a training run at Moose Island



PSRR Members participated in the 80 Mile R2R Relay on various teams including: The Breakfast Club, Chesire Cats, TGIFF, and CMRC ABB. Once again fun, beer and bonding were the words of the day!





BIRTHDAYS
THIS MONTH

Celebrating birthdays in May: Garrett Carlson, Debbie Dye, Benjamin Forbes, Levi Garcia, Peter Henderson, Shalyn Horvat, Carla Hutley, Jordan Kielian, Kai Lemke, Laura Loica, Alicia McLaughlin, Phil Newberry, Judy Olsen, Gwen Ruch, Spencer Ruch, Sophie Salkas, Bob Thompson, and Amanda Wagner.

Celebrating birthdays in June: Terry Bergin, Layne Bumgarner, Ella Carlson, Kerri Carlson, Sharon DeVault, Joshua Kodura, Stephen Koven, Cathy Morman, Kent Munro, Gerald Raino, Cassandra Salkas, Jeff Salkas, Linda Salkas, John Sheridan, John Sikes, and Liz Stephenson.

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

Happy Birthday

Bienvenido

Bienvenue

Willkommen

NEW MEMBERS

Sue Smith

Cameron Martin



Earth Day—I&M Cleanup



In Memoriam: Ashley Montgomery

At 3pm on Friday, April 21st this world said goodbye to 25 year old Ashley Montgomery. Ashley was well-known in the local running community as her parents Maureen and Michael Montgomery created the AshleyCan Pediatric Cancer Foundation in her honor. The AshleyCan Half Marathon in September is part of the PSRR circuit. Ashley will be remembered as one of the sweetest, unselfish girls you could ever know. She fought cancer four times in her young life with a strong, never-give-up attitude. Some PSRR members chose to remember Ashley by wearing their AshleyCan race shirts the weekend after she passed. AshleyCan will continue her legacy of fighting for children with cancer. We will miss you Ashley.



The 7th Annual AshleyCan Pediatric Foundation 2017 Mother's Day Run 5k/2 Mile Walk plus kids run will take place at Perry Farm in Bourbonnais on Sunday, May 14th. [Register Here](#) . There will also be race day registration. #ASHLEYSTRONGFOREVER



2017 CIRCUIT RACES

<u>Date</u>	<u>Circuit Race</u>	<u>2016 Club Participation</u>
Feb 5	Winterfest 5k	42
Feb 12	Frosty 5 Miler	68
Mar 4	Manhattan Irish Fest Parade 5k	73
Apr 1	DNA Athletics No Foolin' 5k	new to circuit
Apr 8	Run, Walk & Roll 5k	new to circuit
Apr 22	TCS Red, White & Blue 5k	32
Apr 29	Rockdale Ramblin' 10k	55
May 13	Quarryman Challenge 10 Miler	13
May 19	Fierce Fiesta 5k	new to circuit
June 3	Kendall County Sweetness 8k	34
June 17	Minooka Summerfest 5k	45
July 3	Liberty 5k	47
July 20	Sundowner 5k	70
Aug 10	Firefly 5k	46
Aug 20	DNA/PSRR Free 5k	53
Sep 10	Ashley Can Half Marathon	20
Sep 16	Grand Prairie Run For Your Life 5k	new to circuit
Sep 24	Plainfield Harvest 5k	28
Oct 14	Forte 5k	41
Oct 22	JJC Haunted 5k	41
Nov 5	Canal Connection 10k	45
Nov 23	Poultry & Pie Predictor 4 Mile	57

*****Membership dues must be current in order to earn circuit points*****

2017 CIRCUIT AWARD RULES

AS EXPLAINED BY JAY WAIT

At the 11/18/16 PSRR board meeting, the directors voted to continue with Circuit Award structure established for 2015. 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. In addition, the board approved a couple of modifications to the Most Miles Award given to the person who accumulates the most miles in half marathon or longer races. The three award systems will work as follows:

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 16 age groups (8 each for male and female) that were used for 2016 awards. The age groups are: Under 15, 15-29, 30-39, 40-49, 50-54, 55-59, 60-69, and 70 & 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. **At the 2/17/17 PSRR board meeting, after further review of 2017 membership demographics, the 40-49 and 60-69 age groups were both split into 5 year brackets.**

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.

Most Miles Award: Races of half marathon or longer races that are run between January 1 and the cutoff date (usually around December 10) and reported to the statistician will be recorded with a running total of miles run in such races. The Ashley Can half marathon (a PSRR circuit race) will count toward total miles, but will only count once toward the Circuit Award (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)



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

4/28/2017

CIRCUIT STANDINGS

Runner	1. Win to fest 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. Mineoka Summerfest 5k	12. Liberty 5k	13. Sandowner 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 & Pla Predicto' 4 Mile	22. Your choice half /full/ultra	23. Volunteer Credits	Circuit Score	Circuit Ranking	
Acup, Fawn	15		9																						1		
Aguilar, Dan	21	8																								1	
Anderson, Clark	2	1	1		2	3																					
Anderson, Rick	6	17			5	5																					
Auld, Michael	18	14	6		4																						
Bailey, Marnie	12	30	23	11																						1	
Baltz, Cricket				10																						C	3
Baltz, Tom	38	18																									
Baltz, Tommy John																											3
Barry, James R.	58	42			13																						
Barry, Laura	48	37	24																								
Beard, Nydia	8	20	11																							C	1
Bonacci-Klaeser, Ruth			58																								
Bornhofen, Larry			7	8																							
Bowman, Mark	3	4	3			2																				C	4
Bungamer, Layne			49																								
Bungamer, Robyn	31	52																									
Buturusie, Torosa			67																								
Calvey, Aidan				26																							
Calvey, Colleen				31																							
Carlson, Craig	46																										
Carlson, Gavin	12																										
Carlson, Kern	22																										
Clark, Kristen	69																										
Clark, Matt	26																										
Costa, Liz	14	28			6																						
Curiel, Kelly	43	36																									
Cyplick, Dave	24	24			11																						1
DeGrush, Rich																											1
Dye, Debbie	29	66	61																							C	
Erickson, Vera			13	12																							
Esquivel, Apolonio			2																								
Esquivel, Laura			33	16																							
Fara, Pat																											2
Figueras, Kathleen																										C	
Flyte, Kathi	37	32	13	8	9																						
Forbes, Sean	53	38	20																								
Forster, Alex	11	9	4																								
Fournier, Nona	26																										
Gabryel, Glenn	65		28																								
Garcia, Nick	63	53																									
Giacomi, Dave																											2
Gliwa, Alex			28	14																							



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 Lалlos (25220 Eames St, Channahon) for breakfast.
 - 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 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

2017 RENEWAL/NEW MEMBER RATES (Dues paid for year 2017 if joining after October 1, 2016)

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)

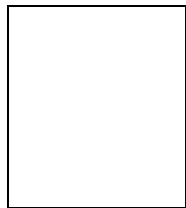
DATE

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



May/June 2017
PACESETTER

Prairie State Road Runners
P.O. Box 293
Channahon, IL 60410-0293



Mail to:



From Will County's Running Authority

