

THE PACESETTER



THE PACESETTER IS FOR
 RUNNERS, WALKERS, AND FITNESS
 ENTHUSIASTS OF ALL ABILITIES.



Prairie State Road Runners Board	Other PSRR Positions
President: Cathy McQuarters VP Business: Steve Koven VP Membership: Jody James VP Operations: Mark Walker Treasurer: Mark Walters Secretary: Eileen Skisak Directors: Mark Nelson, John Warren and Eva Rahn	Statistician: Mark Bowman Website: Scott Lemke Newsletter Editor: Tom Lambert Once again: Special Thanks to Judith Warren for sending results, pictures and encouragement!!!

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Starting Lines



Running gives me a clearer perspective on the world, and it makes me feel special. I've never been a traditional tourist. I've always seen the world by running, and that has allowed me to view things in a different way. Places look different in the early-morning hours, when the streets are deserted.

— *Grete Waitz* —

AZ QUOTES



Running has taught me, perhaps more than anything else, that there's no reason to fear starting lines... or other new beginnings.

— *Amby Burfoot* —

AZ QUOTES

Prez Says

By Cathy McQuarters
President

Summer is in full swing and the heat is on! You might be the type of runner who needs to rise and shine early to beat the heat. If you aren't always in the habit of running early in the morning, then I have a few ideas to help ease you into making your morning run a habit.

Get your gear ready the night before. It's a good idea to prepare your clothes and shoes the night before. You will save yourself a lot of time by having it ready. Check the weather forecast for the morning and select what you prefer to wear. You will thank yourself when you roll out of bed the next morning.

Wake up, dress and leave. There is no doubt about it, the struggle is real when the alarm rings and you are sunk deep under the covers lost in slumber. It's best not to prolong it. Do not hit the snooze. I repeat. Do not hit the snooze! When the alarm rings, turn it off. As robotic as possible, get up, get dressed and head out the door. Relax. The hard part is over!

Allow yourself 10 minutes before turning back. So, maybe you're still not fully convinced that zombie running at the crack of dawn is the in thing and you hear your bed calling your name to come back. Again, the hard part is over. Allow yourself 10 minutes of running before you break down and give in to the nagging voice in your head. There's a good chance that you will keep going. After all, you are already semi-conscious, out the door and well into your second mile!

Reward yourself. It will help motivate your run to the finish if you have something to look forward to. When you return home, reward yourself with a hot cup of coffee, a bagel, bowl of cereal or whatever is your favorite breakfast item. It will give you the lift you need to power through to the finish. If that doesn't entice you, then you might treat yourself to new run gear. Personalize it and make it about you. Don't forget that you are the one getting out there, doing all the hard work, and getting it done. You deserve to be rewarded!

Arrange to run with friends. Plan to meet with friends in the morning. They will help keep you accountable and on track. Additionally, it is far better to run with friends at the crack of dawn. They share the same craziness that you do!

Whichever way you choose to do morning runs, I wish you nothing but the best. It's not an easy task to repeat every morning. Do whatever it takes to keep you motivated to put one foot in front of the other each and every morning!



Prairie State Road Runners – Remembering Our Roots

Special thanks to Dave Cyplick and Eileen Skisak for recommending this new feature to our PSRR Newsletter! PSRR historical items dating back to 1982!

August 1982 Announcement of (PSRR) Beginnings!

Announcement of the club splitting off from the Joliet YMCA. Below is an excerpt from that announcement. As we know, the name, "Prairie State Road Runners" was the fill-in voted on in the blanked, _____ line!

HELLO AND GOODBYE

August 1982

A new period is beginning for our club. As most of you know, we decided unanimously (47-0) at last month's meeting to end our relationship with the Y and continue on our own. While our relationship with the Y was fine for previous years, our recent rapid growth and plans for the future require more freedom than what was offered (particularly in view of the Y's recent new policies regarding their sponsored groups, which include us. It was felt that we could not continue under our existing dues structure if we accepted the Y's new policies, along with other limitations).

So it's goodbye to the Y, and hello to the _____ line! Our new name will be voted on at this month's meeting, so your attendance is again important so we can get your thoughts. Several considerations need to be looked at, with our membership expanding outside of the immediate area. We have some ideas, but want to hear from you too.

We look forward to a very progressive future. We belong to the Road Runner's Club of America (and have complete liability insurance coverage through them), and have a beautiful new place to call home. For those that missed last month's meeting, our new meeting place is the New Lenox Lions Community Center in New Lenox, behind Economy Shopping Center – take Vine Street just east of the shopping center, go south one block, and then west one block on Manor Court (immediately across from the new Post Office). To begin our relationship, a donation of \$100 was made to the Park District. We think both of us will benefit greatly.

Food 4 Thought:

Last month's (March-April 2019) PSRR Newsletter, included a thought-provoking article by Glenn Gabryel about how so many runners clubs have gone by the wayside. Glenn wrote, in part;

“That is something to consider in the context of the PSRR’s. While we do have magnificent people who generously donate time and effort to governing, maintaining the circuit and associated activities, that vitality does not come free and is not limitless. It's often the case that the same core of people do most of the heavy lifting. So volunteer when you can and at least express appreciation to the officers, race directors and support people out on the courses. Lastly, don't discount that "decline in active membership" bit that contributed to the Windrunners disappearing ... something to consider when PSRR annual membership renewal comes up.”

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Joliet Pacesetters

WILL COUNTY'S RUNNING AUTHORITY



FOR IMMEDIATE RELEASE

AUGUST 27th, 1982

1982 WILL COUNTY ROAD RACE CIRCUIT

OFFICIAL STANDINGS AFTER 8 CIRCUIT RACES
 (Through the Channahon Summer's End 10K on August 21st)

Runner's completing at least 3 of the first 8 races and having accumulated at least 30 points

OVERALL MALE RUNNERS	A	B	OVERALL FEMALE RUNNERS	A	B
Gary Moss	162	(7)	Cheryl Lisy	213	(8)
Joe Jenkins	144	(8)	Barbara Cesal	105	(5)
Greg Rose	117	(8)	Priscilla Copple	98	(6)
Paul Budnick	84	(4)	Joann Braam	84	(3)
Tom Swiersz	80	(4)	Linda Koch	69	(3)
Scott Morrison	53	(5)	Jane Staley	63	(3)
Tom Stluka	51	(3)	Colleen Sexton	44	(5)
			Jackie Chandler	42	(3)
			Janet Maciukenas	36	(4)
			Jackie McTee	33	(4)
			Bonita Laule	32	(7)
MALE 13 and under			FEMALE 13 and under		
Mike Maciukenas	168	(6)	Janet Maciukenas	162	(6)
Tom Maciukenas	144	(6)	Patricia Honacki	87	(4)
Ray Palacios	144	(5)	Kim Palacios	84	(3)
Jim Maciukenas	132	(6)	Libby Kinnison	75	(3)
Steve Honacki	87	(5)	Sue Spencer	75	(3)
MALE 14-18			FEMALE 14-18		
Alex Beltzhoover	110	(5)	Linda Koch	90	(3)
Dennis Gravitt	87	(3)	Jane Staley	81	(3)
Jim Swinson	81	(4)			
Martin Reyes	78	(3)			
Chris Palacios	55	(3)			
MALE 19-24			FEMALE 19-24		
Joe Jenkins	204	(8)	Cheryl Lisy	231	(8)
Greg Rose	189	(8)	Priscilla Copple	156	(6)
Tom Swiersz	99	(4)	Lilli Wheeler	106	(7)
Tom Stluka	81	(3)	Marilyn Pagnusat	94	(5)
Ron Dzik	51	(7)	Kim Profitt	73	(5)
Robert Garcia	49	(5)			
Antonio Angeles	44	(5)			
MALE 25-29			FEMALE 25-29		
Tim Van Horn	144	(7)	Loretta Steller	139	(7)
Scott Morrison	129	(5)	Colleen Sexton	126	(5)
Paul Budnick	114	(4)	Debbie Reichenbach	102	(6)
Rich Kwak	95	(6)	Joann Braam	90	(3)
Peter Lefferts	86	(7)	Amy Benson	85	(4)
Tony Godinez	70	(7)	Diane Barr	69	(3)
Chris Krolack	68	(6)	Jean Tyrell	60	(4)
			Judith Mueller	57	(3)

Column A represents the accumulative score of the runner
 Column B represents the number of races completed of the first 8

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♂ 30-34		FEMALE 30-34	
Gary Moss	204 (7)	Mary Kay Cardwell	168 (7)
Marc Hameister	130 (6)	Marilyn Strle	157 (8)
Richard DeRobertis	90 (7)	Muff Lidle	129 (5)
Steve Currins	84 (3)	Jackie Chandler	111 (4)
Marty Bee	68 (5)	Patricia Meents	95 (6)
Greg Linder	63 (7)	Kathy Whitgrove	78 (3)
Ray Parini	53 (5)	Janis White	61 (5)
John Hill	53 (3)	Karen Athens	51 (5)
Tim Klotz	51 (8)	Henrietta Agney	41 (3)
MALE 35-39		FEMALE 35-39	
Peter Mathis	219 (8)	Barbara Cesal	150 (5)
Fred Peterson	162 (7)	Patti Tuma	135 (7)
Jim Campbell	132 (6)	Sharon Skoien	135 (6)
John Peterson	85 (6)	Lynn Troost	129 (5)
Jim Meece	66 (5)	Jackie McTee	84 (3)
Curt Rutledge	49 (4)	FEMALE 40 and over	
Richard Malik	31 (3)	Bonita Laule	240 (8)
MALE 40-44		Patricia Lorenz	134 (7)
Pete Viehweg	189 (8)	Jean Keagher	114 (5)
Karl Minor, Sr.	165 (6)	Barbara Reynolds	63 (3)
Bob Sterling	132 (7)	Remaining Circuit Races	
Bill King	87 (3)	Sep 6	Rockdale Ramblin Run 10K
Gordon Carrier	87 (3)	12	Health Extension Center 10K
Jack Coleman	78 (4)	Oct 10	College of St. Francis 10K CANCELLED
Bill McTee	72 (6)	31	Pacesetter 1/2 Marathon
Don McGraw	38 (5)	Nov 7	Grace Episcopal Church 10K
John Smith	33 (4)		
MALE 45-49			
Ronald Murphy	183 (7)		
Merle Briggs	163 (7)		
Tom Marchio	157 (7)		
Dick Cronholm	135 (6)		
Ron Lehman	116 (7)		
Harry Crews	104 (8)		
Richard Kowalski	102 (6)		
James Predenberger	38 (4)		
John Gudac	35 (5)		
MALE 50 and over			
Glenn Brown, Sr.	204 (7)		
Laurin Blasier	174 (7)		
Bill Murphy	104 (6)		
Roger Swank	96 (4)		
Larry Puntney	78 (6)		
Charles Connor	55 (3)		
MALE 60 and over			
B.T. Smith	73 (3)		
<p>The top 15 runners in each division earn points that accumulate through the Circuit of 12 races. Runners must complete at least 4 races to qualify for year-end awards, and their best 8 performances will count. For further information on the Circuit, send your inquiry to the Joliet Pacesetters, P.O. Box 2263, Joliet, IL 60434.</p>			

Upcoming PSRR Circuit Schedule Races

May 10, 2019	Fierce Fiesta 5K
May 25, 2019	Soldier Field 10 Miler
June 1, 2019	Kendall County Sweetness
June 15, 2019	Minooka Summerfest 5k
July 3, 2019	Liberty 5k Morris
July 8, 2019	Waterfall Glen Xtreme 10 Mile

Waterfall Glen Race is not happening. The board has replaced it with Run for the Riverfront 10k on August 4, 2019.

<http://runfortheriverfront.com/>

July 18, 2019	Sundowner 5k
August 25, 2019	DNA /PSRR Free 5k

NOTE: Please refer to the PSRR web site for complete list including details and race site information.

www.psrr.org



2019 PSRR Circuit Standings

2019 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
 7/6/2019

CIRCUIT STANDINGS

Runner	1. Winterfest 5K	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Bollingbrook Half Marathon	5. Shamrock Shuffle 8k	6. DNA No Foolin' 5k	7. Morton Arboretum 10k	8. Fierce Fiesta 5k	9. Soldier Field 10 Miller	10. Kendall County Sweetness 8k	11. Minooka Summerfest 5k	12. Liberty 5k	13. Waterfall Glen Xtreme 10 Mile	14. Sundowner 5k	15. DNA/PSRR Free 5k	16. Shoot Scoot 5K	17. Ashley Can 10k	18. Plainfield Harvest Fest 5k	19. Forte 5k	20. Red Eye 5k	21. JJC Haunted 5K	22. Canal Connection 10k	23. Poultry & Pie Predictor 4 Mile	24. Your choice half /full/ultra	25. Volunteer Credits	Circuit Score	Circuit Ranking
Acup, Fawn			11	7			7			6	11																
Aguilar, Dan	12	36	12				3		3		18														1		
Arreola, Sergio	4			5																							
Atwood, Allison							35																				
Atwood, Katherine							8																				
Auld, Michael	1		1	3	2	3																					
Bailey, Marne		18			20				17																C		
Baltz, Cricket							52				24														1		
Baltz, Tommy John											27																
Barry, James, Jr.		39																									
Barry, Laura			41		27																						
Beard, Nydia			10			7			5	8	12													C			
Bornhofen, Larry			29		15		4	6		7	13														1		
Bowman, Mark		14				2																		C	3		
Bumgarner, Layne							25																				
Bumgarner, Robyn							17																				
Calder, Kate			31		18				10																		
Calvey, Colleen					31	19																					
Carter, Clint											12	21															
Costa, Liz	4	15	21				15		11															C			
Curriel, Kelly		19	27		17		18																				
Cyplick, Dave		20	26			10	16		10		19														1		

PSRR May and June 2019 Race Pictures and Results

Fierce Fiesta 5kM Race



Quarryman 10 miler



Mike Auld won his age group!



Liberty 5kM



Javier Martinez - Liberty 5kM. First Place Male Military!



Minooka Summer Fest



Starved Rock Marathon



Mark Bowman and Javier Martinez **BOTH** won their respective age groups! Mark in a time of 4:22 and Javier in 3:37!

Soldier Field 10 Miler



Eileen Skisak won 2nd in her 60-64 age group!

PSRR Hall of Flamers (featuring John Davis and Steve Koven)

By: Tom Lambert

NOTE: Please be advised: This article is loaded with grammatical errors and fragmented sentences!

This issue of the PSRR's Newsletter is woven with a common thread: **Our Roots!** PSRR's has been, "Will County's Running Authority Since 1975." In my high school, sophomore year, our chemistry teacher always had these creative methods of encouraging possibility thinking. Going the *extra mile*, to use a running metaphor. (You may recall the last newsletter where I shared her, "IF-THEN" principle. BTW: I actually had a bit of a crush on her!)

Sometime during the first semester, she wrote: "**Why? Because!**" on the blackboard. Yep, we actually had "blackboards" back then – while they were actually kind of green. The principle here was to, ask - why and then, find the - because.

So, **why** has the PSRR's Club survived over forty years? **Because** of the champions who kept the fire burning – kept the candle burning! Hall of Flamers, like John Davis!

John, always the encourager, had sent a picture of him and two of his adorable granddaughters running at the Grand Canyon. John included this quote: "The Days That Make Us Happy, Make Us Wise." (John Masefield ~English Poet 1878-1967)

In addition to being an outstanding runner (Marathon PR 2:38), John was the PSRR, Newsletter Editor for five years! John has coached cross country and track and refereed soccer as well for many years. Always involved in, "being there" for young athletes.

In John's email he suggested, "*by the way I am still hoping to get the club more involved in youth running--I think it might be a way to recruit more adult runners also--I do need to mention that one of my 7th grade boys ran 2:10 for 800 meters last week and was the State Champion.*"

What a great idea, John!

Steve Koven, another PSRR, Hall of Flamer and former president of the club, once shared his vision for the club: Steve feels that his greatest accomplishment as president was turning the club into a "big tent" where people who were new to running and weren't sure they belonged could join and feel like they belonged. Well said, Steve!

Running, jogging and walking is for all ages. No one needs to teach a young child to run – they just do it!



The singing group, Point Of Grace, had written a song, “Keep The Candle Burning” – below are a few excerpts of the lyrics.

*“You think you're alone there in your silent storm
But I've seen the tears you've cried falling down and trying to drown
The flame of hope inside
Let me tell you now, tell you now
When you're walking in the dead of night
And your soul is churning
When your hope seems out of sight
Keep the candle burning
All it takes is one steady heart in a world that's turning
Shine a light and pierce the dark
Keep the candle burning
Keep the candle burning”*

The sport of running, especially training, can be somewhat of a solitude experience. The PSRR's has proven that it's the people – what we can do as a whole – that keeps the fire burning. It's not always about winning the running race. Rather, it's about winning the human race. Inclusion, love and acceptance.

Everyone and any one can be a Hall Of Flamer! We are so blessed to have these outstanding HERO's, like John and Steve, in our club – and so many more – too many to list here.

I'll end with this. The song, “Hero” (written and released by Mariah Carey on October 19, 1993) included these inspiring words:

*“So when you feel like hope is gone
Look inside you and be strong
And you'll finally see the truth
That a hero lies in you.”*

Lean On Me (Be Inspired!)

Back Story: "Lean On Me" is a song written and recorded by American singer-songwriter Bill Withers. It was released in April 1972. Bill Withers' childhood in the coal mining town of Slab Fork, West Virginia, was the inspiration for "Lean on Me", which he wrote after he had moved to Los Angeles and found himself missing the strong community ethic of his hometown. He lived in a decrepit house in the poor section of town.

(Excerpt from the song)

*"Sometimes in our lives we all have pain
We all have sorrow
But if we are wise
We know that there's always tomorrow
Lean on me, when you're not strong
And I'll be your friend
I'll help you carry on
For it won't be long
'Til I'm gonna need
Somebody to lean on."*



Shalane Flanagan, four-time Olympian, left, watches as Chandler Self is helped by relay runner Ariana Luterman at the finish line during the BMW Dallas Marathon in downtown Dallas. (Nathan Hunsinger/The Dallas Morning News)

By Cindy Boren (December 10, 2017)

It took everything Chandler Self had — and then some — to win the Dallas Marathon on Sunday.

Self began collapsing over the final half-mile and it took a warm gesture of sportsmanship from a fellow runner for her to cross the finish line.

Ariana Luterman, a high school runner at GreenHill Academy, helped Self to her feet several times over the final 200 yards. As the two approached the finish line, Self fell again and lunged to fall across it. Marathon personnel immediately came to help her and take her away in a wheelchair.

Luterman, according to one report, was running a relay when she saw Self in distress and decided to step up to help.

"The only thing I could think of to do was to pick her up, so I picked her up and I think she was a little confused at first," Luterman said. "No way was I going to start sprinting and just leave her there. ... You saw, those last 20 meters, she was just down and I was so worried she wasn't going to make it. So I picked her up with all my might. Right when we got to the finish line, I just kind of pushed her in front of me so she would be the one to cross that line."

Self, who is from Texas but now lives in New York, was the first women's finisher in an unofficial time of 2:53:58, ahead of Caitlin Keen, a former SMU runner and volunteer assistant cross-country coach at TCU, in 2:56.38.

Finishing Lines

“Jogging is very beneficial. It's good for your legs and your feet. It's also very good for the ground. It makes it feel needed.”

~ Charles M. Schulz (1922-2000)

A Parting Thought:

CHAPTER 27: “STAYING THE COURSE”

Once upon a time, when long distance running, (like the 26.2-mile marathon) was exciting and fun, I was talking to a running colleague who gave me some insightful, truthful advice. He suggested that someday the fire may go out and that my body may break down. He further advised to be prepared for acceptance to slower runs and shorter distance days.

That day has come for me. Actually, that day came a few years ago but denial had played some tricks on me.

It was time to enter a new chapter in the running life.

I started running in high school as a means of conditioning for wrestling and really didn't like it at all.

Low and behold (a phrase my Grandma Hazel used to say – I never really understood its meaning) later in life I began running as a means of dealing with the stress of some troubles in life. Got hooked on the fun of running and fellowship in joining the PSRR's club.

I pray we all, stay the course, when a time comes when we may slow down or break down a bit, to remain in the club. It's a way of paying forward and being there to keep this vital organization available to the greater Will County community.

When you've reached mile marker “26.2” in your course of life – continue on....Chapter 27 is just around the bend! The race continues.

I, for one, hope to be there “cheering:” you on!



KIAWLAN: A “BRIDGE”

**OVER TROUBLED WATERS
(I&M CANAL MCKINLEY WOODS)**