

THE PACESETTER

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



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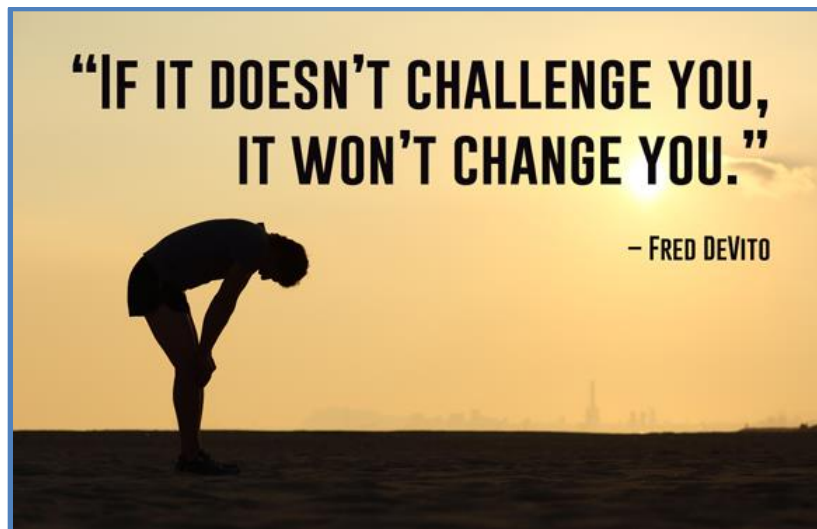
Starting Lines



“Fast running isn’t forced. You have to relax and let the run come out of you.”

(Desiree Linden)

Desiree Nicole Linden represented the United States in the 2012 London Olympics and the 2016 Rio de Janeiro Olympics women's marathon. In 2018, she won the Boston Marathon, (in pouring, cold rain!) becoming the first American in 33 years to win the woman's category in the event.



Fred DeVito is a member of Exhale Mind Body Spa’s founding team and executive vice president of mind-body training.

Chicago Marathon 2019 Inspiration

By Judith Warren

“It seems like I've been here before;
I can't remember when;
But I have this funny feeling;
That we'll all be together again.
No straight lines make up my life;
And all my roads have bends;
There's no clear-cut beginnings;
And so far no dead-ends.”

Circle by Harry Chapin



I puked and kept going. I had a mile to get to David, and then Diana and Raquel. Then my song with my Daddy came on at mile 24. John was texting and encouraging me. And OMG it was like a receiving line when I got to the CMRC/PSRR aid station. Too many for my sick, marathon brain to recall, but at that moment I realized I love every single one of you!!!

I have so many people to thank for this marathon journey. First, a blanket thank you for the plethora of friends too numerous to mention. And then just a few messages to the people who have meant so much and raised me up higher even than all the ones standing around me on this journey.

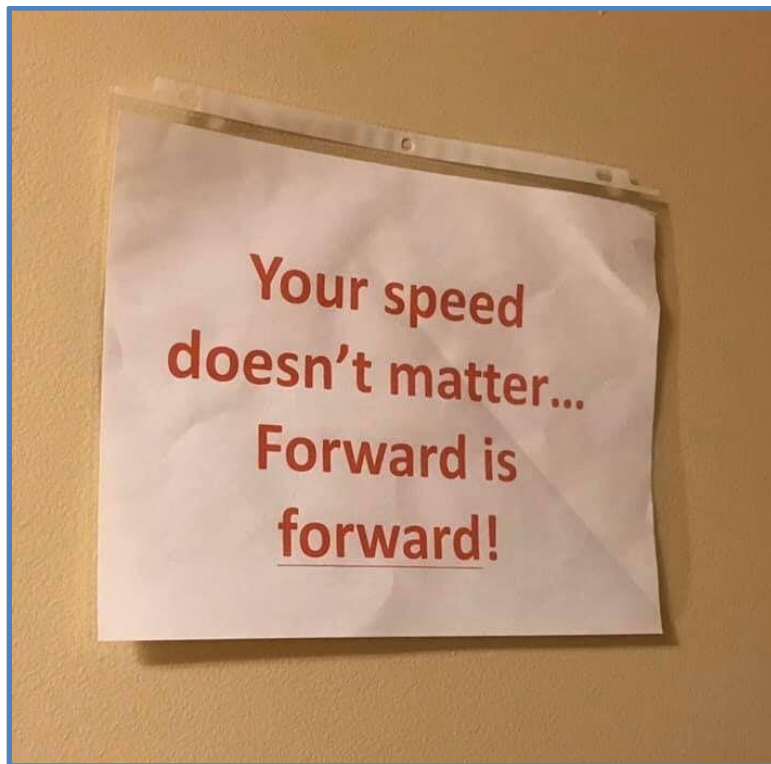
My husband David - He supports me no matter what crazy notion I get stuck to. My mommy Dolores - Her perseverance since Jan 6 left me in no doubt that I was finishing.

My hero, my first best friend, my big brother John. He is ALWAYS there for me. My heart sister Angela - Sheesh I love you! Teresa - What can I say? I'll be marathon-retired until we aren't.

Diana - My pace-sister. You are a better friend than I could have ever imagined. Cathy - You make me laugh when I wanted to cry and give up. You are special. Kathleen - you know just when to poke me to get me moving and laughing. Danny - I sincerely love your blessings (don't anyone ever tell him I'm an atheist☺).

Kibet, Javier, Clinton, and Auld - the little brothers I need. Eileen - my friend and role model. Mary Jo - I need her smiles. Terri - we will run together soon. Tiffany - always encouraging me! Tom Lambert - not on fb but always paying attention with a kind word.

This picture was on the wall at St Joe's when my mama took her first steps 2 days after her stroke



Help Wanted! We Can Do It! I Need You!

Tom Lambert



Greetings, runners, joggers, walkers and wrigglers!

Please share your adventures in running with our club members. You'll never know how your success and lessons learned along life's path may inspire, encourage or bring a smile...even a cleansing tear to others.

Thank you in advance!

Tom Lambert

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Upcoming PSRR Circuit Schedule Races

November 5th – Canal Connection 10kM (Utica)

November 28th – Poultry Predictor 4 Miler

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

www.psrr.org



PSRR July and August 2019 Race Pictures and Results

Ashley Can Half Marathon – September 8, 2019 (Results Link Below)

<https://www.itsyourrace.com/results.aspx?id=12788>

Ashley's Beautiful and Inspiring Story Linked Below!

<https://www.ashleycan.org/ashley-s-fight>



Ashley Elizabeth Montgomery

At the age of 9, My Daughter Ashley was diagnosed with cancer, Ependymoma. A brain tumor...From this diagnosis, we learned something amazing about Ashley. She was the bravest most positive person we had ever known. At 9 years old, she was braver than any adult and had an attitude that you don't even see in adults. She was wise beyond her years. We also learned that Ashley had a Heart of Gold, as her compassion and concern toward other children fighting this monster, was so powerful that it radiated from her. You could feel it.”
Ashley's Mom, Maureen

PSRR's: Please continue to preserve Ashley' legacy by becoming a sponsor and continued supporting these events in her honor! <https://www.ashleycan.org>

“Ashley Can” – Race Day Pictures





Plainfield Harvest Days – September 29, 2019 (results link below)

<http://results.itsracetime.com/results.aspx?CId=17095&RId=2219>

Red Eye 5kM – October 20, 2019 (results link below)

<https://www.itsyourrace.com/results.aspx?id=10211>



Age Group Award Winners in RED Hats

(Eye'd Say, "That's a lot of RED!")

Forte 5kM – October 26, 2019



Joliet Junior College (JJC) Haunted 5kM – October 27, 2019



Gotta love the innocent, fun-loving smile on #96 & Super Hero Mark!

High School Runner Overcame Traumatic Brain Injury (TBI) Crowned Homecoming King!

NOTE PSRR's: Coming in next month's Pacesetter, an update on our very own, dearly loved, Brittany Pirc who had suffered and overcame a TBI which occurred in a car vs semi-truck accident. Brittany's story, written by her mom, Tina, was featured in the March-April 2014 Pacesetter. Brittany will be running her 3rd marathon next month...New York City Marathon!!!



By: Harmeet Kaur, CNN (October 13, 2019)

Caleb Freeman, a senior at Newcastle High School in Oklahoma, was crowned homecoming king on Friday after recovering from a car accident.

(CNN) — Caleb Freeman was once the fastest runner at his Oklahoma high school. But after a car accident left him with a traumatic brain injury, he was told he might never run again.

This week, the former track star proved them wrong — and became high school royalty too.

Freeman, a senior at Newcastle High School, was voted homecoming king by his classmates on Friday, according to CNN affiliate KFOR.

It was just the latest achievement for Freeman, who completed his first race on Tuesday since the December 2017 accident that forever changed his life.

After the wreck, the station reported that Freeman was paralyzed and in a coma for weeks, with his friends and family unsure of what lay ahead for him.

Since then, the athlete has made a remarkable recovery.

Caleb Freeman, right, completed his first race on Tuesday since a 2017 accident that left him with a traumatic brain injury.

Freeman returned to school in the fall of 2018 and eventually regained the strength to walk, KFOR reported.



He rejoined the cross-country team as an assistant coach this year and just this past week, he came back as a runner.

"They said I would never run again, but God had other plans," Freeman told KFOR.

Freeman completed the 5K race in 51 minutes and 50 seconds, KFOR said. In a heartwarming show of solidarity, his teammates circled back after they completed the race to cross the finish line with Freeman.

"This time last year he was in a wheelchair. He was using a walker," his father Jeremy Freeman told KFOR. "Here we are a year later. Imagine where he'll be in another year. It's incredible."

Finishing Lines - (Be Inspired!)

Growth isn't just physical with running. While being healthy and active are strong motivating reasons, there are also a lot of mental and emotional benefits from running as well! It's important to always remember that.

“For an athlete, the biggest pressure comes from within. You know what you want to do and what you're capable of.”

Paula Radcliffe

“If you want to become the best runner you can be, start now. Don't spend the rest of your life wondering if you could do it” –

Priscilla Welsh

A Parting Thought:



No PAIN – No GAIN!

My Mom (Nurse holding the needle, Shirley Lambert) joking with a co-worker. (Circa ~1954) Mom always looked for ways to find humor in the toughest moments of life.

In her final years (1997-2001), liken to the last 10kM of a marathon, courageously battling cancer, she ran like a champion.

Mom never **ran** a marathon. In life's race, she won GOLD!

In hopes we all:

“Find unexpected strength when disappointments leave you shattered.”

Quote by: Lysa Terkeurst