

# THE PACESETTER

SEPTEMBER/OCTOBER 2021 † Volume 46, Issue 5

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

[www.psrr.org](http://www.psrr.org)



## Sundowner 5k Runners



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The Pacesetter is  
for runners,  
walkers and  
fitness  
enthusiasts of  
ALL abilities



# PRAIRIE STATE ROAD RUNNERS - The Pacesetter

SEP/OCT 2021

[www.psrr.org](http://www.psrr.org)

Volume 46, Issue 5

## TABLE OF CONTENTS

<u>Upcoming Circuit Races .....</u>	<u>3</u>
<u>Acknowledgments and Announcement.....</u>	<u>3</u>
<u>Bulletin Board .....</u>	<u>4</u>
<u>Letters to the Editor.....</u>	<u>5</u>
<u>Prez Says <i>by Mark Walters</i>.....</u>	<u>7</u>
<u>Welcome New Members.....</u>	<u>9</u>
<u>In Running News: .....</u>	<u>10</u>
<u>July Events, and Racers .....</u>	<u>12</u>
<u>August Events and Racers .....</u>	<u>18</u>
<u>Birthdays .....</u>	<u>24</u>
<u>Gratitude for Donation and New Pop Up Tent <i>by Diana Gonzalez-Sorich</i> .....</u>	<u>25</u>
<u>Race Report: Fred 200/100 Mile Relay Races <i>by Eva Rahn</i>.....</u>	<u>27</u>
<u>The Aging Athlete—A Personal Journey <i>by Mark Bowman</i> .....</u>	<u>31</u>
<u>Running and Being Young <i>by Bailey Williams, Hannah Williams, Casey Koerner</i> .....</u>	<u>35</u>
<u>PSRR Training Project: Pacesetting Sisters Ruling the Roads.....</u>	<u>38</u>
<u>Travelin' PSRR.....</u>	<u>44</u>
<u>2021 Circuit Results.....</u>	<u>46</u>
<u>Parting Thought.....</u>	<u>48</u>

**Click here to join PSRR!**



Founded in 1975, the Prairie State Road Runners (PSRR) are one of the oldest running clubs in Illinois. The majority of our members are from Will, Grundy, and Kendall counties. The club sponsors the Thanksgiving Day morning Poultry Predictor 4 Mile Race in Joliet's beautiful Pilcher Park and the Manhattan Irish Fest Parade 5K.

The Prairie State Road Runners is a member of the Road Runners Club of America (RRCA) [www.rrca.org](http://www.rrca.org) and is a defined 501(c)(3) organization under the RRCA charter.

# PRAIRIE STATE ROAD RUNNERS

## UPCOMING CIRCUIT RACES AND EVENTS

### SEPTEMBER

September 4th	Minooka Summerfest 5k -	<a href="#">Race Website</a>
September 5th	Hare & Tortoise 5k -	<a href="#">Race Website</a>
September 11th	Hidden Gem Half -	<a href="#">Race Website</a>
September 12th	Shoop Scoot -	<a href="#">Race Website</a>
September 26th	Plainfield Harvest 5k -	<a href="#">Race Website</a>

### OCTOBER

October 17th	JJC 5k -	<a href="#">Race Website</a>
October 23rd	Forte 5k -	<a href="#">Race Website</a>

### NOVEMBER

November 14th	Gobbler Hobbler 10k -	<a href="#">Race Website</a>
November 25th	Poultry & Pie Predictor -	<a href="#">Race Website</a>



## ACKNOWLEDGMENTS and ANNOUNCEMENT

Thanks to all who have contributed to The Pacesetter over the past two years. You have made this a wonderful memoir of our club. The next issue is my last as editor. It's been a great journey together. Who will step up now and replace me? Please email me at [LiannesMailbox@comcast.net](mailto:LiannesMailbox@comcast.net) and I'm happy to show you how its done. —LH

# BULLETIN BOARD

**The Liberty 5K Run/Walk has been rescheduled for November 6th at 9:00am!**

**REGISTER TODAY!**

Mark your calendars for Saturday, November 6 at 9:00am. This date falls just before Veteran's Day, another great day to celebrate our military personnel!



Mark Walters shared a link.

Reminder: JJC Foundation 5k Sunday Oct 17, 2021

Use code RUNCLUB2021 to save on registration.

<https://runsignup.com/Race/IL/Joliet/JJCFoundation5kWalkRun>



Mark Walters

Plainfield Harvest 5k - 09.26.21 (circuit race)

I did not see a team created for our club for the Team Challenge, so I created one named 'PSRR'. If you are planning to run Plainfield please join now.

LET MARK KNOW IF YOU ALREADY REGISTERED AND HE CAN ADD YOU



RUNSIGNUP.COM

**Plainfield Harvest 5k & Kidz Miler**

The Plainfield Harvest 5k & Kidz Miler is on Sunday September 26, 2021. It includes the following events: 5K, 5K Teams, and Kidz Race.

## A few groaners

Q: What do you call running while listening to your favorite rapper?

A: A Snoop Jogg.

Q: What does a runner drink when she is in last place?

A: Ketchup.

Q: How did the barber win the foot race?

A: He took a short cut.



👉 Minimal shoes are better for health and/or performance

☠️ Death before DNF

Highly recommend spicy Indian food the night got before a long run.

I was told to rest because of "injury". Should I do 19 miles instead of 20?

👉 To be a pro, you have to do doubles/100 miles a week/complicated workouts

# Letters to The Editor



*In response to last issue's description of the Lemont 10 Miler, a letter was received which indicated we had not fully done justice to our appraisal of its difficulty. — LH*

I read your comments in The Pacesetter about Quarryman.....I was there for the 5k, I felt your comments underrated the race:

It's now midsummer, and most of us are receiving large envelopes from organizations claiming eleemosynary status which contain 2022 calendars and seek donations for their cause. Whether or not you donate is a personal choice, but one of the calendars might serve a useful purpose.

After a year of not participating in a race, there appeared on my one-eyed desk paperweight a notice of a race some 10 minutes from home which would allow admission (at tolerable cost) for some who were aged & slow. I readily qualified on both counts, and signed up.

If it were known that the Race Director may have been inspired by the Spartan series races, or that the Race Director may have had ancestry directly related to the designers of medieval castle torture chambers, I might well have reconsidered.

Race registration and rules were covid adapted: registration was limited and online only; packet pickup was at a remote location during limited hours; the counter person at pick-up was visibly upset that a runner was interrupting her very important handheld device activity during working hours; pre-race assembly was outdoors, in corrals, adjusted by estimated mpm pace, a few blocks from the start line; participants were expected to be present at least 45 minutes before their start time; but it was to be a real in-person race, chip timed.

In days leading up to race day, the weather guessers were guessing there "would be a chill in the air". The weather guessers were right, for a change. The evening before the race, I laid out my race day wear and gear bag. Race day morning, after checking the weather report, I added an extra layer into the gear bag, and headed out, scraped the frost off the windshield, and went to the races.

Parking was ample and well marked. Upon leaving the car and walking a hundred meters or so, I returned to the car and put on another layer, and walked the block or so to the corrals. There were lots of volunteers, no amenities other than gear check and portajohns at each corral.

Less than a half hour later, the first corral of 10 mile participants followed a lead lemming, carrying a yellow flag, down the few blocks to the start line; followed at 2 to 3 minute intervals by each of the remaining 10 mile corrals. Another 20 minutes and the lead lemming began escorting the 5k participants to the start line at 2 to 3 minute intervals.

Once at the start line, an airhorn promptly sounded and the participants proceeded, each at their own chosen speed, for a short distance, whereupon they were guided to turn left. Ahead was a hill. I've run River to River 23 times, and think I know about hills. This one didn't look that imposing. I may have been wrong. What looked like the top of the hill was only a cross street, 40 feet later the hill resumed, which turned out to be a pattern.

As we ascended, again and again, it seemed that the requirement to be a course marshal in the first mile was that they be trained Sherpas, who customarily guided climbers up the slopes of Everest. Finally, just before the one mile mark, we reached the high point of the course. Should be easy from here, right? Wrong again.

The second mile was routed to circumnavigate dangerous flat spots. There were ups and down and sways and swerves. Nowhere in pre-race information was the recommendation to take pre-race Dramamine. The Race Director knew of the hazard: there was a portajohn for calls to Ralph along the course halfway through the second mile.

The third mile was a continuation of the terrain of the second. Midway through, that mile there was a police officer person who had conscripted to be a course marshal. She chose to do her marshaling duties from the relative comfort of her patrol car parked on a side street. As I focused on the few yards ahead of me, the patrol car pulled alongside and she informed me that I should have turned left a hundred meters or so earlier. I retraced my steps and rejoined the race route, now trailing some that I had worked hard to pass.

A few ups and downs and swerves later, began the long awaited downhill, starting gently, migrating to "try not to fall" grade, at the end of which was the dreaded flat spot. Finish line banner in sight.

The Race Director recognized the flat spot hazard, there was a medical service tent set up along the left side before the finish line. Once across the chip read finish carpet, a U-Turn and a few blocks walk back to the staging area brought a finisher medal and an apple & banana & Subway carry out box sandwich.

Awards were posted promptly, award pick-up was at the same location as packet pickup and ready later the same day via drive through.

The 2020 calendar I suggest you save? Take that and your favorite big red crayon; check out whatever website you can to find the date for the Quarryman next spring. Use your crayon to draw a circle around that date. Draw a diagonal line from top left to bottom right across that circle. That is the universally recognized symbol for Do Not Enter. If you ignore that admonition, it may be time to seek professional help.

*Dick Macknick*

# PRELSAYS



**By Mark Walters**

Labor Day weekend marks the end of Summer for most all of us, but happily (for me, at least) the summer weather continues. But those afternoon shadows keep lengthening; it's now dark in the morning and getting dark right after dinner. The leaves have started to change color. Meanwhile the prairies are teeming with Monarch butterflies, readying for their long migration. I know that many of you who are training for the Chicago Marathon are begging for some cooler weather for that peak training distance 20-miler coming up. It looks like that is not going to happen because above normal temperatures are expected for the next week.

The Labor Day weekend and holiday are behind us now, but I had some thoughts about how the holiday brings some feeling of nostalgia. This is because it reminds me of one of my favorite long-distance races: the Park Forest Scenic 10 Road Race. Many a seasoned runner of a certain age or generation, remember this race well. The Scenic 10 was held annually on the first Monday of September. This iconic race drew elite runners from Kenya and other countries, who quite honestly came for the prize money. The event was sponsored by the Park Forest Running and Pancake Club (PFRPC). And yes, they made and served pancakes after the race.

My first Scenic 10 happened to be on its 25<sup>th</sup> anniversary, in 2002. It wasn't the pancakes that drew me to Park Forest; it was the reputation of this race, and I suppose you could say the Kenyans were partly responsible for that. It was my first 'big' race in terms of both size and prestige. More than 1,600 runners were there, full of race energy or jitters – mostly your average 'Janes' and 'Joes', bouncing, stretching, and doing whatever to get loose as they prepared for the 10-miles of racing on asphalt. A local legend by the name of Warren Utes was among those in the starting corral (more on him later!) Before this race, I had fewer than a dozen 5k 'festival' races in over my (still new) hobby. And few if any of those races had more than 200 runners. To me, being ready to start the Scenic 10 felt like I was hitting the 'big time'; and it was an anniversary race. By sheer coincidence, the race entry was only \$25.00!

The race route that year took us through a proud but humble neighborhood to one of the featured attractions: the woods. Just outside the entrance, the famed string quartet were there – playing chamber music as the runners streamed past. Seeing them and hearing their lilted notes, put me into a feeling of being on a special quest, into the unknown - which it literally was for me! The next 4 miles were in those woods, without spectators; following a narrow bike lane, staying in line with the runners ahead and keeping the pack tight, all the while trying to keep the pace

and avoid stepping on the heels of the those in front. At Mile 5, runners emerged from the woods and reentered the neighborhood; welcomed and cheered on by the residents. The course continued along shady streets, past modest homes and the people who lived there. Instrumentalists, singers, and bands were spread out along the way to provide a festive ambiance. Many residents chose to watch the race seated in lawn chairs - as if they were enjoying a real parade. And maybe they were - this 25-yr race had become part of their Labor Day tradition. There were balloons, ribbons, signs, and noisemakers. Some held ready garden hoses, fitted with a spray nozzle. With this, they provided a gentle curtain of water droplets for any runner who chose to take that route along the street. This was the very first time I had seen this!

I returned to Park Forest for the 2003 race, because: a) I really liked the race; and b) I truly believed I could run it faster. Which I did! I thought that I was done with the Scenic 10, but when it was announced that 2007 would be its final year, I could not avoid going back one more time. In this way, and with these memories, the Scenic 10 and Labor Day became forever connected in my psyche. Even now, I think about going back and running that route again, just for kicks. And I could do it because I still have the course map! Assuming of course, that the street names and woods are still as they were 15 years ago.

I am surprised that even in these times when I mention that race, how many people react happily at the memory of it - though they were not runners at the time. Either they grew up in Park Forest and knew its impact; or they watched family or friends run the race; or they experienced the race in another way. One person excitedly told me it went down the street on which he lived. And years later he took up running, due in part to the race.

The recent Hidden Gem Half Marathon has come the closest to any other race I have done, in terms of feeling like the Scenic 10 to me. The enthusiasm shown by the residents, the occasional musical artist, the scattered bands, created that same feel of a race in a smaller urban community like the Scenic 10 delivered; minus, of course, the run through the woods and the 'mystique' of the string quartet.

At the finish line of my first Scenic 10, someone was kind enough to point out to me a certain elderly, yet physically fit runner, who finished only a minute or so behind me with a time of 1:27.01. I did not know who Warren Utes was, nor did I know anything about him at the time. Warren, I learned from my new friend, was in his eighties! In fact, he ran that race at age 82 and came so close to finishing ahead of me. I don't think I understood then, the magnitude of his achievement. I later found out, that Warren did not take up running as a hobby until he was nearly 60. He ran in the very first Scenic 10 in 1978 and won his age group. He would go on to set many national and world age group records over the next 25 years.



The 25<sup>th</sup> Scenic 10 in 2002 would be his final one. “The Race with the String Quartet” would end its run 5 years later. Warren may have continued racing, but the website for the Association of Road Racing Statisticians (ARRS) does not list another road race for Warren following the 2002 Scenic 10. Warren lived to the age of 96, passing from this life in 2017.

I know about Warren only by the things written about him, or from what others who knew him have told me. In a 1995 interview by a Chicago Tribune beat reporter, on his running success in his years of retirement, Warren quipped "When people retire, they have to avoid that deadly triangle: sleeping, eating, and watching television. You've got to keep moving." Two years later, Warren was named Illinois Runner of the Year. Two years after that, he made the USATF Masters Hall of Fame. I did not meet Warren Utes on that sunny and warm Labor Day of 2002, and I do regret that! He might have had some excellent advice for a runner in his mid-forties, which would have been meaningful to me. Yet, still I am inspired by what he achieved, and even more by how he did not let age hold him back.

The great Canadian masters runner Ed Whitlock has since rewritten many of Warren’s 14 USATF masters records. Ed became the oldest person to record a sub 4-hour marathon in 2016, at the age of 85. Sadly, Ed Whitlock passed away the same year as Warren. Still today, you will find Ed’s name beside many of those masters records. These men may be gone, but their legend (s) live on!

While men like Warren, Ed, and other masters men and women alike, continue to provide proof that you’re never too old to start running, common sense tells us that we need to be smart about what our bodies can tolerate. Always check with your doctor first, even if you have a solid history of running. If you have been idle for a while, it doesn’t hurt to ‘check the oil’, as one might say. Start with yoga for more flexibility or light weightlifting to help with muscle elasticity. When you run or ‘speed walk’ - no matter how fast or how slow you go – you’ll trigger natural production of the ‘happy hormone’ – dopamine. And there is a benefit in that.

As you go, keep in mind the advice that comes from that whimsical slogan associated with the Park Forest Running and Pancake Club: “Start Slowly and Taper Off”. It’s poor advice if you desire to run faster, but it helps with the attitude!



**WELCOME NEW MEMBERS!**

**NICOLE FRITZ  
MARTY MANZKE, JR.  
SHARRON SIMONS**



## Eliud Kipchoge Repeats as the Men's Olympic Marathon Champion

**Galen Rupp was the top American, finishing in eighth.**

BY [SCOTT DOUGLAS](#) AUG 8, 2021



GIUSEPPE CACACE GETTY IMAGES

With a subtle but unmatched surge in mile 19, Eliud Kipchoge of Kenya broke the pack and ran solo the rest of the way to repeat as Olympic marathon champion. The world record-holder finished in 2:08:38, with a second half of 1:03:35. His winning margin of 1:20 is the biggest since Frank Shorter won the 1972 Olympic marathon.

Abdi Nageeye of the Netherlands (2:09:58) took the silver medal, and Bashir Abdi of Belgium (2:10:00) goes home with bronze. Galen Rupp, the 2016 bronze medalist, was the top American, finishing eighth in 2:11:41. The other Americans, Jake Riley (2:16:26) and Abdi Abdirahman (2:18:27), placed 29th and 41st, respectively. Running in his fifth Olympics, 44-year-old Abdirahman was the oldest man in the field.

## Kenya's Peres Jepchirchir Is the 2021 Women's Olympic Marathon Champion

**By golly, Molly Seidel of the U.S. wins the bronze medal!**

BY [SCOTT DOUGLAS](#) AUG 6, 2021



GIUSEPPE CACACE GETTY IMAGES

With a push just past the 40-kilometer mark, two-time world half marathon champion Peres Jepchirchir of Kenya won the women's Olympic Marathon in 2:27:20 on August 7.

World record-holder Brigid Kosgei of Kenya, the last to hang with Jepchirchir, held on for silver (2:27:36) ahead of the fast-charging American Molly Seidel, who won the bronze medal in 2:27:46.

"I can't believe it. Just getting here was already a dream come true and to be able to come out today against a field like this and be able to come away with a medal for the U.S.," Seidel told NBC after the race. "I'm in shock. I'm in disbelief right now."

American Sally Kipyego finished 17th in 2:32:53, and U.S. Trials champion Aliphine Tuliamuk, who had been battling a hip injury the past couple of weeks, dropped out at 20K. The race was only Tuliamuk's second after giving birth in January.

Today was just Seidel's third marathon. She debuted at the U.S. Olympic Marathon Trials in February 2020, where she placed second in 2:27:31. She improved her PR to 2:25:13 when placing sixth at the elite-only London Marathon in October. Seidel's bronze is the first Olympic marathon medal for an American woman since Deena Kastor won bronze in 2004.

## Bye-bye Bonfield!

There is a truism in running that goes against the "you can always do it later" bromide. That is, especially in the Age of Plague our rejoinder would be "don't miss races, they might not be there next time". Unhappily that now applies to the fall Bonfield Express 5k in Downers Grove. For the past 17 years this event raised scholarship money for local students. It paralleled the PSRR Poultry and Pie Predictor, and had steadily gained attendance from the first year with 500 participants to the point in 2019 where some 6,000 had signed up. And like the Predictor, it had become a popular Thanksgiving tradition with friends, families, the community and beyond. Much like the (delayed but now scheduled for Sept 18th) Western Springs Tower Trot, Bonfield was noted for the enthusiastic spectator support, including cheering sections and the "Power Doughnut" lady who handed out thousands of doughnut holes to the passing field.



Then, as with our own November race, in 2020 it went 'virtual' ... which in my view is the same as not happening at all. Now unhappily, it was announced that in 2021 Bonfield won't be happening in any form. The Bonfield family and organization decided it was time to close the chapter on the race. There is a natural 'fatigue' that sets in from administering a large event like this for going on 2 decades, particularly when there isn't a full time staff to do the heavy lifting. Even if another race develops to replace the 'Express' it will take some years to rebuild that sense of continuity and tradition.

Meanwhile, we can at least further appreciate the Poultry Predictor and salute the hard work it requires, from the race director to the course volunteers. And it's another reminder of "do it when you can, it might not be there next time".

Wishing you miles of smiles,

Glenn G





**Japan Running News**  
@JRNHeadlines



JAAF study of 787 races held July 1~Oct. 4 documents only one case of someone contracting COVID-19 among >650,000 participants and officials.

# JULY CLUB EVENTS: Liberty 5k

*Liberty 5k Run/Walk*



**The Liberty 5K Run/Walk scheduled for this Saturday, July 3<sup>rd</sup> has been cancelled. Unfortunately, many of our City's resources that we count on for the 5k, need to be utilized at the ongoing fire in Morris. More information will be coming regarding refunds or possibly rescheduling the event.**

**Thank you for understanding!**

**EXCERPTED FROM:** <https://chicago.suntimes.com/2021/7/1/22559542/batteries-exploding-as-fire-continues-to-burn-in-abandoned-building-in-morris>

Lithium batteries exploded loudly overnight inside a burning former paper mill in northern Illinois that officials had believed was long abandoned, and fire officials have decided to let the blaze burn out because they fear trying to extinguish it could trigger more explosions.

The fire that started in Morris Tuesday prompted city officials to order the evacuation of 3,000-4,000 people in some 950 nearby homes, a school, church and small businesses.

On Wednesday, as thick, black smoke continued to billow from the building, Police Chief Alicia Steffes said the evacuation order would remain in place until at least 9 p.m. and “might be extended.”

Police are stationed throughout the area to prevent people from entering, although anyone who can prove they live there may return to retrieve essential medicine, she said.

Fire Chief Tracey Steffes said thus far air quality tests were “coming back favorable,” but he cautioned that changing weather conditions and other factors could cause the air quality to deteriorate.

Mayor Chris Brown urged anyone experiencing respiratory problems to contact their physicians. The fire chief said he's gathering information from fire departments and other experts on how to fight the fire in a building that — to the surprise of his department and other city agencies — was being used to store nearly 100 tons of lithium batteries ranging in size from cellphone batteries to large car batteries.



Steffes' firefighters stopped using water on the blaze minutes after they arrived when they discovered the batteries because water and firefighting foam can cause batteries to explode. And he said while he has heard some ideas on how to battle the blaze — road salt has been suggested — he won't send crews to battle the fire because of the unknowns about what's inside.

"I don't know 100% what was stored in that building, only what they're telling us what was stored in that building," he said.

Further, Steffes said that while his department and other agencies have fought fires at buildings that contain lithium batteries, he had thus far found nobody with fires that involve so many batteries. He said the battery explosions overnight could be heard across the city.

The mayor said the city didn't know the building was being used to store batteries until it caught fire, and that he knows very little about the company that owns them.

"The name of the company is Superior Battery ... and we didn't know they existed until yesterday afternoon," said Brown. Apparently nobody else at City Hall did either, because there's no record of a business license or any communication between the company and any city department, he said.

Barely concealing his anger at the very serious danger his firefighters were in, Steffe suggested that he couldn't trust any information coming from the company as a result.

"We had no way of knowing they were doing business ... there," said Steffes, adding a company official told him they had occupied the building for about a year. Steffes said the paper mill had been vacant for decades.

No information was immediately available on Superior Battery. The fire chief said company representatives were not invited to Wednesday's news conference.

The mayor said the police department will conduct an investigation about the storage of the batteries and that other agencies, including the state fire marshal and the Illinois Attorney General's office, have already been contacted.

Morris is about 70 miles southwest of Chicago.



**Drone video shows inside of industrial fire in Morris**

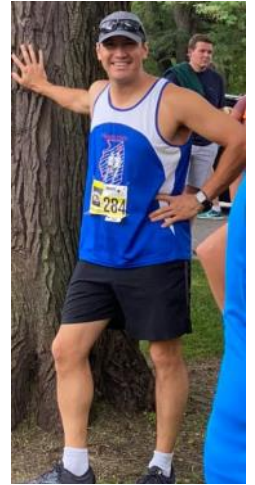
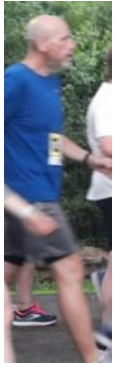
New drone video shows the inside of an industrial fire that was been burning for days in Morris, Illinois.

# JULY CLUB EVENTS: Sundowner 5k

RESULTS  
LINK



15  
79°  
68°



3 Local Stars to watch and say  
"we knew them before they were famous."

# JULY SUNDAY FUNDAYS



4  
87°  
64°

11  
68°  
66°



18  
84°  
66°

25  
90°  
70°



# JULY RACERS

BIX 7 miler 2021. Hot, Humid, Hilly 7 mile race that doubles as a big party for the Quad Cities. Plenty of things to stop and experience. I sure did! Afterwards we danced in the streets til they shut us down.



Some PSRR pics this morning at the Fit America race by All Community Events



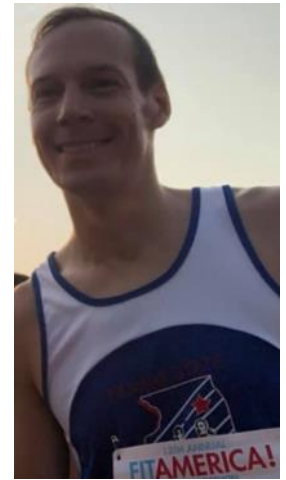
Cathy Morman  
CarmelFest Freedom Run 5 Miler. Awarded 4 deep for AG... I'll take it!



Judith Warren  
4onthethe4th on the 3rd



Nick Garcia  
Let freedom run 10k



Diana Gonzalez Sorich [Admin](#)  
The humidity! I was soaked. Run Wild 5K in Houston, Texas.



Debra Walters  
DNA Ice Cream RUN with Tammy and Mia Smith



Jackie Skrobot



**SPECIAL RACING NOTE FOR JULY:**  
Our very own Daniel Schalk placed  
2nd overall at the Sundowner 5k!

Race Place	Bib	Name	Age	City	Team	Chip Elapsed Time	Division	Age Place	Overall Pace	Award Categories
1	512	Jason Hoffman	19	SHOREWOOD		16:23			05:16	🏆 🏆
2	590	Daniel Schalk	17	JOLIET		17:12	M15 - 19	1	05:32	🏆 🏆



Mark Walker  
Christmas in July. 6 hour relay. Rebels Without A Clause



Judith Warren  
CARA Chi-Town Mile



Mark Walker  
Fit America 1/2 marathon ...



Nick Garcia  
4th of July 10k in Colorado.



Darcy Welsh  
Streator Run for Glory 5K, 2nd in AG, and per my Garmin  
my PR this year.



Mark Walker  
Donut 🍩 stop 1/2 marathon ...



Judith Warren  
Fit America 10k



Debra Walters  
Tammy Smith and Debra Walters representing PSRR at  
the "DONOT Stop 5K and 10K today.



Diana Gonzalez Sorich Admin ...  
BIX 7



All photos were pulled from the July Running Thread on the club's FB page. Apologies if anyone got missed posting elsewhere. — LH

# AUGUST CLUB EVENTS: BBQ Bolt 5k

RACE RESULTS

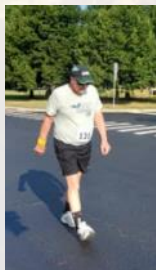
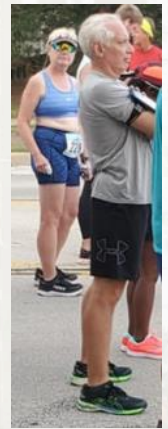
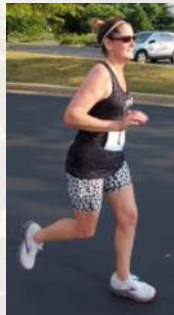
28  
90°  
73°



# AUGUST CLUB EVENTS: Parkie's 5k

RACE RESULTS

28  
90°  
73°



# AUGUST CLUB EVENTS: PSRR Free 5k

RACE RESULTS

29  
87°  
73°





**SHOWN ABOVE IS THE FUN WE HAD. SHOWN BELOW ARE THE SUPPLIES WE COLLECTED FOR KIDS WHO CAN'T AFFORD THEM. WE ALSO RAISED \$525.00 FOR NEEDY FAMILIES.**



# AUGUST SUNDAY FUNDAYS

NO SUNDAY  
FUNDAY ON  
8/29/21  
BECAUSE OF  
FREE 5k



1  
  
79°  
62°

8  
  
90°  
69°



15  
  
81°  
58°

22  
  
87°  
68°



# AUGUST RACERS



Robert Jungwirth at Run 4 the Rails 7 miler



Beautiful night to run on the I&M at the Forge. CARA Summer Trail Chase 5k with John, Eileen, and Robert.

Mark Walters, Darcy Welsh and John Steinmetz ran the Trevor Till Memorial 5k in Seneca



Fort2Base



Tour de La Porte (Indiana) 5k



Minnesota 1/2



50 Miles 🤩...Nuclear Meltdown Elimination 12 hour race!




PIKES PEAK  
ASCENT  
13.32 MILES  
7.815' VERTICAL GAIN

# CLUB CELEBRATIONS:

## September and October Birthdays

Happy Birthday to You. Happy Birthday to You.  
Happy Birthday dear...

SEPTEMBER BIRTHDAYS	
2-Sep	Cassidy Koven
3-Sep	Bailey Williams
5-Sep	Sergio Arreola
11-Sep	Caroline Portlock
	Jeremy Sikes
	Pete Klaeser
13-Sep	Marne Bailey
15-Sep	Chandler Horvat
16-Sep	David Cyplick
17-Sep	Rebecca Rice
18-Sep	Shellie Williamson
21-Sep	Palmer Calvey
24-Sep	Rich DeGrush
25-Sep	Gina Schalk
26-Sep	Jaylyn Miller
28-Sep	Lily Medina
	Timothy Tocwish



OCTOBER BIRTHDAYS	
3-Oct	Mary Jo Minarich
5-Oct	Mary Smrekar
	Rheta Murdaugh
10-Oct	Liz Costa
	Patrick J Koerner
12-Oct	Robert Kodura
15-Oct	Chris Weston
17-Oct	Jordan Calderone
	Paul Jackson
18-Oct	Bill Lauer
	Kristin Garcia
20-Oct	Laura Barry
24-Oct	Michelle Rowbottom
26-Oct	Scott Lemke
30-Oct	John Jr Horvat
31-Oct	Emma Forbes
	Lucas Kisner



# HAPPY BIRTHDAY TO YOU!





# CLUB STORIES: Gratitude for a Donation and a New Pop Up Tent



... ..by Diana Gonzalez-Sorich

One of my favorite quotes is: “I get by with a little help from my friends.” Very often I have said this after a long and or hard run because I am grateful to know some people who will go through the paces with me to help achieve my goal.



Even Prairie State Road Runners relies on the kindness of friends. PSRR would like to thank PSRR member Kristen Mangan (second from right in the photo) for her generous donation of \$250 to benefit the organization. It was a wonderful surprise, and I would like to share the story with the club.

Earlier this year, PSRR received an email from Kristen stating that her employer donates \$250 to various organizations on behalf of the employee and that she would like that donation to go to PSRR this year. My thoughts were an immediate “What a fantastic thing to do for the club!”. I completed the items Ms. Mangan needed to process the donation and then asked her a few questions and if it was ok to write about the good news.

1) Who is your employer and what made you choose PSRR for the donation? Any back story you would like to share would be fantastic.

***I work for Associated Bank. They generously give any employee who has logged a certain number of volunteer hours per year a chance to donate \$250 to the charity of their choice. I always try to keep the donation in the community. Last year I donated it to the Channahon Park District Foundation.***

***I chose PSRR this year largely because of the pandemic. Running and racing were effectively eliminated last year due to all the safety restrictions. I know that a lot of races use some of the proceeds from the previous year to fund the beginning of planning for the next year, and COVID disrupted that. I thought that using my donation for PSRR would ensure, in a small way, that the running community could come back just as strong (or stronger!) this year.***

2) What made you join PSRR?

***I first heard about PSRR when I joined the Channahon-Minooka Running Club facebook page. I had recently moved back into the Minooka area, and I liked the idea of joining a running club. But I didn't end up joining until I visited the PSRR table at the Frosty 5 Mile a couple of years later.***

3) Do you like running races--if so--what is your favorite race or race distance?

***I love running races! I probably run about 15-20 a year, so I have a lot of races I really enjoy and try to do every year. My favorite is probably the Hot Chocolate 15k. I have run that race every year since 2014. I even ran it last year (virtually, of course) and came home and had a chocolate fondue party with my family. (I've attached some pictures. It was so fun and delicious!)***



4) Do you like to run alone or with a group?

***I like to run with just one or two other people, usually. I mostly use the time to chat and catch up! Otherwise I have my dog to run with me. She loves it as long as I don't run too fast!***

There are many things to love about this story—an employer who facilitates volunteerism with donations and their kind employee, Kristen, who uses her volunteer hours to spread good will in her community.



In light of Kristen's story, the PSRR board pondered on what to do with the donation. We decided on using \$200 to go towards our beautiful new pop up tent which was unveiled at the Sundowner 5k and has been subsequently used most recently as our registration station at the Free 5K. We will get many years use out of this tent and has given us a professional presence at our events.

The remaining \$50, we purchased a \$50 gift card from DNA, our local running store who is also always supporting the local community, and donated that to the Pink Heals organization. We presented that to Darrell Mayle, another one of our awesome running members, to use for a basket in one of their events.



Kristen's volunteering time was like a pebble dropped in a pond that produced ripples of good throughout our community. Once again, thank you Kristen for your generous donation.

Finally—if you take a good look at her kids in the pic—you'll notice that one of them is wearing a Forte hoodie. Kristen is also the Race Director for the Forte 5K. Well of course she is! This is a great fall race and who doesn't love a warm hoodie, and it's on our circuit! One great way to keep these goodwill ripples going is to be sure to register for this race that benefits Channahon School District music programs. The race is Saturday, October 23, 2021—hope to see you all there.

Friends... they cherish one another's hopes. They are kind to one another's dreams.

**Henry David Thoreau**

# CLUB MEMBER STORIES:

## Race Report on The Fred 200/100 Mile Running Relays

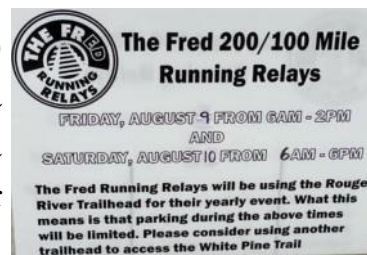
by Eva Rahn



I was asked to write a piece for the Pacesetter on the 200 mile Fred relay that I participated in August 6<sup>th</sup> – 7<sup>th</sup>. This race design was similar to that of a Ragnar, except that it was run on a mostly paved trail rather than on the streets (because of some trail construction, there was a detour where street running was involved for leg/spur 19).

The race started at the trailhead in Belmont Michigan (basically Grand Rapids) and followed the White Pine Trail which had once been a railroad track (a ‘rail trail’) to Cadillac Michigan 100 miles to the north. It was an out and back that ended where it started.

There were 3 different race relay options offered; 200 miles (the Fred) 100 miles (the Ed) or 50 miles (the Lena). The Fred could be run as a crew (team) of 12, 9 or 6, the Ed as a crew of 6 or 3, and the Lena as a crew of 6. There is also a Youth Lena offered for a crew of 11. Our crew, WTIF? ran the Fred as a team of 12.



Each runner was asked to submit a recent half marathon pace time. From that, our overall crew pace was determined. In our case it was a 10:45 pace. That helped to calculate that our team’s start time of 6:30 Friday morning, as the race needed to be completed by 6:00 pm Saturday.

There was a total of 36 legs or ‘spurs’, and each runner was assigned 3 of them. We maintained the same order for each of our legs, so runner 1 ran spur 1, 13 and 25. I was runner 12 and ran spur 12, 24 and 36. Each runner ran between 13.2 – 21.1 miles.



Runners 1-6 were in van 1, runners 7-12 were in van 2. We were all together at the start to see our first runner (Karin) off, then those of us in van 2 went back to the hotel to catch a few more minutes of sleep and grab a little breakfast before heading to spur 7 in the town of Pierson to begin our running. Race volunteers were there to record times as teams passed off to their second set of runners. Runner 6 (Palmer) came in right around the estimated time and Laura (# 7 and van 2's first runner) began her leg around 10:30 Friday morning. Now it was van 1's turn to relax and grab some food while those of us in van 2 ran our 6 legs. We drove to the next spur/town Howard City and waited for Laura to finish her 5.6 miles and relay off to Jim. Jim and Ron (runners 8 & 9) got caught in some rain, but it had stopped before Marne (runner 10) started her 8.9 mile leg. She passed off to Tina in Big Rapids, and we drove on to Paris for a quick photo op at the Eiffel tower (ha ha - just kidding- apparently somebody moved it to Europe ??). Tina handed off to me in Paris and I began leg 12 (6.4 miles) at 5:00 pm. Because we were running behind our estimated pace, runner 1 (Karin) was allowed to start around the same time as I did, so I finished in Reed City with no runner to hand off to. There were race volunteers recording times here again, as well as refreshments, water, snacks and fruit. There was a designated building at this location where runners could sleep, but we drove on to the town of Cadillac, where we would start again with leg /spur 19.



Our van 2 group grabbed some dinner at Big Boys and pulled our van up to our start at Cadillac Lake. This is where the detour to street running was, and it was somewhat confusing and poorly marked and now it was dark out too. We attempted to figure out the route by driving it. Some of us tried to catch some sleep. The van was actually pretty comfortable, as other than the driver and navigator, we had our own row and could stretch out a bit. It was kind of neat watching runners come in with their

glowing vests and headlamps. Palmer arrived around 10:00 and Laura took off for her 5.7 mile run, now heading back toward Belmont. I'm not sure what van 1 did for sleep, as they would have some down time now. We pulled ahead to Jim's start which was in a very dark location. Ron went out on the bike to find Laura and ride in with her on her last couple of miles. That was a feature of this race, that we could bring bikes and accompany our runners. Jim then had a nice long 9.5 mile run in the dark, passing off to Ron. Ron ran 4.7 miles and passed off to Marne.

Marne passed off to Tina in Ashton which was another sort of confusing area because we could not park close to the trail there, and of course it's the middle of the night and dark. After Marne finished her 6.2 miles, we drove up to Reed City and both Karin (runner 1) and I were allowed to

start our legs before Tina arrived from her 4.8 miles. I began my second leg (7.1 miles) at 3:51 am. I was pretty nervous about running on a trail in the middle of the night where there had been bear and bobcat sightings (per the race directors). We were also told by one of the volunteers that there were bats out there as well. And of course there's the whole visibility issue, amplified by my history of having taken a few bad falls running in broad daylight on the I&M,

I was surprised however at how much I enjoyed it! The weather was great, cool with no sun beating down on you. The view was surreal, lit up trees and strange shadows. It was quiet and peaceful, and because this leg was an out and back, I was able to see other runners and their accompanying bikers heading back, so there was a comfort that I was not completely alone. I have to also say that I was surprised at how good my visibility was overall, although a little challenging in the patches of fog. To my relief, I did not see a single animal!

After I finished, we drove on to Pierson which is where we'd start again to complete the last 6 legs. This location had the 2<sup>nd</sup> designated building for sleeping. Some folks stayed in the van to sleep, while a few of us went in the building. I had brought a thin yoga mat since we were limited by space in what we could bring. It wasn't too comfortable, but for one night I could manage.

I should mention that the runner exchanges were typically at old train depots in small towns. Most had porta potty availability, and fortunately a few were within walking distance to a gas station for a much needed caffeine boost. The trail was mostly paved, with only a few sections of running on a grass trail. We had a master list of supplies to make sure that we had everything we needed (water, snacks, batteries) and that we were streamlined and not bringing more than necessary because of limited storage space.



Breakfast that morning was bagels, peanut butter and various packed snacks.

Saturday morning Laura was allowed to start at 11:00 am, even though Palmer had not yet arrived. This was the hotter of the 2 days. Some sections were shaded by trees, and air flow varied by the density of the trees and bushes lining the trail.

We continued to run the trail in our succession during the hottest part of the day. Fortunately, these last 6 spurs were overall shorter mileage. The final leg was another out and back that started at the finish, and as with the start, the entire team was there. I waited for Tina to arrive

and headed out for the final 4.2 miles around 2:30 pm. The team was waiting as I approached the finish, and Vera came out to run me in.



There were sub sandwiches, chips, salads, water, etc. at the finish. We were a little disappointed that there was no beer however. We received our finishers medal, which coordinated nicely with our sweatshirts.



There were a variety of other awards given out besides first place (ie- most team spirit). We awarded ourselves the “team with the largest age range” (14- 80) which is honestly pretty awesome!!! The following day we got the ‘official’ results. We finished in 37 hours and 39 minutes, a bit slower than our estimated pace. Because we were allowed to run a few legs simultaneously – we physically finished ahead of the deadline.

I would be remiss if I did not give props to Vera and Laura for all of the work they did in putting a team together, finding replacements (which I was) for people who had to drop out, securing the vans, hotel reservations, attending race information meetings and the myriad of details and team communication needed to coordinate everything. A shout out also to Ron who did all the driving for van 2 (except when he was running

It was a fun and different race experience, and I was grateful for the opportunity to participate. Like most races, there were a few bugs to work out, but I would definitely recommend this or a similar Ragnar type race if you’re looking for new challenges or to broaden your racing repertoire.



**Team WFIF?- Back L-R; Jim, Vera, Ron, Laura, Me, Tina, Karin, Sue, Palmer, Colleen. Front L-R; Danny, Marne.**

# CLUB MEMBER STORIES:

## The Aging Runner — A Personal Journey

by Mark Bowman



### The Aging Runner - A Personal Journey

What happens to your running as you get older? You can easily find facts about muscle mass reduction and why you get slower as you grow older on the Internet anytime you want. What I thought might be interesting was to give a perspective of this on a personal level. You know, what they call an experiment of one. This is strictly my experience with it. Everyone is different, so it doesn't mean your experience or what will be in your future is going to be the same. But I just thought it would make an interesting read.

First of all, a little bit of my running history. I am 66 years old and have been running pretty much all my life. During my elementary school years there were no formal programs that I ran in, but I ran all over a subdivision which was very spread out. In high school I ran cross country and track. When I went to college I just ran sporadically here and there. It was after I graduated and married, that I started running again and from that time on I have not stopped. I had the experience from high school, so I knew a bit about what I needed to do to get by in local races. But it wasn't too long that I wanted to try a marathon. I really didn't know how to get ready for one. This was in the 1970's and there was definitely no Internet or anything to find out about these things, but I decided that I wanted to run one anyway. This was actually the very first Chicago Marathon about a year and a half after I had started running again. I did end up getting it done but it was an eye-opener. I couldn't have hit the wall any harder. I continued to run and ran local races ranging from 5K to 20K and a couple more marathons in the next couple of years, but still not really knowing how to properly prepare.

Finally, I discovered a magazine called Runners World, which is still around. It was a much different magazine back then. It was intended to be for the more serious type runners then. It really helped me improve a lot. I eventually started getting in the necessary miles in preparation to run a good marathon. Finally, I had my breakthrough at Grandma's Marathon in Duluth, MN in 1990 and at the age of 36. I ended up running 3:03 and qualified for Boston. Of course, my goal after that was to break three hours which I did a couple times and ran a 10 miler in just one second under an hour. These were really good times, but this was before the casual running culture that we are familiar with today. There were many runners much better than I was, but I still liked to compete. Once in a while I actually succeeded in getting on the podium in my age

group. As I got close to 40, I noticed that it was getting a little tougher and a little harder to recover. And, of course, slowing down some. Nothing much yet, but just a bit.



So here comes birthday number 40 and like for most of us it seems to be one of the major birthdays. When you hit 40, you get that feeling that old age is not that far away. I know that I wanted to do something special for my 40th. I decided I would run 40 miles on my 40th birthday. I did and it was a great time. At the time, I was coaching at couple of different places. I had a running club at the Junior High level and was coaching track and cross-country at the High School level. A number of kids from both levels joined me for parts of the run. A couple parents of my runners even joined in the fun. And my family joined me for a little bit. It changed the focus of my running. A big factor in this change was recovery. After a typical marathon, the next couple of days would be the so-called death shuffle. I could hardly do more than a walk. But after my 40 miles I went out and ran 10 miles the next day. The legs felt a little tired but overall it was pretty easily done. This was pretty cool so I thought this might be something to pursue although at the time I had no idea that people actually ran these distances in races until I stumbled upon a magazine called Ultrarunning. This was in 1995 and it opened up my eyes to the possibility of just how far I could go. Most of you who know me know that I definitely like to run ultras. I continued with ultras and ended up being fortunate that improvement came even though I didn't have the speed I once had.

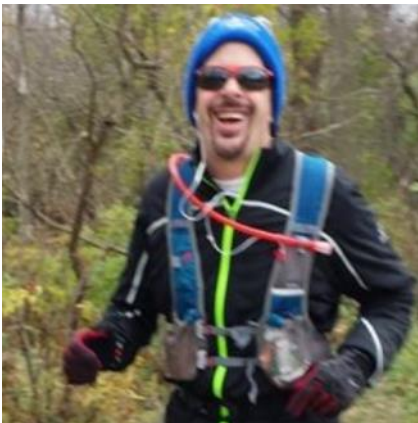
Through my 40's I could tell that I was slowing down, but with ultras that doesn't necessarily mean you do worse because with each experience you learn how to run them better. This allows you to still improve. Probably the best performance I've ever had was a 100 miler in just a touch over 19 hour, actually finishing on my 50<sup>th</sup> birthday. During this time I was still running local races, 5Ks, 10Ks and so forth. I was still running around 20 minutes for 5K, so at time, although I was slowing down, age hadn't hurt me too much. For instance, I noticed as I got into my 50s I was now being extremely competitive in my age group. It seemed that although I was getting slower, I was getting slower at a much slower rate than many of my contemporaries, plus a lot of my contemporaries had basically stopped running. So through my 50s, I continued to do really pretty well. I did start to notice that I wasn't quite as strong anymore. I was never one for cross training. The only thing I did besides run was doing push-ups and crunches every day. And fortunately, through all this time, I never really had any injuries even though I ran every day with very rare days off. I was and still am one who doesn't really take rest days.



But slowing down was not my biggest issue. For me, that was my balance. It was changing, but not in a good way. When I was in my 40s, I could remember in my ultras that I could just fly



down hills even those filled with roots and rocks and all kinds of uneven terrain. But as I got into my late 50s, I was having trouble moving with any speed on the downhills. I know I said that it was my balance affecting me, but looking back, I think it was not just physical, but mental as well. And it has continued to get worse. Especially getting into my late 50s and into my 60s, I would have these subconscious thoughts of being afraid of falling and really hurting myself. Over the last few years, it even happens on much less technical down hills. I have to just go slow and make sure of each step. I now use trekking poles to help with this during races that allow them. It doesn't help with speed, however. I'm sure losing some muscle mass and strength has contributed to this as well. I have heard this is not that uncommon in older runners, so it is not just me. This really came to light at the Black Hills 100 Mile in South Dakota in 2013 (age 58). I did the first half 50 miles really pretty well with plenty of time to finish even if I had to walk a lot of the second half and really didn't feel that bad. But something in my mind just wouldn't let me continue. The course was an out and back. The thought of running the same technical trails as the first half, but now overnight in the dark kept me from getting back on the course. My mind kept saying I was going to fall and trip and get hurt badly. Ever since then, I really struggle on any kind of technical trail particularly downhill. Distance was not a factor since I did manage to finish one more 100 after this. It was the Hennepin 100 which is run on the Hennepin Canal towpath which is very similar to the I & M towpath. The course was just nice crushed gravel, some dirt and a little pavement, which I handled quite well. This was at age 60 and I managed to break 20 hours (my second best 100 mile).



Age 60 to 63, I was still running very competitively in my age group and was still running times similar to 5 or 6 years earlier. But things changed over the next few years. I can't say if it was just getting another year older because I had a few things happen to my body starting about this time. I had a couple of meniscus tears that had to be taken care of (not from running). I had to have surgery to fix a quad hernia. And finally, I was diagnosed with Atrial Fibrillation (afib) in 2019. After several procedures, I eventually got back to normal. Did all this come about because of hitting a certain age?

Or was it the fact that I have been running so long all these years? Or has it just been a bit of coincidence? Who knows?

One thing that I have not had a major problem with that I know many older runners do, is getting upset for not being able to run like they did at a much younger age. This is a mental attitude thing. And although it would be nice to still be able to run like I did in my 30s and 40s, I have no regrets. I still try to do the best I can, but I am happy just to be able to still do this running thing, no matter the time. I still love running and want to keep doing it for a long time.

Yes, there are days when it is hard to get out the door. When the body is stiff and achy upon waking up. But once I get going for a while, everything loosens up and it starts to feel good. After the run, I am so glad I did it. Just being out there is enough. In my opinion, the key to this aging thing is how you approach it mentally. **Look at all that you can still do, and not what you can't.**

I still run every day and do not really take time off, but I really don't actual put in training anymore. I just run. Most experts say you should take time off at different times of the year, and maybe I should. But I don't. I like being out there every day. I feel I am really fortunate, in that I am still running after all this time. So many people that I ran against in my younger days are no longer out there with me. But I have met many new runners over the last few years that have found this sport later in life and are around my age which I find quite wonderful.



#### **A FEW MORE WORDS OF WISDOM FROM A LIFELONG RUNNER WITH A LONG LIFE:**

**Amby Burfoot**



**Born** August 19, 1946 (age 75)

In April 2014 I finished the Boston Marathon 49 years after my first Boston run in 1965. The previous Thanksgiving, I completed an annual “Turkey Trot” 5-miler in Manchester, Connecticut, for the 51st year in a row.

You don't manage these kinds of longevity feats unless you have a healthy relationship with injuries. I do, and I believe I have actually gotten wiser as I've grown older. That said, I've also been lucky. None of us are immune to injuries, and if you get one at the wrong time . . . well, that's a race you're not going to do.

As I aged into a masters competitor, I mostly made my peace with injuries. I realized I didn't need to be in top shape every single day—in fact, couldn't be—so I accepted the wisdom of several days off whenever I felt an unusual and unwelcome twinge. Nowadays, I take three days off from running when I sense an impending injury.

At age 68, and about 105,000 total lifetime miles, my only goal is to keep on keeping on. I'd do just about anything to prevent a running injury . . . except stop running entirely. I hope that my good luck continues.

*Text excerpted from: Joe, Friel. Fast After 50: How to Race Strong for the Rest of Your Life . VeloPress. Kindle Edition.  
Photo from Wikipedia.*

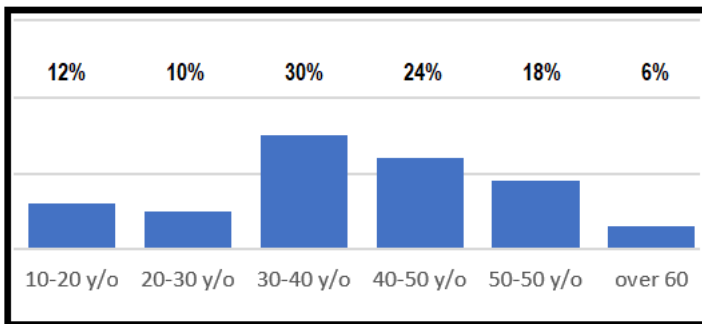
# CLUB MEMBER STORIES:

## On Running and Being Young

by Hannah Williams, Bailey Williams, Casey Koerner

A recent poll conducted of PSRR members via the group's Facebook page asked **"How old were you when you first started running?"**

Answers given illuminated the relative late-comer status of the 50 respondents. So we decided to query some of the club's younger members on their thoughts about running in order to compare their outlook and feelings to those of us with a few more birthdays.



### Hannah Williams, age 13

*What age were you when you started running?* 9

*How did you end up starting?* I saw my mom and wanted to try.

*When did you do your first race?*

I did some milers but my first 5k race was the Summerfest 2018

*How often do you run?*

Well, right now just at gymnastics and if I do races.

*Do you run only in daylight or also at night?* Both

*Do you run in all kinds of weather?*

I have run in hot and cold but haven't ran in the rain yet but I want to. I think it would feel really good.

*Do you mostly run because of a sport or gym?* For a sport and for races.

*What was your first race?* Summerfest 2018

*What was your favorite race?* JJC Haunted 5K

*Do you have a hard time with any kind of terrain?* Uphill

*Are you ever worried you'll fall or hurt yourself?* No

*What advice do you have for someone just starting out?*

Take it one step at a time. Don't let your brain get ahead of what you can do. Don't worry if you're not as fast as other people. You are just starting.

*What advice do you have for somebody old who thinks maybe they shouldn't run so much anymore?*

Start off slow. It may take you longer to get used to it. Don't get angry. Have fun.

*Anything else you want to say about running:*

While I run I hate it; right after I hate it; after I have time to reflect, I like it.



## Bailey Williams, age 12:

*What age were you when you started running?* 7

*How did you end up starting?*

Because my mom was. I thought it would be fun.

*When did you do your first race?*

It was a miler or maybe half mile in May 2016

*How often do you run?*

Right now 5 to 6 days a week for Cross Country.

*Do you run only in daylight or also at night?* Daylight

*Do you run in all kinds of weather?* I have run in all weather.

*Do you mostly run because of a sport or gym?*

I run mostly for Cross Country or I do miler races.

*What was your first race?*

Fierce Fiesta 2021 was my first 5k. I got so second place to my sisters first place in age group.

*What was your favorite race?* Haunted JJC

*Do you have a hard time with any kind of terrain?* Uphill

*Are you ever worried you'll fall or hurt yourself?*

Not usually unless we are running on trails.

*What advice do you have for someone just starting out?*

Keep running even if you feel you're not doing good. Keep running because it's the only way to get better.

*What advice do you have for somebody old who thinks maybe they shouldn't run so much anymore?*

Listen to your body.

*Anything else you want to say about running:*

I like when I finish running. I don't like running when it's hot and humid.



## Casey Koerner, age 11

*What age were you when you started running?*

I was 10 years old when I first started running.

*How did you end up starting?*

My mom made me join the Troy cross country team so I would get involved with something at school.

*When did you do your first race?*

My first race was when I was in 5th grade. It was a 1 mile relay race. My partner was my older brother. We each had to run a mile.

*How often do you run?*

I try to run 3-4 times a week when I am not running daily for my cross country season.

*Do you run only in daylight or also at night?*

I mostly run during the day. Sometimes I run when the sun is going down.



*Do you run in all kinds of weather?*

I run in all kinds of weather. My favorite weather to run in is low 70's.

*Do you mostly run because of a sport or gym?*

I started running for cross country, but I run for myself because I really like running.

*What was your first race?* It was a 1 mile relay race with my brother.

*What was your favorite race?*

My favorite race was the Sundowner because I got my PR (21:43).

*Do you have a hard time with any kind of terrain?* I have a harder time with uphill.

*Are you ever worried you'll fall or hurt yourself?* I'm never worried that I'll fall or hurt myself.

*What advice do you have for someone just starting out?*

My advice it to just give it a try and do your best. I gave my little sister that advice this year when she joined my cross country team.

*What advice do you have for somebody old who thinks maybe they shouldn't run so much anymore?*

My advice would be to do what's best for you.

*Anything else you want to say about running:*

I like when I get a PR. When I don't get a PR, I get frustrated but push myself the next time.



We also asked our older members: **“If you had a time machine that could take you back to your past as a new runner, what one piece of advice would you give yourself?”**

**Jerry Raino**

Enjoy and appreciate when your body is working the best it can for you, time will take its toll. It is difficult to maintain your running body at its peak performance state, while you are still young and able make a point of trying at least once to get in the best shape you can to see what you can do time and distance wise. Later in life you will smile and remember fondly those PRs you did.

**Lianne Holloway**

I would tell myself not to worry about being slow. I used to literally stress out about where I came in over the finish line. Was that ever dumb!

**JT Markland**

Don't wait until 30 to start running distance.

**Carla Hutley**

Start sooner.

**Judith Warren**

Buy the good socks.

Savour the moment when you reach a milestone: for instance, you will never run your first race at that distance again.

**Patrick J. Koerner**

All running improvements should be gradual. Rapid increases in time or distance lead to injury and loss of progress. If your body hurts it is trying to tell you something, recognize it.

**Britni Markland**

Go slower! And walking is allowed! So much frustration and so many injuries could have been avoided.

# CLUB MEMBER STORIES:

## The 2021 Annual Training Project

by Leslie Williams, Heather Hall and Lianne Holloway

### JULY AND AUGUST UPDATES

from the PSRR Pacesetting Sisters Ruling the Roads:

**LAURA LOICA**, having fulfilled her goal of increasing distance and adding cross training, leaves our project now and continues her fitness journey on her own. THANKS Laura!



### LESLIE WILLIAMS

#### July Update:

Well this must be my "2020." I finally had an MRI done July 11th. Not the results I was hoping for. I have been struggling pretty much this whole year with my foot. I got in on 4 races in this year and non of them were pretty. I had to sit out of the Sundowner. I found out the day before that I have many issues with my foot. (Fractured talar head, mild peroneal tenosynovitis, anterior talofibular and calcaneofibular sprains, mild Achilles tendonitis, and some good old arthritis and swelling. For those that know what all that means. 🙄 I know it is painful.)



I am currently non weight bearing. (Thank you Debra for the use of the knee scooter. It made life a little easier for sure.) I see Doctor again Aug 11th.

In the mean time to keep myself from going crazy ( I don't make a good lazy person) I joined Inwood and took up water jogging. I do 1 to 2 hours a day. Also I found some non weight bearing videos that I do at home.

I can't wait to lace up again. At this point I would like to walk or ride my bike but I really want to run. I had a dream the other night that I was running and it was the best.

I hope to have better news sometime this year so I can get in the races I signed up for in October. It won't be my normal pace but it would be one step closer.

*[The Pacesetter asked how Leslie is coping with this struggle]*

How do I cope? Very good question. Thankfully my kids keep me "running" with gymnastics, cross country, music lessons, robotics and just getting both girls ready for school. My oldest is a freshman this year so that is stressful in itself.

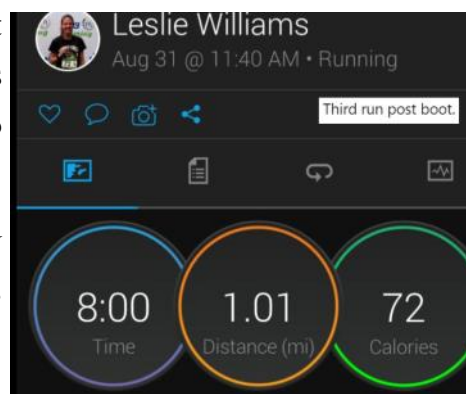
There has been some very down times. I cried when he told me I couldn't basically do anything on my foot including work. (Not sad about not working but my pocket book sure is.) After that sunk in I decided I couldn't let that stop me. My husband's personal trainer, in the past, suggested water jogging. That is what I decided to take up. I joined Inwood and started water jogging 1 to 2 hours a day. I just pretend I am really running and do intervals or just "run." I try to change it up. I also looked up non weight bearing workouts and do between 1 to 3 workouts a day. That is the best I can do for now. I just pray I get the okay to start walking, biking and hopefully running soon and this nagging injury will be a thing of the past.

### **August Update:**

Well, good news is the boot is gone and I was told to slowly start running again. I gave it a go yesterday with a half mile. It was slow and I felt some pain near my big toe. I'm chalking it up to being stiff from the boot.

I have been water jogging this whole time and I kind of enjoy it. I may keep it up along with running and biking and cross training to hopefully avoid injury.

I can't wait to run some races but I also am afraid at them same time.



## **HEATHER HALL**

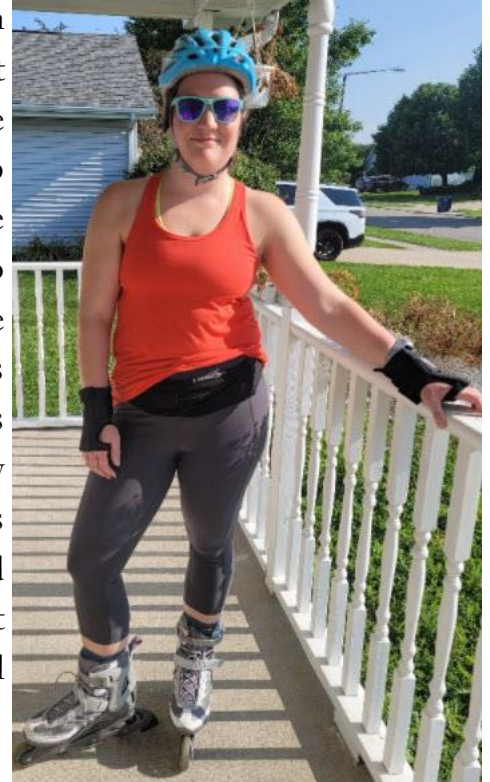
### **July Update:**

I miss running. I love seeing everyone's running adventures and sitting on the side line sucks. After some coaxing from my chiropractor I saw an orthopedic and had an MRI of my hip, he was worried about a labral tear. Although my labrum is not torn, it's fraying and the radiologist didn't call it but, the doctor thought there may be a small tear in my gluteus medius, otherwise tendinitis seems to be the biggest contributor of pain. I start 6 weeks of physical therapy Aug 16th and hopefully get back to running pain free. I'm hoping the physical therapist will say I'll be able to get back to where I was. There are a few other issues with the hip, wear



and tear so to speak, that have the doctor telling me I need to cut back on high impact activity for the longevity of my hip. Can you believe he looked at me and said "you are almost 40 after all"? I'm not even 39, just yet. If only he knew the runners I have run with

Since I've been battling the hip pain I've been focusing on strength training. I do Daily Burn workouts regularly, low impact and modifications needed and my dogs have been enjoying a lot of walks. In addition to strength training I've been trying different activities to get me outside and moving. Kayaking was a favorite and biking, although the biking may have made my hip unhappy. I busted out my Rollerblades for a few miles for the first time in years and I'm planning to start swim lessons to work on technique. I'm not excited about swimming, I'm more of a float in the pool girl, but it keeps getting suggested to me as a good low impact, hip friendly activity and I feel the universe is trying to tell me something. Although I've been trying to stay active, I've given myself time to rest and haven't done near as much as I would normally. Rest, anti-inflammatories, ice and heat have become good friends of mine. Hopefully in August I'll have more on when I can get back to running. Until then I'll keep sharing my other adventures.



### August Update:

I got some workouts in on our camping trip before starting physical therapy and it's a good thing I did, as have been told to hold off on Daily Burn workouts:( Right now I do daily PT exercises and have been given the ok to walk, bike and swim as long as those activities don't





cause pain. I can also do upper body and core workouts. I wish I could say I'm logging lots of miles doing that, however between my schedule and the heat it just isn't happening. I'm hoping to get back on track this month.

In other news. Despite the recent lack of running in this house, Jaylyn told me she wants to do track as soon as it's available for her. Batman has logged 78 walking miles and helps with PT exercises. Stanley has also

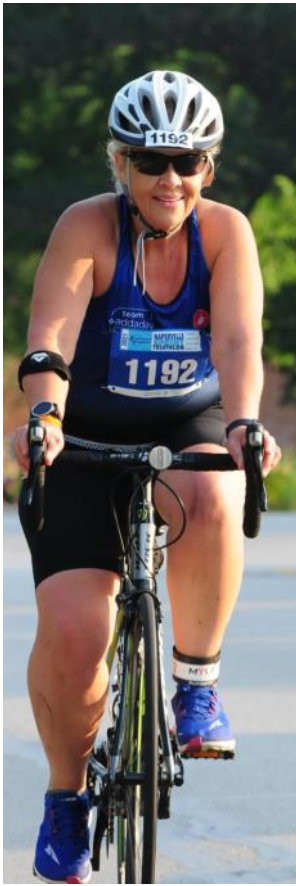
enjoyed joining the family, he loves going for walks unless someone starts fireworks or a storm rolls in. Hopefully by the next issue I will have more to add, a better PT update and have started swim lessons.



## **LIANNE HOLLOWAY**

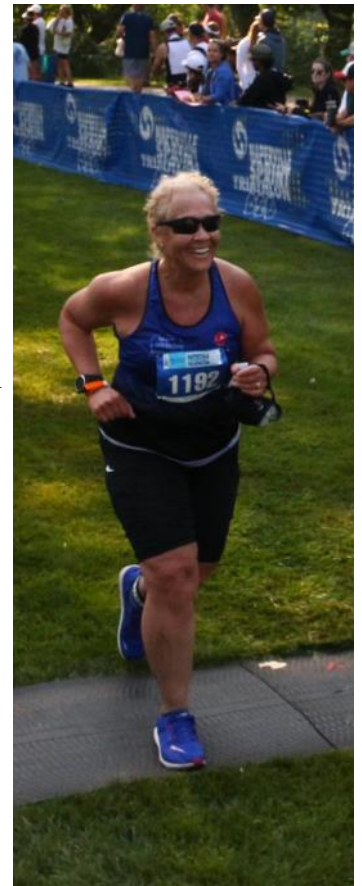
After the Spartan Super 10k in June, I focused my training much more on the bicycle and much less towards weight lifting because the next big event was the duathlon portion of the Naperville Sprint Triathlon on August 1. I don't swim, so for me it's a run-bike-run event and was to be my third duathlon ever. Still being new to the sport and having not done one in almost two years, I was pretty scared. I don't like riding my bike in the streets because I worry about traffic so I do most of my riding around the residential streets or bike paths in the various subdivisions near my home or in Hammel Woods. I have never done a group ride on the street ever. I always train alone when running too. "Everybody is faster than me" is how I have come accept my athletic identity and so it's just easier to concentrate on improving myself while comparing my skills to nobody else's. So those were two things that were always looming over me during the training: (1) don't fall and (2) don't freak out when you're surrounded by faster people zipping around you.

Fortunately, I had done the Naperville event once before and the course was to be the same so I knew how to train. There's a street with a wicked elevation a bit steeper than the actual race and I spent a lot of time running and riding there. I followed the 80/20 Endurance Triathlon training plan (substituting strength training for the swims) and it served me pretty well. I used my Peloton bike for the cadence drills and some of the other more complicated bike intervals that I couldn't easily follow on my bicycle, but I did all the running outdoors. One thing I realized was that the second run right off the bike is a super killer on the legs and my current training plan did not emphasize training for that until the final weeks. I made a note to myself to include runs off the bike much earlier next year because that's one place I definitely need to improve.



Work was busy and it was awfully hot outdoors on a lot of the days in July so I was constantly feeling like I was falling behind on the training but then I would remember some old saying about how its better to be 10% undertrained than 1% overtrained and I'd feel a little better about it.

So race day came and it turned out to be a wonderful day. The weather was perfect and unlike August: cool in the 70s with a high of about 80. And I actually improved my time on both runs (before and after the bike portion), and was only a minute slower on the bike, even though I was still carrying about 10 extra pandemic pounds over the 2019 event. When I closed in on the finish line, they were playing "Run" by Pink Floyd (my absolute most favorite band ever) and, realizing I was going to PR the event by several minutes over the previous time, I broke into a huge smile as I crossed over it while literally crying tears of



joy at the same time. Thank God for my sunglasses! But honestly, that was probably the best moment of my life in this 2021 thus far. I left there feeling like the training had worked, I'd done the best I was able and I couldn't wait to start training for next year's event. All the fear and feelings of inadequacy were gone and there was nothing but satisfaction, which for me is extremely rare.

But there wasn't much time to savor the moment because, like all die hard runners, I had more races on my calendar and they'd be coming up soon.

The next big event, and indeed the biggest of the year, was the September 18 Spartan Beast — a "half marathon" (which means somewhere between 13 and 15 miles) with 30 obstacles — and I needed to bring my running endurance back up quick. I'd planned after the Lemont 10 miler to do a 10 mile training run monthly throughout June and July just to keep my distance skills high but of course that didn't happen. Between work and heat and whatever, I hadn't run more than about 5 miles at any one time in months. I'd been lifting weights and had gotten fairly strong so I was confident that all I needed to do was maintain strength and add back in the heavy carries up stairs and that kind of Spartan stuff which I thought at the time would be easy peasy. Ha!

Now a chubby old injury-prone person like myself no longer does a weekly long run. I've learned that I need to space them out to about 10-12 days so that I don't suffer an overuse injury. Having planned to use the August 22 Fort2Base 10 Nautical Mile Race (actually 11.4 road miles)

as a training run, I needed to somehow close the distance between my current max of 5 miles and the 10 nautical miles within 21 days. I figured I'd do that by running about 8-9 miles midway through that period and do some shorter but more intense interval runs in between. Well, wouldn't you know it...the one day I had off to do the long run, it was hotter than blazes outside — even in Hammel Woods. I only got to 7 and 1/2 miles before I completely melted and gave up. And my right Achilles tendon was starting to act up again from all the speedwork. <sigh>

So I rested a bunch before race day and when it came, I felt okay (my training journal says I rated my pain as 0.5 out of 10) so figured I'd just give it my best. It was just a training run after all and not really a “race” in my mind, so there was no need to push myself.

It turned out to be a fun day. I saw my cousin Andrea out there and a bunch of my PSRR peeps which made it seem like a trip back home to where my tribe lives. I ridiculously chose to follow the 14:30/mile pace group and they went out way faster than I expected. At one point, we were all running like a 12:45 mile. I kept looking at them like they were crazy and the pacer carrying the sign was scurrying after them like a mom chasing her kids. Finally I dropped back and slowed down. By about Mile 5, I was tired so I slowed down and added longer walking intervals, then just sort of speed-walked the last part of the race. I caught up with the 14:30 pacer at one point close to the finish line. She was just standing there waiting for time to pass because it was too soon for her to finish.. I said “what happened back there? Why were you guys so fast?” She answered, “well the group just took off on me.” I thought but didn't say “so...let them go, you're the pacer, not them.” But I just smiled and shuffled on. Again, thank God for my sunglasses. She never saw my eyes bugging out.



The next day, I felt really good. I had massive DOMS in my thighs so I knew I'd worked muscles that had been sleeping too long but I wasn't injured at all. The Achilles pain faded away and I was ready to stretch my running legs a bit further. The next big event on the horizon was the September 4 Naperville Trails half marathon, the next and final long “training run” before the mid September Spartan. I was ready to conquer that.

Then about a week later, I was laying in bed and reached behind myself with my left arm to pull the covers back up over my shoulders and felt a pull. The next morning it hurt, and the following day it was worse. The entire last week of August, my left shoulder was in excruciating pain due to my old nemesis: rotator cuff strain. And that will be the star of the next issue's story.



# TRAVELIN' PSRR



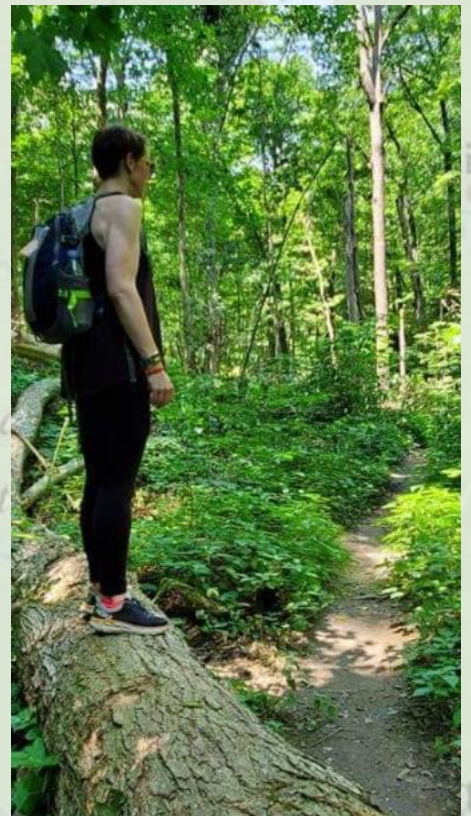
KELLY CUIEL AT THE GRAND CANYON



MARK WALKER IN SOUTH CAROLINA



EFRAIN HUERTA Y LILY MEDINA EN MEXICO



RACHAEL GREENEY IN INDIANA



NICK GARCIA AND DAVE CYPCLICK AT ROCKY MOUNTAIN NATIONAL FOREST

Show off your club gear and/or send your race photos to us at [this link](#). Then come back and find them here!

# TRAVELIN' PSRR



EVA RAHN IN DENVER



DEBRA WALTERS AND HER DAUGHTER AT TAHOE CITY, CALIFORNIA



SHELLI BLENCK AT HER LAKE HOUSE



DIANA SORICH IN GALVESTON TX



MICHELLE PASILLAS IN FLORIDA



LIANNE HOLLOWAY IN FARGO ND

Show off your club gear and/or send your race photos to us at this [link](#). Then come back and find them here!

# 2021 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

Updated 9/2/2021

## CIRCUIT STANDINGS

Runner	1. F 3:The Forge 10K	2. Frosty 5 Mile	3. Running O' the Green 8K	4. Arboretum Champion of Tress 1	5. Fierce Fiesta 5K	6. Summer Solstice 4 Mile	7. Morris Liberty 5K (Postponed)	8. Sundowner 5K	9. Parkies Famous 5K/10K	10. Bolt BBQ 5K	11. PSRR Free 5K	12. Minooka Summerfest 5K	13. Hare & Tortoise 5K	14. Hidden Gem Half-Marathon	15. Shoop Scoot	16. Plainfield Harvest 5K	17. Forte 5K	18. JJC 5K	19. Gobbler Hobbler 10K	20. Poultry & Pie Predictor	Choice Race #1	Choice Race #2	Choice Race #3	Volunteer Credits	Circuit Score	Circuit Ranking
Acup, Fawn					12		20	4																####		
Aguilar, Dan	11		21	8	9	8	11		4															1	72	5
Antonio, Ernesto	C	C		24							40															
Auld, Michael	4	12	4		11	10	26																	2		
Bailey, Marne	30	32	30		30		41				27															
Baltz, Cricket																								1		
Barry, Laura	24	26	31	21			44																	1		
Beard, Nydia		8	5	4		6	13				8										C					
Blenck, Shelli	15	18	9	10		13	22				12													2	99	8
Bonacci-Klaeser, Ruth							29																			
Bornhofen, Larry	9	10	6	7	13	9	12		5															1	58	3
Bowman, Mark			C	13	18		21														C	C		1		
Calder, Kate						16	32																			
Costa, Liz		9		6	5		14		6	9											C	C				
Craig, Wesley		46			45																					
Craig, Jennifer	23	39			31	29	46				32											C				
Curiel, Kelly	10	14			19		28		12															1		
Cyplick, Dave	19	22	14	18			34		10	16														1	133	9
DeGrush, Rich																								1		
Forbes, Sean		31					47				29													1		
Freeman, Angela	3	7	7		17	15					17													1		
Frias, Raquel		47									39													1		
Fritz, Nicole							24																			
Gabryel, Glenn		43		28	43				16												C					
Garcia, Nick	16	17	11	11	16		30		9	19														1	99	7
Greeney, Rachael							47	9		24														1		
Hagenbaumer, Shannon		34																								
Henkaline, Amanda		33			29	28	49			30											C					
Henkaline, Dustin	22	29			25	22	35														C					
Holloway, Lianne	26			23		C					34															
Jackson, Paul			32																					1		
Johnston, Eric			40			34		11		41																
Johnston, Toni		24	26	16		19		7		15																
Kesler, Erica					C		58			42																
Kiernan, Jane	20		13	9	10		16			10																
Klaeser, Pete							57	10																		
Koerner, Casey	13	16	17		6		6		7	5														1	70	4
Koerner, Patrick J.	18	23	16	17	8	11	17		3	7											C	C		1	79	6
Lathrop, Karen																								1		
Macak, Matt																								1		
Macknick, Dick										31														1		
Mangabhai, Damien	6	6			7		8		2																	
Mangan, Kristen	33	40			40	30	52																			
Manzke, Eva	7	11	8		14		15			6																
Manzke, Marty							18																			

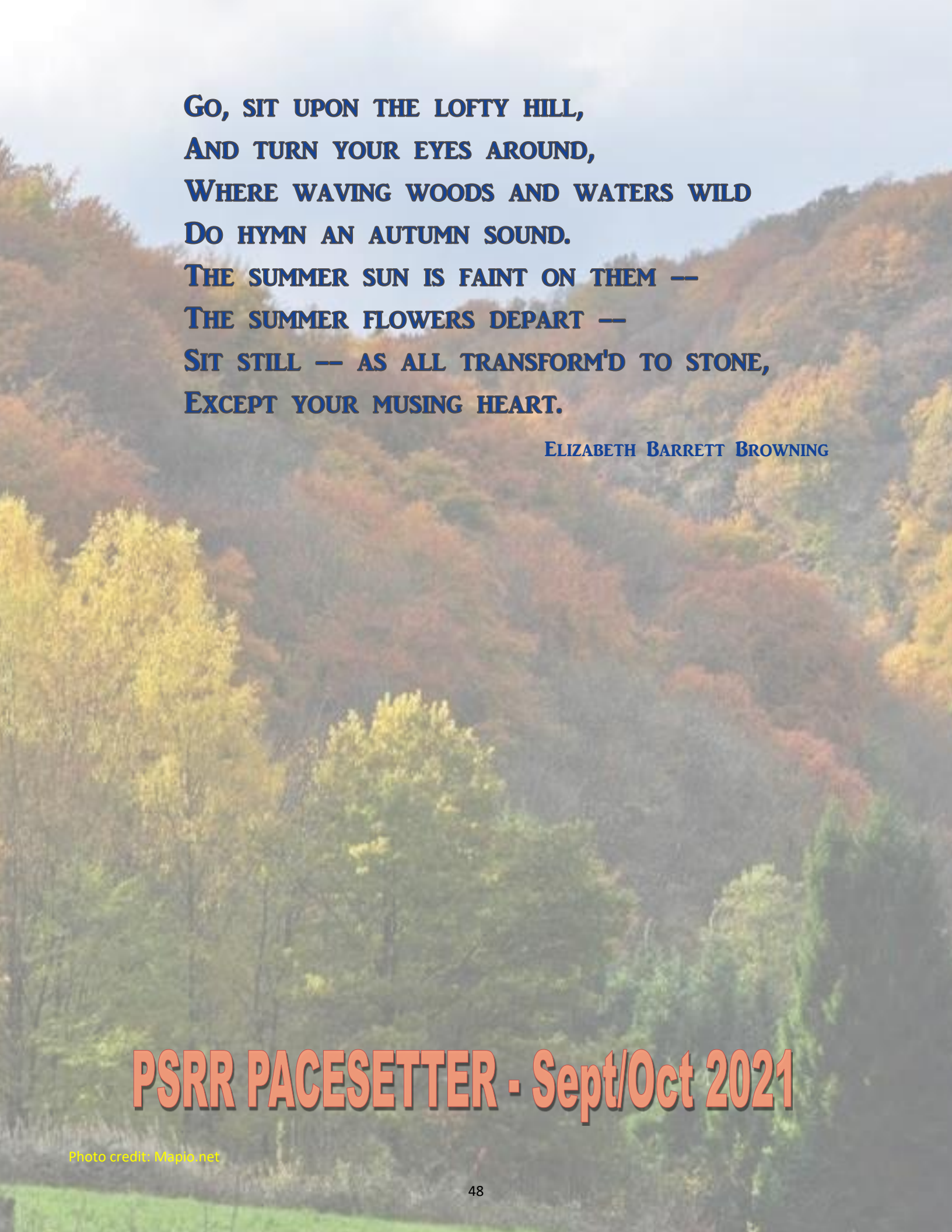
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Updated 9/2/2021

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Markland, Britni	21	27	23		22	18		36																	1	
Markland, JT	5	4	3	3	3	2		4			2														21	1
Martinez, Javier		2			1			3		4															1	
Mayle, Darrell			27		28	23		39	8	20															2	
McFarland, Patrick J.								42													C					
McQuarters, Cathy										13																
Medina, Lily											22															
Morman, Cathy																					C	C	C			
Morman, Rachel																					C					
Munro, Kent			20			20																			1	
Munro, Virginia			29			24																			1	
Nelson, Mark		25						37																		
Nette, Paul								25	5	14																
Newberry, Phil			15																							
Norris, Tiffany									12																1	
Pasillas, Michelle		35			34																					
Pirc, Brittany								33													C					
Pirc, Tina																					C					
Pociask, Natalie		37	33		36			54																		
Prado, Sarah					47						43														1	
Putnam, Terri	31		35	29		31															C	C	C			
Quigley, Lori	14	19	18	19	21																					
Rahn, Eva					2	3		7		3																
Raino, Gerald	25				41					25																
Raino, Lauren	29	44	38	27	39	33				38															248	10
Raino, Mary				14	44																					
Rails, Erin																					C	C				
Rice, Rebecca		45	37		32	26															C				4	
Rowbottom, Michelle	12	13						27		11																
Schalk, Daniel								1																		
Scheckel, Debbie			22						6	28																
Scheckel, Harry								9	3	33																
Sheridan, John								51		36															1	
Skisak, Eileen	1	1	1	1		1				1																
Skrobot, Jackie	8		19								18										C	C	C			
Smith, Tammy					20	14		23			13														1	
Sorich, Diana	28	42	36		38					15															2	
Stapleton, Carol		28	24	22	35			31																	1	
Steinmetz, John				5		4		2	1		1														3	
Tezak, Samantha	32	38	39	30		34																				
Tocwish, Alicia					27	17		43																		
Tocwish, Timothy					42	32		50																		
Thompson, Bob								55		37															1	
Topf, Stephen		21	25																							
Troha, Lois		30	28	15		21		40			21										C				1	
Vanderploeg, Danielle																									1	
Wagner, Amanda				25																						
Wait, Jay				20	26	25		45		23																
Walker, Mark		15	12	12				19													C				1	
Walters, Debra		41			46			46		18											C	C			2	
Walters, Mark		5	10		12	5		5	2																2	
Warren, John	2	3	2	2	4	7		10		8	11										C	C	C		28	2
Warren, Judith	27		33	26	33	27				14											C	C	C	1		
Welsh, Darcy					37			53		17	34										C	C	C			
Westefer, Gary											26														1	
Williams, Leslie	17	20			15																				3	
Williams, Hannah		36			24			38																	1	
Williams, Bailey					23																				2	



**GO, SIT UPON THE LOFTY HILL,  
AND TURN YOUR EYES AROUND,  
WHERE WAVING WOODS AND WATERS WILD  
DO HYMN AN AUTUMN SOUND.  
THE SUMMER SUN IS FAINT ON THEM --  
THE SUMMER FLOWERS DEPART --  
SIT STILL -- AS ALL TRANSFORM'D TO STONE,  
EXCEPT YOUR MUSING HEART.**

**ELIZABETH BARRETT BROWNING**

**PSRR PACESETTER - Sept/Oct 2021**