

THE PACESETTER

SEPT/OCT 2023 | Volume 48, Issue 5

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

www.psrr.org



The Pacesetter is for Runners,
Walkers, and Fitness Enthusiasts

THE PACESETTER

Volume 48 Issue 5 Sept/Oct 2023

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THE PACESETTER

Volume 48 Issue 5

Sept/Oct

CLUB OFFICERS

President

Mark Walker

Secretary

Eva Rahn

Treasurer

Raquel Frias

VP/Business

Nydia Beard

VP/Membership

Javier Martinez

VP/Operations

Amy McGoldrick

Directors (3)

Stephen Topf

John Davis

OPEN

Upcoming Circuit Races and Events

SEPTEMBER

Sun 3 Sept - Herscher Hare & Tortoise 5k

[Registration Link](#)

Mon 4 Sept - Water for Life 5k

[Registration Link](#)

Sat 9 Sept - Hidden Gem Half

[Registration Link](#)

Sun 24 Sept - Plainfield Harvest 5k

[Registration Link](#)

OCTOBER

Sun 1 Oct - JJC 5k

[Registration Link](#)

Sat 21 Oct - Forte 5k, Channahon

[Registration Link](#)



**PRAIRIE STATE
ROAD RUNNERS**
Will County, Illinois ★ Since 1975

On the cover:

Oakbrook Zoo Picture: John
Steinmetz

Newsletter editor: John Steinmetz

Webmaster: Scott Lemke

Group runs (open):

Every Sunday at Channahon State Park, 8:00 a.m.

Speed work/group run (open): Wednesdays at 6:15

Check postings on Funner Runners Facebook group

Channahon Minooka RC Taco Tuesday 5 or 5:30

BULLETIN

From the PSRR Editor

The Newsletter Staff is growing! A number of members are now staff reporters and will contribute an article for upcoming newsletters. These journalists report a circuit race, club picnic, outside races of note, circuit standings, or special interests that tickle their fancy.

Staff Reporters include: Dave Cyplick, Humberto Macias, Darcy Welsh (visiting reporter), Harry Scheckel, Darcy Welsh, Amy McGoldrick, Mike Auld, Mark Walters and Mark Bowman.

Thank you to the contributors to this edition, including: Vera J. Ericson (Tour Du Mont Blanc Hike), Mike Auld (Parkie's Famous 5k), Amy McGoldrick (PREZ says), David Musgrave (Hiking in Southern Illinois) and Mark Bowman, Circuit Standings, Javi Martinez (New Members listing), Susan Weber (Hiking in Arizona) and Mark Walters (help with final editing)!

Hope you enjoy our special Hiking Section and checkout Mark Bownan's update on the Excellence Award Standings .

John Steinmetz

Next PSRR Board Meeting:

September 7. All members are encouraged to attend. Meetings are usually held at 6:45pm at the Plainfield Riverfront Building.

Welcome to new members!

Mark Jados
Nicole Howard
Jack Bush
Fran Brolley
Jody Somers
Bill Rowley
Anne Bennett
Bill O'Brien

If you joined in 2023 and are not listed above, please email the editor.

Joke Corner

To keep fit I've taken up quiet tennis. It is the same as regular tennis but without the racquet.

* * * *

I made some fish tacos today. They ignored them and just swam away.

* * * *

How many Mo Town bands can you name? Two? Three? Maybe Four Tops?

* * * *

After a Saturday long run!



I REALLY NEED A DAY IN BETWEEN SATURDAY AND SUNDAY

PREZ SEZ

by Amy McGoldrick

Dear PSRR Members,

I'm writing this to you as I prepare to leave for a 2-week hiking trip on the Appalachian Trail in the White Mountains. Going on an annual solo hiking trip has been a longstanding tradition for me – and a great way for me to disconnect and recenter myself. This has been a tough year for me personally - and I can't wait for a "reset." I plan on soaking in lots of beautiful landscapes and catching up on my reading! (Any recommendations for audiobooks and podcasts are welcome!)

As a 501c3 non-profit, we are more than just a run club. And I continue to be inspired by all of our PSRR members on a daily basis. A member recently posed the question, "What else can our club do?" Let's all ask ourselves this as we strive to inspire and encourage runners of all abilities, enrich the lives of those in our community, and have fun!

A few quick notes of recognition (and apologies that I have most likely left off several names!)
-

Darcy Walsh – picked up and distributed Liberty 5km packets (and those beautiful medals!)

Diana Gonzalez Sorich – organized the Free 5km donation drive

John Warren – set up water stops on the I&M canal for PSRR members and others

Mark Walters – tirelessly worked behind the scenes on all club projects

PSRR Free 5km race volunteers – we couldn't have done it without you!

Hammel Woods clean-up volunteers – thank you for all of your hard work!

And a big shout out to everyone who is offering valuable feedback to us so that we can always strive to be better and more inclusive.

Service is not always fun – it can also be hard work, but it is also extremely rewarding.

Letter from the Prez (continued from previous page)

Club News:

Thanks to your generous support, we raised \$1000 and collected multiple boxes of in-kind donations for our sister school, Santor Sanchez Elementary School in Joliet. Way to go PSRR!

We need new merch! We are looking for a member(s) to order new PSRR logo gear for club members. In the past, we have used local vendors and collected orders in advance.

The 4 Nike Elmhurst Cross-Country Camp scholarship recipients attended the camp in July 2023. We recently surveyed camp participants (and their parents) about their experience attending the camp and here are a few excerpts.

"It was really eye opening for our son to see that running could be a way to experience the world outside of his school team. This was a huge growth experience for him, and he really matured not only as a runner, but as a person. Thank you so much."

"The camp was well organized and ran smoothly. It was inspiring. Our son didn't want to leave. He made a lot of friends and wants to go back next year."

"The proximity of this camp in the Chicago area was fantastic. The coaching staff was top notch."

Board Updates:

On July 12, Mark Walker announced that he will be stepping down from the board at the end of this term. He has delegated the day-to-day responsibilities of the club to me and Past President Mark Walters. We thank Mark for all of his valuable contributions to PSRR!

Our July 13 board meeting minutes are available on our website.

We encourage members to contribute agenda items for our next board meeting on September 7. All members are encouraged to attend. Meetings are usually held at 6:45pm at the Plainfield Riverfront Building.

Letter from the Prez (continued from previous page)

Circuit Races:

We are over halfway through our 2023 PSRR circuit! The Sundowner race has been the most popular race so far amongst PSRR members, followed closely by the PSRR Free 5km, and the PSRR Irish Fest.

Would you like to join a committee to review this year's circuit races and provide recommendations for next year's circuit? We would love your input and are looking for 3-5 volunteers. We will also be sending out a survey to all members at the end of this year.

We have 4 circuit races in September (Herscher Hare, Water for Life, Hidden Gem, and Plainfield Harvest 5k) and 2 in October (JJC 5km and Forte 5k). I look forward to seeing many members at these events! (I'm hoping to run all of them!)

At our last board meeting, the board approved the recommendation to provide circuit credit for the Plainfield Harvest 10km (in addition to scoring the 5km).

PSRR Membership Attendance at Circuit Races:

Race	2022	2023	Race	2022	2023
Sundowner	67	68	Memorial Day 5k	n/a	43
PSRR Free 5k	52	66	Minooka Summerfest	32	41
Irish Fest	64	58	Galena Sky Trail	17	24
Frosty 5m	52	49	Summer Solstice	19	20
Winterfest	32	47	Champion of the Trees	10	12
Shamrock Shuffle	51	47	Quarryman	n/a	9
Liberty 5k	48	47	Parkie's 5k	21	18

As always, we welcome your feedback. How are we doing as a club? What can we be doing better? Please let us know!

Amy McGoldrick

Vice-President

Virtual Morris Liberty 5k

JULY 1 to 15

RACE RESULTS

Due to fires in Canada, the Liberty 5k turned into a virtual event. Damn Canadians! JT Markland, Humberto Macias–Deleon, Javi Martinez and Patrick Koerner finished first through fifth overall! Brittany Pirc finished 1st in the ladies division. Quite impressive. A virtual team picture is shown below.



Joliet Sundowner 5k

July 20th

RACE RESULTS



The Joliet Sundowner 5k is a gem. Here are five reasons to run every Sundowner 5k:

- 1) The kids races are cool and the price for kids to run, eat and get a shirt is outstanding.
- 2) Post race meal, really hit the spot and not done at other races.
- 3) The awards ceremony was held soon after runners finished and went quickly.
- 4) The location is excellent. Lovely shaded course and nice post race environment.
- 5) Great Turnout by PSRR members as shown in the picture below.



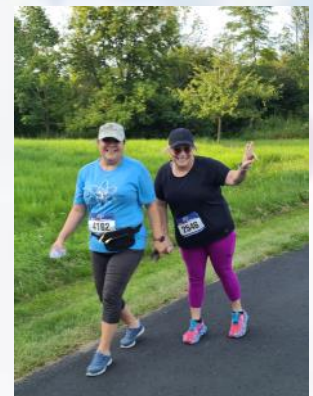
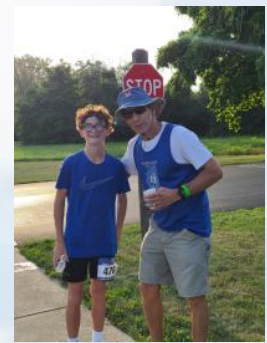
PSRR Free 5k

RACE RESULTS

Thanks to the run organizers, participants, sponsors and time keepers, Amy McGoldrick and Diana Gonzalez Sorich were able to present donated school supplies and a ONE THOUSAND DOLLAR check to Principal Amy Mucha and AP Megan Pritz of Sator Sanchez school.

The race took place at Hammel Woods, and we were pleased that nearly 100 runners and walkers participated. The Top 4 finishers were high schoolers, and not one older than 16. Thank goodness their cross country seasons start soon and they will let us slower runners move up a few places! Nico Cimino, Jackson Ethridge, James Maso and Casey Koerner finished 1st through 4th, all under a 6 minute per mile pace.

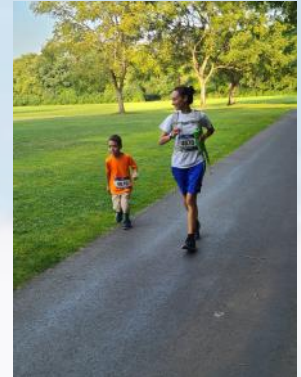
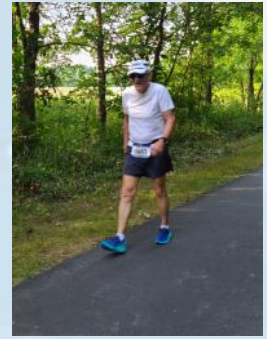
- ⇒ DNA Active Lifestyle Outfitters gave us a nice selection of items from their store for free giveaways (I don't know how many they gave us)
- ⇒ Running for Kicks provided a gift certificate for a free pair of shoes. Tina Pirc won the raffle!
- ⇒ Thanks to the Forest Preserve District of Will County (FPDWC) for allowing us to have a volunteer work day on July 16 to clean up the two shelters within the preserve. That enabled us to not have to pay to rent the Hidden Shelter and use the DuPage River Trail for our race



PSRR Free 5k

August 5th

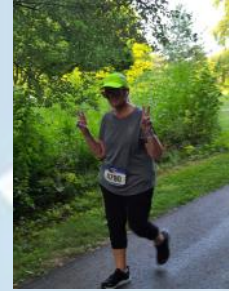
More Pictures



PSRR Free 5k

August 5th

More Pictures



Parkie's 5k

August 26

[RESULTS LINK](#)



By PSRR Newsletter Staff Reporter Mike Auld

After a few blazing hot days during the week before this race, it was nice to head out to the Parkie's 5k with temps around 74. Great! I arrived and walked past a few of the business tents to check out the excellent setup available after the race. I had my eye on the fabulous PT Solutions tent with their stretch tables! After a little warmup run and the necessary visit, I came out of the park district building facilities and everyone was gone! Well, not GONE gone, but all out on the street ready for the race to start! A little jog out to the start and I could see there were a lot of people doing this race. That's always good to see.

I greeted a couple of fellow PSRR people in the start corral (Nick Garcia, Stephen Topf, Liz Costa) as I moved my way towards the back. Not sure how much I had in me that morning. I did a few more dynamic warmups (butt kicks, high knees, skipping, etc.) trying to wake myself up, and it was time. Instead of fighting the crowd I laid back and I was the last one to cross the Start line, maybe 100ft behind the person in front of me. Hey, I had to let things thin out a little since it was curb to curb humans.

I started off a tad too fast but then as things thinned out, I fell into a more comfortable pace. The course markings were excellent, with prominent arrows on the ground and the contingent of volunteers was top-notch. I appreciated seeing the great course marshals. That one girl at the corner was pointing the way and exuberantly cheering on runners as we all paced. She was shouting encouragement to everyone. That girl deserved the 'thank you' I was able to blurt out before sucking in another breath! After winding through some streets and a brief stint on the wide asphalt path we turned back onto Lindsey, which is the street we started on, so I knew we were getting close. Around a curve or two and there it was. The Start line. I hadn't scoped it all out beforehand, but I knew the finish was up near the building. I scanned, looking for the finish as I rounded onto the drive along the building. There it was towards the other end of the building. I knew I needed to push a bit harder to try and get under the mark I set for myself. I came in hard and crossed the finish line. Phew. For 'not being too hot' I sure sweated buckets!

I got my medal, some water, started to catch my breath, and headed back down the line to see the other runners. Again, the 'race staff' were excellent.

Parkie's Famous 5k

The race description said "The top male and female finishers in each age group" would receive awards, which might lead one to believe only 1st place in each age group. Maybe they did this in years past but, they went three deep in all age/sex brackets at this great race. Another plus, there was no waiting around for an awards presentation. They had a table and board set up with all of the award medals. Look on the posted results and tell the person at the table if you placed. He looked you up, had someone grab your medal, and crossed you off the list. Very efficient and allowed people to get on with their Saturday if they chose! If you won a place award you could have had it around your neck easily within 15 minutes of crossing the finish line!



Overall, a very well-run race that, barring a conflict, I will attend next year. Great people, great 5k race. Kudos to Parkie!

Mike Auld



PSRR Group Runs

Tuesday Runs With Channahon-Minooka Run Club

5:30 PM at Moose Island



Sunday Funday at 8 AM in the park in Channahon



Not shown: Speed Training on Wednesday evenings and Ladies 5 AM Runs at Shorewood Four Seasons Park.

PSRR Hiking Around the Globe

Back in March/April edition, a few of our members shared their hiking plans . The following pages document their adventures. Enjoy!

Life was meant for great adventures!

By way of introduction, my name is Susan Weber and I have been a member of the Prairie State Road Runners since the early 2000s. I was very active with the club until moving to Arizona in 2012. I served on the Board in various roles, was the newsletter editor for a couple years and proudly accepted the Prairie State Road Runners Hall of Fame recognition nearly 12 years ago. However, what I am most grateful for are all the amazing folks I have met (and continue to meet) in the club throughout the years.

Since moving to Arizona, I have kept up with my love of running but also find time for some great hikes. When John Steinmetz asked if I would share some of my recent Arizona hiking experiences for the newsletter, I was more than happy to do so.

My husband, Tim, also shares my love of running and hiking, and together we spend at least 5 days a week exploring our beautiful surroundings on foot. Right outside our front door is the Tortolita Preserve and Trail System. It is located on the Tortolita Mountain Range in the area of Marana, Arizona known as Dove Mountain. It is a relatively flat hike at approximately 2,500' elevation and a nice break from the mountainous terrain we enjoy, as well.

Summer hiking here is always a challenge due to the extreme heat so I thought I would write about our experience this past winter and late spring hiking in the Tortolita Preserve and how one seasonal hike connected with another in such a fascinating way.

We all know that much of the country has experienced some crazy weather this year. Most natives



Southern Arizona? We were so lucky!



of Tucson say this past winter was the coldest they ever experienced. They also say this summer has been the hottest they can recall. Many records were broken including most 110-plus-degree days in a year (15 to date) this summer and a rare 3-inch snowfall on March 2nd.

I absolutely loved the snowfall on March 2nd. When I woke up that morning, I was like a giddy school girl who just found out school was canceled due to snow. Tim and I headed out early for a morning hike to the Tortolita Preserve, just a short walk from our home. We were awestruck as we took in the snowcapped saguaros, vegetation, and mountain tops. The Preserve was breathtaking and at the same time surreal! I mean how often does one see snow on the desert floor of

Not only was the March snowfall spectacular but it was also a tremendous bonus to the desert plant life, and that is where I would like to link this next April 25th hike to the snowfall hike in March. Desert plants are tough. They endure extreme heat and relentless sunshine, along with lack of rain water. But, with that much needed drink that came with the 3-inch snowfall in March, along with abundant spring sunshine, those desert plants were aided in developing the most vibrant colors that simply lit up the Tortolita Preserve.

Tim was golfing on April 25th, so I hiked alone. Nearly 2 months after the snowfall, I snapped the most beautiful colors while hiking the same trail that was previously a white mass of snow. It reminded me of a colorful bag of Skittles. Stunning colors everywhere!!

Many, many years ago, I pictured Arizona as a drab desert with tumbleweeds, tarantulas, and snakes. Then I moved here and learned that is just not so. I have gained so much respect for the Sonoran Desert wildlife and nature, and that does include the tarantulas and snakes, too. Furthermore, I have learned how truly amazing Mother Nature can be! Tim and I will never stop exploring and will never take for granted a single day when we can run and hike in these beautiful surroundings, we now call home.



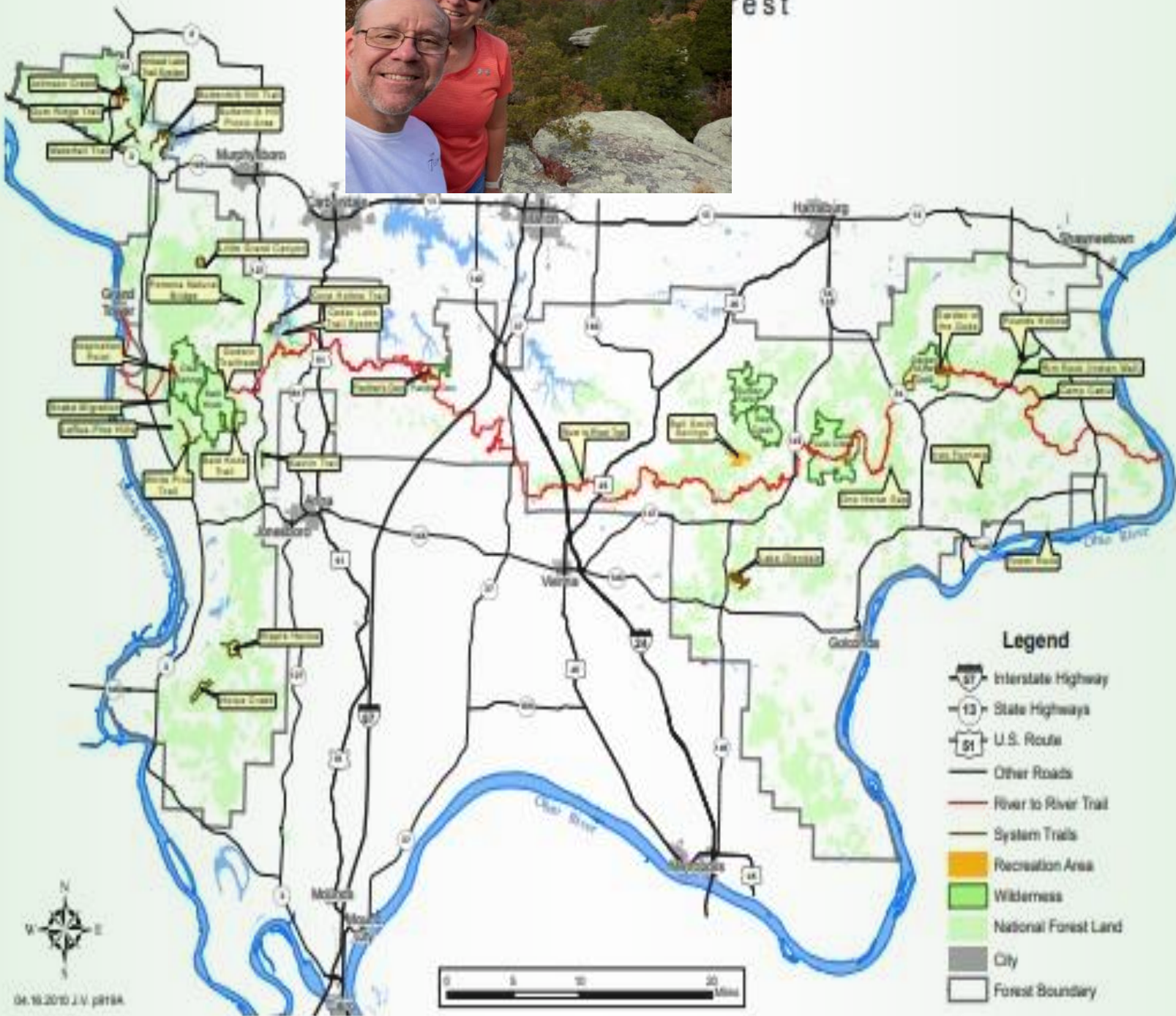
Happy Trails from Arizona!

Susan



Best Kept Secret in Southern Illinois

By David Musgrave



Best Kept Secret in Southern Illinois

In our opinion (Carol and I), Southern Illinois is the best kept secret in the state and maybe in the country. When the ice age ended a few million years ago and the waters receded, the land in Southern Illinois was altered in that hills, valleys, and rock formations were left behind – thus creating a wonderful playground for those who like to partake in outdoor activities.

When we are not on our farm, you will find us out exploring all that nature has to offer within the Shawnee National Forest which spans ~290,000 acres across the southern part of the state. Depending on the time of year, there is always something to do outdoors. A few of our favorites:

- Spring Time: during the rain season, you can chase waterfalls across the area: Burden Falls, Jackson Falls, Bell Smith Springs and Ferne Clyffe are a few of the more popular areas with nice trails that are not too difficult to navigate. You may have to climb up and down but these trails are worth it.



- Summer Time: we are not a big fan of snakes, especially poisonous snakes such as copperheads and rattlesnakes so we opt to go biking or hike trails that are cleared and well maintained. You may find Rim Rock and Pounds Hollow nice options for hiking or if you are adventurous you can jump on the Tunnel Hill Trail for a run or bike ride. This 45 mile trail stretches from Harrisburg to the Karnak and was actually the route for the Cairo and Vincennes Railroad. The Tunnel Trail passes through Vienna where there is a Trail of Tears monument for the Cherokee Indians.



Fall Time: the changing of the colors are breathtaking and we would compare these to what you would see in Wisconsin. We highly recommend Garden of the Gods as this is the one place to go where you can go out on top of the rock formations, see all the colors and feel like you are on top of the world. The Little Grand Canyon would also be a great place to hike as, well as it's name implies, it is a little Grand Canyon.



Winter Time: all of the above are options during the winter but in the past couple of years we have hiked High Knob and visited Cave-in-Rock a few times. The weather doesn't get too cold and there is not much snow, so this is a great time to hike.



I'd be remiss if I didn't mention the great comfort food you can find in the small towns along either the Mississippi or Ohio River waterways or the Shawnee Wine Trail and the newly added Shawnee Beer Trail. There is a little something for everyone down in our state's best kept secret. We hope to see you down there one day.

David Musgrave

PSRR Hiking Around the Globe

Tour Du Mont Blanc

Submitted By Vera J. Erickson



Tour Du Mont Blanc

We hiked the Tour Du Mont Blanc (It circles the Mont Blanc massif, passing through parts of Switzerland, Italy and France) 58.5 miles and over 17,000 feet of climb over 6 days with the tour group called Intrepid Travel. We had a French tour guide named Bene who was absolutely wonderful explaining about the areas we were in at that moment as well as telling us about the flowers, landscapes, and even picking wild strawberries, and blueberries throughout our hikes. She showed us the majestic beauty of the trails and explained the history as we climbed this magical mountain. The beauty was astonishing. Wild flora, goats and cows, steep rocky climbs and descents, cold plunges in lakes and rivers, ladder climbing, suspended bridge crossings, friendly hikers and wonderful weather made it memorable.



Each day started with our group gathering in the lobby of our hotel and filling our backpacks with the most amazing and delicious foods from the local markets and bakeries which would serve as our mountainside lunch. We had French baguettes, local cheeses, Italian meats, fresh fruit and vegetables, cookies, chips and chocolates. We'd hike and talk and take breaks for photos and eat and just enjoy each others company. We'd end the day at our hotel for the evening where we'd clean up and enjoy a meal together with the group. Some nights we even explored the local town and enjoyed ice cream or gelato. Oh the food was amazing.



Tour Du Mont Blanc

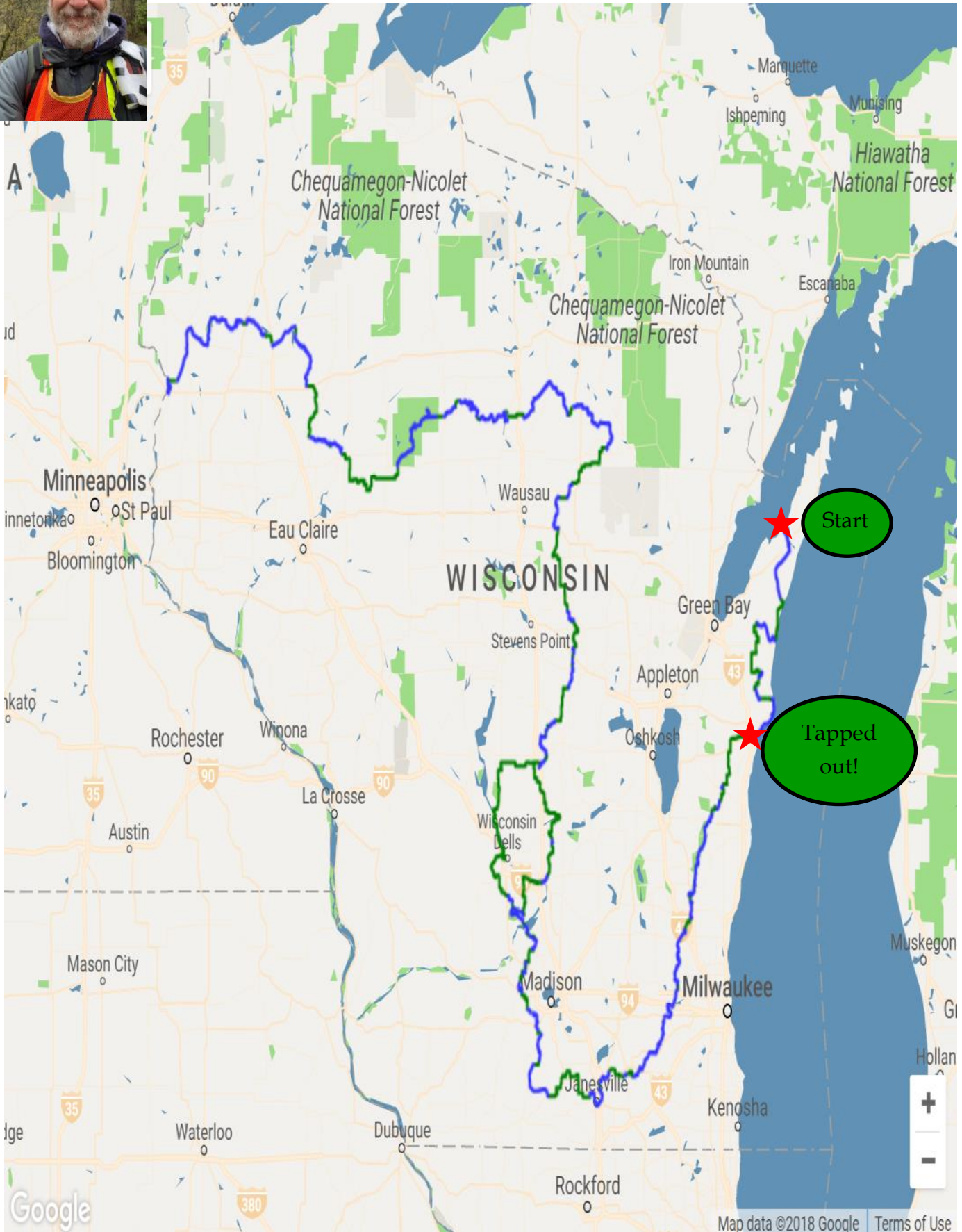
It was most definitely the “Trip of a Lifetime “ and one I would do again. But the most special part of the trip was our group of people and our leader Bene. I highly recommend this trip if you love nature, mountains, and a challenge.

Vera J. Erickson



The Wisconsin Ice Age Trail

By John Steinmetz



ICE AGE TRAIL

My dream has been to hike the Appalachian Trail. A wise person said “Never test the depth of the water with both feet”. So, instead of the Appalachian Trail, I headed to the Wisconsin Ice Age Trail’s Eastern Terminus near Sturgeon Bay (near Green Bay). It was only a train ride from New Lenox to Chicago and Greyhound bus rides to Milwaukee and on to Green Bay. A trail angel picked me up in Green Bay and got me to the Trails Eastern Terminus. I hiked 4 miles to Sturgeon Bay and met friends who owned a cottage in northern Door County. Weather was bad, with high winds, cold and snow, so I stayed with my friends for a couple of days. The real hiking started on May 2nd. If things went well, I was planning on hiking 2 weeks or longer.

The Ice age trail is about 1246 miles in length. It connects trails by sending the hiker down little traveled country roads. I hiked about 112 miles of the roads/trails starting from the Eastern Terminus. I estimate about 1/2 the hiking was on roads and 1/2 on trails. I really enjoyed the trails. There was a mix of abandoned train beds (like the I&M trails), trails along creeks, trails through farmers fields and a walk on the Lake Michigan beach. I

At the start, I met a hiker who was finishing the trail. He had spent 4 years and day hiked the entire 1246 miles. I began my journey wondering if I could match his accomplishment only in the opposite direction.

My biggest challenge was getting enough sleep to recover from the 8 to 10 hours of daily hiking. So I will address each nights sleep, or lack there as I discuss my adventures.

I imagined walking 15 miles or so and setting up camp. My tired body would fall asleep shortly after the sun set and I would wake up refreshed when the sun arose. Reality would be quite different.

Sleep was difficult to say the least. The first night, I set up camp as the only person at an RV/tent campground. I had walked ~20 miles almost entirely on an abandoned railroad bed. That night the wind was howling at 30 mph and the trees overhead were creaking and groaning. I managed to fall asleep and wake up somewhat refreshed. It would be my best night of sleep.

I walked a couple of miles into a little town called Algoma and had a nice dinner. It was worth the 4 extra miles.



Continued on next page!

The second day of hiking started over about 14 miles of country roads and through Kewanee. From there it picked up a trail along the Kewanee River for another 12 miles. The second night, the only nearby campground was still not open. I found a place in the woods and set up my tent. The wind was not as strong allowing me to hear every noise in the woods for what seemed like a quarter mile away. I swear I heard a large animal sniffing loudly coming near my tent then meandering away. A deer? Wild hog? A bear? Bears were not supposed to be in the area but there had been sightings near Milwaukee, Manitowac and Madison, so I wasn't sure. I didn't have bear spray or a gun. About 1:30 AM I was still wide awake and stuffed my tent and sleeping bag in my backpack for some night hiking. I

I started day 3 hiking in the middle of the night and walked another 17 miles to the next RV/tent campground checking in at 8:30 AM in the morning. After hiking about 43 miles in the last 24 hours I decided to rest in the afternoon and tent camp at this campground. I cooked breakfast over a propane heater (warming up the water to hydrate a breakfast mix)..



A friend traveling north to Door County from Illinois picked me up to go to dinner in Two Rivers. It was very good. Getting back to camp, I found the night to be cold and windy, with winds gusting up to 25 mph. My tent was perpendicular to the wind from the East causing my rain cover to flap like a flag over the tent. I should have repositioned the tent to be in line with the wind but was too tired or lazy. Another night of poor sleep.

The fourth day of hiking started early in the morning so that I could get to a restaurant about 6 miles away.

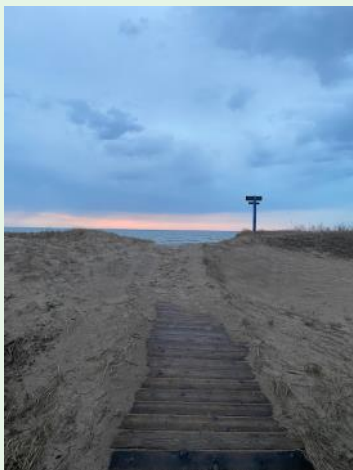
The fourth day of hiking started early in the morning so that I could get to a restaurant about 6 miles away serving breakfast until 10 AM. Breakfast was great, and when I finished, the rain started coming down. I decided to hike in the rain. It let up in about 4 hours, but I found hiking in the rain, was kind of fun. The fourth day of hiking had a couple of beautiful trails, but most of the journey was over roads. During the 4th day, I stopped at a laundromat in a small town in Mishicot to



wash my clothes. About 10 miles past Mishicot, I entered Point Beach State Forest. The forest contains 10 beau

tiful miles of the ice age trail and a few great tenting areas. The fourth night, I set up camp in a beautiful campground 50 yards from Lake Michigan. I accidentally left my tent rain cover at the last campground and ended up sleeping under the stars. The wave of Lake Michigan were noisy and incessant. Got some sleep. Around 5 AM, it started to sprinkle. I quickly loaded my tent into my backpack and by 5:30 AM was night hiking through the woods.

Four nights of poor sleep led me to target the Greyhound bus stop, It was about 20 miles away. My legs were barely functioning, but got they got me to the finish line. The pictures on the left are from the Point Beach State Forest and a trail going out to and walking along the Lake Michigan Beach . I booked a ride back to Chicago on the Greyhound bus line and hopped the train back to New Lenox. My wife was nice enough to drive me the last 4 miles home.



Lesson's learned:

Hike when there are more people on the trails and campsites. There are advantages to solitude, but 5 days is a bit much. I did strike up conversations at a couple of restaurants and the laundromat.

The animal that I heard on night 3 was likely just the wind resonating on my tent.

I averaged about 22 miles a day. Sixteen might have been better. Another option would have been to hike 20 miles a day and take a day off after hiking 4 days at a nice hotel.

I'm looking forward to the next 100 miles which will take me through the Kettle Moraine ar-

ea. Let me know if you want to come along!

John Signing off.



Celebrating in Manitowoc before walking the last five miles to the bus station.

2023 Circuit Results

Completed 7 circuit races – eligible for circuit award and circuit ranking

Has 7 or more points via circuit races, volunteer credits, and other service credits – eligible for circuit award

Has 5 or more points (age 14 & under) via circuit races, volunteer credits, and other service credits – eligible for circuit award

Updated 8/28/2023

CIRCUIT STANDINGS

Runner	Winterfest 5K	Frosty 5 Mile	Manhattan Po of 5K	Shamrock Shuffle 5K	Autumnfest Champion of Trees 10K	Quincyman 5K	Calonia 5K 8-Hour	Bridgwood Memorial Day 5K	Summerfest 5K	Summer Solstice 4 Mile	Maria Liberty 5K (Credit Only)	Sundowner 5K	PSRR Free 5K	Parkies Famous 5K	Hans & Torilee 5K	Hidden Gem 1/2-Marathon	Water for Life 5K	Pleinfield Harvest 5K	JJC 5K	Fortis 5K	Paleoic Devonian Fall 12.5K	Poultry & Pie Predictor	Choice Race	Calonia 5K 4-Hour or Quincyman 10 Mile	Volunteer Credits	Circuit Score	Circuit Ranking	
Acup, Faen																												
Aguilar, Dan		16	13	23			7	23				21	14													1	117	10
Anderson, Clark	3			3	2	1		2	3			2															16	2
Antonio, Ernesto			55							20			60										C					
Arocho, Dori			55									54	53													1		
Auld, Michael	47	44	29			3	6	23	C			53	20	4												5	129	11
Bailey, Marna		15	13					17			C	32	21															
Barcus, Jamaica		29	25			6		24	19	10	C	29	31														142	12
Barry, Laura		35	30									45												C				
Beard, Nydia	10		9	9							C	15	12													1		
Blenck, Charlotte																										1		
Blenck, Shell									25			25	33													1		
Boletto, Susan	45		35				15	40				54														2		
Bornhofen, Larry		17	11	12		2		12	12	4	C	17	10														53	5
Bottomley, Elaine												55																
Bowman, Mark		12	14					9	9	2																		
Bullock, Dan	35	40	35																									
Bush, Jack W.													34															
Calder, Kate		24	43	21						11	C	25																
Casarez, Mary Beth	15	19	20		6			22	17																			
Castaneda, Emilio					8					13																		
Collat, John	1	2			1							4																
Coata, Liz	24							20	13	12		28	13	6													115	9
Coata, Tim	43							35		C			18															
Craig, Jennifer				32			14			C																2		
Crickman, Justin							5																					
Curlis, Kelly			27	25								35	37										C					
Cyplik, Dave	17	20	21			5		19	13	7	C		25														102	8
Erickson, Vera							19																					
Esquivel, Apolonia		4	2									6	3															
Esquivel, Laura				53																								
Ethridge, Traci	4		3	2					7																			
Ethridge, Jackson									5																			
Ethridge, Parker				8					2																			
Ethridge, Ryder																												50
Ethridge, Tom	23		25	25					24																			32
Faison, Sean									29		C	50	44															
Forbes, Sean		37	51									53	45	14														
Freeman, Angela		45	31				20	25	20				35															
Frias, Raquel	39		52	41			24				C		55													1		
Gabryel, Glenn		47											54	15														
Garcia, Nick		22	24					14	15			35	30	7									C				147	13
Goodwin, Mike	21																											
Gons, Bill					9									13														
Groat-Smith, Tracy				45																								
Hall, Heather						8					C	45																
Hamann, Charlene	15	14	15							8	C	19	17															
Harman, Jim			23	18			21	13			C		18													1		

2023 Circuit Results

Sorich, Diana	37	48	39		17	39															G																		
Stapleton, Carol						34	28	15		41		12																											
Steinmetz, John	5	5				4	6	1		5		3																									29	4	
Tocwiah, Alicia		38																																				1	
Tocwiah, Timothy		47										53																										1	
Topf, Stephen		32	28				27			C	39		8																									1	
Troha, Lola	26						32	30		C																													
Yeoman, April	C																																						
Walt, Jay	38	43	45		11		36	31	18	C	49																											228	15
Walker, Mark	18		18	20						9	C	22																										3	
Walker, Vickie	14	11		11			9	21				13									C																1		
Walters, Debra	41						41	37		C	61	58																									1		
Walters, Mark							16		5	C	18																										4		
Warren, John	11	13	16	14						3	10	9																									76	6	
Warren, Judith	32	41	42	38	10	9															C																		
Welsh, Bob																																					1		
Welsh, Darcy			46	C			35			C	52	56									C																		
Westeler, Gary	34	38					37	34				47																									1		
Williams, Bailey	24						28				20	24																								1			
Williams, Bill	38																																			1			
Williams, Hannah	29										42	45																								1			
Williams, Leslie	9			10			8	7			8	7																								1			
Woods, Cynthia		1																																					

2023 Circuit Results Age Group Standings

Updated 8/28/2023

Runner

Winterfest 5K	Freezy 5 Mile	Manhattan Fest 5K	Shamrock Shuffle 5K	Auroratum Champion of Trails 10K	Quarryman 5K	Galena Sky 8-Hour	Blackwood Memorial Day 5K	Summerfest 5K	Summer Solstice 4 Mile	Morris Liberty 5K	Sundowner 5K	PSRR Free 5K	Parkies Famous 5K	Hare & Tortoise 5K	Hidden Gem Half-Marathon	Water for Life 5K	Plainfield Harvest 5K	JJC 5K	Fonte 5K	Paleoec Devoonian Fall III 25K	Poultry & Pie Predictor	Score	Ranking
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FEMALE UNDER 15

Jaylyn Miller						1					2												
Williams, Bailey	1						1				1	1											

FEMALE 15-29

Pirc, Brittany		1	1	1							1	1											
Williams, Hannah	1										2	2											

FEMALE 30-34

Bottomley, Elaine												3											
Graal-Smith, Tracy				4																			
Markland, Britni		2		2			2						1										
Rains, Lauren	1		3						1		4	3											
Ross, Sarah							2				5	4											
Rowbottom, Michelle		1	1	1		1	1	1			2											8	1
Shulman, Ashley			2	3							1	2											

FEMALE 35-39

Calder, Kate		1	1	1					1		1												
Craig, Jenn				2			1																
Loera, Karla											2												
Mangan, Kristen		2		3				1	2		3	1											

FEMALE 40-44

Blenck, Shelli								4			2	1											
Bolatto, Susan	4			3			2	3														4	
Casarez, Mary Beth	2	1	2		1			1	2														
Ethridge, Traci	1		1	1					1														
Hall, Heather						1						4											
Henkalina, Amanda			4	2								5	3										
Hoeffler, Gina		3	5						6			6		1									
Medina, Lily											1												
Pasillas, Michelle							1																
Sauerwein, Jill		2	3						3			3	2										
Simon, Sharron				4			3	4															
Troha, Lois	3							2	5														

FEMALE 45-49

Bailey, Marna		1		2				1				3	2										
Beard, Nydia	1		1	1								1	1										
Curci, Kelly			3	3								4	4										
Freeman, Angie		4	4				2	2	1				5										
Hamann, Charlene	2	2	2							1		2	3										
Kessler, Erica								4				5											
McGoldrick, Amy		3	5	4			1	3				6											

2023 Race Excellence Standings

Completed 7 credits -- eligible for race excellence award and circuit ranking

Has 5 or more credits (age 14 & under) via circuit races, volunteer credits, and other service credits -- eligible for circuit award

Has 3 or more percentiles via circuit races over 200 participants -- eligible for race excellence award


Posted 8/28/2023

Runner	Marhattan Fest 5K	Shamrock Shuffle 8K	Champion of Trees 10K	Quarryman 5K	Sundowner 5K	Parkies Famous 5K	Hidden Gem Half-Marathon	Plainfield Harvest 5K	JJC 5K	Poultry & Pie Predictor							Excellence Score	Excellence Ranking
Aguilar, Dan	91.32				88.78													
Anderson, Clark		96.01	97.1	99.42	94.51												97.51	1
Auld, Michael				84.88		87.97												
Bailey, Marne		80.82																
Beard, Nydia	84.30	82.62																
Bornhofen, Larry	80.99			85.76														
Calder, Kate		82.08																
Casarez, Mary Beth	85.12		87.95															
Castaneda, Emilio			90.96															
Collet, John			98.96		91.89													
Esquivel, Apolonia	96.28				92.12													
Ethridge, Traci	94.21	95.33																
Ethridge, Jackson		97.55																
Ethridge, Parker	93.80																	
Ethridge, Tom	88.02	87.88																
Garcia, Nick	89.26				83.29	93.99											88.85	3
Hamann, Charlane	80.58																	
Henkeline, Dustin						88.29												
Huerta, Efrain					86.16													
Kirsch, Steven		80.83																
Koerner, Casey		94.62			97.85													
Koerner, Pat	90.08				90.69	94.3											91.69	2
Mangabhai, Damien	92.15	92.53																
Markland, Britni		84.82																
Markland, JT		98.16																
Martinez, Javier	95.87	95.86																
Medina, Lilly					83.77													
Pirc, Brittany	87.60	85.86			91.17												88.21	4
Rappana, Jeremy	86.78																	
Rowbottom, Michelle	86.36	84.9																
Skisak, Eileen						82.28												
Steinmetz, John	84.71				83.05	90.19											85.98	5
Walker, Mark	87.19	85.82			84.49												85.83	6

Birthdays!

SEPTEMBER BIRTHDAYS	OCTOBER BIRTHDAYS
Sep 3	Oct 6
Bailey Williams	Apolonio Esquivel
Sep 4	Oct 9
Karla Loera	Jeffrey M Sorich Jr
Sep 6	Oct 10
Mike Goodwin	Liz Costa
Paul Shulman	Patrick J. Koerner
Sep 11	Oct 12
Jeremy Sikes	Robert Kodura
Peter Klaeser	Oct 13
Sep 12	Anne Bennett
Clark Anderson	Oct 17
Sep 13	Paul Jackson
Marne Bailey	Oct 18
Sep 15	Kristin Garcia
Chandler Horvat	Oct 20
Sep 16	Laura Barry
Dave Cyplick	Oct 23
Sep 17	Mary Beth Casarez
Rebecca Rice	Oct 24
Sep 21	Michelle Rowbottom
Susan (Mores) Weber	Oct 26
Sep 24	Scott Lemke
Emilio Castaneda	Oct 27
Rich DeGrush	Mark Jados
Sep 26	Oct 28
Jaylyn Miller	Dan Bullock
Sep 27	Oct 30
Amy McGoldrick	John Jr. Horvat
Sep 28	Oct 31
Jeffrey M Sorich Sr	Emma Forbes
Lily Medina	Lucas Kisner
Timothy Tocwish	

The End



Grampa, I
just want to
run!!!

Scout, 11 month old golden
doodle at Pilcher Park Au-
gust 15th, 2023

The End