

# PACESETTER

STARVED ROCK RUNNERS LTD.

NOVEMBER/DECEMBER 2019 • VOLUME 42 • ISSUE 6



2019 IVCH FALL FITNESS CLASSIC 5K



## UPCOMING RACES

10/26 Ladd Halloween Hustle 5K  
11/3 Canal Connection 10K  
11/16 The Runners' Crusade  
11/28 Oglesby Turkey Trot  
11/30 Santas On The Run  
12/31 Run Your Ice Off Hardcore 5K



## IN THE SPOTLIGHT

SRRL Board Elections Pg 4  
Turkey Trot 2019 Pg 5  
Get Your 6.6 On Rt. 66 Pg 7  
Morton Pumpkin Classic Pg 10





# Club Officers



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President**

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**Bob Zeglis. Webmaster / Pacesetter Editor/  
Designer**

## 2019 Board of Directors

### Mission of Starved Rock Runners Ltd.

Our purpose is to promote physical fitness, health and fellowship through distance running and to educate the public as to its benefits. To disseminate information on running through newsletters, booklets, clinics, meetings, handbooks, press releases and educational programs. To engage in activities conducive to the encouragement of distance running, including race management, fund raising activities, race circuits, and charitable community activities.

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# Info

**MONTHLY CLUB MEETINGS: 3RD TUESDAY, 7 P.M. at the Illinois Valley YMCA.**

**Wednesday night group runs meet at 6-6:15**

*Winter months meet in Oglesby at Holy Family School*

Phone: 815-223-7922  
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**John Steele,  
Treasurer**



Email: jenericmom@gmail.com

**Janine Sobin,  
Secretary**



## MONTHLY CLUB MEETINGS

are held at 7:00PM the 3rd Tuesday of every month in the Board Room of the Illinois Valley YMCA in Peru. Attend and see the inner workings of your club.

**ALL MEMBERS ARE WELCOME AND ENCOURAGED TO ATTEND.**

### Questions?

Do you have a question, a suggestion, possibly a complaint, or have you ever said "Why are the Starved Rock Runners doing this?" or, "I sure wish the club would \_\_\_\_\_."

Perhaps you don't know anyone on the Board well enough to voice your thoughts or opinions to. We have people in different towns who have agreed to be liaisons and relay comments and concerns back to us. Feel free to reach out to any board member or the following liaisons:

#### **Bob Rehn, Putnam County**

815-882-2120  
rehnfarms@nabbnet.com

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#### **Marsha Zeglis, Spring Valley**

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#### **Sherri Matuszyk, Kewanee**

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## SRRL Contacts



### **ONLINE RESULTS**

Visit [www.starvedrockrunners.org](http://www.starvedrockrunners.org)  
or scan this QR code from your  
smart device.

# On The Run

**Club President Carroll Lulay**

Starved Rockers,

It is a time of reflection on your spring and summer racing season and also time to check out your Circuit Standings in the SRRL Race Circuit. Many club members have already qualified for their 2019 Circuit Awards, while some need more Circuit races to qualify.

There are three Circuit Races in November, so there still maybe some time for you to qualify. To earn a Circuit Award you need 7 Circuit Races if ages 20 to 64 and 5 Circuit Races if ages 19 and under and 65 and over. Circuit Standings can be found at <http://starvedrockrunners.org>.

Registration is open for those three Circuit Races. You can register online for The Canal Connection 10K and Oglesby Turkey Trot 3 Mile at <https://runsignup.com> or Santos On The Run 5K at <https://racesonline.com>. Other ways to register would be by mail or in person on race day.

I hope to see many of you at our remaining Circuit Races with your family and friends to join in the fun!

Be Safe out there,

**Carroll**

[clulay@comcast.net](mailto:clulay@comcast.net)

309-232-9055

## MEMBERSHIP RENEWAL TIME

With the year coming to a close, so does everyone's membership. There are several options for rejoining.

Everyone that provided an email address will receive a renewal email notice around the 1st week of December from "the Driven", (the company we use for on-line registration). In the email will be a link to your online

registration. If you don't remember your password or user name, the login page has a link for you to enter your name and email address for that information to be emailed to you.

Admittedly last year when we started using on-line registration we did run into some minor problems but we are

confident all those issues have been worked out and it should work smoothly. You will also find a paper copy of the registration form that can be filled in and mailed in.

Additional copies of the form can be found on the website under the MEMBERSHIP tab.

## SRRL BOARD ELECTIONS

In the coming months all members 18 years and older will receive a ballot for the election of members to the Starved Rock Runners Board of Directors through the mail.

To introduce the candidates to the membership, each candidate was asked to provide a short Bio as well as a photo to help you learn more about each of them.

Please take the time to read through the bio's and learn about each of them.

Your efforts to fill out your ballot and return it by mail is greatly appreciated.

Thank you.

# Turkey Trot 2019

by Race Director, Mitch Hobbs

There is still time to join the Starved Rock Runners and enjoy the people, sights and sounds of the biggest run in the Illinois Valley.

It's the 41st year of the Oglesby Turkey Trot, and this event promises to be bigger than the previous 40 years.

Stroll through the great city and neighborhoods of the City of Oglesby. Have fun with your fellow walkers/runners on a super course and create some lasting memories on Turkey Day.

Treat yourself to Chrissy's Bakery Goodies/Tangled Roots

beverage (if of age) and other tasty treats.

Wear the best Turkey Day costume or show your Thanksgiving spirit and you may win an item from Often Running. Still time to sign up on the web or mail in your application. Family Discount still available if mailed in before the dead line.

Wednesday night number pick up and sign up as well.

Looking forward to seeing you at The Turkey Trot.

Hurt? don't feel like running? There are still opportunities to volunteer.

## WELCOME NEW MEMBERS

Below is a list of new members that have joined SRRL in the past two months.

We hope to see them at a lot of races and in our various running groups.

Jordan Rick Molly Rinaldo

## Notes from Our Club Secretary

Meeting August 20, 2019 at the YMCA in Peru  
Called to order by club president, Carroll Lulay; 16 board members, no guests. Minutes approved. Treasurer's report presented, approved and filed. Circuit 264 members.

Old business: Down payment made on the Elk's lodge venue and the caterer is confirmed for the 2020 banquet. Canal Connection update: Bob Navarro from Heritage Corridor contacted Bob Zeglis regarding sponsoring the race in an effort to have it continue after this year. Amanda Carter from the LaSalle County Historical Society Museum offered their large building as a venue incase the school is not available.

New Business: Women's running clinic: discussion about keeping levels 3&4 separated due to different ability levels. Will report on final clinic at the next meeting. Kids running clinic: More than 100 kids registered with about 18 coaches and other volunteers. Bob Rehn and John Steele announced that they are stepping down as co-directors of the kid's clinic. Possible replacements discussed.

Meeting September 17, 2019 at the YMCA in Peru  
Called to order by club president, Carroll Lulay; 14 board members, no guests. Minutes approved. Treasurer's report presented, approved and filed. Circuit 264 members.

Old business: Several board members went to see the LaSalle Count Historical Society Museum venue on September 14th. The building is acceptable and tables will be provided. WIFI is available. There will be no charge for the venue. Boo Milby update: Expenses were reviewed but we need income statement from the race. John Steele would reach out to Joann Milby for that information

New Business: A list of new board candidates was presented to the board. The orientation/training meeting for newly elected members will be ½ hour before the January 21st board meeting. John Steele will not be running for re-election. Banquet letters and raffle tickets need to be printed before January 7th. Meeting for ballot counting and annual banquet mail prep will be January 7th. Location is TBD.



# The Run Down

By Club President Carroll Lulay



Owen Lamar "Lee" Studstill Jr., 63, of Arlington, passed away Saturday, August 31, 2019 after an extended illness at Heartland Health Care Center in Henry. Lee was an accomplished high school all-state athlete in track & field & basketball, played college basketball and also completed 7 marathons including 2 Boston Marathons.

Lee was the President of Studstill Media, a group of radio stations in Georgia,

Mendota, Streator, Peru, and Spring Valley.

Lee was a member of the Starved Rock Runners for 12 years and was a sponsor for many years of the Canal Connection 10K and provided radio advertising for the event. Our sincere thoughts, prayers, and deepest sympathy are with his family at this time of loss.

SRRL was well represented at The TBK Bank Quad Cities Marathon on September 22 with 33 members in the half marathon, 4 members in the full marathon and 1 member running legs in the marathon relay. Congrats to all!

During the month of December, membership will be voting on a ballot for SRRL Board of Directors. Notice that some new faces have agreed to run. Please vote as soon as possible and send the ballot in immediately.



John Steele and Bob Rehn will not seek Board re-election at the end of their terms. We thank John and Bob for their past service and dedication to the Board and to the membership of SRRL.

Put the SRRL monthly meetings on your calendar. We meet on the third Tuesday of each month in the "boardroom" at the Illinois Valley YMCA, Peru, IL. Meetings start at 7:00 PM and are done by 9:00 PM. Your input is important to us. All members are welcome!



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# The 6th annual “Get Your 6.6 on Route 66”

by Janine Sobin

I came across the site for this race while “scrolling” Facebook one day last spring. U.S. Highway 66, also called the Will Rogers Highway, the Main Street of America or the Mother Road, was one of the original highways in the U.S. Highway System and was established on November 11, 1926. Since the history of this iconic American highway interests me, I knew that I would run this race. Before long, I had a few running buddies going with me.

The race is well organized starting with the ample parking in a grassy field not too far off of the Interstate. Busses took us from the parking area to Funk’s Grove where we picked up our bibs, enjoyed a shot of pure maple syrup and took a group photo before we walked out onto the highway to the start line. The course is mostly flat (a gentle incline at the beginning), with rural scenery and the whole highway to run on because it was closed to



traffic during the race. This portion of Route 66 is nestled between I55 and train tracks. Runners received encouragement from cars and trucks on the highway, spectators, volunteers and even the train. We ran into the town of

McLean and finished near the downtown area. Afterwards, you get your swag bag which included your race shirt, a commemorative shot glass and coupons for breakfast in the town square. This was way beyond typical race food. We enjoyed a full breakfast buffet! There was a photo backdrop where we got our picture holding the sign “We got our 6.6 on Route 66.” I had the opportunity to talk with the race director Katie Funk and here is what she said about the history of this race: “It started because of a conversation I had with a good friend and workout buddy of mine, Jenny (Haycraft) Rudat. We were casually talking post-workout one day about how it would be fun to have a run/walk on Route 66. When we discovered that it was pretty close to exactly 6.6 kilometers from Funks Grove to McLean, the name was born, and we were off and running, so to speak. I was newly involved with the CORE of McLean on

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community group and proposed it to them as a way to raise money for the nonprofit, which is dedicated to revitalizing the town and bolstering community spirit. That first year (2014) we planned the whole thing in about 3 months. Jenny designed the logo we're still using, and we threw it together knowing very little about how to plan a race. Our goal was to have at least 50 participants, and we ended up with about 70 people who seemed to have a blast."

After that first year, Katie co-directed once more with Jenny but has since been on her own as race director with help from her volunteers and members of CORE. Word has spread about this event and she has seen a steady growth each year. Katie noted, "In 2018, we had 198 participants and this year we had 246, which honestly just blows my mind! To be able to put together something in our small town that makes that many people want to



come out and join in is extremely gratifying. People say they really enjoy the opportunity to run or walk on Route 66 and also love the "after party" on the square with food from the Dixie (a Route 66 icon) as well as drinks and music." In addition to the great breakfast, they have adoptable dogs on site and raise money for their local shelter through a silent auction. The proceeds from the race are used

for improvements to their community. Some of the things they have already done include a mural on a historical building, new welcome signs and new "Water Tower Park" under the old water tower which serves as the finish line for the run/walk. Katie and CORE have big plans for the future which include "helping the Village Board put a new pavilion in our park on the village square, which is sorely needed, and establish a community food forest on the southeast side of town, just off of Route 66. We'll plant fruit and nut trees and bushes that, once mature, will offer free healthy, fresh food for the picking."

Next year's race is already scheduled for Saturday, August 22, 2020. Although I don't think the registration is open yet, the link to their web page is: <https://www.mclean-il.com/get-your-6-6-on-route-66>. What a great time we had! I am definitely running it in 2020. Who's with me?

ROBERT JOHNSON, NOV 1  
AMY SOLTIS-STRWN, NOV 1  
STEVE LAMIS, NOV 3  
PATRICK WARKINS, NOV 3  
CAROL PRATT, NOV 5  
OJ STOUTNER, NOV 5  
VALERIE VESELY, NOV 6  
DOUG HARRIS, NOV 7  
GARY WESTEFER, NOV 9  
RICHARD STRACK, NOV 15  
JOANNE KAMMERER, NOV 16

## HAPPY BIRTHDAY

DARCEE FANNING, NOV 16  
MATTHEW CREW, NOV 19  
REBECCA AMBLE, NOV 25  
RICHARD WHITFIELD, NOV 26  
WILLIAM VESELY, NOV 27  
KATHLEEN RICCI, NOV 27

LINDA CORSALES, NOV 27  
JOE MORENO, DEC 4  
IZABEEL DEAN, DEC 5  
RONN BAKER, DEC 5  
MARSHA ZEGLIS, DEC 6  
JAMES MCDONALD, DEC 17  
REBECCA NEATEROUR, DEC 18  
DENNIS SUMMERS, DEC 22  
PHIL TAYLOR, DEC 26  
RICH ENGLES, DEC 29  
JEFFEREY CROWHURST, DEC 30



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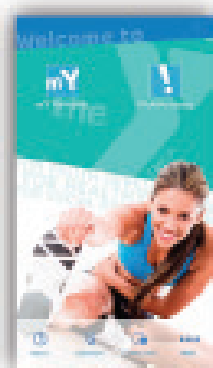






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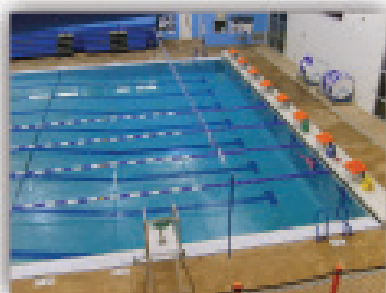
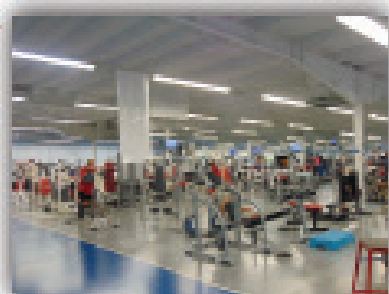
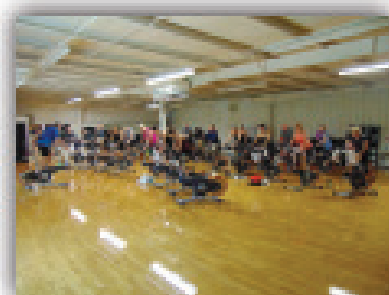


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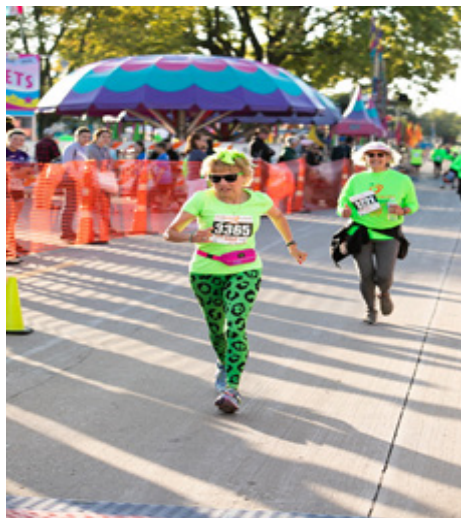
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# The 2019 Morton Pumpkin Classic & Festival

by Carroll Lulay

As my wife and I are residents of Morton, IL, the "Pumpkin Capital of the World", it is logical to run in your hometown event. Morton's title of "Pumpkin Capital of the World" is tied to the presence of the Nestlé owned Libby's pumpkin processing plant, which processes more than 80 percent of the world's canned pumpkin.



The Morton Pumpkin Classic 10K and 2 mile run/walk, takes place during the Morton Pumpkin Festival which is an annual four day festival organized and sponsored by the Morton Chamber of Commerce held in mid-September. The Morton Pumpkin Festival was first held in Morton, IL in 1967. The event now draws more than 75,000

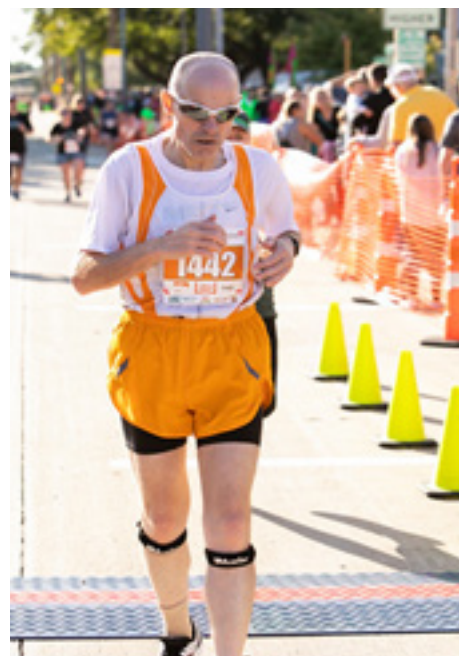
attendees annually. The festival has a carnival, pumpkin foods (pumpkin pie, pumpkin chili, pumpkin cookies, pumpkin doughnuts, pumpkin caramel shake, pumpkin ice cream and pumpkin fudge), competitions, contests (Punkin Chuckin'), and other pumpkin fun!

Each year, the Morton Chamber of Commerce selects a special theme for the Morton Pumpkin Festival which in 2019 was Luck of the Pumpkins.

The annual Morton Pumpkin Classic 10K and 2 mile run/walk (untimed) are sponsored by Libby's Pumpkin. The 10K had 766 finishers this year and believe it was said there were 600 or so in the 2 mile. Adult sizes of the race shirt were long-sleeved and youth sizes were short-sleeved.

The courses are flat through town & country and start/finish in the heart of the Pumpkin Festival. The Post Race Party has beverages, snacks, famous pumpkin donuts, music, and a fun area to hang out with fellow racers and family members. Each participant this year received a complimentary entry to the Pumpkin Pancake Breakfast!

One overall winner for the 10K Men's, Women's and Wheelchair divisions



received \$50 in Chamber Checks. Top 3 finishers in each age group received a pumpkin pie! All 10K finishers received a pumpkin finisher's medal. The 2-mile fun run/walk does not have any prizes, but are included in the post-race party/refreshments and the pumpkin pancake breakfast! If you are free in mid-September, come and participate in one of the most popular events at the Morton Pumpkin Festival, the Pumpkin Classic Run & Walk!

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## SANTAS ON THE RUN IV

### 5K Run/ 1 Mile Walk

In just three year Santas On The Run has grown to be the largest 5K in the area and 2019 promises to be even bigger and better.

This 5K race (1 Mile walk), benefits the Hall Township Food Pantry which services residents in Eastern Bureau County. According to Jan Martin (Pantry Director), the Pantry services approximately 1,000 individuals a month.

So what is so different about Santas On The Run?

The SWAG you get is worth more than the cost of registration. For starts you get your choice of either a long sleeve T-shirt, Sweatshirt or hoodie. In addition each participant gets a Santa Beard and a lighted Santa hat. The first 400 to sign up get Bonus Swag of a 50" x 60" fleece blanket.

The race has traditional water stops

with a bit of a twist. While there is water for the serious runners, for those out for some Holiday Fun the stops become Goodie Stops, with hot chocolate, cookies and M & M's.

The course has two water/Goodie Stops but those doing the 5K distance passes each stop twice so you effectively have four chances for Goodies. This might be the only race that you can gain weight running.

Since this is a fund raising event, the goal is to raise money for the food pantry. For each two non-perishables a participant brings, they receive a ticket for the raffle (tickets can also be purchased). In the past we've had a 50" TV, garden statues, gift certificates for restaurants, running shoes and a lot, lot more.

Due to the generosity of the participants last year, the race collected 1,496lbs of non-perishables and we hope to blow

past that amount this year.

Awards are given to the top three male and female finishers in each of 16 five year age groups starting at 9 and under and ending with 80 and over. The medals, you guessed it, Christmas Tree Ornaments.

Bring you camera because there are photo opp's galore. There are Holiday back drops inside as well as a number of blow-ups including a 17' Rudolph. Plus the Big Guy himself (Santa), will be at the race and will be shooting the starting pistol once again.

A professional photographer will be on hand to take individual and group photographs that you will be able to download for free.

We hope to see everyone on November 30th at 10:00 for some great Holiday fun.



## WINTER WEDNESDAY NIGHT GROUP RUNS

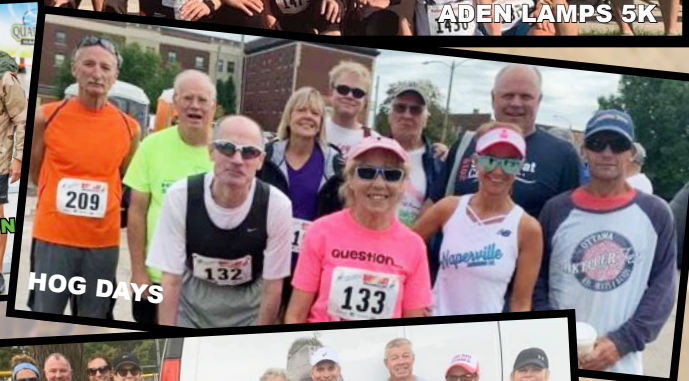
### WEDNESDAY NIGHT GROUP RUNS MEET AT 6-6:15

at Holy Family School in Oglesby. Workouts vary from week to week. Group does a 2 mile warm-up run, then performs the scheduled workout (generally intervals), followed by a cool down run. Workouts can total up to 8 miles.



# KEEP THOSE STORIES AND PHOTOS COMING!

Your contributions to the Pacesetter are vital!  
Please, please, please e-mail photos and  
articles to: [info@starvedrockrunners.org](mailto:info@starvedrockrunners.org)  
The deadline for the next edition is Dec. 15th.



## HISTORY

The Starved Rock Runners, Ltd. was founded in 1982 as a non-profit voluntary organization for the purpose of promoting physical fitness and fun through running. Membership is open to any individual or family interested in running.

The Club is affiliated with USA Track & Field and the Road Runners Club of America. Other benefits are a bi-monthly newsletter, race calendar, weekly group fun runs, social events, monthly meetings, and website [www.starvedrockrunners.org](http://www.starvedrockrunners.org)



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