

When Will Racing Be Back To Normal?



UPCOMING RACES & EVENTS

7/6 - SRRL Kids & Women's Clinics begin
7/11 Dog Days - Lake Bloomington
8/1 DePue 5K - Depue - CANCELED
8/7 Mr. C's 5K - Wenona
8/22 Boo Milby 5K - LaSalle
9/5 Steamboat Classic - Peoria
9/27 Quad Cities Half Marathon - VIRTUAL



IN THE SPOTLIGHT

2020 Circuit Awards *page 7*
Kid's & Women's Running Clinics
page 11

Club Officers



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**Mary Beth Potthoff,
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**Bob Zeglis,
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Info

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.

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. Due to the COVID-19 Pandemic, meeting locations have been forced to be moved. For up to date meeting information, check the

"MEETING INFORMATION" tab on the front page of the web site.

ALL MEMBERS ARE WELCOME AND ENCOURAGED TO ATTEND.

SRRL CONTACTS

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
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Notes from Our Club Secretary

April 2020

No meeting held due to COVID-19

Meeting May 19th via Zoom meeting

Called to order by club secretary Janine Sobin; 14 board members present. Minutes approved. Treasurer's report not available.

Opening business: Carroll Lulay has decided to resign his role as President of SRRL and also resign his seat on the board. Letter of resignation was received on April 30, 2020 and was effective immediately. Janine Sobin was elected as the new president.

Old business: Discussion about what to do with the circuit in light of COVID-19 causing many races to be canceled or postponed. Will continue to discuss at next meeting. Carol Pratt offered to take the lead on the circuit at this time.

New Business: The constitution and bylaw committee met recently and amended the bylaw that prohibited board members voting by proxy. Due to the COVID-19 pandemic, Governor Pritzker has waived a portion of the Illinois Open Meetings Act to allow for video conferencing. This waiver

overrides the original bylaw. The change allows video platform meetings in lieu of in-person meetings under extenuating circumstances. Another change to the bylaws is that members that are 80 years old and up will have their membership fee waived. They still need to fill out a registration form.

Bob Zeglis read a letter from D&M timing stating they have closed the business as of May 4th. Debbie Wackerline has provided a list to Bob Zeglis of races they had contracted for 2020. Bob reached out to Racing Expectations to take over the timing of these races. Racing Expectations has agreed to take over circuit races and some other races as his schedule permits.

ON THE RUN

by Club President Janine Sobin

This year has brought about changes in many aspects of our lives. COVID-19 has not only affected our lifestyles, but has had an impact on every industry, including fitness and running. Never has there been a year where almost all races have been postponed or canceled. Now that Illinois is getting close to phase 4 of reopening, we can hopefully have some races to run.

Starting July 6th, the Women's clinic and the Kids clinic will start. There are some changes being made and both clinics will follow the Road Runners Club of America (RRCA) and Centers for Disease Control and Prevention (CDC) guidelines. Space in the kid's clinic will be limited and the participants will need to be ages ten and up for this year. The women's clinic will focus on levels one and two which is the beginner runners and those who run a bit but want to improve. If there is an interest for an advanced group, please let me know and we will try to accommodate another level. Information can be found on the SRRL website.

We do have a couple of upcoming circuit races that have not been canceled. Dog Days 5K will be held on July 11th. The Boo Milby 5K is being planned and will be held on August 15th. At this time the Turkey Trot, Run the Path and Santos on the Run are all being planned. Many races that were postponed seem to be rescheduled in September, so that will be a busy month.

Another change this year will be the circuit points. Since there are fewer races, we need to adjust the number of required races and the point system.

No matter what our racing year brings, we can't be successful without volunteers. To those who have volunteered for any of our races in the past, on behalf of the board, we want to thank you and hope you enjoyed it enough to continue volunteering. That said, we are always looking for new volunteers. I always volunteer for the Turkey Trot and it is a lot of fun to help that iconic race run smoothly. To see all of those smiling faces cross the finish line is very rewarding. Volunteering is a great way to be more active in the club.

I started running about nine or ten years ago and immediately thought that I had found my sport. The running community is the most encouraging and positive people I have ever met. It doesn't matter how fast or slow you run, there is always cheering at the finish line. I know we will all make the best of 2020 and look to 2021 for a full racing season.

Janine

Happy Birthday



SAMUEL RIDLEY 7/1
RICHARD MANGOLD 7/6
ERICA PRATT 7/7
ISAAC FOWLER 7/8
LINDA WALTER 7/13
DANIEL RICCI 7/16
STEVE LUKANCIC 7/16
ROSANNE ABBOTT 7/23



BRAD BLISS 7/24
DAVID HANCOCK 7/24
CHRISTINA WEBER 7/26
KAREN KASPERSKI 7/27
CAROLINE AMBLE 7/30
NICK AMBLE 7/30
TAMATHA PAROCETTI 7/30
KATE KOLCZASKI 8/1
CANDEE LAWRENCE 8/3
KELLY DUTTLINGER 8/7
KADEE BLISS 8/9
MANESSA TRENCH 8/11
ROBERT BAIERBACH 8/12
MATT HARTMAN 8/12
JUSTIN SULLIVAN 8/12
DONALD KOERNER 8/13
ZEBEN PAROCHETTI 8/16
TYLER DEAN 8/18



JOHN GUTZ 8/18
RANDY PRATT 8/20
MARK CHARBONNEAU 8/20
JOHN ROETS 8/24
DON KIESIG JR 8/24
ROBERT STEELE 8/25
JAN STUDER 8/27
GARY KIRKPATRICK 8/29

The Run Down

by Club President Janine Sobin

There have been quite a few changes in the board of directors this year. Starting with the resignation of President Carroll Lulay from the board and his committees on April 30th. The May board meeting was held via a videoconference due to the COVID-19 pandemic and Illinois being in phase two which would have made meeting in person difficult.

Next, on May 19th D&M Road Race Scoring decided to close their timing business and sent letters of notification to their clients.

Vice President Mark Wackerline decided to step down from the board and his committees on June 14th. On behalf of the board, we would like to thank Carroll and Mark for their service to SRRL and look forward to seeing them at future races and other club activities. These changes have left two open board seats and two executive officer positions to fill.

I was elected as the new President at the May meeting. I had previously been secretary and I am excited for the opportunity to serve SRRL in a new capacity. I will give it my best while learning this new role.

The June meeting was held at my house because while we are now in phase three of the State reopening, our meeting venue wasn't open yet. It was so nice to socialize and catch up with everyone before and after the meeting. We had a very productive meeting and accomplished a lot.

Kory Katkus is our new Vice President. MaryBeth Potthoff is now our Secretary and Rosanne Abbott is Treasurer. We will hold these executive positions through the remainder of

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this year. Per our constitution, executive officers serve a term of one year, beginning and ending after the first meeting in January. Two other positions that are open is the Circuit Director which Carol Pratt has taken charge of for the remainder of this year. The Equipment Director position is still open, so if anyone is interested in taking on that role, please contact me.

Now to fill the open board seats. With a unanimous vote, I would like to welcome Theresa Hart to the board. That still leaves one open board seat. If you're ready to serve the club as a board member, please contact me and the board will discuss the candidates and appoint the new member at the July meeting. I am confident this board will achieve great things for the club.

If you have been on the website recently, you might have noticed an addition to the menu. We now have a meeting information tab. Under that are the subcategories of:

- Time and place
- Meeting agenda
- Meeting minutes

The board believes that transparency in our club is important. This tab will not only tell you where and when we are meeting, but will have the agendas and minutes posted for you to view. The minutes will be a month behind as they must be approved at the next meeting before we post them. I'd like to remind everyone that the board meetings are open to all members. We'd love to have members attend and share their ideas. If you would like something added to the agenda for an upcoming meeting, please contact me and it will be added. However, please give me about a week notice because I prepare and send the agenda to the board



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APRIL MILES & SMILES!

by Charlene Hamon

With the approach of spring many were signing up for a variety of races. Those included the Vegas, Illinois, Lincoln and Lake Run Half's. No one expected the cancellation of these races due to an unforeseen "virus". This prompted many to become creative in ways they never thought they could. As races become virtual and runners had more hours on their hands than ever before here are some highlights of what happened in April!



An unofficial virtual half marathon was put together and Kim Broyles ran her fastest time ever. Using the Lake Run



Half course she finished with an unofficial time of 2:03:11. Karen Kasperski had signed up for both the Vegas and Lincoln half finishing her virtual half with a time of 2:16:39. Other creative followers set some April running goals and completed 100 miles or more. Those participating in the Strava April 100 mile month received a \$25 gift card. April 100 mile club members include Stephanie Sweeden, Karen Kasperski, Kim Broyles, Carol Pratt and Char Hamann.

With the month of May approaching more goals have been set by Starved Rock Club Runners, the biggest one is on the horizon is the Yeti Ultra 24 hour Challenge. This encourages one to complete 5 miles (running or walking) every 4 hours for a total of 24 hours. While we still abide by the stay at home orders, but remain active in our running, what will you do to challenge your mind and body over the next several weeks to stay healthy and hopeful?



WEDNESDAY NIGHT GROUP RUNS

WEDNESDAY NIGHT GROUP RUNS MEET AT 6-6:15

at Lock 14 of the I & M Canal in LaSalle. Workouts vary from week to week. Group does a 2 mile warm-up, then performs the scheduled workout (generally intervals), followed by a cool down run. Workouts can total up to 8 miles.

2020 CIRCUIT AWARDS

We're half way through the 2020 SRRL Circuit season and have yet to have a race to run. The onset of the COVID-19 Pandemic has already led to 12 Circuit races being canceled or changed to virtual races, and only time will tell what happens to the rest of the schedule.

The Board discussed the circuit and some possible outcomes to reward those participating in remaining races should they happen. None of this is set in stone and will be a work in progress but we wanted our members to know and understand our plans at this point.

Carol Pratt has volunteered (for this year only), to be in charge of a plan for awards in the 2020 circuit.

The thoughts were that we would look at the number of circuit races that we were able to run and if someone ran in one more than half the total they would be eligible for an award. An example would be if there were five races remaining and someone ran in three of them they would be eligible. For Youth and seniors, the number of races participated in to receive an award will be 1/3.

No consideration will be given for the race distance, it would simply be that you ran a circuit race (only actual races will count. Virtual races will not count toward the total). To make things simpler for this year it would just be an award winner plaque and we would not be looking at where you finished in the age division, everyone would get the same award.

Everyone will be responsible for self-reporting that you participated in a Circuit Race. To get credit for participating in a race, email, text or call Carol Pratt (309-238-2697) and let her know which race you participated in. It will be completely on the honor system.

We realize that this is quite a change from what we had done in the past but felt that we didn't want to give up the circuit awards. We wanted to create something that would work to finish out this year and of course will be a work in progress. We are, as always, interested in your input going forward in 2021.

Coachcarol@hotmail.com



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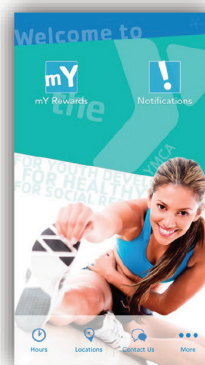
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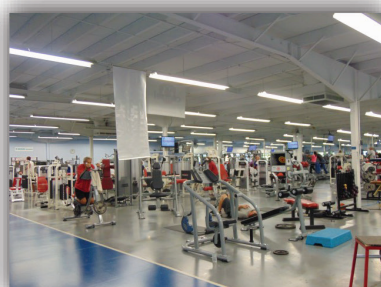
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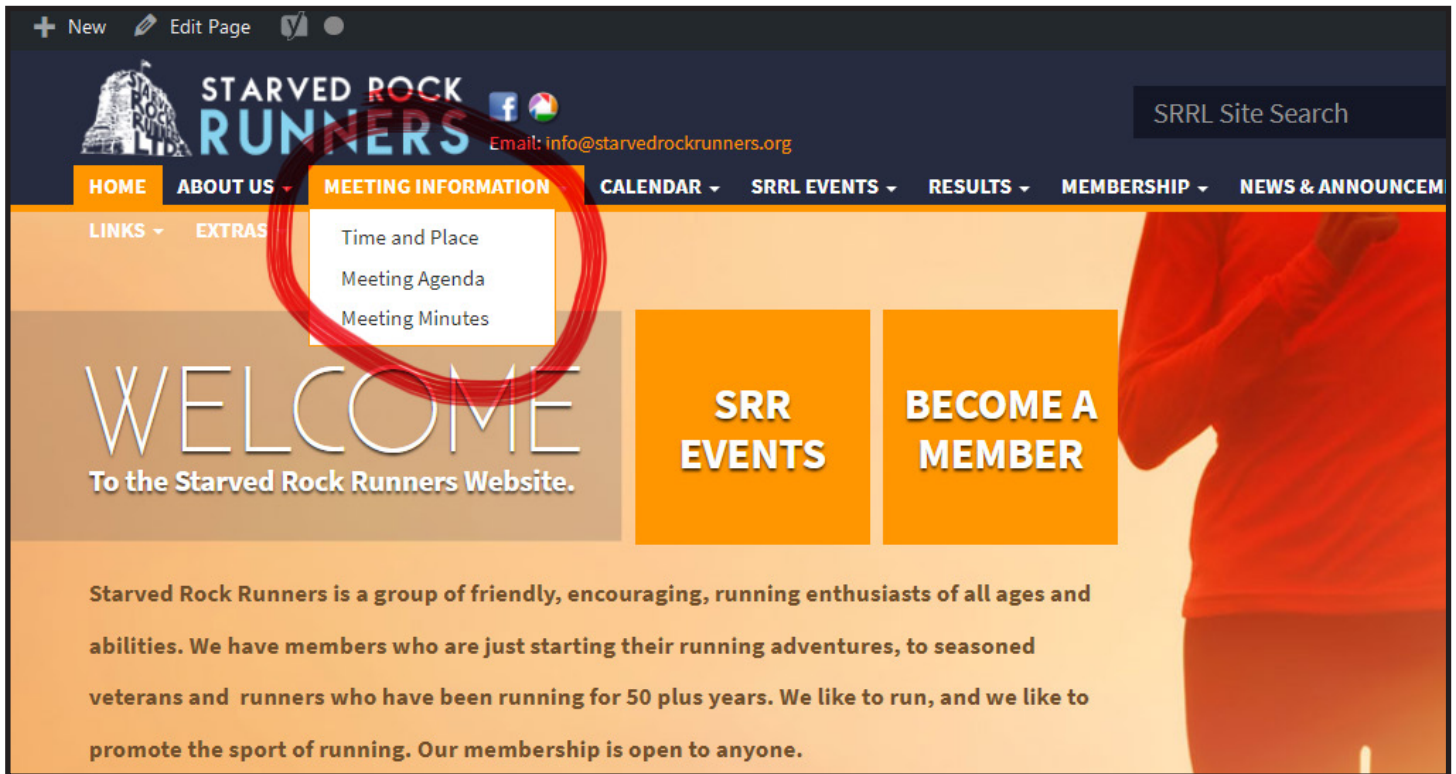


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WEBSITE CHANGE



If you've visited the website recently, you may have noticed a new set of drop down menus on the front page of the site. Due to meeting restrictions, the SRRL Board has had to conduct a Zoom electronic meeting, and this past month we were unable to meet at our normal venue of the Peru YMCA.

In an effort to keep everyone informed, we now have tabs to provide meeting time and place, meeting agendas and the minutes from meetings. All members are encouraged and welcome to attend all Board meetings.

DOG DAYS 5K **JULY 11TH @ 6:00PM** the first real race of the 2020 Circuit

BOARD MEMBER NEEDED!

Are you interested in getting more involved in the operation of the club? The Board is currently looking for individual that are interested in filling an open seat.

The term for the open seat expires December 31st of 2020.

Board meetings are conducted the 3rd Tuesday of every month at 7:00PM.

The Board normally meets in the Board Room of the Illinois Valley YMCA, but due to the COVID-19 Pandemic, meeting location has moved around.

If you are interested, contact President Sobin. An appointment will be made at the July 21st meeting.

Still running!



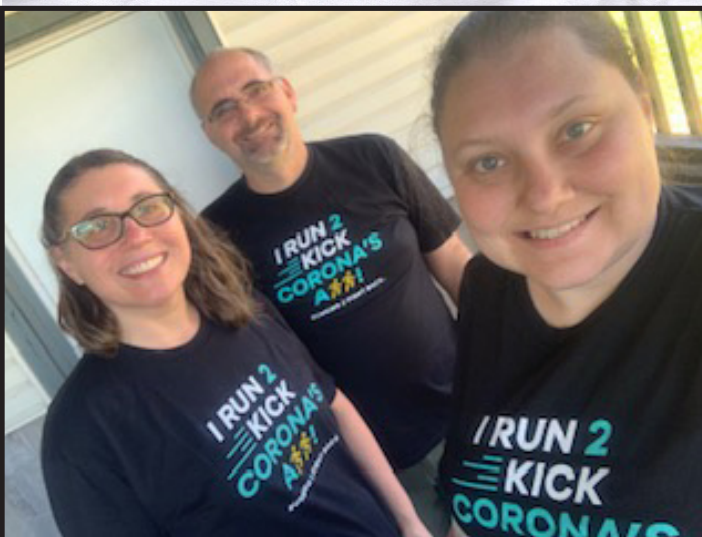
This group used a club favorite course, Bob Rehn's Fat Ass, to finish virtual races and just log beautiful miles.



Larry Dixon ran over 100 miles to finish a virtual run from Key Largo to Key West



Kelly Shanley and Susie Walsh along with Carol Pratt, were part of a larger group of Starved Rock Runners who ran in the Yeti Challenge. It was set up to have you cover five miles every four hours for 24 hours. There was a lot of support and we all enjoyed it.



Emily Zoid, along with Caitlyn, Catherine and David Wise did the virtual Lake Run, a 5K/10K to Kick Corona's A**, and Catherine put together a virtual marathon with her 12K run.



Rich Gaul, long time board member and one of the driving forces behind the creation of our circuit is riding his bike to stay active.

Kid's & Women's Clinic scheduled to start July 6th

The Starved Rock Runner sponsored Kid's and Women's Clinics are scheduled to start on Monday July 6th running thru August 10th..

Due to the current restriction imposed by the COVID-19 Pandemic, the Clinic have had to be modified in order for the Clinics to occur.

The age range for this years Clinic will be 10 to 18.

Total participation will be limited. Registrations will be taken on a first come first serve basis. Unfortunately it is anticipated some registrants will be turned away.

Each group will be limited to ten (2 coaches, 8 kids).

The Clinic will be practicing all of the guidelines set forth for the Pandemics.

Water and gator-aid will not be provided to the participants this year. It will be the responsibility of each participant to

bring their own hydration fluids in a container with their name written on it, and a mask to be worn when the group is assembled.

Participants will be required to practice the "6' rule". Any participant not following the rules set forth by the clinic will be dismissed from the Clinic.

The Women's Clinic will have two levels this year. Level One is for Women with no or limited running experience and Level Two is for beginner runners.

The Kid's Clinic meets at Baker Lake (Peru side), while the Women's Clinic meets at Northwest School (a couple of blocks away).

If you have questions about either Clinic, please email them to: info@starvedrockrunners.org

Registration for the clinics can be found on the Race Calendar section of the website.

We have the knowledge, skill and technology to keep you running and get you back on the road quickly if you are injured.



815-780-3509

MEMBER PARTICIPATION NEEDED

The success of this publication is dependent on membership participation.

Since there is not much going on in the way of races right now, it doesn't mean you can't write about a race you did, a training method you've had success with or a diet that increased your energy. We'll take whatever you are willing to share.

It doesn't have to be a novel. A few paragraphs will do and will be greatly appreciated.

Members also love seeing photos.

Old or new it doesn't matter.

Email pictures and articles to: info@starvedrockrunners.org

ADVERTISING OPPORTUNITY

Targeting customers in media is difficult.

How do you reach the right target audience?

If your business deals with runners and exercise minded people, the Pacesetter is the perfect opportunity to reach over 400 people that meet this profile.

The Pacesetter is a Bi-Monthly publication that is mail via the US Post Office to Starved Rock Runner members.

Advertising rates are:

Business card size: \$10.00/issue, \$50.00/year (6 issues)

Half page: \$20.00/issue, \$80.00/year (6 issues)

Full page: \$40.00/issue, \$160.00/year (6 issues)

Issues are January/February, March/April, May/June, July/August, Sept/October and November/December,

Ads are due the 15th of the month preceding the issue.

Have additional question, please contact us at: info@starvedrockrunners.org

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

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