

PACESETTER

STARVED ROCK RUNNERS LTD.

MARCH/APRIL 2020 • VOLUME 44 • ISSUE 2



The Final Fat Ass



UPCOMING RACES & EVENTS

- 3/7 SRRL ANNUAL BANQUET
- 3/21 Lori's Walleye Run - Spring Valley
- 4/4 Lincoln Presidential 1/2 Marathon - Springfield
- 5/2 Lake Run 12K - Bloomington
- 5/9 Starved Rock Country Marathon, 1/2 Marathon & 5K - Ottawa

IN THE SPOTLIGHT

- There's A New Race In Town *page 6*
- Hey, I've Got a Problem *page 7*
- The End of An Era *page 9*
- Superbowl Fun Run *page 10*
- Run Long & Prosper *page*



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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. Attend and see the inner workings of your club.

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:

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Notes from Our Club Secretary

Meeting December 17, 2019 at the YMCA in Peru

Called to order by club president Carroll Lulay. 15 board members, 1 guest. Minutes approved. Treasurer's report presented and filed.

Old business: Work night to prepare for the banquet and count ballots hosted by John Steele on January 7th. Christmas light fun run: 9 ran and there were 13 for dinner. Cold weather was a factor in the decreased numbers compared to last year.

New Business: A new race is being developed to replace the Canal Connection. Name is "Run the Path, Utica 10k." More information will be presented as date is selected and course decided.

D. Committee Meetings:

1. Constitution and Bylaws: Meeting will be set more into Spring of 2020
2. Pacesetter Committee: Date will be set in January.
3. Chairs of all committees will contact members to verify if they will continue to serve and any replacements will be decided on by the chair and the remaining committee members.

Bob Rehn reported the last Illinois version of The Fat Ass 50 will be January 11, 2020.

Meeting January 21, 2020 at the YMCA in Peru

Called to order by club president Carroll Lulay. 15 board members, 1 guest. Minutes approved. Treasurer's report presented and filed. The official results of the board election showed all board members running for re-election won re-election, plus 3 new board members were elected – Bill Vesely, Kory Katkus and Greg Vaccaro. Election of officers: Nominations were made for the positions of President, Vice President, Treasurer and Secretary. Ballot voting took place and the results are as follows: President-Carroll Lulay, Vice President- Mark Wackerline, Treasurer-Mary Beth Potthoff, Secretary-Janine Sobin.

Old business: Kewanee Run Your Ice Off Hardcore 5K had 219 finishers, 12 were SRRL members. FA 50 had 59 finishers with one finisher from Walnut, IL, completing his first 50K. Race Director Bob Rehn wished to thank everyone for coming out, helping and running the final FA 50.

New Business: The 2020 Circuit race schedule and the recommended races were approved by the board. Bob Zeglis donated the Circuit Schedule magnets. Banquet plans and awards to be presented finalized. All committees (Nomination, Finance, Banquet and Circuit) members to stay the same except for Nomination Committee losing one member, Candis Kenny.

On The Run

Club President Carroll Lulay

As a New Year running season begins, the election of the 2020 Board of Directors of SRRL has taken place. Congratulations to Rosanne Abbott, Mitchell Hobbs, Mary Beth Potthoff, Janine Sobin, and Randy Pratt for being re-elected and to the newly elected board members, Greg Vaccaro, Kory Katkus, and Bill Vesely. I wish to thank the out-going board members, John Steele, Bob Rehn, and Tom Smith for their service to the board. Wish to thank also the membership for voting.

The election of SRRL Board of Directors officers also has taken place. Your 2020 officers are: Carroll Lulay – President, Mark Wackerline – Vice President, Mary Beth Potthoff – Treasurer, and Janine Sobin – Secretary.

The Starved Rock Runners 38th Annual Banquet on March 7, 2020 at the Oglesby Elks' Club and Lori's Walleye 5k on March 21, 2020 are coming up fast, so please put these on your calendars. Get ready for another great running season being with your friends and forming new friendships and relationships.

As your 2020 President, it is my hope that you will get excited about this New Year and season, as we strive to make the Club, bigger and better and know that we can make great things happen!
Be Safe out there,

Carroll Lulay
Club President
clulay@comcast.net or 309-232-9055

HAPPY BIRTHDAY

Kyle Bliss	3/1			Thomas Classon	4/2
Jim Angel	3/2			Talia Jenkins	4/8
Kevin Fowler	3/2	John Fusinatto	3/17	Randolph Comba	4/10
Jake Mckinney	3/4	Kory Katkus	3/21	Audrey Jenkins	4/11
Tracy Lee	3/5	Kevin Schultz	3/22	Aiden Katkus	4/12
Kenneth Goodwin	3/4	Jheri Emmerling	3/21	Bob Rehn	4/15
Abe Fisher	3/7	Allen Tucek	3/22	Linda Whalen	4/19
Candis Kenny	3/11	Charlene Hamann	3/21	Christine Ricci	4/23
Kiely Domyancich	3/17	Clinton Carter	3/27	Russell Wood	4/22
Heather Jenkins	3/14	James Mcphedran	3/27	Brian Reeder	4/26



IT'S TIME TO RENEW YOUR SRRL MEMBERSHIP

If you haven't renewed your membership for 2020, please take five minutes to do it now.

If you've provided us with an email address when you signed up last year, you should have received several emails reminding you that you can sign up on-line. There was also a registration form in the last Pacesetter you received. You can obtain additional printable copies of the form on the web site under the MEMBERSHIP tab.

As a bonus, if you renew you will continue to receive the Pacesetter. If you don't, this will be your last issue.

The Run Down

Club President Carroll Lulay

Some members were seen in New Year's Resolution Runs in Kewanee and Peoria Heights, starting 2020 with a starter pistol bang! Each year, everyone is eager to start their resolutions off strong. Runners aren't any different. Some just wish to run injury free, to get faster, to eat better, do various kinds of workouts, while some wish to try their first half marathon, marathon, or an ultramarathon and maybe even others wish to qualify for the Boston Marathon. Whatever your goals are for 2020, I wish you all luck and fun at achieving them.

The 25th and FINAL Illinois Version

FAT ASS 50 was held on January 11th, on a cold and windy day. 59 runners came out on that day with one of them, Walnut resident Jay King completing his first 50k! Wish to thank time! Bob Rehn, the Putnum County Jr. High School and the volunteers for having this event all those years to celebrate the running life one last time!

Bonnie Busch, a former club banquet speaker and FAT ASS 50 runner, completed the Tuscobia Ultra 160 mile race in Northern Wisconsin and will be running in the Arrow Head Ultra 135 mile race in International Falls, MN.

The 2020 Circuit Schedule is out and wish to thank the Circuit Committee for their hard work. Will notice some new additions but also a few that are missing. The Starved Rock Country Marathon was added and a new wild card race, the Ladd Halloween Hustle. Run The Path 10K was also added as a new event to replace the Canal Connection 10K, more details are forthcoming. Missing this year are the DeKalb Corn Classic 10K and also the IVCH Fall Fitness, which decided that 2019 was their last. Hope you enjoy the circuit season with your running friends and meet new ones!

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THERE'S A NEW RACE IN TOWN

by Janine Sobin

The Final Canal Connection was a bittersweet day. It was sad that this iconic race was coming to an end. However, it was a wonderful feeling to see the great turnout of runners/walkers who were very understanding and positive about the last minute course changes. I also can't say enough about our amazing volunteers. While everything eventually comes to an end, this has opened up the opportunity for a new race.

I am happy to announce that Starved Rock Runners, LTD (SRRL) has a new race being developed to replace the Canal Connection 10k. The name of the race is "Run the Path, Utica 10k." It will be an out and back based in Utica, similar to the last Canal Connection, except the course will not have two turnarounds. It has been reported that the Department of Natural Resources (DNR) has been doing repair work on the washout near the Pecum-



The start of the Canal Connection 2019

Market building, cross the highway, run on the side streets like the final Canal Connection, enter the towpath running towards LaSalle, turn around and come back with the finish outside of the old Waltham School.

While we will still have to pay a user's fee to the DNR, we will no longer have to rent two schools and secure bussing. That cost savings alone make the DNR user's fee affordable.

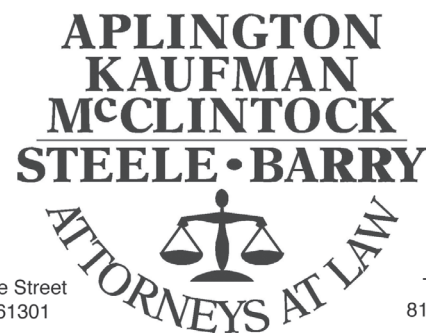
The race will not be on the same day as the Utica Veteran's Day parade. Most years, it will be the day before (Saturday) but this year it is actually after the parade day. The race committee had originally wanted to put the race in October, but the venue wasn't available. There are a few reasons why the day has changed. Members of our race committee will be meeting with the Utica Business Owner's Association this spring in an effort to get feedback from them with

Since the date of the race this year is November 7th, we anticipate the repairs to be completed well before race day. Our venue for this new race is the Canal Market building in Utica. For those who ran the final Canal Connection, it is the building that was near the start line. It is big enough, has WIFI (which the old Waltham school didn't have in 2019) and the owner has graciously offered the building free of charge to our club.

the goal of making this race a fun village event. It has been suggested that moving the day would be a better fit for the village businesses since parade day is already very busy. Moving the race day also will make parking much easier for our participants and volunteers.

So, mark your calendar (November 7th, 10:00am) and be a part of a brand new SRRL race. There will be more information and a flyer posted on the SRRL website soon. Our goal is to exceed your expectations!

The plan right now is to start on the street behind the Canal



HEY, I'VE GOT A PROBLEM!



If you've encountered a problem or have a question related to Starved Rock Runners, the Board wants to hear about it.

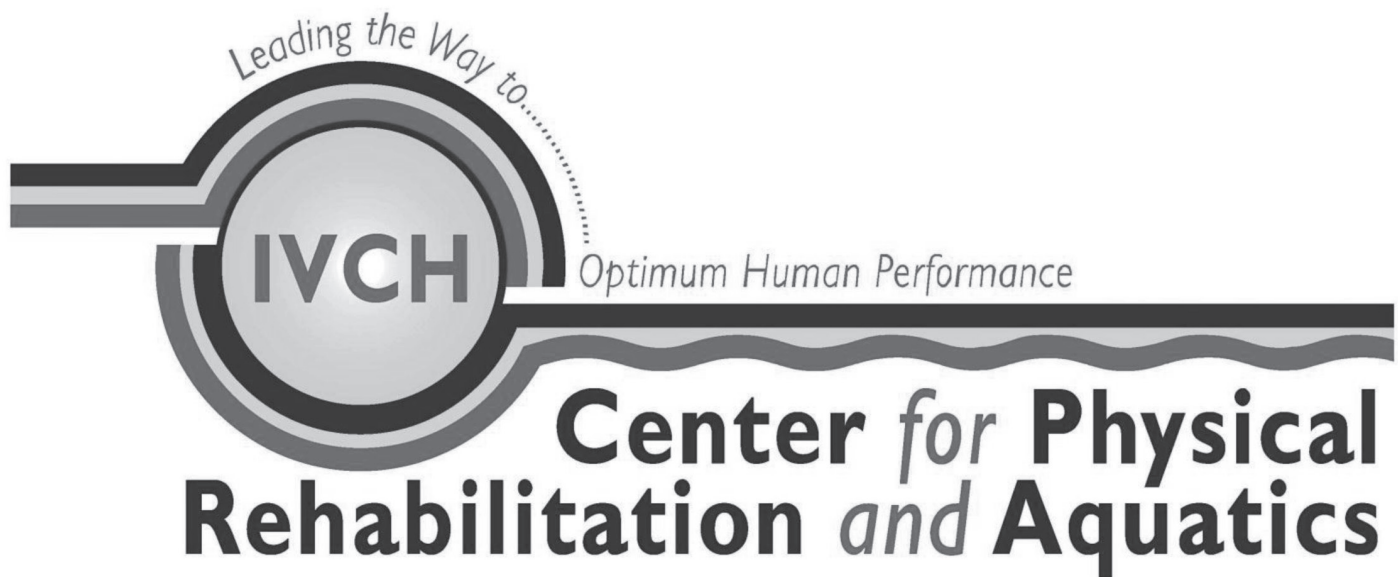
While it is easy to go to social media to post your concerns, the Board requests that correspondence be done by sending an email to: info@starvedrockrunners.org, with your question/problem, your contact information (name, phone number, and your issue), or contact one or more Board members listed on the bottom of page 2.

Not all Board Members follow social media and questions/problems posted there may not be seen by the proper person/s.

The clubs email account on the other hand is monitored on a much more consistent basis (generally several times daily).

If you send us an email, we will acknowledge that your email was received with a return email, and your message will be passed along to the person/s that can best address your problems/concerns. Please keep in mind that all Board members and officers are VOLUNTEERS. They have jobs, family and a life outside of running. Some questions may require the involvement of more than one person to determine the correct answer so a reply may not be immediate. It may take a few days, even a week for someone to get back to you.

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

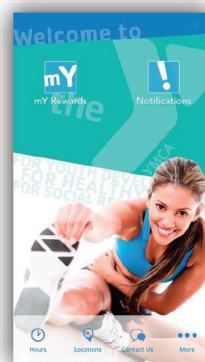


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The End of an Era

by Mitchell Hobbs



Bob Rehn & Mitch Hobbs

January 11th 2020 marked the end of an era for runners in the Illinois Valley area.

For 25 years, Bob Rehn and his support crew (aka, his family) has put on the 50k fun run known as the Fat A**.

The run has been at the same location on an early weekend in January with many people returning year after year. The event was planned to gather runners and walkers to share the time and effort of a long run. Bob came up with the idea after training/

hanging out/talking with the Ultra distance running group.

He then came up with a beautiful 10-mile loop starting at the Swaney Campus with one mile added on in the beginning of the run to make it a 50k. Runners generally started together and ran the number of miles that best suited their needs.

The Club has helped with support/timing/ and clean up as the last 50k runner finished the run. This trend con

tinued with this last year.

There were many items to discuss and the company made it easy for the ideas to flow. There was chatting about the start the event 25 years ago and the many different kinds of weather that has happened over the years.

There was debate on where SRRL was going and how to get there. The discussion continued with how to bring new runners to the club and show them how super the club was.

The stories continued about the very good runners that made the trip for a long distance run. Bob commented on the fact that he would put on this run even when it happened on his wedding anniversary. Luckily he had the support of his very understanding wife Ona.



The two cakes to celebrate Bob and Ona's 25th year of organizing the Fat Ass 50

The weather for the final race was windy/wet/cold. Wonderful things happened while walking with Bob that morning. The runners would honor him in a marvelous way. On the course runners would stop Bob and their run to pay tribute to the man that did all the hard work for an event that he believed in and loved doing.

It was delightful to see the respect given to Bob and him giving it back to the running community.



Welcome new members

Below is a list of new members that have joined for 2020. We hope to see them at a lot of races and in our various running groups.

Brittany and Joanne Bejster, Bobbi Ludwig, Lindsey Maggio, Mark Nelson, Kristen Noonan, Maddox Noonan, and Josh Noonan, Matthew Rebholz,

Be sure to spread the word about our club and membership.
Visit www.starvedrockrunners.org/membership for more details.

Superbowl Fun Run 2020

by Charlene Hamann



The SuperBowl Fun Run participants (above), and on the course (below).

It was a great morning to spend with many fellow club members going for a leisurely 6.2 miles around Ottawa as temperatures climbed well into the 40's. Club members joined from all directions and distances, including Morris, Tonica, Blackstone, Peru and Mendota ending the fun enjoying some pre-game food, drinks and laughs.

Some of the members reminisced about the old days of running the Super Bowl Fun Run course and thought it would be a great idea to keep up the tradition of a group run before every Superbowl, others thought it would be nice to have an organized group run every Sunday.

Whatever the case, we all agree any day is a great day for friends to get together for a few short miles and smiles!



You should have found a Circuit Race calendar magnet in your Pacesetter. Unfortunately there is an error on the calendar. The Run For Glory 5K in Streator is not on June 27th. The correct date is July 4th. Please mark your calendar so you don't get it wrong like we did.



Deb & Mark Wackerline
Computerized Results
thewack@gmail.com

D & M Road Race Scoring
1055 Baker Ave.
LaSalle, IL. 61301
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Run Long and Prosper

by unknown author

We go long. That's what distance runners do.

We burn through the soles of our trainers to accumulate the kind of mileage associated with interstate highways. And though we choose different paths in our quests for volume, one workout is the sun to our other workouts' planets: the long run.

The long run is what puts the tiger in the cat.

Four decades of serious and recreational runners have agreed, with weekend group runs--hours-long journeys along scenic roads and trails--becoming a tradition.

Recently, however, some fitness programs I, have rejected the long run as a part of endurance training. Their claim that "the many drawbacks of LSD [long slow distance] training easily overpower the limited benefits." Those drawbacks are said to be decreased muscle mass, strength, power, speed, anaerobic capacity and testosterone levels.

They are wrong. But their success in convincing many athletes to reject such a fundamental element of endurance training exposes a somewhat embarrassing truth: Few runners know why they include long runs in their training--or how often they should, in reality, be scheduling them.

Let's review the long run's effects on our bodies' running components:

- Muscle fibers: Compared to a regular-distance run, recruits a greater percentage of slow-twitch fibers, as well as faster fibers, strengthening them all.
- Mitochondria: Increases mitochondrial volume within muscle fibers, with mitochondria providing all aerobic energy for your running.
- Capillaries: Builds capillaries around muscle fibers, increasing oxygen and fuel delivery, as well as carbon dioxide removal.
- Connective tissue: Strengthens bones, tendons, ligaments and fascia, allowing you to better absorb the impact of hard workouts and races.

- Nervous system: Increases the efficiency of your stride (practice makes perfect), improving running economy for all paces.
- Energy systems: By depleting muscle glycogen, triggers your body to increase stored glycogen and improve fat-burning efficiency.
- MCTs (Monocarboxylate transporters): Increases the numbers of these transport molecules, which shuttle lactate and hydrogen ions out of muscle fibers.

Simply put, the long run takes average runners and gives them armor. It puts the tiger in the cat.

The same stimulus that makes long runs effective, however, also makes them dangerous in more than occasional doses. Too much glycogen depletion and muscle and connective tissue damage leads to broken-down runners, not 5K, cross country or marathon PRs.

A safe approach is to go long once or twice a week, with injury-prone runners limiting themselves to biweekly outings. It takes about 90 minutes of conversationally paced running to stimulate most long-run benefits (for long runs, always think in terms of time, not distance), so you'll want to build up to a run of that length, with more ambitious runners aiming for two hours. This is true whether your goal race is 5K or a half marathon--both races draw on aerobic energy for more than 90 percent of their fuel, so they require maximum aerobic fitness.

If you're preparing for a marathon, you'll need to extend your long run. Incrementally build to a running duration that matches the amount of time you expect to spend racing, up to a maximum of three and a half hours.

You should avoid going long in the weeks immediately preceding a goal race (one week out for shorter races like the 5K and 10K, three weeks out for the marathon). This will allow your body to fully restore glycogen, hormone and neurotransmitter levels, as well as to repair all associated muscle and connective tissue damage.

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, 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 newsletter are vital.
Please e-mail your articles, photos, etc. by
April 15th for the May/June issue. Articles and
accompanying photos to:
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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