

PACESETTER



STARVED ROCK RUNNERS LTD.

MAY/JUNE 2020 • VOLUME 44 • ISSUE 3



UPCOMING RACES & EVENTS

5/25 YMCA Memorial Day 5K
6/26 Celebrate LaSalle - LaSalle
7/4 Run For Glory 5K - Streator
7/11 Dog Days - Lake Bloomington
8/1 DePue 5K - Depue
8/7 Mr. C's 5K - Wenona
9/5 Steamboat Classic - Peoria



IN THE SPOTLIGHT

2020 Banquet Wrap Up *page 6*
The Race Is Canceled *page 8*
Improving Your Time *page 10*
The Facts About COVID-19 *page 11*

Club Officers



**Carroll Lulay,
President**

Phone: 309-232-9055
Email: Carroll: clulay@comcast.net



**Mark Wackerline,
Vice-President**

Phone: 815-488-2887
Email: mwackerline5@gmail.com

Email: potthoff.marybeth@gmail.com

**Mary Beth Potthoff,
Treasurer**



Email: jenericmom@gmail.com

**Janine Sobin,
Secretary**



Email: info@starvedrockrunners.org

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



2020 Board of Directors

Kory Katkus
kory_katkus@yahoo.com

Bob Zeglis
info@starvedrockrunners.org

Carol Pratt
coachcarol@hotmail.com

Carroll Lulay
clulay@comcast.net

Dan Rolando
skirunbyk@mac.com

Debbie Wackerline
thewack@gmail.com

Joe Bornac
815-488-4112

Mary Beth Potthoff
potthoff.marybeth@gmail.com

Randy Pratt
rehd97@hotmail.com

Mitchell Hobbs
shoeguy@hotmail.com

Rosanne Abbott
rosanne.abbott@gmail.com

Tim (Juan Leg) Novak
nvli3@aol.com

Greg Vaccaro
gregmvaccaro@gmail.com

Bill Vesely
yellowlt4@sbcglobal.net

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:

Bob Rehn, Putnam County
815-882-2120
rehnfarms@nabbnet.com

John Steele, LaSalle-Peru
815-223-7922
jrsteele2280@sbcglobal.net

Sherri Matuszyk
309-854-2154
smatuszyk@comcast.net

Dan Rolando, Oglesby
815-252-8997
skirunbyk@mac.com

Marsha Zeglis
815-228-2845
marshazig@comcast.net

Notes from Our Club Secretary

Meeting February 18th at the YMCA in Peru

Called to order by club president, Carroll Lulay; 15 board members present, 1 guest. Minutes approved. Treasurer's report presented and filed. Circuit 185 members.

Old business: Joanne Milby had questions about race (not present at the meeting). Nothing new, conditions are same as previously discussed. Kid's clinic: Bob Rehn will assist new leaders.

New Business: Banquet has 65 signed up so far. Bob Z. will send an email blast and remind members on social media. Letter sent from City of LaSalle asking for ongoing donation to maintain the Celebration of Lights. Board discussed and agreed on \$100/yr. Finance committee remains the same. Budget presented and accepted.

Meeting March 17th at the YMCA in Peru

Called to order by club president, Carroll Lulay; 13 board members present. Minutes approved. Treasurer's report presented and filed. Circuit 215 members.

Old business: Mobility and Movement Clinic for Runners: All positive feedback.

New Business: Coronavirus: Discussion about the possible cancellations, the future clinics, meetings, etc. No concrete decisions made. Wait and see approach was the general consensus due to so many uncertain factors. Banquet Review: Banquet was a success, positive feedback. 105 paid and 103 attended. \$160 pay out for the 50/50. List of winners to be published. Discussed using the bigger room next year if the same venue is chosen. Pricing is \$1500 for non-members, \$1000 for members and if we get 5-6 volunteers that work the bingo night 3-4 times throughout the year, we get the venue free.

Upcoming Events:

1. Spring Valley Lori's Walleye Run 5K: cancelled
2. LaSalle Only Fools Run After Dark 2 Mile: cancelled
3. Utica August Hill WINERY Wine Run 5K: postponed to September 6th.
4. Springfield Lincoln Presidential Half: cancelled with options to defer registration to next year, receive partial refund or to run a virtual 1/2 between April 4th and June 1st and submit proof to receive medal.

ON THE RUN

Club President Carroll Lulay

By Club President Carroll Lulay

Starved Rockers,

Our Annual Banquet, held March 7th, was not only an evening to spend time and have a great meal with friends, but also recognizing the achievements of a number of individuals in our race circuit and with other special awards, but also to congratulate all who were re-elected or newly elected to the Board of Directors and to thank the out-going board members for their service. The Banquet Committee, the Oglesby Elks Lodge 2360, and LaSalle Paramount Catering made the special evening one to remember.

But I wish to also say thank you, to everyone, who participated in our race circuit and other club events in 2019 in support of Starved Rock Runners, Ltd.

With so many races being cancelled, postponed, or rescheduled due to COVID-19, please check with the race's website for all current information and options and keep up to date on our club events and other information by visiting the club's website at www.starvedrockrunners.org.

Be Safe out there,

Carroll Lulay
Club President

HAPPY BIRTHDAY

DENISE EBERHARDT 5/4
CHARLES KERLEY 5/10
LYNN LULAY 5/11
STEVEN HOLCOMB 5/11
NICHOLAS LAWRENCE 5/12
TOM SMITH 5/13
KIMBERLY BROYLES 5/13
RAYMOND BERRY 5/14
ONA REHN 5/14
JOYCE SIMKINS 5/14
CAROL GUGERTY 5/16
PHILLIP GUSTIN 5/17
MADEYLN KOLCZASKI 5/19
DAN HEAVER 5/20
BARB SMALL 5/22

DAVID RIDLEY 5/26
BRIAN LUDWIG 5/27
CATHY BERRY 5/29
DEB WACKERLINE 5/31
HENRY BOER 6/2
JAN NELSON 6/2
CARROLL LULAY 6/3
R. DEAN ROWE 6/4
DAN ROLANDO 6/5
BRIAN BACON 6/6
JAMES DURDAN 6/7
BRIAN WAITKUS 6/7
EMILY WISE 6/8
BRIAN MILLER 6/9
ANDREW BOLLIS 6/9

LEAH RICCI 6/12
LANCE BOVARD 6/15
PATRICIA KEIM 6/15
TONY MESSINA 6/17
BETH GOODWIN 6/17
MICHAEL RODRIQUEZ 6/17
CRAIG SCAIFE 6/17
CONNOR TAYLOR 6/19
GREG VACCARO 6/19
JANINE SOBIN 6/21
DESIRAE DEAN 6/22
BRIAN HOFFMEYER 6/24
MICHAEL NELSON 6/24
MARY BETH POTTHOFF 6/25
KATHY BASTUCK 6/27



Deb & Mark Wackerline
Computerized Results
thewack@gmail.com

D & M Road Race Scoring
1055 Baker Ave.
LaSalle, IL. 61301
815.250.0223



Melissa Coleman 
Licensed Massage Therapist
612 Fillmore Street
Ottawa, IL 61350
Advanced Orthopedic Massage
Specializing in deep tissue
cupping and myofascial release
815.901.4907

The Run Down

by Club President Carroll Lulay

Congrats to a few club members who ran half marathons this year. Joanne Vaccaro & Barb Small finished the Disney Princess Half Marathon, a 13.1 mile course through Walt Disney World Resort, on February 23rd & Carol Pratt who finished the Publix Atlanta, GA Half Marathon, held the day after the 2020 U.S. Olympic Team Trials Marathon, on March 1st at

Centennial Olympic Park.

The 34th Annual Lori's Walleye Run scheduled for March 21st in Spring Valley IL, the April 4th Lincoln Presidential Half Marathon in Springfield, IL, the Lake Run 12K scheduled for May 2nd and the Starved Rock Country 5K, Half Marathon and Marathon scheduled for May 9th are

all not taking place on these dates, to comply with the CDC, County and State restrictions resulting from the COVID 19 pandemic as of this writing. For any future circuit races, please check with the circuit race's website for all their current information and options and by visiting the club's website at www.starvedrockrunners.org.

FYI

During these uncertain times, everyone wants to be informed on the status of upcoming races.

Shortly after the Pandemic hit, SRRL reached out to all of the local Race Directors asking them to put us on the top of their contact list for information regarding cancellations and rescheduling of races.

If races provide us with the information requested, it will immediately be posted on

the news feed on the front page of the SRRL web site, on the website calendar, and on the SRRL Facebook page.

The only races SRRL organizes are Boo Milby, Run The Path (Canal Connection replacement), and Oglesby Turkey Trot.

If information is not posted in the places mentioned, it means the race has not provided any information and you should contact the race directly.

WWW.CREATIVEAPPAREL.BIZ



Stand out in the crowd with
CUSTOM RUNNING APPAREL

T-SHIRTS
TECH-T-SHIRTS
HOODIES
TECH-HOODIES

LONG SLEEVE T-SHIRTS
CREW NECK SWEATSHIRTS
HATS/CAPS
BACKPACKS & TOTES



407 W. DAKOTA ST., SPRING VALLEY, IL 815-664-4231

2019 Banquet Wrap Up

by Carol Pratt

On March 7 the Starved Rock Runners held their annual banquet at the Oglesby Elks Lodge. Paramount Caterers served the food to the 103 in attendance. It was a night to give out awards but, as always, the best part of the evening was the company of good friends. At that time we had no idea just how important that would soon become.

The raffle tickets are the club's only true money maker and the winners were:

Matt Bayer 200
Paula Hallock 100
Kids Running Clinic 50
Ramza Insurance Group 50
Steve Holcomb 25
A.J. Katkus 25
Raymond Berry 25
Al Worsley 25

Kathy Bastuck was the winner of the 50/50 and Kimberly Broyles was the winner of the beautiful running shirt quilt donated by Marsha Zeglis.

The circuit awards gives everyone a chance to cheer for their fellow runners and the pictures taken are great memories for years to come. This past season 82 awards were earned. In addition to the regular awards some special ones were also presented.

The Friends of Running Awards are given to recognize individuals in the local running community whose enthusiasm for our sport embodies a passion to help the club. This can be by sponsorship, services or simply going above and beyond in their efforts to support us and our events. This year's winner is Rick Maltis. He is the Maintenance person at the Utica school which has been the home for the finish of the Canal Connection for many years. For many years he has opened the gym on Saturday and

helps with set up and after the race would help with packing up. On race day he would have coffee and help getting the ice from the Utica Fire department. He was always very pleasant and could be counted on to help in any way he could.

The Terry Lowery Spirit Award was inaugurated in 2018 in memory of the late Terry Lowery who was a long time Starved Rock Runner. Terry completed 596 races in his running career. In the last several years of his life he was battling cancer but he seldom missed a Starved Rock Runners event. His grit and determination kept him running and we were honored to have Terry as a member.

The recipients of the Terry Lowery Spirit Award must have inspired us therefore with their grit and determination in spite of adversity. In 2020 the club recognized two members to receive this award.



Randy Comba has been a long time member of the club, joining in 1994, and served on the board for many years. He also held the office of

secretary from 2007-2014. Several years ago he suffered a blood clot in his leg and worked very hard to return to the sport. He has been battling other health issues and yet continues to run in the races. His strongest trait was he always had a smile for everyone he met.



Carol Pratt is a charter member of the Starved Rock Runners and has served on the board off and on for over 30 years. In addition she has held the office of Vice President. She has helped at races and participated as an occasional guest coach at the clinics. After having a hip replaced in May and meniscus surgery in August she continued to compete and recently finished a half marathon.

The highest honor of the Club is to be awarded the Chris Christian Love of Running. Chris served on the board in 1984, acted as secretary from 1985-88 and was President from 1989 until the time of his death in 2003. Early in his running career he was a very competitive runner but radiation to treat cancer left him with heart complications.

Banquet Wrap Up continued...

Running for the love of the sport, he continued to be involved, starting the Wenona race in 1982 and being a major player when the club took over the Turkey Trot. To be considered for this award one must show a long time interest and service towards the club. Those who have received the award decide on who, if any, deserve this recognition.

This year's winner is Bob Zeglis. Bob's service to the Starved Rock Runners includes being the Pacesetter Editor and Designer. He acts as the Web master which includes posting race information and keeping the website up to date and posting pictures along with being one of the Facebook administrators.



He also sends out the Email blasts to keep the club informed. In addition he is the administrator of the on-line membership and maintains the membership list and the mailing list. He is the Finance Committee Chair and the Chair of the Constitution and By-Laws Committee. He took on the Walleye race and started the Santa's on the Run event. Bob has shown an effort to promote the club and sport which proved him deserving of this award.

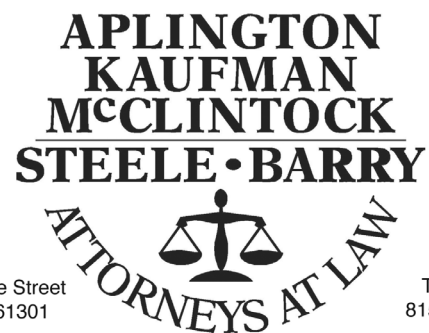
The banquet was an enjoyable evening and I am sure I speak for all of us when I say I am looking forward to seeing everyone in person once it is safe to do so. Take Care!

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.

Rosalind Sydnor

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



THE RACE IS CANCELED

by Mitchell Hobbs

Unfortunately this is something we have seen too often these past few weeks. The thought process on this article is to discuss why it has happened. We will look over several reasons that the event has/will be cancelled and why it will continue happening in the weeks/months to come.

The areas of concern for Race Directors and possible reasons for a race not to held:

1) Runner's safety

This is the first area of concern for the all RD's and all the work is put towards this main goal. While the director needs to be sure care has been taken before the event one thing they can't control is the weather. The question simply becomes is it safe to continue. If it is my first thought after the races that I have put on are done is everyone safe? If that is the case everything else is secondary.

2) Construction/permits

Four of my races are based permits for towns/county/parks. Some, because road work or safety issues have been moved either by start time or different course. Forms for these events need to have been completed in a correct and

timely manner. If for some reason the permits are not granted the event will not be held. We have seen this in all areas this past spring.

3) Lack of volunteers

As we all know the success of the race is based on the quality of its volunteers. A well planned race can fall apart because of lack of people on the course for direction/water stops/finish line and any other areas. If we want to see our races continue we need to count on people being willing to help us out.

4) Virus

We have entered uncharted waters with race cancellations and no official guidance on how to prepare for the return of events. I have faith that the Starved Rock Runner club and local races will do everything possible to keep the participants safe and healthy.

Big thanks to the SRRL and RD'S for all they have done to try and handle what has been going on out there in the running world.

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



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ILLINOIS VALLEY & MENDOTA YMCA

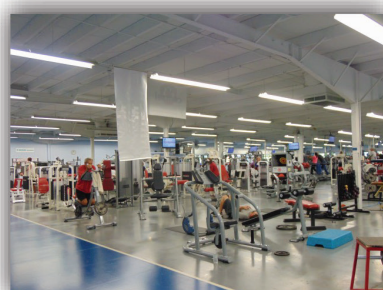


Be a part of more than just a gym, be a part of a community!

- **Low monthly rates!**
- **No contracts!**
- **Endless exercise options!**
- **Youth programs!**
- **Senior Group Activities!**
- **3 Pools**
- **Weekend Activities for Youth!**
- **Certified Personal Trainers!**
- **Indoor Walking/running Track!**
- **School Out Camps!**
- **Summer camp!**
- **Member Family Nights!**
- **Y 30 Zone!**
- **Two Preschools!**
- **Adults Sports/Programs!**
- **Fitness on Demand!**
- **ActivTrax!**
- **AND MORE!**

**TWO
FACILITIES!
ONE PRICE!**

**FREE
GROUP
CLASSES!**



IMPROVING YOUR TIME WITHOUT RUNNING FASTER

by Bob Zeglis

It is possible to improve your race time without running any faster? Can't be possible!

Depending on how you run a race course, you may be running further than you have to and therefore longer than you need to.

When a race course is measured, it is done so using the shortest distance possible or tangents (the straightest line between two points).

Race course that use city streets generally have a lot of turns. Depending on where you run on the road (next to the curb, in the middle of the street, etc.), and how you handle turns can result in running further and longer.

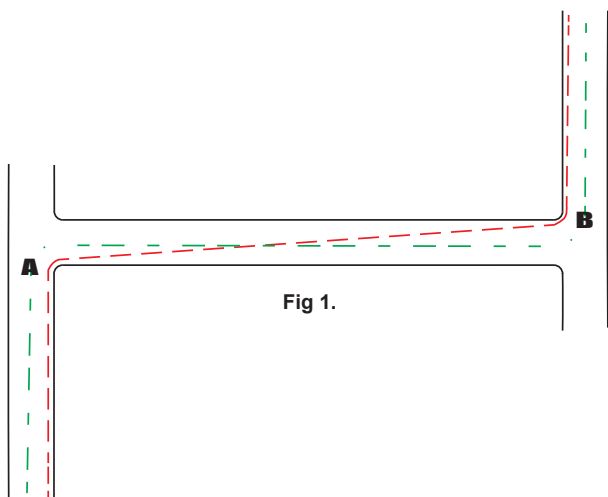


Figure 1 shows a typical course with a right/left turn. The green dashed line shows that path that a lot of runners take, right down the middle of the street. The red dashed line shows the path of the shortest distance.

While these numbers may not be exact, they are a point of reference for this explanation.

According to research the length of the normal city block is approximately 600' long with the street width being approximately 40' wide.

If a runner takes the path of the green line, he/she will run 20' to the center of the street, turn, run 640' to the center of the next street and turn again. The distance ran from point "A" to point "B" (in Fig 1), would be approximately 680' (that is assuming none of the turns were rounded off).

If the runner takes the path of the red line (running approximately 3'

from the curb), to cover the same distance, he/she will have run less than 603', a difference of up to 77'.

It doesn't sound like a lot, but let's examine the time element involved.

Figure 2 is a chart that shows a runners split time in minutes, and the distance covered in feet per second run at each pace.

PACE	FEET PER MINUTE
6:00	14.7'
6:30	13.5'
7:00	12.6'
7:30	11.7'
8:00	11.0'
8:30	10.4'
9:00	9.8'
9:30	9.3'
10:00	8.8'
10:30	8.4'
11:00	8.0'
11:30	7.7'
12:00	7.3'

Fig 2.

Using this example, if a race has 6 turns, you could be adding as much as 26 seconds to your time running the longer distance.

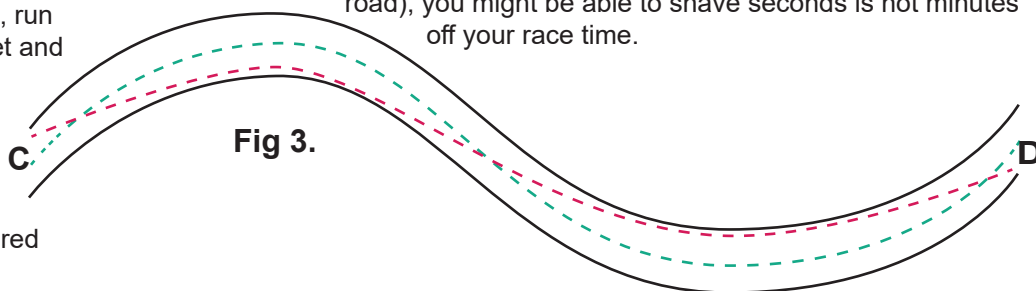
Country courses often have winding roads. A good example would be the Lake Run in Bloomington.

Figure 3 shows an example of a winding road. The green line is the middle of the road path while the red line is the shortest possible route (staying on the road).

Without knowing the exact degree of the turns and the distance through the curves it is impossible to calculate the precise time difference, but calculations of the example in Figure 3 show the distance to be 5% different.

In the distance between points "C" and "D" were .25 miles, the approximate difference between to the two paths would be about 66'. At a 10 minute/mile pace this would result in a difference of just under a 6 second between the two paths.

Running smarter (point to point rather than the middle of the road), you might be able to shave seconds is not minutes off your race time.



THE FACTS ABOUT COVID 19

by Janine Sobin - Infection Control Coordinator IVCH

We have all been living through the COVID-19 pandemic and are quite aware of the current spread of this virus across our country. As with any hot topic, there is a lot of misinformation being sent out on social media and other platforms. Being an infection control nurse, I hope to clear up some of the more common misconceptions and give you some insight into COVID-19.

What is COVID-19?

Coronaviruses are a large family of viruses, some causing illness in people, and others that circulate among animal, including camels, cats and bats. Human coronaviruses are common throughout the world and usually cause mild to moderate illness in people worldwide. Rarely animal coronaviruses can evolve and infect people and then spread between people. That is what happened with COVID-19. This virus is genetically very similar to other Coronaviruses found in bats. It is likely that there were animals sold at the market in Wuhan China who were bitten by bats. Then through virus mutation, it infected people which then allowed for person to person spread. The good news is that top biologists from John Hopkins Applied Physics Laboratory are sequencing the genome of the virus that causes COVID-19. They have determined (from comparing the genetic mapping done on the virus in China) that it does not appear to be mutating fast. So when a vaccine is available, it will likely be a single vaccine rather than one that needs to be updated each year, like the flu shot.

How is COVID-19 spread?

Human coronaviruses most commonly spread from an infected person to others through nose, and mouth with unwashed hands.

- The air by coughing and sneezing
- Prolonged (more than 10 minutes) personal contact such as being within 6 feet of someone who is infected and by physical contact like shaking hands.
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.

The droplets from someone coughing or sneezing generally travel about 6 feet from the person. That is why the 6 foot social distancing rule was formed. Casual contact like walking past someone who isn't sneezing or coughing is not considered a risk. Scientists have found that COVID-19 can live up to 24 hours on cardboard. But there is no reason to leave packages on your porch for days like the recommendation you've probably seen on social media. The likelihood of your Amazon box being contaminated is slim to none. It is ok to bring in your package and remove the contents. Then throw out the box, sanitize the surface it touched and wash your hands.

What can I do to prevent getting COVID-19?

The following can help prevent the spread of coronavirus and protect yourself from becoming infected:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick (being within approximately 6 feet).
- Practice social distancing when in public.

•Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

•Clean and disinfect frequently touched objects and surfaces.

•Keep running and doing other outdoor activities. It can help manage stress, boost the immune system, and improve energy levels.

The Centers for Disease Control and Prevention (CDC) has recently recommended that the general public wear cloth masks when in public places where social distancing is not easy to maintain (grocery stores, pharmacies, etc.). This is not to protect you as the wearer of the mask but rather to protect others from you (in case you are infected and not yet symptomatic). Homemade cloth masks cannot block the particle size of COVID-19 from entering your body but it can decrease the 6 foot radius of your respiratory droplets. If you have a cloth mask, please do not microwave it to disinfect, like people have put on Facebook. Doing that can cause a fire. Put it in the washer and dryer to disinfect it or hand wash and hang to dry.

What if I get COVID-19?

Treatment for COVID-19 is symptomatic. Testing for the general public through Illinois Department of Public Health (IDPH) is still very limited and is mostly for symptomatic hospitalized patients and frontline workers. Take fever reducing medication, pain relievers, drink plenty of fluids. Call your family physician or the nearest emergency room if you develop worsening shortness of breath. Don't just show up unannounced. The emergency room or physician office needs to know you are coming so they can be properly protected.

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

Starved Rock Runners
© Copyright Starved Rock Runners Ltd.
All Rights Reserved.



STARVED ROCK RUNNERS, LTD.
P.O. Box 1092
LaSalle, IL 61301