

# PACESETTER

STARVED ROCK RUNNERS LTD.

MARCH/APRIL 2022 • VOLUME 46 • ISSUE 2



**GOLD CIRCUIT AWARD WINNERS**



**SILVER CIRCUIT AWARD WINNERS**



**BRONZE CIRCUIT AWARD WINNERS**



**FRIENDS OF RUNNERS AWARDS**



**PRESIDENT  
KORY**



**JUAN & JOE  
MORENO**



**2022 LORI'S WALLEYE RUN**

## UPCOMING RACES & EVENTS

5/7 - Lake Run (Lake Bloomington)  
5/14 - Starved Rock Country (Marathon, Half  
Marathon & 5K) Ottawa  
5/30 - Streator Memorial Day 5K  
6/24 - Celebrate LaSalle  
7/2 - Run For Glory 5K (Streator)  
7/9 - Dog Days 5K (Lake Bloomington)  
8/6 - Taste 5K Peru  
8/12 - Mr. C's 5K - Wenona



## IN THE SPOTLIGHT

On The Run *page 4*  
A Few Words From Your VP *page 5*  
Runner Profiles *page 6-7*  
The Start of My Race Season *page 8*  
A Message From Juan *page 12*  
Annua Banquet Wrap *page 13*

# Club Officers



**Kory Katkus,  
President**

Email: kory\_katkus@yahoo.com



**Teresa Messersmith,  
Vice-President**

Email: billiebob35@yahoo.com

Email: tm.hart9@yahoo.com

**Theresa Hart,  
Treasurer**



Email: githy72@yahoo.com

**Cathy Berry,  
Secretary**



Email: info@starvedrockrunners.org

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



## 2022 Board of Directors

### TERM EXPIRES 12/31/2022

Dan Rolando  
skirunbyk@mac.com

Joe Bornac  
runnerjoe@gmail.com

Cathy Berry  
githy72@yahoo.com

Teresa Messersmith  
billiebob35@yahoo.com

Theresa Hart  
tm.hart9@yahoo.com

Ryan Bell  
bellz1974@yahoo.com

John Thomas  
covelcreekfarms@msn.com

Bob Zeglis  
info@starvedrockrunners.org

### TERM EXPIRES 12/31/2023

Kory Katkus  
kory\_katkus@yahoo.com

Mitchel Hobbs  
shoeguy@hotmail.com

Mary Beth Potthoff  
potthoff.marybeth@gmail.com

Randy Pratt  
rehd97@hotmail.com

James Ott  
otter82.jo@gmail.com

Kevin Fowler  
kevin.fowler13@yahoo.com

Chelsea Koscelny  
chelseabrashear15@gmail.com

Amber Heider  
amberheider@yahoo.com



# 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 6:30PM the 3rd Tuesday of every month at the Illinois Valley YMCA in Peru. 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:

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

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

## Notes from Our Club Secretary

### Meeting December 21, 2021

Illinois Valley YMCA-Peru, Illinois

Called to order by Club President, Janine Sobin at 6:00 p.m.

Fifteen Board Members were present, one absent and one guest attended the meeting. Secretary's minutes (plus an addendum) and the Treasurer's report were approved and filed.

**Old Business:** In preparation for the annual banquet, raffle ticket prices were discussed as well as the price for paper membership applications.

**New Business:** Turkey Trot review was "phenomenal", according to race director, Mitch Hobbs. There were a few minor glitches. 729 entrants and 200 of those registered on race day. Clean up was quick and smooth as well. Santas on the Run was also deemed a success with 351 registered participants and 1202 lbs. of food donated to the Food Pantry. Two individuals wore turkey trot bibs, rather than the Santa one which caused an issue. Overall, great race!

### Meeting January 18, 2022

Illinois Valley YMCA – Peru, Illinois

Called to order by Vice-President Kory Katkus 6:34pm.

Nine board members were present along with 3 newly elected, twelve total, 5 absent. Secretary's minutes and treasurer's report were approved and filed.

Election Results given: Randy Pratt, Mary Beth Pottoff, Chelsea Koscelny, Kevin Fowler, and James Ott elected to board. Bob Rehn's passing leaves an open seat.

**Old Business:** Discussion on banquet pricing and awards. Plans continue for the annual banquet which will be our 40th Anniversary as a club. There were 32 participants in the year long challenge.

**New Business:** Reviewed committee standings. Merry miles resulted in five new members. Discussion held on open seat to the board.

# ON THE RUN

by Club President Kory Katkus

And we are off and running!! 2022 season has begun. As always, weather seems to be a concern for Lori's Walleye 5k. The weather held out for a successful race. Shortly after that the Lincoln Presidential Half Marathon took place on a cool day in Springfield. SRRL was well represented by many members participating and even some that PR'd. Congrats to them. Keep up the great work.

Next on the circuit schedule will be the Lake Run 12k/7k at Lake Bloomington. Please note that it was mentioned that there will be NO paper registrations, and all will be on-line. Followed by the Starved Rock Country Marathon. The race directors were gracious enough to offer a discount to club members. An email was sent out to members with the discount code. For other upcoming races check out the SRRL website under "Calendar" and to view the circuit schedule; "Memberships- 2022 Circuit Schedule". Also to note, the circuit awards are tier based and self-reporting. To report, go to: [https://docs.google.com/spreadsheets/d/1p7G7DKbtQfxvHwvTjoUow6ljqEapTTh\\_qQ79Ab\\_CLKI/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1p7G7DKbtQfxvHwvTjoUow6ljqEapTTh_qQ79Ab_CLKI/edit?usp=sharing) If you have any questions, reach out to me at [kory\\_katkus@yahoo.com](mailto:kory_katkus@yahoo.com)



As it seems this year seems to be flying by, be aware that the Kid's Clinic and Woman's Clinics are starting to take shape. The Kid's Clinic is being sponsored in memory of Bob Rehn and will be led by Joe Bornac as the director. There is no cost for the kid's clinic for participant of 5yrs old to 16yrs old. For convenience, there has been an online registration set up for both participants and volunteers. If you have time, please consider volunteering. You can register at: Starved Rock Runners Presents: Kid's Running Clinic ([runsignup.com](https://runsignup.com))



Make sure you have renewed your membership for 2022 by registering at:

Wishing all a safe and successful running season in 2022



**STARVED ROCK RUNNERS**  
PRESENTS  
**Kids Running Clinic**  
MONDAY JUNE 13TH - AUGUST 8TH, 2020  
BAKER LAKE, LASALLE, IL  
**Running Rocks!**  
Conducted by Starved Rock Runners, Ltd.

sign up on-line @  
<https://runsignup.com/Race/IL/LaSalle/RunningRocks>  
**IT'S FREE**

# A Few Words From Your VP

by Club Vice-President Teresa Messersmith

I hope everyone's racing season is off to a great start, I also hope that those of you recovering from injuries are healing well.

Personally I hit a new PR for my 5k and also my half marathon, super excited about that.

Track season is in full effect and watching my son improve with every meet has brought so much joy to me. I'm looking forward to the running clinic as I plan on enrolling at least one of my girls, I'm very thankful to have these opportunities.

On a side note if anyone is interested in helping with the kids clinic we always welcome volunteers

## GET INVOLVED

There is a vacancy to be filled on the Board of Directors. Looking for members interested in getting involved. Meetings are the 3rd Tuesday of every month. Meetings generally last 2 hours. Any one interested should contact Kory Katkus

Gavin Hahn	5/2	Barb Small	5/22
Dan Huebbe	5/3	Rich Beal	5/25
Denise Eberhardt	5/4	David Ridley	5/26
Rich Beal	5/25	Kaitlyn Joyce	5/27
Steve Holcomb	5/11	Haylie Pellegrini	5/27
Lynn Lulay	5/11	Cathy Berry	5/27
Kimberly Broyles	5/13	Debra Wackerline	5/31
Tom Smith	5/13		
Raymond Berry	5/14		
Joyce Simkins	5/14		
Mackenzie Stanbary	5/14		

HAPPY  
*Birthday*  
TO YOU

Carroll Lulay	6/3	Michael Nelson	6/24
Dan Rolando	6/5	Mary Beth Potthoff	6/25
Brian Waitkus	6/7	Gage Szymowicz	6/25
Emily Zoid	6/8	Daniel Eiten	6/28
Brian Miller	6/9		
Leah Ricci	6/12		
Eric Joyce	6/14		
Patricia Keim	6/15		
Brook Stanbary	6/19		
Greg Vacaaro	6/19		
Brittany Bejster	6/21		
Janine Sobin	6/21		





# RUNNER PROFILE

## Xavier Dean



**Date/ place of birth** – I was born in Streator, Illinois on September 4th, 2001

**Current location:** - I still live in Streator, Illinois.

**Educational background:** - I am currently into my second year of college education at the Illinois Valley Community College.

**Personal heroes:** Honestly, my personal heroes include Greg Dean (my father), Tyler Dean (my brother, Joe Bornac, Juan Legg, and Kevin Fowler, as well as several other members of the Starved Rock Runners community.

**Personal Strengths:** I am always wanting to help whenever I am available to, and I will do everything I can to make sure that whoever I am running with is motivated enough to push themselves.

**Personal Philosophy:** Although it is nice to win a medal, the bigger prize is watching someone who you helped out win a medal, because you know that you made a difference and helped them.

**Non-running achievement of which you are most proud:** Unfortunately, my accomplishments I am most proud of all pertain to running in some way, shape, or form, but I would say that the closest one would be taking part in a disc golf

tournament and doing better than I thought I would.

**Favorite non-running leisure activity:** I enjoy taking part in disc sports, such as ultimate frisbee and disc golf.

**Years running:** This will mark my 8th year of running.

**Number of races ran:** Running PR'S at various distances: I'm not entirely sure how many 5k races I have ran, but I have taken part in at least 5 or 6 10k races and 3 half-marathons (two in person and one virtual). Best 5k time: 22:37.0. Best 10k time: 48:44.04. Best Half Marathon time: 2:01:53.00

**Favorite race:** I would say that my favorite race is the Streator Run for Glory 5k. Not only is it local, but it's a course that isn't too easy, nor is it too hard.

**Favorite training run:** My favorite training run is my run through the Defender Dash 5k course with an alternate start at the front of my house. It's a shorter run that not only prepares you for an upcoming race, but also leaves you both sore and satisfied with how you trained.

**Typical training week:** Unfortunately, due to both college and work, I don't have a set training week. However, I do try to go out and run if I have time to. Currently, whenever I can, I try running somewhere around two to four miles, alternating on whether I am working on speed, breathing, or intervals.

**Injuries/health problems:** In my senior year of high school, I ended up spraining my foot, which kept me out of running for a little while. Besides that, no health problems or injuries that I can recall.

**Why you run:** My reason for running has shifted throughout the years. When I started, I was running to get into shape. As time went on, I began running to see how far I can run without stopping. This was then paired with running for a team (my high school's cross country team). After high school, my motivation was to keep up with and hopefully push my girlfriend. Now, whenever I do run, it is to see how well I can improve.

**What do you do to stay motivated?** I'm always making sure I have some music playing in order to keep a consistent tempo. As well, I try setting goals for myself months in advance to work towards, like a specific race I plan to run.

**Why did you start running?** My father and I started running when I was in seventh grade. I had ran a 20 minute mile in my physical education class and my father had just started recovering from his surgery. We decided to get memberships at our local gym, where we worked towards not only losing weight, but also towards a 5k my grandfather was working with (The Gateway Superhero 5k). After I ran that race, I decided that I wanted to continue going, wasting no time and signing up for a race the next week.

**Advice you would give to beginning runners:** Don't be upset if the time you ended up with isn't the time you wanted. You still worked hard and made it to the finish line. Be proud of all you have accomplished.

# RUNNER PROFILE

**Date/ place of birth:** March 9, 1974 / Moline, IL

**Current location:** Earlville, IL

**Educational background:** Bachelor's degree in business administration from St. Ambrose University

**Personal heroes:** Anyone who overcomes adversity

**Personal Strengths:** Resilience – I'm a slow runner, but I'm ok with that – I'm perfectly happy in the back of the pack – I'm a self-proclaimed turtle, and that's fine by me

**Personal Philosophy:** "Be afraid, and do it anyway!"

**Non-running achievement of which you are most proud:** Climbing Mt. Kilimanjaro in Africa

**Favorite non-running leisure activity:** Hiking

**Years running:** 5+

**Number of races ran: Running PR'S at various distances:** Not sure – lol! A lot of 5k's, a handful of trail races, 1 marathon and a handful of half marathons (I'm trying to do 1 half marathon each month this year, that will add 12 to my total!)

**Favorite race:** My one and only marathon!

**Favorite training run:** Anything outdoors! (still haven't made friends with the "dreadmill")

**Typical training week:** No typical week, just try to keep moving

**Injuries/health problems:** Nothing major

**Why you run:** I'm not the least bit competitive, but i enjoy being outdoors around like-minded people who are always kind and supportive, whether i finish 1st (never) or last (usually), lol!

**What do you do to stay motivated?** Push myself to start – that's always the hardest part for me

**Why did you start running?** After my late husband passed away, i needed an outlet to grieve and spend time reflecting – running gave me an opportunity to emotionally heal in many ways

**Advice you would give to beginning runners:** Regardless of your age, physical ability, experience or body type, you can do it . . . Just start (that's the hardest part!)



**August 6th**  
**8:00AM**  
**Start & finish at**  
**Centennial Park in Peru**

*This is a club race, you can  
earn a Circuit point for  
volunteering*

**Registration is open**

**<https://runsignup.com/Race/IL/Peru/TASTE5K>**

# The Start of My Race Season

by Amber Heider

The weekend of March 19th was the start of race season for me. I ran Lori's Walleye 5k in Spring Valley on Saturday and the Shamrock Shuffle 8k in Chicago on Sunday.

The weather on Saturday was definitely not ideal. It was cold and rainy when I woke up. I tried to talk myself out of going to Spring Valley but I'm so glad that I didn't. As soon as I got there, I instantly remembered why I love races so much. I was greeted by so many friendly faces that I haven't seen in months. Just being able to catch up with everyone and support each other made it worth it. I surprisingly didn't mind the weather, hills, and uphill brick road by Hall. My favorite part, though, was cheering on the other runners and enjoying bagels and hot chocolate together afterwards.

After I left Spring Valley, I showered and headed to the train station in Mendota. My train got delayed and I was 5 minutes late for packet pickup in Chicago. Thankfully the volunteers were understanding, and it was a smooth process. I stayed with a friend, woke up early, and met Karen Kasperski at the corrals. Grant Park was packed with runners all wearing green. There were over 16,000 people running the 8k so we waited awhile before we could start. I became more and more excited with each passing minute. When we finally started, I ran at a faster pace than I normally do without even realizing it. The crowd really pumped us up. They made us feel like stars! I actually wished the distance was longer because I was having so much fun. We stayed for a while afterwards and enjoyed our free beer. I felt like this race gave me a glimpse of what the Chicago Marathon will be like in the fall and now I'm even more excited!



## November 24th 9:00AM

### Oglesby Elks Club

800 E Walnut St., Oglesby, IL 61348

Watch our website for more details as they become available

## REGISTRATION OPENING SOON



**SO YOU WANNA BE  
A RACE DIRECTOR**  
A Comprehensive Guide to  
Directing Road Races for Runners



**DICK FISLAR**

by Dick Fislar

So You Wanna Be a Race Director contains all information needed for a person to organize and direct road races for runners and bikers. Anyone wanting to organize a race needs this information, and they will find it interesting and relevant. This book will be a great help for first time as well as veteran Race Directors. It is a road map to successful directing of road races and will help make you a successful race director, where you will benefit worthy causes for many years.

**About the Author**

Dick Fislar started running when he was twelve years old. His family lived on a farm just two miles from town and about two and a half miles from his school. In those days there were no school buses. He and his brother walked every day to school. When weather was good, they would run. They didn't have any other way into town, so it just came naturally. As a freshman in high school, Dick made the track team, where he ran the quarter-mile, half-mile, and the mile. They ran on cinder tracks in sprinter spikes. In college Dick was part of a group of runners running a relay and carrying a torch from Macomb, Illinois, to Kansas City, Missouri, to support Western Illinois University's nationally ranked basketball team, a distance of 319 miles. He ran this two years before leaving college, ultimately with a degree in business from Bradley University. Dick continued to run except for a few years where he was climbing the corporate ladder, making it to CEO and Chairman of the Board for three companies. When he was forty-five years of age, Dick started running again and he has run almost seven hundred races. Thirty years ago he began directing races and has consulted on countless races over those years.

Dick Fislar  
2210 30<sup>th</sup> Street  
Rock Island, IL 61201  
309-788-1811

\$10.00  
Plus  
\$3.00  
Postage  
Call  
Dick  
today!

# *Racing Expectations*



**CHIP TIMING - START/FINISH LINE SERVICES  
DJ/ANNOUNCING - PHOTOGRAPHY - EQUIPMENT RENTAL**

**PHONE: 815-513-TIME**

**EMAIL: [info@racingexpectations.com](mailto:info@racingexpectations.com)**

**WEB: [racingexpectations.com](http://racingexpectations.com)**

*We can accommodate your social distancing needs with chip timing and wave starts*

*Starved Rock Runners*

# Women's Running Clinic

MONDAYS: JUNE 6TH – AUGUST 15TH (OFF JULY 4)

CLINIC LEADS UP TO THE FINALE OF THE BOO MILBY 5K

4 EXPERIENCE LEVELS RANGING FROM NO EXPERIENCE TO  
COMPETITIVE RUNNERS

WATCH FOR DETAILS TO BE ANNOUNCED SOON ON  
FACEBOOK & SRRL WEBSITE

Members of Starved Rock Runners are volunteering to assist the Oglesby Elks with their Bingo Nights in consideration for discounts on the use of their facilities for our Annual Banquet and the Turkey Trot race.

Groups of 4 volunteers are needed the first Sunday of every month from 2:00-6:00PM.

You will be shown what to do and its a lot of fun.

Anyone interesting in helping out on occasion should contact Mary Beth Potthoff at: [potthoff.marybeth@gmail.com](mailto:potthoff.marybeth@gmail.com)

Mary Beth will be able to answer any questions you may have and provide date of when help is needed.

## Oglesby ELK's Lodge BINGO

Every Sunday for 4-6PM

**APLINGTON  
KAUFMAN  
McCLINTOCK  
STEELE • BARRY**



106 Marquette Street  
LaSalle, IL 61301

Telephone  
815-224-3200

REHYDRATE • RECOVER

# REGAIN

The No Junk Hydration & Recovery Drink

1000+ mg Potassium - No Added  
Sugar/Substitutes - Clean Taste

Available at Select SRRL Races and Runs  
[www.regainsportsdrink.com](http://www.regainsportsdrink.com)



# THE ILLINOIS VALLEY YMCA

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



- No joiner fee
- Low monthly rates
- No contracts
- Endless exercise options
- Youth programs
- Senior group activities
- 3 pools - therapy, lap & water park
- Weekend activities for youth
- Certified personal trainers
- Indoor walking/running track
- School's Out Camp
- Summer Camp
- Member Family Nights
- Y30 Zone
- Two preschools
- Adult sports/programs
- Two facilities for the price of one
- FREE group classes with membership
- Corporate rates available

**FREE  
GROUP  
CLASSES!**

**ACCESS TO TWO FACILITIES. CHECK  
OUT OUR MENDOTA AREA YMCA.**



Download our mobile app for Android & iOS  
[ivymca.com](http://ivymca.com) | 300 Walnut Drive Peru, IL | (815) 223-7904  
1811 South 13th Avenue, Route 251, Mendota, IL | (815) 538-2900

Designed by **MCS**  
DESIGN | MARKETING | PHOTOGRAPHY



# A MESSAGE FROM JUAN



This goes out to all who were in attendance at the Starved Rock Runners banquet.

I would like to apologize that after receiving the Terry Lowery Spirit award I was overcome with emotions to the point where I didn't even think to say anything. If I could go back in time to that moment I would say Thank you to God and my lord savior Jesus Christ for all that I have been Blessed with.

For those who know me really well, know I am a very emotional, sensitive & Happy go lucky person. I may not have been blessed with all that I wanted but I was blessed with all that I needed, and all I ever really needed was the Love and support of others. Just about everyone knows my story, but it would have never made it this far if it had not been for the person who came up to me after what was to be my 1st and only 5k, placed their hand on my shoulder (as I failed to hold back a flood of tears) and said " You are Amazing"... WOW, That Love, Support & Encouragement filled my heart like never before. In my situation the timing of that couldn't have been more perfect. There's nothing good about missing a leg but, I love my life because I have a purpose. I'm not blind to the fact that people notice me, and do you know why they notice me? Because all of you who have encouraged, supported, cheered, complimented, and shown Love and kindness to me. Love and kindness are very powerful: Love gives the power to motivate, inspire & encourage lives. Love can change the world, It can save a life, It can mold you into who you become. Everyone of you helped me become who I am today. I

may have received the award but I want to thank all the people behind the scene, and that would be each and everyone of you, My starved rock runner family.

I feel so loved, that I want to spread this feeling to as many people as I can. So if I give you a hug and tell you I love you, know that I mean it and that I appreciate everything you have done for me. I would also like to take this time to thank my Wonderful, Beautiful wife Sammi, Who has had to deal with the behind the scenes of being married to a amputee. And let me tell you, You have no idea... She is a strong woman that has always been there for me from the sleepless nights to waiting to give me a kiss & hug at the finish line. She is truly my better half. I love you Sammi.

There is only 1 thing that would have made receiveing this award more special, and that would have been if my Good friend that encouraged me to join the club had been there, Bob Rehn. I'm not alone when I say I love and miss you Bob.

## SANTAS ON THE RUN VI

**Saturday November 26<sup>th</sup> 10:00AM**  
JF Kennedy Jr. High, Spring Valley  
Mark your calendar  
Registration opening soon

**Every family should have a Chiropractor  
on their health care team!**

130 3rd Street · LaSalle  
www.DrGergovich.com  
(815) 223-0647



*Chiropractic may help:*

· Headaches · Neck Pain · Back Pain · Sciatica  
· Allergies · Auto Accidents · Workers' Comp



**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

# ANNUAL BANQUET IS A SUCCESS

On Saturday, March 5, 2022, 72 members, family members and friends came together to celebrate our running accomplishments this year, as well as to celebrate the 40th Anniversary of our club! Wow! What a celebration for past, present and future club members. This unique group has been in existence for four decades and has benefitted so many individuals and their families—and talk about friends and camaraderie! What an overload! The relationships originated and sustained among club members are truly unique and sincere. As a tribute to the club participants, each member was given a commemorative wooden ornament and a 40th Anniversary Club Booklet. This is a great way to look back on the club's origin and how it has evolved throughout the years.

In January, raffle tickets and quilt raffle tickets to sell prior to the banquet, were sent out to each family to sell and return. Winning tickets were drawn that evening:

Lucretia Berry - \$200, Janine Sobin - \$100, Greg Vaccaro - \$50, Denise Eberhardt - \$50, Steve Lukancic - \$25, Robert Goode - \$25, Jody Harris - \$25, Carol Hughett - \$25 (donated back to club).

Greg Durdan won the Runner's Quilt created by Marsha Zeglis and Nate Smith won the 50/50 raffle.

The favorite t-shirt voted upon was "Run the Path".

A delicious buffet style dinner was prepared and served by Bernardi's from Toluca. A cake, celebrating our club's 40th anniversary was also served upon completion of the meal. Table decorations and raffle prizes were donated and/or created by Cathy Berry, Hank Boer and Tim Novak. Our current club President, Kory Katkus, served as Master of Ceremonies. He introduced outgoing, current and new board members and thanked them for their service. A 40 Years of Running plaque was presented to Randy Pratt for his dedication to the sport. Circuit Awards (gold, silver, bronze) were presented to those members who met the required number of points. Friends of Running Awards were presented to the Oglesby Elks, Hall High School, Tim Novak (Juan Legg), Marsha Zeglis and Phil Taylor of Racing Expectations. The Terry Lowery Spirit Award was presented by Kevin Fowler to Tim Novak For his inspiration, grit and determination in spite of adversity. A group of club members also received a tumbler for having achieving their yearlong running challenge.

A pleasant addition to the banquet this year was –MUSIC. Phil Taylor provided the tunes and served as D.J. Members enjoyed music as they dined and were invited to stay after the program ended, for more music and dancing. Thank you Phil, for this added touch.

Thank you to everyone who planned, participated in or attended this festive and memorable event. I believe a great time was had by all. Now on to year 41!

**Run The Path** November 5th, 2022  
registration opening soon



The Justice Law Firm, P.C. has been operating in Starved Rock Country since 2009, representing buyers and sellers of residential and commercial real estate, corporation formation, and estate planning and administration.

**The Justice Law Firm**

Go Kim!  
Go Cathy!

511 R. Main Street  
Streator IL 61364  
815/673-4344  
Jerry J. Justice

719 Canal Street  
Ottawa IL 61350  
815/434-0709  
Thomas L. Justice

[www.thejusticelawfirm.com](http://www.thejusticelawfirm.com)





# 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](mailto: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 mailed 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](mailto: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](http://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