

PACESETTER

STARVED ROCK RUNNERS LTD.

SEPT/OCT 2022 • VOLUME 46 • ISSUE 5



UPCOMING RACES & EVENTS

9/10 - Underground RR 5K (Princeton)
9/24 - Dwight Harvest Days 5K (Dwight)
9/25 - Quad Cities Marathon, Half, Relay & 5K (Moline)
10/1 - Holy Family Shuffle 3 mile (Oglesby)
10/6 - Run The Path 10k/1 Mile (McNabb)
11/24 - Oglesby Turkey Trot 3 mile (Oglesby)
11/26 - Santas On The Run 5K(Spring Valley)



IN THE SPOTLIGHT

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2022 Board of Directors

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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 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 July 19, 2022

Illinois Valley YMCA – Peru, Illinois

Called to order by Club President, Kory Katus at 7:01pm

Twelve Board Members were present and 2 members absent. Secretary's minutes and the treasurer's report were, presented, approved and filed.

Old Business: Mary Beth Potthoff reports ladies have registered for the Women's Running Clinic. Joe Bornac reports the Kid's Running Clinic has over 60 participants. Bob Zeglis reports 84 ornaments and 40th Anniversary booklet has been mailed.

New Business: Chelsea Koscelny removed from board of directors due to her relocation.

Meeting August 16, 2022 (prelim)

Illinois Valley YMCA – Peru, Illinois

Called to order by Club President, Kory Katus at 7:04pm

Thirteen Board Members were present and 1 member absent. Secretary's minutes and the treasurer's report were, presented, approved and filed.

Old Business: Edward Jones Investment accounts have been updated. Women's Running Clinic and Kids Clinic going very well. Volunteers are needed for monthly Bingo at Oglesby Elks.

New Business: Currently there are two open seats on the board. Nominations being discussed and accepted.

ON THE RUN

by Club President Kory Katkus

Holy hotness!! We have had some hot and humid days these past few months, hope all have been successful running in these types of conditions. I prefer cooler temps but training in this should help me be more success when running in the later in the year's races.

As the Pacesetter hits your hands, the club had just finished both the Kid's Running Clinic and Women's Running Clinic. Both were successful for the great leaders we had leading the clinics. I would like to thank all the leaders for volunteering their time to make the clinics a success.

We had a few circuit races since last Pacesetter issue, but we have plenty of upcoming races. Distances range from 5k all the way to a Full at the Quad Cities Marathon. We also have some new circuit races of 5k & 8k at the Run the Woods-Trail Run held at Lake Bloomington. Of course, we also have the staple classics such as Dwight Harvest Days 5k and the Turkey Trot.

Soon the election committee will be looking for candidates to run for the board. If you want to see the inner workings and to look for ways you can help evolve the club, consider running for a position on the board. Fresh ideas are always welcomed.

This year is also a self-reporting system for circuit credit. You need to mark your distance you completed by adding a "1" under the distance in the row with your name. If you have any questions or issues, reach out to Kory Katkus at kory_katkus@yahoo.com

You can access the circuit credit sheet at: https://docs.google.com/spreadsheets/d/1p7G7DKbtQfxvHwvTjoUow6ljqEapTTh_qQ79Ab_CLKI/edit?usp=sharing

or by scanning the QR code to the right on this page:



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

Run The Path 10K

Sunday November 6th, 10AM

Putnam County Jr. High (13183 N 350th Ave., McNabb, IL 61335)

ON-LINE REGISTRATION IS OPEN

<https://runsignup.com/Race/IL/McNabb/RunthePath10K>

A Few Words From Your VP

by Club Vice-President Teresa Messersmith

Hope everyone is doing well. I have been busy running our circuit schedule and having my daughters in the Kid's Clinic. I appreciate the volunteers at the clinics as they have helped my daughters and all the kids prepare for running the "Boo".

The club has a few circuit races coming up in the next few months for its members. Hope you get registered for those, and I get to see you out there.

The club also had the return of the picnic at the canal, hosted by Carol and Mitch. Maybe you got to attend and enjoy as I was unable to with work.

We are into this year's circuit schedule and though we have had some races so far, there are plenty of other races coming up. Underground Railroad 5k, Dwight Harvest Days 5k, and the Quad Cities Marathon just to mention a few.

As a reminder, the election committee will be seeking candidates for the board for the upcoming election. If interested, reach out to any member of the board and they will get you in contact with the committee.

Happy Miles to everyone!



OGLESBY . ILLINOIS

the turkey trot

THURSDAY NOVEMBER 24th

Registration is open

<https://runsignup.com/Race/IL/Oglesby/OglesbyTurkeyTrot>

SANTAS ON THE RUN VII

Saturday November 26th 10:00AM
JF Kennedy Jr. High, Spring Valley
Mark your calendar

on-line registration open at:

<https://runsignup.com/Race/IL/SpringValley/SANTASONHERUNVII5KONEMILEWALK>

RUNNER PROFILE

Brittany Peach



Date/ place of birth: 6/21/94 in Mendota, IL

Current location: Flanagan, IL

Educational background: Associates from IVCC & Bachelors from Illinois State University. Both in teaching.

Personal heroes: My mom (Joanne Bejster) is my inspiration as well as my Grandma Bejster. Whatever life throws at them, they always persevere through it all coming out stronger than before.

Personal Strengths: Organized, prepared and wanting everyone to feel included.

Personal Philosophy: Count your blessings, not your problems.

Non-running achievement of which you are most proud: Buying my house and getting married.

Favorite non-running leisure activity: I love to travel or read.

Years running: 3-4 years

Number of races ran: 60-70

Running PR'S at various distances: 5K distance-27:04 (Liberty 5K Morris)

Favorite race: SRRL course—Santa's on the Run & non SRRL—Operation Stronger 5K in the state of Ohio! It was an amazing tribute to Veterans and 3 Veterans ran with me from mile 2 when I really wanted to give up all the way to the finish line.

Favorite training run: Global Running Day with the group was a fun running night to get together afterwards in Utica with SRRL members.

Typical training week: Chase (my husband) and I try to run 2-3 miles every other day usually. On no-run days I go for walks, strength or dance fitness workouts.

Injuries/health problems: Knock on wood—nothing!

Why you run: I run to push myself and see what I am physically capable of doing. Always a good feeling post run!

What do you do to stay motivated? I run with Chase who motivates me to run. I also have it in my "to do" list that day so I make that time out for myself each day to workout/run because I know I will feel better after (also I know that after I go a couple days without running it makes it harder to get back into it.)

Why did you start running? Three years ago I decided to change my lifestyle to make healthier habits and started to include running more and more. After doing several races I liked the competition against others but really the competition within myself to try and get a better time than before.

Advice you would give to beginning runners: Start with running intervals and find someone to run with. On the "Runners" or "Running-Fit for a Woman" Facebook page SRRL members often post group running times/locations. Everyone is always very welcoming no matter the distance or pace if you need accountability.



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RUNNER PROFILE

Chase Peach



Date/ place of birth: 3/15/92 in Galesburg, IL (grew up in Neponset)

Current location: Flanagan, IL

Educational background: Associates Degree from Black Hawk East

Personal heroes: my dad

Personal Strengths: detail oriented

Non-running achievement of which you are most proud: my health

Personal philosophy: Be yourself, not what you think others expect you to be.

Favorite non-running leisure activity: spending time with family and working in the garage

Years running: 2-3

Number of races ran: Around 30-40

Running PR'S at various distances: 23:40 Oglesby Turkey Trot

Favorite race: Neponset Picnic Days 5K

Favorite training run: running around Baker Lake

Typical training week: Run every 2-3 days 2-4 miles

Injuries/health problems: I broke my arm skateboarding when I was 9, but that was it.

Why you run?: My wife, Brittany, makes me.

What do you do to stay motivated? It makes it easier when your significant other runs with you to keep you going.

Why did you start running? Brittany and my mother-in-law, Joanne, both run and I would go to cheer them on and figured I might as well run with them. Never would have imagined I would be a runner.

Advice you would give to beginning runners: Don't get discouraged because you never know what you're capable of until you push yourself.

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

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

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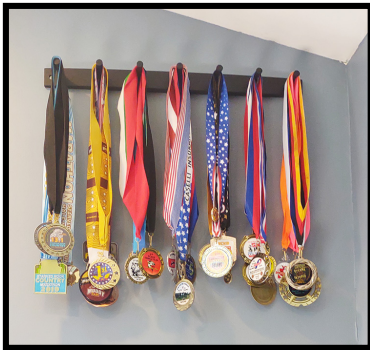
40 Medals By 40

by: Christie Wilson

My name is Christi Wilson and I am 37 years old from Marseilles, IL. I started running in high school because I wanted to be included in a team and after trying out for every sport and never making anything I decided to run.

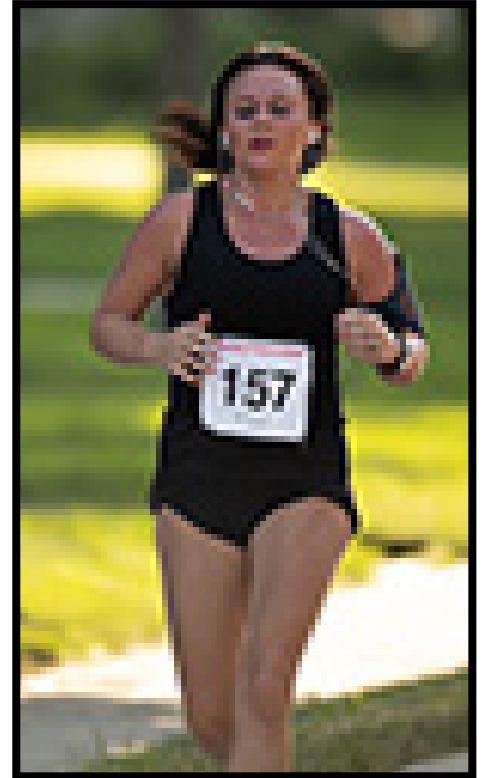
I was the slowest person on the team and there were times the coach left because I was too slow. I never quit or gave up. I continued to run in college and then I gave up after having children.

After I had my youngest daughter, I was struggling with anxiety and depression and was not going down a healthy road. I remember telling my husband seven years ago I quit. I'm done with this lifestyle. I want to be healthy for my family and myself. I picked up my phone and signed up for my first race ever. The Starved Rock Country Half Marathon.



You would think one would start off with a 5k but I was determined and I changed my life with that race. I fell in love after crossing the finish line. I made a promise to myself that I would get 40 medals by age 40.

The more I ran the happier I was. The only person I needed to believe in was me. Running changed my life. This past year I got my personal best for the Starved Rock Country Half Marathon at 1 hr and 57 mins.



TASTE 5K 1ST FEMALE FINISHER

I get butterflies when I see a race online because I'm a runner and I love the thrill of crossing the finish line. I also hit my goal this year at 37 and have 42 medals. For me running is my therapy, my goto and my happy place. I look forward to so many more races and I appreciate all my fellow runners.

Mike Hahn 9/2
Xavier Dean 9/4
Darcy Beals 9/4
Mike Goodwin 9/6
Kevin Conor 9/9
Kelly Shanley 9/9
Caitln Wise 9/9
Mark Wackerline 9/10
Michele Gaeta 9/11
Peter Klaeser 9/11
Patricia Craig 9/15
Rich Gual 9/15
Catherine Wise 9/19
Sandy Gutz 9/24
David Wise 9/26
Mitchell Hobbs 9/28
Merle Walter 9/28
Lindsay Gerding 9/29



Greg Durdan 10/3
Holli Rapp 10/5
Melinda Magerkurth 10/7
Joe Bornac 10/8
Lynn Durdan 10/8
Kristen Eustis 10/8
Abigail Gutz 10/9
Isabel Joyce 10/15
Harold Breen 10/17
Jordan Roetker 10/18
Steve Hartzell 10/22
Tucker Morris 10/23
Sarah Ott 10/25
Timothy Ricci 10/26
Bob Kolczaski 10/28
Dan Palmer 10/28
Christa Easi 10/29
William Liesse 10/30



KidsClinic



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.

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Wanna See Some Race Pictures

If you like looking at past race photos, did you know that you can view a number of them via our web site?

The picture on the right is a screen shot of the front page of our website. If you click on the "ABOUT US" tab, and then select "Photo Gallery", it will take you to a directory with 30 plus events/ races.

At one time we had a photo library on the website, but the service that was used went out of business, and all were lost.



After a long search for a new service to be able to store photos via the cloud, we've selected Google Photos. If you try to access this on a mobile device (and you don't have a Google account), it may ask you to set one up. There are no catches or cost, and it is simple, and once you do, you will have access to a ton of pictures.

Uploading pictures is a time-consuming venture and as time moves on more and more photos will be added. We currently have close to 24,000 (that is not a misprint), photos to upload. Race photos are listed by year and race name. As we take pictures at upcoming races, the number will grow. Please check it out.

Racing Expectations



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WEB: racingexpectations.com

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Volunteers Make It Happen



Programs like the Kid's and Women's Running Clinics don't happen without dedicated volunteers.

It takes runners who want to share the joy of the sport we love so much, running.

We'd like to thank all of the volunteers who put the time and effort in to make these programs happen for those interested getting involved, or improving themselves.

A special thanks to Joe Bornac and Mary Beth Potthoff for organizing the two clinics again this year.



RUNNING IN HIGH HUMIDITY & TEMPERATURES

by Kory Katkus

As the temps and humidity has risen in the past few weeks, I started to research some tricks to help me make it thru these hot days for my training. I have a huge dislike for these temps and can't wait for fall's cool temps to arrive. But waiting till the temps cool will not help any of my training, so the research (google searches lol) started. I figured I would share some things that I have learned.

This is my new excuse. I have never been a fast runner, but I took this as something I could relate to. Slow down: Every 5°F rise in temperature above 60°F can slow your pace by as much as 20 to 30 seconds per mile. So don't fight it—just slow down. Running in heat makes you run slower.

Understand heat index dangers: Avoid running outside if the heat is above 98.6 degrees and the humidity is above 70-80%. If the humidity in the air is so high that it prevents the process of evaporation of sweat from the skin, you can quickly overheat and literally cook your insides from an elevated body temperature. For some this is a stretch, they don't have anywhere they can run inside or have a membership at a gym to use the treadmills (my personal word for treadmills). Time to get creative here if you're still going to run outside. Go to bed early so you can get up super early and get most of your miles in before the temps start to rise. Or head out after sunset and run in the dark hours. Just be sure to wear reflective gear.

Don't worry if you are riding the struggle bus this summer. It is HARD but running in heat will pay off when cooler temperatures come this fall. That's because running in heat is like training at altitude. It is teaching your body to do more with less oxygen. Your blood volume is decreasing, supplying less oxygen to your working muscles, and giving you less energy.

Running in heat makes your heart and lungs work harder. You are sweating which is causing fluid loss which can impact performance by 4-6 percent for every 2 percent of body weight loss. Your heart rate is increasing 2-4 beats per minute in 60 to 75-degree heat, and up to 10 beats in 75 to 90 degrees.

Other info found on RRCA website:

- Be Alert: Running in the heat of summer can be dangerous if proper precautions and preparations are not followed.
- Avoid dehydration: You can lose between 6 and 12 oz. of fluid for every 20 minutes of running, especially when it's hot out.
- Pre-hydrate: Drink 10–15 oz. of water 10 to 15 minutes prior to running, and drink water every 20–30 minutes

during your run.

- Carry water: Bring water with you on the run and plan your route for long runs (over 60 minutes) to be able to refill your water bottle as needed.
- Understand heat index dangers: Avoid running outside if the heat is above 98.6 degrees and the humidity is above 70-80%. If the humidity in the air is so high that it prevents the process of evaporation of sweat from the skin, you can quickly overheat and literally cook your insides from an elevated body temperature.
- Know the signs of heat illness: If you become dizzy, nauseated, have the chills, or cease to sweat.... STOP RUNNING! Find shade, drink water, and if you do not feel better, get home or call for help.
- Know the signs of heat stroke: Symptoms of heatstroke include mental changes, such as confusion, delirium, or unconsciousness, and skin that is red, hot, and dry, even under the armpits.
- Get help immediately if you suffer heat stroke: Heatstroke is a life-threatening medical emergency, requiring emergency medical treatment. Call 9-1-1.
- Check with your doctor: If you have heart or respiratory problems or you are on any medications as these can impact your ability to tolerate heat while exercising.
- Dress for the weather: Wear light colored, breathable fabrics. Avoid long sleeves and long pants. Never wear a sweat suit in high heat in an effort to lose water weight... see above about the dangers of heat stroke.
- Apply sunscreen: 15spf or more can help protect your skin from sunburns. Having 5 or more sunburns doubles your risk for melanoma (skincancer.org)

I hope some of this information helps you be more prepared for your summer runs and to be aware of dangers if you are going to run in the hot temperatures. Good luck and be safe.



Sammi Leg demonstrates how to cool down after a hot & humid race. She is sitting in the ice cold water of the tub that was holding the bottles of water at the finish line.

2022 Self Reporting for Circuit Point

In 2022 SRRL is asking for self-reporting for circuit point credit. Members get credit for any distance they do at a circuit race, meaning if you ran the 7k or 12k at Lake Run or the 5k, Half, or Full at Starved Rock Country Marathon or any other circuit race that has multiple race distances, you earn credit for that race. You also can earn credit for volunteering at "club" races (Lori's Walleye Run 5k, Taste 5k, Boo Milby 5k, Run the Path 10K, or Turkey Trot). Awards will be based on the amount of completed races of the following format:

Youth (19 and under) and Seniors (65 and over):

Bronze Level: 3 Completed races **Silver Level:** 4-5-6 Completed Races **Gold Level:** 7+ Completed Races

All Others (20yrs old thru 64yrs old):

Bronze Level: 4-5-6 Completed Races **Silver Level:** 7-8-9 Completed Races **Gold Level:** 10+ Completed Races

To self-report you would go to google sheets by following the link:

https://docs.google.com/spreadsheets/d/1p7G7DKbtQfxvHwvTjoUow6ljqEapTTh_qQ79Ab_CLKI/edit?usp=sharing
or scanning the QR code:



There is a googlesheets app available for both apple and android. If you have any questions please contact Kory Katkus at kory_katkus@yahoo.com

The Boo Practice Run



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Madison Mini Marathon

by Kevin Fowler

When I woke up on July 22, 2022, I couldn't believe what day it was; that afternoon Ray was going to pick me up and transport us to Madison, WI to pick up our "packets" for the Madison Mini Marathon. It seemed like it was supposed to be two months away, but the day had crept up on me, like a lion to a wildebeest. We got our things and went to find a place to eat dinner. When I woke up the next day, my mind was reeling and my adrenal gland was on overdrive.

Before the race, we poked around a bit, mingled with the crowd, the inevitable stop at a port-a-potty, then we start. We started off strong, but we were shaded by buildings and trees for the first seven miles or so. That's when the wheels started to fall off for me. The first responders behind us would pull up and check on me about every half mile and offer water, gatorade, or a quick splash on our heads to cool us down. Every time we passed a mile marker sign, I would make my way over and "high five" it, but when I saw the marker for mile 13, I smacked it like it owed me money.

I was ready to be done. I wanted so badly to sprint across the finishline, but my legs were so weak. I wanted to collapse and melt into the pavement, but I heard this voice again. Coarse, but strong, it said, "Come on, Kev! COME ON!" Suddenly, my body came back to life. I didn't run across the finishline, but I did finish.

In every aspect, except physically, Ray carried me across that finish and I was handed my fourth Madison Mini Marathon medal. I spent the next 30 minutes or so in a wheelchair at the first aid tent and was just in tears, I felt utterly defeated, depleted, and frustrated. Even though I finished, I didn't feel like I deserved that medal.



The Boo Practice Run



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 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

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
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