

# PACESETTER

STARVED ROCK RUNNERS LTD.

JAN/FEB 2023 • VOLUME 47 • ISSUE 1



## 2022 OGLESBY TURKEY TROT



## 2022 SANTAS ON THE RUN

### UPCOMING RACES & EVENTS

3/25- Lori's Walleye Run (Spring Valley)  
4/29 - Christie Clinic Race Weekend - Champaign  
5/23 - Lake Run - Lake Bloomington  
5/13 - Starved Rock Country - Ottawa  
5/29 - Streator YMCA Memorial Day 5K - Streator  
8/6 - Taste 5K (Peru)  
8/19 - Boo Milby (LaSalle)  
11/4 - Run The Path - (McNabb)  
11/23 - Turkey Trott (Oglesby)



### IN THE SPOTLIGHT

On The Run *page 4*  
Turkey Trot wrap *page 6*  
Birthdays... *page 7*  
Runner Profiles... *pages 8-9*  
Winter Running.. *page 10*  
2023 Circuit Schedule...*page 11*  
Santas On The Run VII... *page 15*



# Club Officers



**Kory Katkus,  
President**

Email: kory\_katkus@yahoo.com



**Teresa Messersmith,  
Vice-President**

Email: billiebob35@yahoo.com

Email: info@starvedrockrunners.org

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



Email: githy72@yahoo.com

**Cathy Berry,  
Secretary**



---

## 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

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

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 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 October 18, 2022

Illinois Valley YMCA – Peru, Illinois

Called to order by Club President, Kory Katkus at 7:07pm

Nine Board Members were present and five members were absent. Secretary's minutes were presented, approved and filed. Treasurer's report was presented and tabled for approval, until next month pending reconciliation of reports.

**Old Business:** Final preparations being made for Run the Path. Cathy Berry has agreed to fill position of Finance Committee Chair. Volunteers are needed for monthly Bingo at Oglesby Elks. Cathy Berry, Dan Rolando, and Bob Zeglis re-running for board 2023.

**New Business:** Looking into new bank options for club for more accessibility. Discussion held on need for reduction of Board size due to lack of interest from club members.

### Meeting November 15, 2022

Illinois Valley YMCA – Peru, Illinois

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

Eleven Board Members were present and three members were absent. Secretary's minutes were presented, approved and filed. October's treasurer's report was presented w/striking of discrepancy, correction made due to math calculation from summary report. October treasurer report was unanimously approved. November treasurer's report was presented, approved and filed.

**Old Business:** Treasurer has begun the process for new club credit card from Heartland Bank. – Contract for Turkey Trot use with Elks has been signed, two volunteers are needed monthly to assist with Elks Bingo

**New Business:** Circuit committee met and presented proposed circuit schedule. Springfield half will not remain a circuit race for 2023. Janine Sobin and Roseann Abbott reported Run the Path had 104 registered, 17 walkers, 88 runners finished. They received a lot of positive feedback. Brittney Peach will be taking over coordinating the Kids Running Clinic next year.

# ON THE RUN

**by Club President Kory Katkus**

Here we are... our yearly circuit running has come to an end. It feels as it was just a few weeks ago we were gearing up for our circuit. Hopefully everyone was able to get out and join us to help close out the year. Before you can blink, the 2023 season will be upon us.

Your board and committees have been busy already preparing for the 2023 season. The circuit committee presented a proposed schedule to the board. That schedule was approved in the November board meeting. We included a new race that has multiple distances up to a half, including a half relay. That race is the Christie Clinic Marathon Weekend in Champaign. They have also blessed us with a club discount to any of the races they offer.

Remember at club races, when you volunteer you do earn credit for that race as if you ran it. With the circuit races, make sure to mark down your races so you earn credit for the circuit races you completed. This will be for the yearly awards given out at the banquet. There will be a point when we will close the reporting so awards can be made, so don't hesitate, and get your races recorded.

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](mailto:kory_katkus@yahoo.com) You can access the circuit credit sheet at: [https://docs.google.com/spreadsheets/d/1p7G7DKbtQfxvHwvTjoUow6ljqEapTTh\\_qQ79Ab\\_CLKI/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1p7G7DKbtQfxvHwvTjoUow6ljqEapTTh_qQ79Ab_CLKI/edit?usp=sharing) or by scanning the QR code :



You should have received your ballot for board member voting as well as a few questions asking about changes to the constitution. The constitution requires a membership vote for changes. Hopefully you completed those and returned them by the deadline.

As we close out 2022, that means it is time to renew your club membership. 2023 membership cost will remain the same and it is now open to renew for 2023. Renewing now will ensure that your membership lasts till the end of 2023. Renew today at: Starved Rock Runners LTD ([runsignup.com](https://runsignup.com)) or by scanning the QR code :



As I write this, we are in the middle of our yearly event of Merry Miles III. This is a free event to any age member that can earn gift cards to local businesses. Concluding at the end of December and figuring results, it is planned to draw the winners for the prizes at the January Board meeting. But remember, for you to possibly win a prize in January your membership would need to be renewed and valid.

Do you have a training program success story or a destination race you want to tell everyone about? The Pacesetter is always looking for stories to publish. Write about it and submit it to the pacesetter. I am sure it will get published and I would love to hear about it.

As the new year kicks off, I wish you luck in your running and health in the new year!!

Happy Running,

Kory





# 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 | PRINT | WEB

# Turkey Trot is a Huge Success

Thank you to all who participated in the 2022 Oglesby Turkey Trot! We had over 900 people sign up for the race, the largest turnout since moving to the Elks Lodge. This included runners from all over the U.S. as well as many families who participated together.

We had 35 kids in the Kids' Fun Run – the footballs were a big hit!

Thanks to the city of Oglesby, the Elks Lodge of Oglesby, Millstone Bakery, 4th St. Bakery & Cafe, Creative Apparel, the Starved Rock Runners, and the many volunteers who made the day possible.

A new course record was set by Noah Cummisford from Grand Rapids, MI, with a finish time of 14:48. Rachel Hickey from Peru, IL was the female winner with a finish time of 17:33.

There are two runners who have participated in every Turkey Trot since the race began. Congratulations to Carol Pratt and Larry Rhoda on 44 consecutive years!



Overall Male and Female winners, Noah Cummisford of Grand Rapids Michigan, and Rachel Hickey of Peru



Carol Pratt and Larry Rhoda who have run the Oglesby Turkey Trot all 44 years of its existence

*Covel Creek Farms*

1848 N 24TH RD  
GRAND RIDGE, IL 61325

**APLINGTON  
KAUFMAN  
McCLINTOCK  
STEELE • BARRY**

**ATTORNEYS AT LAW**

106 Marquette Street  
LaSalle, IL 61301

Telephone  
815-224-3200



# 37<sup>th</sup> Lori's Walleye Run 5k

**Saturday March 25<sup>th</sup>, 2023 9:00AM**

Hall High School - Spring Valley

Early Bird Special: \$25.00 thru January 15th

\$30.00 January 16th - March 17th

\$35.00 March 18th thru Race Day

**Online registration at:** <https://runsignup.com/Race/IL/SpringValley/LorisWalleyeRun5KSV>

# HAPPY

JOHN THOMAS	1/2	CONNIE WILCOXSON	1/19	STELLA LOGAN	2/13
JUAN LEG	1/3	MICHAEL BOEHLE	1/23	ELIZABETH REYNOLDS	2/23
BARB LAUFF	1/4	MADISON STANBARY	1/27	TRIXIE LUKANCIC	2/24
ANNALISE RICCI	1/6	JILL URBAN-BOLLIS	1/28	RICK ABBOTT	2/16
MANUELA CONRAD	1/8	ALEX TAYLOR	1/29	CARINA COLLET	2/17
TROY BURD	1/9	PAULA BAKER	1/31	CHARLIE GROTEVANT	2/18
TRACY EGGENBERGER	1/11	JOANNE VACCARO	2/1	TANYA WARE	2/20
TOM McDONALD	1/15	BOB HANNA	2/2	THERESA HART	2/21
CHRISTINE RIDLEY	1/15	HANK BOER	2/6	KELLY CAMPBELL	2/25
MARY JANE PRATT	1/16	JORDAN RICK	2/7	BOBBIE LUDWIG	2/25
JOHNATHAN RICCI	1/16	TERRY TRENCH	2/7	JENNA OLIVERO	2/25
MATT BAKER	1/19	BOB ZEGLIS	2/7	RYAN BELL	2/26
		MIKE MIROUX	2/1		

# BIRTHDAY

# RUNNER PROFILE

## Hank Boer



*Hank finishing the 2018 Lori's Walleye Run 5K in the midst of a blizzard.*

**Date/ place of birth:** I was born in Harvey, Illinois and I was raised in South Holland, Illinois. Both of these towns are located in south Cook County. I did not give my birth date because I strongly believe age is relative to a person's personal attitude toward life.

**Current location:** I currently live in Streator, Illinois with my wife, Sharon.

**Educational background:** I received my undergraduate degree from Illinois State University and graduate degrees from Northern Illinois University, University of Illinois, and Southern Illinois University. I earned my PhD from Southern Illinois University.

**Personal heroes:** My personal hero is my wife, Sharon.

**Personal Strengths:** My personal strengths include determination, creativity and an endless amount of perseverance. I will not give up!

**Personal Philosophy:** My philosophical outlook is based upon the belief that almost everyone can be personally successful if they are willing to make strong commitments and make personal sacrifices to achieve personal dreams with God's help.

**Non-running achievement of which you are most proud:**

Non-running achievements include my positive relationships with my three daughters, three sons-in-law, five grandchildren, a grand daughter-in-law and a grand son-in-law.

**Favorite non-running leisure activity:** A non-running leisure activity that occupies a great deal of my time is woodworking. I am a member of the Central Illinois Woodturning Club. Two of my wood lathe projects have earned 1st place awards at the Illinois State Fair.

**Years running:** My first competitive running activity was the two mile event that I participated in while I was a student at Thornton Junior College in Harvey, Illinois in 1962.

**Number of races ran:** Running PR'S at various distances: I have no idea how many races I have participated in the past. I have participated in numerous 5K races, 10K races and two half marathons. The half marathons were held in Springfield, Illinois in 2009 and in Ottawa, Illinois in 2018. I do not participate in races to record my personal best times, I participate in races because I enjoy personal relationships with other racers and because I want to stay as physically fit as I can.

**Favorite race:** My favorite race is the Dwight Harvest Day race because it is a flat course and there are numerous "munchies" after the race.

**Favorite training run:** My favorite training course is to a neighborhood bar to drink a beer.

**Typical training week:** I try to complete a 5K distance per week.

**Injuries/health problems:** On October 29, 1983 I experienced a very serious accident that involved three months in Carle Hospital in Champaign, Illinois. For several years I was unable to walk without the aid of crutches. I currently walk with a leg brace and a cane. I have had five complete left hip replacements.

**Why you run:** I walk races because "I CAN"!

**What do you do to stay motivated?** I stay motivated because I want to be able to continue walking and remain healthy.

*continued on bottom of next page*



# RUNNER PROFILE

## Steve Holcomb



**Date/ place of birth:** May 11 1987, Streator  
**Current location:** Still Streator  
**Educational background:** College Dropout  
**Personal heroes:** Peter Attia & Andrew Huberman  
**Personal Strengths:** Human Calculator, Frugality & A Love for Cold Weather  
**Personal Philosophy:** Get Busy Living or Get Busy Dying  
**Non-running achievement of which you are most proud:** I recently quit a job that was draining my joy  
**Favorite non-running leisure activity:** Exploring our Amazing Public Lands  
**Years running:** Off and On for 25 years  
**Number of races ran: Running PR'S at various distances:** To many to count, 5 hour 50k and 12 hour 100k  
**Favorite race:** Mid State Mile  
**Favorite training run:** Low and Slow Long Run  
**Typical training week:** 35ish Miles with some hill work sprinkled in  
**Injuries/health problems:** So far So good, I try to create my own luck with sleep, diet, strength, Hot/Cold & mobility

**Why you run:** Mental Health & A Sense of Purpose

**What do you do to stay motivated?** Constantly remind myself that a high VO2 Max is great healthspan insurance

**Why did you start running?** Slowest kid on my Tball team

**Advice you would give to beginning runners:** Rarely try to PR... most runs should feel like a piece of cake & walking isn't something you should be ashamed of...Mix it up & don't do the same thing over & over...Obviously have fun & stay

# SAVE THE DATE

**Saturday March 4th**

**SRRL Annual Banquet**

**Oglesby Elks Lodge**

**More details will be coming via snail mail**

*continued...Hank Boer - Runner Profile*

**Why did you start running?** I began running at Thornton Junior College because I made the decision that I wanted to become a Biological Science teacher and a coach. I believed that running would be a sport that would allow me to relate with students.

**Advice you would give to beginning runners:** My only advise to beginning runners is to not focus on completion times. Run because it is a health benefit that will serve you will for your entire life.

# WINTER RUNNING

As we head into the winter running season, remember some points of interest and mistakes we tend to make during the winter months. Being over-dressed is one of the most common mistakes we make. We also underdress a lot of the time. That is how we catch a cold and get down for days at a time. We should dress as if it is 20 degrees warmer than what the thermostat says at the time we start. Your body warms up rather quickly and you will be fine.

Here is a simple guide for you to refer to...

- 60+ degrees: tank top and shorts
- 50–59 degrees: short sleeve t-shirt and shorts
- 40–49 degrees: long sleeve t-shirt, shorts or tights (Optional: gloves, a headband)
- 30–39 degrees: long sleeve t-shirt, shorts or tights, gloves, and headband
- 20–29 degrees: a long sleeve t-shirt and a short sleeve t-shirt or long sleeve shirt and jacket—tights, gloves, and headband or skull cap to cover ears
- 10–19 degrees: two shirts layered, tights, gloves or mittens, headband or skull cap, and windbreaker jacket/pants
- 0–9 degrees: two shirts layered, tights, windbreaker jacket/pants, mittens, headband or hat, ski mask to cover the face

Data courtesy: Runnerworld.com

Other mistakes we make is thinking we need to go outside to do that run. This time of the year, the weather can change with little notice, and darkness can set in faster than we think. It is OK to skip a run or move indoors. Having reflective/ lighting gear with you will help make you more visible to others and help you see should clouds come in and get darker than you expected while you were on your route.

Make sure to invest in the proper footwear such as trail shoes for the snow. I'm sure we all know a (wink wink) shoe guy that can help with that.

Make sure you know your route. Such things as being more exposed to the elements may hinder you. Try to do a route that protects you from the elements such the winds. Having a route that is protected by buildings or trees will help you in being more inclined to get your miles in.

A big (but little and lightweight) item to have with you is gloves. At times when you start your hands are fine but 10 minutes in, your fingers are cold then 15 minutes in they feel frozen or even burn. Having a cheap light weight pair of gloves shoved in your waistband will help. This time of the year you also don't think you need as much water as in the summer. As that may be true, remember you

still need to hydrate yourself. Most cramping is from not being hydrated enough. Remember keeping hydrated is just as important in winter as it is in the summer. You should also remember to warm up your muscles, you can't expect to step out the door and take off. That is how one gets injured. Once you are dressed do some dynamic stretches and wake up those muscles. Dynamic stretches are performed prior to exercise for amount of time and are controlled movements that prepare your muscles, ligaments and other soft tissues for performance and safety. Don't forget when you are done to also do some static stretches and cool down those muscles. Static stretches are those in which you stand, sit, or lie still and hold a single position for period of time, up to about 45 seconds.

As always, make others aware of your route so if you don't return when expected they would know where to look for you and make sure nothing has happened to you. During winter, don't expect to have the same times as you would during summer. You are wearing more layers and going slower for your safety. Try not making the treadmill (or what I like to call it... the dreadmill) your friend. To keep improving or maintaining your conditioning you need to experience the natural changes that you come across during an outdoor run such as elevation changes, wind resistance, and all the other variables you would come across. Get off that dreadmill, put a layer on and go outside for your run or even a portion.

Just remember, to be safe...

Either you are running in the dark or running in the morning...taking care of your safety should be your main concern.

Also, as mentioned earlier, bad weather conditions can make the entire process tricky.

So, stick to a couple of guidelines:

- Always wear your reflective gear.
- Check the weather condition before you head out... (skip running outside when it is bad).
- Run in a familiar route.
- Watch the news to keep you updated about your route.
- Use winter running gear properly.
- Don't try to set a new PR every time you head out of the door.

These are some items that we tend to overlook when we train or run during the winter. Hopefully I listed something that will make you think a little bit more and stay safe out there. If conditions present itself for an outdoor run, go enjoy the beauty that winter, and snow presents us with. Stay Safe!!



# 2023 SRRL Circuit Schedule

## MARCH

**3/25/23 - Lori's Walleye Run 5K – Spring Valley (club race)**

## APRIL

**4/29/23 -Christie Clinic Illinois Race Weekend (half marathon, 4-person relay run on the half route, 10K, 5K, Mile)**

## MAY

**5/6/23 - Lake Run (4 mile & 12 K) – Lake Bloomington**  
**5/13/23 - Starved Rock Country (5K, ½ and full marathons) – Ottawa**  
**5/29/23 - Streator YMCA Memorial Day 5K – Streator**

## JUNE

**6/23/23 - Celebrate LaSalle 5K – LaSalle**

## JULY

**7/1/23 - Run For Glory 5K – Streator – 4th of July**  
**7/8/23 - Dog Days – Lake Bloomington**

## AUGUST

**8/5/23 - Taste 5K – Peru (club race)**  
**8/11/23 - Mr. C's 5K (Wenona) 7:00PM**  
**8/19/23 - Boo Milby 5K – LaSalle (club race)**

## SEPTEMBER

**9/9/23 - Underground Rail Road 5K – Princeton**  
**9/23/23 -Dwight Harvest Days 5K – Dwight**  
**9/24/23 -Quad Cities Marathon (5K, Half, Marathon & Marathon Relay)**

## NOVEMBER

**11/5/23 -Run The Path 10K– McNabb – (club race)**  
**11/23/23 - Oglesby Turkey Trot – Oglesby (club race)**  
**11/25/23 - Santas On The Run VIII – Spring Valley**

Races noted as “club races” are owned by, and directed by Starved Rock Runners.  
Volunteering for these races earn circuit points just as running the race will.  
Volunteers are what make races happen. Consider helping out.

# Christmas Light Run



The annual SRRL Christmas Light run took place on Thursday December 15th. This year Peru was having a Christmas light display contest and that made the light run that much more fun filled with great light displays to see. We had approximately 20 runners that took to the streets on a cool night that just had a rainy day.

Some managed to get 3 miles, while others did 2 miles to see the lights. Starting from Stone Jug in Peru, majority of the course was on the old IVCH Fall Fitness 5k route, the runners returned to Stone Jug for appetizers provided by the Social Committee. Other members joined in after the run due to some prior obligations (most of which were Christmas programs this time of the year), we ended up with approximately 40 members, including children that joined us in some social time where a few door prizes for attending were given away. Some reflective gear, to some Feeture socks were given out. Everyone seemed to have had a good time and enjoyed the fun times spent amongst runners and friends.

Hope next year you can attend the Christmas Light run.

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

130 3rd Street - LaSalle  
[www.DrGergovich.com](http://www.DrGergovich.com)  
(815) 223-0647



*Chiropractic may help:*

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



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 Steet  
Ottawa IL 61350  
815/434-0709  
Thomas L. Justice

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





# IF YOU MOVE...

If you move and you want to continue to receive the Pace-setter, you've got to let us know.

Since most race registrations are now through Runsignup, almost everyone should have a Runsignup account.

The easiest and quickest way to update your address is to access your account and change your address there.

All our club mailing lists are compiled from the Runsignup data base since our online membership is done through the service as well.

We also understand that from year to year we forget our login credential to Runsignup. If you fall into that category, send an email to [info@starvedrockrunners.org](mailto:info@starvedrockrunners.org). Type Address Change in the subject box, and provide your name and new address.

Occasionally there are discounts to races based on club membership. In order to get these discounts, you must register for the race with your name spelled, spaced and hyphenated exactly as it is in Runsignup. Any difference at all will not find you in the data base (J.U-B.)



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)



**uptowngrill**



**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

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

You will be shown what to do and it's 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



Above & right, volunteers at the Turkey Trot



Overall First Female Finisher with  
Race Director Mitch Hobbs



Overall First Male Finisher with  
Race Director Mitch Hobbs



# *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)**



# Santas On The Run VII

Once again runners show their generosity.

The raffle at Santas On The Run VII collected more than 1300 pounds of donated non-perishables, and raised over \$1400.00

We had 325 participants; the weather was great, and everyone appeared to have a great time.

Thank you to all our sponsors, the Administration and Board of Education of JFK School, 10/33 Ambulance, Spring Valley Police Department, Spring Valley Streets Department, students of Hall High School, Jenn Heredia, and all of our Starved Rock Runners families that volunteer to help put this event on.



The Abominable Snowman makes a few freinds before trying to stangle Juan.



picture by Jenn Heredia



The after party/awards ceremony



# 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