

PACESETTER STARVED ROCK RUNNERS LTD.

MAY/JUNE 2024 • VOLUME 48 • ISSUE 3



SRRL Members - Lori's Walleye Run 5k



UPCOMING RACES & EVENTS

- 5/3 - Lake Run - Lake Bloomington
- 5/11 - Starved Rock Country Marathon - Ottawa
- 5/27 - Streator YMCA 5K - Streator
- 6/29 - Streator Run For Glory 5K - Streator
- 7/4 - Firecracker 5K - East Moline
- 7/13 - Dog Days, Lake Boolmington
- 8/9 - Mr. C's 5K - Wenona
- 8/17 - Boo Milby - LaSalle
- 9/7 - Underground RR 5K - Princeton
- 9?21 - Harvest Days 5K - Dwight
- 11/3 - Run The Path - McNabb
- 11/28 - Oglesby Turkey Trot
- 11/30 Santas On The Run IX



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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 January 16, 2024

Illinois Valley YMCA – Peru, Illinois

1st meeting was called to order by President Kory Katkus @ 7:01pm. Outgoing Board Members Eight members were present and one was absent. Tom Rooney presented Coldest Night Fun Run/Walk on Saturday February 24, 2024 taking place in Ottawa as a fundraiser for Illinois Valley PADS. Online registration is available, warming tents, hot chocolate and treats will be available. Secretary's minutes were presented, approved and filed. Treasurer's report, was presented, approved and filed. Meeting adjourned @ 7:31pm.

2nd meeting was called to order by President Kory Katkus @ 7:33pm. Incoming Board Members

Old Business: 2024 Club Race Challenge was approved more details to follow. Peru YMCA having an Indoor Tri, more details to follow.

New Business: Banquet plans are coming along, save the date Saturday March 2, 2024. Registration and tickets have been mailed.

Meeting February 20, 2024

Illinois Valley YMCA – Peru, Illinois

Called to order by President Kory Katkus @ 6:20pm Ten Board Members were present. Two Guest were present. Secretary's minutes were presented, approved and filed. Treasurer's report, reviewed, approved, and filed.

Old Business: Traeger Grill and accessories were purchased for club fundraiser; squares will be available at Club Banquet for purchase. Banquet details have been finalized.

New Business: Constitution and By-Laws Committee recommendations were made and passed unanimously by the board. The Finance Committee budget was presented and approved unanimously by the board. Run the Path will have a discount for the first 24 hours of online registration.

ON THE RUN

by Club President Kory Katkus

Hope everyone is off to healthy start to the running season. How about that eclipse at the beginning of April?? I hope most were able to make it to the 1st circuit race of the season, Lori's Walleye 5k in Spring Valley. I was not able to as I was driving down to Florida for some high school baseball with my son. With the start of the season, remember to report your races on the shared site.

Seems hard to believe that we are already thru most of April and school will soon be out for the summer. As summer approaches remember to sign up the kids for the Kid's Running clinic at: <https://runsignup.com/Race/IL/LaSalle/SRRL-KidsRunningClinic>

The Women's Clinic will again be happening this year. The women will be meeting at the VFW in LaSalle. Our training program that helps women participants prepare for their 1st 5k or improve on their 5k race times. The goal race of both clinics is The Boo Milby 5k. Women can sign up at: <https://runsignup.com/Race/IL/LaSalle/SRRLWomansRunning-Clinic>

As the details are worked out for both the Kid's and Women's clinics, please check our Facebook page for the latest updates to start dates and times and once the clinic begins, for weather related items.

As for the rest of the club events, we have a few races coming up. Those races include The Christie Clinic Race Weekend in Champaign, The Lake Run races at Lake Bloomington, Starved Rock Country Marathon in Ottawa, and Streator YMCA Memorial Day 5k.

Not to be overlooked, Global Running Day is coming up on 5JUNE2024. I believe a club fun run will take place on that day to celebrate. Keep an eye out for details. Hope you can participate in one form or another.

This year is again a self-reporting system for circuit credit. 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/1h62p70SSbICpObUDmugXfQaa5L3zq9AerOujEgplL8/edit?usp=sharing>

Currently there is a 100 square board for a Traeger Pellet Smoker Grill, numerous accessories, a \$25 Ace Hardware Store Gift Card and a \$25 Hy-Vee gift card. The winning number will win the Pellet Smoker and the reverse of winning number will win \$250 cash. The board was started at the banquet to fund various club projects. The squares are selling fast, so reach out to me to get a square before they are all sold out. Who knows, you could be grilling on a new pellet smoker come summer.

Have there been any races that you ran that you want to write about? Write about it and submit it to the pacesetter. We all would love to hear about it. The pros and cons! If it was good, you may inspire another club member to run it. And don't worry about your writing skills, most of us are not professional writers. We just love reading about other runner's adventures. Feel free to submit a story you want to share, remember this is a newsletter built on your stories.

Don't Forget To Renew Your Membership



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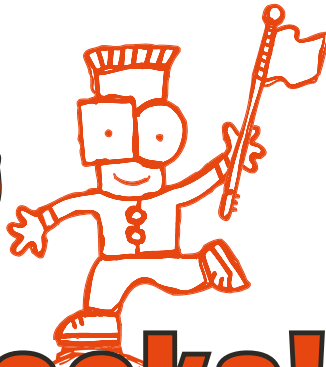


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2024 SRRL CLINICS

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In Memory of Bob Rehn

Every Monday beginning June 10th thru August 5th, 2024

15th Annual Women's Running Clinic

Every Monday beginning June 3rd through August 5th, 2024

6:00-7:00PM VFW 2325 Donahue St., LaSalle



Starved Rock Runners MEMBER CHALLENGE

A REWARDS PROGRAM FOR PARTICIPATING IN CLUB RACES

Starved Rock Runners Ltd. brings to you, a rewards program for participating in club races. Club members will have the opportunity to earn a hoodie as the reward. At this time we are planning on it having reflective print on the front and back to use as a safety item while running at night. These will be presented at the 2025 Annual Banquet.

There will be no cost to members, only that you will need to register no later than 1JUNE2024. That is all you need to do, the registration will be where we will get member's hoodie size.

There will be 4 club races in 2024; Lori's Walleye 5k (March), Boo Milby 5k (August), Run the Path 10k (November), and Turkey Trot 3 Mile (November). Each race will be worth 3pts with the exception of Run the Path will be worth 6pts. Members can also earn the same amount of points by volunteering at the club races. There will be an extra opportunity to volunteer the night prior to Turkey Trot worth 3pts.

To earn the hoodie members will need to earn 15pts. Yes that means you would need to participate in each club race by running or volunteering. However, we are allowing you to "double dip" by volunteering prior to a race and running the race for a point value worth 4pts for each race or for 9pts for RTP. This will allow members to miss participating in 1 event should you be on vacation, for personal reasons, or simply don't like the weather conditions during a certain race.

Because some people go above and beyond, (WE THANK YOU!!) a bonus item (TBD) will be awarded to those that have 18+Pts. Members can work the points to their advantage however they see fit. But the available slots to "double dip" will be limited by the Race Director as there will be only so many spots that will allow you to volunteer and run said race.

Plan on running or volunteering at Lori's Walleye 5k in March to start earning points.

"<https://runsignup.com/Race/IL/LaSalle/SRRLYearLongChallenge>"

HAPPY BIRTHDAY

Steve Holcomb	5/11	Haylie Pellegrini	5/27	Tyler Knowlton	6/16
Lynn Lulay	5/11	Martin Endicott	5/28	Connor Taylor	6/19
Kimberly Broyles	5/13	Cathy Berry	5/29	James Dresen	6/20
Tom Smith	5/13	Francis Reynolds	5/30	Sienna Edgcomb	6/21
Raymond Berry	5/14	Brenda Dougherty	6/3	Brittany Peach	6/21
Jack Fahler	5/14	Kelsey Coomes	6/4	Janine Sobin	6/21
Daniel Heaver	5/20	Jyllian Ossola	6/5	Juanita Edgcomb	6/24
Fred Rettig	5/22	Dan Rolando	6/5	Brian Hoffmeyer	6/24
Barb Small	5/22	Richard Mangold	6/7	Michael Nelson	6/24
Mara McDonough	5/23	Emily Zoid	6/8	Mary Beth Potthoff	6/25
Camry Sarver	5/24	Brian Miller	6/9	Jim Schaefer	6/25
Rich Beal	5/25	Leah Ricci	6/12	Gage Szymovicz	6/25
Ken Nelson	5/25	Trace Sobin	6/13	Benjamin Day	6/27
Lucas Patrick	5/27	Patricia Keim	6/15	Daniel Eiten	6/28
		Brittany Day	6/16		

Illinois Valley YMCA Indoor Tri

by Kelly Campbell

The Illinois Valley YMCA held its first annual indoor triathlon on March 10th. Our facility's Aquatic Director and I organized the event. Seeing as this was the first event of its kind I have coordinated, I really wasn't sure what to expect. I was pleasantly surprised, though, as it turned out to be a great time for both the registrants and the volunteers!

Participants were asked to put in a total of one hour of work across the 3 events: a 10 minute swim, 30 minutes on the bike and a 20 minute run on the treadmill. Registration was open to both members and non-members, and they could choose to compete individually or as a team. We ended up with 3 waves of competitors, with the first wave starting at 8am.

Spectators were able to watch the swim event from the bleachers and cheer their friends and family on. The spin room was also a fun area where you could see competitors bantering with each other while music played in the background. The final event at the treadmills was located in the heart of the wellness center. Plaques were awarded for first place in age groups and also to the top team, and each participant received a shirt and a stocked swag bag.

I received lots of great advice and input from some of our Board members, and our volunteers were absolutely amazing, they helped make the event! I am already looking forward to taking the feedback I received to help make the 2nd annual Y Tri much larger and even more fun!



How To Stop Chafing

Chafing can ruin an otherwise enjoyable outdoor activity. Knowing how to stop chafing is more important than you might at first think. It's hardly a medical problem to present with at ER, but nevertheless, rubbing issues out on the trails can put you in world of pain. In other words, knowing how to stop chafing could improve many people's active lives. Outdoor gear is increasingly designed to minimize the problem but, even with the very best hiking boots, trail running shoes and best base layers, chafing can still be an issue.

Just in case you've been lucky enough never to have experienced it personally, let's start with a definition: chafing is irritation caused by repetitive rubbing of material on skin. It afflicts people in different areas (nipples and nether regions are, unfortunately, often the worst hit places, leading to all sorts of embarrassing contortions and wardrobe adjustments as you attempt to deal with the drama). A heavily loaded hiking backpack can cause severe chafing, especially around the hips and even on models with a heavily padded waist belt. Chafing is also the route cause of common problems such as blisters and hot spots. Its effects can range from mild discomfort to teeth-gritting agony. Knowing how to prevent blisters is just one battle in the war against avoiding chafing.

How to stop chafing: top 5 tips

1. Pre-lube. Mid-lube. Always lube. Love the lube. And always carry spare lube.
 2. Test your clothing for hot spots before run or long hike. Opt for wicking fabrics where possible and test what kind of materials work best against your skin – synthetic (i.e. capilene, polypro, lycra), natural (merino wool, bamboo) or a mix.
 3. Use seamless or flat seam gear especially base layers and socks.
 4. Pre-test your other kit – shoes, backpacks, run belts – for fit and function on your body before running or hiking long distances. Make sure you pack your backpack as you would for a long outer; your load and how it sits will affect whether you chafe or not.
 5. Work out what kind of lube works for you – synthetic or natural.
 6. Feel the burn
- So, what's chafing like and when might it strike? Let's continue with a cautionary tale: a runner, let's call him Beau (because that's what his name is), is running through the countryside, feeling on top of the world sporting his trail running sunglasses and pushing for a PB, when he notices that his nipples are tingling. Soon, they feel like someone is holding a flame to them. Then he notices blood seeping

through his top, roughly where his nipples are. Now in considerable pain, he stops, inspects and realises that he has a case of nipple chafe for the record books. They are red raw. Looking around, he spies a barbwire fence and figures on a salve... of sorts.

Ten minutes later, a farmer ploughing his paddock on a tractor is confronted by a man running by with rough-hewn circles cut out of his shirt. The barbwire worked wonders as a bush blade to free bleeding nipples from being chafed to oblivion. The breeze on Beau's exposed nipples is somewhat soothing – if too little, too late. His end-of-run shower is going to sting, no matter what. Perhaps next time Beau heads out, he should also read up on trail running injuries and how to avoid them too, just for good measure.

You may not have resorted to cutting out nipple holes in your running top, but the first part of this story will be familiar to many runners and rambles. Plenty of outings have been curtailed earlier and more painfully than planned due to red-raw rubbing injuries.

How to stop chafing – here's the rub
Friction is one of the main causes of chafing (Image credit: Getty)

So, how to stop chafing? Why does it happen? It's all about moving parts – your moving parts rubbing over time against other moving parts and materials. Friction + repetition + moisture = pain. Intense pain.

The causes are manifold: a new top made from a different mix of materials, an ill-fitting boot or shoe, the seam of a pack on your back, the strap across your chest, the fold of fabric under your arm. Sometimes it's just our strangely shaped body bits not conforming to how sports kit designers perceive their market to be.

It can be about clothing too tight. Or too loose. It can be about an errant seam. Or even your backpack being stuffed unevenly because you're not sure how to pack a backpack effectively. It's also about conditioning – what your body is used to doing, and wearing.

And it's about the conditions – chafing problems are especially prevalent when it's humid, and in other situations where sweat and moisture accumulates – because that introduces salt into the mix, literally rubbing it into your wounds.

So, just because a top or baselayer or boot hasn't caused you problems in the past, that doesn't mean it never will, especially if you wear it in different conditions.

continued on page 18



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RUNNER PROFILE

Juliette Brown



Date/ place of birth: I was born September 21st, 1990 in Winfield, Illinois. I grew up in Aurora and my family later moved to Yorkville.

Current location: I now live in Bettendorf, Iowa!

Educational background: I received my AA in History from Waubensee Community College in 2013.

Personal heroes: My parents for sure. They have ALWAYS done everything in this life with myself and my sisters in mind. They are both incredibly selfless and I strive to be like them both as a parent and a human.

Personal Strengths: Determination and flexibility.

Personal Philosophy: "Roll with the punches!"

Non-running achievement of which you are most proud: My two kids, Owen and Mary-Kate!

Favorite non-running leisure activity: Camping, fishing, and cooking!

Years running: I was a track and cross country runner in high school and have run on and off over the last decade and a half. I've been back to consistently running for two years in April!

Number of races ran: Running PR'S at various distances: I have run too many 5k's to count! I've run one 10k, a 10 mile trail race, and two half-marathons. My 5k PR is 28:57 and half PR is 2:28:00!

Favorite race: I was scheduled to run the half at the Madison Marathon in November 2022, plans changed and we had to pivot lol! I was able to find a half near Fort Wayne the following weekend and I ended

up running my very first half-marathon in a winter storm. It was actually really fun!

Favorite training run: Intervals! 16 year old Juliette would never believe those words could come out of her mouth. As a former varsity sprinter, its the last little bit of "quick" running I get now.

Typical training week: During the Winter, I drop the kids off at the YMCA and run the indoor track upstairs 3-5x a week. Once the weather gets nice, we do a couple stroller runs outside and the rest of the week is split between the YMCA and a solo outdoor run, depending on whether my husband is on-call/at work or not.

Injuries/health problems: N/A

Why you run: To keep myself busy and maybe one day have something to share with my kids as they get older. I LOVED running 5k's with my dad until his knee problems prevented him from racing. I would love to do the same with Owen and Mary-Kate if they get into running!

What do you do to stay motivated?: I just remind myself I get I drop the kids off for 1-2 hours at the gym a couple times a week while I run and that's enough as a SAHM to toddlers – lol!

Why did you start running?: My dad and his brothers were all sprinters and middle distance runners in high school so I followed suit. Most recently, I was five years removed from consistent running and one year postpartum after having my youngest of two babies in 13 months. I was finally starting to feel human again for the first time in two years and wanted to find a hobby I could share with my kids. I bought a double jogging stroller and all three of us jumped right into it!

To submit your runners profile to be highlighted in a future edition of the Pacesetter, go to:

<http://starvedrockrunners.org/extras/runner-profile-2/>

Down load, fill out and submit the form.

RUNNER PROFILE

Matt Rebolz



Date/ place of birth: 1/11/82 Spring Valley

Current location: Peru

Educational background: Masters degree in Kinesiology and Recreation- Physical Education Pedagogy

Personal heroes: My mom, she pulls the best out of everyone she knows or meets. She is an amazing person.

Personal Strengths/ weaknesses: Strengths- I enjoy doing all types of physical activities and enjoy getting challenges. Weakness- keeping motivated for working out and healthy eating during the holidays. My kryptonite is holiday cookies and pie.

Personal Philosophy: Always try new things and stay active for your whole lifetime. Anyone can be active.

Non-running achievement of which you are most proud: I have two, I participated in my first bench press competition winning my age and weight group. I also competed in my first strongman competition this year.

Favorite non-running leisure activities: Ping Pong/ Lifting heavy things/ Swimming

Years running: On and off for 20 years, trying to make it more consistent.

Number of races ran: Running PR'S at various distances: My fastest 5k was 21:30. My goal this year is to run the races to complete the Members Challenge.

Favorite race: The Oglesby Turkey Trot with the hill towards the end, I loved passing people up the hill.

Favorite training run: On the canal doing intervals with the Wednesday group.

Typical training week: I have hopes of getting up to running 3-4 times per week consistently along with lifting, swimming, and biking.

Injuries/health problems: I have had back injury from football

Why do you run: This year my wife and I are starting to run together for health/ fitness and spending time together.

What do you do to stay motivated? Recently I have begun doing a challenge bingo, where I fill a bingo card with a plethora of challenges that I redo every year, new challenges I come up with, or challenges friends/ family come up with for me. Having a variety of different challenges and goals helps to motivate me to keep working out.

Why did you start running? Because it is the best cardiovascular activity.

Advice you would give to beginning runners: Any running is good running, any distance is a good distance, just start!!! Don't compare your times to others- compete against yourself, and get a running buddy/ group.

self report

8 Hydration Myths Busted

At its basic level, hydration is simple. Feel thirsty after a run? Drink something. Heading into an epic meeting? Bring along a water bottle. Despite this simplicity, there's an ocean of misleading information out there that leaves runners confused. Eight glasses a day, or not? Drink before you're thirsty, or only when thirst hits? Does coffee really dehydrate you? Knowing the answers is vital, since hydration is key to your performance. Water is necessary for every metabolic process in your body. It transports nutrients to your cells and takes waste away from them. It's like oil in a car. This information will debunk some myths to uncover the facts and make the truth about hydration as crystal clear as the water you drink.

Myth: Drink eight glasses of water a day.

Truth: You do need a healthy dose of hydration daily, but how much is an individual thing. "The eight glasses a day is totally arbitrary," says Susan Yeargin, Ph.D., assistant professor of athletic training at the University of South Carolina. "Everybody, especially athletes, has different needs." The Institute of Medicine guidelines are more specific, recommending 91 ounces per day for women and 120 for men. But the institute notes that "the vast majority of healthy people adequately meet their hydration needs by letting thirst be their guide."

Myth: Pee clear to be hydrated.

Truth: Clear urine is a bit excessive. "As long as it is a pale yellow, like lemonade, you're hydrated," says Yeargin. If it's completely clear, it just means you're full to the brim; what's going in is coming out. On the other hand, if your pee is the color of apple juice or darker, or particularly smelly, you need to drink up.

Myth: Caffeine dehydrates you.

Truth: While caffeine provides a performance-boosting edge, it also acts as a diuretic, right? Not exactly. "Recent research shows that caffeine doses between 250 and 300 milligrams—about two cups of coffee—will minimally increase urine output for about three hours after consuming it," says Yeargin, "But the research also shows that exercise seems to negate those effects. If you run within one to two hours of drinking coffee, you don't pee more." Most likely, during exercise, blood flow shifts toward your muscles and away from your kidneys, so urine output isn't affected, Yeargin explains. In addition, if you always have a latte in the morning or a soda at lunch, your body is acclimated to the caffeine, so its effect, on both your physiology and performance, is minimal.

Myth: Thirst isn't a good hydration tool.

Truth: Thirst is definitely a very strong predictor of hydration

needs—and some experts would argue it's the only one you need. "Our thirst mechanism is pretty accurate," says Yeargin. "But it's always a good idea to have some other methods to ensure you're hydrated." Knowing your sweat rate is one way to track your needs, particularly for long runs, says Doug Casa, Ph.D., professor of kinesiology at the University of Connecticut and COO of the Korey Stringer Institute. To calculate your sweat rate, weigh yourself naked before and after an hour run. Keep track of how many ounces you consume during the run and factor that into your calculation post-run. Every pound you lose translates to about 16 ounces of fluid. "Your goal isn't to match your sweat rate," says Casa, "but you should try to get as close as is comfortably possible. For some runners, that may mean replacing two-thirds of the fluid they sweat during the run." He adds that you shouldn't try to consume more fluids than you've lost.

Myth: Pure water is best for hydration.

Truth: Although water is a great way to hydrate, it may not be the best choice in all situations. For an easy, hour-long run on a coolish day, sipping water is fine. But if you're running 10 miles on an August morning and are a salty sweater (you have white salt streaks on your face or clothes post-run), you need to ingest some sodium as well. "Salt helps you retain water," says Yeargin. "You're less likely to pee it out." A sports drink, such as Gatorade, and water enhanced with electrolytes, like Nuun, are good options; taking high-dose salt tabs before a run is less so. "There's no way to 'preload' with sodium to negate sodium loss," says Yeargin. "You just pee out anything you don't use."

Myth: You can't drink too much.

Truth: "You absolutely can drink too much," says Casa, "and it can be deadly." Too much water can cause symptomatic hyponatremia, a condition where the sodium levels in the blood become dangerously low. Although Casa estimates that fewer than one percent of marathoners develop symptomatic hyponatremia, certain groups are more prone to it, including smaller runners; those who finish marathons in more than four hours; and those who do a significant amount of walking and running in cooler weather (when your sweat rate isn't as intense as it is on warm days). "For recreational runners, the best way to prevent hyponatremia is to listen to your thirst," says Casa.

Myth: Drinking lots of water is a good way to "detox."

Truth: "There is no evidence that excess water makes your body more clean," says Dr. Stanley Goldfarb, M.D., a professor of medicine in the Renal, Electrolyte, and Hypertension Division at the University of Pennsylvania's Perel-

Continued on page 13...

6 Rules to Determine How Many Miles a Week to Run

Whether you're planning to run a 5K, 10K, half marathon, or marathon, these rules will keep you fit and safe.

A coach who had coached many runners to collegiate and Olympic glory was asked what he considered the proper mileage totals to succeed in distances from the 5K to the marathon. "That's easy," he said. "You want to run as few miles as you can and still win."

Runners too often get caught in the mileage trap, thinking more is better. The truth is, more mileage is better only up to the point where you can achieve your potential. After that, each additional mile only increases your injury risk. The following six rules informed the mileage ranges below and can help you find your magic number.

Rule 1: The longer the race, the higher the mileage. Not surprisingly, a marathoner needs to run more than a 5K specialist.

Rule 2: Mileage requirements increase as performance goals increase.

If your goal is simply to finish a race, you can run fewer miles than if your goal is to finish with a fast time.

Rule 3: Some miles count more than others. When your weekly miles include tough track workouts, tempo runs, and short repeats, they're harder to recover from than if you do the same volume of easy aerobic running. So when you add quality workouts, decrease your total mileage slightly to make up for the added stress.

Rule 4: Some miles count more than others (part two). The farther away your miles are from race pace, the less

they will help your racing performance. The principle of specificity means that you become good at what you practice. If you mostly run long, slow miles, you will become proficient at running long, slow miles. My ultramarathoner friends often go on four- and five-hour slow runs, which prepare them for 50-mile-plus races but do little for their ability to smoke a fast 5K.

Rule 5: Allow for adaptation when increasing mileage. To avoid injury when upping your mileage, you need to take it slow and allow your body time to adapt to the increased workload. In general, you can add a mile for every run you do per week, provided you then run at least two weeks at the new level before advancing again. If you run four times a week, for example, you can up your weekly mileage by four miles. Then stay at that higher level for two weeks before adding another four.

Rule 6: A healthy runner beats an injured runner every time.

High mileage totals do you no good if they put you on the sideline instead of the starting line.

Target Totals:

So exactly how many more miles does a marathoner need to log per week than a 10K or 5K runner? Here are some suggested weekly totals by event for elites versus the rest of us:

	Miles Per Week			
Runner	5K	10K	Half Marathon	Marathon
Elite:	70-80	80-100	100-110	100-140
Mortal:	20-25	25-30	30-40	30-50

hotter," says Casa. In fact, in a study published in the Journal of Athletic Training, Casa determined that for every one percent of body mass lost through sweat, your body temperature increases by half a degree, "which makes hydration hugely important for preventing heat stroke," he says. But there are still a number of other factors that play a role. Body size, exercise intensity, fitness level, and age as well as humidity and air temperature can affect who does or doesn't develop heat stroke, says Casa. Certainly staying hydrated is a good call and can reduce your risk, but paying attention to the whole picture is a better predictor.

8 Hydration Myths continued...

Iman School of Medicine. "If anything, drinking too much water can slightly impair the ability of the kidneys to filter blood." He adds that the only people who should drink more water with a focus on their kidneys are those who have had kidney stones.

Myth: Staying hydrated eliminates your risk of heat stroke.

Truth: Heat stroke is a life-threatening condition where your body temperature rises above 104°F. Dehydration can make you more prone to it. "People who are dehydrated are

HOW TO IMPROVE YOUR PACING AND RUN FASTER

Learning consistent pacing can be a challenging task for first-time runners, and even advanced athletes. There are a few basic strategies you can use to dial in the appropriate pace for your workout distance, such as breathing and cadence.

Fine-tuning pace is a lifelong practice, and no one is absolutely perfect. Once you have developed a good sense of how different paces correspond to your overall effort, use these pacing strategies during workouts to improve race-day performance.

It is important to cultivate the intrinsic tools needed for proper pacing, rather than becoming a slave to the watch. Having a fitness tracker like a Garmin is a great resource, but it should not be the only one in your toolkit.

There are so many factors that play into pacing. The outside temperature, route elevation, mental state, etc.

Developing the ability to understand how a specific effort level on any given day corresponds to pace is one of the most valuable lessons you can learn.

Athletes, even the advanced and crazy fast ones, should spend a lot of time building and tuning their aerobic engines. That means turning off the pace view on our watches, and focusing on how we feel or where our heart rates are.

That said, the easy work does have to be mixed in with the hard work. On those hard days, we traditionally look at setting pace targets and worry less about heart rate. Moral of the story, easy days are based on heart rate and perceived exertion, and the hard days are based on pace.

Pacing Workouts for Beginners:

If you are a runner simply looking to build your fitness levels and extend the amount of time you can spend on the road.

Learn about the basics like breathing and cadence.

Once you have a good feel for what pace corresponds to roughly 60 to 70 percent of your maximum effort, you have identified what is known as “aerobic base pace” or, in other words, the pace at which you can run comfortably for extended periods of time. At this point, start to experiment with different paces and effort levels to lay the groundwork for interval-based training.

Fartlek-style workout:

Increase your pace for short periods of time (surges) or based off of physical landmarks (from here to the next street light). This is a good workout to start with. A Fartlek workout allows you to move out of your comfort zone for short periods of time in a controlled way.

“Fast-finish” workout:

Set aside the last portion of your run for a pace that is feasible, but ultimately unsustainable for your current level of fitness. A helpful analogy here is to “empty the gas tank.” If you did this in the middle of a run, it would be ineffective because you would have to stop or slow to a walk in order to recover. By placing this effort at the end of the workout, you can push yourself to a faster pace. By the time your body needs extra recovery, the workout is already over!

Pacing Workouts for Intermediate Runners:

Interval workouts:

Intermediate-level runners can improve performance by instituting a variety of interval-based training runs. Intervals are short, hard efforts beyond your comfort level or degree of fitness. Intervals can be used to “raise the ceiling” on your existing thresholds. As opposed to steady-state cardio (which reflects the heart rate as a mildly undulating wave) interval-based training is a series of sharp “peaks” followed by periods of low effort or “valleys.” The peaks are a short, predetermined distance or time of hard effort, while the valleys consist of an easy jog or brisk walk.

continued on page 17



SRR LTD. Annual Banquet/Board Meeting

by Mary Beth Pottoff

First of all, a big THANK YOU to all those who attended this event, and an even BIGGER THANK YOU to everyone who helped to organize and carry out this annual event. On March 2, 2024, Starved Rock Runner, Ltd. held their annual banquet/business meeting at the Oglesby Elks. Seventy five club members, family and friends came together to celebrate each other's accomplishments, to socialize and to dine together as a group. Cocktails were served starting at 5 p.m. and a buffet dinner was enjoyed shortly after 6:00 p.m. A delicious meal was provided by Bernardi's from Toluca, Illinois. Desserts were outstanding and were baked by Rosanne Abbott, Joanne Bejster and Spring Valley Bakery (YUM)! Upon completion of the meal, Kory Katkus, club president, called the meeting to order. New board members and outgoing members were introduced and acknowledged for their service.

Gold, silver and bronze circuit awards were presented to SRR Ltd, club members who completed the specifications for the various levels. Special awards were presented, favorite circuit t-shirt was announced (Walleye 5K), and door prizes were also presented to those in attendance. Prizes included centerpieces designed by Cathy Berry, wooden creations by Hank Boer and concrete, painted masterpieces created by Juan and Sammi Novak. A hand-made quilt consisting of our circuit t-shirts was once again created and donated by club member, Marsha Zeglis. Randy Pratt was the fortunate winner of the quilt. Winners in the Cash Raffle are as follows:

- \$200 – Tim Gress
- \$100 – Manessa Trench
- \$50 – Rick Whitfield
- \$50 – Sherry Stevenson
- \$25 – Juan & Sammi Novak
- \$25 – Juan & Sammi Novak (No, this is not a misprint)
- \$25 – Joanne Bejster
- \$25 – Patrick Duffy

The 50/50 Raffle was won by club member, Karen Kasperski. Back ground music during dinner and a few tunes after the meeting were provided by D.J., Phil Taylor. A HUGE thank you goes out to all who helped set up and clean up at the end of the evening. Thank you once again, to our cookie bakers-Rosanne and Joanne. Running is not their only talent!! Keep the first Saturday in March of 2025 open on your calendar so that you can attend the Annual Starved Rock Runners Ltd. Banquet.



TRAEGER PELLET SMOKER RAFFLE

At the January board meeting, Starved Rock Runners board voted and approved the purchase of a Traeger Pellet Smoker for a fundraising item to fund various activities. These activities may include such activities as the banquet, kid's clinic, or club member programs.

Beginning at the 2024 banquet, the club will begin selling squares on a 100 square board for \$20/sq. The item to be won is a Traeger Pro Series 22 wood pellet grill. Other items included will prepare you to start grilling right away. Along with the pellet grill you will also receive the folding front shelf, full length cover, drip tray liners, 2 bags of seasoned pellets (cherry and maple), Stay Dry Pellet Bin, and a \$25 gift card to Ace for additional pellets or accessories you may want. A gift card to Hy-Vee will also be included bringing the prize package value to \$800.

Once all squares have been sold, at the following SRRL Board meeting the winning number will be revealed. Winning number will win the prize package and the reverse of the winning number will win \$200 Cash. IE winning number 38, means number 83 will win \$250. Any single digit number will be converted to the 2-digit format (1=01, 2=02, etc.). Winner will be responsible for pickup and assembly.

Forms of payment accepted: Cash, Check (payable to SRRL), PayPal, and Venmo. Reach out to Kory Katkus for more information at: kory_katkus@yahoo.com or (815) 252-1469



**LaSalle/Peru St. Jude team needs runners.
See page 23 for more information**

OTTAWA HIGH SCHOOL CROSS COUNTRY



OTTAWA HIGH SCHOOL
211 EAST MAIN STREET
8:00 AM REGISTRATION
9:00 AM RACE START



REGISTRATION ONLINE



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WALK OR RUN \$30 AFTER 5/31

How To Improve Your Pacing And Run Faster ...

An easy way to perform interval-based training is by implementing a “work-to-rest ratio.” Based on your individual goals and current fitness level, the workout can be built around a 1:1 ratio all the way up to a 4:1 ratio. For example, if you are running a time-based interval workout of two-minute intervals a 1:1 work-to-rest ratio would give you a recovery period equal to the two-minutes of the interval. If you use a 2:1 ratio, the recovery would be one minute long, and if you use a 4:1 ratio the recovery would be 30 seconds.

Progression runs:

This is a favorite pacing workout for intermediate-level runners. These are fun workouts that can help develop a fine-tuned sense for how specific efforts correspond to specific paces. A progression run is somewhat similar to the “fast-finish” workout for beginners, but in this case you will incrementally increase your pace throughout the entire workout. The best way to think about a progression run is to imagine you are simply “shifting gears” and building momentum from start to finish.

The best way to structure a progression run is to pick a time-based interval, and slightly increase the level of effort at each of these interval periods. For example, if you have an hour-long run planned, you can choose to increase effort level every five minutes (12 different “gears”) or every 10 minutes (6 different “gears”). It’s crucial to start these progression runs conservatively, to avoid burning out before the workout is over. A good rule of thumb is to start at about 50-60% of maximum effort, which often corresponds to 1-2 minutes slower than your aerobic base pace.

Pacing Workouts for Advanced Runners:

When you are comfortable with interval training, and extended periods of harder efforts, start to transition into more complex workout techniques to further improve fitness and performance. You will need to have a good sense of different effort levels, and be able to smoothly navigate between three to five different zones. You will want to understand how each zone corresponds to the rate of perceived exertion, breathing patterns and cadence.

Threshold, or critical velocity (CV):

These workouts can be very difficult to perform, but they are also a lot of fun! Choose a distance or time-based period to run at a hard, but sustainable, effort level. In order to get the most benefit from a CV workout, push the pace fast enough to be “comfortably uncomfortable” for the entire duration. The difference in pace between a hard, but sustainable effort and a “crash and burn” pace can be as little as five to ten seconds. The idea is to maintain a pace just slightly below this “tipping point.” You should feel your effort is difficult, but not impossible.

Mixed long runs:

Another favorite of advanced runners, mixed long runs are exactly what they sound like, mingling different paces and efforts during different stages of the workout. A basic example of a mixed long run is one mile hard, followed by one mile easy. You can manipulate these sessions in a lot of different ways! One mile hard, one mile easy, two miles hard, one mile easy, three miles hard, one mile easy, etc. etc. Feel free to get creative with the mixed long run; it’s like having small workouts bundled into one big workout!

How you structure a mixed long run all depends on the ultimate goal race distance, goal finish time and how far away the event is.

When you’re a long way out a very short recovery is fine, when you get closer to a big race it’s OK to make your recoveries a bit longer.

Another good race-based training run is a mile or two of an easy warm-up, followed by a threshold (CV) effort. After the CV portion, fall back into your aerobic base pace for a period of time before closing out the workout with another CV effort and a relaxed cool-down. An example would be two miles easy to get loose, twenty minutes at threshold, ten miles at base pace, another twenty minutes at threshold with two miles easy to cool-down. The beauty of mixed long run workouts is the flexibility of mixing distance-based segments with time-based segments like the example just given.

It’s important for every runner to add some variety to their pacing if they want to improve racing performance or simply be sure their workouts remain effective. The body is a fascinating machine, and over time will learn how to perform a specific task in the most metabolically efficient way possible. This is why runners hit plateaus. You should introduce a new stimulus every so often to avoid the training plateau. Your body will respond well to controlled levels of good stress combined with the appropriate rest and recovery. Use these strategies, and you can be sure to get the most out of every run.



uptowngrill

How To Stop Chafing.....

How to stop chafing and prevent the pain

Knowing how to stop chafing before it occurs is half the battle. Prevention is always better than cure – especially given the only cure for chafe is quitting your endurance mission and giving your skin time to heal.

There are three factors that stop chafing: wearing the right gear; lubing up; and stopping the repetition (but that would require not running or hiking). So it comes down to reducing the friction by either applying a lubricant or wearing kit that doesn't rub.

Some people may also argue that acclimatisation and adaptation play a role: that is, changing how your body deals with the causal factors of chafe to mitigate the onset. This means in a physiological sense, your body coping with humidity better, sweating less, or thickening and hardening of skin in chafe-prone areas, especially on the feet.

How to stop chafing by lubing up

The secret sauce to avoiding the rub is lubrication – AKA 'lube'. The approach most commonly employed in the battle against the burn is the application of a lube such as Vaseline, TriSlide, Squirrels Nut Butter or Bodyglide, or a micro-layer barrier cream alternative like ChafeX. These, and a bunch of other brands, are the foundation of any good anti-chafe strategy. Slap it on liberally, and everywhere. Yes, even there – the nether regions being particularly prone to painful problems.

It's important to test your choice of lube out in a non-critical situation, such as during a training run close to home, and in conditions you will be running or hiking in when you need it to work. If you're training for an event or hiking experience somewhere that's hot and humid, try and test your lube of choice in such conditions, to see how it performs.

Not all lubes are created equally, or for any one individual. Think about what the lube is made of and, importantly, what may irritate your skin in terms of ingredients. Also be mindful of how it is applied, what container it comes in, and whether it is made of all natural ingredients or synthetic. Small sachets are great for stashing in your backpack or hydration pack for on-the-run application, but they can leak (and, you know, single use plastic and all that). Tubs are great for pre-application in your bathroom, but not great for sharing (think about it – your hands in the pot, to your nethers, back to pot... who wants to share that?!).

Aerosol application is great for sharing, but requires a lube solution that includes synthetics and chemical additives. A solid bar of lube is great for the no-leak factor and small size for easy pack away, but again the caring is in the not sharing, given direct contact with all sorts of bodily bits.

How to stop chafing via material gains

The fabric you wear next to your skin is clearly very important in preventing chafing trouble. Everyone reacts differently to different materials, and what's good for the goose might not be good for the gander. But, as a rule, fabrics that wick sweat away from the body are better than those that don't.

Merino wool is a magic material with sensational wicking properties, among many other adventure-friendly attributes, including wonderful next-to-skin comfort. Some people, however, might be allergic to wool, and of course it won't suit vegans. It also works out quite expensive to have a merino top for every outdoor occasion, if you're a regular runner, hiker or biker. Other natural fibres, such as bamboo, are also very comfy. See how you get on with synthetics, but once again, make sure you trial your gear during training walks/runs, instead of during a long hike or on race day.

How to stop chafing – hot spots

It also pays to think about all the areas of your body that can be prone to chafe – some people get it everywhere (particularly prolific sweaters), while others have only one problem area. Places susceptible to chafe are usually where moisture accumulates and there is contact with material or lots of skin-on-skin rubbing, including feet, bum, underarms, back, inner thighs, crotch, and nipples. When it comes to nipples, feet and toes – many people swear that taping up is the best prevention method. Be extra cautious, however, as sometimes this can worsen the issue with tape creasing on the move and exacerbating the rub. Again, try it out extensively before you're in a situation when it really matters.

Minimising the moisture factor can also contribute to better chafe management. Sweat in humid conditions is hard to avoid (unless you live somewhere that's constantly hot and humid, or you specifically acclimatise your body's heat regulating system, which is possible but means going to great lengths of heat chamber training). You can, however, manage that moisture by wearing clothing that wicks the sweat away from your body, and that dries quickly. However, if you are someone who both sweats heavily and loses a lot of sodium through your pores, that salty remnant can dry as a white crust on your body and clothes, and create a rub factor of its own.

Reducing moving parts is another important prevention tip. Pre-test all your gear before trusting it on long forays. Chest straps, bags on back, socks against shoes against feet, shorts, and material types (synthetic versus natural) are all things to consider and experiment with on shorter outings before undertaking the big missions.

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39th Annual Lori's Walleye Run

By Bob Zeglis

The 39th Annual Lori's Walleye Run is in the books, and it was the best turn-out in several years. There were 141 registered with 129 finishers.

It was a bit cold and windy, but that is nothing unusual for this race. In the recent past we've had rain and snow, so wind and cold is ok.

The overall Male finisher was Jeremy Smith from Normal with a time of 18:55.6. The first Female was club member Christi Wilson with a time of 24:29.2.

Being the first club race of the year, SRRL members that either participated and/or volunteered to help at the race earned their points toward the Members Challenge rewards.

A special thanks to SRRL members who did volunteer to help.

In addition, thanks to the members of the Spring Valley Walleye Club that took care of the traffic control on the race-course. Also thanks to the Spring Valley Police Department, 10/33 Ambulance, the City of Spring Valley, and Hall High School for the use of the facilities.

On a side note, Marsha and I will be directing the race one more year (2025), and then we will be stepping down. If there is anyone interested in becoming a race director, please contact me. We'll be more than happy to show anyone the ropes to direct a race in year 10 if they are willing to take over in 2026.

In the 40 years of the race, we are the third race directors. The race was started by Lori Guerrini, one of our clubs founding members, and a huge supporter of the St. Jude run. When Lori stepped down, Penny Wegar (a close friend), took over the race for five years. Marsha and I took over the race on its 31st year, and hopefully someone will step up to keep Lori's legacy going.

Don't Forget to SELF REPORT

JOIN THE FIGHT AGAINST
CHILDHOOD CANCER
JULY 20, 2024



COORDINATORS

Kelly Schaefer
Coordinator
309-235-1514

Tammy Humpage
Treasurer
815-228-1698

General Email
lpstjuderun@yahoo.com
<http://stjuderuns.org>

LOOKING FOR RUNNERS TO JOIN OUR TEAM

How To Stop Chafing.....

Too little, too late.

Take a rest the second you feel chaffing pain. What about those times where you feel a hot spot start to burn mid-run or hike? The key here is to make the determined decision to stop as soon as you feel a minor tingle, in order to take action to prevent it getting any worse. Do not leave it even for a few minutes, as there is a point of no return that comes on quickly. Apply lube and, if you have to, consider a topical bandage or second skin-type product (assuming you have some in your first aid kit, which you should). Applied with care, these can sometimes mitigate the onset of the blister or minimise chafing, if it's caught early.

And if it's too late, and you need a last resort – keep an eye out for a barbwire fence, be prepared to ruin your clothes, and banish the burn with a little fresh air. Just be mindful of what you are flashing the farmer as you pass by.

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

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