

PACESETTER

STARVED ROCK RUNNERS LTD.

MARCH - APRIL 2025 • VOLUME 49 • ISSUE 2



UPCOMING RACES & EVENTS

3/22 - Lori's Walleye Run - Spring Valley
4/24-4/26 Christie Clinic Illinois Race Weekend - Champaign
5/3 - Lake Run - Lake Bloomington
5/10 - Starved Rock Country Marathon - Ottawa
5/26 - Streator YMCA Memorial Day 5K - Streator
6/14 - Run The Plank 5K - Ottawa
7/4 - Genesis Firecracker Run - East Moline
7/5 - Streator Run For Glory - Streator
11/2 - Run The Path - McNabb
11/27 - Oglesby Turkey Trot - Oglesby



IN THE SPOTLIGHT

On The Run... *page 4*
A Few Words From Your VP ...*page 5*
2025 Circuit Schedule *page 6*
Birthdays... *page 7*
A Tribute to MJ..... *page 8*
Runner Profiles...*pages 10 & 11*
4 Hill Running Workouts...*page 12*
Rustic Apple Pie w/ Dried Cherries...*page 15*
Merry Miles Winners..... *page 18*

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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 December 17, 2024

Illinois Valley YMCA – Peru, Illinois

Called to order by President Kory Katkus @ 7:04pm. Nine board members were present, one absent. Joe Bornac attended as a guest. Secretary's minutes were presented, approved and filed. The treasurer's report was reviewed, discussed, approved and filed.

Old Business: Mitch stated he is extremely appreciative to everyone that helped with the Turkey Trot, it was successful and well attended. Club apparel store is up and running with great choices. Annual banquet plans are coming together. Those participating in the club member challenge remember to self-report. The 2025 membership platform is open for renewals. The annual Christmas Light Run was a success with 24 participants.

New Business: Ballot counting will take place on the second Tuesday of January. An online registration is set up for the annual banquet. Letters have been sent out to race directors for circuit races. Turkey Trot had 1139 participants this year. Santa's on the Run had 331 participants, 1125 lbs of food was collected for the food pantry along with \$3600 in donations. Kelly Campbell will be coordinating the Y-tri again this year, volunteers are needed please see Kelly.

Meeting January 21, 2025 (1st meeting)

Illinois Valley YMCA – Peru, Illinois

Called to order by President Kory Katkus @ 7pm

Ten board members present, Joe Bornac attended as a guest. Secretary's minutes were presented, approved and filed. The treasurer's report was reviewed, approved and filed.

Old Business: All invites and tickets for the Banquet have been printed and ready to mail. The menu is set up and we will have karaoke this year. Help is needed with programs. Kory and Mitch are working on securing an electric bike for the square board.

New Business: Heartland Bank needed two years of financials in order to raise credit card limit, Bob will submit needed info. Bob working on domain with Commonman. The invoice was paid, Bob received an email with code to unlock the domain.

Meeting January 21, 2025 (2nd meeting)

Called to order by President Kory Katkus @ 7:33pm

Old Business: 2024 Club Race Challenge is complete, 45-50 people participated in the 1st year of the challenge. Committee Chairs have been selected for this year. It was approved that the club time clocks can be used for the Illinois Valley Y Tri. Fifteen people signed up for the 1 Day promo on January 1st. Thirteen of 17 circuit races have provided the necessary information to the club.

New Business: Runners were nominated for this year's banquet awards. Step and Repeat photo banner has been approved for photos at the banquet.

ON THE RUN

by Club President Kory Katkus

As we begin the new year this edition of the Pacesetter is just hitting your hands as we are holding our annual club meeting and banquet to celebrate the past running season at the Spring Valley Boat Club.

Voting of the board members concluded and all that ran for the board were voted on. I would like to welcome Kimberly Broyles to the board and thank the ones that returned to serve another term; Dan Rolando, Bob Zeglis, and Randy Pratt. Thank you to Cathy Berry who also served as secretary for the last few years, but she decided to step down to spend more time with her grandchild.

At the January board meeting the first item on the agenda was to elect the executive board. Remaining on at their current position as elected by their peers on the board; myself as President, Vice President; Amber Heider, and Bob Zeglis as Treasurer. Kelly Campbell was nominated, elected, and stepped up to be our new secretary replacing Cathy Berry. I would like to thank each of them for doing the duties of the club to keep it running smoothly.

As we enter the 2025 running season, we embark on our 43rd year. Our 1st circuit race will be Lori's Walleye 5k in Spring Valley. Our circuit will conclude at the Santas on the Run X on 29NOV2025.

Our Run the Path 10k was selected by RRCA to be the championship event for the 10k distance for the state of Illinois!! We also approved 2 new races to our circuit; Run the Plank 5k in Ottawa and Folty 5k in Tonica directed by our own Amber Heider. Welcome and good luck. Hope that you are able to support these 2 new races and participate. Please check the ad in this Pacesetter as the Christie Clinic Illinois Race Weekend 2025 has granted SRRL with a discount code for any of their races (besides the kids run or 1 mile).

We again will be using self-reporting to log your circuit races along with the Gold-Silver-Bronze award system. And remember if a circuit race is listed and they have multiple distances, any distance counts as credit for that race. At this time, you may also notice that a few circuit races do not have all details listed on our website calendar as the races are still confirming their details. So, check our calendar regularly for the details.

This year we are also conducting a raffle to fund different club activities. These activities may cover costs for the banquet, clinics, member fun activities, or general operating expenses. There will be a 100 square board beginning at the banquet for Townie E-Bike. As a 2nd place prize, the reverse of the winning number will receive \$200 cash. Buy your squares early! Make sure you have renewed your membership for 2025 by registering at:



(look up membership to renew, click "Join" for a new membership)

Wishing all a healthy, happy, and successful 2025 running season.
Kory

RENEW YOUR MEMBERSHIP TODAY

A Few Words From Your VP

by Club Vice-President Amber Heider

I'd like to welcome our newest members: Jonathan Stears, and Veronica Witek. We're happy to have you join our running family and look forward to seeing you around.

I hope everyone is doing well during this off season. I have not been running a ton but I have been doing some training on the treadmill for the second annual Y-Tri coming up at the Illinois Valley YMCA. I am proudly participating with the same team as last year. I look forward to competing against other runners and cheering on my teammates in the pool and on the bike. During the winter, the Y has become my second home and I can't wait to see everyone on February 16th.

I am also looking forward to our annual banquet on March 1st. I am on the banquet committee this year and we have been working hard to make it a fun event. This year we are spicing things up by changing the venue. It will be held at the Spring Valley Boat Club instead of the Oglesby Elks. There will be a cash bar and a dinner menu similar to previous years. There will also be awards, raffles, and entertainment by Phil Taylor from Racing Expectations. This is the only board meeting where it is acceptable to drink so I plan to take full advantage;) I can't wait to celebrate with everyone!

We have lots to look forward to as a club this year. I am excited to have two new races join our circuit: The Foltz 5K in Tonica and Run the Plank in Ottawa. I have connections to both of these races. I am the race director of the Foltz and I teach at Ottawa High School. I encourage everyone to do both of these races- you won't be disappointed!

40th Annual

Lori's Walleye Run 5K

Saturday March 22nd, 9am



SCAN ME

<https://runsignup.com/Race/IL/SpringValley/LorisWalleyeRun5K2021>

2025 CIRCUIT SCHEDULE

MARCH

3/22 - Lori's Walleye Run 5K - Spring Valley

APRIL

4/24 -4/26 - Christi Clinic Illinois Race Weekend - Champaign (marathon, half marathon, 4 person relay run on half route, 10K, 5K)

MAY

5/3 - Lake Run - Lake Bloomington (4 mile & 12K)

5/10 - Starved Rock Country Marathon - Ottawa (marathon, half marathon & 5K)

5/26 - Streator YMCA Memorial Day 5k - Streator

JUNE

6/14 - Run The Plank 5K - Ottawa

JULY

7/4 - Genesis Firecracker Run - East Moline (5K & 10K)

7/5 - Run For Glory - Streator 5K - Streator

7/12 - Dog Days 5K - Lake Bloomington

AUGUST

8/8 - Mr. C's 5K - Wenona

8/16 - Boo Milby 5K - LaSalle

8/23 - Folty 5K - Tonica

SEPTEMBER

9/6 - Underground Railroad 5K - Princeton

9/20 - Dwight Harvest Days 5K - Dwight

9/28 - Quad Cities Marathon - Moline (marathon, half marathon, marathon relay, 10K & 5K)

NOVEMBER

11/2 - Run The Path 10k - McNabb

11/27- Oglesby Turkey Trot - Oglesby

11/29 - Santas On The Run x 5K - Spring Valley

Races listed in "RED" are club races. Volunteering for these races qualify to earn Circuit points



MARCH 9, 2025

Does your Body Temperature Impact your Workouts?

You lace up your sneakers, ready to conquer your workout. But as you step outside, a wave of heat hits you. Suddenly, that post-workout glow you crave seems miles away. You're left wondering if training is a good idea in these conditions. Is it safe? And exactly how does exercise affect body temperature?

Well, did you know you have an internal thermostat in the part of the brain called the hypothalamus? That's what helps your body maintain a specific temperature range, usually around 37°C (98.6°F). When you exercise, your muscles burn energy, generating more heat. Think of it as your body's engine overheating. And when you work out in warmer conditions, you're creating a real challenge for your internal thermostat.

But how hot is too hot when it comes to exercise? The ideal temperature for a workout really depends on you and the activity. Cooler temperatures are generally more comfortable and allow your body to regulate heat more efficiently. However, everyone has a different tolerance for heat, so listen to your body.

As you'll see in the following sections, we'll delve deeper into the science of staying cool during exercise. We'll explore how to dress for success, why hydration is critical, and how to listen to your body's signals to ensure your workouts are safe and enjoyable and leave you feeling

energized and not overheated. So, grab your water bottle, put on some breathable clothes, and let's get ready to beat the heat and conquer your next workout.

Why monitor body temperature while working out? Sometimes, your body can struggle to keep up with the heat you're generating, especially if you're going for a run on a scorching day or doing a super intense workout. That's when overheating becomes a concern.

So, how does exercise affect your body temperature? When you exercise, your engine works hard, burning fuel and creating heat. Usually, you sweat to cool down, releasing excess heat through your skin. But if you push it too much, especially in hot environments, your internal thermostat can get overwhelmed.

So, what happens when things get too toasty during exercise? Overheating can lead to a spectrum of problems, from the annoying to the downright dangerous.

On the milder side, you might experience muscle cramps, those sharp pains that can make you want to stop mid-run. You might also feel flushed, dizzy, or have a headache – like someone cranked up your body's internal furnace a little too high.

Continued on page 16

HAPPY BIRTHDAY

Casey Bailey	3/1
Darcy Welsh	3/1
Humberto Marcias-DeLeon	3/4
Ken Goodwin	3/4
Jake McKinney	3/4
Tracy Lee Olsen	3/5
Lisa Gerding	3/6
Cecilia Reynolds	3/10
Chase Peach	3/15
Nickie Pellegrini	3/15
Rose Bell	3/16
John Fusinatto	3/17
Kory Katkus	3/21
Charlene Hamman	3/21
Macy Burd	3/21
Mourad Mourad	3/21
Kevin Schultz	3/22

Patrick Koemer	3/27
Sammie Novak	4/3
Fran Brolley	4/4
Chad Kovash	4/8
Lincoln Clodfelter	4/9
Maveerick Clodfelter	4/9
Henry Lee	4/10
Amber Heider	4/11
April Rick	4/11
Anna Eiten	4/12
Timothy Gress	4/19
Katie Clodfelter	4/20
Andrew Nanouski	4/21
Dan Brady	4/22
Eli Joyce	4/26
Jeremiah Joyce	4/29
Ruby Messersmith	4/30

A Tribute to Mary Jane Pratt

On January 26th we lost a long time member, a friend and an inspiration to all that knew her.

I approached Mary Jane three years ago at our annual Banquet and asked if she would do a Runner's Profile. She looked me square in the eyes and said, "nobody is interested in me". She didn't know how much she was admired.

She was the queen to pacing. If you wanted a rock solid whatever she was running at the time, she was the person to pace.

One of the things little know to newer members is how dominate of a runner Mary Jane was. These are some of her times from the Canal Connection, with the year and her age at the time;

2004 - 65, 54:15
2005 - 66, 55:56
2006 - 67, 53:55
2007 - 68, 54:25
2008 - 69, 55:30
2009 - 70, 56:15
2010 - 71, 56:18
2011 - 72, 57:16
2012 - 73, 57:16
2013 - 74, 58:43
2014 - 75, 58:19

And in 1994, her 45:33 finish put her 2nd place all time in the Female 55-59 age group, only 5 second behind the record holder.

Below is a list of comments left on the SRRL Facebook page on the notification of MJ's passing. It pretty much says it all.

"This inspiring Wonderful lady just crossed the finish line in Heaven to take 1st place in my book. Thanks for all the memories. Love you, Miss you, R.I.P (Run In Paradise)"

"Oh this makes me sad. She was such a great lady and I'm so glad I got to meet her. She'll be remembered fondly ."

"What a vibrant full of life example for all ages women. My heart goes out to both you and Mitchell and your loving family. I have terrific memories of your spunky mother that inspired so many novice and accomplished athletes. Only one Mary Jane."

"We all loved MJ."

*"We laughed that we all wanted to be the runner she was "when we grew up"
She will be missed."*



"Amazing lady! She will be missed! "

"She was always so supportive of beginners too."

"Mary Jane was the best...a friend, mentor, an inspiration. Rest in peace sweet lady."

"She was always so kind and encouraging to me. She will be missed."

"She was a wonderful lady."

"What an icon. Mary Jane will be sadly missed and so fondly remembered as the embodiment of a life-long runner. "

"She helped and encouraged me when I first started."

"She gave me so much confidence and motivation when I first started running. Running with me when I was at the back of the pack and encouraging me. I am so thankful for her kindness and inspiration. Let us all keep a piece of her in our hearts and remember to help those who may just need that spark at the back of the pack. She will be missed."

"A very special lady!"

"Such a wonderful lady! "

"Rest in peace dear lady . We will miss you MJ."

"She was my first coach! She was so nice and always "encouraging!"

"She absolutely was the best! I loved her so much. She was always so nice and helpful! I would almost always walk with her after she got done running! "

"What a sweet lady."

"She was an inspiration to me and so many others. "

"So many wonderful memories! She was a great inspiration."

"What a great lady."

"Such a neat lady!! Loved seeing her at the races!! "

"She was every ones friend!! "

"She was what we all want to be as we age."

"She was a phenomenal human!! "



RUNNER PROFILE

Stella Logan



Date/ place of birth: Barranquilla Columbia

Current location: LaSalle Illinois

Educational background: Journalist/Interpreter

Personal heroes: Mahatma Gandhi

Personal Strengths: Leadership, kindness and curiosity

Personal Philosophy: Living in the moment and sharing my happiness with everyone and everything.

Non-running achievement of which you are most proud: Learning to speak six foreign languages

Favorite non-running leisure activity: Reading books

Years running: 45

Number of races ran: Running PR'S at various distances: Too many to list but at least 2 marathons and 14 half marathons

Favorite race: Ironman Cartagena 70.3 on 12/1/24.

Favorite training run: Sprinting intervals

Typical training week: I don't follow a training program per se. I keep my body conditioned based on empiric knowledge.

Injuries/health problems: None

Why you run: I love the feeling of freedom that running provides me as well as it's benefits to my body, brain and well being.

What do you do to stay motivated? I practice gratitude. It enhances and sustains my overall level of motivation.

Why did you start running? I have always been interested in health and took up running to enhance my healthy regimen.

Advice you would give to beginning runners: You can do it. Don't wait. Even if you must walk at first, just do it! You won't regret it. Running is magical!



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202509

RUNNER PROFILE

Doug Harris



Date/ place of birth: 11/7/1968 Jacksonville Illinois

Current location: LaSalle Illinois

Educational background: Augustana College and Masters from Chicago State

Personal heroes: My track coach Paul Olsen

Personal Strengths: Logic, humor kindness, perseverance

Non-running achievement of which you are most proud: Ragbrai 10 years

Favorite non-running leisure activity: Rock hunting

Years running: 10

Number of races ran: Running PR'S at various distances: 5k/10k too many to count, half marathons 16, full marathons 4.

Favorite race: The Sun Valley Marathon

Favorite training run: The canal path

Typical training week: 4-5 days run/bike/cross train

Injuries/health problems: IT band!

Why you run: Addicted to it now.

Why did you start running? Health reasons, needed to get better!

Advice you would give to beginning runners: Keep at it! Use small goals to develop eventual bigger goals. Even the longest journey starts with a single step.

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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.

4 Hill Running Workouts That Will Boost

Hills may loom large and daunting in a runner's path. But take on the challenge of climbing them and you'll find a pot of gold on the other side: a more powerful, efficient stride, which can net you faster times.

Physically, training on hills builds muscle strength. Hill sprints or repeats can help improve running economy, which translates into less energy expended over the course of a longer distance race.

In one study conducted, a group of randomly assigned runners were asked to crank up the incline and do hill workouts twice a week while others did faster repetitions on level ground (and a control group kept up their typical training). The result: six weeks of hills boosted runners' top speed and allowed them to sustain it 32 percent longer.

Why? For one thing, uphill intervals' intensity improves what's called your lactate threshold. That means your body produces less muscle-burning lactic acid at the same swift paces (plus, you're better able to buffer the acids you do churn out). Flat intervals did this too, but with hills, you don't have to move as fast to reap the same rewards.

Shimmying up slopes also asks more of your muscles and nerves than sprinting on the level, speeding the connections between body and mind that make you more explosive. This ability to summon strength swiftly boosts running economy, a measure of how efficiently your hard-working

muscles use oxygen to power you forward and a key factor in distance-running success.

The study continued for a few years tinkering with duration, grade, and pace in hopes of finding the optimal hill-training formula. While the study continues, you can already see some of the finding, along with coaches' experiences—to reach new heights.

Here are four workouts you can add to your training routine and how to do them.

For Speed on the Road:

The bulk of the research has focused on heading up hills as fast as possible in 30-second bouts. These speedy climbs work similarly to plyometric exercises that build explosive strength and train your muscles to fire more quickly and forcefully on any type of terrain,

The workout: 30-second hill sprints at a 5% to 10% incline. Do it: Warm up with 1 to 1.5 miles of easy running, then do dynamic drills such as high knees, skips, and lunges before beginning the incline. Take each 30-second hill repeat at a nearly all-out speed (at about the 25-second mark, you should be wondering if you'll make it to 30 seconds). Rest with a walk or an easy jog for 2 to 3 minutes in between. Start with 5 to 8 repetitions and work your way up to 12 to 14.

Racing Expectations



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WEB: racingexpectations.com

For Long Trail Runs:

Though not quite as effective as shorter, faster inclines in the studies, longer hill repeats still boosted many key fitness factors (including runners' point of exhaustion). And soldiering through a lengthier ascent prepares you better mentally for more-technical courses, he notes.

The workout: 3-minute hill intervals at a 10% incline

Do it: After a warmup and drills (see above), take the longer repeats at a pace slightly slower than all-out (in Ferley's testing, it worked out to about 70% of the speed runners could sustain for two minutes). Jog or walk three minutes to rest—or longer if your heart still feels like it's pounding—then repeat. Start with 2 to 3 repetitions and work up to 6.

For Better Biomechanics:

Use even shorter uphill charges to practice better form without wearing yourself down. Inclines force you to drive your knees high and land with your foot underneath you (versus out in front of you, an error biomechanists refer to as overstriding). As a result, the angle between your thighs when you push off for the next step increases, and more of the energy you generate moves forward instead of upward—making you more efficient while reducing impact forces that may cause injury.

The workout: 10- to 15-second hill repetitions at a 5% to 15% grade

Do it: At the end of an easy 3- to 4-mile run, catch your breath before heading uphill. Don't worry about your pace; instead, focus on form—running tall, swinging your arms from your hip to your chin, and squeezing your glutes. Walk back down and rest until you've completely recovered, then go again. Start with 5 to 6 repetitions and work up to as many as 20—the last one should feel just as springy as the first, Walker says.

To Crush a Hilly Course:

Strength and efficiency help, but racing well on rolling hills also requires discipline and smart pacing. You can practice

by doing your long runs on a route mimicking your race course, or with a session that pushes the pace after a series of climbs.

The workout: 60-second hill repetitions at a 4% to 5% grade, followed by race-pace miles

Do it: Warm up for 2 to 3 easy miles, then do 6 to 8 hill repeats at an effort of 7 out of 10. Jog downhill for the recovery. Take 1 mile easy (more advanced runners can skip this step) then run 1 to 3 miles at goal race pace before a 1-mile cooldown. This workout fatigues fast-twitch muscle fibers on the hills, requiring recruitment and development of slow-twitch muscle fibers to hold race pace after the hill repeats.

Pro Tips:

Don't Diss the 'Mill

Most modern treadmills offer a perfectly feasible alternative to outdoor hills, especially for runners who live where it's flat. Plus, you can program them to mimic the profile of your goal race course. Choose a machine that's in front of a mirror and you can keep tabs on your form—your chest should stay tall, and your arms shouldn't cross the middle of your body.

Climb with Caution

It is not necessarily advised that every athlete ascend twice a week. Adding too much intensity too quickly, whether it's through hills or flat intervals, can increase your risk of injury. Limit hill workouts to no more than once a week (once every two to three weeks if you're injury-prone)

Descend with Care

Going downhill can burn out your quads quickly—unless you practice. Incorporate descents into your training too, especially if you're targeting a hilly race. On your way down, relax and lean forward from the ankles (leaning backward, while instinctive, is akin to tapping the brakes, increasing the impact on your legs). Looking down toward your feet



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RUSTIC APPLE PIE WITH DRIED CHERRIES



- Level: Easy
- Total: 1 hr 45 min
- Prep: 40 min
- Inactive: 10 min
- Cook: 55 min
- Yield: 6 servings
-

Ingredients

1/2 cup whole-grain pastry flour or regular whole-wheat flour
1/2 cup all-purpose flour
2 teaspoons granulated sugar
1/8 teaspoon salt
4 tablespoons cold, unsalted butter, cut into small pieces
2 tablespoons lowfat buttermilk
3 tablespoons ice water

Filling:

3 medium Golden Delicious apples, unpeeled
1 tablespoon lemon juice
1/3 cup dried tart cherries
1 tablespoon plus 1 teaspoon cornstarch
3 tablespoons light brown sugar
1/8 teaspoon ground cinnamon

Glaze:

1 teaspoon honey
1/4 teaspoon boiling water

Directions

1. To prepare the crust, put the whole-wheat pastry flour, all-purpose flour, granulated sugar and salt in the bowl of a food processor and pulse 3 times to combine. Add the butter and pulse about 12 times, until you get a pebbly course texture. In a small bowl combine the buttermilk and ice water. Add the buttermilk-water mixture and pulse 3 to 5 times more to combine. Pat the dough into a 4-inch round and wrap in plastic wrap. Place in the freezer for 10 minutes, or make ahead and refrigerate for up to 1 day.

2. In the meantime, preheat the oven to 425 degrees F, and prepare the filling. Core the apples and cut them into 1/4-inch slices. In a large bowl toss the apple slices with the lemon juice. Add the dried cherries then sprinkle in the cornstarch, brown sugar and cinnamon and toss until the apples are evenly coated. Set aside.

3. On a lightly floured surface, roll the chilled dough into a large circle about 9 inches in diameter. Line a baking sheet with parchment paper, and draping the dough over the rolling pin, transfer it to the prepared baking sheet. If the dough breaks, patch it up with your fingers.

4. Arrange the apple mixture in a mound in the center on the dough, leaving a 1 to 2-inch border. Fold the border over the filling. It will only cover the filling partially and does not need to be even.

5. Bake the pie at 425 degrees F for 15 minutes, and then reduce the oven temperature to 350 degrees F, keeping the pie in the oven all the while, and bake for another 40 minutes, until the apples are tender and the crust is golden brown.

6. In a small bowl stir together the honey and boiling water to make a glaze. When the pie is done remove it from the oven and brush the honey glaze all over the top of the fruit and crust. Transfer to a plate to cool slightly. Cut into 6 wedges and serve warm or at room temperature.

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DOES BODY TEMPERATURE ...Continued

If things progress further, you could encounter heat exhaustion. This condition is like your body throwing up a red flag, saying, "Hey, slow down and cool me off!" Symptoms can include nausea, vomiting, and extreme fatigue. It's unpleasant, but you'll usually recover quickly with some rest, fluids, and maybe a cool shower.

The big worry is heatstroke. In this medical emergency, your body loses its ability to regulate temperature. Things get serious here. You might experience a fever, confusion, slurred speech, and even seizures. If you suspect heatstroke, call emergency services immediately – it requires prompt medical attention.

The good news is that overheating during exercise is largely preventable. You can keep your workout enjoyable and safe by monitoring your workout temperature, listening to your body, and taking some precautions.

Effects of body temperature on heart rate

As mentioned above, your body works like a smart thermostat, constantly trying to maintain a relaxed and comfy internal temperature. So, how does getting hot (or cold) affect your heart rate, and how can it be a helpful clue for a safe workout?

Working out when it's warm

When you exercise, or it's hot out, your thermostat gets a workout. One way it keeps you cool is by sending more blood flow towards your skin. This change helps release heat through sweat, a process that keeps you feeling refreshed. Yes, all that perspiration is designed to help you cool down.

But here's the thing: more blood flowing around means your heart has to pump a little harder to keep things moving. That's why your heart rate naturally increases during exercise or in warm weather. It's like your body's internal playlist becomes a little faster to keep up with the heat. Now, this faster heart rate is usually nothing to worry about. But, if you notice your heart pounding way more than usual, especially when you're not pushing yourself too hard, it can be an early warning sign of overheating. So, pay attention to your heart rate in the heat – it can be a helpful clue to keep your workouts safe and enjoyable.

Keeping calm in cool conditions

On the flip side, cooler temperatures have the opposite effect. When it's chilly, your body goes into heat-saving mode. Blood vessels constrict, directing more blood flow to your core to warm your vital organs. This change means your heart doesn't have to work as hard to circulate blood, so your heart rate naturally slows down. So, frosty temperatures are like your internal playlist, taking a chill tempo to conserve energy.

While a slower heart rate in cool weather is a good sign,

there's an interesting twist. Research suggests that endurance capacity can also decrease in chilly conditions. Studies, like this recent one from Brock University involving cyclists, found that cold temperatures can make it harder to maintain peak performance for extended periods.

Hear what your heart rate says

So, the takeaway? Your heart rate offers valuable clues about how your body is handling temperature extremes. In hot weather, a faster heart rate can be an early warning of overheating, while a slower rate in the cold might indicate your body is prioritizing warmth over peak performance. By understanding these signals, you can adjust your workout intensity accordingly, ensuring a safe and enjoyable experience, no matter the weather.

Body temperature vs. skin temperature

Have you ever experienced frosty fingers and toes even though you're sweating from a run? That's because, unlike a furnace with a single temperature gauge, your body has two key temperature zones: core and skin. Understanding the difference between these zones is crucial, especially when it comes to exercise and overheating.

Core Temperature: Your Inner Thermostat

Imagine your core temperature as the body's engine control center. This vital internal temperature (as we mentioned, typically around 98.6°F (37°C)) needs to stay remarkably stable for optimal organ function and overall health. Your body works tirelessly to maintain this core temperature, employing complex mechanisms like sweating and shivering.

Skin Temperature: Your First Line of Defense

Skin temperature, on the other hand, is much more dynamic. It acts as the body's first line of defense against external temperature changes. Unlike the core, skin temperature can fluctuate significantly, ranging from cooler on your extremities to warmer for active muscles. Factors like environment, clothing, and activity level heavily influence it.

How Skin Temperature Affects Core Temperature

Here's where things get interesting. Skin temperature plays a crucial role in regulating core temperature. Blood vessels near the skin surface dilate when we exercise or are in a hot environment. This response increases blood flow to the skin, allowing heat to escape through sweating. Conversely, blood vessels constrict in cold environments, directing blood flow away from the skin's surface and minimizing heat loss.

Why the Difference Matters

While skin temperature can be a helpful indicator if you're unwell, it's not the same as measuring your core temperature. For instance, during exercise, your skin temperature might feel cool due to increased blood flow, even though your core temperature might be rising. That's why monitor-

ing your heart rate can be a more accurate early sign of overheating.

Maintaining body temperature during exercise

Imagine crisp fall air nipping at your cheeks as you pedal, a layer of frost clinging to your helmet. Your sports watch buzzes on your wrist – heart rate steady, but power output lower than usual. The colder months demand more effort to maintain warmth, sacrificing some speed.

Come summer, the story flipped. The sun beats down, sweat dripping into your eyes. Your watch displays a soaring heart rate, even on moderate rides. Hotter temperatures mean pushing less for the same results.

But you don't want to overdo it in the heat. With the rising temperatures, maintaining a comfortable body temperature can become a challenge.

So what can you do? Here are some tips to help you stay cool and avoid overheating during your workout:

•**Know Your Environment:** Before heading out, check the forecast. If it's a scorcher, consider exercising indoors in air-conditioned comfort. Or opt for an earlier or later workout when the temperature dips. Humidity can also mess with you, so be mindful of that.

•**Dress for Success:** Ditch the heavy fabrics. Loose, breathable clothing like cotton evaporates sweat more effectively, helping your body cool naturally. Consider wearing a hat and sunglasses for additional sun protection.

•**Hydration is Key:** This one can't be stressed enough. Drink plenty of water before, during, and after your workout. Aim for small sips frequently rather than chugging a large volume at once. During long workouts, consider sports drinks that can help replenish electrolytes lost through sweat.

•**Listen to Your Heart:** Your heart rate is a valuable indicator of how your body is handling the heat. It naturally increases during exercise, but if you notice it pounding way more than usual, especially when you're not pushing yourself too hard, it could be an early sign of overheating. Slow down, take breaks, and cool off if needed.

•**Adjust Your Intensity:** Don't be afraid to dial back the intensity of your workout, especially in hot weather. Opt for lower-impact activities like swimming or brisk walking instead of high-intensity interval training (HIIT). Remember, a safe and effective workout is better than pushing yourself to the point of overheating.

•**Take Advantage of the Elements:** If possible, exercise in shaded areas or near bodies of water for a natural cooling effect. You can also try cooling down with a damp towel periodically throughout your workout.

•**Listen to Your Body:** This is the golden rule. Pay attention to your body's signals. If you experience dizziness, muscle cramps, nausea, or excessive fatigue, these could be signs of overheating. Stop your workout immediately, find a cool place to rest, and rehydrate. If symptoms persist, seek medical attention.

Keeping It Cool: The Key to Safe and Enjoyable Exercise
By understanding how exercise affects body temperature and following these tips, you can transform your workouts from a potential battle against the heat into a safe and enjoyable experience. From dialing down the intensity to strategically using cooling elements, you have the power to keep your body happy and functioning optimally.

So, next time you step out for a workout, remember:

- Stay hydrated.
- Dress smartly.
- Listen to your body's signals.
- Don't be afraid to adjust your routine based on the environment.

By following these simple steps, you can ensure your workouts are safe and enjoyable, leaving you feeling energized, not overheated. After all, exercise should be a celebration of your body's capabilities, not a battle against the elements. So, stay cool, have fun, and keep moving!

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MERRY MILES WINNERS

This past December was the 5th annual Merry Miles challenge. This event is designed for members of all ages. During the month of December, you record the miles you run or even walk. You would earn 1 entry for every 25k you complete. That may sound like a lot but you have all month to reach that and you'd be surprised how quick that adds up. Even at 1 mile a day, that equals 50k... 2 entries.

Mid-month I take off in the old sleigh and visit businesses from around the area from Spring Valley to Peru to Ottawa, Streator, Utica and all places in-between. Then once the month is completed, I figure out the number of entries you earned. From there I created tiers for the prizes. This is for the ones that may only earn 1 or 2 entries can have as much of a chance to win a gift certificate as the ones that routinely get 100 miles a month or more. On certain days I offer "bonus" miles such as Christmas Eve and Day as those are days people are super busy and the ones that get out on those days, I double your miles. This is a free event for members as way to not only for the club to give back to its members but to some, offer motivation during a month where you are constantly having parties and get-togethers. This year I am happy to report we had another record year not only in the amount that signed up but also the amount of gift cards/certificates that were given away.

As a group in whole, we accumulated over 6,416 miles with the top earner being Carroll Lulay with over 362 miles. As I go out and get these gift card/certificates, I do explain to a lot of the businesses who I am and why I get them and some will match what amount I purchase and donate that amount in the form of another gift card. Then there are ones like Juan's Concrete and Wenona Chamber of Commerce that donate a prize or 2. In total winners won over \$1000!! So please do support your small local business by visiting them. Look for details for Merry Miles VI later this year as our members enjoy the event, the motivation, and perks of participating and recording their miles.

25k/50k

David Wise - \$15.00 LaGrotto's
Chase Peach - \$10.00 Valley Bakery
Sara Kerr - \$10.00 4th St. Bakery
Elliot Burd - \$25.00 Juan's Concrete
Bob Kolczaski - \$10.00 Thyme Kitchen
Matt Baker - \$15.00 Verucchi's
Tanya Ware - \$10.00 Jack's
Rachael Patrick - \$15.00 Super Bowl
Kelly Campbell - Roxi's Sweet Confections
Krista Easi - \$15.00 Tangled Roots
Brenda Dougherty - \$10.00 Rip's
Jasmin Bailey - \$15.00 Chix
Emily Zoid - \$10.00 Clark's Run
Jyllian Ossola - \$15.00 CortiLeno's

75k/100k/125k/150k/175k

Kristen Eustis - \$20.00 Uptown
Joleen Linker - \$15.00 Fire on 5th
Juan Leg - \$10.00 Roxi's Sweet Confections
Rosanne Abbott - \$15.00 LaGrotto's
John Thomas - \$30.00 Run The Path
Steve Holcomb - \$10.00 Rip's
Joanne Vaccaro - \$10.00 Mr. Salsa's
Mitch Hobbs - \$15.00 Verucchi's
Teresa Messersmith - \$15.00 - Alfano's
Patrick Loerner - \$15.00 Millstone Bakery
Elizabeth Reynolds - \$15.00 Chix
Veronica Witek - \$10.00 Dunkin
Sammi Novak - \$15.00 Aces and Eights

Barb Small - \$40.00 Wenona Basket
Mary Beth Potthoff - \$25.00 Often Running
Darcy Welch - \$25.00 Juan's Concrete
Catherine Wise - \$10.00 Jack's
Janine Sobin - \$10.00 Clarks Run
Kory Katkus - \$15.00 Polancic's Meats
Karen Kasperski - \$15.00 Legacy Sports Bar and Grill
Manessa Trench - \$15.00 Good Morning Good Day
Lindsay Gerding - \$15.00 B.A.S.H.
Jan Studer - \$15.00 Cabin Fever
Dianne Hollister - \$10.00 CortiLeno's
Brittany Peach - \$20.00 Hyvee
Torgan Hogey - \$15.00 Super Bowl
Kelly Duttlinger - \$15.00 Brennan's
Jill Urban Bollis - \$15.00 Tangled Roots
Chelsi Straughn - \$15.00 Chix
Mike Goodwin - \$10.00 Bruce & Ollie's
Kim Broyles - \$20.00 Garzanelli's
Joanne Bejster - \$15.00 Blue Margaritas
Will Linker - \$10.00 Minonk Chocolates
Amber Heider - \$15.00 Smitty's
Gary Westifer - \$10.00 Thyme Kitchen
Cecilia Reynolds - \$10.00 Hyvee
Lynn Lullay - \$15.00 - Olive Garden

200k/225k/250k

Teresa Hart - \$25.00 - Often Running
Carol Pratt - \$15.00 B.A.S.H.
Kelly Shanley - \$10.00 Clark's Run

Continued on page 19



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Bob Zeglis - \$40.00 Wenona Basket
David Ridley - \$15.00 Brennan's
Autum Oley - \$10.00 Clark's Run
Carroll Lullay - \$30.00 Run The Path
Dan Palmer - \$10.00 Rip's
Nickie Pellegrini - \$25.00 Creative Apparel
Charlene Hamann - \$15.00 Mr Salsa's

Kevin Schultz - \$10.00 Minonk Chocolate
Christine Ridley - \$25.00 Verucchi's
Randy Pratt - \$15.00 Haze
Troy Burd - \$15.00 AMC
Marsha Zeglis - \$15.00 Mickey's
Jordan Rick - \$15.00 - Right Spice

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.

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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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