

PACESETTER

STARVED ROCK RUNNERS LTD.

MAY-JUNE 2025 • VOLUME 49 • ISSUE 3



2025 PIE DAY



**2025 LORI'S
WALLEYE RUN 5K**

UPCOMING RACES & EVENTS

4/24-4/26 Christie Clinic Illinois Race Weekend - Champaign
5/3 - Lake Run - Lake Bloomington
TBA - Bluebell Run - I & M Canal Utica
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
11/29 - Santos On The Run X - Spring Valley



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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

Hope everyone is off to healthy start to the running season. 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 able to this year, was a pleasure to see everyone once again.

With the start of the season, remember to report your races on the shared site. This year is again a self-reporting system for circuit credit. If you have any questions or issues, reach out to myself at kory_katkus@yahoo.com. There was an email that was sent out the day of the Walleye race that has the link to SELF REPORT. You can also access the link by going to the SRRL website and select the menu "Results" at the top, then selecting "2025 Circuit Standings" sub-menu.

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/SR-RLKidsRunningClinic>

The Woman's Clinic will again be happening this year. The woman 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 in August. Women can sign up at: <https://runsignup.com/Race/IL/LaSalle/SRRLWomansRunningClinic>

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 (club discount available), The Lake Run races at Lake Bloomington, Starved Rock Country Marathon in Ottawa, and Streator YMCA Memorial Day 5k. New to the circuit this year we have a June race, Run the Plank 5k in Ottawa.

Not to be overlooked, Global Running Day is coming up on 4JUNE2025. 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.

Currently there is a 100 square board for a Trek E-bike. The winning number will win the E-bike and the reverse of winning number will win \$200 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 cruising 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.

Hope all are staying healthy and safe. I hope to see you out there. Stop by and say hi to me. With a club such as ours I may have seen your name but may not know your face, so it would be great to put a face with the name.

Happy Running,
Kory

RENEW YOUR MEMBERSHIP TODAY

A Few Words From Your VP

by Club Vice-President Amber Heider

We have one new member, Courtney Obermiller. Welcome to our running family!

Running season has officially begun and I could not be more excited! I did not run the first race of the season, the Walleye in Spring Valley, but congrats to all of you who did! It looked like a great turn out and I enjoyed looking at all the pictures.

Hopefully you guys are taking advantage of the days with nice weather and getting in some miles outside to prepare for all of the racing opportunities coming up. There is a lot to look forward to in May- the Lake Run in Hudson, the Starved Rock Full and Half, and the Streator Family YMCA Memorial Day 5K. As a marathon runner, I believe that we are very fortunate to have such a great marathon so close to home. I am coaching track again this year, so I unfortunately have to miss the Starved Rock race. I have many fond memories of that race, though, so I hope to participate again soon.

I am also on the social committee and we are in the process of planning a lot of fun social events for this summer. As soon as we set dates, we will send out emails and post on Facebook so be on the lookout for that. Also, I encourage any women that are available on Monday nights to join the woman's running clinic this summer. It is a great opportunity for all levels of runners. I hope to catch up with a lot of you this summer as well as meet some new faces!

Oglesby Turkey Trot

Thursday November 27th, 9:00am

turkey
trot



SCAN ME

COMING SOON

**WATCH OUR FACEBOOK PAGE & CLUB
EMAILS FOR INFORMATION ON THE
ANNUAL BLUEBELL RUN.**

Run generally happens on a Saturday morning. It will be announced the week of the event when the Bluebells are in bloom. Run starts and ends on the Canal in Utica, with the group lunching together after the run.

2024 & 2025 MEMBERS CHALLENGE



In 2024 the club came up with a rewards challenge where volunteering or participating in club races earned you points. There were 2 award levels you could reach. With those points the 1st level you were rewarded with full zippered hoodie that had reflective markings so you would be seen while running in either the early morning or late evening hours when lighting is low.

The back had "Starved Rock Runners" written in the reflective material. Then front we had our Starved Rock Runner logo embroidered on the left chest and your name on the right side. All winners had their choice in color.

For the 2nd level winners, they were rewarded with their choice of an entry to one of the club races or if they had taken advantage of the NYD sale, a gift card to a local supporter of the club. It was designed to allow you to miss 1 of the club events should you have had vacation or prior arrangements the day of the event. The jackets were well received by all the participants.

The jackets were so well received that the club has decided to run the challenge again for 2025. At this time, we are reviewing some possibilities for the reward such as a rain and wind resistant jacket that would also be reflective.

As you can see, we are looking out for the safety of our members. This is a FREE event to participate in. Meaning no cost to you, just need to sign-up.

For more information, you can checkout the signup page. There it will give you information of how you can earn the points. How many points you can earn if you ran or volunteer and the bonus points if you both volunteer and run at the club race. The one area that easily gets over looked that you can earn bonus points is by volunteering for clean-up after the race. It is up to the race director of the race of what positions are needed the most.

If you are interested in earning rewards at the banquet in 2026, be a member and signup today!!

You can signup at: <https://runsignup.com/Race/IL/LaSalle/SRRLYearLongChallenge>

Or by scanning the QR code:



PIE DAY RUN



On 3/14 (Pie Day... 3.14159), 14 SRRL members got together to do a practice run on Lori's Walleye Run course, afterward indulging in pie and ice cream. Thanks to Rosanne Abbott for putting everything together.

HAPPY BIRTHDAY

Chelsi Straughn	5/1	Lucas Patrick	5/27	Connor Taylor	6/19
Denise Eberhardt	5/4	Michela Ossola	5/29	Greg Clodfelter	6/19
Stephanie Phillips	5/7	Francis Reynolds	5/30	James Dresen	6/20
Kylo Kostos	5/8	Nick Spanos	5/31	Juan Escobedo	6/20
Steve Holcomb	5/11	Breda Dougherty	6/3	Sienna Edgcomb	6/21
Kimberly Broyles	5/13	Carroll Lulay	6/3	Brittany Peach	6/21
Tom Smith	5/13	Jyllian Ossola	6/5	Janine Sobin	6/21
Henry Harabaugh	5/14	Dan Rolando	6/5	Brian Hoffmeyer	6/24
Peter Choi	5/17	Emily Zoid	6/8	Juanita Edgcomb	6/24
Daniel Heaver	5/20	Brian Miller	6/9	Michael Nelson	6/24
Soren Olesen	5/22	Melinda Ossola	6/13	Jim Schaefer	6/25
Barb Small	5/22	Eric Joyce	6/14	Gage Symovicz	6/25
Fred Rettig	5/22	Patricia Keim	6/15	Kane Farabaugh	6/25
Mara McDonough	5/23	Joe Edgcomb	6/16	Mary Beth Potthoff	6/25
David Ridley	5/26	Brittany Day	6/16	Daniel Eiten	6/28
Kaitlyn Joyce	5/27			Landon Trovero	6/29

KIDS CLINIC

SRRL would like to congratulate our gracious leader of the past few years Brittney Peach and her husband Chase on their 1st born on April 2nd.

At the time she was working on the details of the kid's clinic and plans to oversee and guide her volunteers for the clinic this summer. As she gets settled, the details will be released.



HEY LADIES!!! ARE YOU READY?

It's time to register for the 16 th Annual Women's Running Clinic, so put on your running shoes cuz we are ready! The clinic will once again take place on Monday evenings from 6:00 to 7:00 p.m., beginning on June 2, and "running" through August 4, 2025. The plan is to meet in the parking lot of the V.F.W. in La Salle. The address is 2325 Donahue Street.

The Women's Running Clinic originated 16 years ago and was lead by Michele Gaeta. Because of her knowledge, encouragement and dedication hundreds of women have benefited from this program. Not only have they improved their running workouts and goals, but many lifelong friendships have been initiated through the clinic. All abilities are welcome. From a no running experience to a seasoned runner who desires to improve their speed. There are four levels or groups and this gives each participant flexibility. The WRC coincides with the Kids Running Clinic which is June 9-August 4th.

The Kids Clinic is held at Baker Lake which is only a few blocks away from the V.F.W. Both clinics lead up to the finale-The Boo Milby Alzheimers 5K on August 16, 2025. Our weekly practices prepare us all for the Boo, since we train on sections of the course each Monday. Those women who are in levels 3 and 4, may have the option to run another course for a more challenging workout.

The goals of the Women's Running Clinic are to improve motivation, promote health fitness and self confidence through a unique training program for women, by women and with other women. It is much easier and more fun to work out and run with those you develop a bond with week after week.

\$15 is the early bird rate for Starved Rock Runners members before June 1st. After June 1st, the fee is \$20. \$20 is the early bird rate for non-members before June 1st, and \$25 after June 1st. This price is that same as last year. Participants receive a moisture wicking clinic t-shirt. Use the QR Code or fill out an application form today. You can sign up the first day of the clinic as well. Movement on Mondays is a great way to start off the week, so here we go-One foot in front of the other.



RUNNER PROFILE

Malachi Joyce



Date/Place of Birth: 2/2 Maywood, IL

School you go to and Year in School: JFK 5th Grade

Favorite Music: Country

Favorite Movie: I Can Only Imagine

Personal Heroes: My mon, my aunt, Nana, Papa and Grandma

Favorite Athlete: Anthony Rizzo

Personal Strengths: Helping others

Something most people don't know about you: I did a 10K

Number of races you've run in: 24

How long have you been running: Since 2021

Your favorite race: Walleye

Why do you like running?: It gives me more energy

Have you participated in the Starved Rock Runners Kids Clinic, and if so how many years?: 2year

What do you like most about the Kid's Clinic?: Being able to run with kids my own age.

Favorite non-running activity: Puzzles and legos

Advice you would give to other kid runners: Don't focus on the medals and trophies, just have fun.



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RUNNER PROFILE

Isabel Joyce



Date/Place of Birth: 10/15/2012

School you go to and Year in School: JFK 6th Grade

Favorite Music: Pop and country

Favorite Movie: Beauty and the Beast

Personal Heroes: Papa, Mama and Dada

Favorite Athlete: Simone Biles

Personal Strengths: Kindness

Something most people don't know about you: I've played 6 sports

Number of races you've run in: 4

How long have you been running: Since 2021

Your favorite race: Streator Memorial Day 5k

Why do you like running?: Helps me with other sports I'm in.

Have you participated in the Starved Rock Runners Kids Clinic, and if so how many years?: 1 year

What do you like most about the Kid's Clinic?: Running with my brother

Favorite non-running activity: Softball

Advice you would give to other kid runners: At the beginning of a race don't go full out so you still have energy to finish strong.

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RUNNER PROFILE

David Wise



Date/Place of Birth: 1971-Melrose Park, IL

Current Location: Sheridan

Educational Background: HVAC Degree-ASE Certified

Personal Strengths: Willing to go out in the cold

Personal Philosophy: Don't wait for later, do it now

Non-Running achievement of which you are most proud:
Restoring a 1942 International H tractor

Favorite non-running leisure activity: Working on antique engines

Years running: I used to run cross country back in high school. I began running/walking back in 2019.

Favorite race: Dog Days

Favorite training run: Recumbent bike

Typical Training Week: Walks 4 days a week and ride the bike 2 times

Injuries/Health Problems: Fractured knee cap a few years back which has caused arthritis

Why you run: I like to see the different scenery when walking/running

What do you do to stay motivated: My wife gets me out and I get to be with friends

Why did you start running: My daughter was running and I decided to try doing it again

Advice you would give to beginning runners: Start out slow and enjoy it! There's always someone to do a race with no matter your pace or level.

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

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RUNNER PROFILE

Christine Wise



Date/Place of Birth: 1972/Chicago

Current Location: Sheridan

Educational Background: BA special education (EMH) from Illinois State, MA teacher leadership University of Illinois Springfield, National Board Certified Teacher: Exceptional Needs Early Childhood Through Young Adulthood

Personal Heroes: My children for all that they have overcome

Personal Strengths: Determined and hard headed

Personal Philosophy: The sooner you start, the sooner you'll be done

Non-Running achievement of which you are most proud: Becoming a National Board Certified Teacher

Favorite non-running leisure activity: Gardening and watching the animals in the yard

Years running: Began running as an adult in 2012

Favorite race: Any race that I finish

Favorite training run: My training begins during spring break each year. I am up North where all the runs involve hills which motivates me to continue when I get home

Typical Training Week: steady run/incline walks/interval run/bike

Injuries/Health Problems: multi level cervical discectomy and fusion (held together by a titanium plate/screws) and plantar fasciitis

Why you run: It gives me alone time! Time within my own mind to breathe, mediate, and challenge myself!

What do you do to stay motivated: **I start each day with exercise. If I don't, I know I NEED to!**

Why did you start running: My youngest started me running-I promised her that one day I would run a race with her and I haven't stopped since

Advice you would give to beginning runners: Be proud of whatever you accomplish. Each day is a new day with its

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.

E-BIKE RAFFLE

Trek Electric Bike.
100 square raffle board.
Tickets are @25.00 each to win a \$1,600.00 bike.
In addition to the bike, the reverse number drawn will win \$200.00.
Contact Kory to purchase your chance. Venmo accepted.



“BOO” MILBY MEMORY 5K RUN/WALK

August 16th



Club Race:
Earn Circuit Point
Get Membership Challenge
points for running/
walking and/or
volunteering

HOW TO BREAK A RUNNING PLATEAU

1. Figure out and set a goal

Setting achievable goals is a challenging thing. First, it's important to take some time to think about what your overarching running goals are. Once you identify the big goal you can set the little goal that will get you started. Do you want to run a 5K? Then maybe your goal is to run two minutes longer every time you run for a month. Do you want to improve your pace? Then make your goal to run intervals twice a week. Do you want to run a marathon? Then choose one and start a training plan. Setting achievable goals is about focusing on why you want to improve and setting a goal that will get you started!

2. Run with a friend

Friends push us to run a little faster or a little further than we would have otherwise. The social aspect helps us make time for running when we might otherwise choose a different activity. It takes a lot less willpower to run with a friend than it does to drag yourself off the couch on your own! Sometimes running with a friend is all it takes to push you to the next level.

Pro tip: If you don't live in the same area as your running friends, use the challenge functionality or live tracking feature in the Runkeeper app so you can run together while apart.

3. Create a schedule

A lot of runners just run whatever distance they feel like on

any given day with no thought of improvement. This can lead to plateaus, so if you want to escape, make a schedule! It can be flexible. For example: run 1 long run a week. Or it can be more definitive. For example: Run specific distances on specific days of the week. Having some sort of framework helps you push yourself just that little bit harder so you can start getting stronger again.

Pro tip: Set workout reminders in the Runkeeper app or create a goal to help keep you accountable.

4. Try interval training

Definition: Running "faster than normal" for a short period of time and then running or walking or standing until you are ready to do it again. You can repeat that cycle in a lot of different ways. There is no better way to get faster than to run intervals. Intervals are the best way to improve cardiovascular strength (i.e. strengthen your heart and lungs so you don't get out of breath as easily). They strengthen your muscles in ways that are different from just running a steady distance. They also get you mentally used to running faster than your usual pace. That way later it does not feel weird or intimidating or scary to run fast! Anyone looking to improve their speed should seriously consider some form of interval training.

Pro tip: Use interval workouts in the ASICS Runkeeper app to mix things up

continued on page23

Racing Expectations



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2nd ANNUAL Y-TRI

by Kelly Campbell



The Illinois Valley YMCA held its second annual indoor triathlon on February 16th. Our facility's Aquatic Director and I organized the event again this year. Much like its inaugural year, the tri 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 of the YMCA, and they could choose to compete individually or as a team.

The event grew this year and increased to 4 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 swag bag.

I am blessed that once again I could count on lots of great advice and input from some of our Board members, and our volunteers were absolutely amazing, they always help make the event fun and successful. Here's hoping this event continues to grow and evolve each year!



2025 LORI'S WALLEYE RUN

by Bob Zeglis

The Spring Valley Walleye Run 5K was established in 1985 by race founder Lori Guerrini, and has been noted as the first Circuit Race on the Starved Rock Runner Circuit since its inception.

Lori was one of the founding members of the Starved Rock Runners, and she started the Walleye 5K to coincide with the walleye fishing tournament held on the Illinois river by the Spring Valley Walleye Club that was headed up by her brother-in-law Bill.

Lori directed the race from 1985 to 2010 (25 years), when she stepped down for health reasons. Lori passed away in October of 2014.

A friend of Lori's, Penny Weegar took over the race in 2011 and direct it for 5 years until 2025.

When I heard that Penny was stepping down, being a friend of Lori's, I didn't want to see the race end, so Marsha and I took over the race in 2016.

At that time, the new school was being built so I viewed it as the perfect opportunity to make some changes to the race and the course.

The first thing I did was change the name of the race to Lori's Walleye Run 5K, to honor Lori and her long-time service as Race Director. We also altered the course to what it is currently.

Over the past 10 years the one thing I've learned about this race is the uncertainty of the weather. We've seen it all.

Rain, cold, windy and cold, cold and windy, and even snow. Even in some of the harshest conditions, runners not only showed up, but some signed up the day or to run in miserable conditions.

In 2018 the forecast the night before the race was for up to 18" of snow. As I walked out the front door to go put the signs on the course, the drive was a sheet of ice. In the 10' to my vehicle, I about fell 4-5 times and thought to myself, "this isn't good"!

As I pulled out on the street, the pavement was wet, but no more ice. I had about half the yard signs up, and just as I was approaching Northwestern Street (the out and back portion of the course), a city snowplow was turning onto the street and was spreading salt. At that point I thought we would be good.

The snow kind of subside until 8:55 and then almost on cue with the sounding of the gun it started snowing. As the clock ran, the snow fall became heavier and heavier. While we only ended up with a couple of inches, south of us got as much as the 18" predicted.

As the last finishers came in, conditions were getting close to "white out". Hank Boer and Denise Eberhardt were looking like the "abominable snowman".

As our final year of directing the race comes to a close, I can only hope the tradition of the race continues.

2018 Snow storm: Hank Boer, Denise Eberhardt Carol Pratt walking Hank Boer, Diane Nelson and Mary Jane Prat in the final length.



2025 OVERALL MALE & FEMALE WINNERS: Tom Smith & Christie Wilson





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Crunchy Peanut Butter Thins



Level: Easy
Total: 40 min
Prep: 10 min
Cook: 30 min
Yield: 18 pieces

These crunchy little cookies are a satisfying alternative to regular peanut butter cookies. Chia seeds are a great source of omega-3 fatty acids - look for them in specialty health food stores if you don't see them in the regular grocery store.

Ingredients

Nonstick baking spray
1/2 cup all-purpose flour
1/2 cup whole wheat or white whole wheat flour
1/4 cup rolled oats
1 tablespoon wheat germ
2 teaspoons chia seeds, optional
1/2 teaspoon kosher salt
1/4 teaspoon ground cinnamon
1/3 cup creamy natural peanut butter
1/3 cup packed light brown sugar
3 tablespoons vegetable oil
1 large egg white
1 ounce bittersweet chocolate, melted (about 2 small squares)

Directions

1. Preheat the oven to 350 degrees F. Line a 9-by-13-inch baking dish with aluminum foil with a 1-inch overhang on all sides. Spray lightly with baking spray.
2. Combine both flours, oats, wheat germ, chia seeds if using, salt and cinnamon in a medium bowl. Set aside.
3. Combine the peanut butter, brown sugar, vegetable oil and egg white in another medium bowl. Beat with a hand

mixer until creamy, about 2 minutes. Add the dry ingredients and beat on low until a wet and sandy mixture that holds together when squeezed. Turn the dough out into the prepared pan and press into an even layer. Bake until golden, 25 to 30 minutes. Let cool completely. Drizzle with the chocolate. Let the chocolate harden and break into eighteen 2-inch even pieces.



SUNDAY NOVEMBER 2nd



Edward Jones Member SIPC

It's never too early to start saving for tomorrow.



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2025 Annual Banquet



President Kory Katkus calls the Annual Meeting to



Mary Beth Potthoff provides the blessing

If you missed the annual SRR, Ltd, Banquet, you missed a great evening. Seventy eight members as well as family members participated in this event which was held on March 1, 2025. The venue this year, was the Spring Valley Boat Club in Granville, Illinois. It is located right on the Illinois River which provided us with beautiful views.

The buffet dinner was prepared and served by the gracious staff of the Boat Club. Bob Zeglis once again provided us with his photography skills and captured attendees, their families and friends with portraits in front of a new Starved Rock Runners banner. This backdrop will be used for other photo ops throughout the season.

Comments overheard about the evening included; "great venue", "great food", "loved the awards and sweatshirts", "program was a little long", "seating was a bit tight".

Winners from the club raffle included:

- \$200 – Carroll Lulay
- \$100 – Jim & Linn McDonald
- \$50 – Matt Rebholz
- \$50 – Terry Vandermoon
- \$25 – Mitch Hobbs
- \$25 – Hall Food Pantry
- \$25 – Carroll Lulay
- \$25 – Kelly Shanley (donated back to SRR, Inc.)

Thank you to all of the club members who purchased and/or sold raffle tickets this year.

The 50/50 drawing brought in \$175 to Kory Katkus as well



as \$175 to the club. An added raffle this year was a lottery tree. A 2 foot illuminated tree was decorated with instant lottery tickets and was won by Amber Heider.

Favorite shirt was once again "Run the Path". Our surprise fundraiser was unveiled that night as well.

A Trek E-bike board was started and squares will continue to be sold until the board is filled. Squares are \$25 each. The reverse winning number will receive \$200. Reach out to club president, Kory Katkus if you are wanting to purchase a square. Cash, Check, PayPal and Venmo are accepted as payment.

The date of next year's banquet will be Saturday, March 7, 2026, so put this date in your calendar. Have a safe and great running season

2025 CIRCUIT AWARDS

BRONZE RECIPIANTS

Matthew Allard	Autum Oley
Jasim Bailey	Chase Peach
Christina Christensen	Brianna Rebholz
Jon Gutz	Matthew Rebholz
Kevin Hall	Kelly Shanley
Sammi Novak	John Thomas
	Joy Weide



SILVER RECIPIANTS

Ronn Baker
 Kimberly Broyes
 Troy Burd
 Kelly Campbell
 Christa Easi
 Kristen Eustis
 Timothy Gress
 Charlene Hamann
 Karen Kasperski
 Donald Kiesig Jr.
 Brittany Peach
 Barb Small
 Jill Urban Bollis
 Joanne Vaccaro
 Darcy Welsh
 David Wise

GOLD RECIPIANTS

Rosanne Abbott	Theresa Hart	Carol Pratt	Manessa Trench
Joanne Bejster	Malachi Joyce	Randy Pratt	Gary Westefer
Michjael Boehle	Kory Katkus	Dan Rolando	Christi Wilson
Hank Boer	Patrick Koerner	Janine Sobin	Catherine Wise
Patrick Duffy	Juan Leg	Jan Studer	Marsha Zeglis
Mike Goodwin	Mary Beth Potthoff		Bob Zeglis

Circuit Awards are presented to club members at the annual banquet in March to members that run a certain amounts of circuit races for that year. .

Here are the requirements for circuit awards:

Members will get credit for any distance they run at a circuit race, meaning if the circuit race has multiple distances available to run, any distance you sign up for and complete you will earn circuit credit for that race. Currently there is the Christie Clinic Illinois Race Weekend, Lake Run Race, Starved Rock Country Marathon, Genesis Firecracker Run, and Quad Cities Marathon that have multiple distances available to run. You can also earn credit for volunteering at club organized races (Lori's Walleye 5k, Boo Milby 5k, Run the Path 10k, and Oglesby Turkey Trot). Awards will be based on

continued on page23



RELENTLESS PURSUIT OF JUSTICE

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Meyers, Flowers, Bruno, McPhedran & Hermann is an Illinois Valley law firm operating from a simple philosophy:
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Our trial attorneys have successfully advocated for plaintiffs in numerous high-stake cases, resulting in landmark verdicts and positive changes in policies to protect the residence of LaSalle County and the surrounding counties. We take on cases that make a difference, not only for those involved but the community and society as a whole.

Klint Bruno Jim McPhedran Pat Herrmann

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7 Tips to Develop Your Kick

Have you ever been passed right at the end of a race? Not a great feeling. It's so much more fun to be the one with a fast finish. It feels good to finish strong and run past other runners.

If you struggle to finish strong, here are a few tips to develop your kick.

Don't Start Too Fast

Even the best runners in the world will fade to the finish if they burn all their energy too early in the race. Proper pacing is essential to finishing strong.

Make a Habit

Aim to finish every single run or workout with your best running. This doesn't mean you run max effort at the end of every session. You may feel like you could still go much much faster at the end, and you choose not to because it's an easy day. But you should finish faster than you started, even on easy run days.

Practice Changing Gears

Incorporate interval workouts with pace changes. A workout I often schedule for my athletes is progressive 3 minute intervals where they increase their speed every minute. This feeling of speeding up again and again helps the body learn how it feels to change gears.

Cue Yourself

My go-to suggestion to help runners "find" their kick at the end of a race is to either pump the arms faster (the legs will follow!) or simply take faster steps (increase cadence). Say or think to yourself: "pump the arms faster!" Or "quick

steps!" to help you get going.

End Workouts with a Flourish

In workouts, you can occasionally end with a "tag" interval where you run quite fast and hard (sometimes this is an all-out effort). The distance can be anywhere from 200m up, though I don't recommend anything longer than a mile. The distance of the tag interval should be decided with the goal of running faster than you did during your workout. So in general the tag interval is shorter or about the same as the intervals you did in your workout.

Don't Chance It

Many runners hope they'll be able to kick at the end of the race rather than deciding to kick at the end of their race. This is a mistake. As long as you pace yourself properly early on, you will be able to kick. So make the decision ahead of time that you will finish strong, planning exactly at what point in the race you want to change gears and start your kick. Try not to kick too early, or else it will be hard to maintain your top gear all the way to the end of the race. You may decide to have a 2-step kick (similar to the progressive intervals described above) saving your very top gear until just nearing the finish line.

Visualize Your Finish

Once you've decided to kick and you've determined where you want to change gears in the race, close your eyes and imagine yourself doing just that. Think about how it will feel to finish strong. Imagine watching yourself from the sidelines, witnessing your strong fast finish. Then go make it happen!

HOW TO BREAK A RUNNING PLATEAU... continued

5. Run hills

There is nothing I hate more than straight uphill running. I know it can be miserable. The other side of that is when I do run hills constantly and then I get to a hill on a regular run that I can effortlessly float up, I feel like a rock star. Running hills uses different muscles than running on flat ground. It encourages the use of your glutes and abdominals, which might not be activated otherwise. Bonus: as those muscles get stronger you become a better runner. Check out this hills repeat workout to help take the guesswork out of training.

6. Add strength training

A lot of runners just run. For some people that works but adding the right kinds of strength training can benefit any runner. Focusing on exercises to activate and strengthen

your glutes, abs, quads, hamstrings, calves, and hip flexors can make a huge difference in your running.

Runners at every level go through plateaus but there is always something new you can try to escape them and get better. Hitting a running plateau is an ideal time to refocus, so get out there, create a new goal, and make some changes.

Circuit Awards ... continued

Awards will be based on the amount of completed races of the following format:

Age: 0-19 & 65 + : Gold: 7+ Completed races, Silver: 4, 5, or 6 Completed races, Bronze: 3 Completed races

Age: 20-64: Gold: 10+ Completed races, Silver: 7, 8, or 9 Completed races

Bronze: 4, 5, or 6 Completed races

-Age is based on your age as of January 1st of the current year.

-Only 1 (one) distance per race will count

MEMBER PARTICIPATION NEEDED

The success of this publication is dependent on membership participation.

Since there is not much going on in the way of races right now, it doesn't mean you can't write about a race you did, a training method you've had success with or a diet that increased your energy. We'll take whatever you are willing to share.

It doesn't have to be a novel. A few paragraphs will do and will be greatly appreciated.

Members also love seeing photos.

Old or new it doesn't matter.

Email pictures and articles to: info@starvedrockrunners.org

ADVERTISING OPPORTUNITY

Targeting customers in media is difficult.

How do you reach the right target audience?

If your business deals with runners and exercise minded people, the Pacesetter is the perfect opportunity to reach over 400 people that meet this profile.

The Pacesetter is a Bi-Monthly publication that is mailed via the US Post Office to Starved Rock Runner members.

Advertising rates are:

Business card size: \$10.00/issue, \$50.00/year (6 issues)

Half page: \$20.00/issue, \$80.00/year (6 issues)

Full page: \$40.00/issue, \$160.00/year (6 issues)

Issues are January/February, March/April, May/June, July/August, Sept/October and November/December,

Ads are due the 15th of the month preceding the issue.

Have additional question, please contact us at: info@starvedrockrunners.org

HISTORY

The Starved Rock Runners, Ltd. was founded in 1982 as a non-profit voluntary organization for the purpose of promoting physical fitness and fun through running. Membership is open to any individual or family interested in running.

The Club is affiliated with USA Track & Field and the Road Runners Club of America. Other benefits are a bi-monthly newsletter, race calendar, weekly group fun runs, social events, monthly meetings, and website www.starvedrockrunners.org

Starved Rock Runners
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