

THE PACESETTER

MAY/JUNE 2022 ☿ Volume 47, Issue 3

Newsletter of the Prairie State Road Runners—Will County's Running Authority Since 1975

www.psrr.org



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The Pacesetter is
for runners,
walkers and
fitness
enthusiasts of
ALL abilities



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Click here to join PSRR!



Founded in 1975, the Prairie State Road Runners (PSRR) are one of the oldest running clubs in Illinois. The majority of our members are from Will, Grundy, and Kendall counties. The club sponsors the Thanksgiving Day morning Poultry Predictor 4 Mile Race in Joliet's beautiful Pilcher Park and the Manhattan Irish Fest Parade 5K.

The Prairie State Road Runners is a member of the Road Runners Club of America (RRCA) www.rrca.org and is a defined 501(c)(3) organization under the RRCA charter.

UPCOMING CIRCUIT RACES AND EVENTS

MAY

MAY 6—Fierce Fiesta 5k, Channahon [Registration Link](#)

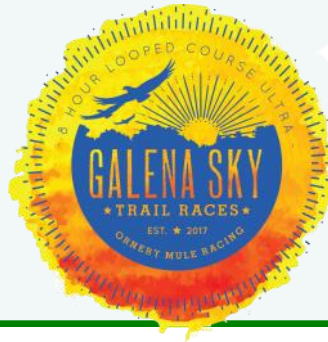
May 14th - Galena Sky Trail 8-Hr, Galena [Registration Link](#)

May 29th - Race To the Flag 5K, Westmont [Registration Link](#)

JUNE

June 18th - Minooka Summerfest 5k, Minooka - [Registration Link](#)

June 24th - Summer Solstice 4 Miler, Yorkville - [Registration Link](#)



ACKNOWLEDGMENTS

Thanks to all who contributed photos and articles to this edition of the Pacesetter. We had several people step up and write about their experiences at our circuit races. Also, Molly Hoover talks about using swimming as cross training. To those who added to this newsletter and to those that make Friday, Tuesday, Sunday, Wednesday Night Run Group Race Day Runs so much fun, a tip of the sombrero and a shake of the mariachis is for you. — JS and MA



BULLETIN BOARD

Upcoming Board Meetings:

May 19 – Channahon 6:30PM

July 28 – Plainfield 6:30PM

Knee ankle issues? Who doesn't. I started doing "knees over toes" exercises a month before my April Marathon. It strengthened muscles not normally used. You may want to check it out on YouTube with a "kneesovertoesguy" search.

PSRR donated \$100 to the Cured Foundation. John Steinmetz matched that donation for a total of \$200. Thanks to the PSRR board and volunteers that make donations possible. Severe Gastro issues impacts 1 in 1000 people. <https://curedfoundation.org/>

PSRR Annual Picnic will be
11am - 3pm, June 5



Use Proper
Running Form

Runner's High - Still legal in 50 states
Your body achieves what your mind believes.
Runners can store enough Glycogen to run 18-20 miles.

The first annual meeting of the camouflage club was a total disaster. It looks like no one showed up.



PREZ SAYS



By Mark Walters

I hope you enjoy this issue of the PSRR Newsletter. Our running club covers the gamut of Ultra Runners to 5k walkers. Let us know if there is anything we can do to support your running habits!

There were many volunteers who contributed articles and made this newsletter possible. These include:

Raquel Frias - Manhattan Fest 5k

Gabriela Martinez & Sue Bolatto - Shamrock Shuffle

John Steinmetz, JT Markland and Javier Gabriela Martinez - Boston Marathon

The newsletter features a Cross Training Swim Article by guest author Molly Hoover and a Special Boston Marathon edition that includes both our runners and our volunteer viewpoints. If you've run Boston or thinking about running Boston, it is a must read!

Enjoy this edition, and please welcome the new members below.

Mark

**Say Hello
to your
new mates!**



Cross Training

Editors Introduction: Molly Hoover has been training tri-athletes and master swim team competitors. She is currently training Carol “The Shark” Stapleton and John “The Turtle” Steinmetz. Carol is an accomplished Master Swimmer and John credits the cardio gained from his swim workouts for success in the Boston Marathon. Carol and the Joliet Blue Dolphins Swim Team cleaned up at the recent State Masters Swim Tournament, just missing 1st



Benefits of Swimming as a Cross Training Tool for Runners

By Molly Hoover

As a US Masters Swim Coach for over 10 years and a competitive swimmer for almost 40, I much prefer the pool to the pavement. I have the utmost respect for those who “go out for a run” and return sometimes several hours and many miles later. At the same time, I’m sure many of you can’t fathom going to a pool and swimming back and forth staring at a black line for hours, either. However, there are some huge benefits to adding some swimming to your workout routine and you might find out you kind of like it!

The main reason runners make their way to the pool is that their body isn’t tolerating the pounding as well as it used to. Whether it is an actual injury or just a slower recovery time than before, the constant forces on the joints take their toll. Swimming laps is a great way to get in an excellent cardio workout without putting much stress on the joints. This gives the legs some time to heal without having to totally rest and miss training time.

Swimming is also a good way to work every muscle without worrying about bulking up like lifting weights can do. You will definitely feel the work in your arms and core as well as your legs, but the biggest benefit will still be the cardio work you are doing. Coordination will also improve as you learn to connect your arms and legs and become more efficient moving through the water.

Many runners also find that swimming is very like-minded to running. While you can work out with a buddy or a team, both sports are very individual. Your workout doesn’t have to depend on anyone else. You can also put as much brain power into either sport as you wish on any given day. Whether you are focused on improving a certain aspect, beating a certain time, or just trying to clear your head, both running and swimming can provide that space for you.

You may be wondering what your options are for adding swimming to your workout routine. If you have a pool near you, check out what they offer in terms of open lap swimming, adult swim lessons, or a masters program. If you are able to swim a few laps of freestyle with your face in the water and are comfortable in the deep end, I suggest seeking out a masters program. This will get you the most bang for your buck, give you a set of trained eyes to help you improve, and surround you with other like-minded people to get through the workout.

Continued on next page

While the word “masters” might seem intimidating, it just means that you are over 18. Masters teams have a range of abilities from beginner to former college athletes, and there is a place for everyone. You will find that no matter their swimming background, all are there to keep up with their fitness and have a little fun. Some will still compete and might encourage you to try a swim meet, but you wouldn’t have to.

If you feel you need some lessons before you can take on lap swimming, look into your facility’s private lessons. Assuming you are comfortable in the water, it usually just takes a couple of lessons to get some basic tips and you are on your way. Getting a membership and lap swimming on your own is fine if you are motivated to keep up with it. If you find it’s hard to get to the pool, then seek out a buddy or Masters team to help with that accountability.

Check out USMS.org for more information on Masters Swimming. There is a “Club Finder” tab at the top that will help you locate any masters teams in your area. Just shoot the coach an email before dropping in so they can confirm their practice times and plan for you to attend.

The biggest benefit of swimming is that it is truly a lifelong sport. Your body may get to a point where running isn’t possible any more, but the buoyancy of the water makes swimming something you can do at any age and with many limitations. Start adding some swimming to your workouts to cross train for your road races now, and use it to stay fit for the rest of your life!

Any Questions? Contact Coach Molly at bluetides@jolietpark.org

Coach Molly
Carol Stapleton



Inwood Blue Tides

Practice Times:

Monday/Wednesday/Friday - 5:45-7:00am

Tuesday/Thursday - 9:30-10:30am

Tuesday/Thursday - 6:00-7:00pm (by reservation)

Saturday - 8:00-9:00am

Avery YMCA Blue Tides

Practice Times:

Tuesday/Thursday - 5:00-6:00am and 6:15-7:15am

Thursday - 7:00-8:00pm

Sunday - 7:00-8:00am

CLUB EVENTS:

Manhattan Irish Fest 5k

[RESULTS LINK](#)

Manhattan Irish Fest 5k March 5, 2022 Weather was perfect for a fast race. 103 PSRR runners!



Acup, Fawm; Aguilar, Dan; Atwood, Katherine; Bailey, Marne; Baltz, Cricket; Barry, Laura; Blenk, Shelli; Bolatto, Susan; Bonacci-Klaeser, Ruth; Bullock, Dan; Bumgarner, Robyn; Calder, Kate; Craig, Jenn; Craig, Peyton; Crickman, Justin; Curiel, Kelly; Cyplick, Dave; Degrush, Rich; Erickson, Vera; Ernesto, Antonio; Etheridge, Traci; Ethridge, Parker; Ethridge, Tom; Forbes, Anna Marie; Forbes, Sean; Frias, Raquel; Garcia, Nick; Gora, Bill; Greeney, Rachael; Hagenbaumer, Shannon; Hall, Heather; Heidrich, Tina; Hoefflerle, Gina; Holloway, Lianne; Huerta, Efrain; Hutley, Carla; Jackson, Paul; James, Jody; Jill Pironti; Jones, Mary; Kessler, Erica; Kiernan, Jane; Klaeser, Peter; Koven, Kelly; Markland, Britni; Markland, JT; Martinez, Gabriels; Martinez, Javier; Mayle, Darrell; McLaughlin, Alicia; McLean, Susan; McQuarters, Cathy; Medina, Lilly; Morman, Cathy; Murdaugh, Rheta; Musgrave, Carol; Nelson, Mark; Norris, Tiffany; Passwater, Gail; Pirc, Tina; Pironti, Rudolph; Pociask, Natalie; Podolski, Sally; Portlock, Caroline; Putnam, Terri; Quigley, Lori; Rahn, Eva; Raino, Mary; Rice, Rebecca; Robyn Bumgarner; Rose, Sarah; Rowbottom, Michelle; Sauerwein, Jill; Scheckel, Debbie; Scheckel, Harry; Sikes, John; Sikes, Linda; Skisak, Eileen; Skrobot, Jackie; Slowinski, Tyler; Smith, Tammy; Stapleton, Carol; Steinmetz, John; Tezak, Samantha; Tiffany Norris; Tocwish, Alicia; Tocwish, Tim; Topf, Stephen; Troha, Lois; Underhile, Nicole; Veerman, April; Wagner, Amanda; Wagner, Ammand; Wait, Jay; Walker, Mark; Walker, Vickie; Walters, Debra; Warren, John; Warren, Judith; Welsh, Darcy; Weston, Michelle; Williamson, Shelli; Zemaitis, Nicole

Race Recap by Raquel Frias,

March 5th marked the beginning of my 1st race of the 2022 season. I had long heard stories about the Manhattan Irish Fest Parade 5k and finally made the decision to sign up and see what all the noise was about. I am always hesitant to sign up for any races before April just because the weather in the Midwest is so unpredictable. Whether it was the luck of the Irish or perhaps Manhattan called in a favor with Mother Nature it was unseasonably warm which was a wonderful start to how this race day would play out.

I arrived early at the park and ride to ensure I would get a spot and catch a shuttle to the race. Runners arrived dressed to impress in various shades of vibrant greens. The excitement was palpable. Packet pick-up was on site and a breeze as we were greeted by familiar friendly faces assisting with packets, answering questions and even obliging groups of eager participants by snapping pics when time allowed. Waiting shuttle buses filled with families and friends eager to get to the race. Revelers lined the street picking out the perfect spot for their family to enjoy this annual event.

The drive to the church was short. Racers gathered in the parking lot greeting their fellow runners while taking in the ambiance. The parade floats lined the streets. The sweet sound of practicing bagpipers in the background celebrated the mood so perfectly. The Irish dancers in their beautiful dresses arrived. There were lovely show dogs dressed for the occasion who would be part of the parade. The volunteers at this location were effective in guiding people to their destination. The excitement filled the air as race time approached.

At last, it was time to get the show on the road. The runners were the opening act for the parade that was to follow. This scared me a little because I am not a fast runner. I worried that the floats might start to pass me by but I was determined to take it all in and just enjoy the race as I had everything else up to this point. As each runner passed the starting line and ran their race we were greeted by cheers of encouragement by all those that lined the streets. Young and old alike wished us well and on several occasions I even heard people calling out my bib number #182 personally giving me encouragement to run my best race. The exhilaration that comes from such an exuberant crowd was really heartwarming and reminded me why I love to run races.

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CLUB EVENTS: Manhattan Irish Fest 5k

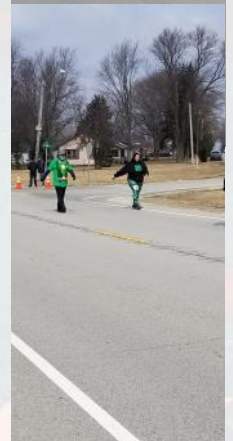
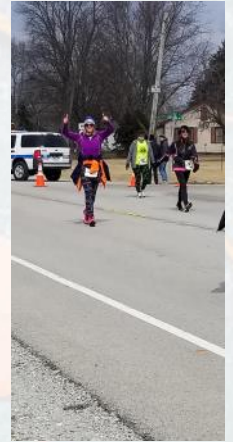
The race course was through the streets of Manhattan and was well marked with volunteers throughout the route to ensure no one could get lost. We ran past businesses and homes and friendly faces that kept runners motivated to finish strong. There was at least one water station along the way which I am guessing was at the halfway mark. At the finish line you were able to quickly get your timed result and a table was set up with snacks and water to refuel. Runners 14 and under were awarded participation medals at the finish. Shuttles were available to head back to the park and ride for those not staying for the festivities in the tent. Those attending the party were granted entrance by using the button received in their race packet. The participants of the race ran the gamut with their level of experience but from my perspective it was apparent that all equally encompassed a love of running, a love for this event and all things Irish. The race committee and Manhattan community did a phenomenal job putting this race together. Spectators and runners alike seemed to have a great time. I certainly enjoyed my first time running the Manhattan Irish Fest 5k and look forward to making this one of my yearly races. Sláinte!

Raquel Frias



CLUB EVENTS: Manhattan Irish Fest 5k

Continued



CLUB EVENTS Cont'd:

Shamrock Shuffle 8K, Chicago

Shamrock Shuffle 8k, Chicago April

[**RESULTS LINK**](#)

51 Participants from the PSRR made this race special. Beautiful weather on a Spring day in Chicago. First time Shamrock Shuffle runner, Gabriela Martinez and Sue Bolatto share their perspectives on the race.

PSRR Participants

Skisak, Eileen; Martinez, Javier; Esquivel, Juniour Rahn, Eva; Walker, Vickie; Jungwirth, Robert; Koerner, Casey; Harman, Jim; Warren, John; Williams, Leslie; Beard, Nydia; Mangabhai, Damien; Bailey, Marne; Bornhofen, Larry; Lathrop, Karen; Garcia, Nick; Koerner, Patrick J.; Kiernan, Jane; Skrobot, Jackie; Walker, Mark; Esquivel, Laura; Munro, Kent; Calder, Kate; Curiel, Kelly; Barry, Laura; Ethridge, Tom; Olszewski, Russ; Mayle, Darrell; Kirsch, Steven; Tocwish, Alicia; Craig, Jennifer; Medina, Lilly; Henkaline, Amanda; Bolatto, Susan; Rowbottom, Michelle; Sorich, Diana; Pasillas, Michelle; Faison, Destiny; Henkaline, Dustin; Tocwish, Timothy; Martinez, Gabriela; Calvey, Palmer; Greeney, Rachael; Huerta, Efrain; Calvey, Colleen; Mangan, Logan; Frias, Raquel; Arocho, Dori; Mangan, Kristen; Simons, Sharron; Norris, Tiffany

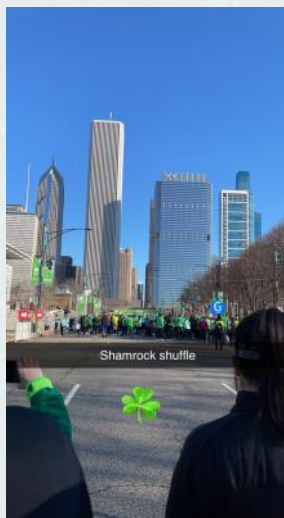
-Shamrock Shuffle first timer-

For many years, I've been chasing my hubby, the legendary Javier Martinez, around downtown during the Chicago marathon. So, I thought...maybe someday I can just do a race with him in the city.... As a new member, I noticed the Shamrock Shuffle was in the PSRR circuit schedule and convinced Javi to run it together, (well...not really together - he was actually done before I started!!) Thankfully, he liked the idea of both of us doing this race for the first time!!

It was such a cool first time experience running the Shamrock Shuffle. Not only did the weather Gods cooperate, but the vibe in the air was exhilarating. I didn't really have a plan as to how I'd survive running five miles since I am a newbie at this sport. But I knew I'd finish it no matter what it took. I sort of felt like Forrest Gump...just ran and ran and didn't stop because if I did.... I knew I'd just walk the rest of it. So slowly but surely I finished it and was happy with my time.

I will definitely do this race again and highly recommend it to anyone that missed it. It was a very well organized race by the city of Chicago and I'm grateful for the opportunity to experience it with so many of our group members. I had sooo much FUN and I feel very lucky to be part of this group. Now, let's get on to the next race!!!

~ Gabriela Martinez



CLUB EVENTS Cont'd:

Shamrock Shuffle 8K, Chicago Continued!

Shamrock Shuffle was always on my bucket list of races I wanted to run. I wasn't even planning on running it this year but, after joining PSRR this year and meeting all you awesome people I couldn't say no. I was thankful that Diana organized a carpool to Chicago and I didn't have to make the hike downtown! The race itself was very fun. It has been years since I ran a race in Chicago, I forgot how much I enjoyed the crowd and people. I also was told by several people that running Shamrock Shuffle will give me an idea of the roads I will be running for the Chicago Marathon, especially the end with the hill on Roosevelt.

I couldn't ask for better weather, I just wish I didn't wear long sleeves...could have worn capris or shorts running too, very little wind and SUN! Was holding a steady pace until right after mile 4 and I tried to skip a song on my earbuds and accidentally hit re-dial. I wish I could say this has never happened before on a run but sadly it has. It would have been fine if the last person I called wasn't Diana! So I am running with my phone ringing knowing Diana is still running trying to get my phone out of my running belt to end the call!! Note to self call my mom right before a race!

After running I had fun hanging out and getting to know more of the members of the club that I haven't met before and taking so many selfies, I'm usually behind the camera and not in pictures. I ended my time in Chicago by spending way too much money on Garretts Popcorn and meeting the rest of the carpool at Home Run Inn Pizza in Bolingbrook. It was a fabulous day made better by the people that were surrounding me. Can't wait for the next race!

Susan Bolatto



CLUB EVENTS Cont'd:

Champion of the Trees 10k, Lisle

Champion of the Trees 10k, April 23rd

Sarah's first race as a member of PSRR. The Morton Arboretum Champion of Trees 10K race this morning with fellow PSRR member Lois. It was an awesome race and morning. Very excited to be part of this group of runners and look forward to more circuit runs this year!

[**RESULTS LINK**](#)

PSRR Participants

Don Lafferty, Jane Kiernan, Jill Pironti, John Warren, Kate Calder, Lois Troha, Rudolph Pironti, Sarah Laurens, Sarah Nast, Toni Johnston, Traci Ethridge



Sunday Fundays

Wouldn't donuts go well with coffee?



John "I can't believe I ate the whole box of donuts"



TUESDAY POST RUN GATHERING



EARLY FRIDAY MORNING RUNNERS



MORE MARCH APRIL MILES



Naperville Half Marathon Finishers.



Last Sunday of February.



River to River Participants

The Beavs on the right won the Masters Division.



SPECIAL BOSTON MARATHON REPORT



ARTICLE:

Running the Boston Marathon

by JT Markland, Javi Martinez and John Steinmetz

In the January/February and March/April PSRR newsletter, first time participants JT and John discussed their training programs and progress. Javi Martinez, a multiple Boston Marathon participant, joins in as the trio provides their predictions a week before the race and then describe the event.

The PSRR Sunday Funday Group provided a great sendoff to the Boston Marathon Participants.



Boston Marathon Predictions

by Javi, JT and John



Javi Martinez Prognostication 9 Days Out

3 hours 45 minutes (2023 Boston Qualifying Time 3:35)

My 2022 Boston Marathon goals are as follows:

Not to DNF or

Finish under four hours or

Finish with a BQ.

But judging from my last two marathons, I predict I'll finish around 3:45.

I haven't been following any particular marathon training plan or method. I just go out and do some medium distance runs during the week with a long run once a week 10-12 weeks before a marathon. This plan seems to work for me since almost all my 26.2's have been under 4 hours.

The bad thing about training for Boston is that most of the training is in the winter months. It's difficult to get motivated when you have to deal with cold wind, dark skies, ice and snow.

A big thank you to my wife Gaby for offering to volunteer at the Boston race and for supporting my running throughout the years.

JT Markland Prognostication 5 Days Out

3 hours 1 minute ??? (2023 Boston Qualifying Time 3:05)

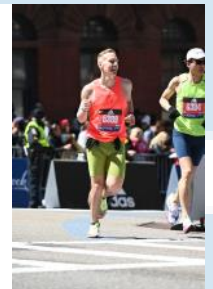
Goals for my first Boston Marathon:

⇒ Enjoy the experience

This will be the most challenging marathon course I've attempted to run fast on, so I am withholding essentially all expectations of performance. I have been following the same training plan I've followed for other, successful marathons, but this training cycle has felt off a bit. If I had to predict a time, I'd rely on what the data is telling me. My Boston barometer was the NYC Half Marathon on March 20: a race many believe provides a fair estimate of one's Boston finishing time (assuming similar weather conditions). I was able to escape New York with a 1:25:37, which when converted to a marathon, would drop me in the 3:01:00 range.

However, that race felt never felt comfortable, so I am cautious to envision a scenario where I can achieve a 3:01:00. My plan for Boston will be to run the first 5k, which is essentially downhill, approximately 10-15 seconds slower than 3:01:00 pace. The aim is to save energy, not bank time. I'll need the energy more when I arrive in Newton than I will the extra seconds. Only other prediction is that I will unveil a new set of hot pants, to much fanfare I suspect (ha!).

Accompanying me to Boston will be Britni and my father. The kids will remain in the Land of Lincoln, marking the first time in the four World Major Marathons I've run that I won't have children potentially (or actually) keeping me up the night before.



Boston Marathon Predictions

Continued

John Steinmetz Prognostication

3 hours 47 minutes (Boston Qualifying Time 4:20)

Nine Days out and I'm confident. I have followed the Hanson Marathon Method Advanced plan closely over the last 6 weeks. My times support meeting my stretch goals - Sub 3:50 marathon time and top 10% finish in the 70-74 age group. An 8:45 per mile pace will get me a 3:49:25 marathon. Recent tempo runs on "tired" legs were done at 8:27 pace. The weather forecast is temps in the 52-55 degree range and winds from WNW which will be somewhat helpful. Other factors:

- (1) Support of Jane, my wife and family members accompanying me to Boston. Five of my 7 grandkids will be there. Two grandkids will be cheering from the Democratic Republic of Congo.
- (2) Mike Auld has been an excellent coach these last 15 weeks!
- (3) A great sendoff from the Sunday Funday Bunch!
- (4) Swim coach Molly and my fellow Inwood Swim Team members have helped me with some kick-ass cardio swim practices.

My go for the bronze medal strategy: I plan on a sub 8:30 pace for the first 10 miles. If breathing remains comfortable, I will continue at a good pace to the 16 mile mark. This is where the hills start coming and continue for ~5 miles. Sixteen miles is where my race begins. I will adjust pace according to my condition (HR, breathing).

My hope is that my last 4 miles will be fast. Whatever happens, happens and I will celebrate at the finish line and when I meet the family a few minutes later.

Tempo Run in the Sleet and Wind on March 30th. Could Boston be any tougher?





Post Run Birthday with Jane

John's Post Boston Thoughts



Mile 20



The Run! Prediction 3:48 Actual 4:01

Having put in the miles, I was confident Boston would be a great experience. The crowds were amazing. I was surrounded by accomplished runners from start to finish. At the halfway point, I was cruising at an 8:45 pace. Almost 7 minutes below a four-hour pace, I felt confident I would break 4 hours.

Mile 16 came the hills! By the time I finished heartbreak hill at mile 21 and with 5 miles left, my calves, quads and hamstrings were drained. At 23 miles I decided to push off with my calves. I immediately felt a cramp coming on and quickly reached for a shot of pickle juice. So much for the calves helping me pick up speed.

With just 1.2 miles left, all I had to do was run about a 10 minute/per mile pace. A dip in the road to go to get us under a bridge was the last straw and I could not make it. I ended up finishing in 4 hours 1 minute and 10 seconds. I qualified for 70-74 age division and even bested the 65-69 qualifying time, so I am very happy! I didn't come close to my 3-hour 48-minute prediction, but I didn't know the Boston Marathon course. It chewed me up and spit me out.

Take Aways!

I will have stronger legs and be better prepared next year!

Family support meant a great deal! My grandkids are proud of me, and I am so proud of them! My wife helped me stay organized and supported me along the way. My daughter planned the trip and made some amazing sweatshirts for my 5 grandkids (see pictures above). My son went to my qualifier in Biloxi and has supported me in my endeavors. My son in law and daughter in law were positive throughout the 6-day Boston vacation trip.

Boston is an amazing place to visit. My favorites were the Plymouth Plantation, Lexington battle-field where the first shot of the Revolutionary War took place and the Trolley Ride around Boston. The kids loved the Kid's Museum and interacting with the Pilgrims at the Plantation.

What's Next?

Enjoying the Galena Sky Ultra. Getting back to my swim teammates to become a swimmer. I would love to meet my oldest son's Democratic Republic of the Congo for a marathon. Finally, would like to train one who wants to qualify for Boston



family currently residing in the a European vacation and run for a fall marathon with some- this fall!!!!



JTs Post Boston Thoughts



The Run! Prediction 3:01 Actual 3:12:28

The most unfortunate thing about the marathon (or distances farther) is that you typically only get one chance to compete in a cycle (versus something shorter where you could possibly try again the following week). This was the case with my first ever Boston Marathon. We arrived in Boston the evening of Friday, April 15. After a lengthy search and wait for pasta, it became apparent to me something was a little off. At the time I shrugged this off as nerves and proceeded onward. Saturday came and the feeling of being off only intensified. At this point, I'm sure you can see where this going. By the time I got to the start line in Hopkinton on Monday, it became abundantly clear this was going to impact me somehow: I just didn't realize how much.

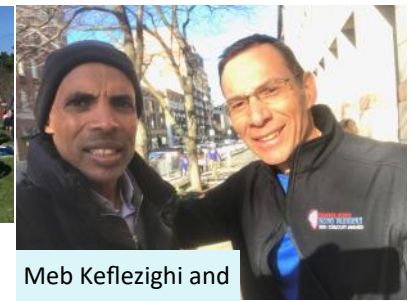
Taking the advice of (the great) John Warren, I eased in to race. This was made easy as it seems like those around me were using the same strategy, so I never had to worry about dodging people, making contact, etc. I completed the first three miles or so at my goal pace plus 10-15 seconds, which was the plan. Unfortunately, despite the downhill, that pace felt exhausting. Nevertheless, I powered on. I developed a decent rhythm from Mile 4 on, taking in the sites, running alongside various Instagram stars I follow, and really felt things were going to improve.

Entering the Scream Tunnel at Wellesley provided a jolt of energy, and I actually started to wonder if things were improving. And then we entered the town of Newton. Through the first hill I could feel my sub-3:00 pulling away. Through the second hill I could feel my BQ pulling away. I made the conscious decision entering the third hill that I'd rather finish Boston under my own control than break my body trying to do something dumb. I slowed down, way down, and took in the atmosphere around me, realizing how much of a privilege this was. The whole time I had a smile on my face, never stopped or walked, but internally, was filled with anger and frustration. The Citgo sign. Right on Hereford. Left of Boylston. Britni and my father along the north side of the finish line. Moments in time I'll never forget.

I'm not sure what is ahead for me. I've decided to take a break from racing in the short term. I completed four marathon training cycles back-to-back-to-back-to-back, and my body is wrecked. I do have the Chicago Marathon on my schedule, but that is a topic and concern for another day. I also have the unique situation of having my 2022 BQ fall into the 2023 BQ Application Period... However, for now, I intend to keep the mileage low and slow, work on my stretching, and support Britni as she aims to tackle her first marathon on May 15.



Javi's Post Boston Thoughts



Meb Keflezighi and
Javi!

My Fourth Boston Marathon **Prediction 3:45 Actual 3:30:41**

On Patriots Day 2022, I completed my 4th Boston Marathon and my 26th marathon overall. First of all, I would like to thank God for giving me the strength and ability to complete this race. A big thank you to the support staff and volunteers especially Gaby for helping with loading busses and cheering me on in-person.

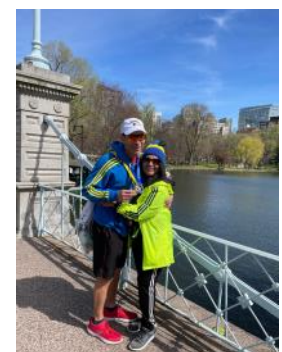
And, grateful to the supporters back home for the cheers before, during and after the race. Heard you loud and clear. Also, congratulations to John Steinmetz and JT Markland on completing their first Boston Marathon.

My run went well for the most part. The weather and my training played a big part in my performance during the first 18 to 20. My only big concern was a blister that developed under my left foot around the 8th mile. It felt like running on broken glass from then on out. I felt like stopping at a medical tent for a quick shot of Vaseline but didn't want to ruin the momentum, so I pressed on.

Around mile 20, both of my quads began to cramp badly, became stiff as a board. I was starting to run out of juice. So surprisingly I saw a group of kids handing out seven-ounce cans of Coca-Cola and popped one open. I drank the entire contents while walking up Heartbreak Hill. Once I finished that cool, refreshing drink I proceeded to continue the run and let it work its magic.

It worked for about a mile and a half, the cramps came back. Luckily there was a medical tent up ahead and kindly asked if they had any Biofreeze. To my surprise, they did and lathered up the front and back of my legs with this magical concoction. To prevent any further cramping issues, I stopped at every medical tent from there to the finish and even after the finish line to apply Biofreeze. I knew I was in pursuit of a special finishing time as Strava was alerting me at every split. There aren't many opportunities for a BQ in one's life but barring any huge medical setbacks, I knew I had this one. I got the opportunity to greet my wife around the 26th mile right before the turn to Boylston St. and that was just the fuel I needed for a strong finish, 3:30:41, almost 15 minutes faster than my predicted time. Overall, I'm glad I finished and everything went well.

I have 5 months to decide if I'll come back next year but for now, I'll be resting up and preparing for the U of I half marathon in late April, some PSRR circuit races in the summer and the Chicago Marathon in October.



A VOLUNTEER'S PERSPECTIVE BY **GABRIELA MARTINEZ**



My 1st Boston Marathon Volunteer Experience

Where to even begin?.....

Well, I guess at the very beginning. Last year, 2021..... was my first time joining my favorite runner, aka Javi, in person to support him. In previous years, like 2013 and 2014, I wasn't able to join him due to the kids still needing me at home and my full time job. In 2020 we were all supposed to fly out to Boston and experience this day together, but we all know what happened so 'We will not talk about 2020'... LOL

The 2021 Boston Marathon was held on 10-11-22 instead of their usual 'Patriot's Day' in April due the infamous Covid-19 pandemic. Javi found out only seven weeks before this date due to some unforeseen openings. We were super excited and didn't expect it at all!! Long story short, we would be doing this trip alone due to the kids being in school full time. Instead of cheering from afar. I was a while waiting for Javi to finish his make friends throughout the day! in it together!



Javi took off early in the morning transport him to the start line, in the city views on my way to the finish line. Along the way and going through Boston Common, I noticed a huge tent with many volunteers and stopped by to say hi to some of them and thank them for their help on this special day. Then, I asked them if I could buy a jacket from them and they said... 'No' that I had to volunteer if I wanted one! LOL!! So, I got to thinking during the rest of my walk to the finish line...maybe I can volunteer next year? Why the heck not? It'll be so worth it especially if I get a cool and unique Boston Marathon jacket for free!! I was hoping Javi would still qualify to run it in 2022 and he did!

Finally I'd be able to cheer him on right there in person in bit sad in the beginning that I had no one to hang out with race. But, with me being a people person, I knew that I'd We all had the same common interests that day :) We were

since he had to be there to board the buses that would Hopkington. I took my sweet time and decided to just enjoy ish line.

Fast forward a few months later, I heard the B.A.A. was starting the volunteer sign-ups as early as January 2022, so I would check the website at least once a week. Finally on Jan. 5th they opened the volunteer registration forms and I submitted mine asap. The wait would be long but worth it if I got accepted.

I didn't have high hopes since I had number of years you've been volunteer- n't think I'd get accepted. We were told we most likely didn't get in. So, April 5th figured they did not accept me.

Continued on next page.



heard that they based your acceptance on the ing. Since it was my first time applying, I did- that if we didn't hear from them by April 1st, came and still no e-mail from the B.A.A. so I



A VOLUNTEER'S PERSPECTIVE BY GABRIELA continued



I received an email back that I was indeed chosen to volunteer!! How exciting!! Could not believe this! They put me in the 'bus loading' area, which I think was my second choice, but honestly I didn't mind it at all!!

Fast forward again....to Mon., April 18, 2022 (Patriot's Day - 126th Boston Marathon) We woke up extremely early 4-4:15am, I was too scared to oversleep and too excited to say the least! Not sure who was more excited at this point! Me or my runner? LOL!! The walk from our hotel to the Boston Common was very short, about 15 mins. There was no rush since I didn't need to check into the volunteer tent until 5:45am. I was there right on time...only a handful of people beat me. I checked in and received my bag of goodies that included the infamous volunteer jacket, a Boston Marathon pin, and lanyard. They had hot coffee (not decaf...since we needed the good stuff...;o) and bagels for us along with water and Gatorade. I then said good-bye to my runner as he had to go through security and get in line to board his wave bus and I found my assigned group leader. My group was the 'Bus Loading' group that stood on Charles St. and Boylson St., making sure the runners didn't get runned over by the buses coming into the depot to transport these amazing athletes. I was a little worried at first because I didn't know if they would be cranky, being so early in the morning and would not want to get into it with any of them and ruin their run.

Boy was I wrong!! These runners were not only patient but also super grateful throughout the whole process. Most of them thanked me for volunteering and cooperated by following anything we asked of them. They were so gracious during the whole procedure. A couple of them were nervous that they'd miss their bus, but we reassured them that there were plenty of buses for them. I think it was their nerves more than anything that caused them to worry they'd be too late or not make it to their assigned bus.

The air all around was electrifying and caused such a great mood around all of us volunteers. I felt extremely appreciated by everyone that day! I made sure to cheer them on and tell them that we all aspire to be like them one day. My morning flew by as I was done at my post by 10:15am. We waited for each and every runner to get on a bus and be transported to start the race of their life! (dramatic moment here:)

I actually went and asked my volunteer captain if I could stay and help out longer and he said 'Nope, you need to go and enjoy yourself and make your way to the finish and cheer these runners on'....I did just that!! Made it to watch the elite winners finish and most importantly watch my favorite runner finish his race!! The whole Boston Marathon atmosphere is contagious and I cannot wait to volunteer again next year! I recommend anyone that would love to experience this day to sign up as a volunteer and enjoy the electricity and vibe in the air with these extraordinary athletes. Oh, and it wasn't really about the jacket at the end of the day... I'm sure every one of the 9,000+ volunteers would agree with me.





Carmel Marathon and Half Marathon

April 9 and 10, 2022

What a great weekend for PSRR racing! Carmel-we had [Michelle Rowbottom](#) PR in the Half, PRs for [Dan Aguilar](#) [Damien Mangabhai](#) and [Mark Walker](#) in the Full, a BQ for JR, [Susan McLean](#) and [Carla Hutley](#) both AG placed in the 10K. At the Pot 50K [Lily Medina](#) was the outright OA winner.

THANK YOU to the Carmel support team! Thank you to Jeff and Mario for manning the PSRR tent. Thank you to [Mike Auld](#) for coming out and cheering runners at Carmel. Thank you to [Judith Warren](#) for cheering and posting results-that phone must have been pinging all day! We had [JT Markland](#) pacing a Half to help others achieve their goals-thank you! I love this club and love the support we give and receive! Remember-if you can't be an athlete be an athletic supporter!

Contributed by Judith Warren



Updated 4/28/2022

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[illegible]

FEMALE 60-64

[illegible]

FEMALE 65-69

[illegible]**FEMALE 10 & OVER**[illegible]

MALE UNDER 15

[illegible]

MALE 30-39

[illegible]

MALE 40-44

[illegible]**MALE 45-49**[illegible]

MALE 50-54

[illegible]**MALE 55-59**[illegible]

MALE 65-64

[illegible]

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Updated 4/25/2022
CIRCUIT STANDINGS

[illegible]

Updated 4/25/2023

[illegible]

"Tuesdays are for
running!"



PSRR Pacesetter - May/June 2022

Down Pacesetter - May/June 2022