

## **Club Officers**

**SUE MORES, President**

*president@psrr.org*

**ANDY REMLEY, Vice President**

*dickpondathleticscrest-hill@yahoo.com*

**SPENCER HOPPER, Secretary/  
Newsletter**

*wireman99@sbcglobal.com*

**DAVE JOHNSON, Treasurer**

*dickpondathleticscrest-hill@yahoo.com*

**SERGIO ARREOLA, Trustee**

**LAURA MCLEAN, Trustee**

**TOM LAMBERT, Trustee**

**DAVE CYPLICK, Race Director**

Revised: May 2009



## **PRAIRIE STATE ROAD RUNNERS**

### **CLUB INFORMATION**

**WEBSITE:**

**[www.prairiestateroadrunners.org](http://www.prairiestateroadrunners.org)**

**EMAIL:**

**[president@psrr.org](mailto:president@psrr.org)**

## **PRAIRIE STATE ROAD RUNNERS**

**Fast Runners!  
Fitness Runners!  
Beginning Runners!**

PRAIRIE STATE ROADRUNNERS

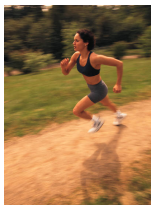


WILL COUNTY, ILLINOIS SINCE 1975

[WWW.PSRR.ORG](http://WWW.PSRR.ORG)

## Why Join the Prairie State Road Runners?

- Merchandise discount on select items at Dick Pond Athletics—Crest Hill
- “Pacesetter” Newsletter published 10 times per year.
- Race circuit and award banquet
- Special event trips
- Scheduled group runs and seasonal speedwork sessions
- Club meetings and social gatherings
- Listing of area races
- Achieve fitness goals
- Meet new training partners
- Encouragement and training tips from other club members



***We welcome runners of all abilities to join our club!***

## Who We Are

Founded in 1975, the Prairie State Road Runners 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 National Heritage Corridor 25K Run in Channahon and the Thanksgiving Day morning Poultry Predictor 4 Mile Race in Joliet’s beautiful Pilcher Park. We also work closely with the Joliet Park District on the Sundowner 5K Race that is also held in Pilcher Park, Joliet.

We are affiliated with the Road Runners Club of America (RRCA) and a member club of the Chicago Area Runners Association (CARA).

## How to Join

Obtain a membership application at [www.prairiesteroadrunners.org](http://www.prairiesteroadrunners.org) or at Dick Pond Athletics-Crest Hill.

***Individual Memberships*** - \$18/year

***Family Memberships*** - \$23/year

***Student Memberships*** - \$12/year

## Tuesday Evening Group Run

**Lake Renwick Preserve**

Lockport Street/Airport Road (West of I-55)

Dick Pond Phone: (815) 588-0908

6:15 PM start

## Wednesday Evening Track Workout\*

**Plainfield Central High School**

24120 W. Fort Beggs Drive

Plainfield, IL

6:15 PM start

\* Seasonal - Begins May 20, 2009

## Sunday Morning Group Run & Breakfast

**Channahon State Park**

25302 West Story Street

Channahon, IL

8:00 AM start

