

## The Prez Sez

Fred Mazurski

Nieces, nephews, fellow Pancakers,

We are back into training during the dog days of summer and I wanted to reiterate that a primary goal of our club is to ensure that everyone safely completes all their training runs. In order to accomplish this:

1. Please stay hydrated. It is during those times on hot days where you might decide to skip a water stop that the first signs of dehydration may arise a half mile later.
2. A less frequent occurrence, however, one that should also be mentioned is over- hydration. You shouldn't drink so much as to feel like your stomach is 'sloshing' full of water.
3. We run as a group in order to watch out for each other. There are many instances where members have had to depend on each other due to health and other issues that had occurred during training runs.
4. The simple reality is that really hot days will necessitate that runners slow down. The ability of the human body to dissipate heat drastically diminishes when temperatures are over 90 and humidity is high.

The summer of 2008 will also prove to be very exciting for the club. We have modified our Progressive Marathon to a Progressive Half Marathon in August. After August we will evaluate the Progressive Half and determine how we will run this event going forward. Input will be requested of all club members.

Finally, we have continued our program of offering scholarships into 2008. Please see details inside.

Take care, see you on the trails.

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# Poems

George Stapleton

## A Runner's Dream

The road is asphalt and does not slope.  
It winds and circles like a long black rope.

Snaking through the woods and along cool streams,  
it's the endless path of which runners dream.

No cars intrude here, no bikes to evade,  
and I've peopled my path with running friends I've made.

The sun usually shines but there's an occasional shower,  
as I race along fatigueless, hour upon delightful hour.

## Running: A Prospectus

Sky, sun, wind, rain  
self, others, nature, God,  
risk, challenge, test, trial,  
starts, splits, clocks, finishes,  
sweating, striving, spurting, succeeding,  
competitors, friends, mentors, coaches,  
adrenaline, butterflies, anxiety, euphoria,  
sprints, intervals, fartleks, jogs,  
goal setting, mile counting, time keeping, record breaking,  
stretching, rubbing, icing, resting,  
dreaming, visualizing, hoping, accomplishing.

## Moon Runs

Moon runs are a chance for folks to get together for a run followed by food and drink at a local establishment. The runs are held monthly, generally on the Thursday evening closest to the full moon. Please consult the club website ([www.pfrpc.com](http://www.pfrpc.com)) for exact schedule and details.

May's Moonies (pictured) ran through the neighborhood behind Walt's in Frankfurt and adjourned afterwards to Chef Klaus' Bier Stube for some well deserved German fare and beer.



## **Boonsom Hartman Accomplishments Recognized by Illinois House of Representatives**

Boonsom Hartman's completion of a marathon in all 50 states and District of Columbia twice has been formally recognized by the Illinois House of Representatives. The resolution below was filed by Representative Al Riley and adopted on May 31st, 2008. Congratulations Boonsom!

HOUSE RESOLUTION

HRI 384

WHEREAS, The members of the Illinois House of Representatives are pleased to congratulate Boonsom Hartman of Oak Forest on running two marathons in each of the fifty states; and

WHEREAS, In 2003, Park Forest Running and Pancake Club member Boonsom "Lipstick Lady" Hartman ran a marathon in every state in the nation, and also Washington D.C.; reaching this goal took eleven years; and

WHEREAS, On June 23, 2007, she reached this plateau a second time when she completed her 150th marathon at the Mayor's Midnight Sun Marathon in Anchorage, Alaska, becoming a second time finisher in the 50 States & D.C. Marathon Group U.S.A., only the 31st person ever to make that distinguished list, and the first person to achieve this from the State of Illinois; and

WHEREAS, She ran her first marathon on October 25, 1992, in the City of Chicago, and has run eleven straight Chicago marathons; and

WHEREAS, She is followed in the marathon by her husband, Scott, who drives a van and encourages her by playing music; he meets her at the 25th mile marker, carrying her lipstick, which she pauses to apply; and

WHEREAS, In addition to the Park Forest Running and Pancake Club, she is a member of the 50 States Marathon Club, the 100 Marathon Club North America, the 50 States & D.C. Marathon Group U.S.A., and the Marathon Maniacs; therefore, be it

RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE NINETY-FIFTH GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, that we congratulate Boonsom "Lipstick Lady" Hartman of Oak Forest on running two marathons in each of the fifty states and wish her continued success as she continues to run marathons across the nation; and be it further

RESOLVED, That a suitable copy of this resolution be presented to Boonsom Hartman as a symbol of our respect.

# Girls on the Run in Chicago

Chris Chapan

The Girls on the Run (GOR) program is an afterschool program that promotes healthy lifestyles through life lessons, running and exercise. GOR targets inactive girls and girls with low self esteem and encourage girls to stay active. The program aims to help girls make exercise a lifelong habit by introducing them to running and other forms of physical fitness. Girls meet twice a week for an hour before or after school, learn a life-changing lesson, play an active game, eat a healthy snack, and prepare for a 5K that is held bi-annually in the surrounding area. Teachers, principals, or local community members volunteer with the program as coaches.

The program's curriculum is based on building life-skill lessons and finding ways to build the girls' self-esteem through fitness. Lessons included in the curriculum include how to deal with bullies, combating unrealistic body images, making healthy choices, and helping others. The program ends with a party hosted by a local school after the 5K.

Girls on the Run started in Chicago in 1999 with only five coaches. Currently, it serves over 2,326 girls with diverse ethnic backgrounds, and it has trained over 300 volunteer coaches in the past year. The costs of the program are based on the average income of the surrounding community. GOR Chicago serves the Cook, Lake, DuPage, Kane, and Will counties. Susan Torrance, a coach at Arcadia School in Olympia Fields, dedicates herself to the girls by supplementing the program with extra time and money. She wants to see the group grow. Her greatest joy is when she can see a girl blossom through the life lessons learned in the program.

GOR gives young girls the tools and life lessons that they need to transform their lives and the lives of others. Nichhya Byrd, the 2008 Chicago nominee for the ESPY award, says that "Running has taught me to do my best, on and off the track, and that I can do whatever I dream, if I put my mind to it. But most of all I just love to run with my friends. It's fun." And everyone agrees that fitness has to be fun to be a lifelong habit!

For more information visit Girls on the Run Chicago <http://www.gotrchicago.org/>



## Scholarship Details

All club members including immediate family who are or will be enrolled in a 2 or 4 year post secondary accredited educational institution are eligible to apply. Candidates must submit:

1. Proof of enrollment.
2. Copy of last HS or college grade report.
3. List of school activities and volunteer community service.
4. Letter of recommendation from a non family member.
5. Two page, double spaced paper on any aspect of running. Examples would be:
  - History of the marathon
  - A fictional running story
  - Running safety

Please note that previous candidates and recipients can reapply.

**Above must be received by August 15, 2008 and needs to be sent to:  
Fred Mazurski, 19819 Dixie Highway, Homewood, IL 60430.**

Awards in the range of \$100 - \$600 will be given based on the number of candidates and candidate qualifications. Awards will be presented at the Progressive Half Marathon picnic.

## Progressive 1/2 Marathon

The Progressive is now the Progressive **HALF** Marathon. There will be four legs of 4.05 plus the Labor Day Scenic **FIVE**. We will run on **SUNDAYS** only. We will run in the **SAME** grove in the **Forest Preserves**.

You can run any two of the four Sunday legs plus the Scenic Five, (that makes 13.1) and get a Progressive Half Marathon medal. (Or double your fun for your money and run all four, we will count your best two)

This year's legs will have major sports events themes:

Olympics, Tour de France and more.

See the enclosed application and check [www.pfrpc.com](http://www.pfrpc.com) for more details.

Tell all your friends!



Progressive Registration goes here

Membership Form Goes Here

PFRPC  
c/o Recreation & Parks Dept  
350 Victory Drive  
Park Forest, IL 60466



## Park Forest Running & Pancake Club

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