



May 27 - *Creation of Club*
Kankakee River Running Club

Run for fun
Run for your life

217-367-2770

May, 1979

We're official! We've got a name (which wasn't easy), we've got a T-shirt emblem and we've got a bank account. What more could the IRS possibly want?

The driving force behind the Club's creation, thanks to a push from Debbie Dyer, was Lynn Troost, who is a member of the Park Forest Running Club.

Lynn got the ball rolling and joined forces with 10-miler ace Jack Dalton, legal mind Michael Berz and track Buff Dave Dyer.

An organizational meeting in early April led to an encouraging turnout April 23 at the Bourbonnais Municipal Center on Route 102. At that meeting, 38 runners signed up to join the Club. At least 15 more have been added in the last three weeks.

For the time being, the organizers are acting as the Club's officers. Contact them if you have any questions.

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|--|---------------------|
| PRESIDENT -- Jack Dalton, Bourbonnais, | 932-0885 |
| VICE PRESIDENT -- Mike Berz, Bourbonnais | 932-3814 |
| SECRETARY -- Dave Dyer, Kankakee | 939-0852 |
| TREASURER -- Lynn Troost, Bradley | 933-2695 |
| | 939-0778 |

MEMBERSHIP

Membership dues are \$7. A Payment entitles you to one free T-shirt and the rights to the newsletter, which hereafter will be mailed. Checks should be made out to the Kankakee River Running Club and should be given or mailed to (412 N. Blaine in Bradley) Lynn.

About the T-shirt emblem: There were several proposals turned in but the consensus was to accept one portraying a river rat. It was submitted by Donald Legirs, a courtesy of his friend Jack Goodwin. Many thanks for a unique emblem.

The T-shirts will be given out as soon as they are available, which should be soon. Extra shirts will be available at a small cost.

ACTIVITIES

Our April 23 meeting agreed to have weekend fun runs at the State Park on alternating Saturdays and Sundays. Later this month we will initiate timed runs at Small Memorial Park. Awards will be given for winners and projected time runners and everyone is welcome to participate. Non-Club runners must pay a fee to help with the buying of awards.

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Among the upcoming events are a "field trip" this Sunday (May 20) to run on the Chicago Lakefront, trips to other scenic areas to run, a social get together at a local restaurant later this month, a midnight run sometime this summer, a picnic at the state park, a run through Bourbonnais later this year and so on.

We welcome suggestions to help make this club rewarding and fun.

Russ Leigh
Box 1142
Olivet Nazarene
K3 6090

Leave Friday after lunch,
return Sat. night.

SO TRUE

Neither wind nor sleet, nor hail will stem a runner, but an urgent biological need four miles down the road with not even a bush in sight, will, sure as hell.

--Joel Henning

//Holistic Running//



SCHEDULES:

- Local -- May 20 -- Run in Chicago (see Jack Dalton for car pooling) or at State Park at 8 a.m.
- May 26 -- Regular 8 a.m. fun run at State Park
- May ?? -- Social get together at local restaurant
- May 22 -- Journal over-30 and over-45 mile run at All-Area meet at Westview. See Dave Dyer for details.
- May 31 -- First Thursday fun run at Small Memorial Park, 7 p.m.
- June 3 -- Regular 8 a.m. fun run at State Park
- June 7 -- Thursday fun run at Small Memorial
- June 9 -- Regular fun run at State Park
- June 10 -- Kankakeeland River Trot, 10-miler sponsored by Salkelds. \$5 entry fee. Get applications from Salkelds or Dave Dyer.
- June 17 -- Regular fun run at State Park.

Others:

- May 27 -- RUN OF THE GODS, 10,000-meter race in Crete Call Crete H.S. or 672-8807 (area code 312)
- May 28 -- MAYFAIR MARATHON and mini-marathon (14.6 miles) In Milwaukee. Call Dave Dyer for details.
- June 2 -- OPEN 10,000-meter race in Champaign in conjunction with NCAA track meet. See Jack Dalton for details.
- Also, Marathon-Marathon in Terre Haute, Ind. along with 10-kilometer race. See Dave Dyer for details.
- June 3 -- RUN FOR THE ZOO (10,000 meters?) in Lincoln Park in Chicago. Fee is \$5. Call WLS at 312-782-2000.
- June 24 -- CARBON HILL 10,000 meters in Coal City. Details are fuzzy. Try Sports Ltd. or Coal City Chamber of Commerce

Still others: Try Jack Dalton.

DIRECTORY (in no particular order)

- | | |
|------------------------------------|-----------------------------------|
| * Robin La Voie Kankakee, 932-7796 | * Donald Legris Kankakee 932-9778 |
| * Elly Wright Kankakee 933-4814 | Al Longbrake Bourbonnais 933-8354 |
| Scott Wyant, Chebanse 932-8401 | Jim Perry Kankakee 933-2974 |
| Diane Wyant Chebanse 932-8401 | * Tom Baldwin Kankakee 933-8524 |

Scott Wyant, Chebanse 932-8401
Diane Wyant Chebanse 932-8401
Todd Lafond St. Anne 427-8313
Joe Wischnowsky Kankakee 933-9719
Bob Clifford Bourbonnais 932-0599
Chris Clifford Bourbonnais 932-0599
* John Hanson Bourbonnais 932-2296
Peggy DeChecko Kankakee 932-5512

Jim Perry Kankakee 933-2974
* Tom Baldwin Kankakee 933-8524
Larry Skelly Bradley 939-1391
* Werner Thill Bourbonnais 937-5364
* Susanne Thill Bourbonnais 937-5364
* Eugene Blais Bourbonnais 939-0835
* Jeff Altmeyer Bourbonnais 932-7222



ON YOUR KNEES

If you feel an annoying pain at the kneecap or along the sides of it, there is a good chance you are suffering from "jogger's knee." Pain and swelling are the symptoms. If it persists, you may have to change your running style or duration of run.

- *Bob Wheeler Bradley 932-5854
- Greg Palmer Bourbonnais 939-4320
- *Ed Pytosh Bourbonnais 932-6740
- *Julienne Pytosh Bour. 932-6740
- *Becky Pytosh Bourbonnais 932-6740
- Kathy Bates Bradley 932-5374
- Teresa Pytosh Bour. 932-6740
- Mark Pytosh Bourbonnais 932-6740
- *Richard Cook Bourbonnais 937-0540
- *Bill Egan Bourbonnais 933-2062
- Doug Erbele Braidwood 458-2978
- Mike Pytosh Bourbonnais 932-6740
- *Ron Harrin Kankakee 932-6632
- Larry Erickson Kankakee 933-5447
- *Alice Thompson Bradley 939-4811
- *Dennis Davis Bourbonn.
- Tom Mortel Kankakee 933-8933
- *Doug Holly Bourbonnais 932-9297
- *Carl Kirchberger Bour. 933-9297
- *Gordon Grant Donovan 486-7094
- *Mark Salkeld Kankakee 932-7865
- *Jayette Boudreau Bradley 932-7518
- Jack Hauser Bourbonnais 932-5616
- *Ken Klipp Kankakee 937-1958
- *Howard Strassenburg Mom. 472-2807
- *Bernie Ruder Kankakee 932-5695
- *Bill Kendziorek Bradley 932-4003

*Indicates has paid dues. They deserve a star for helping us get started!

Gene Mettelle Rt. 2 Box 215M15, K3 939-3000
Val Martell (same address as Tom)
Russ Leighs Box 45 E. Lynn, Ill. 60932

RACE RESULTS

Dave Dyer and Larry Erickson both ran in the Boston Marathon. Dyer finished in 3 hours and 5 minutes and Erickson ran in 4 1/2 hours. It was his first try at a 26-miler.

On the last Sunday in May Lynn Troost and Elly Wright ran in the Bonne Belle 10,000-meter race in Chicago. Braving the miserable weather, Elly completed the course in 53 minutes, two minutes before Lynn.

Please turn in race results to Dave Dyer by calling him at home or at the Journal (937-3390). Use those same numbers to provide suggestions on ways to improve this newsletter.

BE ACTIVE

This is your Club. Volunteer your services when needed, offer suggestions to make it more interesting and exciting and, above all, have fun and run!

Distance
July 1 - Lakefront Classic 13.4 (20 miles)

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June 16 - Peoria Steamboat Classic 4 miles 15 kilometers

June 23 - Oglesby 10,000 meters
10 a.m.

↓ B4

June 16 - Danville 7 kilometers

Steve S. Strom

June 17 - Michigan City,
Gary Byrnes

3018 N. Beglar

June 17 - Mini-manhattan

309-676-6378

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6-8 p.m.
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June 15 - all-day sports medicine
seminar - David Mullis,
at Carver, Tom Woodall