



Kankakee River Running Club

Run for fun
Run for your life

June, 1979

JUNE 15 DINNER AT ALLEGRO'S

There'll be no other changes! After changing the date (by choice) and the place (not by choice), all plans are set for our get-acquainted dinner Friday night.

Originally scheduled for Mr. Bud's, it was switched last week to Allegro's because Mr. Bud's will be remodeling. Allegro's is also on Route 17 west, about 2 miles further than Mr. Bud's, near Lehigh Rd.

The starting time is 6:30 p.m. and we'll have our own room with three choices from the menu -- spaghetti (\$4.25), chicken (\$4.50) and veal parmesan (\$5.25). Checks will be separate and drinks will be available.

Besides eating and conversing, we'll have a speaker of note. It's Champaign's Dave Hoover. He's a graduate of Mattoon High School and Lewis University and he was an all-American prep (steeplechase) and collegian (miler). He ran this year's Boston Marathon in 2:27 and hopes to qualify for next year's Olympic trials.

OTHER PLANS

A spur-of-the-moment meeting at Mike Berz's house last month got the Club's officers out of their running shoes and onto their rear ends in order to make some plans. Here are some of the things that were decided:

July 3 -- Midnight run. Meet at Small Memorial and go for an easy fun run. We'll all then meet at Hunk's restaurant.

5,000-meter races -- Beginning this month (June 28), we'll have 5,000 meter races on the last Thursday of the month in place of the 1,2 and 5-milers. Awards will be given and non club members will be welcome after they pay a 50-cent entry fee.

Thanksgiving -- We're planning a 10,000-meter Turkey Trot at the state park on Thanksgiving at 9 a.m. We hope to attract a large field and have interesting prizes. It'll be a good way to run off your feast before you even eat it!

THANKS TO HARDEES

All runners should be thankful to and patronize Hardees whenever the urge strikes for a fast-food snack. Thanks to Don Zullo, Hardees has donated coupons that we are using as prizes for our Thursday fun runs. In addition, the Hardees on River St. has a special spot for many runners because it has a non-smoking area.

CHANGES

The phone number of our president, Jack Dalton, was incorrectly listed in our first newsletter. It should be 932-0885.

Among the additions to the Running Club in the last few weekd are Gene M^oettille of Kankakee (939-3000), Val Mor^{te}l (933-8933) and Russ Leigh, an Olivet student who lives in East Lynn.

Also, it's Jo Boudreau instead of what was listed last month and Donald Legris' phone number is 937-9778.



RUNNER'S BEST ENEMY

At one time or another, all runners come to hate dogs. For good reason....Dogs distrust anyone who has two legs and runs. I never met a marathoner who could watch Lassie on television without getting the same feeling an Indian must when he watches a John Wayne movie.

--Hal Higdon

SCHEDULES:

Local:

- June 15 -- Dinner at Allegro's, 6:30
- June 16 -- Regular fun run at state park.
- June 24 -- Regular fun run at state park.
- June 28 -- 5,000-meter race at Small Memorial at 7 p.m. Regular 1,2 and 5-mile fun runs on other Thursdays
- June 30 -- Regular fun run at state park.
- July 3 -- Midnight run at Small Memorial.
- July 8 -- Regular fun run at state park.

Others:

- June 16 -- Kickapoo State Park 12-kilometer starting at 10 a.m. and Steamboat Classic (4 and 9.3 miles) in Peoria, starting at 8 a.m.. Call 309-676-6378 for info.
- June 17 -- Rockford pre-marathon 15-miler starting at 8 a.m. Call 397-5144 for info.
- June 23 -- Oglesby 10-kilometer, starting at 10 a.m. Ask other Club members about this. Several may attend.
- June 24 -- Carbon Hill 10-kilometer starting at 8:30 a.m. Another one that might be well attended. Call 634-4152 for info.
- July 1 -- Chicago distance classic, 12.4 miles.
- July 4 -- Rockford Marathon, YMCA at 7:30 a.m.
- July 15 -- Three Rivers Festival 8 a.m. marathon in Fort Wayne Ind. For info, write Cal Mahlock, 2633 W. State Blvd. Fort Wayne, Ind. 46808

RACE RESULTS

10,000 - Results are pouring in, beginning with the May 27 Run of the Gods, a 10,000-meter run in Crete. The star of the show was Robin LaVoie. Running in her first competitive race, she won her age group and finished in 48 minutes. Congrats!

There was a good turnout of Club runners at Crete. Bill Egan ran a 38:11 and Lynn Troost, Jack Howser, Larry Erickson and Richard Cook also ran.

At the 10,000-meter race in conjunction with the NCAA on June 2, Jeff Altmyer led an impressive contingent by finishing 45th among 700 runners with a time of just over 34 minutes. Fairly close behind in 58th was Ken Klipp.

Dave Dyer finished 111th with a 36:55 and Jack Dalton and Bill Egan (despite a full stomach of ice cream) finished in just over 38 minutes. Jo Boudreau finished in 51 minutes and steady Lynn Troost ran another 52-minute race.

On June 3 at the Run for the Zoo, an 8.9-miler (How'd they arrive at that?), Tom Mortell ran a 59:14, Scott Wyant finished in 63:40 and Mike Berz and a

On June 3 at the Run for the Zoo, an 8.9-miler (How'd they arrive at that?), Tom Mortell ran a 59:14, Scott Wyant finished in 63:40 and Mike Berz and a new Club member, Tom Clark, ran together at an easy pace farther back.

Everyone make sure they report their results to Dave Dyer. We probably had a good turnout for the River Trot.

LASTLY

We need a motto for our club! Anyone have an idea? Give it to Dave Dyer, Jack Dalton, Lynn Troost or Mike Berz.

JUNE