



Kankakee River Running Club

Run for fun
Run for your life

July, 1979

QUESTIONS?

One of the purposes of the Running Club is to exchange information about running, so don't hesitate calling one of the Club's officers if you have a question or problem. If they can't help you, they'll know who can.

Let's repeat those invaluable numbers:

PRESIDENT -- Jack Dalton, 932-0885

VICE PRESIDENT -- Mike Berz, 939-0852

SECRETARY -- Dave Dyer, 933-2695

TREASURER -- Lynn Troost, 939-0778

A SUCCESSFUL DINNER?

June 15's get-acquainted dinner at Allegro's was and it wasn't. Only about 25 people attended and the low turnout was unfortunate because everyone who attended enjoyed it.

Dave Hoover of Champaign proved to be an excellent speaker. He brought several different shoes from his running store (Body & Sole) and spoke about foot gear, running clubs, training, the Boston Marathon and other topics of interest.

Since the dinner, Hoover has demonstrated his speed in several races. He edged Reo Rorem on June 16 to win his division at the Steamboat Classic in Peoria, was second at Oglesby and finished 13th last weekend in the Chicago Distance Classic that was won by Frank Shorter.

A GOOD START

Our first 5,000 meter road race, June 28, was a good one. There were 24 finishers and some good competition in the different divisions. For those who missed it, Rick Livesey was the overall winner in 16:11, Greg Love was the under-18 winner, Dave Dyer won the 30-39 class and Mike Rebello was first in the over-40 division. Club member Becky Pytost was the top woman finisher and Mary Otten won the 30-39 women's division.

Special thanks are due to Ken Klipp for running the race in a flawless manner. He was so involved in doing a good job that he didn't even notice when three-year-old son Marty decided to run a little race of his own.

PLANNING TURKEY

Mark down your calendar for our Nov. 22 Thanksgiving Turkey Trot, a 10,000-meter race at the State Park. Approval from the State Park has been granted and negotiations for sponsorship have begun.

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NEW MEMBERS

Our numbers are growing. Runners who have joined in the last month include Debbie Dyer (933-2695) of Kankakee, Joe Wischnowsky (933-9719) of Kankakee, Vipin Mehta (937-5863) of Bradley, Jim Whitis (939-4172) of Kankakee and Donna Savage of Limestone.



NATIONAL WEIGHT

It was noted in a Newsweek article about running that Americans need exercise and especially running as a nation. As a whole, the American people are estimated to be one billion pounds overweight.

RIVER TROT

The Running Club was well represented in the second annual Kankakeeland River Trot, June 10. There were 21 runners from the Club in the field. Top finisher was Ken Klipp in 7th and Jeff Altmeyer in 9th. Klipp ran the 10 miles in 57:55.

Among the other members, Bill Egan, Dave Dyer and Jack Dalton ran together and finished 24-25-26, Tom Mortell was 42nd, Werner Thill was 46th, Scott Wyant was 50th and Mark Salkeld was 54th. Rick Rebello, one of the Club's newest members, was awarded for being the youngest runner in the field.

For those who missed it, Bill Fied won the race and Pat Davis of Mokena was second for the second year in a row, with defending champ Jase Travis third. Davis, incidentally, was featured in an article in the Chicago Tribune last weekend (June 30).

Reports from Salkelds is that they hope to improve the race even more next year, with an earlier start, better time splits and more awards, etc. Their willingness to change is encouraging.

OTHER RESULTS

Races are "happening" so frequently this summer that it's impossible to keep up with everything. But here are some of the races that have been attended by Club members.

Oglesby, June 23 -- Jack Dalton ran the 10,000-meter hilly course in 37:38, just four seconds better than Bill Egan.

Carbon Hill, June 24 -- Jeff Altmeyer was the seventh finisher and followed by a flock of Club members: Jack Dalton (37:20), Mark Salkeld, Mike Rebello, Tom Baldwin, Jo Beaudreau, Lynn Troost, Elly Wright, Rick Rebello and Gene Blais, who had run the week before at Michigan City, Ind.

Chatsworth, June 29 -- Jack Dalton won his age division in this 4-miler with a sizzling 23:19, with Bill Egan running 24:15. Tom Baldwin, Gene Blais, Mike and Rick Rebello and Lynn Troost were also there. Lynn ran at one of her faster paces.

Chicago Distance Classic -- Jack Dalton and Bill Egan started in the rear and passed thousands of runners before finishing in 80 minutes. Mark Salkeld also ran.

Also, in one of the real highlights, Howard Strassenburg of Momence, won his division in both the 440 (:66.3) and mile (6:01) in the recent Senior Olympics that were held in Indianapolis.

SCHEDULES:

Local -- July 7 -- Regular Sat. fun run at State Park. Mark this down and keep track of alternating Saturdays and Sundays.

Every Thursday -- 7 p.m. fun runs at Small Memorial.

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July 15 -- Regular Sunday fun run at state park. From now on,
keep track of alternating Saturdays and Sundays.
July 26 -- 2nd monthly 5,000-meter race at Small Memorial, 7 p.m.
July 29 -- Wilmington 10-miler at 9 a.m. Entry fee of \$5 or \$6
on day of race. Call 476-9751 or 476-6092 for entry
form or more info.

Others:

- July 25 -- 10 and 20 kilometer races in Madison, Wis. See
Runners World for details.
Aug. 19 -- Crawfordsville, Ind. Marathon and half-marathon.
Starts at 6:30 a.m. with many bonuses. Dave Dyer
plans to run there; ask him for details.

SUPPORT FOR LSD

Romeo: O, let us hence; I stand on sudden haste.
Friar Laurence: Wisely and slow; they stumble
that run fast.

-- Shakespeare from
Romeo & Juliet



FINDING HILLS

It's pretty hard to do around here so several Club members have been running their hills while on vacation. Bill Egan found some steep ones in Arkansas, Joe Wischnowsky found some high hills to go along with the altitude in Boulder, Colo. and Dave Dyer found a lot of uphill running in Central New Jersey.

Jack Dalton has gotten some hill work in closer to home at the Indiana Dunes after being introduced to the terrain by Ken Klipp.

Small hills nearby are at Briarcliff and at the State Park. Anyone know of any others?

RUNNING SHORTS

Anyone who gets newsletters from other running clubs, please give a copy to Dave Dyer. It would help with the newsletter. . . The Joliet Herald News recently started a weekly running column which includes a running calender. Perhaps a letter or verbal suggestion to the Journal would spur the higher-ups to ask our secretary to do the same. One of the first stories could be on the running club! . . . Cake & Steak in Bradley deserves our patronage as it's often gotten after the weekend fun runs. It's got a nonsmoking area and plenty of carbohydrates. . . Anyone own a pair of Etonic running shoes? Dave Dyer would be interested in how they're performing. . .

We're still looking for a motto. No suggestions have been turned down yet but, then again, none have been turned in yet.