

Run for fun  
Run for your life

August, 1979

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#### AUGUST 21 MEETING

It's time to get reorganized and move forward! We're planning a Club meeting at the Bourbonnais Municipal Center Aug. 21 (Tuesday) at 7 p.m. There's a lot to ~~discuss~~ <sup>discuss</sup> -- our big November 10,000-meter race, plans for the winter, etc -- so everyone is strongly urged to attend.

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#### A 5,000-METER SUCCESS

Our 2nd 5,000-meter race, last Thursday night, went off even better than the 1st one, in June. More than 50 runners competed -- including many new faces -- and Lynn reports that we made a decent amount in entry fees. Helping swell the field was Bruce Boniecki of Bourbonnais. He brought his entire Fenger cross country team. For a story on Boniecki and his team, read the Journal's spotlight on prep column Monday, Aug. 6.

For those who might have missed it, Ken Klipp won the race with a 16:08. Club members Jack Dalton, Al Longbrake and improving Scott Wyant finished 10th, 13th and 16th respectively. Nice going Scott.

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#### IT'S OFFICIAL NOW

The Champaign-Urbana Parks Classic officials mailed out the results of their June 2 10,000-meter race and several Club members did better than expected. Leading the way were Jo Boudreau and Lynn Troost, who finished fifth and eighth respectively in the 30-39 women's division. Jeff Almyer had the fastest time among the Club's entrees, a 34:21.

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#### OTHER RESULTS

And first, a comment. The editor of the newsletter apologizes if the race results are often incomplete and sometimes even not entirely correct. But, in his defense, he's only relaying the information he's been given, which sometimes isn't much.

To catch up with another race, it appears that some of our Club members have been quietly getting into races and keeping it low-key. But we understand that Jack Hauser ran at Oglesby June 23 and did quite well as did Tom Bushong. Speaking of June races, Bernie Ruder deserves some credit for his performance in our first 5,000-meter race. Nice run, Bernie.

July 4 -- At Watseka, Mark Salkeld, Tom Bushong, Gene Mettille and Tom Baldwin were among the Club members competing. Mark was at the disadvantage of having stayed up past 2 a.m. the night before at our sparsely attended midnight run.

July 28 -- Details here are sketchy but what we do know is that in a 10,000-meter race in La Salle, Bill Egan won his age division and Larry Skelly was intending to run.

July 29 at Wilmington -- It was hot for the 2nd annual Catfish Days 10-miler but several Club members did well, even with limited aid stations.

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10-miler but several Club members did well, even with limited aid stations.  
Ken Klipp was sixth overall (Reo Rorem won, Jase Travis was second and Pat Davis of Mokena was third) and second in his age division, Jack Dalton was 37th and was followed closely by Bill Egan and Frank Walcher. Scott Wyant ran a personal best and Mark Salkeld ran a fine 65 minutes. Mike Rebello also ran and Lynn Troost represented the females with a fourth place in her age division.

OWN THE DAY

It's about 7:30 a.m. I have been up since before dawn. I have seen the world at its loveliest moment. I have run more than eight miles, made my body stronger and enriched my soul. I will have a hot shower that will seem exotic and sensual and be off to do what all of us do. The difference -- I own the day.

Joel Henning, "Holistic Running"

SCHEDULE

- Aug. 5 -- Regular 8 a.m. Sunday fun run at state park
- Aug. 9, 16, 23 -- Thursday 1,2 & 4-mile runs at Small Memorial
- Aug. 11 -- Regular Saturday fun run at State Park
- Aug. 19 -- Regular Sunday fun run at state park
- Aug. 19 -- Crawfordsville, Ind. marathon and 1/2 marathon. Starts at 6:30 and 6:45 a.m. and has many bonuses. Dave Dyer and Joe Wischnowsky plan to go and possibly others. Ask Dave for details of what appears to be a great race.
- Aug. 25 -- Saturday fun run at state park
- Aug. 25 -- Chrisman 10,000-meter race, starting at 10 a.m. Registration is \$5 and must be by Aug. 21. Dave Dyer has several entry blanks or call 217-269-2804 for more info.
- Sept. 1 -- Sweet Corn 10,000-meter "Run America Run" in Hoopeston starting at 9 a.m. Entry fee is \$4 and there are many awards -- T-shirts, certificates of finishing, photos of first 50 dinishers, mugs to first 125 finishers and many ribbons, medals, etc. For xerox of entry form, see Dave Dyer or write Race, Box 28, Hoopeston 60942
- Sept. 3 -- Park Forest 10-mile run. \$5 entry fee before Aug. 15. An attractive run with music along the way and much assistance from citizens of Park Forest. Starts at 9 a.m. and much of course is shaded. Dave Dyer has several entry forms or call 312-748-1112 for more info. Registration the day of the race is 8 a.m. at the Park Forest Plaza.
- Sept. 16 -- Pontiac "Run of the Century" 10,000 meter race. Entry fee is \$4 before Sept. 10 and \$5 after. Check-in from 7:30-9 a.m. and the race starts at 9:30, all at Pontiac High School. Dave Dyer can xerox an entry form or you can call 842-1153 (days) or 842-1875 (evenings) for more info.

RUNNING SHORTS

Our 10,000 meter race is officially Sunday, Nov. 18 beginning at 10 a.m. It'll be sponsored by No Dogs Allowed and it looks like it could be a big race with some big-name runners. Further details will be provided at our Aug. 21 meeting. . . . Lybn recently ran in the Nike Fair Store Road & Trail 10,000-meter race in Dowagiac, Mich and found it interesting -- things to jump across, over, etc and hills to climb. It was a unique race and entry fee was only \$3. . . . Our midnight run only attracted five runners, who disdained the rain and went several miles before heading to Hunk's. . . . Of the 22 running clubs listed in the Chicago Area Runners Association, only three or four have more members than our Club! . . . On July 21, Dave Hoover teamed with Jani Ensrud to win the Chicago 10,000-meter



Association, only three or four have more members than our Club! . . . On July 21, Dave Hoover teamed with Jani Ensrud to win the Chicago 10,000-meter couples race. Hoover was second of all the individual finishers with a 31:38. . . . This newsletter is a bit early so that Dave Dyer and Jack Dalton can get off to a week of -- believe it or not -- running camp in Vermont.