



KANKAKEE RIVER RUNNING CLUB

July 1980

President -- Jack Dalton, 932-0885
Vice President -- Mike Berz, 939-0852
Sec./Treas. -- Lynn Troost, 939-0778
Events Chairman -- Ken Klipp 937-1958

Club Meeting.....

Our club held a meeting Monday evening June 30 at the Bourbonnais Municipal Center at 7:00. The turn out was not spectacular, however we did manage to clear up a few things and make some new decisions. One of the more important matters discussed was the upcoming canoe trip which we'll fill you in on a little farther down. It became evident in the past few weeks over discussion about the T-Shirts we will use in our Second Annual Governor's 10,000 that our club logo has to be changed. Jack found out from the company that will do the work for us that the logo that we have used up to now is too complicated and costly to reproduce (for our budget). We changed the logo with a vote from the club members. Our new logo is the one you see above. This will identify The Kankakee River Running Club from now on. We will use the new logo on the T-Shirts for our big race. Also, one of the topics of conversation at the meeting was club uniforms. This is the last call for uniforms. If we have not heard from you by Friday July 11, we will go ahead and order for those people who have requested uniforms. Once again by popular opinion, we have decided on either blue and white striped or solid blue shorts and a gold top. The new logo will appear on the tank top. If you already have either of the shorts don't hesitate to call in your order for just the top. The more we have to order, the more the cost goes down per person. For more information concerning price etc. just call Jack (932-0885). Once again, don't forget, we appreciate any information you would like covered in the newsletter, articles, race information and results, etc. Call Jack or Lynn.

5K. #...

Our first 5K, held Thursday night June 26, was a huge success. Despite 85+ degrees of heat, 45 people ran. Jeff Altmeyer was the overall winner, with a time of 16:10. This year we have trophies for 1st-3d places and ribbons for those who finish 4th and 5th in their age divisions. The trophies have been made possible by our local Kankakee - Bradley McDonald's. We have use of the restroom facilities at Small Memorial and also are supplying water for the runners. All in all, a good time was had by all. Many of the people who walked away with our trophies were openly delighted. This recognition will certainly bring people back and serves as excellent P.R. for our group. Thanks again to our friends at McDonald's for all their support. Remember, let's support them as well!

Many of our club members also did very well in our 5K. Jeff Altmeyer placed first in his age division, Mel Hess was third, Al Longbrake was fourth, and Mark Salkeld fifth, all in the 19-29 group. Men's 30-39 was won by Frank Walcher, Dave Hedlin was fourth. Mike Rubello took the men's 40 and over, Howard Strassenburg was third and Doc Baldwin was fifth. Ellen Currins

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Thanks to our club members who helped make the run a success. We will continue with the format of each club member working one run and then being able to run the other two. If you ran in June's 5K think about volunteering to work July's. Let's give every one a chance to participate.

Peotone 5K.....

Many congratulations to club member Bill Benner for a race well organized and executed. The weather was a bit warm but didn't seem to be a factor in Bill's 190 runner turnout. Jase Travis beat Beecher's Kevin O'Grady by 4 seconds in the first Old Mill Run which began on the site of the Peotone Fairgrounds. Our own Jeff Altmeyer was third with a time of 16:42.1 over the 5,000 meter course. Club member Steve Currins was first in the men's 30-39 category, Mike Rebello took the 40-49 class. Elly Wright was second in the women's 30 and over group. Club members Ellen Currins, Jack Dalton, Frank Walcher, and Dave and Greg Hedlin also participated in the run. Many of our club members pitched in and helped Bill pull off a really spirited little race. Bill's race also was one to remember for all of our new club members from Bill's area. At the time of this printing our records are not complete, please forgive us for not being completely accurate. Congratulations tho, to Alice and Norm Caise, Dave Davies, and Jim Carter for for the progress and determination that they are displaying. And let's hear it for anyone who has inadvertently been left out. Once again Bill, thanks for a fun day. Ellen is enjoying her pink geraniums immensely.

Call Gene.....

Gene Blais has a pair of new Brooks shoes, size 10 which are too narrow. He'd be happy to pass them along to someone who could use them. Call him at 939-0835.

Howard and His Winning Ways.....

Howard Strassenburg continued his winning ways at the Indiana Senior Olympics in Indianapolis on June 14. He won the 1,500 meters in 5:31 and the 400 meters in 67.3 seconds. He also placed second in the 200 meters in a time of 30.3 seconds. Keep it up, Howard!!!!

12 Minutes Faster.....

Gene Blais ran in the News-Dispatch 15K race in Michigan City, Ind., on June 15. This was the third straight year that Gene has run this race. His time was 1 hour 23 min. which is 12 minutes faster than he ran last year. Congratulations, Gene.

Couples Race.....

In a 4 mile couples race held in Munster, Ind. on May 10, Ellen Currins and Tom Stluka won the 41-50 division (combined ages). Lynn Troost and Pat Davis of Mokena won the 61-70 division. Each partner took home assorted gift certificates.

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Congratulation Kirsten!

In the May 20 All Area Track Meet, Kirsten Benner qualified
for the 2 mile run and placed 4th!!!

Good Show at Carbon Hill.....

Our club was well represented at the Carbon Hill 10K on June 22. Gene Blais, Mark Salkeld, Greg Dubois, Jack Dalton, Elly Wright, Lynn Troost, Jeff Altmeyer, Tom Stluka and Mike and Rich Rebello all ran and had a good time. Trophies were taken by Jeff, Elly and Mike. Congratulations to Lynn, she was third overall for women!

Watseka.....

It was sooooo hot! On Saturday July 5 once again our club turned out in full form to run in the Watseka's Firecracker 10K. The humidity was extreme making it a tough run. However, Jack was 4th over all and won his age group, Mike and Rick Rebello each took their respective divisions, Mark Salkeld was 2nd in his class, Doc was 3d in his, Jo Boudreau took 2nd in the women's 30-39, Bill Benner was second in his group and new member Lynn Vonhimberger was first in women's 20-29. Elly Wright and Tom Eushong and Tom Vonhimber also ran, and a big applause for Norm and Alice Caise who finished the race distance for the first time. The course actually was 6.6 miles instead of 6.2. Surprise!!!

WLS Run for The Zoo.....

The June 1 WLS Run for the Lincoln Park Zoo in Chicago was run in rain, strong winds, and over-the-ankles-puddles. Club members Mark Salkeld, Scott Wyant, and Lynn Troost ran.

Canoe Trip.....

On Sunday July 20 our club will take a canoe trip from Bird Park to the State Park. We will assemble at Bird Park promptly at 10:00 A.M. For the next hour we will deliver any food that needs re Fridgeration to Doc's retreat club off 102 and take some cars to the park for our return trip. We will then return to Bird Park in order to depart for the State Park at 11:00. When we get to the State Park we will have cars to make return trips to Bird Park to pick up any cars left there and then make our way to the retreat club for a picnic. We will collect \$1.00 per person to pay for hamburgers and hot dogs, the club will furnish soft drinks, and we ask that each person or family bring a covered dish, salad, dessert, etc., to round out our meal. The cost of the canoes will be approximately \$11.00 per person. Understandably, with the number of people we will try to accomodate, the amount of organizing that it takes to get an event like this off the ground is quite a task. We ask that you contact Ken Klipp no later than Monday July 14. Ken will be able to tell you how to secure your canoe, how the funds will be collected, and if the above seems to be somewhat confusing exactly how things will be accomplished. Remember, if you are interested please contact Ken as soon as possible. We can't wait to the last minute to put in our reservations. If you are unable to make the trip, please don't forget the supper. It will be good family fun. See you there!!!

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Races.....

Sunday July 22/Woodridge, Ill./10K/9 A.M./ Jefferson Jr. High

Saturday July 26/ Joliet Days 10K/8 A.M./ Rialto Theatre/102 N. Chicago Ave.

Sunday July 27/Wilmington 10 Mile

Labor Day/Park Forest Scenic 10 Mile Run/9 AM/Park Forest Plaza
Sunday August 10/Lite Beer Fun Run/St. Charles, Ill./5:00 P.M.
Sunday August 17/Des Plaines 5K and 15K/8 A.M./Prairie & Center St.

10K.....

Things are moving right along for the Governor's 10,000. As time goes by we will be reporting more and more. There will be a race organizational meeting in the near future. At this time we are busy passing out entries at all the local races.

This is it for now. Sorry for any typing errors, misspellings, or exceptions. Please remember to submit any newsworthy information to Jack or Lynn. See you next month.

Almost Forgot.....

The club turned out for a 4 mile run in Chatsworth, Ill. on Saturday June 28, at 5:00 p.m. Jeff Altmeyer, Jack Dalton, Frank Walcher, Elly Wright, Doc Baldwin, Lynn Troost from the club ran and Jase and Blake Travis of Kankakee were also present. Jack, Elly and Doc all placed in their age divisions and Jeff, Jase and Blake all finished with a time of 21:38, Jeff being declared winner, Jase second and Blake third.

