



Run for fun  
Run for your life

June, 1981

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#### CANOE TRIP, JUNE 28

That's right. Time is fast approaching for a re-run of last year's successful venture. We will again be renting canoes and heading from Bird Park (about 9-9:30 a.m.) to the State Park. Afterwards, there will be a luncheon at Tom Baldwin's nearby retreat.

It should be great fun, but it also takes planning. Anyone interested in renting a canoe for the bargain price of \$15 should contact Ken Klipp at 937-1958 by the evening of June 21. This is the absolute deadline. Anyone who makes up their minds after that will have to arrange for their own canoe.

There is a \$1 charge to help pay for meat, buns and drinks and everyone should bring a potluck dish, either a salad or dessert.

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#### TRACK MEET SUCCESS

Our first track meet last week at Olivet's all-weather track was a great success. Nearly 60 people participated, ranging from 4-years-up in age and ability to Gilman ace Reo Rorem. A popular attraction was the last event of the night, the mile relay.

For our final two meets, the summer (July 9 and August 13) meets will include awards, probably T-shirts courtesy of Performance Sports.

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#### PERFORMANCE SPORTS NOTES

In addition to the track awards, Denny Wright is offering a lot to members of the Running Club and he deserves our support. To all members of the Club, for example, Performance Sports is offering 10 percent discount cards. Also, for all those who ordered our attractive racing uniforms and haven't picked them up, Denny has a whole pile of them.

Also, Denny is willing to order some Club patches but he needs to know how many people are interested. For discount cards, uniforms or patches, pay a visit to Performance Sports (next to Meadowview, near the YMCA) or call Denny there at 935-0710.

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#### JUNE 3rd MEETING UPDATE

We had an interesting and hotly-contested meeting with ideas being suggested from all sides. Some were quite good. consensus

At the suggestion of Mark Salkeld, there was a ~~consensus~~ that we try to do a little bit more for beginning runners. As a result, we have approached the YMCA with the idea of helping with a clinic of some type there. The Y responded favorably and plans will be made for a setup there later in the summer, or possibly in the fall. Steve Currins, our president, will probably organize it.

It was agreed that if Club members hadn't picked up their uniforms by July 1 from Denny, he would be free to sell the corresponding sizes to other members who had expressed an interest in acquiring one.

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#### GOVERNOR'S 10,000

The race is definitely on for Oct. 4, beginning at 10 a.m. instead of 9, but many details have to be worked out. Sponsorship money is behind last year, so anyone with suggestions and contacts on possible local sponsors, should contact Jack Dalton immediately.

Involved in the planning stages are Jack, Tom, Tom Bushong, Ken Klipp, Steve and Ellen Currins and Dave Dyer. They hope to finalize many details when they meet again, June 22 at 7:30 at Ken's house. ~~\_\_\_\_\_~~  
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### MARATHON TRIVIA

The official distance for the marathon was standardized in the 1908 Olympics in London. It was 26 miles, 38 yards from the Queen's Castle to the front of the royal box in London's stadium where the games were held.

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### KEY NUMBERS

There was a request at the last meeting for a directory of phone numbers. Since many members still have not paid dues, that is not feasible. But here are some key numbers:

Steve, Ellen Currins -- 312-946-6114	Mike Rebello -- 939-7182
Ken Klipp -- 815-937-1958	Werner Thill -- 937-5364
Dave Dyer -- 815-937-5906	Van Himbergens -- 935-0991
Jack Dalton -- 815-932-0885	Bill Benner -- 312-258-6930
Lynn Troost -- 939-0778	H. Strassenburg -- 472-2807
Jeff Altmeyer -- 932-7222	Norm Chase -- 468-6266
Tom Baldwin -- 933-8524	J. Wischnowsky -- 933-9719
Mark Salkeld -- 932-7865	Mel Hess -- 933-8377
Gene Blais -- 939-0835	Scott Stephens -- 426-2211
John Hanson -- 932-2296	

This is a very incomplete list, of course, but for information on car pooling, races, upcoming events, injury treatment and the like, these people should either know the answers or know someone who will. If you have a question, don't hesitate to call. Exchanging information is one of the key functions of a running club.

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### RACE RESULTS

Several Club members fared well late last Month in both the '15-miler' and the River Trot. Jeff Altmeyer finished second in both the 5-miler and the River Trot's 10-miler and Lynn VanHimbergen won the women's division of both the 5-miler and the River Trot 10-miler to highlight the month.

The Club as a whole did especially well in the 5-miler (at KCC). Ellen Currins was the runnerup female and among the runners who won age group awards, were Ken Klipp, Jack Dalton, Carl Kirchberger, Bill Benner, Werner Thill, Howard Strassenburg, Gene Blais, Lynn Troost and Fred Klipp, Ken's brother.

At the River Trot, Ken Klipp ran a very strong race to take 5th overall in the 10-miler and Werner Thill won his age division at the distance. In the 5-miler River Trot, Rick Rebello was second in 14-and-under and Tom Bushong, Howard Strassenburg & Co. also won age group awards. Lynn Troost also won her age group in the 10-miler.

My apologies to anyone I missed. Several Club members participated in races nearby but few results have been turned in recently.

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### RUNNER OF THE MONTH

This honor, which is being renewed after a 2-year absence, belongs to Gene Blais. Not only did he win an award at Performance Sports' 5-miler, but he finished the River Trot 10-miler in 93 minutes, just three days before his 60th birthday. Those 93 minutes is 37 minutes faster than he was in his first long race, a 15-K (9.3) run three years ago when he first

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Never discouraged, Gene has overcome several injury problems and kept plugging away. His next goal is to prepare for a marathon and then, if he feels he's ready, finish it. His perseverance should be admired. Congratulations, Gene, and good luck.

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#### A BIG WEEKEND

There should be a big turnout for the Bourbonnais 10,000 Sunday and we hope to use this opportunity to help promote the Club and possibly increase our membership. Encourage possible interested runners to join us.

Saturday, Dave Dyer and Joe Wischnowsky will be running in Grandma's Marathon in Duluth, Minn. For results and the Calendar of upcoming races, check the Daily Journal.