

## Kankakee River Running Club

Run for fun  
Run for your life

July, 1981

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### WHEN NOT TO RUN

Although some of us like to run nearly every day, rain or shine, it is a bad idea to run when you are sick, as the newsletter editor found out at the River Trot. I began the race with a sore throat and a slight fever and, although I didn't feel bad during the race, became far sicker for the next two weeks and eventually had to go to the doctor. Recently, I read the following advice in "The New Aerobics," courtesy of Dr. Kenneth Cooper.

You should never exercise when you suffer from an acute infection. Also, stop exercising if you have the flu, an intestinal upset or other virus symptoms. If you have a fever, wait until your temperature returns to normal. Then wait at least 24 hours. Not before then should you resume exercise -- and then at a slower pace than before your illness.

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### IT PAYS TO RUN

At least it did for Dennis Taylor a couple of weeks ago. Dennis leaves from his home in Sunnyside in Kankakee early in the mornings and usually heads through the downtown to Bird Park. Well, on this particular day he noticed something pleasantly familiar as he passed a downtown bar. He stopped to inspect it and found a \$10 bill.

No doubt Dennis will be taking that same route again. In the past, he's come up with a couple of \$1 bills.

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### RACE RESULTS

Running Club members continue to do well at local road races, particularly at the Bourbonnais 10,000 on June 21.

At the Bourbonnais race, which got plenty of compliments for the smooth way it was run, Jeff Altmeyer was third in 32:58, Ken Klipp continued his improved running this summer by taking fifth, Club president Steve Currins was eighth, Greg Hedlin was 13th and Jack Dalton was 15th. Mike Rebello was second in his age division and 25th overall.

Lynne Van Himbergen stayed undefeated in local road races by taking first among the women in 41:37 and 32nd overall. Ellen Currins was nipped for the second women's spot but won her age category. Lori Guimond and Elly Wright also won age group awards.

At our first McDonald's 5-K June 25, Steve Currins took first easily in a nifty 16:10, Greg Hedlin was ninth and Mel Hess 10th. Among those winning age group awards were Jack Dalton, John Hanson and Werner Thill. Lynne VanHimbergen was the women's winner and Jo Boudreau won an age group trophy.

The first McDonald's race drew about 80 runners and was generally well run, with only a couple of minor flaws. The next 5-K is set for July 30. Among the improvements will be awards for younger kids and better readings of final times for the runners as they cross the finish line.

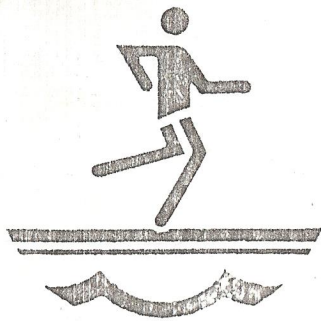
At Watseka July 4, Jeff Altmeyer finished second at the 10-K in 32:22, about two minutes behind winner Reo Rorem. Ken Klipp was third in

readings of final times for the runners as they cross the finish line.  
At Watseka July 4, Jeff Altmeyer finished second at the 10-K in 32:22, about two minutes behind winner Reo Rorem. Ken Klipp was third in an impressive 33:17, Dennis Wine was 6th and Greg Hedlin was 8th.

Lynne VanHimbergen was the top women finisher in 40:51. Winning age group awards were Jack Dalton, third in 30-39, and Howard Strassenburg, 1st in 50-and-over (44:34). Nice job Howard!

At Dyer, Ind. (must be a great town!) the same day, Ellen Currins and Rick Rebello both won age group awards. Steve Currins, who ran with Ellen, had finished second at Mokena last month. Jack Dalton, Elly Wright and Lynne Van Himbergen also did well at Mokena. I have no official results for Mokena.

Back on June 20, Dave Dyer (2:51) and Joe Wischnowsky shattered their personal bests at Grandma's Marathon in Duluth. Joe, who improved his best time by 12 minutes, may run in the Chicago Marathon this fall. Several other Club members have expressed interest in running Chicago, also.



### THE LONGEST RACE

The longest organized race ever held was 3,665 miles, the so-called Transcontinental Race of 1929 from N.Y. to L.A. Johnny Salo of Finland was the winner in 527 hours spread over 79 days.

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### HIGH WATERS

Our canoe trip, scheduled for June 28 was called off because of the high waters in the Kankakee River. No new date has been rescheduled because of conflicts with weekend races and because there was generally not a good response to the first date.

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### TRACK MEET THURSDAY

Our second track meet of the summer will be Thursday at 7 p.m. at Olivet's all-weather track. It will be held exactly like our first successful venture except that Performance Sports has taken over sponsorship of the meet and will pay the rental fee. The 50-cent entry fee will remain the same, however.

Performance Sports continues to get more and more involved. Denny Wright has come up with a Club patch for us that should be available soon. It's a high quality emblem and will be worth \$2 and available soon, either at the store or possibly through Jack Dalton. Performance Sports also recently agreed to man the aid stations at the Governor's 10,000, which is set for October 4.

Speaking of the Governor's 10,000, initial plans are now complete and entry forms will be available soon. Many of you will be asked to work the race if you don't volunteer first. More on that later, possibly in next month's newsletter.

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### NEW MEMBERS

We'd like to welcome a number of new members to the Club. Joining in the last several weeks are: Todd Gessner & family, Virginia Lawrence & family and John Pommier & family, all from Kankakee. Other new members include Dan Tikusis of Beecher, Barbara Kreutzer, Dave Wilson, James DuFrain and Mark Sennington, all from Kankakee, Betty Peters of Bradley, Jim Newberry of Momence and Doug and Lucy Derek of Bourbonnais.

Let's keep encouraging novice and veteran runners to join our ranks.

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### RUNNER OF THE MONTH

It's Lynne VanHimbergen of Bourbonnais, who has been winning every race in sight this summer and is undoubtedly the top women runner in the area. Her time at Watseka was a personal best 40:51, which gets her closer to her summer goal of breaking 40 minutes.

Lynne and husband Tom are to be congratulated not only for their constant improvement but all of the work they're doing for the Club. Want to know more? Read about Lynne in an upcoming column in the Journal, possibly July 19.