



Kankakee River Running Club

Run for fun
Run for your life

August, 1981

AUGUST 25 Meeting

There will be a Club meeting at the Bourbonnais Municipal Center Tuesday, Aug. 25 at 7 p.m. This will be an important meeting and all members are urged to attend.

One of the main topics that we'll discuss is the Governor's 10,000, scheduled for Oct. 4 at 10 a.m. The date is approaching rapidly and plans must be made. In particular, a proposal will be discussed which will allow some members to run in the race.

A RAFFLE IDEA

Would anyone be interested in running in a 10-K race in Florida, or maybe California or some other balmy area during the winter? Sound like a nice change of pace? Then listen up.

The newsletter editor (Dave Dyer) has this idea that it'd be fun to raffle off tickets to members of the running club and/or runners at the Governor's 10,000 with the winner getting a trip paid for to some attractive race during the foul weather. Tickets could be \$5 or \$10 with a trip paid for two (plane and hotel fare) if enough tickets are sold. Leftover funds would go into the Club treasury.

If there are any ideas, suggestions or criticisms (Is this an absurd idea?), please let me know, hopefully before or at our August 25 meeting.

RUNNERS OF THE MONTH

Mike Rebello is running better than ever this summer but he's not running good enough to beat oldest son Rick, who will be a freshman at Bishop McNamara this fall.

Mike ran a personal best 38:08 last week for 10,000 meters at the Momence River Run but Rick clipped more than a minute and a half off of his best time to win his age division (11-14) with a fine 37:49. Two weeks earlier he ran an impressive 67:42 to win his age group at the Wilmington 10-miler. He has clearly shown that he'll be one of the top freshmen cross country runners this year.

As for Mike, he's been considering running a marathon this fall with the goal of breaking three hours and his Momence performance has inspired him to follow through with his plan, possibly at the Chicago Marathon. Perhaps his St. Anne cross country team can push him during his peak training period.

Anyway, for their dual efforts this summer, Mike and Rick are the runners of the month.

SOME FUTURE PLANS

Before we know it the summer will be over, it will be getting dark earlier and we'll have to make adjustments with our fun runs, if we continue them at all. There has been one suggestion to have occasional fun runs at the State Park on weekends, like we did two years ago.

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Steve Currins has been contacted by the Danville running club about holding a cross country meet between our two clubs and that might be a possibility this fall, possibly with a handicap-type format. Also, Steve is thinking of organizing a girls-women only race for sometime next year. There are very few of these around the state and it could be good exposure for the club.

If you have any thoughts on any of this, or have some of your own ideas (anyone up for a picnic or dinner?), throw them out at the Aug. 25 meeting. In case it's a long meeting, refreshments will be served.



YOUR WAY

... form is largely an individual matter. It is a runner's trademark established by heredity and solidified by habit. Changes aren't made easily and innocent quirks should be left alone.

--Joe Henderson

RACE RESULTS

To start with the most impressive results first, the Kankakee River Runners came away with a lot of the prizes last week at the Momence River Run.

Lynne VanHimbergen won the women's division -- again -- and age group awards were won by the likes of Matt Pommier, Kevin O'Grady, Jack Dalton, Bill Egan, Dave Dyer, Howard Strassenburg, Steve and Ellen Currins, Barb Kreutzer, Lynn Troost, Elly Wright and rapidly-improving Alice Chase, plus Betty Peters. Others, like Dave Hedlin, ran super times but didn't quite get an award.

Carl Kirchberger of Momence did a great job as one of the race directors. It's a good idea to give him, and any race director who runs a race smoothly, some credit.

At Wilmington July 26, former member (he hasn't paid his dues) Jeff Altmyer won his first race of the summer after several second places by running the 10-miler in 54:49. Ken Klipp ran eighth in 56:19 and must have been pretty pleased because he then took off on vacation. Lynne VanHimbergen was the second women finisher (the first area race she hasn't won this year).

At the Old Mill Run earlier in July, Bill Benner did another super job of organizing the race and attracting 355 runners. Steve Currins (16:11), Ellen Currins and Alice Chase were all first in their age groups and new member Todd Piazza, Howard Strassenburg and Lynn Troost took seconds and Bill Egan got a third.

On July 11th, Steve Currins won his fifth Midwest Masters title in two years with a 4:09.5 in the 1,500 meters, an equivalent 4:27 mile.

Also, at our track meet in July, there was a fine turnout of nearly 100 participants. Norm and Alice Chase both showed great improvements over the June meet, as did Ellen Currins, Jeff Altmyer ran a 4:31 mile and former city track stars Mike Clark of Eastridge and Glen Davidson of Westview highlighted a strong sprint field.

NEW MEMBERS

Since our last newsletter, Todd Piazza and family have joined the ranks and so has Leo Shea of Kankakee and John Ashline of Bourbonnais. Welcome aboard.

Meanwhile, let's all encourage interested runners to join up, and if you know a young runner maybe you can sponsor him. And what I'd like to know is why guys like Rod White and the Travis brothers don't join up. Anybody know?

A REMINDER

Check the Journal Sundays for a list of upcoming races. If you're going to a race in the next few weeks, you might consider contacting Steve or possibly Jack Dalton or myself to distribute Governor's 10-K fliers.