



Kankakee River Running Club

Run for fun
Run for your life

September, 1981

Sept. 23 MEETING

There will be a Club meeting at the Bourbonnais Municipal Center Wed. Sept. 23 at 7 p.m. This meeting will be in the room downstairs.

Final plans will be drawn up for the Governor's 10,000 Oct. 4 and work assignments will be given. Since nearly everyone will be either working or getting a worker for them, attendance is urged.

In addition, winter plans will be finalized and other topics will be discussed. Also, a clinic is being planned in conjunction with the meeting. If you have prospective members, encourage them to attend. And any Club members with questions about training, shoes, injuries, etc. should come ready to fire away at our president, Steve Currins, and other coaches who will be available. A movie may also be shown.

... AND AT OUR LAST MEETING

The big topic of conversation was whether members of the Club should run in the Governor's 10,000. A compromise agreement was decided upon. Nearly all Club members have been assigned a chore by race director Jack Dalton. If he or she wants to run in the race or can't attend, that person is responsible for getting another person to work in his or her place. That person must also contact Jack to inform him of the replacement.

Plans were also discussed for the winter season. It was decided to have a fun run the first Sunday of each month at the State Park. We will meet at the main entrance, in the parking lot where the Governor's 10,000 ends. Since the Governor's 10,000 falls on the first Sunday in October, our first fun run will be November 1. Starting time for all winter fun runs will be 1 p.m.

Steve Currins also announced tentative plans for a winter road race in January and a women's race next year, probably in April.

PROMOTIONAL IDEAS FOR GOV'S 10,000?

Everyone (well, almost) works for somebody, right? Hit your boss for a donation for a prize. If you work for a butcher, maybe he'd donate a turkey; a clothing store a new suit, etc.

There's something in it for your boss. It will create some foot traffic and his name will be read over the loudspeaker as a sponsor. In his favor also is that there is no assurance that the winner will collect the prize. Who knows? He may be from so far away, that he can't come to collect.

If anyone could PLEASE do this and come up with something, contact Jack immediately at 932-0885 (home) or leave message at work (933-1671).

FINAL 5-K RACE

We had another good turnout Aug. 27 (about 100 runners) for our last McDonald's 5-K race. Steve Currins finished in third to highlight the Club's participants and wife Ellen was second in the women's race. John Hansen was 10th among the men and Barb Kreutzer was the fourth woman finisher.

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Among the age group winners, Eastridge's John Pommier was first in 16-18, Rick Rebello was third in 15-and-under, Mike Rebello was first in 40-49 with Dave Hedlin third and Howard Strassenburg and Gene Blais were one-three in 50-and-over.

Among the women Elly Wright was first in 30-39 with Debbie Dyer second in her first competitive race ever. Alice Chase won the 40-and-over class with Lucy Van Nostran third.

One quick correction: The Hansen in 10th is from Eastridge and not a member (yet) of the Club.

Overall, our S-K series and our three track meets were a huge success this summer. Everyone who helped out -- esp. Ken Klipp -- deserves a big thanks.



Kings and Emperors

Alexander the Great was a serious runner said to have competed in the Olympic Games circa 340 B.C.

Roman Emperor Nero was a track man said to have run in organized races since 55 A.D.

King Henry VIII was an accomplished hammer throw.

RUNNER OF THE MONTH

It's none other than Alice Chase, who maybe should be the runner of the summer. She started running just last summer to accompany husband Norm, who had started to run following open heart surgery. In the last two months she has made tremendous improvement.

For quite a while, Alice didn't break 10 minutes for a mile but in the July track meet she ran the 2-mile in 18:30. Her first victory of the summer was at the Old Mill Run, when she won the over-40 with a time of 30:27, while Norm ran the Bill Benner race in 26 minutes. Both improved by over five minutes from their previous 5-K time.

In August, Alice has continued her improvement and she and Norm have run in various places during work-vacation stops. For her continued improvement and perseverance, and for the Chase's steady participation in Running Club activities, Alice deserves to be our runner of the month!

RANDOM RESULTS

At the Hoopston Sweet Corn 10-K Sept. 5, there was a good turnout of Kankakee River Runners, but the Running Club was surprisingly shut out in the awards department, despite some fine times.

Then Sept. 7, on Labor Day, there was a surprisingly large (considering the \$10 entry fee on race day) for the Park Forest Scenic 10 miler and the Running Club fared better. In the upset of the day, Ellen Currins not only won her age division but defeated Eynn Van Himbergen in the process. Local runner Jase Travis finished third overall.

ANOTHER IDEA

Due to management complications, I decided to scrap my raffle idea for the time being, but here's one I'm more serious about. Tentatively, I am planning on starting a running camp next July at Camp Shaw-Waw-Na-See (near the State Park). It would be for all ages, a week of running, rest, relaxation, clinics, movies and everything you wanted to know about running. If this comes through, Steve Currins and Ken Klipp have agreed to be acting coach counselors. There will be a discount for Club members and those not wanting to spend the nights at the camp, can get a still further reduced fee..

Further details will be coming in the next newsletter, probably at the end of October.

ADDING TO THE CLUB?

Jim Hertz may have a new member for the Club. He got married Aug. 22 to Valerie Rapier. As we all know, it's hard to be married to a runner, so often the non-runner just decides to conform. Anyway, congratulations, Jim!