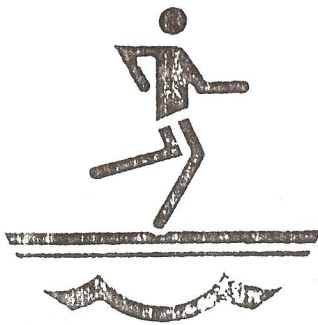


August, 1982



TRIATHLON FEVER

It's steadily sweeping the country and it's stopping in Kankakee Sept. 19, beginning at the YMCA, which is the main sponsor of the event, along with the Easy Spokin Bike Club and the Running Club.

The tentative plans call for swimming 1/2 mile at the YMCA pool in heats of 20 competitors, biking the back way to the State Park about 15 miles and then running 10,000 meters. If you're interested in more details or want to register, call Joe Giacchino at the Y.

Several members of the Running Club have indicated they may compete, including Doc Baldwin (who recently joined the Y to practice his swimming strokes), Dave Dyer, Bill Egan, Ken Klipp and Jack Dalton. There's been no word of females who may compete.

Although it's great that the Running Club could be well represented, we will need volunteers to help run off the 10,000-meter race at the State Park. Anyone who is willing to help on that day, please contact Lynn Troost (939-0778) immediately. If we don't get enough volunteers, Lynn will have to contact people directly.

TERRIFIC TURNOUTS

We must be doing something right because the turnouts at the fun runs, the 5-Ks and the track meets have been the best ever this summer. Our second track meet drew far more than 100 and represented all ages and a good number from the black community, which is good to see. The last 5-K drew a record 128 runners.

There is plenty of action left, too. Following the Momence River Run Aug. 7, which will be highlighted by the offerings of tank tops rather than your ordinary T-shirts, the third track meet will be held Aug. 12 at Pradley-Bourbonnais. The final 5-K is scheduled for Aug. 26.

There has been some talk of having one extra track meet at the end of August or the first week in September. See the Daily Journal for an update.

HOT RUNNING

This is literally and figuratively. One of the strongest runners lately has been former Running Club president Steve Currins of Beecher. He started the summer out injured and slowly but he hasn't missed a day of running in six weeks and he ran a strong 56:24 for 7th place overall in last Sunday's 10-miler at Wilmington.

Steve also ran well as did several other members of the Running Club July 18 up in Dowagiac, Mich. on the cross country 10,000-meter course. Steve, wife Ellen, Lynne VanHimbergen and Jack Dalton were among those who won age group awards there. A low point of the race was a sprained ankle to Howard Strassenburg, which came just one day before a feature story appeared on him in The Journal. He is currently out of action and has scratched a

won age group awards there. A low point of the race was a sprained ankle to Howard Strassenburg, which came just one day before a feature story appeared on him in The Journal. He is currently out of action and has scratched a trip with the Currins to the Masters Nationals in Philadelphia.

Talk about hot running -- the report about Dowagiac is that it was steaming. Remember in hot weather to run early or late in the day if possible, stay out of the sun and drink as much as possible.

For cost reasons, it's time to sign off. The next newsletter should be forthcoming in four weeks or earlier.