



October, 1982

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## MARATHON MANIA

This has been a good fall for the Running Club when it comes to running marathons, especially last Sunday in the Milwaukee Marathon.

Despite running into a stiff head wind, Lynne VanHimbergen reached her goal of qualifying for the Boston Marathon by running a splendid 3:18.24. That put her in seventh place overall among women runners and second in her age group. In the overall field of 1,600, Lynn finished 403rd. Nice going, Lynne!

Also running well was Ellen Currins, who turned in a fine 3:21.18 and just missed qualifying for Boston. Gregg Duckworth, meanwhile, shaved 30 minutes off of his previous marathon best by turning in an excellent 3:14.

The previous week, while most of the Club members staged a magnificent Governor's 10-K race at the State Park, Dave Dyer ran a 3:01.05 at the Twin Cities Marathon in Minneapolis. Dave wasn't in peak marathon shape, but the beautiful course and an enthusiastic crowd helped him run a respectable race.

Back on Sept. 26, Steve Currins set a Club marathon record and reached his goal of breaking 2:40 by turning in a 2:39.12 for 95th place in a large and talented field at the America's Marathon in Chicago. Nice going, also, Steve. One of Steve's former runners at Beecher, Dan Stolzenbach, also ran in Chicago and ran a fine 2:51 in his first marathon try. Another marathon rookie, our own Dennis Taylor, reached his goal by running 3:49.40 in Chicago.

Among those planning a marathon in the near future is Norm Chase, who plans to run in the St. Louis Marathon in November. Joe Wischnowsky and Dave Dyer are giving thought to running a marathon in January -- somewhere warm!

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## SIMPLY THE BEST

To use his own phrase, that is what Bill Egan was in his age group at the Tri-City Triathlon Sept. 19. Through excellent training and a lot of hard work, Bill won the 40-49 age group and finished 15th overall in the field of 75 with an excellent time of 1 hour and 51 minutes. Bill performed well in both the swimming and the biking and then really took over on the run at the State Park.

Because of Bill's remarkable performance in the triathlon, and all the support he gives the Governor's 10-K, I'm hereby naming him the //runner of the fall. Nice going, Bill.

Also in the triathlon and winning his age group was our own Doc Baldwin. Dave Dyer finished fifth in his age group (30-39) with a 1:55.

Speaking of the triathlon, Lynn Troost did a magnificent job of staging the 10-K segment of the competition. It was by far the best part of the competition -- especially for the runners! Lynn and all Club Members who volunteered to help deserve a lot of thanks.

NOV. 20th POTLUCK

Before our annual winter hibernation, it's time to get together. chat about our great season, talk about next year and have a great time. So we'll do all that and perhaps more at a potluck supper and get together Nov. 20th at Jack Dalton's, beginning at 6:30 p.m. Jack lives at 50 Emery Drive in Bourbonnais.

The Club will provide the meat and soft drinks. You must bring a covered dish and/or dessert and bring whatever else you want to drink other than soft drinks. To coordinate the food, and to know how much meat to order, it's mandatory that Elly Wright or Lynne VanHimbergen be notified by Nov. 15. Contact Elly at 932-0885 or 937-2778 (work) or Lynne at 935-0991.





## SOCKS FOR JOCKS

Experts say that the best running socks are made of cotton or wool. They are absorbent, provide a cushioning effect and are relatively frictionless.

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### GOVERNOR/S 10-K RECAP

Following is a synopsis and review of the Governor/s 10-K, our fourth annual, presented by our president, Lynn Troost.

The Running Club should be proud of the fourth edition of the Governor/s 10,000 race on Oct. 3. Everything went off with virtually no problems. The weather was nice this year as well.

Over 600 runners were well taken care of. We were pleased at the large number of volunteers (Club members and volunteers from friends) who turned out. Members of other running clubs, incidentally, have asked me how we manage to have so much help. Runners got refreshments from Performance Sports, Miller Beer, Pepsi-Cola and the Chicago Dough Company (pizza).

Media coverage was great this year, too. A live broadcast by Bill Taylor on WBYG radio, a taped show on Cable 6 TV (hosted by Elly Wright with commentary by Steve Currins) and an article with four photos in the Journal were all very nice and informative.

There was good competition during the race. The defending champions from 1981 -- Reo Rorem and Cindy Utes -- repeated. There were also many runners who run in our race every year, local people, people from different states and two runners from Puerto Rico who rearranged a visit to a local company so that they could run. Some runners took advantage of the State Park/s facilities and camped for the weekend.

Everyone seemed to be pleased with the race this year. Make a mental note of any suggestions you may have for next year/s race, criticism or any comments from runners or spectators. We plan to discuss all this at Jack Dalton/s pot luck Nov. 20.

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### FOOT NOTES

Congratulations to Eastridge/s John Pommier, who recently won the individual title in the Kankakee County cross country meet. Another Club member, Marcia Rivard, was the individual women/s winner and Westview, which includes Club member Greg Hedlin, was the team champion. ...

Prep coaches from the Running Club will be getting their teams ready for the state meet series shortly. That includes Mike Rebello of St. Anne, Joe Wischnowsky of Eastridge, Ken Klipp and Rick Livesey of Bishop McNamara and Scott Stephens of Herscher. Good luck! ...

Oops. Other Club members in the triathlon were Werner Thill and Elizabeth Rebello. The triathlon winner, incidentally, was Craig Culver, the swimming coach at Bradley-Bourbonnais. Craig improved his running dramatically over the summer thanks to Bill Egan. ...

There/s an interesting half-marathon (13.1 miles) at Lincoln Way High School in New Lenox Oct. 31, beginning at 8 a.m. Among the refreshments after the race will be a slice of pumpkin pie for all runners. The entry fee is \$6 before Oct. 28 and \$8 on race day. The top four male finishers in eight divisions and top three women in 6 divisions receive awards, T-shirts for all runners and a ribbon for all finishers. For more info, call 815-725-3496 or 815-467-4076. ...

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There will be one more newsletter this year -- a pre-winter special.