



January, 1983

UPCOMING RACES

The weather is bound to get colder in the next month but the road racing scene is heating up slightly. Two races in particular look intriguing.

The first is the //Midwinter 10K Frolic,// in Park Forest, scheduled for Jan. 16. The exact starting time is not clear but those interested can contact Tom McCall at 312-748-5328 for details. I do know that it starts at Freedom Hall in the center of Park Forest and has an entry fee of \$5. That fee will allow the Park Forest Running and Pancake Club to give trophies to all finishers and a free pancake breakfast to all runners after the race in Freedom Hall. At the race, information will also be available on the second annual five-mile winter run, which is scheduled for Feb. 19th.

Another good race is the //Frosty 5// in Channahan, starting at 1 p.m. on Feb. 6th. This is the first leg of the new year's Will County racing series and costs \$7 the day of the race. For more information, call 815-467-5361.

The area's traditional first road race at St. Anne will not be held this year. However, race director Mike Rebello says that he will be happy to help someone else start a cold weather race.

GOVERNOR'S PREVIEW

At a well-attended and fun get-together at Jack Dalton's in November, officers were selected for the 1983 Governor's 10-K, which is scheduled for October 2.

Tom Van Himbergen is the race director and Ken Klipp is assistant race director. Local publicity will be handled by Elly Wright, Bill Egan and Kathy Robinson while Gregg Duckworth will handle state and national publicity. Course coordinators are Tom Bushong, Kurt Ogg and Gene Schwanbeck, Dennis Taylor is in charge of water stops, Lynne Troost will handle registration, Dave Hedlin has parking, Diane and Andy Smith will handle awards and Norm Chase and John Ashline have finishing results.

Next year, all finishers will receive a special designed medal along with free pizza, beer and pepsi.

VAN HIMBERGEN STANDS OUT

Although she had already qualified for the Boston Marathon back in November in Milwaukee, Lynne Van Himbergen decided to run in Hawaii Dec. 12th and she surprised herself. Despite not being in peak shape mentally or physically, she ran 3:18.31, just seven seconds slower than in Milwaukee.

That put Lynne 38th out of 2,300 women runners (10,000 overall) and got her a medal as 15th in her age group. Lynne reports that it was very hot at the start (66 degrees) and then it rained, but it was a fun race with a lot of friendly people involved.

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RUNNING SHORTS

A severe stomach problem that sent him to the hospital halted Gregg Duckworth's consecutive day running streak at 1,160 days, which translates into 7,391 miles or about 6 per day ... Mike Rebello was recently named as Illinois track coach of the year ... Dave Dyer plans to compete in the New Orleans Marathon Jan. 9th ... Want info on cross country skiing competition? Call Jack Dalton. Cold weather dress tip -- most important areas to cover are head, neck and hands ... Next meeting planned for early spring, which will be preceded by a newsletter hopefully.