



Kankakee River Running Club

April, 1983

APRIL 10 MEETING

Mark down your calendar. It's time to get together again for a meeting. A new //season// is upon us.

Since so many members are involved in activities during the week, we've decided to try a Sunday evening meeting. So we'll be getting together Sunday, April 10th at the Bourbonnais Municipal Center.

One of the first orders of business will be to discuss the progress on the women's 2-mile Classic, to be held once again in Beecher, May 22. We will also be talking about the 5-K series (which Performance Sports will again be involved with), fun runs, track meets and social events. We need suggestions to help make this a fun and worthwhile year so come prepared with some new and exciting ideas.

2-MILE CLASSIC

After last year's great success, we're hoping for another terrific race, but we need male volunteers from the Club to help it be another success. To volunteer for an assignment, call president Lynn Troost at 939-0778 or race director Ellen Currins at 312-946-6114.

All women club members are welcome and encouraged to run in the race and they should urge friends, sisters, daughters and mothers to participate. The race is a great introduction to running.

Entry forms are available at Performance Sports, the YMCA and other spots in Kankakee. They also are available through Lynn, Ellen or Lynne Van Himbergen.

RACING NEWS

-- Beecher's Kurt Kamper won his first trophy in a big race Feb. 19th at a 5-miler in Park Forest. Kurt was 2nd in the 13-and-under division.

-- In one of the first races of 1983, Lynne Van Ham Bergen, Ellen Currins and Lynn Troost all won trophies at the Channahon Frosty Five.

-- In the first marathon run this year, Dave Dyer faltered late in the race before finishing in 3 hours, 7 minutes at The New Orleans Marathon. The heat (60 degrees, 80 percent humidity) was one reason for the slow-down late in the race.

-- Most upcoming races are announced in the Running Calendar in the Kankakee Journal. It runs almost every Sunday and occasionally during the week. Anyone with information on an upcoming race that is not listed in the calendar, you'd be doing everyone a favor if you got the information to Dave Dyer at the Journal.

-- Due to a foot injury, Lynne Van Himbergen will not be running in the Boston Marathon this month. Lynne qualified twice last year but she is confident she can qualify again.

-- Joe Wischnowsky may run in the Quad City Marathon May 1.

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-- Howard Strassenburg of Momence won the 1,000-yard run in his 60-64 age group division at the senior nationals March 26th. Howard ran a 3:09 to rout the field by nine seconds. Congratulations on being a national champ, Howard.

-- In that same meet, Steve Currins placed third in the mile (4:32) and fifth in the 1,000 (2:26), in the 35-39 age group.

-- Bradley-Bourbonnais has a triathlon class in physical education this ~~spring~~ spring and has 62 students out. Read about it in the Journal soon..

-- Mike Rebello looks like he'll have another strong track team at St. Ann while Herscher's Scott Stephens and McNamara's Ken Klipp could be battling for 2^e second place in the Kankakee Valley Conference.