



# KANKAKEE RIVER RUNNING CLUB NEWSLETTER

MAY 1985

Dear Members:

We'd like to wish Tom and Lynn Van Himbergen the best of luck in Texas. They've been a vital cog in the machinery that makes up the Kankakee River Running Club and they'll be missed a great deal. People like the Van Himbergens are a tribute to whatever community they belong. Our loss will be El Paso's gain.

---

**The first 1985 meeting** of the Kankakee River Running Club was held at Capriotti's Restaurant in Bradley on May 1. A great time was had by everyone there. After the bar ran out of beer, Ken Klipp who, by the way, looked marvelous, brought the meeting to order. Sort of. As a result of that meeting, Mr. Klipp was retained as club president, Harry Simmon took over as race director of the Governor's 10 K, Jaymie Simmon became the club secretary-treasurer and, much to everyone's dismay, John Shoup wrestled control of the Newsletter away from whom-ever had it before.

---

*The club's racing schedule for 1985 was finally agreed upon and several changes are evident. The 5K Series at Governor Small Park, which used to consist of three 5 kilometer races, will now be a two-race series. The first race will be held at 6:30 p.m. on Tuesday, July 9. The second 5K will take place on Tuesday, August 13, also at 6:30 p.m. These races are free of charge to all club members and \$1.00 for everyone else.*

**On June 11, a 2-mile race for women only** will be held at 6:30 p.m. at Governor Small Memorial Park. This race will take the place of the Women's 2-Mile Race, formerly held in Beecher, which has been eliminated. The race, that is, not Beecher. Entry to the race will cost \$1.00 and there will be three trophies to be earned in each age division.

**The club track meets** will be held at Bradley-Bourbonnais High School at 6:30 p.m. on the fourth Thursday in June, July and August.

**The fun runs**, which started on May 7, will be run at 6:30 p.m. every Tuesday in May and on the first and third Tuesday of every month from June through September.

---

*If you aren't a member of the Kankakee River Running Club, you should be. Members get discounts at Performance Sports in Meadowview, they get to attend parties where so much fun is had that it should be illegal and they get to read this Newsletter. Most important, however, is the fact that they get a chance to become acquainted with some of the nicest people they'll ever get to meet. So if you aren't a member, put this down and go sign up. If you are a member, be sure you've paid your dues. Call Jaymie Simmon at 933-9979 and she'll answer any questions you may have.*

**An all new feature** of the official Kankakee River Running Club *Newsletter* is the monthly "Editor's Date Update" column. Members are urged to do everything they possibly can to get me a date with a lovely coed. These girls do not necessarily have to be club members. They can be relatives from Sweden, for instance, who are on vacation in America. Each month I will give you an update on how things are going. It's the least I can do.

**There will be a potluck and fun run** at Doc Baldwin's Retreat Club on Tuesday, June 4. Bring a food dish and be prepared to have a good time. This might also be a good time to have you members start introducing me to some girls. The Retreat Club is nestled deeply in the beautiful Kankakee River Valley. The enclosed map will aid in your safe arrival.

---

*If you have any Newbriefs you want mentioned in the Newsletter, feel free to contact me at 932-4421 or 933-6909. The same holds true for race results, gossip, lies about other club members or just about anything else you'd like to see in print. I am not above muckraking.*

---

**Gordie's Run - April 21 and the Lake County Half-Marathon - April 28.**

The temperature in Joliet on this unseasonably hot morning rose faster than the space shuttle Challenger. Runners' hopes of p.r.'s were bursting like so many balloons at a carnival dart booth. For everyone but Dan Gould, that is. Dan ran his fastest 10 K ever, clocking a 40:48. To prove it was no fluke, he cruised the Lake County Half-Marathon course in a stunning 1:28:05 just one week later, also a p.r. I'm sure all club members join me in my respect and admiration for Dan Gould. He's shown a great deal of dedication to his running and he's set a fine example of the results one can expect to achieve through hard work.

---

**Remember, the Riverside Biathlon** is coming up on Sunday, May 26 at 8 a.m. Entry is \$10.00 before May 17, \$12.00 after. A hard shell helmet is required for the biking portion of the race. You will not be allowed to ride without one. The Biathlon starts at Riverside Hospital and entry blanks can be found at Performance Sports. Elly Dalton is a fountain of information on this event and any questions you could possibly have can be answered by her. Her phone number is 932-0885.

---

**Coming next month** will be a racing schedule for June and July, an interview with an outstanding club member, a technical article by Bill Linn of Performance Sports and, hopefully, a centerfold. Until then, keep up with the runner's calendar in the *Daily Journal* and start thinking about which girl you're going to introduce to me.





933-9979 and she'll answer any questions you may have.

which girl you're going to introduce to me.



*Run with the best!*  
**K.R.R.C.**