



KANKAKEE RIVER RUNNING CLUB NEWSLETTER

JUNE 1985

Dear Members:

As you know, the Governor's 10 K is going to be held at the Kankakee River State Park on October 6 this year. It's being sponsored by Uptown Sales this season, along with Coor's, and as you can imagine, their support is appreciated a great deal. It would be extremely difficult to put on a race of this magnitude without a major sponsor. As essential as large sponsors are, however, the running club still needs volunteers to help with the actual operation of the race. If you can help, please contact Harry Simmon and let him know. He'll be very happy to hear that you want to help. Thank you.

Lynn Troost ran the Sunburst Marathon in South Bend, Indiana on June 8. Having been a participant in a great number of shorter races over the past 7 years, Lynn decided it was time to give the marathon a try. Unfortunately for her, temperatures in the 80s and stomach problems forced her to drop out at the 18th mile. We applaud her efforts nonetheless. Lynn was training about 45 miles a week for this race. Her goal at this time is to complete a marathon. With her drive and strength of character, that should prove to be no problem at all. Dave Dyer, noted sports writer for the Kankakee Daily Journal, also ran the Sunburst Marathon and finished 4th in his division. Our congratulations to him. We would also like to thank Dave for the fine job he does every week on the runner's calendar in the Journal. He helps us all keep a finger on the pulse of the running community.

I was going to print a list of all club members who ran personal best times at the Mayor's 10 K but that would have been nearly everyone in the club. Let's all just congratulate ourselves on how well our training is going this year. In fact, Bill Linn was training so hard that he didn't have time to get his technical article ready for this issue of the Newsletter. He assures me that it will be ready for next month's issue, however. If not, he tells me, every member of the running club gets a free pair of running shoes at Performance Sports. What a guy!!! And Dave Hedlin was so wrapped up in his training that he didn't have time to pose for the centerfold that was to have been in this issue. He tells me that if he doesn't pose for next month's issue, he'll buy every club member a free case of his or her favorite beer. Would I lie?

Yes, it's that time again. It's time for the "Editor's Date Update." Unfortunately for me, there's not a great deal to report in this issue. Maybe nobody got the May Newsletter. That must be it. That must be the reason why not even one girl has asked me out. I'll have to speak with Jaymie Simmon and try to locate the snafu in the circulation department. Dianne Smith told me that the women in the running club should have the same opportunity as me to get a date through the Newsletter. Fine. Any of you women who want a date can get together with me. I'm the editor and I make up the rules. Dianne also told me she was game for almost anything. She either said that or "If you come any closer I'll scream." Be that as it may, I really hope you all try a little harder from now on to fix me up with a nice girl. It's the least you can do. As a matter of fact, any girl who asks me out on

Are you all trying to talk new people into joining the running club? You should be doing just that. I feel that our club president, Mr. Ken Klipp, could easily be talked into throwing a club party every time we sign a new member. Perhaps we should limit it to 365 new members a year. I think one party a night is plenty.

Once again I implore you to contact me with anything that you feel should be mentioned in the Newsletter. Having a party? I'll put it in the Newsletter and we'll all come over and drink you out of house and home. Have you got a good training story to share? I'll print it. How about race results? I can't include your p.r. if I don't know anything about it. As much as I'd like, I can't keep track of everything going on without your help. This is a club Newsletter and I'd like all of you to contribute to its content. Besides, that would make my job a lot easier. Thank you.

The following races are being held, some not that far away from Kankakee, and might be worth attending. Check the Sunday Journal for particulars on each race.

- Firecracker 10K** - July 4 at 8 a.m., Watseka, IL
- Gardner Days 5K** - July 6 at 8:30 a.m., Gardner, IL
- Performance 5K** - July 9 at 6:30 p.m., Small Memorial Park, Kankakee
- Bradley Lions 5K** - July 27 at 8 a.m., Bradley, IL at the Village Hall
- Momence River Run** - August 10 at 8 a.m., Momence, IL at the High School.

Another race you may want to enter is the Chicago Distance Classic 20K. It's held on July 14 at 7:45 a.m. and starts in Grant Park. This year they have Lorraine Moller, Rod Dixon and Pete Pfitzinger entered. Last year's winner was Alberto Salazar, so if you plan on winning, you've got your work cut out for you. They also give you a real nice T-shirt when you sign up. As you may or may not know, I stayed on Alberto Salazar's heels for about 45 minutes last year. Unfortunately for me, he and several thousand other runners took off when the starter fired his gun and I never did see him after that.

Second Annual Riverside Biathlon Sunday, May 26, 1985

Doug Holly	9th Overall	1:23:54	2nd, 35-39
Eric Wilkey	11th Overall	1:24:09	1st, 19-24
Julie Anderson	31st Overall	1:29:01	2nd wom. overall
Jack Dalton	55th Overall	1:32:00	
Werner Thill	79th Overall	1:36:15	2nd, 50-54
Kurt Ogg	85th Overall	1:37:15	
Jim Smith	143rd Overall	1:49:55	
Norman Chase	147th Overall	1:50:57	
Suzanne Thill	154th Overall	1:52:52	#2 in her division, 40-49
Tom Baldwin	169th Overall	2:01:11	2nd, 60 & over

Elly Dalton of Bourbonnais writes in and tells me:

Don't forget the fun runs at Small Memorial Park on the first and third (and sometimes fifth) Tuesday evenings of the month. The runs begin at 6:30 p.m. Once again, McDonald's has supplied us with food coupons to be distributed to the winners, male and female, of each of the 1, 2 and 4 mile predicted-time runs. For those of you who are unfamiliar with these events—first you choose a distance. After logging in what you predict your time will be, we start the run. When you finish, your time is recorded. The male and female in

through the Newsletter. Fine. Any of you women who want a date can get together with me. I'm the editor and I make up the rules. Dianne also told me she was game for almost anything. She either said that or "If you come any closer I'll scream." Be that as it may, I really hope you all try a little harder from now on to fix me up with a nice girl. It's the least you can do. As a matter of fact, any girl who asks me out on a date can be my assistant editor for one issue and write a "My Date With The Editor Update" column. I promise that she'll have free rein to write exactly what she wants without any censorship. So what do you say, girls? A date with me could be a stepping stone toward an exciting career in journalism.

NEW MEMBERS

Eric and Marty Wilkey	Tom Goodberlet
Jack and Suzanne Stirling	Tim Benoit
Julie Anderson	Fred and Judy Kisiel
John Gray	Christina Kidd

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If any of the new members have not received their club T-shirt, call Jaymie Simmon at 933-9979 and be prepared to be amazed at how quickly the problem gets resolved. Sometimes I believe that woman can perform miracles.

J.L.S., Editor