



KANKAKEE RIVER RUNNING CLUB NEWSLETTER

SEPTEMBER 1985

Dear members:

I'm sorry to start this issue of the Newsletter on a sad note but hey, my job is to report the news, no matter how tragic it is. For those of you not aware of the tragedy, hold onto your Nikes. **Jack Dalton** turned forty. That's right. Jack Dalton has fossilized. Man, he's old. I can't imagine what it's like to be that old. Most people have birth certificates but Jack has been carbon-dated. When I raced against Jack at the Motence River Run 10 K it sounded like he was falling apart. They say that when a man gets to be Jack's age his legs are the second thing to go. I think they went that race. They made the strangest sounds I've ever heard. A lot like sticks breaking. On a happier note, it'll be good to see Jack go head to head with the other antiques in his age group. Guys like **Dave Hedlin** and **Moses**. Come to think of it, Hedlin's a little older than Moses.

While I'm on the subject of Mr. Dalton, he and his wife **Elly** raced in a 5 K recently in Marietta, Georgia. On a hilly course and on a day with searing temperatures and humidity near 100%, Jack and Elly ran 18:35 and 24:09 respectively. Those times would be good under ideal conditions, so their efforts were outstanding. If at all possible, they plan to race there again next year.

You'll notice the new club logo on this issue of the Newsletter. It was conceived by Michael Benoit, a local graphic designer, and I would personally like to thank him for the excellent job. His design is going to be on the shirts given away at the Governor's 10,000 this year. Michael spent many hours on the ideas he submitted, and he did this free of charge to the running club. Mr. Benoit is a professional, a gentleman, and his talent runs as deeply as his generosity. I thank him again.

I'm not one to complain but what's going on with the Bradley Lions 5 or 6 K? I would suggest that they get some organization in that event if they want to have continued success. When the people directing the runners don't know where to go, that's a good indication that they need help. I've got to give them credit, however, because they had a truckload of prizes to give away and more awards than people to win them. The club members had a good showing at the race. **Ken Klipp** finished 2nd in 17:16, **Doug Hoily** was 7th in 18:54, **Dale Huizenga** ran 8th in 18:55, the best looking man in the club blasted into 10th in 19:06, **Dave Hedlin** was 17th in 20:25 and **Howard Strassenburg** amazed everyone with his 20:52, good for 22nd overall. All that on a long course.

NOTICE: There will be a meeting for all club members at the Retreat Club at 7 p.m. on Tuesday, September 17.

Well, the Performance Sports 5 K series is over for another season. They put on a great event again this year, and they deserve a lot of credit for the fine job they did. Maybe next year they'll offer \$5000 in prize money each race or something nice like that. Or maybe a free car. Trips to Hawaii would be great. Shopping sprees at Performance Sports are a thought. All you can carry out in 5 hours, for instance. Come on, Gary, think about it.

It's time once again for the "Editor's Date Update." Boy, I came close to getting a date with one of the most lovely, wonderful and wholesome young ladies I've ever had the honor to meet. Unfortunately, she came to her senses before anything materialized and left me right back where I started. It sure was exciting while I was thinking about it, however. I can't understand it. She's a club member, so surely she must be aware that any girl in the club who goes out with me doesn't have to pay for our night on the town. At any rate, what this means to everyone else is that it's time to work extra hard to get me a date with someone. I realize that it's difficult for anyone to get a good look at me at the races because I run by so fast I'm just a blur. What you have to do, girls, is find out where the beer is after the races and look for the guy who looks just like Clint Eastwood. I'll be standing next to him.

I don't know about anyone else, but I'm getting anxious for the Governor's 10,000 to roll around. All of the hard work is done, thanks to **Harry Simmon**, and Harry absolutely guarantees that this year's race will be the best organized and most efficiently run Governor's 10 K ever. Mr. Simmon deserves a handshake from the men and a kiss from the women for the great job he's done. At least that's the way I *think* he'd want it. The only thing left to do is train hard enough to set a P.R. on October 6. Then you'll be all set for your fall marathon, but not before you read the next issue of the Newsletter, which will be devoted to the marathon. You'll read about training tips and disaster stories, do's and don'ts and The Wall. Don't miss it. Not available at newsstands.

I asked **Bill Linn** about his technical article and he said, "When running on a surface of broken glass and old nails, be sure to wear shoes." Thanks, Bill. I'm sure Zola Budd will be interested to learn about that. I'm still trying to get that picture of **Dave Hedlin** for the centerfold, but he's been on vacation. He's in Indiana at the Ponderosa Sun Club. Until he returns, you'll just have to use your imagination.

So that's it for this issue. Send me anything you'd like to see in the Newsletter and become an active, vital contributor to its content. Take care.

JOHN SHOUP



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