



Kankakee River Running Club

October 1986

### Governor's 10K Critique Meeting

Club President Harry Simmon has announced that a meeting to critique this year's Governor's 10K will be held at Doc's Retreat Club on Monday, November 3 at 7 p.m.

All members are urged to attend this important meeting. Please bring all suggestions or criticisms along and share your ideas and opinions. The time has come to decide the fate of the Governor's. There seemed to be a very positive feeling about the "9th Annual" at the post-race lunch, however, new directions and goals for our race seem in order at the very least. Maybe it's time that YOU become a committee chairman and help give the Governor's that extra boost certain to make a difference in next year's turn-out.

As many of you know, this year's race was over before we knew it. The physical aspects of "managing" the Governor's are down to a science thanks to the help of many talented and dedicated club members. Now that we have "management" down to art, let's get creative and breathe some new life into her. A good brainstorm session may be all we need. Club members unite!!!

Remember, Monday, November 3 at 7 p.m. This is a "no run, no food, no drinks, no kids" meeting.

### Apologies to...

We try hard...but...our apologies to Tom Parlin and Tim Benoit. The newsletter overlooked the fact that they were both entrants in the Tri-City Triathlon. Tim was a full competitor and Tom was the run leg of one of the team's representing Riverside Medical Center. We also should mention that Tom was a competitor in Scott Stephen's Hare & Tortoise 10K held on August 31 in Herscher. And just one more thing...call us with your race information. We urge you and call and report any kind of news that your friends in the running club would enjoy hearing. We like to do a good job, we'll print any news (so long as it's exclusively GOOD news - we don't like BAD news,) and hope you bear with us if our information is not always complete. And...ONE more

thing...we apologize if we forgot to apologize to anyone!!!

### Crimestoppers 5K

Great job Crimestoppers!!! Kankakee has a great new little 5K. Lower Riverview was the site for Kankakee's newest race on Sunday, September 14. Club members went out in mass. Participant's included: Dan Gould, Doc Baldwin (by-the-way Doc was complaining that he couldn't complain to anyone about the fact that his foot was killing him!) Pat Baldwin, Tom Parlin, Dave Hedlin, John Shoup, Lynn Troost, Julie Anderson, Tim Benoit, Howard Strassenburg, Bill Linn, John Ashline, and Jack Dalton.

Julie Anderson was overall women's champ, Lynn Troost 2nd 40 & over, Jack Dalton 3rd 40-49, Dan Gould 4th 40-49, Tim Benoit 1st 20-29, Dave Hedlin 2nd 40-49, John Shoup 1st 30-39, Doc Baldwin 3rd 60 & over, and Howard Strassenburg 1st 60 & over. Bill Linn was second man overall. Good work folks!

Watch for Crimestoppers again next year. It's going to grow.

### Chebanse 5K

Harry Simmon, Jaymie Simmon, Dave Hedlin, Tom Parlin, John Shoup, Jack Dalton, Elly Dalton, and Lynn Troost participated in the Chebanse 5K on September 13. Give a pat on the back to those who "doubled" that weekend!

### Post-Governor's 10K Party

The Dalton's will play host and hostess to the members of the Kankakee River Running Club on Saturday, November 8 at 7 p.m. Nasty old club details will be handled at the critique meeting on Monday, November 3 at the Retreat Club so we can get right to the good stuff on the 8th. Eat, drink and be merry!!! The club will provide the main dish. Everyone should bring a salad, vegetable, or dessert. Pop and beer will be provided. Please RSVP, very soon, to Elly at 933-1671, ext. 4140 or 932-0885.

### Congratulations, Julie

Club member, Julie Anderson was the proud winner of a \$100 purse for placing 1st 30-34 in the Deerbrooke 25K. This helped Julie fund her trip to Hilton Head where she placed 10th in her age division in the Bud Lite USTS National Triathlon Championships completing the race in a time of 2:21:23 in 90 degree temperatures. 2 weeks later she then took the women's championship trophy in our own Egan Mazda Governor's 10K setting a new record in her age division of 38:37. Our best to Julie. We're proud to have a champ of her caliber as a club member.

### Don't Forget...

The critique meeting on Monday, November 3 at 7 p.m. at the Retreat Club and the party at the Dalton's on Saturday, November 8 at 7 p.m. Call and RSVP!