



The Kankakee River Running Club

P. O. BOX 339 ● BOURBONNAIS, ILLINOIS 60914

KANKAKEE RIVER RUNNING CLUB

SEPTEMBER 1987

The August Club activity was a SPLASH!! A very large turnout came to the BBCHS Pool and later went to Aurelio's for pizza, pasta and salad buffet. A BIG thank you to the Running Club members who made this social event possible.

This Summer was a busy one for many of the Club's members. Earlier in the Spring, many Club members expressed a concern that running in our community was losing popularity. With the number of race results that were given to the newsletter staff, running is still as strong as ever!

RUNNING RACE RESULTS

Bill Linn was 1st overall at the Cissna Park 10K with a time of 36:06. Bill felt that the race was well run and he was pleased with his performance. John Shoup was 6th overall with a time of 39:00 and Tom Goodberlet was 1st in the 20-30 age group with a time of 40:45.

The Running Club showed its strength in numbers at the Illinois Cross Country State Championship 5 miler held at the Kankakee State Park on August 23. With over 300 racers at the event, top club performer was Ken Klipp, placing 18th overall, 3rd in his age group, with a time of 29:10. Placing 28th overall was Bill Linn, with a time of 31:06. In a time of 31:20, for a place of 34th overall was Pat Koerner. In 183rd place, with a time of 37:45, was Leon Malone. Howard Strassenbourg placed 204th, no time was available. Rounding out the field, was Doc Baldwin placing 291st, with a time of 48:17.

At the Momence 10K, Ken Klipp was 4th overall with a time of 36:05. Coming in 6th overall was Bill Linn in a time of 36:52. Fourth overall woman was Lynn Troust at 52:00. Elly Dalton was 3rd in the 35-39 age group with a 53:16 time. Doc Baldwin ran with a time of 58:22.

Career Moves 5 Miler - Bill Linn was 1st overall in the Sales category clocking in at 28:15. John Schoup was also 1st overall in the Entrepreneur category. His time was 30:48.

Park Forest 10 Miler was attended by Bill Linn and Pat Koerner with times of 59:05 and 1:01.30, respectively.

Dwight Harvest Days 5K - Taking overall womans title was Teresa Culver with a PR of 21:40. Pat Koerner, with a PR and 3rd in his age group, ran in 17:23. Kurt Ogg, running in the town of his boyhood, ran the course in a time of 22:30.

Other running results:

Freeport 5K - Ken Klipp 7th overall 16:32.

Cresthill "Touch of Summer" 4 Miler - Pat Koerner 23:31.

Shabonna Country Classic 10K - Pat Koerner 38:05.

Prairie State Games 10K - Doc Baldwin 3rd in age group 57:00 Congratulations!

Minooka Summerfest 10K - Pat Koerner 1st in 25-29 age group 37:10.

Shorewood Crossroads Festival 5K - Pat Koerner 2nd in age group 17:46.

Progresive Marathon in Park Forest - Pat Koerner 1st in age group.

Please call race results in to Teresa and Craig Culver 935-2738 (answering machine). We want to mention and give recognition to all of the Running Club's active members.

TRIATHLON RACE RESULTS

Muncie Endurathon - swim 1.2 mile, cycle 55.4 miles and run 13.1 miles. Craig Culver finished with a time of 4:55:00.

LaPorte Triathlon - run 3.8 miles, cycle 10.4 miles and swim .25 miles. Werner Thill finished in a time of 61:00, winning 3rd in his age group. Jim Smith finished in 75:00, and Kurt Ogg finished in 68:15. Jim felt the race was the perfect distance for those just getting their feet wet in the sport of triathlons!

Kankakee Tri-City Triathlon - swim .5 mile, cycle 20.5 miles, and 6.2 miles run. Craig Culver, 3 time Kankakee Triathlon Champion, placed 1st overall finishing with a time of 1:46.08.

Tom Goodberlet finished 4th in his age group, 14th overall, with a time of 2:03.36. Running Club members competed in the relay category of the triathlon. Jack Dalton and Ken Klipp combined their cycling and running talents for a fine showing. Ken out distanced all the other relay runners with a time of 33.26, a PR for him on the State Park course. Linda Mailloux and Elly Dalton teamed up for a overall time of 2:21.45. Joan Swank's relay combined for a 2:20.14 time. John Shoup ran 39.09 to lead his relay to a 1:59.46 time. Bill Linn had another outstanding performance on the State Park course with a running split of 35.49. Bill's relay placed 1st overall!

IMPORTANT CLUB NEWS

The Governors' 10K Race is this weekend!!! There will be a very important meeting for all KRRC members at Doc Baldwin's house, NOT THE RETREAT, on Thursday September 24th, at 7:00pm. Please make a special effort to attend this meeting, we need EVERYONE'S help!!!.

NOW AVAILABLE - KANKAKEE RIVER RUNNING CLUB SINGLETS! The singlets are \$14.99 each and are available to all members through Performance Sports. Show your support for our Running Club by wearing your singlet at races!

"SPRINTS"

CBS TV Mercedes Mile on Fifth Avenue, Live from New York Saturday 1:00pm on channel 2, set your VCR!

Good luck to Bill Linn as he tries to qualify for the Boston Marathon. Bill will be competing in the upcoming Detroit Marathon.

