



THE PAPER RACE

KRRC NEWSLETTER
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ON THE RUN

The memory of a great race lingers on....in my calf, ham, quad, shin and ankle muscles! The Armed Forces classic 12K is a classic and the Kankakee River Running Club was and is part of it. Sponsored by the Prairie State Road Runners, to which several KRRC members also belong, the scenic 7.45 mile course takes you from the New Lenox VFW to Pilcher Park for a two mile loop and then back. The only thing race director Lance Bovard didn't do for his runners was hold the temperature down, but even that wasn't too bad. There was plenty of free beer, pop, and hot dogs to quench the thirst and quell the hunger pains. Some KRRC members brought home some gold (see THE FINISH LINE). Others worked and/or ran. Jo Boudreau, Donna Hurst, Linda Sue Mallioux, and Dave Bohlke were there to work and work they did! Dave set up his computer at the finish line for instant results. Jo, Linda Sue, and Donna worked registration, split calling and finish line (or a combination thereof) and doubled as cheerleaders. A great time was had by all! Be sure you have this race on next year's calendar.

Sunday morning at the New Lenox VFW is neither the time nor place to be locked out of your car. Bill and Linda Linn will vouch for that. There is a magnetic box called Hide-A-Key which all runners should consider essential. Don't leave home without it!

Leaving their home and the Kankakee River Running Club this month are Jack and Elly Dalton. Jack, an anesthetist, has accepted a position in Middletown, Ohio, which gets its name from the fact that it is halfway between Cincinnati and Dayton. Jack along with Ken Klipp, Dave Dyer, and Lynn Troost were the founding members of KRRC in Winter 1978. Lynn moved to Champaign last year and Dave Dyer moved to Massachusetts in 1986. In the early years of the road racing boom, Jack was a highly competitive runner who regularly brought home the gold. In recent years he has been more selective in his races and active behind the scenes. Elly, the immediate past-president of KRRC, has been an active racer and race director. She directed last year's 10th anniversary running of the Governor's 10,000 and has directed the Winterfest Wellness 5K for each of its five years. In addition to an attractive job offer, Jack and Elly will be moving to a milder climate (4 hours south) and be nearer to family (all south of the Mason-Dixon line). "We are going, but not leaving," said Elly. That is a good perspective for Jack and Elly to have, but they are going to leave a big space in this running family that will not easily be filled. Thanks for the years of friendship, fellowship, and hard work, Jack and Elly. We wish you well! For those of you who would like to stay in touch, put this in your address book: 4901 Shannon Way, Middletown, Ohio 45042, as of about July 1st.

Hope to see all of you this month at one or more of the Kankakee County races: The Five Miler (4th), Performance Sports 5K (6th), and Manteno 5K (18th). You can fill in the other weekends with the Historical Matteson 5K (10th) and Old Campground Festival 4 Mile (24th). Join us!

DAN GOULD

THE STARTING LINE.

- JUN 4 - ST. FRANCIS HOSPITAL 10K & 5K, 12935 S. Gregory, Blue Island
8am, Fee N/A, 10yr AG, 3 deep, 312-597-2000
- THE FIVE MILER, Kankakee Community College, River Rd. & Rt. 52
9am, \$8/9, 5yr AG, T's, 815-935-0710
- JUN 6 - PERFORMANCE SPORTS 5K SERIES #1 - Gov. Small Mem. Park, Kankakee
KRRRC members no charge/ others \$1; 10 yr. AG; 815-935-0710, 7 PM
- JUN 10 - HISTORICAL MATTESSON 5K FUN RUN/WALK, 212 Place & Tower Ave.
8am, \$6/7, Various AG, T's, Awards to top finishers
312-748-1080
- JUN 11 - CLUB NORTH SHORE HALF-MARATHON, Wolter's Park, Highland Park
8am, \$9/11, 5yr AG, T's, Awards to overall & 3 deep
312-831-3810
- JUN 17 - STEAMBOAT CLASSIC! 5K & 4M RUNS, Hamilton & Washington, Peoria
7am, Fee NA, but no regis. after 6/15, 5yr AG, Numerous awards
309-676-RUNN
- JUN 18 - MANTENO 5K & 1M FUN RUN, Manteno H.S., 443 N. Maple
8am, \$7/8, 5yr AG, (sort of) T's, Awards to top 5 & top 3 in
each division, 815-468-3183
- JUN 24 - OLD CAMPGROUND FESTIVAL 4M RUN, 339 W. Haven, New Lenox
8 am, \$7/9, 5yr. AG, T's, 815-485-6677
- JUN 25 - RUN FOR DARLENE 10K & 2M, Chic. Heights, Rec. Cen. Rt. 30
9am, \$9/12, 5yr AG, T's, 312-922-8000
- JUL 1 - KANKAKEE YMCA 5K SCENIC RUN & FUN WALK - 1075 Kennedy Dr.
Kankakee; 8 am; \$8/10, T-shirt; 5 yr AG; Top 3 OA; 3 deep AG;
815-933-1741
- JUL 4 - RUN FOR FREEDOM 10K & 2M, Lions Club Pool, 1041 Ridge Rd.
Homewood; 8 am; \$8/10, T-shirt, 5 yr AG thru 39, then 10 yr.
312-957-0300
- JUL 9 - ST. JAMES CLASSIC 10K & 3K FUN RUN, Chi. Hts. Rec. Cen.,
Rt. 30 & Rt. 1, Chicago Heights; 8 am; \$8/10, T-shirt; 5 yr. AG
thru 39, then 10 yr. AG; 312-756-1000 beeper # 350.
- JUL 11 - PERFORMANCE SPORTS 5K SERIES, Governor Small Park, Kankakee
Free to KRRRC Members/ \$1 non-member, 10yr AG, 3 deep
Contact: Gary Dupuis 815-935-0710; 7:00 PM
- JUL 23 - HEART & SOLE 10K RUN & 2M FUN RUN; 203rd & Crawford, Olympia
Fields; 7:45 am, \$9/11; t-shirt; 5 yr AG; 312-747-4000 ext 1225
- JUL 29 - THE 5K ON BROADWAY RUN, 110 S. Michigan, Bradley; 8:30 am
\$8/9, Mugs, 5 yr AG; 815-937-0189
- JUL 30 - DOWNERS GROVE TEN MILER & 5M RUN; Lincoln Center, 935 Maple Ave,
Downers Grove; 7:30 am, \$8/10, T-shirt; 10 yr AG, 312-963-1300

THRU THE CHUTE

MAY 7 - Crete Kiwanis 10K Klassic- Scenic & challenging, cool & invigorating

Pat Koerner	34:48 PR	2nd OA
Bill Linn	36:08	8th OA
Mark Steffen	40:56	
Jeff Lonergan	43:05 PR	
Kathy Steffen	47:?	1st AG
Randy Reigal		

MAY 13 -Ottawa 5K - Flat, fast, cool & cloudy

Pat Koerner	16:53
Bill Linn	17:36

MAY 21 -Armed Forces 12K Classic - Out & back course with some tough hills.
Definitely a "runners" race.

Leon Malone	1:04:13	Rita Tybor	1:03:17
Henry Shelly	1:00:24	Randy Riegal	58:39
Kathy Penn	56:16	Connie Weaver	55:52
Dave Tybor	55:00	Jeff Lonergan	51:09
Charlie Grotevant	51:04	Dan Gould	50:21 4th AG
Roland Jones	49:37	John Shoup	48:54
Mike Hickey	45:51	Bill Linn	44:38 4th AG
Kelly Proctor	44:09	Pat Koerner	42:15 3rd AG PR

KANKAKEE COUNTY RACE CIRCUIT

We've got some more dates for the Circuit!

Winterfest 5K - 2/4/89
The Five Miler - 6/4/89
Performance Sports 5K - 6/6/89
Manteno 5K - 6/18/89
Performance Sports 5K - 7/11/89
5K on Broadway - 7/29/89
Momence Gladiola Fest 10K - 8/89
Performance Sports 5K - 8/8/89
Governors 10K - 10/8/89
KCC Fall Classic 5K - 10/22/89

ATTENTION EVERYONE!

A farewell send-off for Jack & Elly Dalton will be held Friday, June 16th at the Bird Park Fieldhouse, Kankakee. The club will furnish the main course, beer and pop. Please bring a dish to pass and your own table service. Be there at 6:00 for good food and social time with good friends!

CHOOSING NEW RUNNING SHOES

Nothing feels better than new running shoes, especially when compared to your old pair. Yet how do you know your new pair really is what you need, and not just more comfortable than your usual shoes?

When purchasing new running shoes, try on two different kinds on each foot, according to sports podiatrist Alan Woodle, D.P.M. Test the shoes by trying the following steps. First, stand on your toes. A proper fitting shoe will bend where your foot bends.

Still on your toes with your feet together, twist your upper body to the right and then to the left without moving your feet. A good shoe will not allow your feet to roll excessively to either side. Repeat this test with your feet flat on the ground.

Jump and run in place. Do you feel any bumps? A good shoe will feel cushiony and won't irritate your foot.

With the ball of your foot flat on the ground, try to raise your heel out of the shoe. You shouldn't be able to do this; your heel should fit firmly, without rubbing or irritating.

Can you wiggle your toes? Shoes should allow this, but not allow your foot to slip or slide.

Walk around. Can you feel where the arch support is? Is this comfortable? Remember, you will be wearing these shoes for many miles and any unnecessary rubbing will become irritating.

Finally, place the shoes on a table at eye level. The heel counter (back of the shoe above the heel) should align straight up and down and not lean to one side.

If your shoes don't pass these tests, get another pair. Try a different size or brand. A good shoe feels good when you buy it - it doesn't need to be broken in. ("Hope Health Letter," Vol. 8, No. 11, p.3)

Don't assume you wear the same size in all shoes. A shoe's size and shape is determined by a wooden last. Each shoe company has a different last for each brand and size. A last that is size 9C in one company may have a different shape and size in another company's brand. For this reason a certain shoe from one company may feel noticeably better to your feet than all others. That usually means that the first company's last was closer to the size and shape of your feet than the other's.

These findings are just one more reason to try on a variety of shoes from a variety of shoe companies when purchasing your next pair of running shoes. (Jerry Lee Cochran, M.D., Midland, TX.)

Here's a story with which all spouses of hard-core runners can identify!

"On Track of a Running Dispute"

by

Erma Bombeck

Vacations used to be a great escape. For a couple of weeks, a year, you got away from the routine.

Not anymore.

Now you can follow your hobbies and vacations all over the world without missing a beat. There are wine-tasting tours, ski tours, jazz tours, bicycle tours and a tour of cooking schools for gourmet cooks.

There's a chocolate tour (guaranteed to make every single occupancy into a double on the return trip), a cathedral tour and even a pasta tour.

But the one I clipped from the paper and stuffed down the disposer is the marathon tour for runners.

If you're married to a runner, I don't have to tell you how the thought of running around the world would make him salivate right down his or her chin.

Do you have any idea what it's like to travel with a man who packs everything he needs for a three-week cruise in a gym bag?

Who never knows what time it is because a runner's watch takes three days to set?

Who, when someone says, "You look terrible. Have you been sick?" smiles and says, "Thank you."

My husband has run all over the world, knocking over little old ladies in every language. He has caused traffic jams in Copenhagen, raised eyebrows in Brazil and been stalked by hungry wart hogs in Africa. The man is certifiable.

There is no other sport in the world that is so addictive to travelers. With hockey players, you can lose their sticks and tennis players need a partner. But with runners, they're all they need.

No one talks about runner's widows, but we exist. We're the ones sitting at a breakfast table alone because he has to run and shower before breakfast.

We're the ones with athletic supporters stuffed in our handbags in a plastic bag when they didn't dry the night before.

We're the ones who drag out of a warm bed at 7 o'clock in the morning to open the hotel-room door because he has no place on his body to carry the hotel key.

When my husband returned with the paper, he said, "What's missing? What did you cut out?"

"A recipe for tripe quiche," I said.

He bought it. He runs long and fast. I never said he was bright.

HAPPY RUNNING!

SEE YOU NEXT MONTH