



THE PAPER RACE

KRRC NEWSLETTER
P.O. BOX 339
BOURBONNAIS, IL 60914



JULY 1989

ISSUE 17

ON THE RUN

Were we ever! June was a great month! Summer has arrived and the only question is: Which - and how many - races shall we run this week(end)?

The Five Miler on June 4th set the tone. The folks at Performance Sports ordered up a beautiful sunny day, but not too hot, humid, or windy. You hardly knew the race without the wind that usually blows you into the river. I found myself behind Mark Steffen at the start and still behind at 3 miles. I guess he decided to stop holding the camera for Kathy and put in some serious mileage because he is very competitive. As we ran along the river, you could look across at Beckman Park. I thought I saw Doc Baldwin! Nah! Perhaps the heat got to me before I hit the water station. The Five Miler is a sort of annual reunion for the KRRC members and no loyal veteran would have his priorities so screwed up as to play tennis before the race. But, advancing age does take its toll. Could that have been Carol Sue Painter? Nah! She wouldn't miss this one. Out of the woods and onto the rocky...what happened to the rocky road? It is now a smooth hard surface that takes seconds off your time. Across the finish line and the party begins. There was fresh Culligan Water before and after the race. Domino's Pizza and TCBY frozen yogurt hit the spot. Bill "Mr. Saucony" Linn was there with a table of shoes to discuss the latest in running shoe technology. There were the usual nice trophies and they even ran three deep in the master's division. Ken Klipp ran 28:00 flat! Somebody test him or check his birth certificate. The only downer to the day was the low turnout - 150 - versus last year's 230. A lot of people missed a great day!

After recovering for a couple days, 43 runners were at the starting line for the first of the Performance Sports 5K Series on June 6th at Small Memorial Park. While small in number compared to the weekend races, it was a good number for the first race in this low key summer series.

June 16th found us at the Bird Park Fieldhouse for a "Jack and Eilly Dalton Appreciation Night" on the eve of their move to Ohio. It was also a good excuse for a party. The club gave Jack and Eilly a suitably engraved clock, but it will be a bit big to take to the track to time their intervals. The party also served as a forum for coaches Ken Klipp (Bishop Mac) and Scott Stephens (Hersher) to discuss what makes a great track coach. After several hours and several brews they concluded that the good fortune to have the right kids move into your district was the answer. Diane Smith announced that she would run her first race in three years at Manteno. Or, Manteno would be her first race in three years? If you attend one of these feasts, you know why Henry Shelly runs. Because Janet Shelly makes the most disgustingly delicious, fattening chocolate concoction that puts calories on a person just by looking at it. Harry and Jaymie Simmon - semi-retired runners - were there to get reacquainted. As noted in a previous edition, Harry and Jaymie spend most of their summer weekends on their boat in a Chicago harbor running their hands over cold bottles of beer. Doc Baldwin was there to explain his failure to appear for The Five Miler and promised to be at Manteno. Scott Stephens also mentioned the possibility that the Herscher 5K on Labor Day weekend would be back and he would lock into it.

Manteno! Overcast, light breeze, and reasonable temperature! The Kilbrides are back! The Kilbrides are back! Enough of them to warm the cockles of any race director's heart! Well, Gerry, Judy, Jennifer and Andy, anyway. They have been away too long. Also back for a visit and to pick up some gold was founding member Lynn Troost. Lynn now happily runs most of her miles in Champaign where she lives and teaches. The race director at Manteno even arranged for the sun to come out after the race. Now, if someone has the race director's ear, please return it! Seriously, Manteno has been such a good race that if they would only: 1. Go to the standard five year age groups; 2. Expand the upper level groups; 3. Put the water station table on the side of the road the runners run; and 4. Supplement or substitute some diet cola for the full strength stuff - it would be a great race. The standard five year groupings needs no explanation. Cutting off the age groups at 51 and over for men and 46 and over for women simply discourages the older runners. Doc Baldwin was there, but there was nothing there for him. Even going to ten year groups at 51 for both male and female would be a great improvement. It is a good race that we would like to see improved!

Finally, we were on the run to New Lenox for the Old Campground Festival 4 Miler. How can you forget those rolling hills from one year to the next? And the heat? But Gary and Mary Moss put on a great race and 206 runners crossed the finish line. We brought home some gold (see The Finish Line for all race results) and golden memories - the thrill of victory and the agony of defeat! July offers many of the same opportunities. Life is not a spectator sport - so be there!

Is one of your favorite runners missing? Give him/her a call! Every so often a member of the flock just sort of melts away. I hadn't seen Dale Huizenga at a race since Winterfest or even a social event. When Dale does come to a race, I know who will be first in my age group and I start looking around to see if I can expect to salvage second or third. I gave Dale a call - a health and welfare check - and he says he hasn't forgotten us. He has just had a series of nagging physical problems that have kept him in less than racing prime. He hopes to be back soon.

I also checked on former member Dave Hadlin who reports some problems in terms of motivation - not getting in the daily run. But, maybe, we will see him at the Y 5K - his first since Winterfest. Got to get him signed up and back on track.

Someone missing? Give'em a call!

DAN GOULD

THE STARTING LINE.

- JUL 8 - GARDNER DAYS 5K RUN, High School, Gardner, 8:30 am., \$7, T-shirts, 10 yr. AG, Overall plus 3 deep
- 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, Governon Small Park, Kankakee Free to KRRC Members/ \$1 non-member, 10yr AG, 3 deep Contact: Gary Dupuis 815-935-0710; 7:00 PM
- JUL 22 - JOLIET WATERWAY DAZE 5K RUN - 5K WALK, 201 W. Jefferson \$8/10, T-shirts, 5 yr. AG, 2-3 deep for race, 8 am.
- 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
- AUG 8 - PERFORMANCE SPORTS 5K SERIES #3, Gov. Small Park, Kankakee 7 P.M., Free to KRRC Members/\$1 non-member, 10 yr. AG, 3 deep Gary Dupuis 815-935-0710
- AUG 12 - MOMENCE GLADIOLA RUN 10K, High School, 8 am, Fee NA, various AG, 3 deep. Vauncell Kuse, 815-472-2526
- AUG 13 - TOUCH OF SUMMER 4 MILER, 1660 N. Plainfield Rd., Crest Hill \$7/9, T-shirts, 5 yr. AG, 3 deep, 8:30 am Prairie State Circuit Race. 815-838-7678
- AUG 20 - ILLINOIS OPEN CROSS COUNTRY CHAMPIONSHIPS 8K RUN, 8 am, Rt. 102 by Kankakee River State Park. \$9/10, T-shirts, 5 Yr. AG, 6 deep. Jim Hubbell 815-741-1768
- AUG 20 - ODELL DAYS 5K RUN, Community Park, 9 am, \$9/11, T-shirts, (guaranteed only to pre-registered) 10 yr. AG, 3 deep & OA
- AUG 26 - MINOOKA SUMMERFEST 10K, Massagolf & Church St., 8:15 am, \$8/10, T-shirts, 5 yr. AG, top 3 OA & top 2 each division Prairie State Circuit Race
- AUG 27 - SHOREWOOD FESTIVAL 5K, Festival Grounds next to Village Hall 8:30 am, \$8/10, T-shirts (guaranteed to 1st 150), 5 yr. AG, OA and 3 deep

THRU THE CHUTE

THE FIVE MILER

Shirley Malone	58:33	Janet Velemir	45:50
Rita Tybor	42:26	Leon Malone	40:05
Marty Klipp	39:51	Gale Lehnus	39:21
Howard Strassenberg	37:56	Randy Reigel	37:43
Ed Glazer	37:27	Kathy Steffen	37:13
Kathy Penn	36:05	Connie Weaver	35:06
Dave Tybor	35:02	Ken Stark	34:48
Theresa Burgard	34:10	Charlie Grotevant	33:21
Jeff Lonergan	33:13	Mark Steffen	32:58
Dan Gould	32:53	John Shoup	30:38
Mike Hickey	29:20	Bill Linn	29:15
Ken Klipp	28:00	Pat Koerner	
Henry Shelly			

MANTENO 5K

Jo Boudreau, Linda Linn, Tom Goodberlet, Pat Koerner, Kathy Steffen, Mark Steffen, Bill Linn, Matt Gubbins, Ed Glazar, Dianne Smith, Henry Shelly, Randy Reigel, Jeff Lonergan, All the Kilbrides, Lynn Troost, Kathy Penn, Kelly Proctor, Ken Klipp, Charlie Grotevant, John Pool, Mike Hickey, Howard Strassenberg, Theresa Burgard, Georgianne Hickey.

OLD CAMPGROUND 4 MILER

Leon Malone	31:15	Shirley Malone	46:00
Janet Velemir	32:54	Dan Gould	25:40 4th AG
Matt Gubbins	25:02	Pat Koerner	22:15
Kathy Penn	27:57	Charlie Grotevant	26:45 3rd AG
Theresa Burgard	26:34 1st AG	Kelly Proctor	22:04 1st AG
Mike Hickey	23:26	Greg Hickey	35:54

EIU MINI-TRIATHALON

Kathy Steffen ran a 2:14, which was good for first in the women's 36-45 age group. Mark Steffen ran a 2:01 in the men's 29-35 age group.

PERFORMANCE SPORTS SUMMER 5K

Pat Koerner, Bill Linn, Mike Hickey, Matt Gubbins, Jeff Lonergan, Charlie Grotevant, Tom Parlin, Randy Reigel, Howard Strassenberg, Henry Shelly, Marty Klipp, Greg Hickey, Georgianne Hickey.

PARK FOREST MILE & KIDDIE 1/4

1 Mile - Kelly Proctor	- 4:40	3rd in 20 to 39 AG
Randy Reigel	- 6:16	
Breann Smith	- 7:40	3rd in 10 to 19 AG
1/4 - Amber Smith	- 1:43	
Brett Linn	- 1:50	
Ashley Smith	- 2:00	
Jessica Linn	- 2:40	

I N T R O D U C I N G - - - - -

HOW COULD THIS HAPPEN? THE RACING SEASON IS N O W, THE WEATHER IS TOLERABLE, LOTS OF COMPETITORS ARE GEARED UP FOR THE STARTING LINE, AND WHERE AM I? STUCK IN THE "BEAN FIELD MODE"! I KNOW, THIS WAS ALL MY IDEA BUT HOW WAS I TO KNOW THIS "GROWING STUFF" WOULD DO ME IN. I MEAN IT FOLKS, THE BOD WENT FIRST, NOW THE MIND IS FOLLOWING.

YOU CAN BE SURE I'VE DONE A LOT OF THINKING ABOUT HOW THIS DILEMMA PARKED AT MY DOOR. I GUESS IT STARTED AT THE MALONE FARM. SURE IT WAS BIG, CHUCK HAD A LOT OF TERRITORY TO COVER BUT I WAS PREPARED. AND, CHARLIE TOOK ME OVER SOME ROUGH TERRAIN BUT I THOUGHT I ADJUSTED WELL. NO DOUBT, IT WAS THAT LAST PLANTING ADVENTURE, WHEN I STARTED TO RELAX AND ENJOY THE BOREDOM OF R O W R U N N I N G, THAT DID ME IN.

IT WAS, AS USUAL, ANOTHER EARLY MORNING, THE SUN BARELY UP, ME AS WELL. WHEN I PULLED IN THE DRIVE, I WONDERED WHAT NEWS THIS 8 YEAR GRAIN FARMER, 5 YEAR RUNNER WOULD SURPRISE US WITH. "HI JO" ACKNOWLEDGED THE FACT THAT THE NEWSLETTER PROFILE WAS IN THE DAY'S AGENDA. SO, RECORDER IN HAND, I WAS READY TO EXPERIENCE THIS "RUNNER'S WORLD".

PATIENCE, I TOLD MYSELF. WATCHING THIS TYPICAL FARMER, HIS LEG COCKED UP ON THE TAILGATE OF THE TRUCK, HIS ELBOW RESTING ON THAT KNEE, HE PUSHED THE BRIM OF HIS BASEBALL CAP BACK ON HIS HEAD WHILE HIS TONGUE PLAYED WITH THE TOOTHPICK IN HIS MOUTH. IT MUST THEIR STRATEGY UNER DISCUSSION HERE. WELL, FOR PUTTING IN 40-65 RUNNING MILES A WEEK, I EXPECTED A "LET'S GET DOWN TO BUSINESS" ATTITUDE FROM THIS 4 YEAR CLUB MEMBER.

AFTER AN HOUR OF LEANING ON ONE LEG, THEN THE OTHER, WE FINALLY TOOK TO THE DIRT. EXPECTATIONS NEVER RUN TRUE TO FORM FOR THIS REPORTER. HERE'S THE STORY GUYS.

"I RUN IN ORDER TO BE ABLE TO" PLANT BETTER CROPS AND BECAUSE I CAN'T FINISH A GOOD SIZED FIELD IN 2 OR 3 MILES, I PREFER LONG DISTANCE RUNS. SURE, I RUN COMPETITIVELY BUT ONLY WHEN THE DIRT IS DRY OTHERWISE I STIR UP A LOT OF DUST AND THAT MAKES A LOT OF FARMERS, A - RUNNERS, MAD. YES, I HAD THE GOAL OF PLANTING 26 FIELDS NON-STOP AND GETTING THROUGH HARVEST TIME WITHOUT LOSING \$\$\$\$\$\$. I REACHED THE FIRST GOAL LAST YEAR, NO TROUBLE. I'M STILL WORKING ON THE \$\$\$\$\$\$.

MY GREATEST RUNNING EXPERIENCE WAS WINNING MY AGE GROUP IN THE WILL COUNTY RACE CIRCUIT AND GOING AGAINST WORLD CLASS MACHINES, INTERNATIONAL, CASE, MCCORMICK, ALLIS CHALMERS, IN FLORIDA "IS ALWAYS FUN."

I'D LIKE TO SEE THE NEWSLETTER PUT OUT ARTICLES ON HOW TO STOP FLOPPING MY HANDS WHEN I RUN, MAYBE COME UP WITH SOME NEW BRAN MUFFIN RECIPES OR EVEN INFORMATION ON THE MOST DURABLE TRACTOR TIRES. OF COURSE, AN UP-TO-DATE WEATHER FORECAST WOULD REALLY HELP. THAT WAY I COULD PLAN ON WHEN TO BE IN CABERY AND WHEN TO STAY CLOSE TO TJ'S.

YOU SEE WHAT I MEAN? I DIDN'T EVEN MENTION IT WAS THE KOERNER KID WHO PUT ME THROUGH ALL THIS. YES! OUR SOCIAL CHAIRMAN AND MEMBER OF THE BOARD OF DIRECTORS FOR THE PRAIRIE STATE RUNNING CLUB, PATRICK.

IT'S GETTING DARK AND TIME TO GET OFF THIS FARM. MY HAIR IS - WHERE IS MY HAIR? MY MARY KAY IS A NEW SHADE CALLED "DIRT CREME" AND FROM THE SMELL OF THINGS, BAN HAS GONE FROM MY PITS TO THE FLOORBOARD. WAS THIS WORTH MY TROUBLE? YEAH, HE'S STILL A SWEETHEART, HUH, DONNA? NOTHING RUNS LIKE A DEAR, A DEER, DEERE!

PAT'S STATS

OUT OF 38 RACES IN 1988, PAT PLACED FIRST IN HIS AGE DIVISION 8 TIMES, SECOND OR THIRD, FIFTEEN TIMES. HE WAS SECOND OVERALL WINNER IN THE KCC FALL CLASSIC. HIS BEST 10K TIME WAS THE GOBBLER HOBBLER - 35:24 AND THE LONGEST DISTANCE HE RAN WAS THE ST. LOUIS MARATHON (HIS FIRST), FINISHING AT 3:08:45. LET'S HEAR IT FOR PATRICK.

I N T R O D U C I N G - - - - -

HAS ANYBODY SEEN KURT OGG? THIS PERSON HASN'T BUT THEN, NOT TOO MANY PEOPLE RUN IN BEAN/CORN FIELDS. SEEN HIM OR NOT, HE'S STILL WITH THE CLUB AND WE WANT EVERYONE TO KNOW A LITTLE ABOUT HIM.

KURT OGG IS A NINE YEAR VETERAN TO THE RUNNING CRAZE. THANKS TO A ONE-MONTH MEMBERSHIP TO THE YMCA, KURT BEGAN RUNNING ON THE TRACK, LIKED IT, AND HAS KEPT IT UP - TO MAINTAIN HIS WEIGHT.

DARLENE IS KURT'S PARTNER IN LIFE. THEY HAVE TWO DAUGHTERS, BETH AND TERESA, (MARRIED TO CRAIG CULVER) AND PROUD GRANDPARENTS OF JASON CULVER. GOSH! WE THOUGHT JASON BELONGED TO KURT & DARLENE.

SHORT AND LONG DISTANCE RUNS, ADDING UP TO ABOUT 30 MILES PER WEEK, ARE JUST PART OF KURT'S EXERCISE ABENDA. KURT HAS BEEN A COMPETITOR IN THE WINTERFEST SK, KCC 5-MILER, MANTENO SK AND DWIGHT HARVEST SK IN 1988. HE SAYS HE RUNS IN RACES "FOR THE FELLOWSHIP". BIKING, CROSS-COUNTRY SKIING AND BEING AN ACCOUNTANT KEEPS KURT A VERY BUSY AND INTERESTING PERSON.

OVER HIS LAST SEVEN YEARS IN THE OUR CLUB, KURT HAS BROUGHT US TO COUNT ON HIS EXPERTISE OF MAKING SURE THE GOVERNOR'S 10,000 COURSE IS SAFE AND READY FOR RUNNERS. THANKS KURT!

NOT FUNNY AT THE TIME, KURT RECALLS A FOGGY DAY WHEN HE ALMOST WENT HEAD-ON WITH FORMER CLUB MEMBER TOM VANHIMBERGEN. A QUICK SIDE-STEP PREVENTED THE COLLISION.

THE MOST MEMORABLE RUNNING EXPERIENCE FOR KURT WAS HIS COMPLETION OF THE DECATOR LINCOLN TRAILS MARATHON IN 1983.

LET'S HEAR IT FOR KURT!

JO

KANKAKEE COUNTY RACE 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

JULY SOCIAL EVENT - FRIDAY 21ST!

9 AM - Park Forest Moonlight Run at the Shubert Woods Forest Preserve, Corner of Cromwell & Chestnut Streets, Park Forest. Our club has been invited to join the PFRPC for their monthly jaunt through the woods for a low-keyed 4 mile run. Afterwards, the club will buy dinner at a local eating establishment. Those interested can meet at Bill & Linda Linn's: 465 Kristina Dr., Bourbonnais (Bel-Aire Subdivision) at 7:45 pm, to car pool. RSVP just so we wait for you!

HAPPY RUNNING!

SEE YOU NEXT MONTH