



THE PAPER RACE

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



AUGUST 1989

ISSUE 18

***** SOCIAL EXTRAVAGANZAS *****

August 20th

Picnic at Camp Sha-wa-na-see following the Illinois 5 Mile X-Country Championships on Sunday, August 20. Once again, as last year, we will be joining the Prairie State Road Runners for a picnic following the races. The picnic should kick off around noon. Club members are asked to bring a dish to pass. The main course and liquid refreshments will be provided by the club. Bring your own table service. See you there!

August 25th

It's time for that refreshing August Pool Party at the BBCHS facility. Let's all get together and run, swim and eat. Six o'clock at the BBCHS track for the run, 6:30 for the swim, and 8:00 at Chicago Dough for the food. This is great family fun. Don't miss it!

ON THE RUN

June was a hard act to follow, but we tried! The month started with the 5K at the Y. Kudos to Linda Sue Mailloux on a job well done! She mustered some good help to guide and water us over a slightly challenging course on a sunny day. Race results with Dave Bohike at the computer were quick and complete. Please bring him back next year along with the watermelon, diet coke and chocolate chip cookies (especially the chocolate chip cookies!).

For Charlie Grotevant, the 5K at the Y was just the beginning of a long holiday weekend filled with races. Taking a few hours off to build another trophy case after his first place in age group on Saturday morning, Charlie was off to Pontiac on Saturday evening for a one mile race. It is rumored that he did not race on Sunday, but that cannot be confirmed and is doubtful. Monday, July 3rd, at 7:00 P.M. found him toeing the starting line for the Wenona 5K (19:59). Tuesday morning took Charlie to Streator for a 5K (19:42, 3rd AG). This 47 year old grandfather knows how to spend a holiday weekend!

Jack Dorn, a new and talented member of our club, picked up some gold at the Y 5K on Saturday and went to Homewood on July 4th for the Run for Freedom 10K. It was a bit on the hot and humid side and Jack found himself struggling to finish. He said he didn't want to quit because it would just be easier to do that the next time. Heat exhaustion is insidious - it deprives you of reason when you need it most. A rational person would rest, recover, and live to race another day. Jack, happily, lived to race another day, but only after getting acquainted with the EMTs and their equipment at the finish line.

That this month's Performance Sports 5K turned out more than 40 runners was something of a miracle. Only 2 hours before race time, black clouds turned day into night and a heavy rain fell. By race time, however, the rain had passed and the temperature had dropped 20 degrees. Refreshments, gold, and good times!

The 5K on Broadway rounded out the local races for the month. Race directors, sponsors (Goodberlet Heating & Air Conditioning / Acme Printing), and co-Presidents of KRRC, Tom Goodberlet and John Shoup, are to be congratulated on another fine job. They selected as fine a summer day as could be found - sunny, light breeze, low humidity, and about 70 degrees! On this flat and fast course, PR's were the rule, not the exception. Of the 104 entrants, almost one third were KRRC members. Great refreshments, random prizes, and 5 year age groups! Each morning's coffee in my new mug will bring back happy memories (3.1 and A WHOLE LOT OF FUN! - really John!). The only downer to this race was a collision and fall that skinned a couple runners at the start. Most of us know that the race is not won or lost in the first hundred yards. In short, watch out for those who don't properly seed themselves or think it is a hundred yard race.

There were many "happy campers" in the running club this month at races near and far. Henry Shelly ran a 10K PR at Plainfield as did Pat Koerner (who was second overall). Jeff Lonergan ran one in the St. James Classic on a hilly course. Mark Steffen cracked the 19 minute barrier for 5K in Bradley. There are many happy stories out there, but most of you are too humble to assert your bragging right (nobody calls these things in - we just stumble across them).

Speaking of stumbling, I am happy to report that Diane Smith did not need the shin guards that a thoughtful friend brought along for the Park Forest Moonlight Run at the Shubert Woods Forest Preserve on July 21st. Diane had an unfortunate encounter with a post in the center of the path last year. Also unfortunate was the low turnout for this year's run with our friends from Park Forest. Bill Linn, Henry Shelly, Diane Smith, Ron Riml, and Al Kuester were the only ones making the trip.

Mark Steffen reports that Ranger Bob Fredericks has agreed to the installation of quarter mile posts along the Governor's 10K course at the Kankakee River State Park. They will install the posts, but the club needs to measure and mark the spots.

Don't forget the August episode of the Performance Sports 5K Series (8th) or Momence 10K (12th).

COMING ATTRACTION: HERSCHER HARE & TORTOISE 5K
SEPTEMBER 3RD

And don't forget to thank and patronize our sponsors!

DAN GOULD

THE STARTING LINE

- 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, 4 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, \$6/10,
T-shirts, 5 yr. AG, top 3 OA & top 2 each division
Prairie State Circuit Race
- BUCKLEY RUN 10K, St. John's School, Main Street, 8:30 AM
\$7/9, awards to overall & top two in six age groups
Laura Tholen 217-394-2466
- 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
- THE KICK ASPHALT 5K RUN, Bloom Township Plaza, 10th St.
& Dixie Highway, Chicago Heights, 8:00 AM, \$8/9, T's,
10 yr. AG, 312-258-9500.
- SEP 2 - THE NATIONAL SWEETCORN FESTIVAL 5K CLASSIC, Honeywell Grade
School, Hoopston, 8:00 AM, \$7/9, T's, 5 yr. AG to age 40,
then 10 yr. / Janet Linares, 516 E. Young, Hoopston
- SEP 3 - HARE & TORTOISE 5K, Herscher, 5:00 PM, \$7/9, various AG &
awards / Scott Stephens, 426-2211 (See Race Form Enclosed)
- SEP 4 - PARK FOREST SCENIC 10 MILE RUN, The Centre, 8:00 AM
\$10 by 8/12, \$15 by 8/26, no race day reg., T's, 5 yr AG
- SEP 9 - POPCORN PANIC 5M RUN, 253 W. Lincolnway, Valparaiso, IN
7:00 AM, \$8/10, T's, 5 yr. AG, overall & 3 deep
Youth Service Bureau 219-464-9585
- SEP 10 - ELK GROVE DISTANCE CLASSIC 10K, Wellington & Bliesterfield
Rds., 8:00 AM, \$9/12, T's, 5 yr. AG, overall & top finisher
in each division. 312-364-2676

SEP 15 - JOLIET CITY OF CHAMPIONS MILE, Chicago & VanBuren, 6:00 PM,
\$7/10, T's, 10 yr AG. Janet Melemin 815-723-7117

SEP 16 - DWIGHT HARVEST DAYS 5K RUN, Renfrew Park, 8:30 AM.,
\$7/9, T's, 10 yr. AG, Overall & 3 deep plus drawing for
merchandise prizes. 815-584-2895.

SEP 17 - KENNEDY 8 & 3M RUN, 123rd & Wolf Rd., Palos Park, 9:30 AM
\$8/10, T's, 10 yr. AG, overall & 3 deep. 312-448-6520
Prairie State Circuit Race.

THRU THE CHUTE

7/1/89 YMCA SCENIC 5K
Pat Koerner 17:05 2nd OA Kelly Proctor 17:24 4th OA/1st AG
Bill Linn 18:04 1st AG Dan Gould 19:22
Jeff Lonergan 20:09 Kathy Penn 21:21 3rd OA
Randy Riegel 22:34 Jo Boudreau 22:39 1st AG
Janet Melemin 35:37 2nd AG

7/1/89 MIDWEST MILE PONTIAC
Open Mile
Kelly Proctor, Randy Riegel
Masters Mile
Charlie Grottevant, Leon Malone, Shirley Malone, Joyce Grottevant (PR)

7/4/89 STREATOR 5K
Jeff Lonergan 19:45 Henry Shelly 22:05

7/4/89 LEMONT 5K & 10K
Pat Koerner 1st AG Bill Linn 1st AG
Linda Linn 1st AG Tom Godberlet

7/9/89 ST. JAMES CLASSIC 10K & 3K
Dan Gould 41:37 Kathy Penn 45:13
Jeff Lonergan 42:14 PR Donna Hurst (3K)

7/11/89 PERFORMANCE SPORTS SUMMER 5K
Judy Kilbride 29:01 1st AG Shirley Malone 32:58 2nd AG
Rita Tybor 28:46 3rd AG Linda Linn 28:12
Tommy Kilbride 23:35 2nd AG Graig Hickey 26:28 3rd AG
Pat Koerner 17:05 1st AG Mike Hickey 17:48 1st AG
Bill Linn 17:52 3rd AG Jeff Lonergan 19:56
Henry Shelly 21:26 Randy Riegel 21:55
Jack Donn 19:45 3rd AG Charlie Grottevant 19:42 2nd AG
Ron Rimi 26:13 Al Kuester 32:50
Jenny Kilbride 25:08 Howard Strassen. 22:55 2nd AG
Leon Malone 23:12 Tom Parlin

7/16/89 PLAINFIELD 10K
Dan Gould 40:37 2nd AG Randy Riegel 45:40
Henry Shelly 45:15 PR Mike Hickey 36:48
Bill Linn 36:00 3rd AG Pat Koerner 38:49 1st AG PR

7/22/89	JOLIET WATERWAY DAZE 5K				
Dan Gould	19:27	PR	Kathy Penn	22:00	1st AG
Kelly Proctor	17:06	1st AG			

7/29/89	THE 5K ON BROADWAY					
Pat Koerner	16:23	2nd OA	PR	Kelly Proctor	16:26	3rd OA
Ken Klipp	16:48	1st AG		Mike Hickey	17:35	1st AG
Matt Gubbins	18:04	1st AG		John Brinkman	18:06	3rd AG
Mark Steffen	18:58	2nd AG		Dan Gould	19:07	PR
Jeff Lonergan	19:28	PR		Theresa Bungard	20:08	3rd OA
Tom Farlin	20:19			Charlie Grotevant	20:29	3rd AG
Dave Tybor	20:59			Henny Shelly	21:08	
Jo Boudreau	22:02	1st AG		Kathy Steffen	22:18	1st AG
Ed Glazer	22:19			Dave Hinderliter	22:24	
Gale Lehnus	23:13			Leon Malone	23:17	1st AG
Janet Velemir	23:22	2nd AG		Marty Kilpp	24:21	3rd AG
Rita Tybor	23:41	3rd AG		Genny Kilbride	24:42	
Pat Baldwin	25:42			Ron Rimi	25:50	
Graig Hickey	26:54			Doc Baldwin	27:57	1st AG
Judy Kilbride	28:32	1st AG		Al Kuester	32:29	
Shirley Malone	32:36	1st AG				

BILL LINN

Here's a thank-you letter from a couple of special people who have been missed around here lately.

Dear Friends,

By the time newsletter editors receive this mail, 2 weeks will have passed since the Dalton family left Bourbonnais for their new home in Ohio. Over the last couple of days we've composed quite a few thank-yous to the friends who played a part in our transition to Middletown. We had decided to take a little time to sort out our thoughts after the move so that, hopefully, we could eloquently convey our appreciation for the many expressions of love, friendship and support which came our way. However, the words still don't come easy. Let us just say again how much we appreciated the party. We've enjoyed the video and the beautiful clock has found a special place in our great room.

We're firm believers in life being what you make it - and we have the greatest hopes that Middletown will soon find us right smack in the middle of another running club (we're already brand new members of the YMCA Street Striders and have a 5K under our belts!) made up of a group as supportive as all of you. Now that we step back and can see our lives in Kankakee from a different perspective, it's easy to understand why the KRRC has hung together all these years! We're proud to have played a part. So... till we see you again (real soon, we hope!) our sincere thanks for everything. Remember we're only a 4 1/2 hour trip from Kankakee. Should any of your travels bring you close to Cincinnati, especially route 75, plan to take a break and give us a call. Our new number is 513-422-5672.

See you all soon!

Jack & Elly

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

If you have been to a local race during the past year and all of a sudden been passed at a high rate of speed by a burst of bright colors, chances are it was the Captain of "Team Day-Glo" himself, Kelly P. Proctor. Don't ask what the P. stands for!

Born in Logan, Ohio back in 1961, Kelly grew up running on the hills of central Ohio. He was a stand out cross-country runner during high school. Upon graduation ran for the University of Cincinnati. After moving to Illinois in 1986 and taking a 5 year hiatus from running, realizing how much he missed the competition Kelly decided to start running again. His comeback was short-lived at first. He broke an ankle in May of 1987 and was sidelined for the rest of the year. But 1988 was a different story. Kelly ran 36 races last year and finished in the top 10% every time. He won his age division 15 times and set PR's in almost every distance. For this successful return to running, Kelly was named 1988 comeback runner of the year by the Prairie State Road Runners. Currently running 45-60 miles a week, Kelly is contemplating running his first marathon sometime this fall. He states he likes both long and short distance races. Besides running Kelly also enjoys golfing, skiing, fishing and socializing.

After working in the Landscape Design Business the past couple of years, Kelly is currently working long hours for "Midway Air". This certainly hasn't slowed him down. Just this past spring, Kelly has added a 5 mile PR of 26:40 and a 5K PR of 16:26 to his long list of running achievements.

So if sometime this fall, at a local race you happen to be blinded by a flash of bright colors - don't worry - it's only Kelly modeling the latest in running fashions.

Pat Koerner

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
Performance Sports 5K - 8/8/89
Momence Gladiola Fest 10K - 8/12/89
Governors 10K - 10/6/89
KCC Fall Classic 5K - 10/22/89

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

The other day while I was out on my usual morning training run, I spied another runner in the distance wearing the latest in hi-tech Saucony trainers. As I picked up my pace and quickly narrowed the gap between us, I realized it was none other than "Mr Saucony" himself, Bill Linn. As I pulled along side, I asked Bill if we could talk about running for a while. "Sure", he answered, "but we have to make it quick. As soon as I'm done running I'm off to the Quad Cities to try and sell more Saucony's".

Bill's life has been on the run so to speak, ever since he quit his job as manager of Performance Sports last September and became a sales representative for Saucony. Bill's territory covers almost the entire state of Illinois. When he's not running on the road selling shoes, Bill's spare time is usually filled trying to keep up with his two children, Brett 7 years old, and Jessica 3 years old. Bill's wife Linda also runs and has graced our presence at a couple of local races this year. But between raising two children, teaching full time at BBCHS, and going to school herself, she doesn't have much time left to train.

Bill has been running for 8 years and is a 6 year veteran of the KRRD. Bill took up running to help him kick the smoking habit and he has continued running ever since. Although a very competitive runner, Bill runs for the social aspect of it as well. Over the years, he has several 1st place overall finishes to his credit. The last came this past October at the "KCC Fall Classic" as Bill celebrated his 36th birthday with a 1.5 second victory at the expense of another local runner who will remain anonymous. Bill says his greatest running experience was a couple of years ago when he was a member of the winning team at the "Tri-City Triathlon". Bill has a marathon PR of 2:58:00 which he ran last year in Chicago. He has run a sub 54 minute 10K and a sub 17 minute 5K. When asked what goals he has for the near future, Bill states that he would like to run a marathon in 2:50:00 and break 34:00 in a 10K. Currently training at 40-50 miles a week, these goals certainly should be within his reach. Another one of Bill's goals is to beat John Shoup at every race, which really hasn't been too hard this year.

As I look down at my watch, I realize we have been running together for over a half an hour. Not wanting to take up any more of his time, I thank Bill for the interesting chat and head home.

Pat Koerner