



THE PAPER RACE

KRRC NEWSLETTER

P.O. BOX 339

BOURBONNAIS, IL 60014

MARCH 1990

ISSUE 25



SPRING BASH

Attention all club members! Please attend our 2nd Annual Spring Bash and Membership Drive on Saturday, March 24th. The party will be held at the Bird Park Fieldhouse at 7PM. Bring a dish to pass. The club will supply drinks and chicken. In attendance we will have a guest speaker, possible from the Nike Shoe Company, although this is not finalized. We will also be showing race videos, as well as having a short meeting on club activities.

So, grab a friend who's interested in our club and bring them along for a great time! See you on the 24th!

If you have any questions, call President Tom "Man of 1,000 Trees" Goodberlet.

ON THE RUN

If only February was always such a lamb! Well, there was the icy Wednesday and a parting shot of sub-zero cold the last weekend, but there were all those other wonderfully mild days that made it easy to be a runner. We were especially blessed for the Winterfest Wellness 5K and the Frosty 5 - 30's, sunshine, and light winds on dry courses. The favorable conditions brought

out fast, deep, and large fields. Almost 300 runners/walkers crossed the Winterfest finish line, the largest field in its six years of existence. The Frosty 5 at Channahon had 231 runners. PR's were the rule, not the exception. We also had a decent day for the Park Forest 5.

FOUND! Harry and Jaymie are alive, well, and not a hundred pounds overweight. They were at Winterfest and Park Forest and looking great.

SOLVED! Last month we reported the story of the mystery man who called out Mike Hickey's name at the Clearwater 5K and then vanished into the sun. Among our readers was Gale Lehnus of Bonfield who recognized himself as the mystery man and called our 800 number to solve the mystery. Thanks, Gale! (Your editors are always interested to know that somebody out there is reading the stuff.)

RUMOR: Linda Sue Mailloux is in love! Hope so - we're happy for you! **BULLETIN!** Linda Sue is getting married in May! Is this guy a runner? Is he good enough for you? Our readers want to know!

Pat "Cornstalk" Koerner is in Orlando attending Jeff Galloway's Running Camp and will join approximately 3,000 other runners for the Red Lobster 10K on March 2nd. Cornstalk has been named Race Director for the 2nd Annual Kankakee YMCA 5K.

Kelly Proctor went east to marathon - we don't know where since Kelly didn't call our 800 number - and ran an outstanding 2:41 to place 6th overall. The downer was they gave the overall winner the overall trophy and first in age group. As a result, Kelly brought home no gold. When will the overall winner not be first in his age group? Really dumb! Kelly's time, however, will give him a better starting position at Boston.

We are also happy to report that Charlie Grotevant conquered the Cowtown Marathon at Fort Worth in a sparkling 3:21:13 which qualifies him for an invitation to Boston. We get anymore qualifiers and we can hold a club meeting in Boston (or at least have enough people for a decent Easter egg hunt).

Speaking of parties, please check the notice elsewhere in this issue and be there. There is also a party after the Morris 10K - be there!

If your running news isn't in here, give us a call - we aren't mind readers (although most of the time I can read Shoup's!)

Finally, as reported in last month's issue, there was a Slimfast diet at my house. It ended at precisely 3:19 PM and I have an almost full can of Slimfast available at a very good price. Matt, you could dye it green and give it to Lori for St. Patrick's Day. Right!

IN THE NEWS

➤ Sen. Strom Thurmond, the nation's oldest member of Congress, has announced his candidacy for another six years in Washington. Thurmond, 87, spends an hour every morning jogging, exercising and lifting weights. He was first elected to the Senate on a write-in ballot in 1954.

➤ Romania's Doina Melinte shattered the world indoor records at the Meadowlands Invitational with a 4:00.27 for 1500 meters en route to winning the mile in 4:17.13 (and received a \$100,000 bonus for taking about 1 second off the world record).

➤ At the Chicago Area Runners Association's 12th Annual awards banquet Cindy James and Greg Domantay were honored as top female and male runners of the year. It's the fourth time that James, of Park Forest, has won the CARA trophy. Barry Seiller's Lake County Races, which include a marathon, half marathon, and 10K on the same day, was voted Best

Large Race of '89. The entry fee for the marathon and half-marathon will be \$18 this year, up \$2. The fee for the 10K and racewalk will be \$12, up \$1. There will be long-sleeved T's for the April 29th races.

➤ Former Olympic discus star Al Oerter will be the speaker at the Shamrock Shuffle 8K eve pasta dinner March 10 in the Congress Hotel. CARA is shooting for 10,000 runners for the March 11th race. A weekend sports exposition will be in the hotel on Shamrock Shuffle weekend.

➤ Does the road racing season ever end? The mid-December Tollway's Done 10K found 500 runners running up and down the soon to be opened North-South Tollway in DuPage County in 10 degrees and a stiff southwest breeze (another 157 who paid the \$10 apparently decided to stay in bed). Greg Domantay won in 30:43.

➤ The Jan. 28th "Hop Across the Streets IV" did not cross any streets. An ordinance passed by the Chicago City Council in December required race directors to pay \$131 for each police officer required to protect runners crossing the streets. It would have cost Kathy Schubert of the sponsoring Kangaroo Connection \$918.24 for seven police officers. To avoid the new charge, she designed a new course so it didn't cross any streets. The cost of a permit has increased from \$5 to \$12 for every 50 runners.

Proceeds from the race to the Koala Preservation Society of New South Wales, Australia.

➤ People who drink a cup of coffee a day keep percolating sexually right into old age, a group of Michigan researchers has found. Coffee is a stimulant of the central nervous system and a smooth muscle relaxant known to enhance response to sensory stimulation. "It came as a complete surprise to us," said Dr. Ananias Diokno, a urologist from William Beaumont Hospital in Royal Oak, Michigan. "We don't know what it means." (EDITOR'S NOTE: What it means, doctor, is that people who are awake have a more active sex life than those who are asleep!)

DAN GOULD

1990 KANKAKEE COUNTY RACE CIRCUIT

We had only fair participation in our 1989 circuit, mainly because of a lack of publicity. With the help of Jeff Lonergan we will do our best to improve on this. The fact that we have a year of exposure will help improve our 1990 version. Our '89 results gave us a good indication that local runners, on all levels, can fare well in this circuit; so get out there and participate. This is a list of our 1990 circuit:

- 2/4 - Riverside Wellness 5K
- 5/6 - Law Day 5K & 10K
- 6/10 - Performance Sports 5 Miller
- 6/17 - Manteno 5K
- 6/24 - YMCA 5K
- 7/28 - 5K On Broadway
- 8/? - Momence

9/29 - Watseka 4 Mile
10/7 - Governor's 10K
10/? - KCC Fall Classic 5K

Runners must participate in 6 races

Standard 5 yr age divisions. 10 pts for 1st, 9 for 2nd and so on down to 1 pt for 10th in each age division.

Awards to the overall male and female, and to the top 5 in each age group.

Bill Linn

RUNNER'S PROFILE

Note: The writer has just retrieved our past Co President's profile questionnaire. No wonder it was in hiding for a year. Bear with me on this one. Most of this profile will be in quotes, so you know I'm not being smart.

A printer, student and DD (your interpretation). John Shoup has been running for --- many years. He has no wife, no children, and so far, no future. He's been running from 1980 on but doesn't know why he started. He runs now because he "feels sexy in tight shorts." Which is why he probably likes long runs.

John is pretty much a seasonal runner, going from 25 miles a week in winter to 60??? during the summer. Active or not, John has been on the club roster for about 5 years now and that he's not real sure of either.

The funniest thing that happened to John while running: it "occurred in the country", and now happens all the time. Link that with feeling sexy in tight shorts

and you know what takes place when John runs.

When this runner puts forth the effort, he does run competitively. In 1988, for one, he ran over 30 races, injured, mentally out for lunch or not. He has one specific goal, that being "finishing a marathon without throwing up." His greatest running experience was "beating Bill Linn in the Will County Race Series in 1988."

Shoup has proved many times that his printing talent is just that. We've had his contributions a lot since he joined the club so he suggests "more of those really cool 'Editor's Date Updates'." He also suggests that he's funny. We know John.

And just what other interests does this man, oops, guy have? Quantum Mechanics (I have my own tools), study of Pyretology and home gardening.

You made this easy John!

JO BOUDREAU

RUNNER'S PROFILE

Hey John! Listen up - you have competition (in the printing business too). Dave Hinderliter from Watseka, Illinois is a forms printer and has been for about 7 years now.

More in common with Shoup - Dave is also single, and lives with 2 Siamese cats.

Dave has been running since high school when he had

to join the cross country team "in order to pass Algebra." The teacher for that class was also the cross country coach.

"Mental therapy" accounts for Dave running now which is neither long distance nor short distance, but could be about 5 miles. He puts in about 300 miles a week, very few running, this is in his car.

Don't you love these comedians?

We've had Dave in our club for about a year and a half now. You've heard us talk about the 4 Mile Distance Classic which took place September 30 last year. Great race Dave! He's telling us this year's race will be bigger and better. Can't wait!

"No way" was his answer for "do you run competitively?" But he has run some races, 4 in 1988 and he did several in 1989, at a very much improved pace. (Well under 8 minute miles.)

His other interests: Gourmet cooking/Home brewing

JO BOUDREAU

THE STARTING LINE

MAR 11, 9AM - THE CARA SHAMROCK SHUFFLE 8K, 5yr AG. Call CARA 312-668-9836.

MAR 17, 9AM - MALS 10K SHAMROCK RUN, Morris ILS. \$10/12, long T's. 5yr AG. top 3 and 2-4 deep. Prairie State Circuit #3. Don't miss it!

MAR 24, 1130AM - MOUN-

TAIN GOAT HILL RUNS - 4.4 and 6.6, Kickapoo State Park, Danville. T's for pre-registered only. No AG, awards to top 6-15 male and 2-7 female. Showers and post-race party.

MAR 31. 1159PM - MALS FOOLS MIDNIGHT RUN 5K. Backyard Pub II. Carbon Hill. \$10/12. T's, 5yr AG. Contact Al Hanley 815 942-1955.

APR 1 - FOOLS RUN IV 4 MILER. Park Forest.

APR 8 - PLAINFIELD WILDCAT 5 MILER. Prairie State Circuit # 4.

THE FINISH LINE

FEB 4 - WINTERFEST WELLNESS 5K. Great day, tons of runners!

1	GARY L MOSS	16:04	30	JOHN POWELL	18:25	84	PAUL G BROCKMAN	20:46
2	PATRICK D KOERNER	16:11	31	JOSEPH W BEYER	18:25	85	JERRY L FRITZ	20:49
3	MATT HAFNER	16:17	32	MICHAEL SCOTT ROECKER	18:26	86	SCOTT R KELSON	20:50
4	KELLY R PROCTOR	16:29 1st AG	33	ART HARRIS	18:26	87	JACK CHAPLINSKI	20:52
5	JEFF PALMER	16:56	34	JULIE ANDERSON	18:30	88	JOHN N VAGO	20:54
6	DAN FORDE	17:02	35	LAMBERTO ORTEGA	18:39	89	WILLIAM F DAWSON	20:55
7	RONALD J WOODS	17:02	36	PHIL H NEWBERRY	18:41	90	JEFF B HIMMEL	20:57
9	BILL SELDOMRIDGE	17:07	37	ROBERT J MASZAK	18:41	91	JAMES G PARRY	20:57
9	PETER W MATHIS	17:12	38	MATTHEW T GUBBINS	18:43	92	FRED F PONCE	20:58
10	DON CROPERK	17:16	39	PATRICK M McEVoy	18:54	93	JERRY B McEVoy	20:59
11	RICK A LIVESY	17:18	40	DANIEL W GOULD	18:58 PP	94	BRENT E BETOURNE	20:59
12	MARC D TOGLIATTI	17:25	41	RICHARD M VANBURK	19:00	95	DAVID W ALTHOUSE	20:59
13	MIKE K HICKEY	17:32	42	TIMOTHYS S JONES	19:04	96	CONNIE HESSLAU	21:05
14	TRENT M KOPLINSKI	17:39	43	KEVIN M KRUSE	19:06	97	TED BINZEN	21:06
15	DAN R CASTILLO	17:47	44	PHIL A ALBEE	19:07	98	LEE A WALLACE	21:07
16	KEITH A THEISEN	17:48	45	PETER F VIEHWEG	19:13	99	DARYL W MEYER	21:09
17	TODD C ENDRES	17:48	46	DOUGLAS G SWARTZ	19:14	100	TIMOTHY P MEENTS	21:13
18	J A MEJON	17:50	47	STEVE J CYRIER	19:17	101	ELLIS S STEPHENS	21:15
19	BILL LINN	17:54	48	CHARLIE GROTEVANT	19:17	102	DICK CRONHOLM	21:15
20	JOHN R MILLIKIN	17:57	49	DAVID DEGORMAN	19:18	103	RICHARD M BELL	21:19
21	SYNTHIA A WOODS	17:59	50	HENRY RUNGE	19:18	104	JOE A LARSON	21:19
22	CHARLES KENNEDY	18:03	51	JOE M DWYER	19:25	105	TERRY G KLEPP	21:23
23	RANDY M NAJERO	18:10	52	JAMES P GRACE	19:29	106	CLAIR L FERNANDEZ	21:23
24	JOHN L SHOLP	18:17 2nd AG	53	DENNIS A SHEEHY	19:33	107	JIM A BROWNLEE	21:24
25	TODD J HUTTNER	18:20	54	EDDY W GRONKO	19:34	108	ALTHEA STEVENS	21:25
26	GIDEON BERHANU	18:21	55	CHARLES A SKOOG	19:36	109	MIKE G WOLFE	21:30
27	JOHN F HANNIGAN	18:22	56	MIKE K LARSON	19:37	110	TOM GOODBERLET	21:31
28	JOHN F RANDOLPH	18:22	57	GREG R MURAWSKI	19:38	111	RAYMOND FUNDERBURK	21:32
29	JOHN E BRINKMAN	18:23 4th AG	58	JIM E LARSON	19:42	112	RANDY L DEVOYE	21:33
			59	THOMAS J URIBE	19:43	113	KIRSTEN BENNER	21:34
			60	JACK A DORN	19:47 4th AG	114	KEN CARPENTER	21:35
			61	TOM P CRAMER	19:49	115	JEREMY P WILKEY	21:37
			62	TOM NORDBROCK	19:51	116	JEFF P LONERGAN	21:42
			63	BRIAN D KUKUCK	19:54	117	DARRELL L JERANTOWSKI	21:43
			64	JOHN CLAUSEN	20:01	118	BOB J MALCOLM	21:44
			65	SUSAN M KRAMER	20:04	119	BRYCE M BAKER	21:45
			66	RONALD D LEHMAN	20:05	120	DAVID HEDLIN	21:47
			67	RICH R RUBIETTIA	20:08	121	JACK W LITTHRELL	21:51
			68	TOM PAPLIN	20:09	122	FRANK G STASH	21:54
			69	KIRK BRAIS	20:11	123	WILLIAM WEISSGERBER	21:57
			70	DANIEL GERBER	20:13	124	KEN L STARK	21:59
			71	KEN P LEONARD	20:17	125	MARTY KLIPP	22:01
			72	JEFF B LINDSTROM	20:18	126	PHILIP J DUSEK	22:03
			73	KATHY A REGELIN	20:22	127	KEN KLIPP	22:04
			74	THERESA C BURGARD	20:27 1st AG	128	WILLIAM D PETERSON	22:05
			75	CAROL M PRATT-BAUER	20:27	129	JOHN A SASS	22:05
			76	LAUPIN BLASIER	20:30	130	STEVEN K BAKER	22:07
			77	ROLLA G COLSON	20:32	131	JOHN J FRIEDLO	22:13
			78	MICHAEL S GREEN	20:33	132	JAMES F FUTHOFF	22:17
			79	GEORGE STERNISHA	20:34	133	DAN KEENAN	22:23
			80	PAUL J TAMAYO	20:38	134	ROBERT R GRONKO	22:24
			81	ALEX P WHITE	20:40	135	MARK C FROST	22:26
			82	BERNARD E RYAN	20:43	136	LYLE WENDELL	22:32
			83	BILL MURPHY	20:44	137	RANDY PIEGEL	22:34

138	GALE F LEHNUS	22:35
139	D. J. BROWN	22:36
140	JACKIE PINKOWSKI	22:37
141	MARILYN ROSENTOALEN	22:38
142	LARRY GRUDZIAN	22:39
143	DONALD E COMBS	22:40
144	BRUCE R COZZI	22:41
145	ROBERT W KAMINSKI	22:42
146	ROBERTA L WEST	22:43
147	STAN J LENART	22:44
148	HILL LOVE	22:45
149	KATHLEEN H STEFFEN	22:56 3rd AG
150	HOWARD STRASSENBURG	22:57 1st AG
151	MICHAEL C WATKINS	23:05
152	STEPHEN M HANKS	23:08
153	BOB A GALICA	23:08
154	HENRY J SHELLY	23:09
155	FRANK M ZIOLKOWSKI	23:10
156	NANCY J RUDA	23:11 3rd AG
157	BRIAN S M ODETTE	23:14
158	SUSAN E MAHONEY	23:25
159	WARREN T MASSEY	23:28
160	JOHN W SANDUSKY	23:29
161	GERALD L WILSON	23:30
162	KURT A OGG	23:30
163	RON E PIWOWAR	23:33
164	SUSAN VARNER	23:35
165	TIM J O'KEEFE	23:40
166	RUSS D LAMORE	23:46
167	ED L BERSCHENK	23:51
168	PAY S RAFARELLI	23:52
169	HARRY SIMMON	23:54
170	STEVE N MORRISON	23:55
171	LARRY L WIER	23:58
172	KEITH B DAKER	24:00
173	JESSIE MCGEE	24:12
174	HARVEY R STOCKMAN	24:18
175	RICH A MUNIZ	24:19
176	PATRICK J BALDWIN	24:19
177	PAUL S BROWN	24:23
178	MARTIN A BROCKMAN	24:27
179	HERBERT J GRAMSE	24:28
180	ANDREA L NESCI	24:30
181	PATTY A BATES	24:31
182	JIM SCHAERTL	24:33
183	LEONA E MARTELL	24:34
184	CINCY L RICHARD	24:35
185	ROBERT T MELING	24:39
186	MARY J CAPMAIN	24:45
187	HORACIO CANACHO	24:49
188	STEVE M YOUNG	24:50
189	AMBER E BAKER	24:51
190	JUAN J ORTEGA	24:55
191	LINDA A SUPRENANT	24:56

192	JIM WACHOWSKI	24:56
193	MONICA M URIBE	25:00 2nd AG
194	TIM EAKER	25:01
195	ISAIAS ORTEGA	25:05
196	LEON J MALONE	25:07
197	RONALD J RIML	25:12
198	GRAIG M HICKEY	25:16
199	JAYMIE SIMMON	25:17
200	BILL DORNICK	25:19
201	CAROL A STAPLETON	25:20
202	TITO G CRUZ	25:22
203	LEE D PROVOST	25:24
204	MARTIN J GRUMET	25:26
205	JOHN M GLUTKOWSKI	25:31
206	YUKI DAKER	25:33
207	DON J HERRON	25:45
208	GARY A APEL	25:47
209	STEVE J HECKLER	25:48
210	JIM E CARLSON	25:49
211	DAMIAN SCHEIDECKER	25:51
212	TIM J MORAN	25:52
213	DAVID F HERZOG	25:56
214	TAMMY GONZALES	25:57
215	GEORGE A OWCARZ JR	26:13
216	KERRI KEENAN	26:19
217	CRAIG L KIPPELS	26:25
218	DELORES BUTZOW	26:26
219	MARY M CATTILLO-APEL	26:27
220	GEORGANNE L HICKEY	26:30
221	LARRY J BANAS	26:41
222	KENNETH R WEBB	26:45
223	THERESA McDERMOTT	26:48
224	LISA M GRAVITT	26:48
225	MIKE B WALKER	26:49
226	JIM MOSLYN	26:52
227	EDWARD V KOHOUT	26:55
228	BRIAN J ROGERS	26:57
229	DEE M OSENGLEWSKI	27:02
230	CHRISTINE M HUFFMAN	27:11
231	TERRY GOSE	27:16
232	JASON M DENOYER	27:19
233	KENNETH E O'KEEFE	27:22
234	NORMA CASSIN	27:23
235	MAUREEN C MURPHY	27:33
236	PAUL G WHEELER	27:50
237	LINDA A LINN	28:09
238	KENNETH T JOHNSON	28:20
239	SEAN CASSIN	28:25
240	RICHARD M MURAWSKI	28:31
241	RICK H RALPHSON	28:34
242	ROBERT P LEIDIG	29:01
243	ALISON M WIER	29:12
244	MARK N SUTTON	29:37
245	ROB R GRONKO	29:46

246	TOM GONZALES	29:57
247	RICHARD L McGUIRE	30:06
248	LOIS M KIPPELS	30:09
249	LINDA M KRAUSE	30:14
250	MIKE S BIGGERS	30:55
251	JAMES A LABEAU	31:03
252	MARTIN CRAN	31:16
253	ALVIN D MARTIN	31:17
254	ROBIN D HYLBERT	31:48
255	JOAN J GLUTKOWSKI	32:01
256	NANCY H HYLBERT	32:14
257	DOROTHY A NONNIE	32:52
258	FLORENCE L WIER	34:19
259	CAROL J BARRY	34:24
260	SHIRLEY A MALONE	34:37
261	STACEY M GREENSTREET	34:50
262	STEVEN S MORRISON	36:30
263	MEGAN CASSIN	36:31
264	WICKIE S RABEN	36:40
265	JAMES J GRADY	39:09
266	JEFF L SCHULTZ	40:14
267	KATHY A HENRICKS	42:30
268	FRED G SCHOLZ	43:27
269	SUSAN J FLESSNER	43:46
270	PEGGY A STREETER	43:49
271	DIANE N RUCH	47:12
272	MORGAN C RUCH	47:12
273	PHYLLIS McDIOWELL	47:13
274	KATHLEEN W RUCH	47:14
275	ALICE J HARMS	48:03
276	BEVA A DUDRICH	48:51

FEB 11 - CHANNAHON FROSTY 5 (231 runners)

Pat Koerner	26:45	10th OA 3rd AG
Mike Hickey	28:22	23rd OA
Dan Gould	31:26	
Charlie Grotevant	31:54	
Ken Stark	35:48	
Jo Boudreau	36:55	2nd AG
Randy Riegel	37:43	
Gale Lehnus	38:06	

FEB 17 - PARK FOREST 5 MILE

Pat Koerner	
Mike Hickey	29:20 3rd AG
Bill Linn	30:12
Harry Simmon	
Jaymie Simmon	

SEE YOU NEXT MONTH