



THE PAPER RACE



MAY 1990

KRRC NEWSLETTER

P.O. BOX 336

BOURBONNAIS, IL 60914

ISSUE 27

DON'T FORGET!

Friday May 11th at 6:00 PM we kick off our club activity at BBOHS! Run at 6:00 PM, open gym and pot luck at 6:30 PM. Meat and pop supplied by the club. Bring a dish to pass. This is a family affair!

ON THE RUN

BOSTON! We came, we saw Concord. No, Concord is in New Hampshire. We came, we saw, we conquered. No, that is a bit strong. We came, we ran, we were humbled. It was 65 degrees and not a cloud in the sky when the gun sounded the start of the 94th Boston Marathon in Hopkinton. A great day for spectators! They were there in force. The race is run on Patriots' Day in Massachusetts, a state holiday. In addition to it's 94 years of history and tradition, it has 26.2 miles of spectators. They cheer, scream, holler, and hand out water and orange slices. There were babes in arms, grandmas with their walkers, and everything in between. There were kids looking for high fives or low fives. There was the motorcycle gang standing behind their lineup of "hogs" raising their favorite brew in a salute. There were the girls of Wellesley College, one of whom was lifted into a fireman's carry for the trip to Boston by a passing runner (that lasted about 50 feet.)

I died. I hit the wall. At 20

miles the legs said, "We have had enough, thank you. We prefer to walk." I alternated the walk with the survival shuffle. The last 10K took a long time. Charlie Grotevant passed me without either of us seeing the other. Charlie had just a little bit better day than I. Bill Linn and Kelly Proctor struggled through the last few miles, passing each other, with Bill finishing about 3 minutes ahead. Kelly - God love him - ran the whole race seriously handicapped. Yep! Seems he left his brain at the starting line. It must have been starting up front and looking at the downhill grade for the first mile and a half. The gun fired, the adrenalin flowed, and Kelly was off with the big boys. He was under 35 minutes for the first 10K, but somewhere on this hilly course he found the same mortality as the rest of us. R.I.P.

Bill Linn said he didn't feel good at 5 miles and it didn't get any better. He noted that "braking" on the downhills tore him up as much if not more than the uphillis. Said he would have called it quits early if it hadn't been Boston. Charlie went into the race with a questionable leg, but that didn't prove to be a problem. He did have leg problems after the race - sunburned! That sun on our backs turned a lot of white meat to red.

On the "you look

disgustingly refreshed after 4 hours of running the hills on a day that was too warm" division, Kathryn Penn took top honors. She appeared ready to run off and teach a couple of aerobics classes. Nice job Kathy!

Former Journal sports writer and KRRC member Dave Dyer was there to run his 27th marathon. We met him at the expo on Saturday and had lunch, but didn't see him on Monday. He subsequently sent me a copy of his "Dyer Straits" from the Haverhill Gazette entitled "Age catches up, so...it's time for retirement." In summary, he suffered from stomach and lower tract distress - "never felt so sick in my life." He ran a "dismal 4:14." He concludes his article: "So, thanks a lot, guys and gals. And thanks to the marathon for all the memories. I've got renewed respect for you all, but I seriously doubt that I'll join you again." We hope you'll be back, Dave, but on a more agreeable day.

None of us had quite as bad a marathon as Bob Muratori, 38, of Woonsocket, RI. He ran 4:54 after experiencing a heaviness in his chest and shortness of breath about 8 miles into the marathon. He was last reported resting comfortably in the cardiac unit of a Rhode Island hospital where doctors said he had suffered a mild heart attack.

No report of the Boston Marathon would be complete

without telling you now "Old" Johnny Kelly did. After all, Johnny has been part of Boston's history for 59 - yes, 59 - years. He won the race before most of us were born - 1935. He won it again in 1945 and has finished 55 times in 59 attempts. This year he ran 5:05. He runs an hour a day and his only day off is the day before the marathon. Old Johnny is 82.

Also aging well is New Zealand's John Campbell, 41, who broke the 16 year old master's work best by 15 seconds with a 2:11:04. He finished fourth overall. Bill Rodgers, 42, (2:20:46) called it "Phenomenal." Rodgers thought it was too hot for world records. It was also a good day for Gelindo Bordin of Italy who won in 2:08:19, the second fastest time ever run at Boston. Some people just didn't know how hot it was.

There was a hot time at Henry and Janet Shelly's on April 20th as we continued to be a real social group. We had a good turnout, but there might have been more had not John Shoup placed those wooden crosses in Janet's flower bed each bearing the name of one of your editors and followed by the phrase "Died at Boston." In any event, it was a real live meeting presided over by El Presidente Goodberlet (Anna sat right behind him, but you couldn't see the strings and her mouth never moved - Tom looked so lifelike!) Tom brought up the subject of moving the date of the Bradley 5K and it was cussed and discussed. (Editor's Note: Subsequent to the meeting, Race Director Tom Goodberlet has announced the race will be held July 7th at 8 AM at Lil's Park and there will be a new course.)

Janet Shelly, as usual, had a disgustingly delicious dessert - there were a number of them, actually. The one rating the most discussion was called "Better than Sex." Donna Hurst didn't think it was. While I am tempted to pursue this, I think I'll let it pass. Use your imagination - especially with Shoup there. The whole thing goes from the gutter to the sewer in seconds.

Mark Steffen, race director for Run for the Law (Law Day was May 1st), discussed plans for the May 6th race. Help is needed and some jobs can be done by persons who wish to run the race. If you can help, call Mark at 939-9873.

Thanks to Henry and Janet for being such good hosts!

We will be on the run to the Bradley H.S. gym on Friday May 11th for the family social with lots of activities. Be there!

On the move are our friends at Performance Sports. Owner Gary Dupuis has announced they will move in next to Blockbuster Video near Wal-Mart. They will be in there about June 1st. Stop in, buy something, and show your KRRC membership card to get your discount - and say thank! Gary has given great support to the running community. June 10th is the date for the 10th Annual Performance Sports 5 Miller at KCC. The Performance Sports 5K Series at Governor Small Park will return on June 12th, July 10th, and August 14th at 7 PM. Gary and company will probably be at the water stations again this fall when the Governor's 10K is run. Let them know they are appreciated!

Speaking of appreciation, Jim Hubbell would like to borrow photos from last year at the Illinois Open Cross

Country Championships for use in this year's application. If you have some please contact Jim at 815-741-1768 or get them to me and I'll pass them on.

How many fools are there? 450 of them this year at Only Fools Run at Midnight (your editor, attempting to maintain the appearance of sanity, did not participate.) There is no report on how many of them were able to find their way back to the starting line. Ken Stark did and brought home some gold. More importantly, Ken did not let the license expire - being no fool - and married Chris Sprague on or about March 21st. Again, our congratulations!

It is rumored that Gerry and Judy Kilbride will return to the racing scene this year and we look forward to seeing them. We have seen them all too infrequently in recent years. Gerry harbors hopes of qualifying for Boston some day and we hope he makes it.

A tip of the hat to WKAN's Jim Brandt for his post-marathon interview with Bill Linn for the Saturday morning sports special. We think we have a real sport and appreciate the recognition.

I almost forgot about Plainfield. We had a good turnout, picked up some gold, and about 15 of us found a nice restaurant at Louis Joliet Mall (Diamonds?) run by a former runner. Hope you didn't miss it!

Finally, a special thanks to the Boston support crew - Linda Linn, Joyce Grotevant, Bill Penn, and Pat Gould.

See you at THE STARTING LINE!

DAN GOULD

RUNNER'S PROFILE

Another new season is upon us and hopefully, our running addiction continues to support a healthy life. That brings to mind the "subject" of this article. This blonde lady joined our club one year ago and is deserving of a first place trophy for team support. Almost every weekend, Donna Hurst has given up extra hours of sleep to brave cold winds, frosty temperatures, scorching sunshine "to be there." Many of us on the racing circuit have grown to count on Donna for snouting words of encouragement, snapping pictures, even giving us a hug at the finish line. Donna has been general manager of Hurst Security for five years. She comes from a family of 4 brothers and one sister. "Mam" started running 11 years ago to lose weight. She finds it helps her relax, get her "thoughts together and besides, I want to get rid of my fat legs." She tries to maintain a 20 mile week, when her knees allow. As a competitor, Donna ran her first race in last year's Wellness 5K. She's done a few other short-distance races, but finds her greatest running experiences "going to races and being at the finish line when someone runs a PR or just cheering for them even if they don't. I just like them to know there's someone there "rootin' for them (plus, I take great finish line pictures!)" Donna is a top-notch worker for our club, a member of the Prairie State Running Club and new board member on same. She's a YMCA participant as well. Take my work for it. Donna is a super friend, helping hand, a lady with spunk (watch her swat), and a woman in business. She also enjoys cooking (when she has

time), music, tennis, reading, animals, kids, and gardening.

JO BOUDREAU

MEMBERS IN THE NEWS

On April 27th, the Junior League, United Way and the First National Bank of Kankakee sponsored the second annual community wide Tribute to Outstanding Volunteers in Kankakee County. Nominated by the Lincoln Cultural Center - Montessori Magnet School in the Education category, was club member Rich Muniz. In his capacity as Library Chairperson, Rich organizes the library, orders and catalogs books, coordinates the other library volunteers, and is a member of the PTO board. Jim Harbaugh of the Chicago Bears, was the speaker at the luncheon held at the Kankakee Country Club, which honored 41 volunteer nominees in six different categories.

THE STARTING LINE

MAY 6, 10AM - RUN FOR THE LAW 5K & 10K, Kankakee County Courthouse. \$10, T's, 5yr AG. top 3 and 1 award for every 3 runners in each AG. Mark Steffen 935-1211.

MAY 6 - EARL'S 5K, Joliet.

MAY 12, 8:30AM - THE TWO STATE STEP, Harrison Park, Hammond. \$8/11, Long T's. This is a 5K & 10K with cash awards to top 3 overall and medals 3 deep in varying age groups. For info call 219-933-2071 or 708-891-9305.

MAY 13 - 11TH ANNUAL MOTHER'S DAY RUN 10K, Brookfield. Call Tony Malcak 708-484-7344.

MAY 19, 9AM - STREATOR FAMILY YWCA 5K/1.5 Fun Run,

Streator. Call 815-672-2142.

MAY 20, 8:30AM - 11TH ANNUAL ARMED FORCES 12K CLASSIC, VFW Post, New Lenox. \$10/12, T's, proportioned awards in 5yr AG. Prairie State Circuit Race #5. This is a good one!

MAY 26, 8:30AM - WESTERN SPRINGS TOWER TROT 5K & 10K. Call Tracy Aiden 708-246-9070.

MAY 28, 9AM - MEMORIAL DAY 10K & FUN RUN, South Holland. Call Paul Pearson 708-331-2940.

MAY 28, 8AM - SEVENTH ANNUAL RIVERSIDE BIATHLON, Riverside Hospital. \$15 (registration limited to 300), T's, awards 3 deep in 5yr AG. Information 815-935-7826.

MAY 28, 8AM - VALLEY FOX TROT 10 MILER, Elgin. Call Ross Ricks 708-695-6522.

JUN 3 - TASTE OF JOLIET 4 MILER.

JUN 10 - 10TH ANNUAL PERFORMANCE SPORTS 5 MILER. KCC.

JUN 12, 7PM - PERFORMANCE SPORTS 5K, Governor Small Park.

THE FINISH LINE

APR 8 - PLAINFIELD WILDCAT 5 MILER

Deanna Hillebrand	1:19:00 Walk
Rae Hendershott	1:19:01 Walk
Jeff Lonergan	32:23 PR
John Shoup	29:09 2nd AG
Dan Gould	30:46 PR
John Brinkman	30:00 PR
Pat Koerner	26:53 1st AG
Randy Devore	34:33
Kelly Proctor	27:00 3rd AG
Ken Stark	33:52
Rich Muniz	39:43

Mike Hickey 28:12 3rd AG
 Georganne Hickey 40:51
 Graig Hickey 39:36
 Charlie Grotevant 32:02
 Leon Malone 39:57
 Bill Linn 28:55 2ndAG

APR 16 - BOSTON
 MARATHON

Dan Gould 3:51:10
 Charlie Grotevant 3:49:10
 Bill Linn 3:12:31
 Kelly Proctor 3:13:10
 Katny Penn 4:01:00

APR 21 - CRISTIE CLINIC
 10K

Pat Koerner 34:00 1st AG

APR 29 - LAKE COUNTY
 HALF MARATHON

Ron Piwowar 1:42:45 PR
 Nancy Ruda 1:43:03 PR

BREAKAWAY BIATHLON,
 Champaign

Kathy Steffen 1:45:55 1st AG
 Mark Steffen 1:41:05

Bill Linn

FITNESS FORUM

By Dick Kazmaler, Chairman,
 The President's Council on Physical
 Fitness and Sports

It's lunchtime and you have to attend a meeting rather than your regular fitness workout. You think it doesn't matter, because you can always exercise tomorrow. But tomorrow comes and you have too much work to do. More days go by and you haven't worked out; something keeps getting in the way. You really enjoyed your exercise time and how you felt afterwards, but you just do not understand why you are not as motivated as you once were.

Any number of factors can contribute to changing fitness habits. One possibility is that

you did not establish a clear direction or goal for your program. Realistic goals provide focus to an exercise program. They help you get from where you are to where you want to be.

The goal setting process is the same for physical fitness as it is for personal and professional development. Attainable goals help you understand what is possible out of many available options. Establishing goals brings into focus how your current fitness status relates to your ideal.

Develop both long and short range goals. Long range goals are more general, but not all-encompassing. They should be achievable through a logical progression of activity. They do not need to have a time limit on achievement.

Short range goals identify the logical steps to achieving your long term goals. They should be very specific and realistic based on your present capabilities and have a time limit for achievement. Short term goals can be used to measure your progress.

Remember to include all the components of fitness when setting your goals - cardiovascular fitness, muscular strength and endurance and flexibility. Take a few minutes to consider your fitness goals and write them down.

Now you need a means to keep yourself focused on what you want to accomplish. One method is to make a contract with yourself. Contracts help you establish a system of accomplishments and rewards. First, list your short-term and long-term goals. Then, decide how to reward yourself for

reaching each of your goals. Make the rewards special things that are important to you, i.e. buying a novel to read, going to the movies, getting a sitter for the kids one afternoon or buying something special that you have always wanted. The more you value the reward, the easier it will be to accomplish the goal.

Here is one example to get you started:

Long range goal: To participate in a triathlon.

Short range goal(1): To run, bike or swim five days per week for two months.

Reward: A professional sports massage.

Short range goal(2): To lift weights three days per week for one month.

Reward: Purchase a pair of lifting gloves.

Short range goal(3): To properly stretch each day, especially before and after each exercise session for one month.

Reward: Purchase a new pair of shorts.

Setting goals keeps you motivated to do what you should do on a regular basis. This is a very personal process. Everyone's goals will be slightly different. Your goals and rewards need to be right for you.

Remember that goal setting, like physical fitness, is an ongoing process. Each time a goal is achieved, set a new one. If you do not reach your goal within your set time frame, do not be discouraged. Reassess your status and set a new goal, either short or long range. Goal setting will help you maintain a consistent fitness program for the rest of your life.