



THE PAPER RACE

KRRC NEWSLETTER

P.O. BOX 339

BOURBONNAIS, IL 60914

JUNE 1990

ISSUE 28



PRE-"FIRECRACKER 4" RUN/WALK WARM-UP

When: Friday, June 8

Where: Legion Park,
Watseka (35 miles south of
Kankakee)

Run/walk the course for the
July 4th race. Runners and
walkers can do 1, 2, 3 or 4 mile
course. Course is two 2 mile
loops through residential
section and park.

Meet at 5:30 at Checker's
parking lot, Kankakee. Car
pool or drive on your own.
After run/walk, we'll go to a
local pizza restaurant in
Watseka. (Running Club will
pay. Thanks!)

Questions? Call Dave
Hinderliter (432-4646) or
Nancy Ruda (933-8291).

ON THE RUN

Are we a social group or
what? You couldn't have a
better time than we had at our
May social at Bradley High.
Fellowship, food and killer
volleyball. Some old and
familiar faces were there -
Doc and Dorothy Baldwin,
fresh from a tough winter in
Palm Beach. Before the killer
volleyball, Doc gave me some
lessons in badminton and
relived his glory days at the
old "Y" (most of our readers
are not old enough to
remember that one). His
attention was diverted by a
limping Jo Boudreau who

dutifully explained to our
resident retired podiatrist
that she was suffering from a
stress fracture. We hope the
six weeks passes quickly
(normal gestation for your run
of the mill stress fractures).
Kelly Proctor arrived with the
good news that his brain had
been found near the starting
line of the Boston Marathon
and returned via UPS. Kelly
did have some trouble finding
the high school, however, and
a brain adjustment may be
necessary. Kathy Steffen was
beating a tennis ball against
the wall with beautiful
forehands and backhands. Ron
Piwowar, Bill Linn, Charlie
Grotevant, John Shoup, and
Mark Steffen, among others,
demonstrated their skills on
the basketball court. Janet
Shelly was trying to figure
out how she was going to
continue to come up with a
new and disgustingly delicious
dessert for every social.
Someone (Kathy Steffen?)
brought "chocolate lust", but
Janet didn't think it was
better than sex and Donna
Hurst agreed. Aha! Donna has
been found out! When she goes
north to sit on the Prairie
State Runner's Council, she
uses the alias "Horst."
(COMING ATTRACTION:
KATHY PENN AND JANET
VELEMIR EXPOSED!) In any
event, the success of the
social was due in large part
to the work of Linda Linn.

Thank you, Linda - and all who
helped!

Janet Shelly did have one
easy dessert decision a the
social - a birthday for Henry!

Congratulations to Linda
Linn on receiving her Master's
degree. Now you can devote
your full attention to getting
this newsletter out!

Another WKAN Jim Brandt
interview with a KRRC member
- Ken Klipp! For some reason
the interview dwelled on his
coaching success at Bishop
Mac and the fleet feet of this
master runner.

Congratulations to Linda
Sue Barnhart a/k/a Malloux on
her marriage to Jack Barnhart,
April 14th, at Daytona Beach.

Mark Steffen reports the
Run for the Law was a
success in its first year. It
drew 150 runners on a sunny
and slightly too warm day for
racing (but a great day for
spectators!) It was especially
nice to have Salkeld & Sons
Sporting Goods back as a
road race sponsor. There were
some beautiful trophies! Mark
sends his thanks to all who
helped.

Speaking of help, Bradley
5K Race Director (and our
beloved President) Tom
Goodberlet is seeking
volunteers to work
registration or as course
marshalls. It has a new date
(July 7th) and location (Lil's

Park on North St. - about 1/4 mile west of Rt. 50). Give Tom a call if you can help (933-7212).

As Matt Gubbins awaited the start of the Run for the Law, he told me that he would see Lori at Shapiro. I knew when she worked for me that she was a little slow at times, but I never thought it was that bad. Matt was bearing up real well.

I have given Kelly Proctor a bad time about Boston, but at least he knew he was running a marathon. In Cleveland, Georgene Johnson bolted from the starting line for a 10K. Four miles later and no turnaround in sight, she asked a MALE runner if it was the 10K. He informed her that she had started with the field for the Cleveland Marathon. Having left her brain at the starting line, she continued on and finished the race in 4:04. The picture in the paper makes her look kind of cute - could this be a kindred spirit for Kelly?

CAUTION: BLOWING YOUR NOSE MAY BE HAZARDOUS TO YOUR HEALTH. I know it seems innocent enough. You run, the sinuses run. You bike, the sinuses run. You turn your head to the side, make sure nobody is behind you, and let it go. Your attention is momentarily diverted. This is usually not critical on the run, but a bicycle can a lot of ground. Just ask Ken Stark. There he was, leading the bicycle portion of the 7th Annual Riverside Biathlon, having set a PR for the first 5K run, and his sinuses needed relief. He turned his head and leaned far to the side (well, his 60 mile per hour speed created

quite a draft), and the next moment's terror can only be guessed as he turned back to find Bambl standing in the roadway. He thinks it was Bambl, but post-traumatic amnesia has taken its toll. In any event, he went bicycle over cartoonist. Injuries: Cracked clavicle, shoulder blade, and right hip socket. Length of stay in Riverside Hospital Room 123: Uncertain. Recovery time: 6 to 8 weeks. Bambl is believed to have escaped unscathed. Thankfully, Ken will live to run again. To bike again? He isn't certain.

Charlie Grotevant has talked with the folks at Runner's World and they have tentatively scheduled a story and picture of Charlie in The Human Race column in August. We will tell you more - later.

Memo to Scott Stephens - time to get Herscher race applications put together!

Hooray! Manteno has gone to the standard five year age groups!

See you at THE STARTING LINE!

DAN GOULD

THE STARTING LINE

JUN 2 - BILL EVANS MEMORIAL RUN, Eisenhower Fitness Center, Lansing, 9:30AM, \$6, 10yr AG, Call 708-474 8552.

JUN 9 - HISTORIC MATTESON 5K, 212 Place & Tower Ave., 8:00AM, \$8/9, T's, pancake breakfast, unspecified AG, call 708-748 1080.

JUN 10 - 10TH ANNUAL PERFORMANCE SPORTS 5 MILER, Kankakee Community

College, River Rd. & Rt. 52, 9:00AM, \$8/9, T's, 5yr AG, 815-935-0710.

JUN 12 - PERFORMANCE SPORTS 5K SERIES #1, Governor Small Park, Kankakee, 7:00PM, \$1, 10yr AG 3 deep, Gary Dupuis 935 0710.

JUN 16 - STEAMBOAT CLASSIC 15K & 4M, Hamilton & Washington, Peoria, 7:00AM, \$9/10/15 after June 8 (no race day reg.), 5yr AG, cash awards, hilly course, national class race, 309-676 RUNN.

JUN 16 - OLD CANAL DAYS 10K CLASSIC, Lockport, 8:00AM, T's, \$10/12, 5yr AG to 60, door prizes, use of pool after race, computerized finish line, call Park District 838-1183.

JUN 17 - MANTENO 5K ROAD RACE, High School, 8:00AM, \$6/7, T's, 5yr AG to 50, random prizes, refreshments, 815-468-3183.

JUN 20 - PRAIRIE STATE 5K, Lincoln Way H.S., New Lenox, 6:30PM, family night run, various shorter distances for children, contact Gary Moss 815-485-6677.

JUN 21 - PARK FOREST MILE, Rich East H.S., Park Forest, 7:00PM, \$5 for 1M, \$2 for kiddie run, 10yr AG 3 deep, 708 957-4768.

JUN 23 - BOURBONNAIS TOWNSHIP PARK DISTRICT SPRINT BIATHLON, Municipal Center, 8:00AM, \$15 (no race day reg.), T's, 5yr AG, 815-933-9905.

JUN 23 - OLD CAMPGROUND FESTIVAL 4M, United Methodist Church, New Lenox, 8:00AM, \$8/10, T's, 5yr AG, PSRR Circuit, a Good One!

JUN 24 - SLICE OF AURORA 5K & 7M, Phillips

Park, Aurora, 8:00AM, \$9/10, T's, 5yr AG, merchandise awards.

JUN 30 - KANKAKEE YMCA 5K & FUN WALK, 1075 Kennedy Drive, 8:00AM, \$8/10, T's, 5yr AG, refreshments, another GOOD ONE!

JUL 1 - SANDWICH FREEDOM DAYS 5K & 1M, Center & Eddy Streets, 8:00AM, \$7/9, T's, various age divisions.

JUL 3 - WENONA 5K RUN, City Park, 7:00PM, \$10, T's, 5yr AG, this sounds like a good one with Archway Cookies in every packet!

JUL 4 - FIRECRACKER 4 MILE RUN/2 MILE WALK, Legion Park, Watseka, 7:30AM, \$10/12, T's, various age groups, Nancy 815 933-8291.

JUL 4 - RUN FOR FREEDOM 10K & 2M, Lions Club Pool, Ridge Road, Homewood, 8:00AM, \$8/10, T's, 5yr AG, 708-957-0300.

JUL 7 - ST. JUDE MIDWEST MILE, Pontiac, 7:30PM, \$7, T's, various age divisions, contact Gary House 815-842-2790.

JUL 7 - BRADLEY 5K & FUN WALK, Lil's Park, North St. (1/2 mile west of IL Rt. 50), 8:00AM, \$8/10, T's, 5yr AG, trophies to top 20 walkers, new location, new course, if you aren't running - please work! Call Tom Goodberlet 933-7212.

JUL 10 - PERFORMANCE SPORTS 5K SERIES #2, Governor Small Park, Kankakee, 7:00PM, \$1, 10yr AG 3 deep, Gary Dupuis 937 0710.

THE FINISH LINE

MAY 6 - RUN FOR THE LAW 10K

1	Patrick Koerner	33:54.4
2	Ken Klipp	35:32.4
3	Dan Castillo	36:28.5
4	Mike Hickey	36:58.7
6	John Shoup	38:23.2
7	Phil Newberry	39:04.8
10	Bill Linn	40:08.9
13	Charlie Grotevant	41:59.2
14	Jim Grace	43:08.7
15	Jack Chaplinski	43:42.7
20	Ronald Piwowar	46:35.4
21	Nancy Ruda	46:35.8
22	Kathleen Steffen	47:49.2
24	Gale Lehnus	48:26.4
27	Leon Malone	54:20.9
28	Lynn Troost	54:42.1
29	Ron Riml	56:34.3
33	Monica M Uribe	59:25.1

MAY 6 - RUN FOR THE LAW 5K

1	William L Ek	16:33.8
2	Kelly Proctor	16:46.7
18	Dave Hinderlter	20:27.3
20	Jeff Lonergan	20:35.2
22	Tom Goodberlet	20:49.0
23	Ken Stark	20:50.5
24	Randy Devore	20:54.8
33	Rich Muniz	22:33.6
34	Marty Klipp	22:35.1
36	Larry Banzen	22:55.6
37	Howard Strassenburg	23:04.1
41	Randy Riegel	23:15.1
50	Patrick Baldwin	24:03.2
52	Henry Shelly	24:08.6
59	Georganne Hickey	25:06.1
60	Dee Osenglewski	25:08.1
62	Gerry Kilbride	25:41.0
66	Linda Linn	26:40.1
84	Dee Anna Hillebrand	32:28.6
86	Shirley Malone	33:13.3

91 Nikki McConnell 38:51.3

MAY 6 - RUN FOR THE LAW ATTORNEYS 10K

8 William Herzog 56:27.3

MAY 6 - RUN FOR THE LAW ATTORNEYS 5K

2 Matthew T Gubbins 18:12.8

MAY 20 - ARMED FORCES 12K

2	Patrick Koerner	40:29.4
7	Kelly Proctor	42:19.1
20	Mike Hickey	45:06.6
48	Bill Linn	48:42.0
63	Charlie Grotevant	49:43.4
133	Ron Piwowar	56:03.6
136	Nancy Ruda	56:10.9
199	Monica M Uribe	05:35.8
200	Thomas J Uribe	05:42.6
202	Kerri Keenan	06:03.1

MAY 26 - CORNELL 5K

Charlie Grotevant - Course PR by 20 sec., 3rd AG

Kelly Proctor - Struggled!

Bill Linn - Died again!

MAY 28 - RIVERSIDE BIATHLON

Don't have all the results, but...

Dan Castillo	1:20:34 3rd AG
Julie Anderson	1:25:48 1st OA
Kathy Steffen	1:33:51 3rd OA
Kelly Proctor	2nd OA Team
Pat Koerner	3rd OA Team
Nancy Ruda	
Ron Piwowar	
Ken Stark	
Mark Steffen	
Jim Grace	
Jeff Lonergan	

WELCOME!

Please welcome our two new honorary members, Glenn Grant of Chicago Dough Company and Bourbonnais, and Gary Dupuis of Performance Sports and Bourbonnais. These two gentlemen and their businesses have given our club invaluable support over the years and this is just one way of saying thanks!

Bill Linn

BETTER THAN SEX CHOCOLATE CAKE

1 2-layer German Chocolate cake mix

1 14-oz. can sweetened condensed milk

1 12-oz. jar caramel ice cream topping

1 12-oz. container whipped topping (thawed)

3 Heath Bars, finely chopped

Prepare cake mix according to directions and bake in a 13" x 9" pan, or a jelly roll pan. Poke holes in top of warm cake with the handle of a wooden spoon. Pour sweetened condensed milk, then pour caramel topping into the holes. When cool, spread with whipped topping, then chopped Heath Bars. Cover, store in refrigerator. (Heath Bars will chop easier if frozen slightly first.)

Janet Shelly

RUNNING CRAZY!

During my recent winter vacation to Florida I had the opportunity to participate in a 5 day running clinic hosted by Jeff Galloway, which included the world class Red Lobster 10K race in Orlando. There were 12 participants in the

running clinic with a wide range of age and ability.

The clinic started each day with an early morning run, choosing your own pace and distance, followed by a mid morning session with Jeff that lasted a couple hours.

Each day part of the session included video taping each runner in order to critique their form, which, according to Jeff, is one of the most important factors for efficient running. By the end of the clinic every runner had improved their form considerably.

Afternoons were left open for sight seeing or just relaxing by the pool. A different topic was discussed each day, including nutrition and proper diet, the importance of stretching and flexibility, different types of training to improve overall fitness and speed. He really stressed the importance of rest and not overtraining to avoid injury.

During the clinic, every participant was able to meet with Jeff one on one and discuss their personal goals and develop their own training program.

According to Jeff, one of the key factors to increasing your speed and lowering your race times is to increase leg strength which is best achieved by incorporating some form of hill training into your weekly training schedule.

Although he is a former Olympian and work record holder, Jeff is very down to earth and has a warm personality. To say the least, he is very laid back. During one session he mentioned the

importance of having a positive mental attitude. This is accomplished by shutting off your left brain which is the logical side, and letting your right brain take over and run worry free. After spending a week with Jeff and getting to know him, I realized that during one of his harder training runs back in his world class days, Jeff got into his right brain and has yet to return. Day to day business decisions are handled by his wife, Barb, who also participated in the clinic by leading some of the daily runs.

One morning our group took off for a run through downtown Orlando with Jeff leading the way. During the run we managed to get lost and two of the runners were slightly injured trying to avoid cars. Jeff has a tendency to run first and think of the consequences later, especially when it comes to crossing busy intersections. This is called "right brain dominance." Luckily we all managed to make it back alive. This little jaunt has become known as "my run through hell with Jeff Galloway."

After it was all over, I felt the clinic was informative and very enjoyable. The weather was good and I met some interesting people. Hopefully, with what I've learned, it will help me continue to improve and become a better runner.

Pat Koerner

SEE YOU NEXT MONTH