

THE PAPER RACE

KRRC NEWSLETTER

P.O. BOX 339

BOURBONNAIS, IL 60914

AUGUST 1990

ISSUE 30

SWIM PARTY !!

Don't miss it! It's one of our best family functions. On Friday, August 3, run at 6:00 PM on the BBCHS track, swim 6:30 to 8:00, then pizza at Chicago Dough. Families \$5.00, singles \$3.00, the club picks up the rest.

ON THE RUN

Running for health and fitness! Of course we are. Running beyond health and fitness? Well, some of us certainly do. The "diseases of excellence" are what we then suffer, but that is a contradiction in terms. How can you be diseased and in excellent health? You will have to resolve that for yourself. In any event, a number of our members are the diseases of excellence list. Ken Klipp was experiencing severe pain from plantar fasciitis a couple weeks ago and thought his running season might be over. A visit to the doctor who taped it, provided shoe inserts and anti inflammatory has Ken happily on the road again. Scott Stephens is suffering from tendinitis and/or cartilage pain in both knees and reports that he is no longer a runner - he is a jogger. He hopes the medicine men will give him some relief, not tell him his running days are over. Kelly Proctor has been suffering from a serious knee problem and has

been resting. John Shoup has recovered from what his doctor believed was a bruised kidney resulting from a combination of a lingering head cold, stress, and a hard run. When the urine runs red, you race to the doctor! Donna Hurst, told to stop running by a local doctor because of a broken bone in her lower back, is running again. She went out of town where the diagnosis indicated she was born that way. Did I get that right, Donna? Pat Koerner, who has been racing well to say the least, has had a heart that raced on occasion (I'm not sure if it's just when Donna is around). A medical consultation suggested it is not a problem. Bill Linn was bothered by his achilles after running a PR at Plainfield, but retired football players always have a pain somewhere. Julie Anderson's trip to Boston for an Ironman qualification attempt ended when the front wheel of her bicycle caught the rear wheel of another. Her finish line was the hospital emergency room where diagnosis was a fractured shoulder blade (finish line picture by Kathy Steffen). This may get her the Ken Stark Memorial Swan Dive From A Bicycle Award. Julie may be several pounds lighter considering the skin she apparently left on the highway. She is certainly a

candidate for the Kelly Proctor I Left My Brain In Boston Award. She tells us that the next qualifying triathlon is only a month away and she may have to swim the side stroke. She was talking with us as we ran through the state park Sunday, she clutching her left arm to her side. Although injured, she led Pat Koerner through about 12 miles at 5:30 pace and sprinted across the parking lot finish line to win the 8:30 Sunday Social Run. Jo Boudreau's stress fracture has mended, I believe, and Ken Stark is getting around. August is the two year anniversary of my patella tendinitis. It is still there, not painful, but just a nagging tightness or pressure. Three medical doctors and one chiropractor later, it is still there. What is your disease of excellence?

My vacation-social obligation schedule is not meshing with the racing calendar this summer. The first week in July found me in Lake Buena Vista (Orlando), Florida. I missed, therefore, the Y 5K, Firecracker 4, and Off Broadway 5K. I told you last month to take notes on those races, but Janet Shelly really did it up right. You will find her coverage of the Firecracker 4 elsewhere in this issue. Thanks, Janet -you're hired! The Journal gave good coverage to the Bradley race and the Y

5K. As always. If you weren't there and didn't read the stats in The Journal, check the Finish Line. Congratulations to race directors Pat Koerner, Tom Goodberlet, and Nancy Ruda on jobs well done. Some of the runners at Bradley thought the course was a tad short, but Tom assured me that it was not. It must have been the cool weather or those runners took a shortcut.

The Plainfield 10K, run in a breezy drizzle, produced a number of PR's and was won by Pat Koerner. Bill Linn ran a PR, his first at 10K in 5 years. Jeff Lonergan ran a PR - by 3 minutes! Wish I had been there!

The Performance Sports 5K in July brought 56 of us to the starting line for a pleasant evening. Joyce Grotevant brought a quilt that had been made out of 20 of Charlie's T shirts for only \$85. It was very attractive and is a very practical way of cleaning out a drawer for those of you who have acquired a lifetime supply of shirts. We adjourned to Chicago Dough to socialize and carbo load!

If you haven't worked your way through the August issue of Runner's World, turn to the Human Race feature to see Charlie Grotevant running last year's Herscher 5K (I know it's my pic even though I didn't get the photo credit) and read about our friend.

Up north, the Chicago Marathon has a new race director. It is also rumored that at the request of Mayor Daley - to lessen the traffic problems - 16 to 17 miles of the course will be on Lake Shore Drive. His reps once suggested to organizers of a downtown

race that the event be held on Lower Wacker Drive. Looks like you can scratch Chicago as a marathon you would like to run - it was bad last year!

Take notes for me in August (or write a feature!)

DAN GOULD

WATSEKA FIRECRACKER FOUR

It was 76 degrees outside during a very early morning ride to Watseka on the 4th of July. Upon arriving at the race site, the temperature had climbed 2 degrees, and the humidity was high. The runners were trickling in, and race preparation was in full swing. The aroma of sausage and pancakes filled the air. Some organization was selling breakfast up on a hill. Shirley Malone was heard to remark, "I've picked up my race packet, do I really have to run?" An offer was made to buy her breakfast thus allowing her to skip the race, but she didn't give in.

Uncle Sam even showed for the event. He had to be helped into his clothes and stilts by some slightly reluctant Running Club members. Bill Linn summed it up by saying, "How did we get roped into this?" A very tall (and nicely dressed) Uncle Sam signaled the start of the race, both the running and walking sections.

Donna Hurst was scheduled to ride in the lead car with the mini-cam. That didn't seem like a bad place to be, a cute little MG convertible on a hot and muggy morning. The MG developed a major problem and had to be sidelined. Donna's alternative was to ride in the Commonwealth

Credit Union Mini-Van with the back hatch up. The mini-cam, and Donna came back with a thick layer of Watseka top soil on them.

Pat Koerner was clearly in the lead after the first mile. This was a nice race from a spectator's viewpoint. Since the course was laid out in a figure 8, the runners covered it twice, the walkers once. The cheering section got to see the runners three times, not including the start and finish.

Did I mention sweaty bodies? Tom Goodberlet was so wet, we were sure he had gone for a swim.

Before the runners came in, Chris and Ken Stark gave the finish chute a trial run (or should I say hobble?). It was nice to see Ken up and about on his crutches.

Pat Koerner finished first overall, which came as no surprise to those of who have followed his running career. Julie Anderson was the first woman finisher.

It was surprising that we didn't lose a few to the heat. The last little bit was up a dirt hill. When Henry Shelly came through the chute, he was a little shaky. His daughter, Lisa, took good care of him. She did what every child wishes to do to his (or her) Dad, she helped him pour water over his head.

This was a well attended and very well organized event. There was even homemade apple pie as one of the refreshments. One nice touch worth noting is the race crew were given sun visors that let everyone know that they were race workers. Sometimes it's difficult to tell the workers from the runners. That's an

idea that might work for other races.

One final work. Donna. the craft show was really nice. Too bad it wasn't on the Race Circuit!!!

JANET SHELLY

THE STARTING LINE

JUL 28 - FESTIVAL OF THE DUNES 5K, 3rd & Broadway, Chesterton, IN, 8:30AM, T's, 5yr AG, awards 10 deep. Steve 219-926-1750.

JUL 29 - DOWNERS GROVE 10 MILE AND 5 MILE, Lincoln Center, 935 Maple, 7:30AM, \$8/10 after Jul 9, T's, 10yr AG 3 deep. Tom Carstens 708-963-1300.

AUG 5 - LODA 10K. I don't have the details. but Pat Koerner says this is a tough (hilly) run in the sun.

AUG 11, 8:00AM - MOMENCE GLAD RUN 5K & 10K, Momence H.S., \$7/\$9 after 8/1. Ts, 5yr AG, top 3 OA & 3 deep. 815-472-2253.

AUG 12, 8:30AM - TOUCH OF SUMMER 4 MILER, Rt. 30 & Larkin, Crest Hill. \$8/\$10 after 8/11, Ts, 5yr AG 3 deep. 815-838 7678, there is only one hill in this race, but what a hill!

AUG 14, 7:00PM - PERFORMANCE SPORTS 5K SERIES #3, Small Memorial Park, Kankakee. Free to KRRC members and \$1 to all others. 10yr AG 3 deep, refreshments.

AUG 18, 7:00PM - COUNTRY CLASSIC 10K, Shabbona H.S., \$10/12 after 8/13. Ts (1st 600), 5yr AG 3 deep, 815-246-7147. A scenic run thru the state park. A free meal for pre registered runners only. Sounds interesting!

AUG 19, 8:00AM - ILLINOIS OPEN C-C CHAMPIONSHIPS

8K, Kankakee River State Park. \$10/11, Ts, Open & Master's divisions, teams, 5yr AG, 815-741-1768.

AUG 19, 9:00AM - ODELL DAYS 5K RUN, Odell Pool Park, \$10/12, Ts, 10yr AG 3 deep, 815-998-2298.

AUG 25, 8:15AM - MINOOKA SUMMERFEST 10K, Massasoit & Church St., \$8/10 after 8/24, Ts, 5yr AG, 815-467-4196.

SEP 1, 8:00AM - FRANKFORT FALL FESTIVAL 5M & 1M FUN WALK, Fall Festival Tent, \$10/12 after 8/17, Ts, 5yr AG 2 deep, 815-469-9435.

SEP 2 - HERSCHER HARE & TORTOISE 5K - See entry form enclosed for details.

SEP 3, 8:00AM - PARK FOREST SCENIC 10 MILE. The Centre, \$10 thru 8/11, \$15 thru 8/25, no race day registration. Ts, 5yr AG 3 deep, \$10,000 in prize money. Fast, scenic, hilly. Beer, soft drinks, pizza, fruit. Entertainment along the course. DON'T MISS THIS ONE! 708-748-2005.

THE FINISH LINE

DOG DAY'S 8K ROAD RACE, Jul 28, Lake Bloomington

Pat Koerner 27:57 5th OA
2nd AG

Dan Gould 32:29 1st AG

PLAINFIELD 10K

Henry Shelly 47:24

Jeff Lonergan 39:31 PR

Pat Koerner 33:31 PR 1st OA

Bill Linn 34:58 PR

FIRECRACKER 4, Jul 4, Watseka

1 PATRICK KOERNER 21:44.6

3 JULIE ANDERSON 23:24.2

4 BILL LINN 23:41.2

11 JIM GRACE 25:56.8

13 JEFF LONERGAN 26:04.8

15 TRACY CURTIS 26:34.8

16 TOM GOODBERLET 27:01.2

34 DEE OSENGLEWSKI 32:30.6

36 HENRY SHELLY 33:09.9

38 LEON MALONE 33:39.8

45 LINDA M KRAUSE 39:08.9

48 DEE ANNA HILLEBRAND 43:50.7

49 SHIRLEY MALONE 44:56.9

BRADLEY FUN DAYS 5K,

Jul 7

6 KEN KLIPP 16:37.2

10 BILL LINN 16:56.7

12 JULIE ANDERSON 17:11.8

17 MIKE HICKEY 17:33.8

21 PHIL NEWBERRY 17:43.7

24 MATT GUBBINS 17:57.3

29 PATRICK KOERNER 18:32.7

31 JEFF LONERGAN 18:50.9

34 MIKE WOLFE 19:02.9

35 CHARLIE GROTEVANT 19:05.0

36 TOM PARLIN 19:05.7

37 TRACY CURTIS 19:08.7

42 JAMES P GRACE 19:13.5

45 DAVE HINDERLITER 19:38.2

48 SCOTT KELSON 19:54.2

62 RON PIWOWAR 21:28.9

64 NANCY RUDA 21:35.8

70 DONALD COMBS 22:26.3

77 HENRY SHELLY 22:54.8

82 DEE OSENGLEWSKI 23:15.3

84 GRAIG HICKEY 23:22.5

85 PATRICK BALDWIN 23:32.0

90 LEON MALONE 24:13.6

93 GEORGANNE HICKEY 24:18.5

94 RICH MUNIZ 24:27.1

98 MIKE REBELLO 25:29.8

100 LYNN TROOST 25:39.9

110 CHRISTINE KRONES 27:39.7

112 LINDA M KRAUSE 27:53.3

115 KYLE GOODBERLET 28:58.9

117 DEE ANNA HILLEBRAND 30:15.5

118 SHIRLEY MALONE 31:25.1

120 NIKKI McCONNELL 33:15.1

CIRCUIT STANDINGS

Here are the results for 6 of the first 7 races. No Manteno

results yet. Remember, you must complete at least 5 of the 10 races to get an award.

Age Group	Name	Points
F 1 - 14	MONICA MARIE URIBE	28
F 1 - 14	ANGELA CACELLO	19
F 1 - 14	KERRI KEENAN	16
F 1 - 14	SARA BICE	14
F 1 - 14	EMILY RAICHE	14
F 15 - 19	WILEEN GAUSMAN	20
F 15 - 19	KARLA GODWIN	20
F 15 - 19	LISA MARIE SCHULTZ	18
F 15 - 19	KERRI GRAY	16
F 15 - 19	CLAIR L FERNANDEZ	10
F 20 - 24	TRACY GUERIN	30
F 20 - 24	SUSAN BIRD	17
F 20 - 24	STACEY THORNE	9
F 20 - 24	JULIE WEBER	9
F 20 - 24	GINA M MOONEY	8
F 25 - 29	DEE SAVOIE	49
F 25 - 29	DEE ANNA HILLEBRAND	23
F 25 - 29	LORI JOHNSON	17
F 25 - 29	CONNIE HESSLAU	10
F 25 - 29	TRACEY SULZBERGER	10
F 30 - 34	JULIE ANDERSON	49
F 30 - 34	NANCY J RUDA	41
F 30 - 34	DEE OSENGLEWSKI	32
F 30 - 34	CAROL M PRATT-BAUER	18
F 30 - 34	DIANE HALL	16
F 35 - 39	MARY MOSS	40
F 35 - 39	GEORGANNE HICKEY	26
F 35 - 39	KATHLEEN H STEFFEN	25
F 35 - 39	ROBERTA L WEST	25
F 35 - 39	PATTY A BATES	23
F 40 - 44	LINDA M KRAUSE	32
F 40 - 44	LYNN TROOST	28
F 40 - 44	DELORES BUTZOW	21
F 40 - 44	CAROL A STAPLETON	14
F 40 - 44	KATHLEEN CHODELKA	10
F 40 - 44	DONNA PRICE	10
F 40 - 44	MARILYN ROSENTOALEN	10
F 40 - 44	JANE TALLYN	10
F 45 - 49	ALTHEA STEVENS	20
F 45 - 49	CAROL SUE PAINTER	19
F 45 - 49	BECKY CRISCIONE	10
F 45 - 49	PAT CARR	9
F 45 - 49	JACKIE PINKOWSKI	9
F 50 - 54	JANET R MUCHNIK	10

F 50 - 54	FLORENCE L WIER	10
F 50 - 54	CAROL J BARRY	9
F 50 - 54	RITA REILLY	9
F 55 - 59	SHIRLEY A MALONE	36
F 55 - 59	SHIRLEY HEUER	20
F 55 - 59	EDITH ALSVIG	10
F 55 - 59	JOAN J GUTKOWSKI	10
F 55 - 59	DOROTHY A NONNIE	9
F 60 - 99	ERMA HICKEY	10
F 60 - 99	KATHLEEN W RUCH	10
M 1 - 14	MIKE G WOLFE	35
M 1 - 14	MIKE LARSON	24
M 1 - 14	BENJAMIN QUIGLEY	20
M 1 - 14	GPAIG M HICKEY	13
M 1 - 14	CHAD HILLMAN	13
M 15 - 19	TRENT KOPLINSKI	35
M 15 - 19	RYAN MEECE	16
M 15 - 19	PRESTON PROVOST	15
M 15 - 19	TODD ENDRES	14
M 15 - 19	TROY WALKER	13
M 20 - 24	JOSEPH W GERBER	26
M 20 - 24	GIDEON BERHAND	20
M 20 - 24	SCOTT ROECKER	19
M 20 - 24	DAVID CHAYER	18
M 20 - 24	DAVID GRAY	14
M 25 - 29	PATRICK KOERNER	55
M 25 - 29	PHIL NEWBERRY	37
M 25 - 29	DAN MEYER	25
M 25 - 29	MATTHEW T GUBBINS	23
M 25 - 29	BRIAN MILLER	10
M 30 - 34	DAN R CASTILLO	37
M 30 - 34	JIM GRACE	33
M 30 - 34	DANIEL GERBER	25
M 30 - 34	RICK MONTOYA	21
M 30 - 34	MARLON HEUER	20
M 35 - 39	BILL LINN	48
M 35 - 39	RICK A LIVESY	35
M 35 - 39	JEFF LONERGAN	19
M 35 - 39	JOE PAGE	17
M 35 - 39	THOMAS URIBE	14
M 40 - 44	KEN KLIPP	41
M 40 - 44	MIKE HICKEY	40
M 40 - 44	KEITH A THEISEN	27
M 40 - 44	JOHN L SHOUP	23
M 40 - 44	RONALD PIWOWAR	16
M 45 - 49	PETER W MATHIS	60
M 45 - 49	CHARLIE GROTEVANT	34
M 45 - 49	ROBERT J MASZAK	22

M 45 - 49	JURGEN DAARTZ	17
M 45 - 49	JIM MEECE	16
M 50 - 54	JOHN F RANDOLPH	39
M 50 - 54	GALE F LEHNUS	34
M 50 - 54	PETE VIEHWEG	33
M 50 - 54	TOM BRACKENBURY	17
M 50 - 54	ROBERT POOL	16
M 55 - 59	RON LEHMAN	19
M 55 - 59	WILLIAM F DAWSON	14
M 55 - 59	BILL MURPHY	14
M 55 - 59	RICHARD A KOWALSKI	10
M 55 - 59	DENNIS A SHEEHY	10
M 60 - 99	LEON MALONE	35
M 60 - 99	HOWARD STRASSENBURG	29
M 60 - 99	LAURIN BLASIER	20
M 60 - 99	FRED SCHOLZ	14
M 60 - 99	GEORGE A OWCARZ JR	8

EATING SMART QUIZ

Are you eating smart? Take this quick, simple quiz by answering YES or NO to each question to find out how your diet compares to the American Cancer Society's nutrition guidelines. The guidelines are designed to help reduce your risk of cancer.

1. I rarely add butter or margarine to foods in cooking or at the table.

2. I rarely (less than twice a week) eat fried foods.

3. I drink only low-fat or skim milk and seldom eat high-fat cheeses such as jack, cheddar, Colby, Swiss, and cream cheese.

4. I seldom eat high-fat snack foods - potato or corn chips, nuts, buttered popcorn, and/or candy bars.

5. I take it easy on high-fat, baked goods such as pies, cakes, cookies, sweet rolls, and doughnuts.

6. I try to trim the fat from red meat and eat poultry

without the skin.

7. I seldom eat bacon, hot dogs, ham, or luncheon meats.

8. I eat whole grain breads or pasta, brown rice, or whole grain cereal every day.

9. I eat foods rich in vitamin C - such as citrus fruits and juices, strawberries, tomatoes, and/or green peppers - every day.

10. I eat dark green and deep yellow fruits and vegetables often. (These include broccoli, greens, carrots, and peaches.)

11. I often eat vegetables of the cabbage family -broccoli, cabbage, cauliflower, or Brussels sprouts.

12. I drink alcohol only occasionally.

HOW DO YOU RATE?

0 - 4 YES answers: Diet Alert. Your diet is probably too high in fat and too low in fiber-rich foods. You may want to take a look at your eating habits and find ways to make some changes. To start out, try adding more fruits and vegetables.

4 - 8 YES answers: Not Bad! You're Halfway There. You still have a way to go. Look at your NO answers to help you decide which areas of your diet need to be improved. Remember to cut down on high-fat foods and eat more fiber-rich goods such as whole grains and cereals.

9 - 12 YES answers: Good For You! You're eating smart. You should feel very good about yourself. You have been careful to limit your fats and eat a healthy diet. Keep up the good habits and keep looking for ways to improve.

CALORIES USED IN ONE HOUR

Resting, walking:	standing	and
Sleeping		60
Resting in bed		72
Sitting		84
Reading		84
Eating		96
Playing cards		102
Writing		90
Typing		120
Standing		96
Standing, light activity		168
Taking a shower		222
Kneeling		84
Squatting		132
Walking outdoors		366
Walking indoors		204
Walking upstairs		1200
Walking downstairs		456
Working around the home:		
Washing clothes		174
Hanging laundry		282
Bringing in laundry		132
Machine sewing		90
Ironing clothes		252
Making beds		318
Washing dishes		120
Mopping floors		318
Sweeping (broom)		102
Vacuuming		225
Scrubbing		360
Shoveling		426
Peeling vegetables		174
Stirring or mixing foods		180
Knitting		100
Sports and hobbies:		
Badminton		168
Basketball		516
Bicycling (12 MPH)		410
Bowling		486

Dancing	240
Football	606
Jogging (5-1/2 MPH)	660
Jogging (7 MPH)	920
Jumping rope	750
Ping pong	288
Playing pool	180
Rowing boat	480
Running (5 MPH)	500
Skating	300
Swimming (25 yds/min)	275
Swimming (50 yds/min)	500
Skiing (downhill)	520

SEE YOU NEXT MONTH