

THE PAPER RACE

KRRC NEWSLETTER

P.O. BOX 339

SEPTEMBER 1990

BOURBONNAIS, IL 60914

ISSUE 31

MALONE'S "MOONLIGHT" HAYRIDE !!

You gotta be there! Saturday, September 22nd at 6:00 PM we will meet at Shirley and Leon Malone's farm for a cookout and hayride. Bring the family! The club will supply main dish, drink, and table settings! Bring a dish to pass. This is top notch entertainment! Take Hwy 17 west to Cabery Road, south to Cabery, then 3 more miles south, then west 1 1/4 miles to the Malone's. See you there!

ON THE RUN

Early enough to milk the damn cows. Most self-respecting farmers would still be nursing the first cup of coffee and waiting for the rooster to crow. Early enough to change four flats, overhaul the engine, and still be at the starting line in time for the gun. So why, I asked Pat Koerner, do we have to get to the race an hour or more before it starts. The Dan van was southbound on I-57 in a drizzling rain going to the Loda 10K (for a loada fun, of course!) and I was conducting one of those up close and personal interviews with my favorite Cabery farmer. In the rearview mirror, an attractive blond pressed an eye to the viewfinder of her videocam as if the meaning of life itself

were about to be revealed - well, the meaning of life to a runner, anyway. Would we learn the secret of successful roadracing? Would it be to check out every inch of the course in the hour before the race? Would the time be used to size up and psych out opponents? The answer was matter-of-fact and succinct: "Toilet paper." There was a gasp from behind the videocam. "Toilet paper!", I exclaimed, as a cramp seized my right calf. "I'm afraid they will run out of toilet paper," he explained. Speechless. He left a lawyer and a woman absolutely speechless. Well almost. I could see Donna's mouth moving in the mirror, but nothing was coming out. You can draw your own conclusions. Will all of you who know and love Pat (or if you simply think he is full of it) please buy him a roll of toilet paper for Christmas? Next year, those of us who go to the races with him will get a few more minutes of sleep. Toilet paper!

Loda. The last outpost in southern Iroquois County. It doesn't even have its own I-57 entrance/exit. You can throw a rock across it! BUT, they have a TAC certified 10K around Bayles Lake, 5 year age groups, proportioned awards, merchandise prizes, and refreshments. It is a hilly course. We were thankful for

the overcast. The rains stopped for the race. Dave Hinderliter, Jim Grace, Butch Coy, Charlie Grotevant, Pat Koerner and I gave it our best shot. The people who really knew how to have fun were playing mud volleyball!

I missed Mومence, but I'm told there was a very good turnout. A large number of runners in the 5K set PR's, but reports are that this was due to a short course. Mومence has been generous with awards and prizes, if eccentric. It apparently took considerable time to sort out the awards for the two races this year, but reports that some runners had moved into the next age group by the time the awards were handed out is clearly an exaggeration. There were some men, however, who were awarded medals bearing the likeness of a female runner. It was, as always, a "Glad Time!"

For those of you who just got out your log and scratched the PR beside your Mومence 5K time, you may do the same for the Plainfield 10K from July. Bill Linn subsequently measured that course as short.

The last of the Performance Sports 5K series drew 52 runners.

Don't forget to thank our friends at Performance Sports for their continuing and

substantial support of our sport.

The Illinois Open Cross Country Championships went head to head with Odell Days 5K and this year I opted to see the hometown of that famous master's runner, Charlie Grotevant. The farmer in Odell (no pun intended) and I had a great race and both of us got to bring home some gold as did Leon and Shirley Malone, Bill Linn and Pat Koerner. Jo Boudreau, Donna Hurst and Joyce Grotevant were there for support. The only word I got from the Illinois Open was that a runner overcome by heat jumped off a 30 to 40 foot cliff and was taken away by ambulance. There was no publicity in the local paper regarding the race or the injury.

We had a fair turnout at Minooka and Mother Nature was kind -the clouds didn't part until after the race. John Shoup, of whom we have seen little this summer, and John Grebe were there and attempted to pace me to a PR. This is not a PR course or, for that matter, a PR time of year. Thanks for the try, fellows! Although he eased off to pace me, Shoup did pick up second in his age group.

These were but a few of the many races in August in which our members participated. If you attend a race that is remarkable, drop me a line and we will write it up. I know that some of our members participated in the White Sox 5K with 1,300 others who got to finish at home plate.

If your have survived the dog days of summer - and we

hope the passing of August marks their end - you are ready for some great times in September and October - PR times! A marathon, perhaps! Shoup and I are seriously looking at Columbus on November 11th - it comes highly recommended. There are Milwaukee and Twin Cities on October 14th, Detroit on the 21st, Chicago on the 28th, New York on November 4th, and Memphis on December 2nd. Find a training partner, pick your race, and run into marathon history! Don't forget, however, to check The Starting Line for some of the great local races to prepare you for the speed and distance. I particularly want to call your attention to the National Heritage Corridor 25K which makes its debut this year. Shorter and closer to home are the Midwest 4 Miles Classic (2nd year) and the Governor's 10,000.

If you are running off to Florida and would like to find a race, give me a call. I was so impressed with a copy of Florida Running I picked up while there last fall that I am now a subscriber.

USE IT or LOSE IT, an article in the August issue of Runner's World, should have used the picture of Ed Benham and Paul Spangler taken at the USA National Masters Track Meet in Indianapolis (but I guess the meet came after the August issue). The picture shows Benham, 83, and Spangler, 91, congratulating each other after setting age group records in the 10,000 meter run. How many of us will be running at those ages? How many of us will be alive? Well, if, as the article

suggests, aging is a self-fulfilling prophecy, perhaps many of us. Pictured in the September issue (The Human Race) is Ruth Rothfarb who ran her first race at age 74 and the Boston Marathon this April at age 88, becoming the oldest woman known to have completed a marathon. A study by researchers at San Diego State University concludes that most of the loss of fitness with age is simply due to inactivity.

The August social, a swim and pizza party at Chicago Dough, was very successful. Approximately 65 members and families turned out for a most enjoyable evening! Don't miss an evening down on the farm with Leon and Shirley in September!

Members - we need your input. Tell us what you are doing and what you would like to hear about. I know many of you know what is going on simply because you make the races, socials and training runs. Let's share it with those who can't or don't! I am reminded that for many Sundays this summer there has been a training run at 8:30 AM at the south entrance to the Kankakee River State Park for those who are not going to a race. The turnout has varied from one to a dozen members. You are welcome! Join us!!

DAN GOULD

THE STARTING LINE

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.

SEP 8, 7:00AM - POPCORN PANIC 5M RUN, Downtown Valparaiso, IN, \$8/10 after 9/1, Ts, 5yr AG 3 deep, 219-464-9585.

SEP 9, 8:00AM - ELK GROVE DISTANCE CLASSIC, Welling & Blesterfield Rd, \$9/12 after 9/2, Ts, 5yr AG 3 deep, (flat and scenic thru the Ned Brown Forest Preserve), 708-364-2676.

SEP 9, 8:00AM - KANKAKEE YMCA TRIATHLON, call 933-1741.

SEP 15, 8:30AM - DWIGHT HARVEST DAYS 5K RUN & 1M FUN RUN/WALK, North end of Renfrew Park, \$8/10, Ts, 10yr AG 3 deep, drawing for merchandise, refreshments, 815-584-2895.

SEP 16, 8:30AM - SHOREWOOD FESTIVAL 5K RUN/WALK, Fairgrounds, 1/2 mile west of Rt. 59 & 52, \$10/12 after 9/9, Ts, 5yr AG 3 deep, refreshments, lottery prizes, 815-741-8437.

SEP 16, 9:30AM - EXCEPTIONAL RUN, 123rd & Wolf Rd., Palos Park, \$12/15 after 9/7, Ts, 10yr AG 3 deep, hilly course on country roads, TAC cert. (this is an 8M & 3M) 708-448-6520.

SEP 22, 9:00AM - STATEVILLE 10K CHALLENGE 90, 1 mile N of Joliet on Rt 53, \$8/10 after 9/12, long Ts, 5yr AG 3 deep, refreshments, call Rich Partak at 815-727-3607 ext 5539 or 5552.

SEP 23, 8:30AM - NATIONAL HERITAGE CORRIDOR 25K & 5K, from the W.G. Stratton State Park in Morris to the Middle School

Rec. Center in Channahon along the historic Illinois & Michigan Canal towpath. \$10/12 after 9/18, Ts, 5yr AG proportioned plus overall and overall masters. Bus transport to start. For further info call Kelly Proctor at 815-741-1768. Don't miss this one! Looks like a dandy!

SEP 23, 1:00PM - PAUL PANNO MEMORIAL RUN 5K & 1 MILE WALK, Pontiac H.S., 1000 Indiana Ave, \$9/11 after 9/17, various AG, overall & 3 deep, 815-844-6771.

SEP 29, 9:00AM - MIDWEST 4 MILE CLASSIC, Watseka H.S., 138 Belmont, \$10/12 after 9/27, Long Ts, top 3 overall plus 3-4 deep in 5yr AG to age 50, refreshments, lotto loot, and a really great time! Don't miss this one either!

SEP 30, 1:00PM - GRAND RIDGE 4 MILE RUN & 1.5 MILE FUN WALK, fire station on Main St., \$8/10 after 9/22, long Ts, 5yr AG 3-5 deep plus top 3 overall and first master - Another winner! 815-249-6228.

OCT 7, 9:00AM - GOVERNOR'S 10,000, Kankakee River State Park.

What can I say? The greatest race in the state with Ts, refreshments, 5yr AG and cash prizes throughout the age groups. Come one, come all! Info - Bill Linn 815-935-0815.

MOMENCE GLAD RUN

The annual Momence Glad Run was held on Saturday August 11 in Momence. There were 116 runners competing in the run this year. This is the largest turnout in the last five years.

There were two races this

year. Runners could compete in the 5K or 10K run. Both races started in downtown Momence and followed the Kankakee River to their respective turnaround points. This was the first year having two races and this proved to be very successful.

This year's winners were Trent Koplinski and Naoko Ishibe in the 5K run and Dennis Gravitt and Julie Anderson in the 10K run.

The Momence Jayettes sponsored the race with Howard Strassenburg as race director. [See results below.]

MIKE HICKEY

THE FINISH LINE

8/4 - LODA 10K

Pat Koerner	34:50 3rd OA
Charlie Grotevant	
Dan Gould	3rd AG
Dave Hinderliter	PR I
Butch Coy	
Jim Grace	
Leon Malone	

8/11 - MOMENCE GLAD RUN 10K

Monica Uribe	60:41 2nd AG
Pat Koerner	34:39 2nd AG
Matt Gubbins	38:24 3rd AG
Jim Grace	39:54 1st AG
Julie Anderson	37:32 1st OA
Nancy Ruda	46:12 3rd AG
Bill Linn	36:33 1st AG
Jeff Lonergan	40:10 3rd AG
Henry Shelly	49:37
Tom Uribe	52:55
Kathleen Steffen	47:18 2nd AG
Georganne Hickey	52:56 3rd AG
Mike Hickey	36:59 1st AG
Ronald Piwowar	45:48
Charlie Grotevant	41:10 1st AG

MOMENCE GLAD RUN

- 29:49 1st AG
- 20:49 3rd AG
- 18:06 3rd AG
- 16:46 2nd AG
- 17:39 1st AG
- 18:16 2nd AG
- 18:54
- 22:23
- 18:33 1st AG
- 20:33 2nd AG
- 23:42 1st AG
- 23:44
- 27:45 1st AG

8/12 - FOX VALLEY
SUMMER SCAMPER 5K

16:27 3rd OA

8/18 - GILMAN 5K

- Mike Hickey
- Jim Grace
- 8/19 - ODELL 5K
- Dan Gould
- Leon Malone
- Bill Linn
- Pat Koerner
- Shirley Malone
- Charlie Grotevant

8/19 - ILLINOIS CROSS
COUNTRY

- Pat Baldwin
- John Shoup
- John Brinkman
- Ken Klipp
- Dave Hinderliter
- Dave Johnson
- ...and many more

- 19:11 2nd AG
- 24:56 2nd AG
- 17:47 2nd AG
- 16:20 2nd AG
- 31:15 2ND AG
- 19:27 3rd AG

8/25 - MINOOKA 10K

- Bill Johnson
- Pat Koerner 2nd OA
- Bill Linn
- Dan Gould
- John Shoup
- The "Grebeman"

8/26 - WHITE SOX 5K

- Charlie Grotevant
- Bill Johnson
- Don Combs
- Bill Linn
- Pat Baldwin
- Mike Hickey
- Graig Hickey

SEE YOU NEXT MONTH