

THE PAPER RACE

KRRC NEWSLETTER

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BOURBONNAIS, IL 60914

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ON THE RUN

By Dan Gould

I expect you will want to whip through this column and move on to John Shoup's feature on our trip to Columbus. While I have not had the privilege of previewing it, I am sure you will find it a humorous piece of fiction. Since I did not ride back with John, I do not know what excuses he came up with for his death in the 198th marathon attempt. Trying to stay with Cindy Woods in her first marathon? In any event, John assures me things will go better next May when we run the Cleveland Revco Marathon. Do you think they will let you back in Ohio, John? Would anyone in his right mind want to go to Cleveland? No, you have to be a marathoner. Stand by for the 199th attempt!

I had a good time if only a mediocre marathon. Considering my training or the lack thereof, I was happy. The 10K on Saturday gave Bill Linn, Pat Koerner, and Ron Plowar something more to do than just work as support crew for John and me on Sunday. If I recall correctly, Pat was 14th overall out of several hundred runners and third in age group. There was an expo in conjunction with the marathon and all of us picked up some goodies.

While I was away, there was a very successful social and

chill cook-off at Camp Shaw-Waw-Nas-See attended by about 60 members. There were approximately sixteen entrants in the chill competition and when the smoke cleared Nancy Ruda was champion. Dave Hinderliter was second (all the really great chefs are men). Rumors that Dave's chill was so hot that the fire department had to be called to put it out are without foundation. Nikki McConnell rounded out the winners. The competition was so hot that the circuit breaker tripped a couple times. Since it was behind a locked door and the club did not have a key, somebody had to be called out. The second time it happened, Tom "Let Me At That Door" Goodberlet (El Presidente!) made short work of the problem. At press time the bill for the door had not been received. Under the heading of official business, Jo Boudreau was appointed/volunteered to direct the Governor's 10,000 and consideration was given to the purchase of a finish line clock. Jo will do a great job, but I doubt the wisdom of buying a clock. If we are going to make that kind of investment, we might have to adopt by-laws, have regular meetings, and in general, act a little more business-like. I would rather see somebody like Dave Bohike add a clock to his equipment

and encourage race directors to use his services. Actually, I already do that. That's my 2 cents!

WELCOME! New members David LaMontagne of Kankakee and Diane Strufe of Dwight.

Riverside Medical Center notified us that they would like to see the Winterfest 5K continue, but wanted to be a "hands off" sponsor. An executive meeting was held and it was agreed that the KRRC would operate the race and jointly sponsor it along with Riverside and the Kankakee Park District. Bill Linn has again agreed to act as race director with Linda Linn and myself as assistant r.d.'s. Donna Hurst is in charge of registration. Registration forms are printed and a mailing will be done in December.

Since we have a number of contributors this month, I'll keep it short and simply say "thanks for the memories." More than just the PRs, it was the pleasure of the company - Pat & Donna in Orlando for the Red Lobster 10K in March; the Linns, Grotevants, and Kelly Proctor at Boston in April; the Linns, Hickeys, and Kelly at Peoria for Steamboat; and the gang in Columbus. And all the other people at all the other races this year.

Thanks to the people who help me get the newsletter out every month - Bill Linn, Co-

Editor; Dave Bohlke, who takes our scratchings and puts them in final form; Linda Linn, who gets it run off, buys the stamps and staples, and clears off her dining room table to set up our assembly line; Jessica Linn (age 4), who can fold, staple, label, and stamp; Brett Linn, a distant supervisor; and Donna Hurst and Pat Koerner, who are there to do whatever needs to be done.

MERRY CHRISTMAS!
HAPPY RUNNING YEAR!

**THE COLUMBUS
CHRONICLE: The
Adventures of Ron, Bill,
Pat, Dan and John
By Your Wonderful
Vice-President**

As do many epic journeys, this one started out as an idea. Some ideas are good and some ideas are really stupid. This idea was really stupid and it was Dan's.

Much gets said about the marathon and it's probably all true. The marathon doesn't really get started until the 20th mile, people say, and I agree with that. Some people also say that the desire to do well in a marathon means nothing without the willingness to train well. That is also true. Just ask Dan. I know that if you watch runners at the 23rd mile of a marathon, what you see is a lot of misery. It is that very misery, however, that is the essence of the marathon. It hints at the promise of pleasure while you face the reality of pain. And at the 23rd mile reality is just about all you get.

At around 10:00 P.M. on November 9th I was trying to

keep up the pace of the four runners with me. They were hammering out a five beers per hour pace and I was falling behind. These guys were tough. To my left sat the judge. He was as happy as a clam. He was male bonding at last and he was gulping his beers down like a human drain. He wanted me to think of a good metaphor for the marathon, he stated, in which it could be compared to a woman who mistreats her man. He was totally out of control and I was getting more nervous by the minute.

Across the table from me sat the 10K triplets. Pat (Plaque-man) Koerner, injured back and all, hunched over his beer like a starving dog defending a piece of flesh he just dragged in for dinner. Ron (Little Sam Kinison) Plwowar seemed to have retained most of his composure. Unlike everyone else he wasn't acting too stupid. That's the last trip he takes with us. But by far the biggest pain the whole evening was Bill (Zip the Pinhead) Linn. He amused himself by singing "two dead in O-HI-O" over and over again.

You might think that things couldn't have gotten much worse than they were at that time. Well, you're wrong. You see, I was staying in the same room as Dan and, for reasons not particularly clear to me, I accidentally saw him buck naked. It was not a very pretty sight. I hope I never have to go through anything like that again.

The sky was clear and the air was a crisp 33 degrees on the morning of the race. The wind was blowing buildings

over downtown so I knew I wouldn't have to make any excuses for what was sure to be a pathetic display of running ineptitude. Within a few minutes Dan woke up, paid the two hookers who spent the night with him and prepared to run the marathon of his life. That preparation included spending 45 minutes in the bathroom, just prior to the start. The call went out to our neighbors for more toilet paper and air freshener.

I was trying to hide under the bed when Ron and Bill pulled me out and dragged me to the starting line. The marathon started and my race began to unfold as I had planned. I had planned to run poorly and I did just that. My finish time was 3:10:16. What a joke. But as bad as my time was, I BEAT DAN. I wonder if his sad, pitiful and embarrassing time of 3:22:27 had anything to do with his pre-race dinner of barbecued ribs and chocolate something-or-other. Whatever it was, he kept muttering "Cleveland in May", apparently referring to the Revco-Cleveland Marathon in May of 1991. Dan will call me in the middle of the night and tell me "John, if we start training in December and have some good weather for a change, we'll be able to tear that course up." Sure we will, Dan. Sure we will.

The craziest part of the whole mess, of course, is that he'll talk me into it. Dan always talks me into it. But to be honest with you, I wouldn't miss it for the world.

THE ULTRA EXPERIENCE

By Kathryn Penn

Yep, I'm bragging and I feel I deserve to! October 13 I finished my first Ultra Marathon Glacial Trail 50K (31 mile) race in the upper Kettle Moraine Forest north of Milwaukee, Wisconsin.

The day was perfect with scattered clouds, cool temps and a field of anxious and mostly experienced runners eager to tackle the conditions that lie ahead. After a start on the flat of about two hundred yards, the descent begins as we headed out on one of the most difficult and challenging courses I've encountered. The entire Glacial Trail is a hiking/mountain bike trail with obstacles ranging from tree roots, rocks and any other kind of obstacle all camouflaged with fallen leaves plus anything else imaginable including squirrel hunters - (the four-legged squirrels, that is! We were asked to wear bright red or orange clothing for our own visibility and protection!)

What can I say? Running trails is a most fulfilling experience not to mention a real test of endurance. If you're a foodaholic, ultra running offers you the privilege of eating to replenish your muscles and body enabling you to continue. Your energy level is greatly conserved by walking the uphills and running the downhill and flats. The beauty of the Kettles is beyond compare and with the fall colors, it was an awesome sight. (Need I say how great it was to pass five GUYS near the end of the race on my way to becoming the third woman overall!)

I know - I hear the comments - "look at how slow my 5K and 10K times are" - so what??? I've earned some trophies, set PRs and won age division year-end awards - I can always return to those goals. For now I'm filled with excitement about this unique challenge and ask that you just "give it a try!"

[Editor's Note: Kathy Penn, a KRRC member from Joliet, also experienced the thrill of completing the Boston Marathon this past April.]

WARM-UP FOR WINTERFEST

By Jeff Lonergan

Sunday, January 27, 1991, 9:00 A.M., at U.S. 30 drag... Whoops! Got a little excited there, folks. Make that Small Memorial Park - be there! It is the Second Annual Lonergan PRE-Winterfest 5K. First prize is a pie from Baker's Square and it could be their new "hand-tossed" variety which is awarded as you cross the finish line. This will only be shared with people you permit to lick your face. Second and third place overall awards are the treasured #*+@)! which are seldom found in this climate. The last nine finishers will also receive something.

GREAT NEWS! Contract negotiations with Ken Stark, last year's winner, have been settled and he will be back to defend his title. Mr. Stark is so confident of a second win that he has agreed to waive his appearance fee if he doesn't.

This is a very low key fun run. We see if the holiday turkeys became oink-oinks. We start getting the body into "racing mode." Best of all, we

enjoy the fellowship and fun. We can't do this without food, however, so I hope we can find a pancake breakfast after the race.

I should have noted above that there will be a prize for the person who most improves his/her time from last year's Winterfest 5K. Last year Pat Baldwin won. Please join us this year to run, cheer, spectate, help - or do all those things.

THE STARTING LINE

DEC 2, 9:00AM - OTTAWA 10 MILE DISTANCE CLASSIC, K.C. Hall, Washington & LaSalle St. \$10/15 after 11/20, long Ts, 5yr AG, 3-5 deep, merchandise drawing, free beer & chill. Larry 815-795-5752.

DEC 8, 11:00AM - SLEIGHBELL 5K RUN, St. Paul's School, Campbell & Chicago St. in Valparaiso, IN. Various divisions and awards. Rita 219-465-4629.

DEC 9, 2:00PM - JINGLE BELL RUN 5K & 2.5M WALK, Urbana Middle School, 1201 S. Vine, \$10/12 after 12/1, gloves, shoelaces w/bells, & long green Ts to first 400 participants. Odd age groups, costume competition, post race party hosted by Olive Garden Restaurant. Fundraiser for Arthritis Foundation. 217-337-2796.

DEC 29, 9:00AM - PONTIAC TO NORMAL 50K RUN. \$5 entry fee, run on Rt. 66. Open run with check-in 8:30AM. Gary House 815-842-2790.

JAN 20, 9:00AM - MIDWINTER FROLIC 10K RUN, Forest Trail Jr. High, Lakewood Blvd & Wilson, Park Forest. \$7/10 w/awards to all finishers. Algene 708-748-6861. Jerry 708-481-7789.

JAN 26, 9:00AM - FROSTY
5K RUN, Newcastle Park, 85th
& Newcastle, Burbank. \$12/14,
shirt, 10yr AG 2 deep. Cathy
708-599-2070.

JAN 27, 9:00AM -
LONERGAN PRE-WINTERFEST
5K FUN RUN, Small Memorial
Park, Kankakee. A very low-key
event for club members - no
fee, no shirt, no divisions -
awards depending on how much
Jeff has left after buying his
Christmas presents - post-race
breakfast at your own expense
at a location T.B.A. Fresh air,
fun, fellowship.

FEB 3, 1:00PM - 7th ANNUAL
WINTERFEST 5K, Small
Memorial Park, Kankakee. \$10/12
after 1/26, long Ts, 5yr AG,
awards 2-4 deep in AG plus
top 3 OA & top Master,
random prizes. Bill Linn 815-
935-0815.

THE FINISH LINE

NOV 4 - CANAL CONNECTION 10K

Pat Koerner 33:52 5th OA

Ron Piwowar

Charlie Grotevant

Jim Grace

Nancy Ruda

Leon Malone

NOV 10 - PHP 10K, Columbus, Ohio

Pat Koerner 34:47 3rd AG

Bill Linn 36:36

Ron Piwowar 45:02

NOV 11 - COLUMBUS MARATHON

John Shoup 3:10:12

Dan Gould 3:22:27

NOV 17 - GOBBLER HOBBLER, Oswego

Pat Koerner 33:35 3rd OA

Phil Newberry 39:03 3rd AG

Charlie Grotevant 39:52 2nd AG, PR

Scott Kelson 40:39

Bill Johnson 40:50 PR

NOV 22 - PILCHER PARK POULTRY PACER

Bill Linn's prediction was
close enough - he took home a
turkey! Tune in next month for
Bill's prediction on the
earthquake. Also running were
Pat Koerner, Donna Hurst, Jeff
Loneragan, Leon Malone, and Bill
Johnson. Their crystal balls are
in for repairs.

NOV 24 - DRUMSTICK DASH 5K, Orland Hills

Pat Koerner 16:03 3rd AG

Mike Hickey 17:10 3rd AG

Bill Linn 18:08 3rd AG

Charlie Grotevant 18:52 3rd AG, PR

Bill Johnson 19:16

Georganne Hickey 24:00

SEE YOU NEXT MONTH