

THE PAPER RACE

KRRC NEWSLETTER

P.O. BOX 339

BOURBONNAIS, IL 60914

JANUARY 1991

ISSUE 35

ANNUAL MEETING NOTICE

The annual organizational meeting of the Kankakee River Running Club will be held Friday, January 11th, 1991, at 6:30 P.M. at Jo Boudreau's, 735 Jonette, Bradley. Election of officers will be held at that time. This is also a club social for adults. The club will furnish beverages and meat.

Members are requested to bring a covered dish. Wear a favorite T-shirt and bring your pictures. We'll trip down memory lane and gaze into the future.

ON THE RUN

By Dan Gould

The racing season ends in October, right? Tell it to the 327 runners who finished the Ottawa 10 Mile on December 2nd. A dozen KRRC members made the trip and two brought home the gold. Seven set personal records. It was Jo Boudreau's eighth race of the year and made four consecutive years of bringing home the gold in every race she ran. It was also a pleasant surprise as Jo's training runs do not approach the ten mile distance. For Charlie Grotévant, running his 47th race of the year, it was just ho-hum - his umpteenth PR of the year. Mr. Durable will probably get in 50 races this

year if he has to organize Charlie's Cornfield Canter on New Year's Eve in order to do it. Front runner Pat Koerner knocked more than a minute off his previous best and finished a second behind friend Lance Boyard to take 6th overall. It may have been Bill Johnson's first 10 miler, but he made the effort so it goes in the book as a PR. Compared to the Park Forest and New Lenox courses, however, it is not flat. Working your way north and east to the frontage road along the Interstate from downtown Ottawa is a gradual upgrade. Going back down in the 7th and 8th miles is quick.

Kids! Matt Gubbins skipped the race to go to the Bears game so Phil Newberry's usual nemesis wasn't there to inspire him.

Charlie and I caught him early in the race on an upgrade. Phil, obviously embarrassed at being caught by these two old men, kicked in another gear and left us. We started to close in at seven miles and by eight he was history. Charlie and I were no more than out of the finishing chute and Phil was explaining how he tapers off this time of year and was only doing about five miles a week. Sorry, Phil! Every veteran runner knows you make your excuses before the race. Your elders were

your betters on this day.

Fall came late this year. The "fall" that is. My sort of annual trip over the crack in the sidewalk because I'm too lazy to pick up my feet. It came on December 9th at 9:17 A.M. at the Kankakee River State Park on the road between the "hill" and the north campground. Eight of us were out there for our semi-regular "there's no race today so let's go to the State Park" training run. The only eyewitness was Jeff Lonergan. Although eight of us had started together, we were quickly divided into three groups by the showboating of John Shoup who did his Julie Anderson impression and took off at a 5:30 pace. Bill Linn, trying to be sociable, went with him. Matt Gubbins and I constituted the second group followed by Ken Stark, Bill Johnson, Jeff Lonergan and Pat Koerner. Matt and I were unable to bring these two groups together (two lawyers trying to negotiate a settlement), but Jeff joined up with us. Matt stopped off at the campground to answer nature's call.

It was probably Jeff's fault. He had just told me how he gained twenty-five pounds the previous winter when he found himself alone. It was quick. I caught the right toe. I tried to tuck in and do a right shoulder roll. I succeeded in

landing flat on my right side and driving my tucked-in right elbow into my ribs. Jeff wanted to know if I was all right. So did I. I had never landed that hard. Matt, who caught up with us a few minutes later, said he felt the outhouse move. Others would say they thought the New Madrid fault had fractured. I simply hoped my ribs hadn't fractured. In two or three minutes I was up and back at it, but a week later there was still pain in the ribs. I hate being retarded!

Driving home, John told me that his falls usually come after dark. He once fell into a pile of trash bags set out for the next day's garbage collection. Fortunately, there were so many bags they provided him with a soft landing area. He also fell over an open gate. John's night vision problem may explain some of the things we see with after dark (DISCLAIMER: THIS DOES NOT APPLY TO ANY RUNNING CLUB MEMBERS, PAST, PRESENT OR FUTURE.) Perhaps the most unique cause of a fall was reported to me several years by Ed Giazar who wears some pretty big shoes - and long laces to go with them. In any event, he was running along minding his own business when the loop on the laces of one shoe lassoed the toe of the other shoe and **TIMBER!** Ed wears his laces a little shorter these days.

A note on Dave Dyer's Christmas card suggest that his post Boston "my body has run it's last marathon" remarks can be disregarded. Dave is happy with his times at shorter distances and is now talking of running Boston 1991 - as a

bandit.

If you are having a mid-life crisis, you can cancel it. It isn't true that life takes an alarming downturn at some point between 40 and 60, according to University of California sociologist John Clausen. There is no "mid-life crisis," said Clausen, who studied a group of people who passed through middle age and encountered no such thing. Runners, of course, are both energized and tranquilized by the running life and don't have time for middle age. The nearest thing to a mid-life crisis we have is being nine years into a ten year age group.

Ideas for the coming year? We need to put together a mailing list of runners who participated in Kankakee County races in 1990. If we add in the membership list for the Prairie Staters and Pancakers, we should get a good return on the mailing of registration forms. Since mailing is expensive, the next step is a generic entry form or a joint mailing. You could send four or five forms for the same quarter (soon to be 30 cents) you sent one. Race directors - are you listening?

I know finances are tough after Santa bought all that running gear, but we need your support if this newsletter is to continue. So, please fill out your membership renewal form contained in this newsletter. You can mail it or better yet, bring it to the meeting at Jo's and enjoy another benefit of membership.

Anybody else with the good sense to head south for part of this winter? I have the

latest Florida Runner if you are in need of race info. Gasparilla (Tampa) is February 9th, Red Lobster (Orlando) March 2nd, and there are lots of others.

See you at the annual meeting, then at the Park Forest Mid Winter Frolic, then at Jeff's Winterfest Warm-Up, then at Winterfest, then....

BEAUTY IS ONLY SKIN DEEP or YOU CAN'T JUDGE A BOOK BY ITS COVER

**By The Ol' Runner or
There's Nobody
Like An Old Fool
(Howard Strassenburg)**

Aug 5 - Indianapolis, IN - National Outdoor Track Meet. She walked in - past my table in the TGI Fridays Restaurant in the Ramada Inn. Shoulder length auburn hair, classic latin features and the body of a model. But her Nike shoes were a dead give away - she must be in the track meet. I slipped my coffee until she finished her salad. "Pardon me, are you in the meet?" "Yes, I am." "What event?" "I'm a race walker."

Next logical question - "May I ask what age bracket?" "Sure - want to guess?" Believe me I was as serious as her looks led me to believe when I said "40 - 44?" "Would you believe 60 - 64?" "No - I've had women lie to me before, but in the other direction." "Well, that's what I am. In fact I'm 64 and I'll be 65 in the World Games in Finland next year." "Oh, really. I'm going to Finland." From then on, until I took her to the airport we were together.

Chapter Two. Needless to say I was ecstatic with the prospect of having a lovely

lady for a companion in Finland. After about six weeks I didn't want to wait until August '91 to see her again. So when I saw the ad for the Golden Age Games in Sanford, FL, I thought maybe I can talk her into meeting her there.

I guess I should mention that she was from New York. Her address - 210 Central Park South. But that didn't really bother me because I had been dating Rachel Weisbrot (Queens, NY) for four and 1/2 years. New Yorkers and Midwesterners are on opposite ends of the spectrum. But hey, I'm an easy going guy, I can cope with that.

First call - "Joan, how about going to Florida for the Golden Age Games?" "Well, I don't know. I've been training to do a race walk in the New York City Marathon."

Second call - Undecided.

Third call - "I'm going. I sent in my entries and rented a car." "Great. We'll do the Games and then spend a couple of days at Disney World." "You furnish the transportation -I'll pay for our meals and tickets to Disney."

I arrived in Sanford Thursday evening and went directly to the Civic Center where Joan was entered in the talent show. She is a graduate of the Julliard School of Music. She played the piano and sang.

Friday Morning - Joan (Rowland) was going to do the "Leisure Walk." The title speaks for itself. At this point I started to look past that physical specimen. She was determined to turn it into a race. Parading around for the race director -giving him a hard time verbally. Putting on the "Joan Rowland Show."

Naturally she was the first over the finish line. But, the race committee disqualified her. They said she was race walking. I must say she was not, but it's their decision. Now she's literally giving the race director the third degree. Example - "What qualifications do your judges have?" From that point I did my best to not let people know I was with her.

I carried out my part of the bargain. We went to the MGM Studios one day and Epcot the next. But it was a long two days. It was three days of "I Can Top That."

I did win the 1500 meters on Friday in a steady downpour. There was no competition. When I finished, the only guy in my race was still on the back stretch. On the day before I flew home the weather was nice in Orlando, so I went out for a slight-seeing run. I was still about a mile from the Holiday Inn when I glanced up at a billboard.

GIRLS GIRLS GIRLS -
TOPLESS

In that same instant I stepped into a typical Florida chuckhole. Sprained my ankle. All in all I had a completely lousy time.

THE LINCOLN CULTURAL CENTER - MONTESSORI MAGNET STORY HOUR

By Rich Muniz

The L.C.C. - Montessori Magnet School is looking for volunteers from community organizations to act as story tellers and story readers. We're looking for people who are willing to spend 30-40 minutes between 11:30 A.M. and 1:30 P.M., telling or reading

stories to one or two classes. There is no obligation to do this with any regularity. As often as you wish would be fine, and even just once a year would be greatly appreciated.

If you are interested in becoming a story teller/reader (and after listening to hundreds of post race stories/tales? this should be easy for most of you) or if you have any questions, please call me at 933-0709 or call me at home after 7:00 P.M. at 939-1849.

THE STARTING LINE

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 708-748-8861.
Jerry 708-481-7769.

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

DEC 2 - OTTAWA 10 MILE -

327 Finishers

Pat Koerner 54:43 PR, 6 OA, 3 AG
Mike Hickey 61:32 3 AG
Dan Gould 65:08 PR
Charlie Grotevant 65:25 PR
Phil Newberry 65:32 PR
Scott Kelson 67:18 PR
Bill Johnson 67:57 PR
Jeff Lonergan 69:59
Carol Pratt-Bauer 70:55
Ken Stark 75:40
Jim Grace 77:23
Jo Boudreau 78:32 PR, 2 AG

DEC 9 - JINGLE BELL RUN

5K, Champaign

Charlie Grotevant 19:18
Pat Baldwin 24:27
Doc Baldwin 28:30

DEC 29 - PONTIAC TO
NORMAL 50K RUN

Charlie Grotevant 4 Hrs 26 Min

SEE YOU NEXT MONTH

KANKAKEE RIVER RUNNING CLUB

Membership Renewal 1991

PLEASE LIST BIRTHDATES OF ALL MEMBERS

_____ SINGLE \$10.00 _____ FAMILY \$15.00

NAME _____ DATE OF BIRTH _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

OTHER FAMILY RUNNERS AND BIRTHDATES _____

Make Checks Payable To: KANKAKEE RIVER RUNNING CLUB

Mail To: KRRC

P.O. Box 339
Bourbonnais, IL 60914

ATTENTION !!!!!

**PUT YOUR THINKING CAPS ON AND GET
YOUR CREATIVE JUICES FLOWING !!!
THE RUNNING CLUB NEEDS SOME IDEAS
FOR A LOGO.**

**THERE WILL BE MORE DETAILS IN THE
MARCH NEWSLETTER.**

CLUB JACKETS

STYLE

Oxford Nylon Shell - Quilt Lining
Knit Cuffs, Neck & Waistband
Club Name on back (Silkscreen) &
on left chest (Embroidered)

COLORS

Choice of:

- () Silver Jacket, Cuff-silver w/royal & white
Black lettering
- () Royal Jacket, Cuff-royal w/silver & white
White lettering

SIZES & PRICES

Adult: S - M - L - XXL

Youth: S(6-8), M(10-12), L(14-16)

Cost: \$38.00 (XXL - \$40.50), (includes tax)

If you want your name embroidered - \$3.00 extra

ORDERING

Order by Feb. 15th - Approx. 4 week delivery

Send this form with choice of color & size marked above

To: Bill Linn, 465 Kristina Dr., Bourbonnais

Questions: Call 935-0815