

# THE PAPER RACE

## KRRC NEWSLETTER

P.O. BOX 339

BOURBONNAIS, IL 60914

MARCH 1991

ISSUE 37

### ANNUAL MEMBERSHIP SOCIAL

#### (I.e. GorillaFest II)

Our next adult social function will be held at the Bird Park Fieldhouse on Saturday, March 23rd at 6 P.M.

The club will supply the beverages and main dish, which will be Better's Broiled Chicken and members bring a dish to pass.

We are also pleased to announce that Dr. John F. Durkin will be our special guest speaker.

Dr. Durkin works in the field of Podiatric Medicine, as it relates specifically to running. Dr. Durkin is "The Pioneer in the development of Runners Orthotics and Running Mechanics."

A noted and highly regarded speaker and author, he has written for Runner's World and is co-author of "Running to the Top of the Mountain", a MUST for runners of all levels.

A partial list of his current clients includes Sebastian Coe, Jim Spivey, and Craig Virgin, just to name a few.

Dr. Durkin's insight into running injuries, cause and effect as well as running mechanics will be the topic of the evening, among others, I am sure.

There will be a slide presentation and questions and

answers.

This social is especially for new members to meet everyone, or for anyone who is interested in becoming a member.

So, come share good company and good food and take this opportunity to learn more about the sport we love.

### FROM THE PRESIDENT

#### By Nancy Ruda

Your editor - the Judge - is vacationing once again in warm Florida. Running and sunning, no doubt. So, the Newsletter Committee (made up of Bill and Linda Linn!) kindly (or was it unanimously?!!) asked me to write a few dribbles in his place.

Now, I confess I don't have the Judge's sporty candor or his keen wit...but here goes. (At least there won't be any "dumb blonde" jokes!) On with the show.

I think everyone will agree that Race Director, Bill Linn and his crew, did an outstanding job on this year's "Winter Wellness 5K." It was a perfect winter/spring day for running. Donna Hurst and her committee - Linda Linn, Jo Boudreau, DeeAnna Hillebrand and Nikki McConnell - did a superb job with registration. The trophies were the talk of

the race thanks to trophy man, Dave Hinderliter. Kudos to Dave too for the neat finish line. Worked like a charm. The refreshments were yummy. (Did everyone have enough cookies?!) And, Ken Klipp's color commentary for the awards was, as always, a treat.

Now, about Dave Bohike and that new software. Monica Uribe sure doesn't look 80! Dave says he'll have the program fine tuned in a couple of days.

Bill Linn reported that the number of participants was down from last year. All of the KRRC members turned in stellar performances, especially Pat Koerner who was battling an awful case of bronchitis. Pat arrived at the race with a cooler stashed with antibiotics and cough medicine. Good thing we weren't drug testing! Get well soon, Pat. The roads miss you!

And the race shirt is a true collector's item thanks to Ken Stark.

Other club news...We have invited Governor James Edgar to the "Governor's 5K/10K" in October. And, guess what! He's interested. His "Scheduling Coordinator" said it's a little too early to plan his calendar for October...but they will keep it in his book as a "definite maybe." I'm excited!

All of the sponsors for the

"Performance Sports 5 Miller" have been lined up - TCBY, Culligan Water, Coca Cola and Domino's Pizza. And, of course, Performance Sports!!

Well, that's about it. Stay healthy. Watch out for ice on the roads. And, don't forget to hydrate. See you at the park!!!!

## ON THE RUN - IN FLORIDA

By Dan Gould

TAMPA, FL., FEB. 9TH. The sun was a red ball rising between the buildings of downtown Tampa as Charlie and Joyce Grotevant and I headed across I-275 from our Embassy Suite (\$79 a night runner's special including a buffet breakfast) for the start of the 14th Annual Gasparilla Classic 15K. We had been downtown the night before for the Runner's Expo and had picked out our parking lot. Scratch that. The other 6,000 entrants in the 15K had also decided to arrive an hour before the 8:15 start and the exit line started well before the exit ramp. Fortunately, things moved pretty quickly once we got off the ramp.

Our starting line (men's) was 3-4 blocks from the finish staging area. I didn't actually see the starting line but assumed it was in close proximity to the banner that said "START." A mass of humanity prevented us from a close inspection. After a short warm-up jog and pre-race pictures (yes, officer, this is what he looked like before he fell in front in front of the pack), we were off. Charlie and I were immediately separated but reunited in the

second mile. Due to road construction, the outbound course was new this year. They shut down the crosstown expressway (4 lane divided) and gave the ladies half and men half until we got off about 4 miles into the race. This also created hills in a state not known for hills. Every underpass meant we went up-up and over. The scenery was BORING. Inbound was another story. Bayshore Boulevard was scenic and there were cheering spectators.

Charlie and I crossed the finish line a few seconds apart. We were a little disappointed in our times. I thought the weather had been fair (clear, breezy, 60 degrees), but Charlie felt the heat. Upon reflection, Charlie decided we needed inspiration, the inspiration missing when the women started blocks away and didn't join us until the race was half over. If only those girls had been running on the same side of the crosstown expressway those first four miles, we would have been inspired to greater feats...eh, feats...eh, we would have finished sooner.

Charlie also suggested that we had time to sign up for the 5K..I said I thought we were sufficiently insane and he would have to go it alone (OK, Jeff, your record is still intact). Instead, we grabbed some water and Gatorade and headed for breakfast at our hotel. We returned for post-race festivities - more expo, refreshments, drawing for prizes, and awards. Race day awards were limited to overall (top 10) and master's and were held outdoors. As I

walked through the crowd, I found myself standing next to Kim Jones, Laurie Binder, Francie Larrieu Smith, and Priscilla Welch. They were acting just as regular as runner's sweat; could have been at your local road race as ordinary as they acted. I could fall in love with Welch's accent. We also encountered some of the more local celebs - John and Algene Williams and Ann Clark from the Park Forest Running Club. John and Algene placed in their age groups. Of course, most people in their age groups are in the cemetery.

Charlie and I will have to wait for the official results to see how we compared. The newspaper listed the first 500 male finishers and we were about 30 seconds too slow to make the cut. Race officials estimated approximately 6,000 runners competed in the 15K and another 6,000 ran the 5K. That represents a decrease of more than 2,800 runners from last year's record crowd.

FT. MYERS, FL., FEB. 16TH. The 13th running of the Edison Festival of Light 5K immediately preceded the Edison Festival of Light Parade, the grand finale to a three week long celebration honoring Thomas Alva Edison, who made his winter home in Fort Myers. The parade, commencing about 6:45 P.M., is the largest night parade in the nation and its purpose is to recognize Edison's invention of the light bulb. Each of this year's seventy-five floats was brightly lighted with the assistance of one or more portable generators. The race, starting at 6 P.M., follows an out and back course on the

parade route. As a result, the runners have between 200,000 and 250,000 spectators to cheer them.

Dad and I arrived in Ft. Myers about three hours before race time. The weather was unseasonably cool as the result of a front that had swooped through Florida on Friday night bringing record lows, including some freezing temperatures. We walked the parade assembly area along the waterfront and admired the colorfully decorated floats. I was brought up short by a hand on my arm and a voice inquiring if I was from Kankakee. It was Bob Stevens from Park Forest. Althea was with him as was Warren Utes. We chatted briefly and moved on.

The oldest runner was a 90 year old man named Warren who was treated like the celebrity he apparently is. A small banner proclaiming his fame had been prepared and the 1500 or so assembled runners gave him a rousing cheer as he was given an official send-off - ten minutes before the rest of the field. This was done in order that he would finish before the course closed at 6:45. It also avoided the possibility that he would be knocked down and trampled. The rest of us just had to take our chances.

In addition to being the RRCA Southern Region and TAC Florida State Open 5K Championship, it was a Ft. Myers Track Club Youth Grand Prix Event. Many teenage runners were present and, being no smarter than some of their elders, seeded themselves near the front despite the

pleas of the starter to position themselves near the appropriate pace signs. In all fairness, there were a couple gray and balding heads in front of me that weren't going to run six minute pace either (neither was a Warren Utes). We had hardly started when I was aware of one or more runners going down on my right. I had positioned myself on the left side and threaded my way through a number of slower runners. A block or two down the street I encountered a tight spot between the curb and a youthful runner. I must confess with some embarrassment that, as I surged past, I gave him a forearm push to protect against the possibility that he might inadvertently crowd me into the curb. I caught a glimpse of shock on his face. Son, whoever you are and wherever you are, I'm sorry! While I was able to get through the first mile on pace, Bob and Warren would later tell me that they got caught in the pack and lost time in the opening mile. Unlike the longer races, there isn't much time to make up time.

The race itself was short and semi-sweet. It was flat and the weather was perfect (about 50 degrees with a light breeze - sundown was 6:22 P.M.). A couple of tenths from the finish I realized my left shoe was untied. I wasn't going to stop, but it certainly affected my concentration. My unofficial time was a PR by one second. I chatted with Warren, Bob and Althea, enjoyed some refreshments, helped cheer "their Warren" across the finish line, and headed home. It would have

been nice to stay for the post-race party and awards (10 deep in 5 year age groups), but we had a couple hour drive back to Bradenton. To fully enjoy it you need to spend the weekend. The camaraderie of the "Pancakers" added greatly to my enjoyment.

PLANT CITY, FL, FEB. 24TH. Plant City?? OK, it is not Tampa or Ft. Myers, but the people in Plant City don't care. They have been putting on the Florida Strawberry Festival since 1930. In 1962, Hillsborough County designated this annual celebration of the strawberry harvest the Hillsborough County Fair. Located 20 miles east of Tampa on I-4 it also has a community college which was the staging area for the 10th Annual Strawberry Festival 10K and 5K.

About 750 runners assembled for the 8 A.M. start of the 10K. The sun was playing hide and seek with the early morning clouds. The wind was calm and the temperature around 65 degrees. The race director dedicated the race to our armed forces in the Mid-East (the ground war had started the night before) and Carol Lucky sang The Star Spangled Banner with such emotion that I think I saw a tear in her eye.

A minute after the wheelchairs started, the mayor fired a pistol to start us. (Everyone in Florida has a pistol.) The crowd at the start spread out quickly and I hit the mile mark ahead of pace. The course was flat, well guarded, and through a mostly residential area. I was in the second mile, feeling

strong, when I was passed by a grey-haired man pushing a "Baby Jogger" with a small child. Come on! It was bad enough that there were women beating me!

Anyway, I was cruising to a good time when, in mile 4, I heard dog paws on the pavement behind me. Sure enough, a runner with his dog on a leash came by. It couldn't have been something like a greyhound. No, this was a short-legged fat-bodied runt, the kind you might tie to a broom handle and shove under the bed to pick up the dust bunnies. Happily, they left the course so the mutt could get a drink from a stream. There were no alligators, apparently, as they came by me again in mile 6. Other than being humiliated by women, children, dogs and old men, I had a good race.

Post-race was a picnic with hot dogs, chips, coke, fruit, and of course, strawberries! Carol and a friend were on stage singing some good folk music. No, I did not find any of the Park Forest contingent or anybody else I knew. There were a number of beautiful women I would like to have known (Shoup's circuits would have overloaded on this one). The 5K went off at 9:15, but I don't know how many. Nor did I stay for awards. It was my last day in Florida and I wanted to get in one more walk on Coquina Beach. If I could only stay another week, there would be the Red Lobster 10K in Orlando. Two weeks, Jacksonville River Run 15K. Three weeks, ....

## A RUNNER'S POEM

### By Anna Goodberlet

The runner opens up the door and steps out into the snow.

He looks in all directions, and ponders where he'll go.

Should he be adventurous and try a route that's new,

On second thought he decides on a route that's tried and true.

His footsteps fall in rhythm as he settles at a pace,

The snow is falling lightly and the snowflakes brush his face.

He breathes in the moonlit silence, as the stillness takes control,

He has no thought or sense of time, or how fast he should go.

He ponders all the happenings that swept right through his day,

Or he might think of weeks, or months, it's hard for one to say.

He plans his day tomorrow, no he plans his week instead,

It's easy to think of many things after running has cleared his head.

The tension leaves his body, as he slows his steady pace,

He loves these silent moonlit runs, as they are his saving grace.

## CLUB LOGO CONTEST

### By Bill Johnson

Whether you are an accomplished artist, novice, or of limited artistic talent, we have a contest for all who wish to participate.

At this point in time, our club does not have a logo. In the past a logo was created

in the form of a rat. To date, we have not circulated any clothing, i.e. jackets, hat, T shirts, etc. with that logo, and feel that we could portray a better image of our club.

With this in mind, and our goal clearly established, let's put our creativity to use and come up with a logo for the Kankakee River Running Club.

As you may recall, in our previous newsletter, our club colors have been established and jackets are being ordered. The club colors are Royal Blue, Silver, White & Navy Blue (Orlando Magic NBA). In creating the logo, keep in mind what our club is about, where we are located, and the fact that we are a running club.

All entries should be clearly printed including drawings or sketches, and must be turned in by our March 23rd meeting. At this meeting your ideas will be displayed and voted upon by all present, using a secret ballot. The winning logo will represent our club and be displayed on our jackets and any other club apparel. The winner will receive a shirt with the logo on it and the expense for having their previously purchased club jacket personalized with their name.

GOOD LUCK ARTISTS!!  
SEE YOU ON THE 23RD OF MARCH!!

## SUNDAY MORNING TRAINING RUNS / BIKES RIDES / WALKS etc.

### By Bill Johnson

Place: Kankakee River State Park

When: Sundays, beginning at 8:30 A.M. From March 24, 1991 thru November 3, 1991

Over the years members of our club have made the weekly pilgrimage to the Kankakee River State Park to train on the hills and trails in blissful splendor amongst the beauty and serenity that makes up our State Park. This has always been an informal gathering of runners, bikers, and walkers of all levels, and a chance to do your long run with some company, etc.

With that in mind, we would like to see more of you come out on Sundays, when you can, to do "whatever", wait for your spouse to do their workout, while enjoying the surroundings with the kids. There are a number of things to do. Throw the bikes in the trunk and take a ride with your running mate as he or she pounds the trails, you could even have the kids join in. This is certainly an opportunity to take time to relax and get some fresh air in beautiful surroundings.

The main concept here is to try and get more of us together in a casual atmosphere to get to know one another and to form a sense of togetherness and friendships that will certainly last a lifetime in our club. We would like to see the Sunday morning outings become the earmark of our club, a casual gathering of friends, camaraderie, in the beautiful outdoors.

So, bring your family, friends, relatives, pets etc. to the first entrance to the State Park heading west on 102. We will meet in the parking lot on the right, immediately after you turn in.

You are encouraged to

bring your breakfast, or a snack, juice, etc. Even feel free to try out your new coffee cake recipe on the group.

**MOST IMPORTANTLY, COME AND ENJOY THE CLUB AND THE PEOPLE IN IT!!**

## **TAFFY APPLE SALAD**

**By Janet Shelly**

Sauce: 1/2 C Brown Sugar 1 TBS. Flour 1/2 C pineapple juice 1 tsp. vinegar 1 egg, beaten

Salad: 4 C apples, cut up (don't need to peel) 1 small can crushed pineapple, drained 3/4 C unsalted, roasted peanuts - ground 8 oz. Cool Whip, thawed

Stir together ingredients for sauce in medium size saucepan over medium heat. Cook, stirring well until it is thick. Cool.

Prepare salad ingredients. Pour cooled sauce over and mix well. Gently fold in thawed Cool Whip. Chill.

This recipe can easily be doubled. Just use the bigger size of crushed pineapple and double everything else. I always double it for Running Club gatherings!

## **NEW MEMBERS**

We would like to welcome the following new members to our club:

Scott Andrews & Family

Tammie Collings

Monte Crowl

Robbie Foreman

Marion Heuer

R.D. & Connie King

David LaMontagne

Larry & Sandy Lane

Michael Morel

Dianne Strufe

## **THE STARTING LINE**

MAR 10, 10:00AM - CARB SHAMROCK SHUFFLE, Chicago. \$15/20, long Ts, 5yr AG, TAC Cert.

MAR 16, 8:30AM - MALL SHAMROCK 10K, Morris H.S. \$10/12, long Ts, 5yr AG, PSRR Circuit Race. This has been a good one - nice course.

MAR 17, 11:30AM - MAROH MADNESS 1/2 MARATHON and 10K, Cary Grove. \$10/12, painter's caps & cotton gloves, 5yr AG, TAC Cert

MAR 23, 11:00AM - MOUNTAIN GOAT HILL 5K, Kickapoo State Park, Danville. Only for the truly insane!

MAR 30, 10:00AM - FOOLS RUN VI, Shubert Woods Entrance, Park Forest, \$8/10, 0 Distinctive Divisions, tank tops, (708)-481 4521.

## **THE FINISH LINE**

FEB 3 - WINTERFEST WELLNESS 5K

8	Patrick D Koerner	17:10.1	3 AG
9	Marlon S Heuer	17:20.0	1 AG
16	Bill Linn	17:48.1	3 AG
18	James P Grace	17:59.2	3 AG
19	Mike K Hickey	18:03.2	4 AG
20	Matthew T Gubbins	18:08.3	
24	John E Brinkman	18:17.0	
26	Bill W Johnson	18:32.5	
29	Marty J Klipp	18:38.0	1 AG
32	Julie Anderson	18:45.2	1 OA
33	Daniel W Gould	18:45.9	3 AG
38	Robbie H Foreman	19:09.0	2 AG
44	Charlie Grotevant	19:26.6	
45	John L Shoup	19:30.9	
50	Tom Parlin	19:49.6	
58	Albert C Widhalm	20:12.0	
64	Mike G Wolfe	20:19.0	
69	David F LaMontagne	20:26.2	

70 Dale E Huizenga 20:27.5  
 73 Scott R Kelson 20:32.2  
 97 Nancy J Ruda 21:39.2 3 AG  
 100 Kathleen H Steffen 22:10.2 2 AG  
 101 Dan Keenan 22:15.1  
 103 Ron E Piwowar 22:22.4  
 108 Jack A Dorn 22:43.7  
 109 Ken L Stark 22:48.2  
 110 Jeff P Lonergan 22:48.8  
 111 Henry J Shelly 23:05.3  
 121 Howard Strassenburg 23:32.9 1 AG  
 124 Donald E Combs 23:36.6  
 130 Dee M Osenglewski 23:52.2  
 135 Mike T Morel 24:06.2  
 138 Butch H Coy 24:27.9  
 141 Gerald L Wilson 24:33.0  
 142 Gale F Lehnus 24:33.5  
 143 Monica M Uribe 24:34.1 1 AG  
 145 Thomas J Uribe 24:35.6

148 Pat J Baldwin 24:36.5  
 153 Brent M Andrews 25:02.6  
 159 25:20.2 3 AG  
 160 25:36.3 2 AG  
 163 David L Hickey 25:37.0  
 166 Jesse G Gee 25:44.0  
 172 Nancy J Devore 26:22.8  
 176 Linda 26:38.3  
 194 Sherry Malone 28:52.5 1 AG  
 199 Dale K 29:30.7  
 206 Laura L Briery 31:24.0  
 207 Linda M Krause 31:52.4 4 AG  
 209 Dianne K Strufe 32:15.4 3 AG  
 217 Debra Celebrant 48:00.0  
**FEB 9 - GASPARILLA  
 DISTANCE CLASSIC 15K,  
 Tampa**  
 Dan Gould 53:05  
 Char 53:16

**FEB 16 - EDISON FESTIVAL  
 OF LIGHTS 5K, Ft. Myers**  
 Dan Gould 18:41  
**FEB 24 - STRAWBERRY  
 FESTIVAL 10K, Plant City**  
 Dan Gould 39:25  
**FEB 23 - PARK FOREST 5  
 MILER**  
 Pat Koerner, Jim Grace, Mike Hickey -  
 88:50 - 3rd Place Team  
**FEB 17 - CHERRY PIE 5K,  
 Morris**  
 Julie Anderson 18:40 1 OA, Top Predictor  
 -took home a cherry pie!  
 Pat Koerner 17:17 3 OA  
**SEE YOU NEXT MONTH**