

# THE PAPER RACE

## KRRC NEWSLETTER

P.O. BOX 339

BOURBONNAIS, IL 60914

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### SHELLY APRIL SOCIAL

Henry and Janet Shelly will again host a run and social at their home on Friday, April 26th. The run is at 6:00 P.M. and dinner is at 7:00 P.M. (if you come at 6:00 P.M. and don't run, Janet will let you peel potatoes.) The club will furnish the main course and beverages. Members are requested to bring a covered dish. (No, you perverts, that does not mean a woman wearing clothes!) Directions: Two miles northwest of the Bourbonnais K-Mart on Route 102 to County Road 2980 (bottom of hill, see sign Davis Creek Senior Citizens Pond), turn left eight tenths of a mile to brick/white tri-level on right (SHELLY). Problems/questions call Henry/Janet 933-9255.

By the way, Henry is planning to run the Only Fools Run at Midnight (Sat., April 6th) and those wishing to car pool should meet at the Bourbonnais McDonald's about 10:15 - 10:30 P.M. As always, the fun is in sharing the adventure. This is one race for which a designated driver is a particularly good idea. You may think only fools run at midnight, but you know there will be some fools driving after midnight.

### WHY A FAMILY MEMBERSHIP?

QUESTION: Why should a

runner whose spouse/significant other/child is not a runner pay for a family membership?

ANSWER: To help defray the cost of their participation in club activities. If your family is going to attend club functions and enjoy things furnished at club expense, please make yours a family membership.

### ON THE RUN

By Dan Gould

"IF YOU WANT TO SEE A RUNNER SMILING, YOU HAVE TO GO TO THE STATE HOSPITAL GROUNDS." - JUDGE JOHN F. MICHELA

The wit and wisdom of a non-runner. He had just finished looking at the picture in the Morris Daily Herald of the start of the Shamrock 10K. As usual, I had been air-brushed out of the picture. Hickey, Grotevant, Linn, Grace and numerous others were clearly there. In an almost identical picture taken by Linda Linn, you couldn't miss me waving at the camera as Bill Linn smirked. Michela agreed that my image was missing and those that were pictured were not smiling. Actually we were laughing - inside. We laugh at hills, rain, wind, snow and the miles. We just do it on the inside; no need to embarrass the couch potatoes of the world by

flaunting our fitness. Michela didn't buy it. I guess I'll remain the only running judge in the County for a little longer.

There was a good turnout for the Morris race in spite of the eleven inches of snow that had fallen the previous Wednesday. It was necessary, however, to run the race entirely on the city streets as the towpath remained covered with snow - and snowmobilers. In so doing, the course ran closer to 6.3 than 6.2. Pat Koerner certified it! Then there was the three-mile split caller who apparently didn't know that the big green "3" painted on the pavement and "3" painted on the sign stuck in the concrete coffee can meant that that was the three mile point. He called splits about fifty yards too soon. The streets themselves were dry and the weather was very agreeable.

The Shamrock 10K has been a popular race for many years. A very competitive field of over 200 runners was there again this year and some of those bringing home the gold were KRRC members (see FINISH LINE). The awards (5 year age groups, 2-4 deep) were attractive, but this year's long sleeved Ts were just so-so (small image, no date or year). Post-race refreshments consisted of fruit and water. Perhaps John Roundtree, new

director of MALS, will find some ways to make the 13th running of this race more attractive. The post-race party at Skill-Ga-Hooley's Sports Bar is fun - If you don't have the kids along. The Hickeys, Linns and I opted for breakfast at the R-Place Restaurant at the Amoco Truck Stop just north of the I-80 and Route 47 junction. The decor and food are great, but the service was slow. The rumor that Mike Hickey moved into another age group while waiting for his breakfast is, however, unfounded.

If the number of runners attending the Cabery Firemen's Fish Fry on Friday, March 8th, was any indication, it should be added to the annual club social schedule. Pat Koerner, social director, volunteer fireman, and creator of the world famous Koerner Koleslaw, invited a few of his friends to the fish fry. We almost took over the place! There was a line out the firehouse door until after 8:00 P.M. and they had to borrow fish from the tavern next door. We might want to lobby for a no smoking section (post a fireman at the entrance with an extinguisher) and something needs to be done to reduce the decibel level, but it was a good time!

A number of us are also members of the Prairie State Running Club which votes annual awards in a number of categories. Pat Koerner, who is also very active in that club, was voted Runner of the Year for the second consecutive year. Georganne Hickey was voted Most Improved Runner of the Year. Other KRRC members receiving awards at

the annual club banquet in Channahon for placing in their age groups in the 1990 Prairie State Circuit were: Bill Linn (1st), Graig Hickey (1st), Mike Hickey (3rd), and Carol Pratt-Bauer (1st).

The annual membership social at Bird Park on March 23rd was another outstanding success. Good food, good fellowship, and Dr. Durkin's lecture and slide program combined to provide a near perfect evening. There were several new faces in the crowd and some old but infrequently seen ones. Lynn Troost, one of our founding members who now lives in Champaign, was there as was Diane Smith. That we infrequently see Diane may be the result of Tom Goodberlet's teasing. Dr. Durkin had no more touched upon the subject of runners who run with their knees together than Tom was whispering something to Diane about keeping her knees together. Her response was something to the effect that it kept her disease free. For details, please contact one of the participants.

Speaking of diseases, John Shoup is now responding to inquiries about the Cleveland Marathon with "Cleveland?" I think that means he is not planning on running that marathon? When I stopped by the print shop a couple weeks ago he was reading "Motorcycle Drag Racing." I think that means we can start making the funeral arrangements. John Brinkman, on the other hand, is psyched for Cleveland and hopes that there will be some other members there with whom to

share the thrill of victory. The date is May 19th (Armed Forces 12K Classic in New Lenox if you are not in Cleveland). There is a 10K if you are not up to the marathon. While I was planning on Cleveland with Shoup (he is a wild & crazy guy), the tendonitis in my knees (2 1/2 years) is telling me to go see Dr. Durkin. We'll see.

Mark Steffen (Run for the Law race director) hosted a meeting of area race directors at his home on March 9th to discuss matters of mutual concern. Those attending believed it was worthwhile and that it will benefit the local running community.

Last month I reported on the Edison Festival of Lights 5K in Ft. Myers, but I did not have the official results. There are two which should give us all inspiration. John Campbell, age 41, took 23 seconds off the master's world record with his 13:55 time and a fifth place finish only 9 seconds behind the winner. Warren Utes, age 70, Park Forest, set a world record for his age with an 18:13 and won the grand master's division (age 60 and up). I only tied my personal best, but was pleasantly surprised with a 7th place in age group and an attractive plaque (1400 runners, awards 10 deep in 5 year age groups). Mark your calendar for next year!

As I close this month, I want to wish Charlie Grotevant a successful Boston Marathon. Let us know how it goes!

To all of you - share with us your adventures in running -success or failure!

# LAS VEGAS MARATHON

By Kathryn Penn

LAS VEGAS - February 2: Combining a vacation in sunny Arizona with the 25th Las Vegas Marathon sounded like an excellent idea! Taking an early morning bus ride south of the "strip", exactly 23 miles south and 3.2 miles west, was the beginning of this wonderful day with the sun rising over the mountains in the crystal clear sky. Out in the middle of the vast desert and cactus field, there we were and there they were - forty million porta-potties - a sight to behold! I was amused at many of the runners absolutely freezing at the start - to me it was like heaven after running the dark mornings and winter conditions back home!

After the short three mile run, we turned north and headed toward the city of Las Vegas. Close to mile fifteen you could see the huge buildings and realized most of the occupants were either still at the gambling tables or just recently gone to sleep.

The temp was close to sixty, full sunshine and with the aridity, it was absolutely delightful conditions! I was thankful for a gentle wind at our backs and a gorgeous blond that I shared seventeen miles with (Shoup would have definitely short-circuited!) which added a special pleasantness to the run.

After watching those huge buildings get closer and closer, the race ended in the parking lot of the newest addition to the strip, the Vacation Village Hotel. Post race activities included the usual foodstuffs with the award ceremony at

the pool two hours later. With approximately 1,600 entries, the largest ever in the history of this race, it was really interesting to learn there were 47 states represented and 14 foreign countries!

My time of 4:09 wasn't toooooo bad considering my longest run was the St. Louis Marathon in November plus toooooo many hours of teaching aerobics!

My next challenge - the Ice Age Fifty trail run in Wisconsin on May 18!

## THE STARTING LINE

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

MAR 16, 8:30AM - MALS 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 - MARCH 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 RUN, Kickapoo State Park, Danville. Only for the truly insane!

MAR 30, 10:00AM - FOOLS RUN VI, Shubert Woods Entrance, Park Forest, \$8/10, 8 Distinctive Divisions, tank tops, (708)-481-4521. SAT, APR 6, Midnight - ONLY FOOLS RUN AT MIDNIGHT, Sport & Spirit Lounge, Carbon Hill, \$10/12, Ts, 5yr AG. Registration begins at 8PM as does the carbo loading. MALS 815-942-1955.

SAT, APR 6, 9:30AM - JUST A LITTLE RUN (4 mi. run/2 mi. fun walk), Eisenhower

Fitness Center, 2550 178th St., Lansing, \$12/15, Tyvek Jackets, 5yr AG, random drawing, refreshments, 474-5020.

SUN, APR 7, 9AM - THE RACE THAT'S GOOD FOR LIFE 5K, Oak Park CARA Circuit Race, 708-383-8774, Ts, 5yr AG, \$15 after 3/29 (if 800 limit not reached).

SAT, APR 13, 9AM - WALLEYE RUN 5K, Spring Valley, \$8/10, Ts, 5yr AG, refreshments, showers (Hall H.S.), S.R.R. LTD Circuit Race.

SUN, APR 28, 8:15AM - LAKE COUNTY MARATHON, HALF-M, 10K, Zion, \$15/10 for 10K after 4/5, \$20/25 for M & Half-M. No race day registration.

SUN, MAY 5, 10AM - RUN FOR THE LAW 10K, 5K, WALK, Indiana & Merchant, Kankakee, \$10/12, Ts, 5yr AG, Mark Steffen 815-935-1211.

SUN, MAY 5, 9AM - EARL'S 5K, 1987 Jefferson St, Joliet, \$11/13, shorts, 5yr AG.

SAT, MAY 11, 9AM - LAKE RUN 7.4/4.5, Lake Bloomington, Contact Pat Dunagan 309-454-1112.

## THE FINISH LINE

MAR 17 - CARY GROVE HALF\_MARATHON

Charlie Grotevant 1:35:34

MAR 23 - MOUNTAIN GOAT 6.6, Danville

Charlie Grotevant 43:35?4 AG

MAR 16 - ST. PAT'S 4MI RUN/2MI WALK, Urbana

Dave Hinderliter 26:57? (bad leg, poor attitude, hit by car, bit by ...)

Tom Parlin 1st in AG, walk

Joyce Parlin

MAR 16 - SHAMROCK 10K, Morris

Shirley Malone 1:03:10

Leon Malone 34:19  
Charlie Grotevant 41:34  
Pat Koerner 35:39?3 AG  
Bill Linn 38:58?1 AG  
Georganne Hickey 53:05?2 AG  
Mike Hickey 37:21?3 AG  
Dan Gould 39:56  
Tim Benoit 39:15  
John Brinkman 39:28  
Carol Pratt-Bauer 44:11?3 OA  
Jim Grace 39:57

MAR 10 - SHAMROCK  
SHUFFLE 8K

Jim Grace 32:47

### KRRC OFFICERS

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**SEE YOU NEXT MONTH**