

# THE PAPER RACE

## KRRC NEWSLETTER

P.O. BOX 339

BOURBONNAIS, IL 60914

MAY 1991

ISSUE 39

### ON THE RUN

By Dan Gould

Inquiring minds want to know: What happened to the American male marathoners? The results are in - Boston, London, Rotterdam and Madrid - and the American men are not to be found. At Boston, Paul Zimmerman of Pittsburgh finished 12th 2:15:34. In London, Rich McCandless ran 2:16:36 - and finished 62! No American men were listed in the top 5 at Rotterdam nor in the top 7 at Madrid. Where are the men who can go the distance? (No, John, that doesn't count.)

Charlie Grotevant went the distance at Boston again this year and in a sparkling 3:16:22 (getting older and getting better!). Jim Grace ran the first half with Charlie, but the 7:30 pace was too much for him (ah, these kids!) and settled for a 3:33:33. Congratulations to both of you! In the "Inspiration Division", Old Johnny Kelley, 83, completed his 57th Boston Marathon in 60 attempts!

Just about all of us ran our April road races on April 6th - and a few ran two races that day! Perhaps the most unique race was the Dwight 5K Open which wasn't open at all. It was confined to the inside perimeter fence of the Dwight Women's Reformatory. There were three divisions - inmate, correctional officer, and open.

Inmates from other institutions were brought in on race day to participate. The boys from Pontiac arrived late, delaying the start of the race. Even after they arrived, additional time was necessary to remove the leg irons. For some of the inmates, it was really a social affair as boys and girls paired off for kind of a run-walk-run. It is probably just as well that I didn't run this one. Had I been recognized, I might have had to run the race of (for) my life. Jim Grace, Charlie Grotevant, and Larry Lane brought home the gold!

The Just a Little Run 4 Miler in Lansing was well done. They turned out 350-400 runners and walkers. Instead of a t-shirt, they gave tyvek jackets (kind of a paper). In addition to fruit and candy bars, refreshments were provided by Pepsi, Dairy Queen, and The Olive Garden which were among the sponsors. Instead of trophies or plaques, "Desert Storm" sweatshirts were handed out. All in all, this was a quality race.

In an equally popular race, about 400 turned out for the Only Fools Run at Midnight, including 22 members of our club. Pat Koerner, Carol Pratt-Bauer, and Leon and Shirley Malone brought home the gold - and the latter two are old enough to know

better. Running 5 kilometers in the dark with 400 people who have been liquid carbo-loading for hours; what kind of role models are these people? The good news is that I haven't received any reports of injury or incident. It is rumored that the entry fee will be waived next year for all runners showing their lobotomy scar.

Speaking of lobotomies, Julie Anderson gave a lot of grief on April 7th at the state park because we started without her. The conversation went something like this:

Julie: "Why did you guys take off so early? I get out here at 8:29 and you are already gone. If we are going to run as a group, you shouldn't start early. How about some consideration?"

Me: "Julie, did you set your clock ahead one hour last night?"

Julie: "Oh, were we supposed to do that last night?"

Late again. April 14th. Julie said it looked like rain so she went back to sleep. Since sugar melts in the rain, I guess I'll give her a pass. The best excuse was April 21st - she got back at 2 AM from River to River (see Finish Line) and had her 1st Place Plaque to prove the previous day's effort. In her absence, of course, somebody is required to do a Julie Anderson

Impression and lead off the group with a 5:30 pace. I think Bill Linn did it the last couple Sundays. Before I forget, I promised Julie I would do my best to squelch the rumor that she was once a married man. She firmly denies it. Consider it squelched!

The Sunday morning runs at the state park have been well attended. Henry Shelly, Nancy Ruda, Ron Piwovar, Pat Koerner and Bill Linn have been among the very faithful and a number of other members have participated on a less regular basis. As we look at The Starting Line, I suspect Sunday morning at the park will cease until late fall.

Jack Dalton, now of Middletown, Ohio, joined us for our last Sunday at the park in April. Jack was on his way home after attending the Drake Relays with Harry Simmon, Ken Klipp and Bill Linn. Jack reports that he and Elly continue to be active in their new running community. He has recently acquired another insanity - golf!

With three of the Sunday regulars at the Lake County races and Julie late again (with an excuse not printable in a family oriented newsletter), we needed Jack to make it a group outing. Ron Piwovar and Nancy Ruda successfully negotiated the half-marathon distance on an unseasonably warm and humid day. Jim Grace, against the advice of just about anyone who had the chance to give an opinion, attempted his second marathon in two weeks. He almost proved us wrong, but cramped so badly at 24.5 that he could not walk the last 1.7.

Jim had not planned to do Boston when he signed up for Lake County, but couldn't pass up the opportunity to do Boston.

The April social at Henry and Janet Shelly's brought out about 30 members to run, eat, and socialize. The business meeting aspect of the social revealed that plans for most of the area races are coming along. Mark Steffen announced that the bridge that was out on the state hospital grounds has been rebuilt (needed for the Run for the Law 10K). Nancy Ruda has some new ideas for the Performance Sports 5K Series, including a predictor run and a team race. Jo Boudreau is still looking for a major sponsor or sponsors for the Governor's 10,000. Pat Baldwin volunteered to assist in that endeavor. Dave Bohlke has purchased a clock to go with his computerized finish.

And that is about it for the month of April. I have become one of Dr. John Durkin's patients and hope to report at some future date that his orthotics have cured my patella tendinitis which is now over 2-1/2 years old. Sometimes I think it would be easier to skip the running and just watch some of the great movies on the tube. This month's classic was "Cannibal Women in the Avocado Jungle of Death." The summary reads: "A feminist professor and her team seek a missing Dr. Kurtz and find a lost tribe of piranha women." I missed it, but I'm sure Shoup would have it on video tape.

SEE YOU AT THE RACES  
- SEND US YOUR RESULTS

AND TELL US YOUR  
ADVENTURES IN RUNNING!

## **BOSTON MARATHON #95; Johnny Kelley #60; Charlie & Joyce in Boston #2**

**By Charlie Grotevant**

Joyce and I arrived at Boston airport on a cloudy Saturday afternoon. We called the Budget Rent-A-Car shuttle bus for our ride from the airport terminal to the Budget facility. After we deposited our suitcases in the luggage rack we noticed the 3 people already on the shuttle and promptly sat down beside Merlin Anderson, an acquaintance from Normal, IL. What a pleasant surprise! It is a small world.

After obtaining our rental car we drove to Leominster, Mass., which is 50 miles west of Boston. Joyce and I lived in Leominster for than 2-1/2 years when I was stationed at Ft. Devens, Mass. It is the birthplace of our 2 oldest children. Although our 2 close friends from that community are deceased, we enjoyed an evening of reminiscing and seeing the old landmarks once again.

On Sunday morning we left Leominster and drove to Hopkinton, where the Boston Marathon starts. Lots of sightseers were there. We then proceeded along most of the marathon route as we drove into Boston. Our Sunday and Monday accommodations were at the 57 Park Plaza Hotel which is less than 1/2 mile from the finish area. That's a higher rent area than Leominster.

Monday, April 15. Patriot's

Day in Massachusetts, started with cloudy skies and a forecast of rain for the afternoon. Joyce and I drove our rental car to the state park north of Hopkinton and took a shuttle bus into town. Jim Grace of St. Anne, who ran the race as a bandit, and Debbie Jones and daughter Erica of Hazel Crest accompanied us. Debbie, who is 40, and a member of the Park Forest Running Club, got to start near the front of the race pack because of her W33 race number. She would finish in 3:07:13 to place 13th in the Women's Masters Division. Erica accompanied Joyce back to Boston after the race start.

The temperature read 51 degrees on the bank clock at the 12:00 start. The wind was from the southeast at 10-20 miles per hour and the threat of rain was increasing. The Boston Marathon is a point to point race in an east-northeast direction from Hopkinton to downtown Boston. Therefore, the winds were mostly at our side and only occasionally in our face. The windbreak protection of the towns, cities, trees and hills made the wind a minor factor in the race.

My start was even slower than last year's start. I wore bib number 7245 which was my approximate seeding in the field of 8610 entries. Jim Grace, the bandit, is faster than I am, but he was using this race as a long workout in preparation for the Lake County Marathon. We planned to run together.

I heard the starting gun and started my watch. My watch

read 4:02 when we had shuffled to the starting line. The 1 mile clock read 13:20. I had already lost lots of time in my quest to run under 3:30. My real goal was a sub 3:20 time but that now seemed doubtful.

The crowds along the route were, by newspaper estimates, well over 1 million people again this year. The cloudy and threatening weather didn't stop the people from coming and cheering.

This year, as last year, I wore a "Run for Glory" T-shirt from Streater's 4th of July race. The shirt, with its American flag and eagle, really caught people's eyes. Hundreds of times I heard "Run for Glory" shouted from the crowds. I responded by pumping my fist over my head and, sometimes, shouting "Yeah, yeah." On several occasions I gave quick yells and multiple fist pumps which would launch several hundred spectators into a screaming and cheering frenzy. The crowds sure could pump me up and I, in turn, could pump them up. After Wellesley College at the 12-13 mile area, I quit giving high fist pumps because my arms and shoulders were becoming sore and I needed to conserve my energy for later in the race.

By the third mile Jim and I were able to pass hundreds of runners; sometimes crossing people's lawns, and continually darting in and out to use any gap in the crowd we could find in our effort to make up time. Nearing the 7 mile mark, Jim asked if I was going a little fast. I replied "I

need to reach the 8 mile mark in 1:02 and I'm still behind schedule. I don't know how fast I'm capable of running today, but I intend to push the entire distance so I can go home having given a 100% effort and having no regrets."

The 8 mile clock read 1:03:47. The warm-up was over. Now we could cruise for the next 8 miles. Jim and I continued together until past the 11 mile mark when Jim said "I'm going to slow a bit. I'll catch you on Heartbreak Hill."

After the exuberant excitement of the Wellesley crowds, I focused on running form and passing other runners. The 16 mile clock read 1:59:02. The cruise was ending and the work stage (the third 8 mile segment) was beginning. Instead of 5 seconds for water stops, now they were taking 10 seconds. 20 miles at 2:29:02. I took my first Exceed. At 23-1/2 miles I took Exceed again and knew I couldn't stop running again, if I wished to finish, because it was too difficult to restart my legs.

The 24 mile clock read 2:59:07. The work phase ended and the struggle phase began. I was losing my form but the cheering crowds kept me running. They were becoming a blur, but I could still hear them. At 25 miles the sprinkles started. I continued to pass other runners as I finished with a PR of 3:16:22 on my watch. By the time I had wobbled through the finish line chaos to locate Joyce, it was raining with gusty winds and 41 degrees temperature. I had the chills, the shakes, and a completely exhausted body. Joyce was beautiful with the

rain running off her umbrella. The best sight of the day for me.

The official clock had read 3:16:22 as I passed under it; however, the computer's printer malfunctioned and no official results were available for runner slower than 3:10:54. I was 3.064 in the finishing order. Reflecting back on my starting position near the rear of the pack, I had passed over 4000 runners during the race. The elation of the PR and the finish order made all the post-race aches and pains worthwhile.

I appreciated running with Jim for the early part of the race. He didn't catch me on Heartbreak Hill, but he did cross the finish line at 3:33:03. By the time he finished it was raining steadily and the race officials were allowing the bandits to cross the finish line and go into the refreshment area with the registered runners.

Joyce and I had our post-race feast at the Legal Seafood Restaurant. Yes, Dan, Pat, Bill and Linda. It was as delicious and enjoyable as last year.

I hope each of our running friends who desire to run a marathon can someday have the experience of running in front of the enthusiastic crowds at Boston. We hope to return again in a few years.

## **SUMMER FUN SERIES**

They're almost here...the Performance Sports Summer Series of 5K runs at Governor Small Park.

This series is a tried-and-true summer tradition...a chance to get together on the

second Tuesday of June, July and August for a low-key, no-sweat (Are you kidding??!!) run.

But, this year, the series has a new twist. First of all, synchronize your watches - because the official start time has changed to 6:45 PM.

Second, each event of the series includes a 1.5 or 3 mile walk.

Third, each event has a theme. Check it out!

June 11 "Prediction 5K Run/1.5 Mile Walk". Theme: When runners and walkers sign in, they predict their time to complete their event. Trophies to first 5 male and female runners and walkers who come closest to their prediction. Trophy to closest Masters male and female predictors. (Only one trophy per entrant.)

July 9 "Team 5K Run/1.5 Mile Walk". Theme: After all runners and walkers have signed in (putting down their best 5K and 1.5 mile times), we will equitably and randomly assign 3 runners to a team and 3 walkers to a team. Trophies to top 5 runner and walker teams.

August 13 "Team Relay". Theme: We will group runners and walkers into teams of 3 after they sign in. Batons (of some sort!) will be exchanged at each mile mark. Trophies to top 5 runner and walker teams.

Fourth, all walkers and runners who participate in each event will receive a certificate at the end of the summer.

Whew! Is anything staying the same? Of course!

Joyce Grotevant will be

providing ice cream treats at each event, thanks to the Dairy Association. (Joyce is always the most popular person in the summer!)

Plus, there'll be pop available. And, we'll head to Chicago Dough afterwards and dive into their salad and pizza bar!

There's still no charge to club members who participate; \$1 charge for non-club members. No T-shirts...no race numbers... Just great awards from Performance Sports.

Same place...Governor Small Memorial Park in Kankakee.

So, get ready to fun run or walk the second Tuesday of every month this summer.. Hope to see you all there!

And, volunteers are always needed as timers, for registration, to pass out water, etc. Call Nancy at 939-1749 if you, your spouse, family members and friends can help! (Or just show up at the park!!!)

## **RACE CIRCUIT**

**By Bill Linn**

It has been brought to my attention that we need an explanation of our race circuit. Here goes...

The Kankakee County Race Circuit consists of 10 races listed below. Standard five year age divisions to 60 years old and up. The top ten finishers in each division in each race receive points. Ten points for 1st down to 1 point for 10th. To qualify for awards a runner must participate in 5 or more races and the best five finishes will be added for their total. Certificates will be

awarded to all runners who qualify with five races. Overall certificates will also be awarded to the 1st place male and female finishers. The overall winners will be determined by top ten finishes in the same fashion as the age division winners. We will total the scores and have the results and certificates available at the 1992 Winterfest 5K.

That's all folks. Any questions, call me! Oh yes, there has been discussion of changing the certificates into trophies or plaques. Great idea if we come up with a sponsor. La Croix has expressed interest. Hope it works out.

Winterfest 5K

Run for the Law 10K

Performance Sports 5 Miller

Manteno 5K

YMCA 5K

5K Off Broadway

Midwest Four Mile Classic

Governor's 10K

KCC Fall Classic 5K

This one's still not for sure.

Momence 10K

P.S. Special thanks to Dave Bohlke for compiling results. He does all the work. I just write this explanation.

## CLUB JACKETS

The jackets are finally done! Call the Linn's and arrange to pick yours up at their place or get them at the Law Day race on Sunday May 5.

## NEW MEMBERS

Scott Kelly, Megan & Whitney Andrews

Donna Berns

Robert & Carolyn Bolden

Dan Castillo

Tammie Collings

Monte Crowl

Robble Foreman

Pat Guthrie

Steve Hanks

Marlon Heuer

Dale & Connie King

Larry & Sandy Lane

Kris Leveque

Jack Littrell

Fred & Diane Mathis

Therese McDermott

Dan & Michelle Meyer

Michael Morel

Dan & Terry Morse

## APRIL BIRTHDAYS

Scott Andrews 4/4

Tom Baldwin 4/7

David Bohlke 4/20

Anna Goodberlet 4/17

Kyle Goodberlet 4/4

Georganne Hickey 4/9

Rich Muniz 4/7

Dee Osenglewski 4/2

Ron Piwowar 4/18

Ken Stark 4/2

## MAY BIRTHDAYS

Randy Devore 5/26

Zachary Leshen 5/24

Phil Newberry 5/1

Henry Shelly 5/13 (New Age Group - We won't say which one!)

## THE STARTING LINE

SAT. MAY 4. 8AM - ELM CLASSIC 10K. South & York. Elmhurst. \$10/12. 708-834-9200.

SAT. MAY 4. 9AM - S.O.S. PASS THE BUCK RELAY. Schubert Woods. Park Forest.

708-481-4521, 3 person relay teams, \$12/15.

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, door prizes, beer, pop, sandwiches.

SAT, MAY 11, 9AM - LAKE RUN 7.4M/4.5M/1.5M Walk, Lake Bloomington, \$10/13 after 5/1, Ts, 5yr AG, door prizes, food, pop, beer (Bandits will be publicly flogged!) 309-454-1112.

SUN, MAY 12, 8:30AM - 2 STATE 2 STEP 5K & 10K, Harrison Park, 5701 Hohman Ave., Hammond, long Ts, \$8 (\$6 for add. family member) until 5/9, \$11 thereafter, 5yr AG, medals 3 deep, random prizes, 219-933-2071.

SUN, MAY 19, 8AM - ARMED FORCES CLASSIC 12K, New Lenox VFW, Old Hickory Rd. & Vine St., \$10 till 5/26, \$12 thereafter, Ts, 5yr AG w/ proportioned awards, hot dogs, pop, bake sale, 815-838-3418.

SAT, MAY 25 - WESTERN SPRING TOWER TROT 5K/10K, 708-246-9070.

SUN, MAY 26 - PALOS COMMUNITY HOSPITAL RUN 5K, Orland Park, 312-868-3010.

MON, MAY 27 - FOX VALLEY TROT, Elgin, 708-695-6522.

MON, MAY 27, 9AM - MEMORIAL DAY 10K & FUN RUN, South Holland, \$6/8 after 5/23, Ts, prize drawing, 6 unspecified age groups, TAC sanctioned, CARA Circuit Race, 708-331-2940.

MON, MAY 27 - Birdman Duathlon (formerly Riverside

Blathlon), Bird Park, Kankakee,  
815-935-1211.

SUN, JUN 2, 9AM -  
PERFORMANCE SPORTS 5  
MILER (See app enclosed).

SUN, JUN 9, 8AM - RACING  
HEARTS 10K RUN & WALK,  
290 N. Springfield, St. Joseph  
Med Center, Joliet, \$9/12 after  
6/6. 5yr AG up to 4 deep, Ts,  
door prizes, Prairie State  
Circuit Race, 815-725-7133 ext.  
3147.

SAT, JUN 15, 7AM -  
STEAMBOAT CLASSIC 4M &  
15K, Peoria, \$10/15 after 6/7,  
Ts, 5yr AG, prize money, 309/  
676-RUNN. No registration  
after June 12th!

SUN, JUN 16, 8AM -  
MANTENO 5K, Manteno H.S.,  
815-468-3183, Kankakee Circuit  
Race.

### THE FINISH LINE

APR 6 - ONLY FOOLS RUN  
AT MIDNIGHT

Patrick Koerner	17:06	3 AG
Phil Newberry	19:20	
Jeff Lonergan	19:23	
Jim Grace	19:54	
Dave Hinderliter	19:54	
Richard Kendall	20:30	
Carol Pratt-Bauer	21:19	1 AG
Scott Kelson	21:36	
Henry Shelly	21:56	
Don Combs	23:17	
Randy Devore	23:56	
Gerald Wilson	24:04	
Ken Stark	24:07	
Michael Morel	24:09	
Dee Osenglewski	24:10	
Patrick Baldwin	24:26	
Leon Malone	25:35	6 AG
Gale Lehnus	25:54	
Shirley Maione	29:47	6 AG
Donna Hurst	31:20	
Linda Krause	33:20	
Nikki McConnell	33:21	

### APR 6 - JUST A LITTLE RUN 4M, Lansing

Bill Linn	23:56	3 AG
Dan Gould	25:19	
Graig Hickey	27:40	1 AG
Mike Hickey	27:40	
(Graig's pacer)		
Carol Pratt-Bauer	28:20	3 AG

### APR 6 - DWIGHT OPEN 5K

Larry Lane	18:25	3 OA
------------	-------	------

Jim Grace	19:25	1 AG, 5 OA
Charlie Grotevant	19:30	1 AG, 6 OA

### APR 6 - CARL SANDBERG

4M, Galesburg

Pat Koerner	22:55	4 AG
-------------	-------	------

### APR 15 - BOSTON MARATHON

Charlie Grotevant 3:16:22 !!

Jim Grace 3:33:33 (Who was that masked  
man?)

### APR 20 - EUREKA SPRING CLASSIC 4M

Charlie Grotevant	25:36	3 AG, PR
-------------------	-------	----------

### APR 20 - RIVER TO RIVER RELAY (80 Miles)

Julie Andreson and Carol  
Pratt-Bauer were two of the  
seven members of a mixed  
team from the Prairie State  
Runners which negotiated the  
80 miles from the Mississippi to  
the Ohio River in 8:03:10 to win  
the mixed division.

### APR 28 - LAKE COUNTY HALF-MARATHON

Nancy Ruda	1:43:04
Ron Piwowar	1:48:30

