

# THE PAPER RACE

## KRRC NEWSLETTER

P.O. BOX 339

BOURBONNAIS, IL 60914

JULY 1991

ISSUE 41

### ON THE RUN

By Dan Gould

There ought to be a law! So, I think I'll make one up. Whereas the sun gets up awful early in the morning during the summer months, AND Whereas the humidity gets up with it, AND Whereas we runners suffer miserably (Is there another way to suffer?) from the aforesaid conditions, IT IS THEREFORE ORDERED, ADJUDGED AND DECREED that, henceforth and hereafter, all races between May 1st and September 30th shall begin, commence and go forth no later than the hour of eight (8) ante meridian (A.M.) I'm sure a lawyer could have put that more artfully.

If you were present for the Performance Sports 5 Miler, you know the reason and need for such a law. By 9 A.M. the sun was HOT!! The blue haze of humidity hung in the trees... BRUTAL! No talk of P.R.s. Talk of "I survived - more or less." Julie Anderson reclined in the grass, too exhausted for a cool down run. This is our IRONLADY! If she couldn't handle it, what could be expected of mere mortals. John Brinkman sat in the shade of the Culligan Water table like a beggar seeking alms. Periodically, a fellow runner would hand him a cup of water or simply splash him with it. Matt Gubbins draped

himself over a sign that read "HANDICAPPED PARKING." No one doubted that he was entitled to the spot.

Apart from the misery of the heat, it was a successful outing with 140 runners (up 25% from last year) and several walkers. There was pop, pizza and prizes. KRRC members took home much of the plastic gold (SEE FINISH LINE). A generally good time was had by all, but there was one non-running casualty. As the adults told stories of "it was so hot, ..." some children cast rocks into the pond. Henceforth and hereafter, Brett Linn will not stand in front of flying rocks. It was just a small scalp wound, but you know how those things bleed. As he calmly awaited the arrival of his father, he gazed into the distance and uttered words that most boys - or those of us who were boys - have spoken at one time or another. "My dad's gonna kill me when he finds out."

June 9th found several of us in Joliet for the 1st Annual Racing Hearts 10K sponsored by St. Joseph's Medical Center. This is basically the same flat and fast course that Gordie's Run used several years ago. While this race started at 8 A.M., it still got a bit warm. Several of us were fortunate enough to place in our age groups which made a

lengthy wait for the awards ceremony worthwhile, but the real story of this race was the good sportsmanship of Graig Hickey which cost him "the gold." Graig and his friend, Robbie Foreman, are friends and students at Momence. Robbie is a particularly talented young runner and Graig was surprised to catch up to and find Robbie walking during the race. Robbie, it seems, had run into a parked car and injured himself. Graig encouraged Robbie to finish the race with him and, with the encouragement, they finished the race together, but Robbie crossed the finish line first. As fate would have it, Robbie picked up the last of the gold in their age group. I think they were both winners.

You might want to put this race on your schedule for next year. The competition around Joliet is usually stiff, but they went four deep in some age groups and the plaques were very attractive. There were door prizes, more than adequate refreshments, and free blood pressure testing. The shirts were... eh, well, close, but no cigar. The logo was attractive, but too small and there was no date, place, or much of anything else. Come to think of it, most of the shirts this year have lacked inspiration. I think we will sponsor a contest for best "T" next year and see if we can

stimulate some creativity. Perhaps an award for "Car Wash T" will also be part of the contest. A "Car Wash T" is one that is so dull, uninspired, poorly designed and lacking the where and when that it is never worn but immediately relegated to the car wash rag bag.

We played in Peoria! Especially the Hickeys! There was Ma and Pa Hickey, sons and daughters and daughter-in-law and sons-in-law and grandchildren. I think I even had a hickey on my neck... Oops! When they all stopped at Running Central at the same time, Mitch thought he was going to have to build an addition to the store. There were also Linns and Malones and Grotevants playing in Peoria on June 15th for the 18th Annual Steamboat Classic. Some of us went down the day before to meditate around the pool at the Continental Regency and be in position to walk to the 7:00 A.M. start. The weather was your basic 78 degrees and 90% humidity, much like the Performance Sports 5 Miler. The good news was the overcast. Once again I was happy to hit the two mile turnaround and not be going up the hill with the brain damaged souls who had committed themselves to FIFTEEN KILOMETERS (9.3 hilly, hot, humid, horrible miles!). Last year, Sue Lee set the world four mile record with a 20:10. I don't think any records were set this year although the conditions were very similar to last year. Warren Utes, age 70, did run a personal record in something like 24:04. Registration was up

about 25% this year meaning they had 2500-3000 runners and walkers.

If it's Father's Day, it must be the Manteno 5K for about the eight time (If it was on the shirt we would be sure). Attendance at this race was up with 150 runners and 25 walkers. While a few of the Hickeys were there, this race was a Kilbride Konvention. You can count them in the Finish Line, but my post-race picture shows nine survivors. You can read about son Andy's accomplishments in the sports page every day, but the only race we can be sure of seeing Gerry and Judy is Manteno. As always, the Manteno folks did a good job of putting on a race and our running community was there in force. Several of us stopped for breakfast at a restaurant in downtown Manteno. When I went to pay the bill, the manager asked me where the race had been. Just when you think everybody in a small town knows what is going on, you get a shock like that.

Y? Because we love it... the heat... the hills... the humidity... the humility. No, we have little humility. Running makes us a cut above the rest and we know it. Actually, the Y I had in mind was the Kankakee YMCA 5K Run and Walk directed by our own Pat Koerner. This was a very successful 3rd Annual that saw 186 runners cross the finish line and an additional 30 or so walkers. Pete Mathis Jr. set a course record in 15:55 while his dad, age 46, ran 17:46. Speed runs in the family. Julie Anderson's course record remained intact, but a back injury relegated Julie to

working a water station. Working is a bit strong; playing is more accurate. As a runner would zero in on the cup of water in her hand, she would suddenly throw the water on the runner. While it did feel good, I really wanted a drink. The resulting dehydration probably cost me just a few seconds and the difference between a good run and a PR, but I forgive you, Julie.

Also on the sidelines with a back injury of several months was our friend Ken Stark. Ken was a cheerleader and photagrapher and definitely one-upped me in the handing out photos department. He shot his roll and the headed for the 30 minute developer. Before the awards ceremony began, Ken was handing out race photos. Now that rates a real "attaboy!" Matt Gubbins was on the DL and working the race due to a knee problem (no, it wasn't the desk drawer this time). John Shoup was on the sidelines sometime after the race started with his Friendship Festival Hangover.

Racing for the first time in ages was Jamie Simmon who was rewarded with an age group trophy. Jamie and her husband, Harry (rumor has it that he is still alive) have put a lot of blood, sweat and tears into the Kankakee River Running Club over the years. We hope they will spend more time with us in the years to come. Putting in one of his rare appearances on the racing scene was Doc Baldwin. Doc, a retired podiatrist, is kind of a cantankerous but loveable old fart who grouses about the race directors who discourage older runners with their 50+ or 60+ age groups (he is 71) and

says heretic things like he would rather play tennis. Since he too was rewarded with plastic gold in his age group, Pat Koerner didn't have to pull out the trophy for the oldest retired podiatrist who finished the race. In the category of "the race is not always to the swift but to he who keeps on running," Graig Hickey placed in his age group. Rich Olmstead, who has discovered somewhat late in life that training can improve race times, ran 17:49 for first in age group and a PR! Nice going, Rich! This was the first of four races Charlie Grotevant will run in eight days (Wenona 5K on 7/3; Run for Glory, Streator on 7/4; and the Midwest Mile, Pontiac, 7/6). My favorite farmer from Buckingham is pushing 50 and really knows how to have fun!

The first of the Performance Sports Series 5Ks, a prediction run, was quite successful. Bill Linn was the top predictor and left no room for error. He said he would run 18:35 and he was right on the money. Be there in July for the team races - the race director will make the teams, you just be there. Don't forget Watseka on the 4th of July! It starts early - 7:30 - to beat the heat. For those of you who ordered the new running club Ts, we hope to have them at Watseka - bring your \$10!

We had a good month, hope you did. Run for your life! See you next month!

## ICE AGE FIFTY

By Kathy Penn

I finally made it - I'm now officially an "ultrarunner"! On May 18 I successfully

completed the Ice Age Fifth-Mile trail race run on the trails in the Kettle Moraine Forest in Wisconsin with a time of 10:53! You need a time of under twelve hours in order to "buckle." (Yes, I know, run fifty miles for a belt buckle?)

At six in the morning on a chilly and overcast day, 350 runners embarked on this beautiful and challenging course with 271 finishers. The race starts in the parking lot and heads out on the first loop which is 24 miles. The conditions were near perfect... until we got back to the midway point where it started to rain - not drizzle or mist -POUR! I put on my Gortex jacket plus a baseball cap to keep the rain out of my eyes and off I went figuring half of the course was already behind me, all the while knowing the most difficult part of the course was ahead! It POURED for the entire 26 miles turning the trails into mud, slop and soup with the uphill and downhill just plain treacherous! The plastic garbage bag that I'd been carrying in my waistpack saved the day for me by holding in body heat when my legs periodically asked me to walk. It turned into somewhat of a survival contest and I'm pleased to say I never had to deal with my brain telling me to quit or wondering what in the world I was doing! (It wasn't too different from growing up on the farm in all the mud - just less odoriferous!)

When I saw that last aid station at 1.6 miles I knew I had it made and enjoyed hearing the crowds and cheering at the finish line somewhere up ahead through

the trees!

This was one of the many highlights of my running experiences and I greatly look forward to a repeat next year - maybe even breaking ten hours!!! Why not give it a try - registration is in January!

## THANKS, THANKS, THANKS

...to everyone who helped at the first race of the Performance Sports "Summer Fun Series."

...Jimmy (from Performance Sports): for delivering the trophies, helping with registration and awards.

...Jo Boudreau: for organizing registration; for recording times at the finish line; and for figuring out the winners. (This was the most stressful of all the jobs!)

...Linda Krause: for starting the race with a "GO!" Linda doesn't waste any words!

...the Finish Line Crew: Donna Hurst, Jo Boudreau, Linda Krause and Diana did a great job!

...the Water Station Crew: Krista Hickey and Jessica Linn helped keep us cool!

...Joyce Grotevant: for bringing the ice cream treats.

...Jim Grace: for helping set up before the race. Any time you need a table, call Jim. He knows all the hiding places!

...Ron Piwowar: for helping with the race results, with the clean-up and lock-up of the building and with all of the details.

Thanks to all of you, our first race was a success!

See you at the next Summer Series Race... and lend a hand if you can!!

## RACE #2

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...of the Performance Sports "Summer Fun Series"...

"TEAM RUN/WALK"

Tuesday, July 9

6:45 PM Start

Governor Small Memorial Park

This event will consist of a 5K run or a 1.5 mile walk. Runners and walkers will be randomly assigned to teams of 3 by the race committee. (Some teams may be mixed.) The top 5 running teams with the lowest combined scores will receive awards. There will be one award for the top walking team. Each winning team participant will receive an award.

You must sign up by 6:30 PM on race night!!!

## GOVERNOR'S 10,000 UPDATE

By Jo Boudreau

"I'm so excited!" We now have 2 (count 'em - 2) major sponsors, namely Goodberlet Heating & Air Conditioning and Quaker Oats. Total commitments to date put us at 50% of our budget. We still have time and I'm optimistic that we'll meet our budget. A good positive attitude and the desire to make this race happen is what keeps me motivated and seeing the response of club members to help raise the money we need, tells me that I have your

support. I want to thank club members Diane Smith who got her wonderful boss to be a sponsor, to Butch Coy for giving me some good leads (waiting on response now), Nancy Ruda for her lead on Sears, Mark Steffen for his intervention with First of America. The sponsorship committee is hard at work - go get 'em. "I'm so excited!"

I'm happy to report that plans are moving along smoothly. Our wonderful sponsors, CHICAGO DOUGH COMPANY, will furnish pizza again this year. Plans for a pancake breakfast for all runners had to be put aside because a donated tent was not available (rental fee too expensive) as hoped. But, we still have DONUTLAND'S generous offering, along with fresh fruit from THE BOYS' PRODUCE, PEPSI, McDONALD'S (orange drink and breakfast coupons for entrants). EAGLE FOODS will contribute coffee, condiments and paper products so runners and workers can have coffee. CULLIGAN came through again. HARDEE'S will furnish cups for the water stations.

In case you haven't heard, Kankakee County and Area 17 Special Olympics will join us as hosts for the Governor's this year. I have been working with the President of the Kankakee County Chapter, Therese McDermott, who is one of our members. Not only will they be hosts, but they will be promoting our race throughout 4 counties. We hope to sign up a lot of Special Olympians to compete in the 5K (look out guys, I've heard there are some real burners). They will man (or

woman) a water station, help out on the course and provide lots of spectators to cheer runners to the finish. Hopefully, they will also share in the whatever proceeds we gain.

St. Mary's Hospital has offered to put on a Health Fair after the race as well as provide medical assistance, if needed, during the race.

Race apps will be out in July and the committee/chairpeople list will be in the next newsletter. "I'm so excited!"

## TREASURER'S REPORT

By Jo Boudreau

Our first 5K brought in \$10 and our expenses came to \$20.34, but some of the expense will be spread to July's race.

Our present working balance is \$1,476.08. The club has paid Performance Sports for all jackets so if you have ordered one and not paid, please do so. Winterfest profit has been revised to \$161.00. Our TAC membership renewal had been included in expenses for the race so I adjusted the accounts. Looks better!

## WELCOME TO NEW MEMBERS

Stephen Roberson

The James Ruberg Family

## THE STARTING LINE

SAT, JUN 29, 8AM - KANKAKEE YMCA 5K RUN & FUN WALK, \$8/10, 5yr AG, top 3 OA and 2-4 deep in AG, Ts, refreshments, 815-933-1741.

WED, JUL 3, 7PM - WENONA 5K EVENING RUN/WALK, City Park, \$10/12, Ts, male, female, and master

divisions, 5yr AG, 3 deep, 815-853-4547.

THU, JUL 4, 7:30AM - FIRECRACKER 4 FUN RUN & WALK, Legion Park, Watseka, \$10/12 after 6/30, Ts, 5yr AG to age 40, then 40-49 and 50+, 2 deep (you can bet Doc Baldwin will play tennis instead), refreshments, prize drawing, 815-939-1749.

THU, JUL 4, 8AM - RUN FOR FREEDOM 10K & 2M, Lions Club Pool, \$8/10, Ts, 5yr AG 3 deep, 708-957-0300.

SAT, JUL 6, 7:30PM - ST. JUDE MIDWEST MILE, Pontiac, \$7 w/shirt, male, female, open & master's divisions, city streets, not TAC cert., Gary House 815-842-2790.

SUN, JUL 7, 8AM - BOURBONNAIS TOWNSHIP PARK DISTRICT SPRINT BIATHLON, Lil's Park, Bradley, \$15/20 after 6/14 (\$20 to run a 5K!!), NO RACE DAY REGISTRATION, Ts, 5yr AG 3 deep, 815-933-9905.

SUN, JUL 7, 8AM - SANDWICH PARK DISTRICT 5K & 1M, Sandwich Township Library, Center & Eddy St., \$7/9 after 7/1, Ts, OA M & F, and 3 deep in 5yr AG for male and to 1st female in 10 yr AG plus 10 additional female awards based on number of entrants.

TUE, JUL 9, 6:45PM - PERFORMANCE SPORTS SERIES #2, Team 5K Run/1.5 Mile Walk. Random assignment of 3 to a team with trophies to top 5 runner and walker teams. No charge for club members, \$1 to others.

SAT, JUL 13, 7:30PM - KEMPTON BOOSTERS BANG 7K PREDICTION RUN, \$4/5,

awards, random prizes, post-race party, American Legion Hall in DOWNTOWN KEMPTON.

SUN, JUL 14, 7:45AM - CHICAGO DISTANCE CLASSIC, Congress Pkwy & Michigan, \$15/20, 5yr AG 3 deep, 312-243-2000.

SUN, JUL 21, 7:45AM - HEART & SOLE 10K & 2.2M RUN, 203rd & Crawford, Olympia Fields, #13/15, Ts, 5yr AG 3 deep. 708-747-4000 Ext. 5183 (CARA'S BEST SMALL RACE OF THE YEAR 1989, TAC CERT.)

SAT, JUL 27, 8:30AM - JOLIET WATERWAY DAZE 5K, Bicentennial Park, Bluff St., \$8/10, Ts, 5yr AG 2-3 deep, refreshments, 815-740-2298.

SUN, JUL 28, 7:30AM - DOWNER'S GROVE 10M & 5M RUNS, Lincoln Center, 935 Maple Ave., \$8/10 after 7/1, Ts, 10yr AG 3 deep, 708-963-1300.

SAT, AUG 3, 8AM - LODA 10K LAKE RUN, Loda Grade School, Registration at Park Pavillion, \$8/10 after 7/30, 5yr AG 1-3 deep, Masters Division, 386-3579, (a couple of hills in this one!)

SAT, AUG 10, 8AM - MOMENCE GLAD RUN (5K, 10K, & 1M WALK), Momence H.S., \$8/10 after 8/1, 5yr AG 3 deep, Ts, random awards, 815-472-2253.

## THE FINISH LINE

### MAY 9 - CHO TRIATHLON

Ron Piwowar 1:07:21  
Nancy Ruda 1:11:08 3 AG

### MAY 25 - BAND ON THE RUN 5K, Palos

Tim Benoit 19:19 3 AG

### JUN 2 - PERFORMANCE SPORTS 5 MILER, 80 Degrees

## + Humidity -140 Survivors

8	Patrick D Koerner	17:10	3 AG
9	Marlon S Heuer	17:20	1 AG
16	Bill Linn	17:48	3 AG
18	James P Grace	17:59	3 AG
19	Mike K Hickey	18:03	4 AG
20	Matthew T Gubbins	18:08	
24	John E Brinkman	18:17	
26	Bill W Johnson	18:32	
29	Marty J Klipp	18:38	1 AG
32	Julie Anderson	18:45	1 OA
33	Daniel W Gould	18:45	3 AG
38	Robbie H Foreman	19:09	2 AG
44	Charlie Grotevant	19:26	
45	John L Shoup	19:30	
50	Tom Parlin	19:49	
58	Albert C Widhalm	20:12	
64	Mike G Wolfe	20:19	
69	David F LaMontagne	20:26	
70	Dale E Huizenga	20:27	
73	Scott R Kelson	20:32	
97	Nancy J Ruda	21:39	3 AG
100	Kathleen H Steffen	22:10	2 AG
101	Dan Keenan	22:15	
103	Ron E Piwowar	22:22	
108	Jack A Dorn	22:43	
109	Ken L Stark	22:48	
110	Jeff P Lonergan	22:48	
111	Henry J Shelly	23:05	
121	Howard Strassenburg	23:32	1 AG
124	Donald E Combs	23:36	
130	Dee M Osenglewski	23:52	
135	Mike T Morel	24:06	
138	Butch H Coy	24:27	
141	Gerald L Wilson	24:33	
142	Gale F Lehnus	24:33	
143	Monica M Uribe	24:34	1 AG
145	Thomas J Uribe	24:35	
146	Patrick D Baldwin	24:36	
153	Scott A Andrews	25:02	
159	Leon J Malone	25:20	3 AG
162	Kerri Keenan	25:36	2 AG
163	Georganne L Hickey	25:37	
165	Jessie McGee	25:44	
172	Randy L Devore	26:22	
176	Linda Linn	26:38	
194	Shirley A Malone	28:52	1 AG
199	Dale King	29:30	

William Herzog	7/6/44	47
Anna Herzog	7/6/79	12
Krista Hickey	7/12/81	10
Elizabeth Huizenga	7/15/79	12
Kim Johnson	7/30/60	31
Ken Leshen	7/8/50	41
Leon Malone	7/7/30	61
Lisa Shelly	7/24/79	12
Mark Steffen	7/12/53	38
Monica Uribe	7/3/81	10
Janet Velemir	7/11/54	37
Larry Wasser	7/27/43	48

**AUGUST BIRTHDAYS**

Pat Baldwin	8/26/57	34
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Carolyn Bolden	8/24/59	32
Sally Dorn	8/20/55	36
Karl Goodberlet	8/6/85	6
Dan Gould	8/31/44	47
Donna Hurst	8/13/56	35
Scott Kelson	8/31/55	36
Chriss Kendall	8/6/50	41
Nathan Kendall	8/10/77	14
Jessica Linn	8/9/86	5
Shirley Malone	8/29/31	60
Nancy Ruda	8/16/56	35
Kathy Steffen	8/18/51	40
Matthew Steffen	8/23/83	8
Michael Steffen	8/18/86	5
Lynn Troost	8/26/46	45

**KRRC OFFICERS**

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Vice-President: Dave Hinderliter 432-3008

Secretary-Treasurer: Jo Boudreau

Social Director: Pat Koerner

Newsletter Editors: Dan Gould/Bill Linn

**SEE YOU NEXT MONTH**