

THE PAPER RACE

KRRC NEWSLETTER

P.O. BOX 339

AUGUST 1991

BOURBONNAIS, IL 60914

ISSUE 42

YOU'RE INVITED TO THE KRAUSE HOUSE

Bring your swimming suit (and your bod) to 227 West Washington, Momence (3 blocks from the high school) for a refreshing dip in the pool and dive for the food and drinks after the Gladiola Race, August 10. Compliments of Linda Krause and family.

SWIM PARTY

Don't miss it! It's one of our best family functions. On Friday, August 16th, run at 6:00 P.M. on the BBCHS track, swim from 6:30 to 8:00, and then go to Chicago Dough for pizza. Families - \$6.00, Singles - \$3.00, and the club picks up the balance.

CLUB Ts

Club Ts are in for those of you who placed an order. See Dan Gould at Momence (Aug. 10th), Small Memorial (Aug. 13th), or call 937-5500 after 7 P.M. to make arrangements. Bring your \$10 per shirt. If you wish to order, contact Dan.

ON THE RUN

By Dan Gould

The first of the month is always a good time for a new beginning - to begin again - to start over - to... Well, you get the idea. For Al "Big Al" Kuester and Ron Rimpl, July 1st was to be the day they resumed training

together. Al's running has been particularly spotty. Injuries, a solo law practice and family obligations have worked against his being "on the run" on a regular basis. Al and Ron met on the Shapiro grounds in the afterglow of a hot summer's day and began their run. Familiar with the territory, they knew the gates and chains that kept the roads free of vehicles could be hazardous to them. Jogging around a post that anchored one end of a chain, Al remembers noticing and remarking to Ron that the chain laid on the ground, padlock open. Immediately thereafter, there was a left turn and T-I-M-B-E-R. The chain, hanging shin high, gave him no chance. His hands, arms, body and knees broke the fall. We didn't get the Richter Scale reading on this one, but I'm sure a tremor was recorded. No hospitalization was necessary, but minor cuts, scrapes, soreness, and a possible deep bone bruise to a kneecap may keep Big Al off the road for some time to come.

Back from her back injury but looking to get hurt is Julie Anderson. Julie was seen running out Maple Street with her friend, Mark Gavic, and running with the traffic. Running with the traffic is a dangerous practice and Julie is old enough to know better. She should set a better example for the younger generation. Matt Gubbins is

returning to running after several weeks with knee trouble and Pat Koerner has just had to take some time off for a knee problem. Mike Hickey has been nursing a hamstring strain since the Y 5K. New member Rob Tenczar is consulting a podiatrist for a limb length discrepancy that has sidelined him.

Ken Stark's back problem continues to prevent him from running, but he has been walking and is now learning to ride his recumbent bicycle. You almost lie on your back to ride this bicycle and are much closer to the ground. This substantially reduces the impact when you fall.

If the foregoing makes it sound like running is hazardous to your health, I hope you saw the nice story in the Tribune on July 6th about Anne Clarke, 81 years young, reporting on her participation in the National Masters Track and Field Championships in Naperville. Anne ran her first 10K at age 69 in about 69 minutes. Four years later she had her time down to 57 minutes. For her 75th birthday she ran a marathon in Paris. She says she felt the arthritis and bursitis from which she previously suffered receding. "I feel so much better than when I was 50." Clarke now teaches eight or nine fitness classes between the YMCA and a retirement home in

Lombard. She will travel to Finland to compete in the World Masters.

July brings in the proverbial "dog days of summer" and we taper off a bit on the racing. The 4th of July presented a number of choices in races, but at least 24 of the 70 finishers at Watseka were KRRC members. Dianne Strufe was appropriately decked out in red, white and blue and receives the editor's award for most patriotic running outfit (she also won some age division gold!). Uncle Sam, about ten feet tall, was there to start us off. He needed some help with his pants and Linda Linn was right there to help him out. Okay, guys, how many of you are going to need help with your pants at the next race? Show of hands. Linda, you are going to be awfully busy at the next race!

Jim Grace found a winning formula for the 4th of July. He got home from Taste of Chicago at 3 A.M., but was at the starting line in Watseka at 7:30 A.M. and had speed to burn. John Brinkman cruised to a first in age group, but post-race he was more interested in handing out the delicious cookies he had baked the night before. Yes, Diane confirmed, he had spent the evening baking the cookies. I hope he doesn't get too domesticated! Rob Tenczar, manager of Watland's, was there to run his first race as a KRRC member. John Shoup arrived just in time for the start and later told me that he had broken every speed limit on the books and a couple we didn't know about in order to make it. John, you will be hearing from the Sheriffs of Kankakee and Iroquois Counties in the near future. And how about Donna's cups? Well, glasses I guess.

Those pink plastic things that say Hurst Security. Be the first in your neighborhood to have the complete set! I'll have to ask her for a complete list of races at which they will be freebies. Meanwhile, at the Peachtree Classic in Atlanta, Ed Eyestone became the first American since 1982 to win the race.

A number of our number enjoyed the Kempton Boosters 7K Prediction Run on the evening of July 13th. Predicting a time was especially difficult for those who don't know how far 7 kilometers is. Charlie Grotevant had no problem solving the equation as he ran a mere one second off his predicted time. Charlie, coming off four races in eight days, should know what he can do. And, if I got it straight, Leon and Shirley Malone ran the same four races. Those farmers in the western part of the county are durable!

It was the 11th Annual Heart & Sole 10K in Olympia Fields, but my first time. I can only wonder why. Put this one on your calendar for next year - a class act. The pre-race "Expo" on Saturday wasn't worth the trip, but the race itself certainly was. Several hundred runners enjoyed the rolling hills, scenic residential area, five water stops, and thirty turns leading to the finish. Each finisher was handed a full water bottle at the end of the chute and there was a good supply of soft drinks, cookies, and Chicago Dough pizza at the refreshment tent. Joan Benoit Samuelson, who set a course record, was there to mingle and hand out the awards. I hope my camera contains a good picture of Georganne Hickey standing with Joan. Theresa Burgard was

the only club member to win some gold and get the congratulatory handshake from her. There were numerous raffle prizes including a trip to Cancun, but no luck for us. Graig Hickey ran a PR!

One of my favorite blonds was there. Most men look fondly on a pretty girl who greets him by trying to pull his shorts down. I think Jan Velemir just likes the buns. Had she completed the act, she would have had a picture of my posterior for posterity. Joyce Grotevant had just focused the camera on Bill, Charlie, and I when Jan spun me around and went for the shorts. I suppose it could be PMT (Pre-Marital Tension). Jan is getting married in the fall and is wearing a diamond so big that she had to lift weights for two months before she was strong enough to wear it. She expects her future husband will be transferred to Virginia and one of our favorite people will go with him.

Other races this month were the Joliet Waterway Daze 5K, the Performance Sports 5K, and the Bourbonnais 5K held in conjunction with the Sprint Biathlon. Pat Koerner was fourth overall and first in age group at Joliet while Gale Lehnus brought home a first in age group. Pat also won the Bourbonnais 5K, but that race has the unfortunate distinction of being the smallest around - ten runners. It also appeared to be a bit short of 5K. The Performance Sports 5K for July was a team event which turned out about 50 runners.

If you thought something was strange about the Finish Line in last month's issue, there was. Under the heading of

Performance Sports 5-Miler, the computer pulled up the results from Winterfest 5K. It did make for some world records. Second, we lost a whole page of results. Hope to do better this month!

Support your local races in August - Momence, P-S 5K, and Herscher. Looking for a fall marathon in Wisconsin? There are at least two - Fox Cities and Milwaukee, both on October 13th! A number of us expect to run "The Crim" on August 24th in Flint, MI. There was a feature story on it in the August issue of Runners's World.

Special thanks to Donna Hurst and Hurst Security for printing the July and August issues of this newsletter!

See you next month - on the run!

WANTED: RACE DIRECTOR

FOR: Jingle Bell 5K Run

The local chapter of the Arthritis Foundation is looking for a race director to coordinate a 5K run and 1.5 mile fitness walk. The event is tentatively planned for December 14 or 15. It will begin and end at Civic Auditorium at Small Memorial Park in Kankakee. This will be the same route used for the Summer Series and for the Winter Wellness 5K Run.

The race director will be responsible for coordinating all aspects of the event, including course volunteers; registration; timers; the finish line; computer finish; trophies; the entry form; food; and other related activities.

The Arthritis Foundation, which has put on "Jingle Bell Runs" in other cities, has shirts for the event and will handle the

GOVERNOR'S 10,000 UPDATE

As you can see the Governor's 10,000 is ready for entrants!

Just a few more workers and we'll be all set for race day. If you have not volunteered to work and would like to help on the committees listed below, call the chairperson. Workers on committees not listed have already signed up.

Kurt Ogg, who has served 8 years (?) as Course Set Up Chairperson, would like to retire after this year. This is a very responsible position and Kurt has served well; the Governor's 10,000 has grown to depend on his "being there." At his request, we are asking for a volunteer to work with him this year, learn on the job, for next year.

Committee	Chairperson	Phone	People Needed
Course Set Up & Security	Kurt Ogg	933-4281	3 (not including Ken's kids)
Registration	Rich Muniz	939-1849	3
Clean Up	Need One	936-7800	4 (usually everybody helps with this)
Finish Line	Ken Klipp	937-1958	2

Not working? Great - fill out your race form. Yes - I'm still excited!

pre-race publicity. They will also assist the race director and his/her workers in any way they can.

In exchange for our assistance, the Arthritis Foundation has agreed to donate \$100.00 to the club.

So, whether you're a novice or an experienced race director, here's your chance to get involved and help put together a first-class, pre-holiday event. You'll get lots of support and help from the Arthritis Foundation, which will certainly make your job easier... and more fun!

If you're interested or have questions, please call Nancy Ruda at 939-1749 (after 7:00 P.M.).

WELCOME TO NEW MEMBERS

Lance Bovard
Gideon Berhanu

THE STARTING LINE

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.

SAT, AUG 10, 6PM - MAZON TWILIGHT RUN 5K, Centennial Park, \$8/10, Ts, OA & 3 deep in 5yr AG, post-race drawing, 815-448-2474.

SUN, AUG 11, 8:30AM - DOLTON 10K, Lincoln School Gym, 14200 Lincoln Ave., \$9/10, Ts, 5yr AG, Medallions 3 deep, 708-841-2200.

SUN, AUG 11, 8:30AM - CREST HILL 4 MILER, 1660 N. Plainfield Rd., \$9/11, Ts, 5yr AG

3 deep, OA & Masters, one big hill! 815-838-7678.

TUE, AUG 13, 6:45PM - PERFORMANCE SPORTS SUMMER FUN SERIES RACE #3 "TEAM RELAY", Small Memorial Park, Check in by 6:30PM. Runners and walkers will be randomly chosen and placed on teams of 3 by the Race Committee. Each runner (or walker) will run 1 mile and pass the baton to their teammate. Trophies to top 5 running teams and to top walking team.

SAT, AUG 17, 7PM - COUNTRY CLASSIC 10K, Shabbona H.S., \$10/12, Ts, 5yr AG 3-5 deep, free meal, cholesterol testing.

SUN, AUG 18, 8AM, ILLINOIS OPEN CROSS COUNTRY 8K, Shaw-waw-nassee 4-H Camp, Kankakee River State Park, Masters & Open Divisions, 5yr AG, 2-4 deep, team competition, \$11/12, 815-838-3418.

SUN, AUG 18, 9AM - ODELL DAYS 5K, Odell Community Park, \$10/12, Ts, 10yr AG, OA & 3 deep, 815-998-2298.

SAT, AUG 24, 8AM - MINOOKA SUMMERFEST 5 MILE, Mondamin & Wabena, \$8/10, Ts, 5yr AG & OA, 467-4064.

SAT, AUG 31, 7:30AM - FRANKFORT 5 MILE, Fall Festival Tent, \$10/12 after 8/15, Ts, 5yr AG 2 deep, 815-469-9435.

SUN, SEP 1, 5PM - HARE & TORTOISE 5K & 2 Mile Fun Walk, Herscher, \$8/10, Ts to 1st 100, odd age divisions, awards OA & 3 deep, 815-426-2211.

MON, SEP 2, 8AM - PARK FOREST SCENIC 10 MILE RUN, \$10/15 Aug. 11-24, NO RACE

DAY REG., 5yr AG, cash prizes, Ts, beer, soft drinks, refreshments, 708-748-2005.

THE FINISH LINE

JUN 2 - PERFORMANCE SPORTS 5 MILER, 80 Degrees + Humidity -140 Survivors

3	Lance Bovard	26:55	3AG
7	Patrick D Koerner	28:20	1AG
10	Ken Klipp	29:44	1AG
11	Dan Castillo	30:12	2AG
13	Mike K Hickey	30:30	2AG
14	Bill Linn	30:31	3AG
20	Larry Lane	31:24	4AG
21	Matthew Gubbins	31:29	3AG
27	John E Brinkman	31:50	
28	Tim Benoit	32:01	
32	Julie Anderson	32:27	2OA
35	Daniel W Gould	32:51	3AG
36	John L Shoup	32:58	
40	Charlie Grotevant	33:20	
41	James P Grace	33:26	
42	Jeff P Lonergan	33:28	
46	Phil Newberry	34:02	
47	Marty Klipp	34:08	
61	Albert C Widhalm	35:31	
65	Dan Morse	36:27	
67	Scott Kelson	36:45	
72	Theresa Burgard	37:10	1AG
77	Henry J Shelly	37:36	
79	Monte Crowl	37:42	
85	Kathleen H Steffen	38:21	1AG
102	Dee M Osenglewski	41:58	2AG
103	Butch Coy	42:10	
105	Graig Hickey	42:21	
108	Gale F Lehnus	43:19	
110	Leon J Malone	43:45	
116	Mike McGuckin	45:26	
117	Lynn Troost	45:34	3AG
127	Dale King	50:38	
130	Monica M Uribe	51:50	1AG
131	Shirley A Malone	52:01	1AG
136	Dianne K Strufe	56:34	2AG
137	Linda M Krause	58:18	
139	DeeAnna Hillebrand	00:50	3AG

JUN 9 - RACING HEARTS 10K, Joliet - Sunny, 75 Degrees

- 200 Finishers

Lance Bovard	33:28	1AG
Pat Koerner	34:35	2 AG
Mike Hickey	37:20	4 AG
Bill Linn	37:48	
Dan Gould	39:36	4 AG
Jim Grace	39:50	
John Shoup	39:54	
Phil Newberry	40:49	3 AG
Tim Benoit	41:50	
Theresa Burgard	45:00	
Scott Kelson	45:35	
Dan Keenan	46:16	
Robbie Foreman	48:49	3 AG
Graig Hickey	48:49	

JUN 11 - PERFORMANCE SPORTS 5K SERIES #1 (Prediction Race)

Top Predictor: Bill Linn 18:35 ON THE MONEY! Other club members in the top ten and within 10 seconds of their prediction: Jack Dorn, Henry Shelly, Mike Hickey, Mike Morel, Graig Hickey, Jeff Lonergan, Dale King and Leon Malone.

Women's Top Predictor: Georganne Hickey (9 seconds off). Other female club members within 19 seconds: Shirley Malone and Nancy Ruda.

JUN 15 - STEAMBOAT 4M & 15K, Peoria

Bill Linn	23:20
Dan Gould	25:45
Graig Hickey	35:39
Georganne Hickey	35:43
Leon Malone	35:02
Shirley Malone	39:40
Gale Lehnus	35:40
Dianne Strufe "Not Too Good"	
Carol Pratt-Bauer	??
Mike Hickey	61:49
Larry Lane	63:??
Charlie Grotevant	68:18

JUN 16 - MANTENO 5K, 150 Finishers

Pat Koerner	16:37	2 OA
Nancy Ruda	22:03	5 OA
Robbie Foreman	18:47	1 AG
Marty Klipp	18:53	2 AG
Matt Gubbins	18:12	2 AG

John Brinkman	17:59	3 AG
Bill Linn	17:51	2 AG
Rich Olmstead	18:05	3 AG
Ken Klipp	17:50	1 AG
Mike Hickey	18:19	2 AG
Dan Gould	19:20	2 AG
Charlie Grotevant	19:34	3 AG
Howard Strassenburg	23:25	3 AG
Monica Uribe	25:34	3 AG
Mary Kilbride	26:17	2 AG
Christine Kilbride	30:57	3 AG
Dee Hillebrand	33:14	2 AG
Dee Osenglewski	23:42	1 AG
Linda Linn	27:16	2 AG
Georganne Hickey	27:16	3 AG
Lynn Troost	25:51	3 AG
Judy Kilbride	28:59	1 AG
Shirley Malone	28:48	1 AG
Jennifer Kilbride Range	31:15	
Linda Krause	31:32	
Tommy Kilbride	24:23	
Andy Kilbride	18:17	
Mark Kilbride	20:53	
Monte Crowl	21:06	
Jim Grace	19:18	
Tim Benoit	18:58	
Dan Morse	??	
Mike Morel	??	
Tom Uribe	25:35	
Jeff Lonergan	19:57	
Dave Hinderliter	19:57	
Don Combs	23:40	
Henry Shelly	21:34	
Dale King	27:57	
Butch Coy	23:48	
Gerry Kilbride	28:22	
Gale Lehnus	23:02	
Leon Malone	25:30	

**JUN 16 - SPRINGFIELD
IRONHORSE TRIATHLON**

Julie Anderson 4:10:05 3 AG

**JUN 20 - PARK FOREST
MILE**

Pat Koerner 4:54 2nd

**JUN 23 - SLICE OF AURORA
5K**

Pat Koerner 16:38 5 OA

**JUN 29 - KANKAKEE YMCA
5K RUN - 186 Finishers**

10 Ken Klipp	17:24	1 AG
15 Rich W Olmstead	17:49	1 AG
18 Bill Linn	17:57	2 AG

20 John Brinkman	18:05	
24 Bill W Johnson	18:22	
28 Mike Hickey	18:32	3 AG
30 Daniel W Gould	18:47	3 AG
32 Marty J Klipp	18:58	3 AG
35 James P Grace	19:16	
47 Jeff P Lonergan	19:50	
48 David Hinderliter	19:55	
54 Charlie Grotevant	20:12	4 AG
66 Daniel H Morse	20:36	
76 Scott Kelson	21:15	
78 Monte Crowl	21:32	
84 Nancy J Ruda	22:04	2 AG
85 Ron E Piwowar	22:06	
89 Kathleen Steffen	22:12	3 AG
90 Henry J Shelly	22:14	
101 Gale F Lehnus	23:11	
108 Graig Hickey	23:40	2 AG
109 Tom Goodberlet	23:59	
114 Dee M Osenglewski	24:22	
115 Mike T Morel	24:23	
119 Donald E Combs	24:48	
120 Butch H Coy	25:00	
124 Leon J Malone	25:20	2 AG
127 Tammie Collings	25:44	2 AG
128 Patrick J Baldwin	25:53	
139 William Herzog	26:54	
146 Monica M Uribe	27:42	1 AG
148 Dale King	27:51	
150 Jamie Simmon	28:08	3 AG
157 Tom Baldwin	28:46	3 AG
161 Carol Pratt-Bauer	29:53	
162 Shirley A Malone	29:53	2 AG
175 Kyle Goodberlet	31:53	
177 Linda M Krause	32:46	
178 Dee Anna Hillebrand	33:18	
185 Crystal Leveque	40:13	

**JUN 29 - RUN FOR THE
CURE - Decatur**

Georganne Hickey 29:18

All hills, pulled muscle 1st mile, and other excuses too numerous to mention

**JUN 30 - FORSYTH
CELEBRATION 5K**

Graig Hickey 21:24 1AG
Krista Hickey 42:16 1AG

**JUL 3 - WENONA 5K - 487
finishers**

Charlie Grotevant 19:40 5AG

**JUL 4 - FIRECRACKER 4 -
Watseka**

1 Patrick D Koerner	21:56	1OA
4 Bill Linn	23:28	1AG
5 John Brinkman	23:34	1AG
6 Gideon Berhanu	23:51	1AG
7 James P Grace	24:27	2AG
10 John Shoup	24:37	1AG
11 Daniel W Gould	24:49	2AG
13 Tim Benoit	25:22	
17 Jeff P Lonergan	25:53	2AG
19 Thomas Uribe	26:23	
21 Dan Morse	27:08	
27 Henry J Shelly	27:58	
32 Gale Lehnus	29:21	1AG
33 Kathleen Steffen	29:22	3OA
38 Dee M Osenglewski	30:10	1AG
40 Mike T Morel	30:22	
43 Donald E Combs	31:04	
57 Tammie Collings	33:53	
58 Monica Uribe	34:39	2AG
63 Robert Tenczar	36:46	
66 DeeAnna Hillebrand	40:13	1AG
67 Linda Krause	41:51	
68 Dianne K Strufe	42:25	1AG
70 Crystal Leveque	52:08	

**JUL 4 - STREATOR 5K - 151
finishers**

Charlie Grotevant 19:44 3AG

JUL 4 - RANTOUL 5K
Mike Hickey 18:13 2nd
Graig Hickey 21:05 3rd
Georganne Hickey 25:45 2nd

**JUL 7 - BOURBONNAIS
TOWNSHIP PARK DISTRICT 5K
RUN**

1 Patrick D Koerner	15:54	1OA
3 Gideon Berhanu	17:18	1AG
5 Jeff Lonergan	19:29	1AG
10 Dianne K Strufe	31:31	1AG

**JUL 9 - PERFORMANCE
SPORTS SUMMER FUN SERIES
RACE # 2 - TEAM RACE**

1 Dan Keenan	21:20	
Leon Malone	25:45	
Patrick Koerner	16:32	
2 Damian Scheidecker	25:43	
Clint Carter	18:56	

	Graig Hickey	20:53
3	Henry Shelly	20:59
	Gideon Berhanu	17:47
	Ghost Runner	28:00
4	Linda Linn	25:45
	Dan Gould	18:55
	Nancy Ruda	22:26
5	Dave Hinderliter	19:40
	Doug Uribe	20:34
	Ghost Runner	28:00
	Liz Earl	Walker

**JUL 13 - NORTHWEST
ILLINOIS YMCA TRIATHLON**

	Ron Piwowar	1:28:02
	Nancy Ruda	1:39:01

**JUL 14 - FINLEY WALLEYE
FESTIVAL CROSS COUNTRY
4.2 MILES**

	Graig Hickey	30:19 2nd
	Georganne Hickey	38:11

**JUL 21 - 11th ANNUAL
HEART & SOLE 10K - Olympia
Fields**

	Bill Linn	37:58
	Dan Gould	39:10

	Graig Hickey	43:23 PR
	Georganne Hickey	55:08
	Gale Lehnus	
	Theresa Burgard	
	Lynn Troost	

**JUL 27 - JOLIET
WATERWAY DAZE 5K - 89
finishers**

	Pat Koerner	17:16 1AG
	Dan Morse	20:37
	Gale Lehnus	23:27 1AG

BIRTHDAYS

	Pat Baldwin	8/26/57	34
	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
	Leah Huizenga	9/27/77	14
	Dan Klipp	9/17/80	11
	Allan Kuester	9/16/46	45
	Michael McGuckin	9/7/52	39
	Dan Meyer	9/16/61	30
	Kathryn Penn	9/3/50	41

Anyone whose birthday hasn't been listed should send their birthdate info to Linda Linn (935-0815).

KRRC OFFICERS

President: Nancy Ruda 939-1749
 Vice-President: Dave Hinderliter 432-3008
 Secretary-Treasurer: Jo Boudreau
 Social Director: Pat Koerner
 Newsletter Editors: Dan Gould
 Bill Linn