

THE PAPER RACE

KRRC NEWSLETTER

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ON THE RUN

By Dan Gould

HERSCHER LIVES! Nine years after its birth in 1982 for Herscher's Centennial, 105 runners crossed the finish line along with 44 walkers who turned out for the Labor Day Sunday 5K run and 2 mile fun walk. In response to the heavy registration, Race Director Scott Stephens created additional five year age groups and cut the registration fee in half when the 100 T-shirts were gone. In 1982 it was a Saturday morning 10K on Labor Day weekend and 131 runners turned out. Of the top ten runners then, only Larry Lane (12th this year) was back. He, Shirley Malone, and Howard Strassenburg were among the winners that year. The race has suffered from its switch to Sunday at 5 P.M. In addition to the heat - 80 degrees this year, those of us who wanted to do the Park Forest Scenic Ten on Labor Day no longer had a day's interval to recover. The race has also suffered from questionable community support, you've-got-to-be-kidding giveaways (can cuddlers), T-shirts designed for the car wash and wax bag (the greys and browns of '83 & '84), and runners led off course one year.

Scott has hung in there.

This year he got the assurance of Chamber of Commerce that they were supporting the race and some financial support that produced some great looking Ts (pink Hare, green Tortoise, white shirt with the date and place - YES!) While there is still room for improvement -the age groups need some work, the trophies could use some upgrading, refreshment and check-in tables just past the finish line, the Hare and Tortoise came a long way this year. Thanks, Scott, for the first ten years. Let us help with the next ten!

I counted 34 club members in the race and 16 of those brought home the gold including Pat Koerner who won in 16:40. While it wasn't a PR day, I believe Henry Shelly told me he got one (great preparation running those hills in Flint a week earlier). I hope Bill Johnson got one because I have a number of pictures to pass on to him. I often hand my camera to someone and ask them to take a few pictures during the race. Kim, Bill's wife, accepted the Herscher assignment and I expected Bill to appear on film. When the race was over and I retrieved the camera, I asked Kim how many she had taken. "A few," she replied, "but I'm not sure how to read

the film counter." I read it: 24! When the film was developed, there were the pictures: Bill checking his shoelaces. Bill adjusting his shorts. Bill putting on his sweatband. Kim giving Bill a good-luck kiss (I'm not sure how she got that picture). Bill giving a thumbs up. Bill starting the race. Bill at the water station. Bill tossing a water cup. Bill crossing an intersection two blocks away (In fairness, she took the same shot of me, and with a magnifying glass, you can tell up apart). Bill at two miles. Bill in the home stretch. Bill crossing the finish line. Bill watching me cross the finish line. Bill starting his cool down run. Bill getting his trophy. She did take a couple pictures of me. I would like to tease her about it, but redheads don't just get mad, they get even. I can kid Donna about the picture of a stop sign she took at Plainfield (Donna, it will always have a special place in my album) or ask her if she really has TGIF written in her shoes, but I don't want to mess with a redhead. Just better let it slide this time.

As you know, one of the best parts of a road race is chowing down with friends afterwards. For those of us who didn't head for the beer tent with John Shoup, the Club Irwin was the place to

kick back and break bread. Among those in attendance was President Nancy Ruda who told us she is leaving Commonwealth Credit Union to work for Stranco. This immediately brought memories of cold December nights flooding back when club members would gather around President Harry Simmon, drink glug, and recount harrowing tales of races won and lost. Harry, you see, disappeared into the jungles of Stranco several years ago. From time to time sightings have been reported, but not verified. Will this be like Stanley and Dr. Livingston, or will Nancy simply disappear into those jungles. Nancy, bring him back alive!

Reports from the Park Forest Scenic Ten are sketchy. Pat Koerner was injured and thus did not complete the final leg of the Park Forest Progressive Marathon. While some of our members did, we don't have results at press time. Linda Krause, Shirley Malone, Donna Hurst, and Bill Johnson completed their first attempts at the distance. Times were difficult to determine for some who found the finish chute backed up.

Congratulations to Julie Anderson on her 7th individual title in the Tri-City Triathlon on September 8th, to Dan Meyer who place 3rd overall, and to Monica Uribe, Nancy Ruda, Kathy Steffen, and Al Widhalm who placed in their age groups.

We had a good turnout for the Dwight 5K, if not as good

a day as last year. It was still the flat, fast course, but it was 10-15 degrees warmer and the humidity was up a bit. About 20 of us participated in the run or walk. Breakfast was at Phil's Harvest Table which was very accommodating. I don't know if they gave us the back room so we wouldn't be bothered by smokers or the smokers wouldn't be bothered by the smell of dried sweat. Perhaps they were afraid Charlie Grotevant was going to tell that story about something he had never seen before. Not to worry. Charlie assured us he needed four to six beers to tell the story. We all offered to buy, but Charlie wasn't sure he could keep that cornpicker going in a straight line. Perhaps if Ruda finds Simmon we can make it part of a fireside chat.

While the group went to Dwight, Jeff Lonergan went to Elwood 5K and ran 18:01. The question on everybody's lips: WHERE IN THE HELL IS ELWOOD? I don't know, Ollie. Wherever it is, 5K is about 2.9 miles says Jeff. Maybe it is near Plainfield and they used the milk and bread trucks to certify the course. By the way, Jeff was second overall! Were there 3 or 4 other runners, Jeff, I forgot?

We went in at least three directions on September 22nd. Our most successful contingent went to Peotone for the Country Critter Classic. In the face of strong gusty winds, our President, Nancy Ruda, gathered her strength, laughed at the wind (John Shoup always says,

Dan, we laugh at the wind hills, cold, rain!), and raced to a FIRST PLACE OVERALL FEMALE! Yes! Her re-election campaign has begun! Actually, with all the work she has done for the club and the running community this year, it is somewhat amazing she has the strength to run the races. Congrats, Nanc! Then there was Pat Koerner who - ho-hum - was first male overall. Nice job, Pat, but we have come to expect it! Our third musketeer at Peotone was Ron Piwowar who finished 8th overall. A second group ran the Pontiac Panno 5K - Charlie Grotevant, Leon and Shirley Malone - and also brought home some gold.

Nine of us ran the National Heritage Corridor 25K (15.5 miles) on an out and back course from Channahon along the I & M Canal towpath. Perfect! The trees shielded us from the wind, the temperature was in the 50s, and the course was flat and straight. This was the second year for this race. Last year it was a point-to-point starting in Morris, but there were transportation problems. Carol Pratt-Bauer ran a PR by 8 minutes and Gale Lehnus (who ran it last year) ran a PR by 6 minutes. Carol picked up a 3rd in age group for her efforts. Jeff Lonergan, Jim Grace and I also found it a PR course, but I hadn't run a 25K since Deerbrook in 1985. With 270 runners, age group awards were four to six deep and the whole operation was the class act we have come to expect of a race directed by Gary Moss. I suppose hiring Dave Bohlike to do the finish

...could be an improvement.

Speaking of class acts, Dave Hinderliter's direction of the Third Annual Midwest 4 Mile Classic was the quality race we found the first two years. The sad thing is that only 80 runners were there to enjoy it. Dave's list of sponsors exceeds 100! You will not see trophies this size anywhere! The refreshments are unequalled. Door prizes. Long Ts. Computerized finish. Complete results handed out as you leave the awards ceremony. Split callers at every mile. Folks, it just doesn't get much better than this. I am hard pressed to think of anything that has or can be done to make a race more attractive. Granted, the course doesn't have the scenic beauty of the Governor's. There is a mile or so of marginal footing and numerous turns, but three miles are flat, straight and have good footing.

Did you hear the one about the two dogs outside the classroom window and Little Johnny Badmouth? Well, I certainly can't tell you about it here. I was reminded of the story by the outcome of the 4 Mile Classic in which Brian Miller nipped Pat Koerner by 3 seconds. Brian hails from Rockford and his friend Pat invited him down to stay over Friday night so Brian could avoid getting up in the middle of the night to drive to Watseka. Nice guys finish last or, in this case, second. We'll just have to wait until next year to see if Pat has learned his lesson. Otherwise, I counted 32 club members in attendance and at least 19 of

them bringing home the plastic gold. That does not include the "attaboy" awards, a Hinderliter innovation.

What do Jack Dalton, Mike Berz, Dave Dyer, and Lynn Troost have in common? Send your answer to: Dan Gould, 212 Julie Drive, K3 69091.

The Governor's is this Sunday! PRAY! - for good weather and a good turnout. PARTICIPATE! Run and/or work, for your good health and the health of our sport!

RUNNING WILD

Reprinted from Running Times

1. Number of German marathons on May 5 won in times of 2:15: 3
2. Total amount awarded by the ten leading prize-money races throughout the last decade: \$10,774,200
3. Amount of pitcher Roger Clemens's four-year contract: \$16,125,000
4. Of the ten leading prize-money races of the last decade, the number that are marathons: 10
5. ...Of the ten largest races in 1990, the number that are marathons: 1
6. Number of finishers in the 1990 Bay to Breakers 12K, California's largest race: 52,800
7. ...Number in the Coast to Coast Freedom 8K, South Dakota's largest race: 133
8. Number of law enforcement officers who participated in Special Olympics Torch Run relays between April and July:

50000

9. Number of steps it takes the average runner to complete a 10K run: 15,700

10. Number of Fig Newtons, laid end to end, to add up to a marathon. 1,106,688

11. Lowered risk of premature death among physically fit men compared to sedentary men: 53%

12. ...Lowered risk for women: 98%

13. Number of buzzard attacks on runners in Switzerland in the last two years: 12

14. Percentage change in U.S. exports of athletic footwear, between 1989 and 1990: +76.2%

15. Mileage triathlete Scott Tinley put on his truck last year: 4,000

16. ...Mileage he put on his bike: 15,000

17. Number of sweat glands in your feet: 250,000

18. Farthest that aspiring Olympic marathoner Florence Griffith Joyner (Flo Jo) has run in one session: 8 miles

THE STARTING LINE

**SUN, OCT 6, 9AM,
GOVERNOR'S 10,000 & 5K,
Kankakee River State Park,
JUST BE THERE TO RUN,
WORK, AND PARTICIPATE!!!**

**SUN, OCT 13, 8AM,
PRAIRIE STATE 10 MILE &
5K, Lincoln-Way HS in New
Lenox, \$11/13 after 10/10,
long Ts, 5yr AG, flowers to all
female finishers. A really
good show even if they
misspelled "PRAIRIE" on last
year's shirt.**

THE FINISH LINE
MARATHON, Appleton, WI.
 Be a real man or wo-man and join Bill, Jim & Dan for this 26.2 mile running tour of northern Wisconsin.

SUN, OCT 20, 9AM, KCC FALL CLASSIC 5K, Kankakee Community College, \$8/10, long Ts, top 5 overall and 3 deep in 5yr AG, random prizes.

SAT, OCT 26, 10AM, OMNI 41 PLUM CREEK PUMPKIN 5K PRANCE, Schererville, IN, \$9/10, Ts, 5yr AG 3 deep, 219-865-6969.

SUN, OCT 27, CHICAGO MARATHON & ROGAINE 5K

SUN, NOV 3, MARINE CORPS MARATHON

SUN, NOV 3, 9AM, OAK PARK/AUSTIN BLVD 10K RUN, Madison St. & Humphrey Ave, Oak Park, \$12/15 after 11/2, Ts, 5yr AG 3 deep, 708-386-5000.

SUN, NOV 3, 10:30AM, CANAL CONNECTION 10K, Utica Grade School, \$10/12, long Ts, 5yr AG, 815-434-7681.

THE FINISH LINE

AUG 24 - McKENZIE RIVER 8K, Oregon

Jeff Lonergan 33:54

SEP 1 - 10TH ANNUAL HARE & TORTOISE 5K, Herscher, 105 finishers, 80 degrees

Pat Koerner	16:40	10A
Ken Klipp	16:52	1AG
Dan Meyer	17:40	2AG
Rich Olmstead	17:42	1AG
Bill Linn	17:48	2AG
John Brinkman	17:48	1AG
Bill Johnson	18:05	2AG
Gideon Berhanu	18:17	3AG
Larry Lane	18:19	2AG
Jim Grace	18:27	3AG
John Shoup	19:01	
Matt Gubbins	19:11	

Dan Gould	18:29	1AG
Charlie Grotevant	19:44	3AG
Tom Uribe	19:54	3AG
Al Widhalm	20:01	
Graig Hickey	20:06	1AG
Jeff Lonergan	20:27	
Dan Morse	20:44	
Henry Shelly	20:45	
Dan Keenan	21:24	
Ron Piwowar	21:37	
Nancy Ruda	21:49	2AG
Jack Dorn	22:01	
Butch Coy	23:10	
Monica Uribe	23:50	3AG
Robert Tenczar	23:51	
Gerald Wilson	23:53	
Gale Lehnus	24:13	3AG
Howard Strassenburg	24:37	
Patrick Baldwin	24:52	
Leon Malone	25:03	
Dale King	27:06	
Linda Linn	27:37	
DeeAnna Hillebrand	34:01	

SEP 2 - PARK FOREST SCENIC TEN

Bill Johnson	
Charlie Grotevant	72:55
Linda Krause	
Shirley Malone	
Donna Hurst	
Jo Boudreau	82:00
Dick Kendall	
Dee Osenglewski	79:57
Mike Morel	80:00
Jim Grace	

SEP 8 - TRI-CITY TRIATHLON (1/2 mi. swim in Lake Manteno, 20 mi. bike to Kankakee River State Park, 10K on the trail) -105 individual finishers and 12 teams.

3	Dan Meyer	1:45:23	30A
8	Julie Anderson	1:49:31	10A
13	Albert C Widhalm	1:51:49	2AG
19	James P Grace	1:56:53	
29	Kathleen H Steffen	2:03:34	1AG
35	Dick Kendall	2:05:43	
41	Ron E Piwowar	2:07:02	
68	Nancy J Ruda	2:24:40	2AG
91	Monica M Uribe	3:03:13	3AG

Pat Guthrie, Pat Koerner, Dan Castillo and Monte Crowl turned in spirited performances in team competition.

SEP 14 - ELWOOD 5K
HARVEST DAYS 5K & 1 MILE FUN RUN - 84 Runners

Larry Lane	18:16	1AG
John Shoup	18:35	2AG
Greg Hickey	20:07	1AG
Pat Koerner	18:49	1AG
Dianne Strufe	32:46	3AG
Linda Krause	31:14	1AG
Leon Malone	24:50	
Henry Shelly	21:17	
Rich Olmstead	17:48	
Bill Linn	17:32	
Don Combs	22:57	
Charlie Grotevant	19:39	
Dan Gould	19:12	

Georganne Hickey (time not available, Mickey Mouse watch!!)

WALKERS

Donna Hurst	8:37	PR
Krista Hickey	8:45	

BALDWINS - Peg 9:36, Pat & Amy 11:56, Michelle & Andy 16:25

SEP 14 - ELWOOD 5K

Jeff Lonergan 18:01 20A!

SEP 22 - NATIONAL HERITAGE CORRIDOR 25K, 270 finishers, overcast, temperature in the 50s - PERFECT!

Bill Linn	1:40:03	5AG
Jim Grace	1:43:44	
Dan Gould	1:45:34	6AG
PR		
Jeff Lonergan	1:52:54	PR
Larry Lane	1:53:54	
Carol Pratt-Bauer	1:56:12	3AG
PR		
Gale Lehnus	2:01:59	PR
Janet Velemir & Kathy Penn...	finished	

SEP 22 - PANNONIA MEMORIAL 5K, Pontiac, 115 finishers, windy, overcast, temperature about 60

Charlie Grotevant	19:36	
Leon Malone	24:24	3AG
Shirley Malone	27:46	2AG

SEP 22 - PEOTONE COUNTRY CRITTER 5 MILE, 60 finishers, windy, overcast, temperature about 60

Nancy Ruda	37:10	10A!
Pat Koerner	28:34	10A
Ron Piwowar	36:55	80A

CLASSIC, 80 finishers,
cloudy, windy, temperature in
the 50s

2	Patrick D Koerner	21:56	3OA
4	Dan Castillo	22:37	1AG
9	Bill Linn	23:14	2AG
13	James P Grace	23:42	4AG
14	Bill W Johnson	23:50	
15	John E Brinkman	23:54	
16	John L Shoup	24:33	2AG
17	Rich W Olmstead	24:37	3AG
20	Daniel W Gould	24:53	2AG
28	Jeff P Lonergan	25:51	
29	Thomas J Uribe	26:25	
30	Albert C Widhalm	26:45	3AG
31	Scott R Kelson	26:52	
32	Dan H Morse	26:54	
33	Charlie Grotevant	27:21	
34	Henry J Shelly	27:40	4AG
36	Ron E Plwowar	28:21	
37	Nancy J Ruda	28:33	3OA
40	Buddy King	28:47	3AG
41	Michael Morel	28:49	
45	Dee M Osenglewski	29:32	1AG

48	Gale F Lennus	30:10	2AG
52	Butch H Coy	30:43	
55	Jo E Boudreau	31:07	1AG
58	Monica M Uribe	31:38	1AG
60	James H Ruberg	32:13	
67	Leon J Malone	33:46	2AG
68	Georganne L Hickey	34:23	2AG
73	Shirley A Malone	36:32	1AG
77	Linda M Krause	39:45	3AG
79	Dianne K Strufe	42:29	2AG

BIRTHDAYS

Matt Gubbins	10/13/62	29
Christine Kilbride	10/27/69	22
Charlene Klipp	10/10/49	42
Bill Linn	10/16/52	39
Ashley Smith McClarey	10/16/829	
Sarah Smith McClarey	10/16/829	
Michael Morel	10/20/53	38
Rich Olmstead	10/12/51	40
Mike Wolfe	10/27/75	16
Andy Baldwin	11/06/88	3
Don Combs	11/01/52	39

Jan McClarey	11/13/58	33
Kurt Ogg	11/14/42	49
Lyn Petroni	11/26/53	38

NEW MEMBERS

Jan McClarey & Family -
Sarah Smith, Ashley Smith
Patricia Adachi
John Flynn & Family -
Marge, Kevin, Marianne,
Daniel

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

SEE YOU NEXT MONTH