

# THE PAPER RACE

## KRRC NEWSLETTER

P.O. BOX 339

BOURBONNAIS, IL 60914

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### ON THE RUN

By Dan Gould

I would like to claim some psychic ability led me to start a Florida vacation on Halloween, but I did not foresee the record lows or early snow. I merely wanted to change the pace, escape the routine, and lengthen the golfing season. Dad also leaves his summer home in West Virginia about this time of year for the sunny shores of Bradenton and the rent he doesn't charge me is extremely reasonable. I did have to drive him the thousand miles from D.C. to Bradenton this year so there were some extra dues to pay. It turned into a "trick or treat" trip.

Trick: The Midway Airport personnel were in costume and the flight captain did a great impression of Count Dracula as he announced our destination was Transylvania. Treat: An uncrowded and uneventful flight. Trick: My baggage wasn't at baggage claim. Treat: The autumn foliage was at peak as we drove through Virginia and into North Carolina. Trick: The blown head gasket in Smithfield, N.C., and the loss of one and a half days. Treat: The folks who dropped everything to fix the car and delivered it just

before midnight on Saturday. Trick and Treat: A 6 A.M. to 6 P.M. Sunday drive followed by a frog leg dinner at Moore's on Long Boat Key.

The cold that nailed Kankakee was felt in Bradenton. We had some days that didn't get much above 60 which, if the wind was calm and the sun was out, wasn't tough to take. For running, the weather was super. I didn't have to roll out for an early run to avoid the usual 80 degrees and baking sun. As for the golfing, I managed to pick the best days -shorts and short-sleeve weather.

This is the beginning of the racing season in Florida and there is a good selection of races. The town of Brandon is an hour north and just outside Tampa. The Brandon Balloon Festival 5K is part of a weekend of activities which features 50 or more hot air balloons playing "hound and the hare" and otherwise doing whatever hot air balloonists do. There are also arts and crafts, bands, singers, and food vendors.

That I had pre-registered for this race (\$12) is probably the only reason I didn't go back to bed at 5:45 A.M. Getting up an hour before the sun is not one of

my favorite things to do and I faced it with even more trepidation having heard the rain on the trailer roof during the night. The thought of driving an hour to run 5K in rain and 50 degrees was not all that appealing. In any event, Dad and I found our way to Brandon with just a little rain for discouragement. The balloons would not fill the skies this day as the north wind was just a bit too brisk for them.

I arrived with little time to spare for the 7:45 A.M. start. I immediately found Dan Castillo who I knew was staying in the Tampa area and we got in a quick warm-up. The race was run under overcast skies and the north wind was not a factor as the course was mostly east-west. It took me a minute or so to thread my way through the pack after the start and I was thrilled to see that Dan was one of the front-runners. I also realized that, out of a field of 250, only a dozen or so were ahead of me and I was closing in on a couple of those. Vicky, a lanky blond who I passed early, sat right on my...heels. Once, I felt her toe graze my heel. She pushed, I pulled. I lost sight of the leaders at about two miles. Vicky and I continued to cruise until the three mile mark when she pulled even with me. I didn't know

whether to tell her one of the blond jokes or show her my finishing kick. I decided to go with the finishing kick. She beat me by two seconds. It was just like having Julie there. There wasn't much depth to this field - I was seventh overall. Dan Castillo? Why, he won, of course! We showed 'em what a couple of KRRC boys could do. We celebrated over the pancake breakfast (I even had seconds) that came with the entry fee and picked up our trophies. This race also offered some classy looking Ts.

Ah, these kids! If only I had their youth, I might have participated in the 14th Annual Bull Run 5K/10K the next day in Tampa. From the finishing times I read, a number of Florida's finest skipped Brandon and saved themselves for Bull Run. Dan Castillo, being one of those kids, "doubled" and finished first in age group in the 5K. I also read the names of Barbara and Erma Hickey in the win column and I believe they are related to member Mike Hickey.

Friday, November 15th, as many of you attended the Second Annual Chili Cook-Off, Dan Castillo, Kenny (his brother-in-law), and I toed the starting line at The Pier at St. Petersburg for the Night Tracks 5K. The Pier is a five story building containing shops, a food court, restaurants, and fishing and boat rental facilities. It sits half to three quarters of a mile out in Tampa Bay and provides a very scenic view of downtown St. Petersburg.

The race is run on a loop course which begins and ends on The Pier. The course was well-marked and well-lighted. The weather was more Florida-like with temperatures in the 70s and more humidity than is comfortable. Five hundred of us went the distance on this one which was won by a man from England in 14:19. We didn't have quite so much to crow about after this race. Dan ran faster than he had at Brandon, but no gold. I was considerably slower, but squeezed out a second in age group. Should you find yourself in the Tampa area early next November, I recommend both races. If you have to choose between them, the edge goes to Night Tracks.

Dan Castillo fully utilized his two weeks in Florida. The first weekend he participated in a duathlon which ended when he flattened a tire on his bicycle. The second weekend he ran the Brandon 5K on Saturday and the Bull Run 5K on Sunday. The third weekend he ran the Night Tracks on Friday and participated in the DeLeon Springs Duathlon on Sunday. At DeLeon he was fifth overall and first in his age group. Let's hear it for Dan! Who does he think he is, Charlie Grotevant?

Meanwhile, back at St. Paul's, you were being entertained by Dave Hinderliter who was the stand-up comedian for the evening - although no one was willing to tell me if he was able to stay on his feet

the entire time. Winning rave reviews for their chili recipes were Diane Brinkman (1st), Dave Bohlke (2nd), and Joyce Grotevant and Nancy Ruda who tied for third. I am also happy to extend our congratulations to John and Diane Brinkman on their recent wedding. The St. Paul's facility was apparently quite adequate for this meeting and Tom Goodberlet wasn't required to break any doors. There was one complaint about cigarette smoke from a meeting in another room, but she always has something to complain about.

Henry Shelly, Rich Olmstead, Jeff Lonergan, and Leon and Shirley Malone participated in the Pilcher Park Poultry Predictor on Thanksgiving. Henry was within two seconds of his prediction and got to bring home the bird. This was his third success in as many prediction races this year. Leon came within eighteen seconds and also picked up a turkey.

Speaking of turkeys, John Shoup found a new way to duck out of a race. Actually, he was racing a training run in the dark with Rich Olmstead the day after Thanksgiving. When the road turned left, John didn't. The three or four inch drop-off turned the ankle and his weight broke it. The crash landing also broke a couple of ribs. The scene of the accident was a new blacktop near Riverside Hospital. John then walked home, passing two hospitals, and drove back to Riverside. While no head injury was

reported, there is obviously some brain damage. Cards should be addressed to: ONLY FOOLS RACE IN THE DARK, 170 S. Washington, Kankakee, IL 60901.

Charlie Grotevant is suffering from an inflammation of the lower back which has put him on the disabled list for one of the few times in his 9-10 years of running. He is also working his way through the medical profession - podiatrist, chiropractor, orthopedist. His candidate for Most Negative Doctor goes to an orthopedist at Carle by the name of Menguay. Upon entering the doctor's office he saw a picture of the doctor finishing a marathon some ten years ago. Charlie thought, as most of us would, that he had found a kindred spirit. Wrong! The doctor hadn't run a step since the marathon and appeared jealous of anyone who ran. Charlie wasn't sure if the doctor was more negative about Charlie's running or his farming. His prescription was an expensive bottle of pills and a "don't run." Charlie has taken his back back to the chiropractor.

The race calendar has really thinned out, but don't let yourself get fat. Join us on Sunday at the park (9:00 AM). Besides, the Midwinter Frolic 10K at Park Forest is just around the corner and the Winterfest 5K is February 2nd.

I hope it has been a good year for you. We have a good number of good races in the area, but they don't

just happen. They take work and planning. What are you going to do in '92 to support our sport? Run for your health, run for life. Happy Holidays!

## **MARINE CORPS MARATHON**

**By Charlie Grotevant**

The 16th Marine Corps Marathon in Washington, D.C. was held on a pleasant, mostly sunny Nov. 3rd with the temperatures in the mid-50s. 14,500 runners at the start. 15,000 Marines to look after us. Rules are made to be followed! Army memories of 1962 returned. My farming induced aches and pains were still with me as I started in the middle of the throng of runners. I hoped to do a sub-4 hour marathon by going out slowly and walking the water stops. No problem. My mid-pack positioning at the start insured a slow start. 3:20 to the starting line (faster than Boston). Some of the turns in Arlington National Cemetery (an appropriate place to start and finish a marathon), in the Pentagon area, and through Georgetown were very narrow. No running room at all. 59:48 at 6 miles. It was past 10 miles before I could run at a comfortable pace. 13.1 miles at the Capitol in 2:00:24.

The running did feel good during the last half. Lots of runners were just like me, out for a Sunday run with no emphasis on speed. The water stops totaled 11 with

ample supplies of Vaseline (Pee Wee Herman jelly one Marine hollered) and Heet served by the Marines. I hope no runners misapplied the Heet.

I finished 5098th of the 11,278 finishers in 3:53:22. Definitely the middle of the pack. The post race feed by the Marines was long on water and short on nourishment. I gave it a C-. The course is flat and the traffic control is excellent. The route took us around and through most of the attractions in our nation's capital. This country boy was impressed. Over 100,000 spectators, by newspaper estimates, lined various parts of the course. Joyce and I located each other at 6 locations throughout the race. Lots of pictures. Maybe she inflated the spectator totals?

I recommend this race for my marathoning friends; however, if you want a fast time you must crowd towards the front when starting the race.

## **KANKAKEE RIVER RUNNING CLUB 1991 CIRCUIT RESULTS**

The results for the KRRC 1991 Circuit races were compiled as follows: Must have completed at least 5 of the 10 circuit races; 10 points for 1st place, 9 points for 2nd down to 1 point for 10th; same point scheme for age groups; each person's best 5 (or less if less than 5 races were run) scores were then totaled; the top male and female overall were dropped from their age

groups and are shown at the beginning of the list with their point totals for overall; all others are shown in their age group with their point totals for age group.

Age Group	Name	Points
F Overall	Nancy J Ruda	37
M Overall	Patrick D Koerner	46
F 1 - 14	Monica M Uribe	50
F 25 - 29	DeeAnna Hillebrand	33
F 35 - 39	Dee M Osenglewski	43
F 35 - 39	Georganne L Hickey	32
F 40 - 44	Kathleen H Steffen	41
F 40 - 44	Linda M Krause	38
F 40 - 44	Marsha White	36
F 45 - 49	Delores G Butzow	41
F 50 - 54	Dianne K Strufe	46
F 60 - 99	Shirley A Malone	50
M 1 - 14	Graig Hickey	46
M 25 - 29	Matthew T Gubbins	38
M 30 - 34	John E Brinkman	45
M 30 - 34	James P Grace	35
M 30 - 34	Bill W Johnson	29
M 30 - 34	Dan H Morse	13
M 30 - 34	Clinton L Carter	10
M 30 - 34	Dan Keenan	5
M 35 - 39	Rich W Olmstead	46
M 35 - 39	Bill Linn	44
M 35 - 39	Dan Castillo	44
M 35 - 39	Jeff P Lonergan	24
M 35 - 39	Thomas J Uribe	19
M 35 - 39	Scott R Kelson	10
M 35 - 39	Michael Morel	8
M 35 - 39	Hill Love Jr	7
M 35 - 39	Donald E Combs	0
M 40 - 44	Ken Klipp	47
M 40 - 44	Mike K Hickey	40
M 40 - 44	John L Shoup	36
M 40 - 44	Henry J Shelly	35
M 40 - 44	Albert C Widhalm	32
M 40 - 44	Ron E Piwowar	28
M 40 - 44	Ellis S Stephens	26

M 40 - 44	Louis Coy	6
M 40 - 44	Randy L Devore	6
M 40 - 44	Rick White	5
M 40 - 44	Dale King	0
M 45 - 49	Keith A Theison	48
M 45 - 49	Daniel W Gould	46
M 45 - 49	Charlie Grotevant	39
M 45 - 49	John A Sass	21
M 45 - 49	Maurie H LaMore	9
M 45 - 49	Herbert J Gramse	4
M 50 - 54	Pete Viehweg	43
M 50 - 54	Gale F Lehnus	41
M 60 - 99	Leon J Malone	47

## ON THE MEDICAL FRONT - SHOULD YOU REALLY ASK YOU DOCTOR ABOUT FITNESS?

A survey of more than 200 physicians in the Canadian city of Saskatoon revealed that only 30% of them participate in regular physical activity, compared to 39% of the general population and 46% of managerial or similar professional people.

While it isn't sound to draw general conclusions from surveys of selected populations, consider also that most American medical school students graduate with no formal training in nutrition or the medical aspects of exercise.

Articles that urge sedentary people to begin exercise programs usually contain a recommendation to "talk to your doctor." From the few studies published so far, this may not always be sound advice.

If you need authoritative information about exercise physiology and sports medicine, your average

primary care doctor may not be up to it. Check whether your doctor enjoys regular exercise or sports or regularly treats athletes. If he or she doesn't have an interest in and knowledge of exercise, find someone who does.

Canadian Medical Association Journal, Vol. 144, No. 10.

## DON'T SHOW THIS ITEM TO YOUR CHILDREN

Recent research discounts the popular health myth that childhood hyperactivity is linked to eating sugar. At a forum on diet and behavior sponsored by the American Dietetic Association, speakers presented studies showing that activity decreased among children who'd been fed sugar.

Men's Health, December, 1991

## MEXICAN LASAGNA

By Anna Goodberlet

1 Package large flour tortillas

1 Large can refried beans

16 oz. Container sour cream

2 lbs. Ground beef

1 package taco seasoning mix

2 cups shredded cheese

Brown and drain the meat, then add seasoning. In a separate bowl mix sour cream and refried beans. In a 13 X 9 pan, layer the shells in the bottom of the pan, then put a layer of meat then a layer of beans, sour cream mixture. Repeat that. Cook for 30 minutes at 350. Add cheese on top and cook 15 more minutes.

## NEW MEMBERS

Charles Kennedy

Susan LaMore

## THE STARTING LINE

SUN, DEC 1, 9AM,  
OTTAWA 10M CLASSIC  
RUN, K.C. Hall, Washington  
& Rt. 23, \$11/15 after 11/18,  
long Ts, 5yr AG 3-5 deep,  
Larry 815-795-5752.

SUN, DEC 1, 4TH  
ANNUAL FIRST  
TENNESSEE MEMPHIS  
MARATHON

SAT, DEC 7, 10AM,  
JINGLE BELL RUN FOR  
ARTHRITIS 5K RUN & 5K &  
3K WALKS, River Station,  
Peoria, \$10/\$15 after 12/3,  
long Ts, odd age groups.

SUN, DEC 8, 2PM -  
JINGLE BELL RUN FOR  
ARTHRITIS 5K RUN & 2.5M  
WALK, Urbana Middle  
School, 1201 S. Vine, \$10/  
\$12 after 12/1, long Ts, odd  
age groups.

SAT, DEC 14, 9AM -  
JINGLE BELL RUN FOR  
ARTHRITIS 5K RUN, Hickory  
Point Mall, Decatur, \$10/\$12  
after 12/6, long Ts, 5yr AG,  
217-422-6302.

SAT, DEC 14, 10AM -  
JINGLE BELL RUN FOR  
ARTHRITIS 5K RUN & 5K &  
3K WALKS, Illinois Valley  
Community Hospital, 925  
West Street, Peru, \$10/\$12  
after 12/10, long Ts, odd age  
groups.

SAT, DEC 28, 9AM - 5TH &  
FINAL PONTIAC TO  
NORMAL 50K, starts at K-  
Mart Plaza, Contact Gary  
House 842-2790.

SUN, JAN 19 -  
MIDWINTER FROLIC 10K,  
Park Forest (see enclosed  
app for details).

SUN, FEB 2, 1PM - 8TH  
ANNUAL WINTERFEST  
WELLNESS 5K RUN AND  
FITNESS WALK, Small  
Memorial Park, long Ts,  
open, master and 5yr AG 2-4  
deep, medallions to first 25  
walkers, \$10/\$12 after 1/26  
(apps will be sent with  
January newsletter).

SUN, FEB 16 -  
CHANNAHON FROSTY 5  
MILER

SAT, FEB 22 - PARK  
FOREST 5 MILE

## THE FINISH LINE

NOV 3 - CANAL  
CONNECTION 10K

Pat Koerner 33:58 2AG 60A

Jim Grace 38:51

Nancy Ruda

NOV 4 - MARINE CORPS  
MARATHON

Charlie Grotevant 3:53:22

NOV 9 - GOBBLER  
HOBBLER 10K

Pat Koerner 34:06 2AG 50A

NOV 9 - BRANDON, FL  
BALLOON FESTIVAL 5K,  
250 finishers, 50 degrees

Dan Castillo 17:15 10A!

Dan Gould 18:27 1AG PR!

NOV 10 - BULL RUN 5K,  
Tampa

Dan Castillo 17:35 1AG

NOV 15 - Night Tracks 5K,  
The Pier, St. Petersburg, 500  
finishers, 70s

Dan Castillo 17:10

Dan Gould 18:51 2AG

NOV 17 - DeLEON  
SPRINGS, FL DUATHLON  
(2.5 run, 16 mi bike, 2.5 run)

Dan Castillo 1:13:22 1AG 5th/106

NOV 19 - NIU  
THANKSGIVING CLASSIC  
15K

Pat Koerner 54:29 2AG 40A

NOV 23 - HERALD REVIEW  
TURKEY TROT 5K

Pat Koerner 17:07 2AG 50A

## BIRTHDAYS

Peggy Baldwin 12/23/83 8

Robert Bolden 12/20/58 33

Jack Dorn 12/27/45 46

Gina Dorn 12/28/79 12

Jordan Dorn 12/6/83 8

Ed Glazar 12/20/53 38

Pat Guthrie 12/22/43 48

Barbara Herzog 12/2/44 47

Graig Hickey 12/7/77 14

Andrew Kilbride 12/27/72 19

Linda Krause 12/11/49 42

Scott Stephens 12/11/49 40

## 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

Kankakee River Running Club 1991 Circuit Results

Name	Age Group	Points	#Races
Julie Anderson	F OVERALL	50	6
Theresa Burgard	F OVERALL	41	7
Kathleen H Steffen	F OVERALL	39	8
Nancy J Ruda	F OVERALL	36	10
Dee M Osenglewski	F OVERALL	25	9
Monica M Uribe	F OVERALL	11	8
Nancy A Thompson	F OVERALL	9	5
Georganne L Hickey	F OVERALL	1	5
Patrick D Koerner	M OVERALL	49	10
Ken P Klipp	M OVERALL	35	8
Preston J Provost	M OVERALL	30	6
Marlin R Howe	M OVERALL	20	7
Pete W Mathis	M OVERALL	19	7
Jerry R Bell	M OVERALL	18	6
Bryce M Baker	M OVERALL	18	6
Phil Newberry	M OVERALL	10	8
James P Grace	M OVERALL	5	5
Rich W Olmstead	M OVERALL	4	9
John E Brinkman	M OVERALL	4	6
Clinton L Carter	M OVERALL	4	5
Bill Linn	M OVERALL	2	8
Monica M Uribe	F 1 - 14	49	8
Nancy A Thompson	F 30 - 34	41	5
Theresa Burgard	F 35 - 39	47	7
Nancy J Ruda	F 35 - 39	46	10
Dee M Osenglewski	F 35 - 39	42	9
Kathleen H Steffen	F 40 - 44	49	8
Georganne L Hickey	F 40 - 44	32	5
Linda M Krause	F 40 - 44	31	5
Dianne K Strufe	F 50 - 54	43	5
Shirley A Malone	F 60 - 99	50	7
Graig Hickey	M 1 - 14	49	5
Preston J Provost	M 15 - 19	49	6
Bryce M Baker	M 15 - 19	44	6
Glenn R Warman	M 15 - 19	25	5
Jerry R Bell	M 25 - 29	49	6
Phil Newberry	M 30 - 34	39	8
John E Brinkman	M 30 - 34	36	6
Clinton L Carter	M 30 - 34	29	5
Brian L Noffke	M 30 - 34	16	5
Marlin R Howe	M 35 - 39	48	7

## Kankakee River Running Club 1991 Circuit Results

Name	Age Group	Points	#Races
James P Grace	M 35 - 39	37	5
Tom Parlin	M 35 - 39	31	6
Jeff P Lonergan	M 35 - 39	30	10
Tim L Benoit	M 35 - 39	22	6
Thomas J Uribe	M 35 - 39	19	7
Tom Goodberlet	M 35 - 39	18	8
Hill Love Jr	M 35 - 39	13	8
Scott R Kelson	M 35 - 39	10	5
Donald E Combs	M 35 - 39	6	5
Patrick J Baldwin	M 35 - 39	0	5
Ken P Klipp	M 40 - 44	50	8
Rich W Olmstead	M 40 - 44	44	9
Bill Linn	M 40 - 44	40	8
Mike K Hickey	M 40 - 44	34	6
Henry J Shelly	M 40 - 44	32	9
Allen Montalto	M 40 - 44	24	6
Randy L Devore	M 40 - 44	18	8
Ellis S Stephens	M 40 - 44	11	6
Dale King	M 40 - 44	2	6
Bob A Galica	M 40 - 44	0	5
Pete W Mathis	M 45 - 49	50	7
Daniel W Gould	M 45 - 49	44	10
Ron E Piwowar	M 45 - 49	33	7
Ken L Stark	M 45 - 49	28	7
Louis H Coy	M 45 - 49	25	8
Michael Furl	M 45 - 49	14	6
John S Flynn	M 45 - 49	7	6
Charlie Grotevant	M 50 - 54	50	10
David B Hedlin	M 50 - 54	40	6
Gale F Lehnus	M 50 - 54	33	7
David F Herzog	M 50 - 54	29	6
Dan Phillips	M 55 - 59	48	8
Constantinos Orfanos	M 55 - 59	36	5
Leon J Malone	M 60 - 99	48	8