



THE PAPER RACE

KRRC NEWSLETTER
P.O. BOX 339
BOURBONNAIS, IL 60914



JANUARY 1992

ISSUE 47

ANNUAL MEETING

FRIDAY, JANUARY 17TH, 1992
6:30 P.M., 4 DEARBORN SQUARE

The annual organizational meeting of the Kankakee River Running Club will be held in the meeting room of the Kankakee Chamber of Commerce at 4 Dearborn Square on Friday, January 17th, at 6:30 P.M. This is a club social for adults and a business meeting for the annual election of officers.

Please bring a covered dish. The club will provide beverages. Bring your pictures and we'll trip down memory lane.

ON THE RUN

By Dan Gould

The first day of December dawned fashionably gray as we filled the Dan van's seats with six runners and one voyeur for the trip to Ottawa. President Nancy and first man Ron were fashionably late and almost had to drive themselves. Pat and Donna, of course, were ready long before I got there. Jeff and Henry were punctual, but Henry jogged across the parking lot as if he were late. The hour and ten minutes to Ottawa was unremarkable except for the two coyotes crossing Old Chicago Road and the appearance of the sun. Coyotes! Yes, friends, two of them, loping across the road and an open field with the grace and speed for which every runner wishes. Henry, who lives north of Bourbonnais off Route 102, has heard them howl. He says they are very responsive to sirens.

If you are not burned out on racing, injured, adverse to the December chill, and ten miles is within your capability, the Ottawa

10 Miler is a fine race to finish off the season. The course is a bit challenging as it winds up the north side of the river valley to and along the frontage road just south of I-80. The west-northwest wind this year wasn't too bad, but I was happy to tuck in behind a pack of four or five others at times along that frontage road. With 300 plus runners in the field, there is always someone to run with or behind. Upon finishing, you will find hot cider, coffee, chili, fruit, and cold beer (ugh!) waiting for at the K.C. Hall. The long sleeved Ts are classy and there are awards up to five deep in five year age groups.

Pat Koerner had the thrill of leading the race - for half a mile. The competition at this race, however, is very tough. Pat ran a great time to finish fourth overall and first in age group. Shirley Malone also picked up a first in age group for her efforts. Larry Lane, apparently not feeling well, made the race a training run. Phil Newberry made the trip alone and, without Scott Kelson to push him, ran a less than sparkling time. Henry Shelly was satisfied with his third ten miler of the year. Charles Kennedy, our new member from Danville, ran 63:36 for a third in age group - not too shabby for a young man of 53! Not happy to be watching everyone else finish were Tom and Monica Uribe who arrived late - as in the race had already started. Carol Pratt Bauer won her age group. Donna Hurst recorded it all with her trusty minicam.

We had breakfast - at noon - at Oogie's, just two blocks from the Ottawa K. C. Hall. The placemat describes the history and brewing of root beer. While a cold and frosty root beer didn't strike a responsive cord in any of us, the fare

we sampled was excellent. Seven votes for Oogie's!!!!

RUNNERS BEWARE - CHARITY RACE! The Jingle Bell Run for Arthritis in Kankakee had a very humble beginning on December 15th. The Arthritis Foundation had contacted the club last summer seeking a race director for a 5K to be run on the course at Small Memorial Park. When no volunteer was forthcoming, they said they would try something in Meadowview and we would hear from them. Unfortunately, we didn't hear from them and they got no assistance from the running community. Although we were sent entry forms for the Jingle Bell Runs in Peru, Urbana, and Peoria, the first we knew of the local race was after December 1st when we read about it in the newspaper. WKAN gave them lots of air time, but it was too late to reach most of the running community.

Billed as a two miler, on race day it became something less than a mile on an out and back course through the Meadowview Shopping Center. The rules were: 1. Run on the sidewalk. 2. Yield to automobile traffic at intersections.

The only award for speed was for first overall, but, by the time they passed out the costume awards, drew for door prizes, and served the pizza, most of us were winners. Hopefully, the pledges made it a success for the Arthritis Foundation. We really need to give these folks some help next year. A charity run also gets great publicity. Although there were only twenty-eight of us, the newspaper put in two pictures and a story in the front section.

Our friends in Joliet had a similar experience with the Reindeer Run put on by the American Heart

Association on December 7th (a Pearl Harbor of sorts!). Twenty-one runners turned out for a 5K - minus about three-tenths. They had a squad car to lead them through the streets and traffic was expected to yield to them. Unfortunately for the two leaders, the squad car didn't know the course and lead them about a mile off course. They were, however, acknowledged as being first and second in the race. On the positive side, there were lots of prizes and the liquid refreshments were good. Sounds like the Prairie Staters better give the Heart Association some help!

Sunday at the park! Fresh air, exercise, and socializing with some of the finest people in the world - our fellow runners! You can always count on your fellow runner. "I'm tired of reading about your little races!" I had just fallen into step with Tom Goodbelligerent and Bill Linn. Tom always has an encouraging word and this day was no exception. In fairness to Tom, he has joined the ranks of those with back problems this year and his chiropractor has not solved the problem. I'm not sure anyone can solve Tom's problem, especially now that he lives on a country estate a little larger than the state park. He really doesn't have to come run with us common folk, but we do appreciate him dropping by once in awhile (but not too often!). If you, like Tom, are tired of reading about my "little races," I would be happy to write about yours or have you write about yours. We periodically ask you to write about your adventures in running or call them in. Few of you have responded. Charlie Grotevant, Julie Anderson, Howard Strassenburg, John Shoup and Kathy Penn have contributed articles over the last several years, but that is about it. It doesn't have to be a major story. A humorous anecdote from a race or training run is welcome.

Speaking of Julie, she has been a regular on Sundays except for a couple weeks while she was in Hawaii to run a marathon. Running with

Julie before she left, I found myself ready to call it a day before her. "Don't stop," she said, "I'll slow down if you'll go into the woods with me." Yes, I did go into the woods with her. No, I'm not one to kiss and tell - but she did bring me chocolate covered macadamia nuts from Hawaii!

John Shoup is back on the road. There are broken ankles and there are broken ankles, but John was back running less than a month after his great fall. His ribs are better and most of us suspect it was all a ploy for a little TLC. He also wishes to be addressed as Professor Shoup as he begins teaching writing in January at KCC. He assures me that he will grade on the curves, something I didn't doubt for a moment.

Matt Gubbins is a runner on the move - to Watseka. He joins Dave Hinderliter as our Iroquois County connection. Matt has also agreed to take the race director's reins from Mark Steffen for the Run for the Law. Ed Glazar and I will assist if the bar association underwrites it again this year.

The Arthritis Foundation fundraiser was timely for Mike Hickey. On the preceding Monday he was diagnosed as having arthritis in his hip. A nagging back that had cropped up in August no longer bothers him. Mike and family headed for Florida for the holidays and to visit his parents with whom some of you may be acquainted. They are both runners and have run some of our local races. Mike's dad just had coronary bypass surgery, but preliminary reports are that he will soon be back on the road.

Dave Bohlke also headed for Florida for the holidays and didn't even ask permission from the editors of your newsletter. Dave is our "set-up man." He takes the various pieces that go into the newsletter, puts them into his computer, and prints the whole thing out in nice columns. He gives the original to Linda Linn or Donna Hurst to get the copies run off. In his absence, Linda Linn had to spend the best

part of an afternoon learning how to make her computer do columns. By the way, Dave, Shoup hopes this won't be another "grey underwear" tour like you and he had in 1988.

Jeff Lonergan headed to the sunshine so I only have it on hearsay that the Lonergan Pre-Winterfest 5K is on for January 19th, but that is reliable hearsay. As you may recall, this is a low-key, no shirt, no trophy, no age group, fun run type thing. Jeff usually has some special awards. I believe it will be a 9:00 A.M. start, but you may want to confirm that with Jeff.

Ken Stark has returned to running. He is on the treadmill at KCC three times a week and, while not going long or far, his back is not bothering him. Hooray!

Will somebody in the Prairie State club tell Bob Maszak that running shirtless is ok, but he has been out in the sun without a hat once too often? Bob wrote a piece in their newsletter bemoaning the high cost of race entry fees, specifically mentioned this year's Governor's \$15, and wondered aloud if perhaps that had anything to do with the fact that there were fewer runners than last year. Bob apparently forgets the all day cold rain in 1990 that cut the field to less than half the 250 who turned out this year. In addition, this year's fee covered a sweatshirt, not just a t-shirt. I agree with the thrust of Bob's piece that it would be nice, especially for those of us with drawers full of t-shirts, if we could pay a reduced no-shirt fee for some of these races. The problem remains for the race director who can't get t-shirts on consignment and must guess how many race day entrants will want shirts and how many won't. Maybe the option could be offered for those who pre-register.

WINTERFEST!! Your registration form is enclosed. Donna Hurst is once again in charge of registration and Al Kuester in charge of finish line. Sue LaMore, who directs both Manteno and the KCC Classic, will assist both of them as she considers some changes in her race. Jamie Simmon tells me that Riverside will

promote the race heavily in house, especially for the walkers. We hope Ken Klipp will be there to announce the winners as only Ken can do and we hope you will be one of them. It is the first local race of the season and the first circuit race for 1992.

See you On the Run!!

KRRC NEWSLETTER

Editors - Dan Gould 937-5500

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Printer - Donna Hurst

Contributing Writers -

- John Shoup

FRACTURED FARTLEK

by John Shoup

It was a dark and stormy night, November 29th was. The warmth and humidity of that evening blanketed Rich Olmstead and me like one of the cheap suits Dan Gould wears under his robe at the courthouse. We had the hammer down. We were blazing around our newly-located 5.5 mile loop, drafting off the vision of greatness we had in front of us, and I couldn't see past the end of my nose (EDITOR'S NOTE; That is now about one kilometer). Stupidity raced across the edge of a razor and someone was about to get cut.

The O-man had owned me at the races all year. On the 29th, I had him on the ropes and he knew it. He had fallen back twice before and I had to yell at him each time to catch up to me. Our training run had become a two-man race and Rich was about to get second place. With over four miles down and a little more than one mile to go, I figured that he wasn't too thrilled about the fact that he got bumped into my age group on his last birthday. After all, he would now have to compete against racing legends like Ken Klipp and Mike Hickey; men feared by younger runners and worshipped by women everywhere. Welcome to the club, rookie.

Then I heard a noise. It was a knock on my door to reality. Who could it be? I opened the door. It

was pain.

In an amazing transposition, much like the night of my honeymoon, the darkness beneath me became the darkness in front of me. I heard more noises. Listen! That sounded exactly like an avulsion fracture of someone's right fibula. Or was it more like the sounds of left rib fractures combining with leg, thigh and wrist abrasions? It was hard to tell over the sounds I made spitting fresh asphalt out of my mouth. Wait a minute. What in the world is this green thing on my face? Isn't this the place where John Brinkman cleared his throat the other night? Help me, Rich! Get me off this highway to hell.

There is a lot of truth to be found in this story. There is no truth to the rumor that Rich pushed me down so he could beat me at the Wellness 5K. It is true, however, that we walked over a mile to my house following my fall. It is also true that we had to walk past two emergency rooms to get there.

On a night when you couldn't swing a dead cat without hitting one of my dumb ideas, I had to pay the price of pain for running beyond my field of vision. My total bill came to \$603.20.

I wonder what it cost to join the Y.*****

THE STARTING LINE

JAN. 17TH - ANNUAL MEETING
KRRC, 6:30 P.M., 4 DEARBORN
SQ.

JAN. 18TH - PRAIRIE STATE
RR ANNUAL CLUB BANQUET, 6
P.M., WESTBANK

JAN. 19TH - LONERGAN PRE-
WINTERFEST 5K FUN RUN, 9:00
A.M., SMALL MEMORIAL PARK.
A very low key event for club
members - no fee, no shirt, (somebody
tell Bob Maszak about this one)
no divisions, no insurance - awards
depending on how much Jeff spend
on his Florida trip.

JAN. 19TH - 10TH ANNUAL
MIDWINTER 10K FROLIC AND
COMPETITIVE 2K WALK, 9:00
A.M, Forest Trail Jr. H.S., Park
Forest (Lakewood & Wilson St.) All
finishers receive an award and a
pancake breakfast. \$10/12 after
1/13/92.

FEB. 2ND - 8TH ANNUAL
WINTERFEST 5K RUN & FITNESS
WALK, 1:00 P.M., Small Memorial
Park. \$10/12 after 1/26/92, long Ts,
5yr AG, 2-4 deep, refreshments.
Bill Linn 815/937-5337.

FEB. 15TH - EDISON FESTIVAL
OF LIGHTS 5K, Ft. Myers, FL.

FEB. 15TH - GASPARILLA
DISTANCE CLASSIC 15K & 5K,
Tampa, FL.

FINISH LINE

DEC. 1ST, THE OTTAWA 10
MILER, 304 FINISHERS, SUNNY,
22.

PAT KOERNER 55:40, 1ST AG
DAN GOULD 63:34, 5TH AG, PR!
CHARLES KENNEDY 63:36, 3RD
PHIL NEWBERRY 67:42
LARRY LANE 71:22
C. PRATT-BAUER, 71:53, 1ST AG
DICK KENDALL 72:28
HENRY SHELLY 77:47
RON PIWOWAR 79:29
NANCY RUDA 82:42
JEFF LONERGAN 83:10
LEON MALONE 1:42:09
SHIRLEY MALONE 1:51:19, 1ST

DECEMBER - HAWAII. Julie
Anderson finished 6th out of about
236 in her age group in a time of
3:31:00 in a marathon that was far
too hot and humid. Hope to have
some highlights from our
"Ironwoman" next month

BIRTHDAYS

- Julie Anderson 1/19/56 36
- Joyce Grotevant 1/28/42 50!
- Dave Hinderliter 1/9/54 38
- Aaron Huizenga 1/31/74 18
- David LaMontagne 1/15/62 30
- Brett Linn 1/26/82 10
- Therese McDermott 1/1/57 35
- John Shoup 1/23/50 42
- Libby Wasser 1/30/52 40!

DUES ARE DUE!!

Folks, if you have laughed, cried, or otherwise reacted to this newsletter, or found it a source of valuable information, or you are just curious as to what further adventures are in store for the wild and crazy guys and gals who run through these pages each month, it is time to make that token donation to keep it coming to your house. We are losing money on this, but we love you, so keep those cards and letters coming along with your checks and membership renewal forms - one is attached for your convenience.

With the exception of the following new members, dues are due from all members: Charles Kennedy, Susan LaMore, Damian Scheidecker, Jan McClarey Family, Sarah and Ashley Smith, John Flynn Family, Lance Bovard, and Gideon Berhanu.

WELCOME
FEB 8 & 9
14 ANNUAL
GASPARILLA
DISTANCE CLASSIC





KANKAKEE RIVER RUNNING CLUB

Membership Renewal 1992

_____ SINGLE \$10.00 _____ FAMILY \$15.00

PLEASE LIST BIRTHDATES OF ALL MEMBERS

NAME _____ DATE OF BIRTH _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

OTHER FAMILY RUNNERS AND BIRTHDATES _____

Make Checks Payable To: KANKAKEE RIVER RUNNING CLUB

Mail To: KRRC

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