

THE PAPER RACE

KRRC NEWSLETTER

P.O. BOX 339

FEBRUARY 1992

BOURBONNAIS, IL 60914

ISSUE 48

ON THE RUN

By Dan Gould

A grey but mild first Sunday in January brought a record turnout to the park for the Sunday run and social. Twenty-one club members, including the entire Linn and Hickey families, and a couple strangers ran the trails or played football in the parking lot. Mike Hickey, apparently suffering a bit of jet lag, showed up in Bermuda shorts and a number of his friends reminded him that he was no longer in Florida. Rich Olmstead was fresh from a visit with family in New York where he ran some real hills. During the brief period that he ran as slowly as I did, he confided that he had, in fact, pushed Shoup down (see FRACTURED FARTLEK, Dec. '91). John, on leave from the home to which he was committed after running the previous Sunday, confined himself and his swollen ankle to the parking lot where he and Brett Linn passed a football. Ken Stark joined us for the first time in months and was running well. He did take the downhills a bit gingerly to protect his back. Pat Koerner was running strong - far too fast for even Julie. Linda Linn did her semi-annual training run in preparation for next June's Manteno 5K.

After almost a year off to build his house, Tom Goodberlet is working hard to shed some weight and regain his conditioning. He found omitting the twelve ounce curls a significant aid to reaching his goals. In terms of being focused, however, no one could match the dedication of Bill Johnson. He sent Kim on a cruise and stayed home to train.

A number of us have begun having breakfast at the Little Corporal after the Sunday morning run and have found both the food and service excellent. We had to sit in the

smoking section one day, but found dried sweat an excellent smoke repellent - the smokers cleared out!

This year's organizational meeting was held January 17th at the Chamber of Commerce Meeting Room at 4 Dearborn Square. Approximately 35 members were present and elected Henry Shelly as President, Pat Koerner as Vice-President, Ron Piwowar as Treasurer and Linda Krause as Social Director. Our thanks to the outgoing officers - Nancy Ruda, Dave Hinderliter and Jo Boudreau. Special thanks to Donna Hurst who, with the assistance of Social Director Pat Koerner, has done an excellent job of arranging our social activities. Linda has some big shoes to fill! John Brinkman volunteered to direct the summer 5K series and Pat Baldwin will assist Gary Dupuis with the Performance Sports 5 Miler. The club is in need of a race director for the Governor's, but Henry did say he was thinking of taking on the challenge. OK, let's have a show of hands for those in favor of Henry. Good!

There was one other highlight to the annual organizational meeting - a contest to determine the KRRC Most Knowledgeable Runner. Ta-da! Ken Stark received a beautiful plaque for having displayed the greatest knowledge of our sport. So, if there is ever anything you wanted to know about running or runners, the man to ask this year is Ken. Congrats!

Brrr! The mild first half of the month gave way to unseasonably cold temperatures for the 10th Annual Midwest 10K Frolic in Park Forest on January 19th. Although sunny, starting time temperature was about 2 degrees and the wind was building. Race Director Stu Saxe had to fib about the wind to get the 198 of use

out of the gym. The wimp factor was apparent. Last year when it was about 30 degrees warmer, there were 300 participants (this race has seen over 400). John Brinkman was 10th overall and ran an excellent time while Rich Olmstead hung back to harass me. He finished it with a sprint that made me look like I was standing still. Based on my finishing time, maybe I was. Jim Grace, coming off an injury, had a personal worst. Most of us were happy that we didn't have to stand out there with Stu or Carol Pratt-Bauer clicking off the times on the stopwatches -brrrrr!

For those of you who have heard the horror stories of standing in line for a pancake, be advised there was no line this year and there were more than enough pancakes. There was also plenty of O.J., coffee and hot chocolate. Perhaps it is easier to handle 200 instead of 400, or maybe it has just been a learning experience, but there was nothing to complain about this year. We also had the pleasure of sitting down with Runner's World Male Master Runner of the Year - Warren Utes. I hope when I'm his age I can run that fast.

The 3rd Annual Lonergan Pre-Winterfest 5K at Small Memorial was also the 19th with about 10 participants. Pat Koerner was awarded the Poppin' Fresh Pie for his first place finish, Bill Johnson a package of Oreos for second, and Henry Shelly a bag of Snickers for third. Jeff had to order a "Swan Dive" award for Don Combs who took the first corner a bit too fast, but with no permanent injury. All participants were rewarded with a pancake breakfast served by the Lions at Jeff's expense. Now there is a candidate for race director of the year.

We received greetings from Doc Baldwin in sunny Florida. He is

feeling fine, playing some over 50 softball, riding his bike and playing tennis. His cardiologist won't let him run as of yet, so he confines his "running" to walking with Dorothy. Doc, how do you play tennis without running?

Congratulations to Matt and Lori Gubbins and John and Diane Brinkman who are both "with child." Congratulations also go to Kathy Steffen who has been certified as a personal fitness trainer by the National Academy of Sports Medicine. For a personalized fitness program and training, call Kathy at 939-9873. Herscher coach Scott Stephens has been elected the Class A Girls Cross Country Coach of the Year for 1991 by the Illinois Track and Cross Country Coaches Association. The Herscher girls won the 1991 IHSA Class A state championship. Nice going Scott!

Do you know which three U.S. women qualified for the U.S. Olympic team in the marathon? If you depended on television news, probably not. The qualifying marathon was at Houston on the same day as the Super Bore, eh, Bowl, and not a word was heard from Houston. Actually, the marathon trials began an hour before the Houston Marathon, but followed the same course. I'm surprised we didn't get one of those news bulletins from Houston when a 25 year old man collapsed and died just before reaching the finish line. Like Rodney Dangerfield, we don't get no respect. Answer: Janis Klecker - 2:30:12; Cathy O'Brien - 2:30:26 and Francie Larrieu Smith - 2:30:39. Smith has now qualified for five Olympic teams - 3 times in the 1500, once at 10,000 meters, and now for the marathon (age 39). Lisa Weidenback again failed to make the Olympic team by finishing fourth for the third consecutive time in the trials.

In Tokyo, Steve Moneghetti of Australia ran 1:00:27 and Liz McColgan of Britain ran 1:07:11 for the half-marathon - both world records!

Finally, I picked the following bit of wisdom out of the Park Forest newsletter: Every morning in Africa a gazelle wakes up. It knows that it

must run faster than the fastest lion or it will be killed. Every morning a lion wakes up. It knows that it must outrun the slowest gazelle or it will starve to death. It doesn't matter whether you are a lion or a gazelle: When the sun comes up you had better be running!

Hope to see you on the run!

EDITORS' AWARDS

We are happy to announce the First Annual Editors' Awards for Best Circuit Race and Best T-shirt. This is going to be tough because virtually every race in our circuit is a class act that offers nothing but the best, but Bill and I and our panel of experts will find and recognize the race that excels. We also want to encourage a little more thought in T-shirt design. Does the shirt tell where, when, and how far? No, grey is not an automatic disqualification, but please use that "color" with caution.

MARATHON MAN

Edited from the Chicago Tribune by Dan Gould

Dr. Paul Spangler's first marathon took 72 hours to complete. Spangler was the chief of surgery at the U.S. Naval Hospital at Pearl Harbor 50 years ago when the Japanese attacked on Dec. 7th. For three straight days he would be at work, alternating every two hours between surgery and triage, sleeping only as time allowed.

"The Arizona went down right outside. We must have handled 1,000 kids the first day. For 72 hours, we didn't change clothes," the retired surgeon remembers.

Spangler now competes in the more traditional marathon. "I took up running because I was afraid of coronary heart disease," says Spangler. "My friends and peers were all dying of it, so I got my weight down, started eating a healthy diet, and began a regular program of aerobic exercise."

That was back in 1966. His competitive debut came at the spry age of 70 when he set three world records for his age group. He owns

80 American age-group records. "The older I get, the more golds I win - I'm outliving most of my competition," he says.

Spangler made his marathon debut at the second World Masters Championship in Sweden in 1977. He passed the defending champion with five miles to go and won in 4:04. A short time later, he broke the four-hour mark (3:59) for the first and only time. He was 79.

He now runs seven miles a day three days a week and swims a half mile six days a week. Last summer he won three golds and four silver medals at the World Veterans Championships in Finland and last fall he finished the New York City Marathon after two unsuccessful efforts. He was not happy, however, with a time of over nine hours. "I'm going to start lifting weights to build up my upper body. I've got to be able to store more glycogen. I thought I was going to die in New York. It it wasn't for the two guys running with me, I would have quit earlier in the race."

Competitive running has been a means of meeting people and influencing their lives. Spangler gives motivational talks and the message is simple: "There's nothing to fear about growing older. You don't have to grow old. The most useful thing I've done is spread the word about the quality of the lifestyle," he said. "I'll keep doing it as long as I live."

People are inclined to listen when you have lived as long as Dr. Paul Spangler - 92 years young - and still on the run.

KRRC OFFICERS

Henry Shelly, President	933-9255
Pat Koerner, Vice-President	932-1009
Ron Piowar, Treasurer	939-1749
Linda Krause, Social Director	472-6577

KRRC NEWSLETTER

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KRRC RACE CIRCUIT

By Bill Linn

The Kankakee County Race Circuit for 1992 consists of 10 races which are listed below. Each race has the standard five year age divisions up to age 60. The top ten finishers in each division in each race receive points, ten points for first down to one point for tenth. To qualify for awards a runner must participate in five or more races and the best five finishes will be added for their total. Certificates will be awarded to all runners who qualify with five races. Overall certificates will also be awarded to the first place male and female finishers. The overall winners will be determined by top ten finishes in the same fashion as the age division winners. The points will be totaled after the last circuit race, results announced in the newsletter, and certificates awarded (plaques if we have the \$\$\$). Any questions, call me.

Winterfest 5K

Performance Sports 5 Miler

Manteno 5K

Run for the Law 10K

YMCA 5K

Watseka 4th of July 4 Mile

Midwest 4 Mile Classic

Momence 10K

Governor's 10K

KCC Fall Classic 5K

Subject to change should a race be cancelled or fail to supply complete results.

THE STARTING LINE

SUN, FEB 9, 2:15PM - VALENTINES 5K RUN, Valparaiso H.S., \$9/11 after 2/2, Ts, 5yr AG, individual and couples divisions, Rob Mathes 465-0676 after 5PM. Also 1 mile fitness walk or run at 2 PM, CST. Race day entry fee without shirt \$5.

FRI, FEB 14 - HURST-KOERNER MARATHON FOR LIFE, Cabery. Entry fee: Lifetime commitment. No Ts, No age group. Tux and Wedding dress, prayers and promises, a kiss for luck and they're

on their way - we know they will win. Field is limited to two, but may be expanded in the years to come at the discretion of this year's participants.

SUN, FEB 16, 1PM - FROSTY FIVE MILE, Middle Sch. Rec. Cen., Channahon, \$10/12, knit caps, 5yr AG.

SAT, FEB 22, 10AM - PARK FOREST 5 MILE RACE, Keeling Center, 375 Oswego St. \$10/12, 5yr AG. Unspecified awards and goodies, this is billed as a "Caribbean Cruise" and you are asked to imagine warm ocean breezes, palm trees, white sands. Somebody up there has been smoking the funny stuff again, but the Pancakers are a good group so sign up for the cruise. Dave 312-525-7970.

SAT, MAR 21, 8:30AM - MORRIS ROTARY 10K SHAMROCK RUN, Morris Community H.S., 1000 Union St. \$10/13, \$1 discount to running club members who show current card, long Ts, awards to top 3 OA and up to 4 deep in 5yr AG. Al or Chris 942-1955.

SUN, MAR 29, 10:30AM - HOP INTO THE WIND 5K RUN/WALK, Lincoln Park, \$12/15, souvenirs, 5yr and 10yr AG - get entry form or call for details, 312-248-5499.

SAT, APR 4, 10AM - FOOL'S RUN VII, Shubert Woods, Cromwell & Chestnut, Park Forest, \$10/12, 8 "Distinctive Divisions," costumes encouraged but not required, shirts, refreshments, 3-deep awards, TAC certified. 708-481-4521. (Distance is 4 miles.)

SAT, APR 4, 11:59PM - ONLY FOOLS RUN AT MIDNIGHT, Sports and Spirits Bar, 3rd & Lacey, Carbon Hill, \$10/13 (\$1 discount to running club members), long Ts, awards to top 3 OA and up to four deep in 5yr AG. Al or Chris 942-1955.

THE FINISH LINE

DEC 28 - ORMOND BEACH SANDPIPER 5K (run in hard rain)
Graig Hickey 22:04 3AG
Georganne Hickey 27:04

DEC 28 - BRAUNY TOWEL HALL OF FAME 5K, Tampa

Jeff Lonergan 21:03

DEC 28 - MAD DASH INTO MIDNIGHT, Newport Ritchie
Jeff Lonergan 21:20

JAN 19 - LONERGAN PRE-WINTERFEST 5K
Pat Koerner 19:18 1st
Bill Johnson 20:27 2nd
Henry Shelly 22:49 3rd
Ron Piwowar 23:52
Ken Stark 24:15
Mike Hickey 24:15
Jeff Lonergan 24:15
Don Combs 24:28
Nancy Ruda 24:51
John Flynn 29:53

JAN 19 - PARK FOREST MIDWINTER 10K FROLIC & 2K WALK, 158 Male & 40 Female, Sunny, windy, 2 degrees
John Brinkman 38:23 100A
Charles Kennedy 39:xx
Rich Olmstead 40:24
Dan Gould 40:26
Jim Grace 44:00 PW
Tim Benoit 46:44

BIRTHDAYS

Michelle Baldwin 2/14 36
Jim Grace 2/24 35
Charlie Grotevant 2/18 50
Mike Hickey 2/21 42
Courtney Kendall 2/17 12
Gerry Kilbride 2/6 54
Judy Kilbride 2/24 53
Tommy Kilbride 2/14 23
Robert Krause 2/23 44
Jack Littrell Jr. 2/24 24
Diane Mathis 2/1 46
Dan Phillips 2/7 56
Janet Shelly 2/13 39
Allison Shelly 2/22 16
Tom Uribe 2/3 39
Gerald Wilson 2/23 46

DUES ARE DUE!!

Your annual club dues are due, so if you haven't already done so, please take a moment right now to crack open that checkbook and dash off a check to: Kankakee River Running Club, P.O. Box 339, Bourbonnais, IL 60914. Thanks!