

THE PAPER RACE

KRRC NEWSLETTER

212 JULIE DRIVE

KANKAKEE, IL 60901

MARCH 1992

ISSUE 49

MARCH SOCIAL

On Saturday March 21st, we will have a club social at the Bird Park Fieldhouse in Kankakee. It will begin at 6:30 P.M. The club will provide baked chicken breast, mostaccioli and drinks. Please bring a covered dish. There will be a speaker, but at press time the identity of said speaker was unknown.

ON THE RUN

By Dan Gould

And the Editors' Awards for Best Race and Best Shirt goes to... Oops! I guess we should wait until after the KCC Classic to announce those awards, but we sure gave the rest of the circuit a quality race and unique shirt which will take some work to beat. Bill Linn was so well organized that he went to Atlanta three days before the race and didn't come back until two days after. For the third year in a row there was warmth and sunshine. Larry Wasser thought it was such a great race and unique shirt (he is another Ken Stark fan) that he registered twice... well, maybe Libby registered him once and he registered once, but the thought was there. That offset to some extent the incredible gall of a past-president of the KRRC who ran as a BANDIT and brought one of his marginal friends to also run as a BANDIT. I don't want to dignify what they did by identifying them other than to note they are both name John and now without good reason.

Back on the positive side of this great race, it is now the largest in the county with 319 registrants (260 runners, 59 walkers). How about that great color picture on the front page of The Daily Journal? I'm sure the great coverage had nothing to do with the fact the Journal's city editor, Phil Angelo (new KRRC member!), cartoonist Ken Stark, and a Journal writer who will not be named (pay the dues, Lee!) were

participants. Next year, if we can get a cherry picker, B.J. says he will do even better! OK, OK so they didn't print the age group awards. Maybe if we get them to sponsor a race like some newspapers do, ...

Leading the pack off the starting line, front and center for the photographer, our hot dog of the month, John Brinkman! John brought the gold in a tough age group. Nancy Ruda ran to first place gold and a PR while Ron Piwowar also ran a PR. Graig Hickey, Pat Koerner, Carol Pratt-Bauer, Theresa Burgard, Rick Livesy, Dee Osenglewski, Rich Olmstead, Larry Lane, Lynn Troost, Charles Kennedy, and Shirley Malone all placed in their age groups.

We were blessed with lots of volunteers from the club to work the race. Special thanks to Donna Hurst, who was in charge of registration, and Al Kuester, who was in charge of the finish line. Special thanks to Leon Malone who pre-registered for the race, but found his "good knee" not good on race day and volunteered to work. He ended up at the one mile mark calling splits - with a watch that didn't work too well. Thanks for the effort, Leon! Thanks to Matt Gubbins, Al Widhalm, Joyce Grotevant, Sue LaMore, Allison Shelly, Ken Klipp, Dave Hinderliter, and all the others who helped. Ron Riml and his auxiliary police officers provided great course security. Sign up now to be part of the Ninth Annual Winterfest 5K Run and Fun Walk on February 7th, 1993!!

Speaking of the race circuit, Bill inadvertently left Herscher off the list of races in our circuit. Scott Stephens really brought that race around last year with great shirts and expanded age groups. Now if we can just get Scott to thinking about the race before the 1st of August...

Speaking of the Prairie State Circuit, some of you heard that the Winterfest

5K was off their circuit. Well, I guess it was, but Keith Theisen, President of the Prairie Staters, was her for the race (ran a sparkling 17:18) and informed me that we are on their circuit. The Five Miler if off their circuit and they have replaced it with the St. Joseph's Racing Hearts 10K on June 7th. Gary Dupuis is moving the Five Miler to June 14th to avoid the conflict. The Kankakee YMCA 5K and the Governor's 10K remain on the Prairie State Circuit.

Congratulations to the following KRRC members who received awards on the Prairie State Circuit: Pat Koerner, Carol Pratt-Bauer, Nancy Ruda, Rich Olmstead, Mike Hickey, Shirley Malone, and Leon Malone.

Rumor has it - and rumors are always better than the truth - that Kathy Steffen needs a '92 calendar. If Gasparilla was on February 15th and you were flying home on February 14th, would you register for the race? To be continued...

In the news: John Walker, former world mile record holder, announced his retirement, abandoning his attempt to become the first 40 year old to run a 4-minute mile. Walker, the 1,500 meter gold medalist at the 1976 Montreal Olympics, injured his Achilles tendon seriously in a training run. Walker, who ran 129 sub-4-minute miles (nearly 700 if the sub-3:40 standard for the 1,500 meters is used), recorded his fastest mile - 3:49:08 - when he was 30. His world record time of 3:49:40, set in Sweden in 1975, stood for four years.

The U.S. Center for Disease Control's study of high school students showed they don't get enough exercise and they slack off even more as they approach graduation. Only 50% of the males and 25% of the females surveyed reported that they got the minimum recommended exercise - 20 minutes of hard exercise three times a week. Students fell off in exercise as they grew older, especially girls. Bring those kids to the races, runs, and walks!!

It was bad enough when Jockey put women in our shorts, but now Kohler has indulged their TSS (Toilet Seat Syndrome). Yes, Kohler is marketing the "Peacekeeper." It has an automatic flushing mechanism which requires the user to put down the toilet seat and the lid to flush. "Women of the household will rejoice when the men in their lives must close the lid to flush the toilet," says the Kohler advertising copy. "No more unsightly toilets and no more cold surprises in the middle of the night." There is, however, one small detail that will keep us in control. Yes, folks, this toilet requires two batteries to operate and few women will have the mechanical know-how to install them. TSS you ask? That is the name of the affliction for one who believes that the normal position of the toilet seat is down. What does any of this have to do with running? Well, some people run to the toilet and some people just have the runs. I've run short of people and things to write about this month and you folks haven't helped.

Final thoughts and ramblings for the month. If you don't pay your dues, this is so long sweetheart. I really think you ought to re-up! Don't miss the March Social at Bird Park (see detailed announcement in this issue). Linda Krause makes her debut as Social Chairwoman and promised great things. Sunday at the park (9:00 A.M.) has been very successful - come on out! Don't miss the Morris Rotary Shamrock 10K on March 21st!

See you on the run!

FROM THE PRESIDENT

By Henry Shelly

By now most of you, if you read the small stuff, will have noticed that the club has a new president, me. It only proves how desperate this club really is for everyone to become active. If you weren't at the annual business meeting you missed another fun runner's social and will have to wait until next January to elect someone else. I will do the best job I can until then. In the meantime I would appreciate any and all suggestions for improvements, activities, etc. for the club. Phone numbers for all officers are listed in every newsletter, or if you prefer, drop me a note, or a long letter (I hope

someone has that many ideas) at 3448 N. 3000 W. RD., Bourbonnais, IL. 60914.

Even better, stop and talk to me at a race or come to one of the Sunday morning runs at the State Park. There are a lot of names on the membership list that I only see on the list and on runner lists from the races. This really is a running-social club where you can meet and make friends to run with and share experiences. Our club has runners of every possible speed and age group so don't feel that you won't fit in with the group. If you read the times and finishes in the Finish Line, (send yours in or give them to the editors at the race) you will see that the club elected a very "middle of the pack" president, and I have a Middle of the Pack trophy from the Midwest Four Mile Classic to prove it. Your experiences can, and should, also be shared in the newsletter. Call or send something to our editors. They welcome all the help they can get.

As you talk to other club members and their families, you will also hear every conceivable training program. The better runners obviously train more often than the rest of us and some even cross-train (swim, bike, etc.). Some of us train less frequently (1-3 days a week) and rely on the "well rested" training method. The club even has walkers. All are welcome, encouraged, and to be congratulated for their efforts to improve their health while having a good time. Find some partners and go have fun.

Those of you just coming out of hibernation have missed an excellent winter for outdoor running. Even I have run fairly often, not something I normally do. When you get to the Starting Line you will notice it beginning to expand with the early races for the year so it's time to get going. Another benefit of the club will become more active now, carpools. The officers or editors are usually aware of who(whom?) is going where, so call them for information or to offer rides to others. Some weekend trips have been made in the past and all carpools are great fun.

Our membership social is this month. Everyone come and bring a new member to share the fun. You really shouldn't miss any of the socials because many of the members are killer

KRRC OFFICERS

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

KRRC NEWSLETTER

Editors - Dan Gould	937-5500
Bill Linn	937-5337
Staff - Linda Linn	937-5337
Dave Bohilke	939-1676

cooks (yes men too) and you don't want to miss a chance to taste their works. I am married to one of them and personally know about running in self defense. Last, but not least, I think we should all thank last year's officers, President: Nancy Ruda, Vice President: Dave Hinderliter, Secretary-treasurer: Jo Boudreau, Social Director: Pat Koerner, and the editors: Bill Linn and Dan Gould. Without the editors we wouldn't have a newsletter.

MEDICAL GRAPEVINE

Georganne Hickey was recently hospitalized (Tue, 2/25) for surgery and will be out on Sat, 2/29. However, she will be unable to participate in her favorite sport for about 6 weeks. We are sure that cards and letters will be much appreciated.

THE STARTING LINE

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.

SUN, MAY 3, 8:00AM - RUN FOR
**THE LAW 10K RACE AND 2 MILE
 FUN WALK**, Indiana and Merchant,
 Kankakee, \$10/\$12 after 4/26. Separate
 awards for attorneys besides the usual
 overall/master's/age group awards. Matt
 Gubbins 933-0114.

THE FINISH LINE

FEB 28 - WINTERFEST
WELLNESS 5K RUN - Beautiful day,
 record turnout

3	Lance Bovard	16:03	3OA
6	Patrick D Koerner	16:54	2AG
16	John E Brinkman	17:52	3AG
19	Rich W Olmstead	17:57	2AG
24	Rick A Livesy	18:16	2AG
25	Larry Lane	18:17	3AG
26	Charles Kennedy	18:19	2AG
30	Daniel W Gould	18:45	4AG
32	Phil Newberry	18:53	

42	Marty J Klipp	19:12	
49	James P Grace	19:23	
55	Graig Hickey	19:37	1AG
56	Mike K Hickey	19:40	
57	Tom Parlin	19:40	
67	Tom J Uribe	20:13	
70	Charlie Grotevant	20:26	
80	Carol Pratt-Bauer	20:54	1AG
83	Henry J Shelly	21:07	
84	Jeff P Lonergan	21:11	
89	Theresa Burgard	21:19	3AG
90	Ron E Pkwowar	21:22	
91	Nancy J Ruda	21:22	1AG
95	Scott R Kelson	21:31	
100	Dan Keenan	21:36	
103	Tom Goodberlet	21:40	
110	Tim L Benoit	21:53	
117	Donald E Combs	22:15	
125	Michael T Morel	22:44	
130	Dee M Osenglewski	22:50	3AG
133	William J Batkiewicz	23:09	
134	Ken L Stark	23:10	
145	Monica M Uribe	23:48	1AG
149	Harry W Simmon	23:52	
158	Patrick J Baldwin	24:27	
159	Louis H Coy	24:34	

170	Mike Rebello	25:02	
179	Lynn Troost	25:24	4AG
182	Michael J McGuckin	25:31	
187	Rollins D King	25:44	
193	Damian Scheidecker	26:03	
203	Georganne L Hickey	27:39	
204	Linda A Linn	27:39	
205	Dan J Flynn	27:43	
206	James H Ruberg	27:45	
208	Jamie Simmon	27:52	
211	Kerri Keenan	28:00	2AG
216	John S Flynn	28:41	
221	Shirley A Malone	29:48	2AG
224	Larry P Wasser	30:08	
233	Stephen M Hanks	31:29	
241	Lori Keenan	33:15	
244	Gale F Lehnus	36:49	
245	Dianne K Strufe	37:20	
246	Philip J Angelo	41:25	

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, 212 Julie Drive, Kankakee, IL 60901

NEW MEMBERS

Phil Angelo

Bill Batkiewicz, and Kate, Sarah,
Erica, Jason

Daniel Davis

John Sullivan, and Sally, Steve, John

Welcome to our club!

BIRTHDAYS

Micah Dorn	3/15	4
Marianne Flynn	3/29	20
Sarah Goodberlet	3/12	12
Dale Huizenga	3/3	48
Sarah Huizenga	3/23	16
Ken Klipp	3/25	43
Pat Koerner	3/27	30
Dottie LaGesse	3/12	42
Terry Morse	3/12	38

DUES ARE DUE!!

Your annual club dues are due. If you haven't already done so, please fill in the attached renewal form and send it in with a check. Failure to do so will result in the cancellation of your subscription to this wonderful source of entertainment!

SEE YOU NEXT MONTH