

# THE PAPER RACE

## KRRC NEWSLETTER

P.O. BOX 339

APRIL 1992

BOURBONNAIS, IL 60914

ISSUE 50

### STEAMBOAT EXCURSION

The 19th Annual Steamboat Classic - Illinois Toughest 15K and World's Fastest 4 Mile - is Saturday, June 20th, at 7:00 A.M. This year's Steamboat Days will also offer Riverboat gambling (you can play in Peoria!). The Linns, Hickeys and a number of other fun people would like you to be part of this year's party. Reservations are being made at the Continental Regency Hotel which is the host hotel. Packet pick-up is at the hotel Friday evening and the hotel is walking distance from the start and finish. There is no race-day registration. If you can't find an entry form, we'll find one for you. Some of the gang will be going down on Thursday in order to enjoy a couple days around the pool and be back on Sunday for the Manteno 5K (Father's Day). If you would like to be part of this special group, call George (Georganne Hickey at 472-2253). If you feel you may be embarrassed by some of the outrageous behavior in which this group indulges, make your own arrangements.

### ON THE RUN

By Dan Gould

It was another dark and stormy night. We were in a remote area of northwestern Ford County at an equally remote outpost of the Catholic Church to witness the beginning of the Hurst-Koerner Marathon for Life. A standing room only crowd, consisting mostly of runners, hung on the priest's every word...wondering if it would be his last. This event was probably the largest joint meeting of the Kankakee and Prairie State running clubs ever held, but these folks will seize any opportunity to party. Some of the real party animals skipped the nuptials and simply showed up at the reception in Herscher. Some simply couldn't find Cabery because there wasn't a race there. This Valentine's Day was also remarkable because there was - are you ready for this - a Pat Gould sighting. Yes, folks, that woman of folklore who proudly proclaims she doesn't do anything that

requires pain or sweat and that if God had meant for her to see the sunrise it would come after noon, made a public appearance. It was brief, however, as we were rising early to begin our drive to Florida. Rumor has it that the party was able to go on without us.

And now, the rest of the story! When we left off, our heroine, Kathy Steffen, was in Florida and pre-registered for the Gasparilla Distance Classic...which was to be run two days after they started home. Well, it has a happy ending! A call to the landlord got them a two day extension at the condo. All Kathy had to do was get up at four in the morning, clean the condo, get the kids and Mark up and dressed (Mark should be able to dress himself), pack, and drive to the race. She got a post-race shower in the parking lot behind the van with some gallon bottles of water from the starting line (I am assured that this was done discreetly) and then Mark began a marathon eighteen hour drive home.

I split my marathon drive to Florida over a couple days. Since Pat was with me, I had to pass up a couple of the major tourist attractions which you might wish to visit. If you are on I-75, you might want to stop for a bite at exit 74, Cafe Risque, or exit 73, Fantasy Cafe. Both advertise "We Dare to Bare - Breakfast, Lunch, and Dinner."

My Florida racing this year was limited to the Naples Heart Run 10K (there was also a 5K race walk, 5K fitness walk, and 1 mile health walk) on February 22nd. You can add this to your list of quality races - a flat, scenic, shaded, well-marked, and secure course, ample water nice post-race refreshments random prizes and five year age groups. Unique among awards was the first place in age group - a silver plate hostess serving tray, just over seven inches in diameter, suitably engraved. If you weren't first, however, it was a medallion on a ribbon. There were cash awards for the top three overall which, in the men's division, were taken by two Russians and a Pole who all ran

under thirty-one minutes. A Czech won the women's overall followed by Julie Isphording Boaz who was there with her new husband.

You really don't have to make up those blond jokes, just listen to them. As I enjoyed some post-race refreshments, I overheard a young blond discussing the race with a friend. For unknown reasons, the 10K course not only had mile markers but 4.5 and 5.5 markers as well. The blond said: "When I saw the 4.5 mile marker I thought, gee, 10K must be five miles!" I rest my case.

President Shelly has been giving everyone the middle finger. No, his recent election has not gone to his head. A few weeks ago he tried to brush some wet leaves from the screen on the chipper-shredder he was operating and poked the big digit through a hole in the screen. Twenty stitches later he was walking around with a finger the size of a large sausage. It also curtailed his running - throbbed like a son-of-a-gun when he tried to run. He fared better than the guy working a winter carnival in Naples. They drop two hundred pound blocks of ice into a chipper which spits it out in a snow-like consistency. When a block of ice stuck in the intake, this fellow tried to kick it loose. He did - and it took him off just above the knee.

The Second Annual Runners Go To the Cabery Volunteer Firemen's Fish Fry was quite a success. This is another unofficial social for the running club - and a few hundred other folks. Fireman Koerner's coleslaw earned the usual four stars. They had enough fish this year (500 lbs.) and the line was kept short. The highlight of the evening was being invited over to the Koerner Farm for some of Mother Koerner's cookies. The runners showed their appreciation by devouring every single cookie. If Cabery gets any more popular it will soon have a road race and a mall.

Inquiring minds want to know - Why was the runner reading the Sunday paper as he drove to the park for the Sunday

morning run? Answer: Because he had already read Saturday's paper and Monday's wasn't out yet. The only problem was the Bourbonnais Police Officer who was reading his radar at 47 miles per hour in a 30 zone. He's lucky the fashion police weren't out or he would have gotten a ticket for his outfit. This talented runner, who shall remain nameless, had a hat that made him look like Shoup and more like a Shapiro resident than a Shapiro employee. Don't Drive and Read!!

Georganne Hickey is doing fine, thank you. She has recovered from surgery, resumed running, and will soon return to work. Mike has covered her coaching duties and reports the girls performing much better. He notes that this is another life experience demonstrating the natural superiority of man. He has no intention of having a "Peacekeeper" installed in his home - he knows the normal position for a toilet seat is up.

Speaking of toilets, it was the night before the Morris Rotary Shamrock Run and I was on the phone with Pat Koerner negotiating a departure time for the Dan van. Readers of this column learned a couple years ago that going to a race with Cornstalk means getting up before the chickens and arriving at the race before the registration tables are set up. Why? Toilet paper! He is afraid they will run out before he gets there. I have even offered to install a roll in the Dan van, but toilet paper absence is a terrible phobia. I thought my negotiating skills in this area were particularly sharp as earlier in the week I had been negotiating with the administrative secretary to the Chairman of the County Board for more toilet paper in the courthouse. It seems the head janitor had decided we were using too much. You think a judge is powerful? No, folks, the man who controls the toilet paper is the real power. To be honest, I was begging more than negotiating. You thought I spent my days deciding whether somebody should go to prison or adjudicating personal injury claims for thousands of dollars. No, folks just a toilet paper beggar!

In any event, I thought I had Cornstalk on the ropes with the toilet paper when he caught me with an uppercut. "Well, Dan," he said, "if we tell people we are leaving at that time, you know there are always those folks who will be five or ten minutes late." I hit him with the only counter-punch I had. "But Pat," I said, "the Linn's aren't going." There was a pause. "Well,

in that case, I guess your departure time is ok," he replied. I had sacrificed my best friends for a few minutes of sleep, but desperate times call for desperate measures.

The Morris Shamrock 10K went a little more smoothly this year, the 7th or 13th annual running of the event. The entry form said 7th, but I started running it in 1984 which makes it at least the 9th running. The 1987 entry form said it was the 8th, so this year would be the 13th. Maybe they decided that was not a lucky number and went with 7th again. Does anybody care? The really significant number was 292, the record number of registrants for this quality race. Last year's ice and snow storm three days before the race kept us off the towpath and the modified course may have been long. The race has always turned out a quality field and this year was no exception. Pat Koerner, Theresa Burgard, and Carol Pratt-Bauer managed to bring home the gold. The post-race party at Skilla-Ga-Hooleys Sports Bar was enjoyable as always with chili, popcorn (both free) and the first drink on the house (or, if you collected race numbers from those who were not going to attend, a number of free drinks!). While we saw a few snow flakes, Chicago got 7-8 inches of snow. Ask Ken Stark about his drive to Wisconsin - how many cars in the ditch? The car in front of you did what?

Back from Morris, there was time for a shower, a short break, and then it was off to the March Social at Bird Park. It was a smaller turnout this year (about 40), but the real party people were here. Linda Krause did a fine job on her first outing as Social Chairwoman with Dee Oz as her able assistant. It should be noted that "Krause," as Linda calls him, was in attendance at two gatherings of runners this month and is therefore eligible for membership as a groupie. Augie Hirt, former Olympic race walking champion, presented an interesting program - except to the three guys in the kitchen telling dirty jokes - on race walking. The most fun was had by those who accepted Augie's invitation for some post-lecture instruction. Where was Donna and her videocam? Charlie Grotevant has since added the race walking technique to his weekly training and hopes that it will ease a lingering injury problem. A number of members were so inspired that they reportedly went home and worked on their pelvic tilt or woke up on Sunday and

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practiced. Oh, you perverts. The pelvic tilt is one of the elements of race walking. You should be embarrassed!

Congratulations to Janet Velemir, another expectant mother!

I regret to report that John Brinkman, poised for a dynamite year, has broken a big toe. John suffered his injury while playing one of those contact sports that I have warned you about - basketball! Hope he has a speedy recovery!

In the "It's a Dirty Job but Somebody Has to Do It" category, Julie Anderson will spend four weeks of April in Hawaii learning a new massage technique. You can make up your own punch line for this one.

I had a nice chat with Keith Theisen, President for the Prairie State Road Runners and a talented master runner. Keith had nothing but nice things to say about our races and how much he enjoys them. He expressed amazement at the number of sponsors we find and apparent fun we have in putting on the races. Let's keep up the good work!

Our next local race is the Run for the Law 10K (see application enclosed). There is a two mile fun walk, but no 5K this year. If you will not be running, please contact Race Director Matt Gubbins and volunteer your assistance. As this course winds through Shapiro, KCC, and the Forest Preserve Trail, we will need a number of course marshalls. We hope you run, but, if you don't, HELP! The course has been slightly modified this year to eliminate going through the Shapiro dump. If, by some strange chance, this was a PR course for you, I regret to report that it appears the first mile was about 300 feet short in past years. We will double-check to make sure it is right on race day!

April 20th is Boston, but Jim Grace is the only I know planning to make the trip. Good luck, Jim!

Happy Anniversary to me! March 1st was 10 years of running -fitness, fun and

friendships. Photo albums full of each year's memories. To all of you have been a part of them -thank you!

To all of you who haven't paid your dues, do so! Linda Linn will wimp out and send you this issue even if you haven't paid and then we will have to take it out of her salary. Dig out last month's issue, fill out the form, and write the check - Linda can't afford to carry you!

Seeing you at the races or just on the run, going through our paces and having lots of fun.

**THANKS**

**By Linda Krause**

Thanks to all those who helped set up for the social at Bird Park and those who cleaned up. Special thanks to Dee Osenglewski for all her time and effort, and to Kim Johnson for her moral support at T.J.'s.

**WORLD CLASS**

William Mutwol of Kenya set a world record in the 5,000 meters, winning the Carisbad 5,000 in 13:11.7. The previous record was set in 1989 by Yobes Ondieki of Kenya. Vicki Huber was the top woman finisher with an American record time of 15:14. Frenchman Luis Soares won the Paris Marathon with a record time of 2:10:03.

**SPORTS MEDICINE**

Several studies on active people, including runners, show their chance of developing arthritis is the same as in sedentary people. Exercise is good for joints, and even the pounding from years of running doesn't increase arthritis risk. A recent study at the University of California

in San Francisco and Stanford University goes even further. Running doesn't even increase the rate of knee deterioration in runners who have arthritis.

Arthritis causes a narrowing of the space between bones as cartilage in joints breaks down, bone spurs develop in response to inflammation, and hardening and thickening of fibrous tissue occurs. All these changes can be evaluated on X-rays.

More than 30 members of a running club, aged 55 to 77 years and a similar number of matched non-running controls had X-rays taken at the beginning of the study, and again after five years. A quarter of the people had arthritis in their knees or hands during the five years, but there was no difference in the extent of the deterioration in the runners compared to the non-runners.

If you have or develop arthritis in your feet, knees, or hips, regular exercise will keep your joints flexible and your muscles strong enough to relieve some of the load on your joints. As long as running doesn't increase the pain in your joints, there's no firm evidence it will cause additional damage. (ARTHRITIS and RHEUMATISM, Vol. 34, No. 9, p. 585).

**THE STARTING LINE**

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.

SAT, APR 11, 9:30AM - 6TH ANNUAL JUST A LITTLE RUN 4 MILE (2 mile fun walk begins at 9:00AM), Eisenhower Fitness Center, 2550 178th St., Lansing, \$13/15 after 4/6, SWEATSHIRT to first 550, 5yr AG 3 deep, Lan-Oak Park District 474-8552. Bill and I did this one last year (Tyvec jackets) and gave it high marks. Refreshments from Pepsi, Olive Garden, DQ. Drawing for a TV. Very competitive.

SAT, APR 18, 9:30AM - EUREKA SPRING CLASSIC 4 MILE RACE (2 mile fun walk), Eureka Lake Pavillion. \$10/12, 5yr AG, Ts, hot dogs, beans, chips, pop, cookies, merchandise drawing. Part of course is cross country. 309-467-2119.

MON, APR 20 - 96TH RUNNING OF THE BOSTON MARATHON - Go Jim!

SAT, APR 25, 9AM - STARVED ROCK RUNNERS 3 MILE RUN, 1-1/4 miles south of Il Rt. 71 and 3 mi. E. of St. Park Entrance. \$10 for race and membership (\$21 family), 5yr AG. Out and back course.

SUN, APR 26, Noon - SPRING INTO FITNESS 8K TRAIL RUN (4K fun walk), Erickson Hall, Waubensee Community College, Sugar Grove, \$10/12, Ts, door prizes, 5yr AG 3 deep, 708-466-4811, Ext. 530.

SAT, MAY 2, 9AM - LAKE RUN 7.5, 4.37, and 1.5 Mile Walk, Lake Bloomington, Davis Lodge, Ts, \$11/15 after 4/24, 5yr AG 3-5 deep, door prizes, food, pop, music & free beer. 309-827-3374.

SUN, MAY 3, 8AM - RUN FOR THE LAW 10K RACE AND 2 MILE FUN WALK, Indiana and Merchant, Kankakee,

**RUNNING CLUB T-SHIRT ORDER FORM**

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

SIZE	QUANTITY	X	\$10	-	TOTAL
XL	_____	X	\$10	-	_____
L	_____	X	\$10	-	_____
M	_____	X	\$10	-	_____
S	_____	X	\$10	-	_____

Make Checks Payable To: KANKAKEE RIVER RUNNING CLUB.....

Mail To: KRRC, 212 Julie Drive, Kankakee, IL 60901

PLEASE ORDER BY APRIL 20TH

\$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

WORLD VETERAN'S GAMES 1,500 METER, Finland

Howard Strassenburg 5:54 8 OA

FEB 15 - GASPARILLA DISTANCE CLASSIC 15K, Tampa

Kathy Steffen 1:14:24 36/200

FEB 16 - CHANNAHON FROSTY FIVE, 222 finishers

Pat Koerner 28:09 4AG

Rich Olmstead 29:05 3AG

Phil Newberry 30:18

Charles Kennedy 30:20 2AG

Charlie Grotevant 32:48

Scott Kelson 33:44

Carol Pratt-Bauer 34:58 2AG

FEB 22 - NAPLES 8TH ANNUAL 10K HEART RUN, sunny, 70 degrees

Dan Gould 40:00 1AG

MAR 8 - DELAVAN FROSTBITE HALF MARATHON, Delavan, IL

Charlie Grotevant 1:38:07

ST. PAT'S 4 MILER, Urbana

Charlie Grotevant 26:25 2AG

MAR 15 - SHAMROCK SHUFFLE 8K, Chicago (6-7,000 participants)

Pat Baldwin 40:58

Dave Hinderliter Had Fun

MAR 21 - MORRIS ROTARY SHAMROCK RUN 10K,

292 entrants, dry, 35 degrees

Pat Koerner 35:28 3AG

Rich Olmstead 38:30

Phil Newberry

Dan Gould 39:51

Jim Grace 42:00

Charlie Grotevant 42:26

Carol Pratt-Bauer 42:55 2AG

Theresa Burgard 43:12 3AG

Ron Piwowar 45:56

Henry Shelly 47:57

JIM GRACES'S RACES

Cary Grove Half Marathon, 1:31:44, Mar 22

Trail Breaker Marathon, Waukesha, WI, 3:53:24, Mar 28

Tackle the Tower 31 Floor Stair Climb, Oak Brook, 3:46

A.V.L 37 Floor Stair Climb, Indianapolis, 5:08

We need your help in compiling the information the Finish Line. There are probably 150+ members and, try as we might, we sometimes forget or simply miss a member's name as we go over race results - assuming we get the total results as we often do for local races. Otherwise, we need somebody to jot-down results at the away races - if we aren't there - and get it to us. Please call if we miss you and we'll get it in the next month.

### BIRTHDAYS

Apologies to Howard Strassenburg for

missing his birthday in February - 2/20/20, age 72!

Also apologies to anyone else whose birthday we may have missed. If we don't have your birthdate on file, please notify Linda Linn, so we can mention it in this column.

Scott Andrews	4/4	33
Tom Baldwin	4/7	72
David Bohlke	4/20	46
Lindsey Brinkman	4/7	6
Brianne Brinkman	4/12	4
Anna Goodberlet	4/17	34
Kyle Goodberlet	4/4	10
Georganne Hickey	4/9	40
Charles Kennedy	4/12	54
Mary Kilbride	4/14	21
R.D. King	4/9	44
Rich Muniz	4/7	40
Dee Osenglewski	4/2	36
Ron Piwowar	4/18	45
James Ruberg	4/10	41
Jaymie Simmon	4/7	44
Jessica Simmon	4/3	17
Ken Stark	4/2	49
Sally Sullivan	4/7	36
Megan Widhalm	4/17	8

