

THE PAPER RACE

KRRC NEWSLETTER

P.O. BOX 339

MAY 1992

BOURBONNAIS, IL 60914

ISSUE 51

ON THE RUN

By Dan Gould

Sure. My fault. She gets married, loses her Polish name, changes her address, gets pregnant, runs slow, doesn't get her times in the Finish Line, is still a blond, and keeps her shorts on - and it's my fault? Janet Velemir n/k/a Brown writes the most detailed membership renewal of the year and, considering she should have paid her dues a couple months ago, with considerable gall. Now I'm supposed to dig out the results from Frosty Five and Shamrock 10K and give her a special column in the Finish Line. She's lucky I have a special place in my heart for blonds, although I liked her better when she was still Polish and dropping her shorts. In any event, I'm glad that Janet Brown is with us for another year. Hooray!

"Hurdle-hurdle. Hurdle-hurdle!" No, that is not the call of a migrating bird. It is the call of the "O-man," Rich Olmstead. If you haven't had the pleasure of a training run with the O-man, you may not recognize the call. Rich was a hurdler once upon a time and still can't resist the urge to get up, up, and over when he encounters a fence, gate, chain, or small building. Since I have been known to fall over a crack in the concrete, I prefer to go around - or even under. Others, however, find the urge to play follow-the-leader irresistible. So it was on an early day in April as the O-man and John "Broken Toe" Brinkman ran through the grounds of Shapiro. Even for Broken Toe, the last chain before the cinder path was so low it required a minimum of effort to clear. Unfortunately for John, who was the leader, the O-man chose this place and time to develop lead legs and caught a toe. Fortunately for O-man, he had something to break his fall - John. Both, however, came away with a bit of roadrash and a renewed understanding

that if God had meant for man to fly...

Speaking of fools, April Fools Day really brought them out -562 of them still sober enough at Midnight to run, walk, or crawl across the finish line at the Only Fools Run at Midnight which was staged from the Sports and Spirits Bar in Carbon Hill. Neither the bar nor the tent they set up was of sufficient size to accommodate the participants and that provided business for the other bar, but apparently they didn't want it. Three non-runners who shall be known as Krause, Ozzie, and Margie were reportedly asked to leave when their association with the runners was revealed. They only wanted "locals."

By the light of the midnight moon on April 1st, people sometimes look a little different or are perceived differently. Take Henry Shelly, for example, a married man and father. On this night he became - are you ready for this - Shelly Henry! It must be those brown curly locks. In any event, he-she placed in the age group for females 40-44. Ah, the mid-life crisis! Is this a gender-bender? We don't discriminate, but inquiring minds want to know: Are you going to the boys' room or the girls' room? Should we start addressing you as Madam President?

The Fools' Run was a happening type race which means those in the middle or back of the pack didn't really have a fair shot at a decent time. They got no assistance at the finish line where a back-up forced runners to wait in line to finish. A letter from Race Director Al Hanley addressing the problems indicates they will provide additional "finishline shoots" next year. That sounds like the are going to simply shoot the overflow runners at the finish line, but I hope they mean to add additional "chutes."

Pat Koerner was 12th at Fools' Run, but it was his second race of the day. He started the day with the Dwight

Correctional Center 5K which he won. Inmates from around the state are brought in for the event and, should I ever choose to participate, I suspect I would outrun Pat - running for my life!

Another major event of the month was River to River, an 80 mile relay race from the Mississippi River to the Ohio River across Southern Illinois. One hundred ninety eight-person teams entered this year and Pat Koerner, Lance Bovard, and Muriel DeBold-Leyland (new member!) were part of a mixed team that placed fourth in their division. Donna Koerner, who participated as a driver, found it exciting and spectacular, but it was Murphy's Law for the team. One of their runners lost considerable time when he went off course. Muriel had her foot run over by one of the support vehicles. Donna backed into another vehicle. Pat's "racing heart" made an appearance and Pat had to take a time out. This race is highly recommended if you like hills. Rich Olmstead participated with another team, but had little to say except that he had a good time.

While the River to River gang basked in the 80 degree sunshine, Bill and I headed north to Lansing for Just a Little Run 4 Miler. It was overcast and 58 degrees when we started, but we knew we were in trouble as we neared Lansing. First, there was the fog. Second, moisture condensing on the inside of the van windows. Third, a bank time and temp sign - 34 degrees!! Yes, folks, we had met the cold front and we were about to become cold cuts in Mother Nature's meat locker. I had neither gloves nor tights along. Bill wore the sweat shirt that was handed out at the race. I developed a tight muscle two miles into the race which brought me down to training pace. Bill was not up to par so there was no need to stay for the awards. It was a long drive for a short training run.

How about that Ken Stark? Have you

framed your "Spectrum" page from the April 5th Sunday Journal? It was a great page, Ken! Thanks!

The Irish Relays at Bishop Mac offered a 30 and over mile to all comers this year and our Dale Huizenga, Ken Stark, and Randy Devore finished 1-2-3! Nice going guys!

The Dan van went to Des Moines for the 83rd Annual Drake Relays, a track and field event with high school, college, university, and open divisions competing over a two day period. Making the trip were Bill Linn, Ken Klipp, Jack Dalton (former KRRC member now of Middletown, OH), Kent Mast, and myself. Ken, who has been going for over 20 years, tells me this was the worst weather he has encountered. As I write this, on the fourth day of a cold lodged firmly in my throat, I believe it. It was overcast, windy, and the temps ranged from 37-50 degrees. I would, however, do it again.

The Drake Relays are a happening, a reunion of sorts. Some of the folks come to the party and never set foot inside the stadium. They go to places like "Peggy's," a small nearby bar done in early Formica and plywood. The two young Des Moines Police Officers working security at the door made me feel old. Somebody should have carded them! The parking lot was covered by a tent that increased the size of the bar fivefold and, in spite of the chilly weather, people were standing check to check.

The folks at Drake pride themselves on running the events on time. On Saturday, just before the last event, the field announcer noted that they were ahead of schedule and the crowd expressed its appreciation. While tickets were available at the box office for the Friday events, Saturday has been a sellout for 26 years. The wind and cold was tough on some of the competitors, but we saw some records set. Ken Popejoy, running the master's 800 meters, had no competition for his 1:57:--, just a second slower than his last year's record time.

For the citizen athletes, there was the Drake Marathon and 10K, run on a hilly, windy course with temps of 37-40 degrees. No, thanks anyway. We ran a few miles each day, but we went to watch others strut their stuff. We ate,

drank, laughed, and cheered - and bonded!

Congratulations to Tom Goodberlet, Mike Morel, Shirley Malone, Dee Osenglewski, Ron Piwowar, and Nancy Ruda for their participation in the Lake County Half Marathon.

NOTICE

SUNDAY AT THE PARK is moving to a new time - 8:00 A..! Yes, fans, the ever popular gathering of born again runners will now worship at 8:00 A.M. in Mother Nature's Church. The sun is getting up earlier along with the temperature. Since the first Sunday in May is Run for the Law, the new time at the same place starts May 10th - Mother's Day! Bring a mother to run!

NOTICE

Leon and Shirley Malone will celebrate their 40th Anniversary with an open house and dance on Saturday, May 23rd, from 8-11 P.M. at the Legion Hall in Kempton. They hope everyone will come!

NOTICE

Please note that the Birdman Duathlon on May 25th includes a 5K race (\$9/11 after 5/17). You do not have to be a biker or be part of a team - you can just run!

NOTICE

Only a couple people expressed interest in ordering running club Ts - we need more! Please send in your order now. Deadline extended to May 15.

Likewise, only a couple people expressed interest in going to Peoria for Steamboat. Call Georganne and make your reservation at 472-2253.

THE STARTING LINE

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, \$10/12 after 4/26. Separate awards for attorneys besides the usual overall/master's/age group awards.

KRRC OFFICERS

Henry Shelly, President	933-9255
Pat Koerner, Vice-President	932-1009
Ron Piwowar, 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 Bohlke	939-1676

Matt Gubbins 933-0114.

SAT, MAY 9, 9AM - ADV 5K RUN/WALK, St. Mary's Hospital, Streator, \$10/12 after 4/30, T-shirts to 1st 100, awards 2-4 deep in 5yr AG, door prizes, refreshments, 815-673-1552.

SUN, MAY 10, 8:30AM - BROOKFIELD MOTHER'S DAY RUN 10K, 8820 Brookfield Ave., Ts, \$9/10 after 5/3, 5yr AG 3 deep, Tony 708-485-7344.

SAT, MAY 16, 8:30AM - TWO STATE TWO STEP 5K & 10K, 5800 Hohman, Hammond, long Ts, \$8/11, 5yr AG w/ cash awards 3 deep, Marjorie 219-933-2071.

SUN, MAY 17 8AM - ARMED FORCES 12K RUN, New Lenox VFW, Hickory Rd., Ts, \$10/13 after 5/13, 5yr AG w/ proportioned awards up to 5 deep, refreshments, 815-838-3418.

SAT, MAY 23, 8-11 PM - MALONE OPEN HOUSE & DANCE, Kempton Legion

SAT, MAY 23, 8:30AM - WESTERN SPRINGS TOWER TROT 5K & 10K, (5K at 9:30), Ts, \$12, 10yr AG 3 deep, Tracy 708-246-9070.

SUN, MAY 24, 9AM - PALOS COMMUNITY HOSPITAL 5K, Orland Park, Ts, \$10/12, 5yr AG w/ awards to top finishers, 312-868-3010.

MON, MAY 25, 8AM - BIRDMAN DUATHLON & 5K, Bird Park, Ts, 5K Race only \$9/11 after 5/17, 5yr AG, overall, masters & 3 deep, Mark Steffen 935-1211.

SAT, JUN 6, 9AM - BILL EVANS MEMORIAL 5K RUN, Eisenhower Fitness Center, 2550-178th St., Lansing, Chuck 708-474-8552.

SAT, JUN 6, 8AM - LODA 10K LAKE RUN, Loda Grade School, Ts, \$8/10 after 6/1, 5yr AG to age 50, awards 1-3 deep, Bob/Carol 217-386-2579.

SUN, JUN 7, 8AM - RACING HEARTS 10K, St. Joseph College of Nursing, 290 N. Springfield, Joliet, Ts, \$9/12 after 5/25, door prizes, awards (windbreakers) up to four deep in 5yr AG, 815-725-7133, ext. 3147, PRAIRIE STATE CIRCUIT RACE.

THE FINISH LINE

FEB 2 - WINTERFEST 5K
 Randy Devore 22:34
 FEB 16 - CHANNAHON FROSTY 5
 Janet Velemir n/k/a Brown 37:45
 MAR 21 - MORRIS SHAMROCK 10K
 Janet Velemir n/k/a Brown 63:52
 MAR 28 - 1ST ANNUAL TRAIL BREAKER MARATHON, Waukesha, WI
 Kathryn Penn 4:59:23
 APR 4 - DWIGHT CORRECTIONAL CENTER 5K
 Pat Koerner 10A
 Charlie Grotevant 1AG
 Shirley Malone 1AG
 Leon Malone 1AG
 Dianne Strufe 1AG
 APR 4 - ONLY FOOLS RUN AT MIDNIGHT, Carbon Hill
 Pat Koerner 16:48 2AG
 Rich Olmstead 18:02 3AG
 John Brinkman 18:18
 Jeff Lonergan 20:16
 Tim Benoit 20:37
 Dick Kendall 20:51
 Carol Bauer 21:14
 Tracy Curtis 21:24
 Shelly Henry 21:30 2AG
 Dan Keenan 21:35
 Mike Morel 22:53
 Dee Osenglewski 22:55 2AG
 Don Combs 23:55
 Ken Stark 25:19

Pat Baldwin 25:19
 Kerri Keenan 25:48

Linda Krause
 Diane Strufe

APR 11 - JUST A LITTLE RUN 4 MILE, Overcast, 34 deg.

Bill Linn & Dan Gould - participated APR 11 - RIVER TO RIVER (80 mi.), Sunny, 80 deg.

Pat Koerner, Lance Bovard & Muriel DeBold-Leyland were part of an 8 person mixed team which finished fourth.

APR 26 - LAKE COUNTY HALF-MARATHON, Zion, Overcast, 40 deg.

Nancy Ruda 1:40:19
 Ron Piwowar 1:44:44
 Mike Morel 1:47:59
 Dee Osenglewski 1:48:25
 Tom Goodberlet 1:51:00
 Shirley Malone 2:34:00
 BOSTON MARATHON
 Jim Grace 3:27:08

TEST YOUR NUTRITION KNOWLEDGE

Here's a quiz from the American Dietetic Association. If you can answer these questions correctly, you can be sure you're doing a good job shopping and eating.

1. You should avoid peanut butter. True or false?
2. Exercise is a good way to increase your good HDL cholesterol. True or false?
3. Which is higher in monounsaturated fat: canola oil, olive oil, or sunflower oil?
4. Meat, poultry, and most cheeses have about the same amount of cholesterol by weight. True or false?
5. All fruits and vegetables are low in

fat and calories. True or false?

Answers

1. False. One tablespoon of peanut butter has 8.2 grams of fat and 95 calories. But it is cholesterol free, and low in saturated fat. You can eat peanut butter occasionally in small quantities.
2. True. People who work out regularly usually have higher levels of HDL than people who don't exercise.
3. Olive oil has 77%, canola has 62%, and sunflower has only 20% monounsaturated fat. Oils high in monounsaturated fat are recommended over those with polyunsaturated or saturated fat, but you should limit your total fat intake to 10% to 30% of your daily calories.
4. True. But most cheeses have more saturate fat. Choose low-fat cheese with two to six grams of fat per ounce.
5. False. Avocados and olives are high in fat and calories.

NEW MEMBERS

Randy Kiedaisch & Kyle
 Muriel DeBold-Leyland

BIRTHDAYS

Randy Devore	5/26	44
Zachary Leshen	5/24	13
Phil Newberry	5/1	30
Henry Shelly	5/13	41
John Sullivan	5/2	4

SEE YOU NEXT MONTH

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

**YOU'RE INVITED
TO THE
KANKAKEE RIVER RUNNING CLUB
MAY SOCIAL**

**on FRIDAY, MAY 8, 1992
at 6:30 p.m.**

**THE GATHERING PLACE Restaurant
113 Dixie Highway, Momence**

**Sandwiches will be provided
PLEASE BRING A COVERED DISH
OR BEVERAGE**

**Dave Carley will be
our featured speaker**

Questions?

Contact Linda Krause at 472-6577