

# THE PAPER RACE

## KRRC NEWSLETTER

P.O. BOX 339

BOURBONNAIS, IL 60914

JUNE 1992

ISSUE 52

### ON THE RUN

By Dan Gould

MEMO TO: Scott Stephens. THE TIME IS NOW! Let's get those apps printed and distributed. We'll take them to The Five Miller, Manteno 5K, YMCA 5K, and Firecracker 4 - and everybody who runs road races in Kankakee County will be thinking about the 11th Hare and Tortoise on Labor Day weekend.

MEMO TO: Ken Klipp. My GP says that 600 mg of Ibuprofen gives maximum therapeutic effect and beyond that you are looking for stomach distress.

Yes, last month's newsletter was a little, ah, bland. Mark Steffen suggested one reason. Pat Koerner did not have a wedding, birthday, christening, ~~parents~~ breakfast, fish dinner, chili cookout, open house, or a "The Sun is Setting Party." Just when you have come to depend on someone, they let you down. He didn't even invite us over for cookies at his mother's last month. A guy gets married, turns 30, and goes to seed. Of course, seeding is what a farmer does this time of year.

WE WANT GUBBINS! WE WANT GUBBINS! WE WANT GUBBINS! On his maiden voyage as a race director, Matt turned in a shining performance in directing the 3rd Annual Run for the Law. He got Ken Stark to give us a new t-shirt design and Mother Nature to give us a beautiful, if windy, day. About 80 people registered for the 10K and 24 for the two mile walk. All were rewarded with lots of refreshments. The lawyers even paid to put frosting on the delicious Donutland doughnuts and, for the first time, Johnny's Pizza provided pizza. The only glitch in the operation was the guy calling the three mile splits about a quarter mile short. I'm sure Matt told him to take the sign with the 3 on it to the line on the road where the 3 was painted, but, when it's your

brother, a non-runner, you can only expect so much. Please tell Matt how much you appreciated his efforts and offer to help out next year. Good race directors are hard to find!

Overheard during post-run refreshments on a Sunday at the park. Donna: "You're an ungrateful twit!" Pat: "I am not ungrateful." This exchange had something to do with her taking a bite out of his Long John and I'm not going to say anything more.

A small but enthusiastic group gathered at The Gathering Place Restaurant in Mokenca on May 8th for a social. Dave Carley of Performance Sports told them everything they ever wanted to know about running shoes. Remember: Performance Sports is a major supporter of running in the community and gives KRRC members a 15% discount on running gear. Show your appreciation!

Speaking of running shoes, the May issue of Consumer Reports feature review examined and rated running shoes. Another article reviewed stair climbers. They were very interesting.

Congratulations to Jim Grace on his 3:27:08 at Boston in April. He assures me I would not have liked it - too hot, again. It apparently didn't bother Old Johnny Kelley, 84, who finished his 58th Boston in 61 attempts in 5:58:36. Another of the legends of running died in May at the age of 88. Ben "Chick" Mostow, a race walker for more than 60 years, began running marathons at age 73 and finished 25 of them in addition to a 50-mile ultra. He retired from running in 1990.

She's b-a-c-k! Janet Brown f/k/a Velenik writes "To my dearest Dan." I wonder if her husband knows about how she talks to other men and her penchant for dropping shorts -hers or somebody else's. I suggested last month that she was of Polish descent and she wants the world to know that she is actually Serbian. I also suggested that she was no longer dropping her

shorts and she assures me that on a recent trip to Florida the record will show the dropping of a bathing suit bottom on a Florida beach. "Who says pregnant bottoms are unattractive?" she asks. I don't know Janet. We'll have to look into it.

Whatever happened to John Showp? Who cares! Rumor has it that he has been secretly training for a comeback, but inquiring minds know that the death of his idol, Sam Kinison, took the heart out of this aging warrior of the roads. The rumor has been fueled by the fact that he uses a different parking lot for the Sunday-at-the-Park runs and often runs alone. The truth is that he was a no-show for the Run for the Law and the Armed Forces 12K. He slept in on the former and left town for the latter, purportedly to attend motorcycle drags in Bowling Green. Road races just aren't the same without him!

Quote of the Month: "Everybody has a purpose in life, if only to serve as an example to others of what not to do." -Bobby Knight's grandmother.

Speaking of examples, there is the moron who tried to wash his car with Linda Krause's shirt and shorts with her still in them. Linda was finishing up the Armed Forces 12K on Old Hickory Road in New Lenox when Mr. Moron did everything but hit her as he passed. Henry Shelly and Dee Oz, who had finished and doubled back, saw it and Henry gave the car a slap as they met and passed. The car slowed and then stopped when Henry and Dee turned to run with Linda. Mr. Moron emerged and offered to remove Henry's f---ing head and Henry suggested there was no time like the present. The encounter did not go beyond the exchange of pleasantries. "My hero," said Linda. "A White Knight in running shorts."

The Koerners, Jeff Lonergan, Rich Olmstead, Henry and I carried on the tradition of providing the personnel for registration at the Armed Forces Classic. It started a few years ago when

Pat and Donna were members of the Prairie State Runner's Council and several of us were members of the club. It was and is a good race, if you like a hilly 12K. My body certainly didn't this year! I was ready to do a Rosie Ruiz! If Donna and her minivan and car had still been at the entrance to Pilcher Park when I came out, I'd have hitched a ride! Jeff, who worked the water station in the park, told he how good I looked coming in and going out. Somebody arrange for him to get his eyes checked!

Linda, Dee, Pat, Rich, Carol Bauer and I were fortunate enough to bring home some Armed Forces gold. Can you spell "Prairie?" Check your plaque - it may be "Prarie." A couple years ago it was spelled that way on the shirts for the Tom Miller. Maybe it is the air in New Lenox. In any event, they are good races!

Elsewhere in this newsletter you will find an announcement regarding the Performance Sports 5K Series. Although John Brinkman volunteered last January to handle the races this summer, Diane's due date and June 9th are too close for comfort. Nancy Ruda will cover the June race for him and John hopes to take care of the July and August races as scheduled. If you've noticed John's absence the last few weeks, it has not been by choice. John is under a doctor's care for a lumber strain that has kept him on the DL. He hopes to be running again in the near future.

The sun shone on the Birdman Duathlon and 5K this Memorial Day weekend. Perhaps, my wife suggested, that is because the real Memorial Day is May 30th and the tinkering with the calendar has upset Mother Nature. This, you must understand, come from a twin born under the sign of the twins - on May 30th. Their folks even told them that the parade on their birthday was just for them. Yes, she believed them, but her twin brother assures me he know better.

Anyway, temps in the 40s and 50s made it a great day for the first Birdman 5K on a fast course. The times were good. Ken Klipp thought his time was too good, but Pat Koerner thought it was right on the money. Thirty-nine runners, 80 individual duathletes, and 17 teams participated. I didn't count, but our club was well represented in all

categories. Chris Rebellio won the 5K in 16:12, Julie Anderson was on the mixed team winning that division (Koerner & Koerner took 2nd!), Mark Steffen was on the 3rd place male team, and Dan Castillo was 4th overall in individual competition.

Overheard at the Birdman: Mark Steffen introducing Julie Anderson to John Keedy: "Julie is the fastest woman in the County. She is also our best female runner."

The shirt for the Birdman was, ah, unique. Whereas most shirts have a multi-color design on the front and little, if anything, on the back, this has a one-color front and a unique, multi-color back. Interesting...

Finally, while I like to keep this upbeat, light, and about members, I must note the passing of Mabel Hosenberger, mother of Linda Linn. Since selling their home last fall, Bill and Linda have lived with her folks while their new home was under construction. During these months I have visited the Hosenberger home many times, often in connection with the preparation of this newsletter. Mabel's kitchen table has been our assembly line each month including May 1st, the day she entered the hospital with leukemia. She was a friendly, happy, intelligent person - a nice lady - who should have lived longer than 62 years. I'm glad I had the opportunity to get acquainted.

I received a not from Dave Dyer, one of our founding members and former Journal sportswriter, who moved to just north of Boston about six years ago. The purpose of his correspondence was to send me some brochures on the Craftsbury Running Camps which are held from June 28th - August 23rd at Craftsbury Common, Vermont. Dave highly recommends this camp. He has attended the last two year, once for a "Sportsmedicine Week" and once for a "Masters Week." They also offer a "Run-Multiport Camp," a "Run Camp and Road Race (Stowe 8 mile road race)," and "Fitness/Weight Loss Camp." Camps are 5-7 days and range \$385-\$495. It does sound good! Dave, who has run many marathons, reports that time limitations and a bad back have cut his running to 35 miles a week and an occasional short road race. If you want to contact Dave: 60 Hamilton

#### KRRC OFFICERS

Henry Sholly, Pres.	933-9255
Pat Koerner, V-Pres.	932-1009
Ron Ptowar, Treas.	939-1749
Linda Krause, Social Director	472-6577

#### KRRC NEWSLETTER

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Bill Linn	935-0815
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Dave Bohlle	939-1676
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Ave., Haverhill, MA 01830 (508-372-6206). If you want to see a brochure, give me a call (days 937-2926, nights 937-5500).

The calendar is full in June and you can run four races without leaving the County. I hope this finds you fit and ready for fun. Assuming we get some warm weather, remember to hydrate! See you on the run!

## PERFORMANCE SPORTS 5K SERIES

Performance Sports will again sponsor three 5K races for runners summertime fun at Small Memorial Park with the assistance of the Kankakee Park District and the Kankakee River Running Club. The races will be on the second Tuesday evening of the month - June 9th, July 14th, August 11th - at 6:30 P.M. Registration will be on race day at Civic Auditorium beginning at 5:45 P.M.

The June 9th race, directed by Nancy Ruda, will consist of a standard 5K with awards for first place in the following age groups: 15 and under, 16-20, 21-24, 25-29, 30-34, 35-39, 40-44, 45-49, and 50 and over, in both male and female divisions. There is no charge for Kankakee River Running Club members and only \$1 for non-members.

For further information call Nancy at 939-1749 or Performance Sports at 935-0710.

## NOTICE

WE NEED YOU, YOUR SPOUSE, YOUR KIDS, YOUR FRIENDS.. For: The Firecracker 4 Run and Fun Walk When: Saturday, July 4, 1992 Where: Legion Park, Waukegan, IL

That's right! Uncle Sam is calling you and everyone you know to help out at this year's race. We need assistance at registration, at the finish line, at the water station and on the race course. (We need help big time here.)

So, round up everyone you know and head them south on July 4. Bribe them with food! There's a pancake breakfast from 6:00 AM - 8:00 AM in the park. Plus, there's the post-race refreshments...homemade apple pie and chocolate chip cookies. And don't forget...the swimming pool will be open after the race for a relaxing dip.

If you have any questions or would like to volunteer your services and those of your family and friends, just give Nancy Ruda or Ron Piwowar a call at 939-1749. Donna Hurst is heading up registration and the finish line. Janet Shelly will be in charge of refreshments.

Remember...the club earns \$100.00 for organizing this race for Watson 1st National Bank. The bank is a great and very cooperative sponsor. Let's give them a great race again this year!

## JANET SHELLY'S RECIPES

### BANANA MUFFINS

- 2 C Flour
- 1-1/2 C Sugar
- 2 Tsp Baking Powder
- 1/2 Tsp Baking Soda
- 1/2 Tsp Salt
- 1/4 Tsp each Nutmeg & Cinnamon
- 1/2 C (1 medium) Mashed banana
- 1/2 C Milk
- 1/3 C Oil
- 1 Egg, slightly beaten

Heat oven to 375 - spray 12 C muffin tin with Pam. In medium bowl combine dry ingredients. Add rest, stir just until moistened. Spoon into muffin tin, filling 2/3 full. Bake 15-20 minutes. Remove immediately from pans. Serve warm.

### CHOCOLATE BANANA CAKE

- 1 Super moist cake mix (Chocolate or German Chocolate)
  - 1/3 C (1 medium) Mashed banana
  - 1 C Water
  - 1/3 C Vegetable oil
  - 3 eggs (or 1/3 C Egg Beaters)
- Heat oven to 350 - spray pan of choice with Pam. Beat cake mix, banana, water, oil & eggs in large bowl on low speed for 30 seconds. Beat on medium speed for 2 minutes. Pour into

pan. Bake according to directions on package. Frost with chocolate frosting if desired.

### ALOHA BANANA BREAD

- 1/2 C Margarine - softened
  - 2 Eggs 2 C Flour
  - 1 C Sugar
  - 1/2 Tsp Baking Soda
  - 1 Tsp Baking Powder
  - 1/2 Tsp Salt
  - 1 8 Oz. can Crushed Pineapple with juice
  - 1/2 C (1 large) Mashed banana
  - 1/2 C Shredded coconut
  - 1 Tsp Coconut extract (optional)
- Cream butter & sugar until fluffy. Add eggs & banana, beat well. Add rest, mix until blended. Pour into greased loaf pan. Bake at 350 for 1 hour, 10 minutes. Remove from pan to cool. Slice when cool.

## THE STARTING LINE

SAT, JUN 6, 9AM - BILL EVANS MEMORIAL 5K RUN, Eisenhower Fitness Center, 2550-178th St., Lansing, Chuck 706-474-8552.

SAT, JUN 6, 8AM - LODA 10K LAKE RUN, Loda Grade School, Tn, \$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, Tn, \$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.

TUE, JUN 9, 6:30PM - PERFORMANCE SPORTS 5K SERIES #1, Small Memorial Park, Kankakee, NO CHARGE for KRRC members, \$1 to non-members, trophy for 1st in 5yr AG. Call Nancy Ruda 939-1749 or Performance Sports 935-0710.

SAT, JUN 13, 8AM - HISTORICAL MATTESON 5K, 212 Place & Tower Ave., Fees T.B.A. include shirt and pancake breakfast, unspecified age divisions. Jim 706-748-1080.

SUN, JUN 14, 8AM - PERFORMANCE SPORTS 5 MILER & 2 MILE WALK, Kankakee Community College, Tn, \$10/11 after 6/10, top 3 overall, masters, 2-4 deep in 5yr AG to age 60, refreshments, merchandise drawing. 935-0710 or Race Director Pat Baldwin 932-2950.

SAT, JUN 20, 7AM - STEAMBOAT CLASSIC 15K & 4M, Peoria, Tn, \$10/15 after 6/12, 5yr AG, prize money, refreshments, party! Steve 309-688-7313.

SAT, JUN 20, 8:15AM - LOCKPORT CANAL DAYS 5 MILE, Denick Pool, 1911 S. Lawrence, Tn, \$10/12, overall & 3 deep in 5yr AG, raffle, swim after race, fruit & beverages, 815-838-1183.

SUN, JUN 21, 8AM - MANTENO 5K ROAD RACE & WELLNESS WALK, Manteno H.S., 443 N. Maple, Tn, \$9/10, 5yr AG to 55 3 deep, trophies to top ten walkers. Susan 815-468-3183.

SAT, JUN 27, 8AM - KANKAKEE YMCA 5K SCENIC RUN & FUN WALK, Tn, \$9/11, 5yr AG 2-4 deep, trophies to top 20 walkers. YMCA 933-1741 or Race Director Pat Koerner 932-1009.

SAT NIGHT, JUN 27, 7PM - CROSS COUNTRY CLASSIC 3.7M, Shabbona Lake State Park, Tn, \$10/12 after 6/22, overall and 3-5 deep in 5yr AG, drawing for mountain bike, refreshments include beef and pork sandwiches, ice cream, 815-246-7147.

FRI NIGHT, JUL 3, 7PM - WENONA 5K RUN, City Park, \$10/12, Tn, top 3 overall, masters, 3-5 deep in 5yr AG, merchandise drawing, Dennis Summers 815-853-4545.

SAT, JUL 4, 7:30AM - FIRECRACKER 4 RUN & FUN WALK, Legion Park, Watson, \$10/12, singlets by Stark, 5yr AG 2 deep, refreshments, prize drawing, 815-939-1750.

## THE FINISH LINE

### MAY 3, RUN FOR THE LAW 10K

1	Patrick D Koerner	35:42	10A
3	Dan A Meyer	37:44	30A
6	Ken P Klipp	38:23	1AG
9	Rich W Olmstead	39:44	2AG
10	Phil Newberry	39:45	1AG
12	Julie Anderson	40:03	10A
13	James P Grace	40:27	1AG
16	Mike K Hickey	41:06	
18	Bill Linn	41:42	
19	Daniel W Gould	42:23	1AG
20	Jeff P Lonergan	42:45	
22	Theresa Burgard	43:37	20A
24	Charlie Grosavant	44:09	1AG
25	Carol M Pratt-Bauer	44:15	30A

26	Scott R Kelson	44:31	
27	Tim L Benoit	44:53	3AG
30	Tom Goodberlet	46:20	
31	Tracy S Curtis	46:29	
32	Kathy H Steffen	47:22	1MST
34	Nancy J Ruda	47:42	1AG
35	Ronald E Ptowar	47:59	2AG
37	Randy L Devore	48:31	
40	Ken L Stark	48:40	3AG
43	Dee M Osenglewski	48:28	2AG
44	Henry J Shelly	49:28	
47	Dan Phillips	50:14	1AG
50	John A Sess	51:09	4AG
54	Louis H Coy	51:51	
65	John S Flynn	00:34	
73	Linda M Krause	10:36	2AG
75	Dianne K Strufe	23:50	1AG
MAY 9, STREATOR 5K			
	Charlie Grotevant	20:07	2AG
MAY 16, OTTAWA 5K			
	Carol Pratt-Bauer	20:04	10A
MAY 17, ARMED FORCES 12K			
CLASSIC - 70a, humid, 177 finishers			
	Pat Koerner	42:-	40A
	Rich Olmstead	47:18	2AG
	Phil Newberry	47:51	
	Jim Grace	48:02	

Dan Gould	51:02	3AG
Carol Pratt-Bauer	54:18	1AG
Scott Kelson	55:16	
Dee Osenglewski	58:43	3AG
Henry Shelly	1:01:31	
Linda Krause	1:22:56	3AG
MAY 22, FIVE HUNDRED FESTIVAL HALF-MARATHON, Indianapolis		
Dee Osenglewski	2:10	
Linda Krause	2:50	
MAY 25, THE GREAT RACE HALF-MARATHON, Elkhart		
Charlie Grotevant	1:33:39	
MAY 25, ST. MARY'S HOSPITAL BIRDMAN 5K RUN		
1	Chris Rebello	16:12 10A
4	Ken P Klipp	17:22 1MST
6	Mike G Wolfe	18:48 2AG
7	Mike K Hickey	18:49 1AG
10	Jeff P Lonergan	20:04 2AG
12	Graig Hickey	20:11
14	Tracy S Curtis	20:38 1AG
17	Ken L Stark	22:25 1AG
22	Louis H Coy	23:40 2AG
23	John A Sess	24:16 3AG
24	Mike J McGuokin	24:20

28	Damian Scheldecker	25:51	
32	Howard Strassenburg	27:05	1AG
38	Randy Kiedalech	29:42	

## BIRTHDAYS

Amy Baldwin	6/14	6
Sara Batkiewicz	6/06	8
Erica Batkiewicz	6/06	8
Tim Benoit	6/12	35
Tracy Curtis	6/15	33
Katie Dorn	6/01	7
Bill Johnson	6/01	32
Marty Klipp	6/23	16
Susan LaMore	6/21	39
Larry Lane	6/27	44
Linda Linn	6/09	38
Fred Mathis	6/16	43
Dan Morse	6/25	33
Heather Steffen	6/12	12
Steve Sullivan	6/01	2
Albert Widhelm	6/11	45

SEE YOU NEXT MONTH