THE PAPER RACE

KRRC NEWSLETTER

P.O. BOX 339

BOURBONNAIS, IL 60914

ISSUE 55

FALL CLASSIC LIVES!

SEPTEMBER 1992

The KCC Fall Classic will have a new name and a new sponsor - Acme Printing. Acme is owned and operated by John Shoup who will participate to a great extent in the direction of the race. You can expect the unusual with John. Sue LaMore and KCC will continue to aid in the production of this scenic race on October 18th.

BUSINESS & SOCIAL MEETING

There will be a business and social meeting on Friday, September 11th, at Henry Shelly's house. There will be a run at 6 P.M. and dinner at 7 P.M. The club will provide meat and beverages. Members are asked to bring a covered dish. Please R.S.V.P. Linda Krause at 472-6577. To get to Henry's, take Route 102 to County Road 3000W (bottom of a hill at the Senior Citizens Pond Road, 2 miles from Bourbonnais K-Mart), turn left, .8 of a mile on the right.

ON DAN'S RUN

By Dan Gould

On Dan's Run? Yep! I decided to personalize it. Every time I pick up a new running publication it has an "On the Run" column. I thought of filing a copyright suit, but Glazar, Gubbins, Kuester and Steffen all noted my failure to file for the copyright several years ago. So, what happened On Dan's Run this month?

Well, as I arrived at the Linn-Koerner complex on the first of the month to put out the last newsletter I found Cornstalk washing his car. Now that may not seem unusual, but it was raining at the time. I'm all for conserving water, but I think this farmer has walked one too many rows of beans without a hat!

The first of the month was my 30th high school reunion and a very late Saturday night kept me from rolling out of bed for the Sunday run at the park. In lieu thereof I went for an early Sunday evening run which brought me to downtown Kankakee

just as Matt Gubbins was arriving at his office. I explained to him the reason for my late Sunday run. "Thirty years!" he exclaimed. "I was born in 1962!" He has such a sweet and innocent face that I was caught totally off guard. I should have known that he was still smarting from the dusting off I gave him on the 4th of July in Watseka. Mortally wounded by his verbal assault, I picked up my cane and hobbled home.

Mike Hickey has raised the Momence Glad Run to new heights - the 2nd largest race in the county and the largest contingent of walkers. There were 66 runners in the 10K, 125 in the 5K, and 99 walkers for a total of 290 (Winterfest had 319).

August 8th, however, was not a "glad" day for runners. The humidity hung in the trees like a gray blanket as I turned off Lowe Road and onto oute 17 for the trip to Momence. The sun was working its way out and promised me a brutal 10K. Why couldn't I have pre-registered for the 5K! No, Mr. Macho had to go 10K - I should have been a walker! We were really spoiled this summer by all the cool racing days. I don't know why Mike didn't order up one of those great days.

The start of race gave us a moment of humor before the sweat and pain. Mike told us he would drop his arm, the siren on the squad car would sound, and the race would be on. He dropped his arm and...nothing. The first two or three rows leaned forward in anticipation, some runners losing their balance and having to take a step. Finally, the siren sounded and we were off. As we completed a circle of the high school, I noticed Donna Koerner standing on the curb with her trusty videocam capturing the moment. Overcome with emotion, I told her I loved her and asked when our baby was due. I hope Pat doesn't find out - hers or mine. Outbound wasn't too bad with a breeze in our face and the sun - when we weren't in the shade - at our backs. It got a little lonely after the 5K turnaround, which apparently was a bit too far out - a long 5K course. When we turned around, however, we lost the breeze and faced the sun for the death march home. Gubbins, wearing pink shorts that must have come from Lori's drawer, left me behind. Graig Hickey and I ran together for awhile, but he had gone a little fast and faded (still took 1st in AG).

Finally, we get to the best part - post-race refreshments, awards, and party. There was a cool down run (talk about an oxymoron!) and Ken Klipp entertained us with the latest in religious humor. It was good to see some of our members who don't get around much anymore - people like Jack and Sally Dorn and Howard Strassenburg. There were flowers, plaques, medals, and some really nice door prizes. Congrats to Mike, Georganne, Graig and Krista Hickey on a job well done!

On a more somber note, I regret to report an apparent mid-life crisis in the Hickey household. I am reliably informed that Georganne has acquired a convertible and have an unconfirmed report that she has been cruising the square with her top down. It is also reported that Mike has purchased a motorcycle and you are all aware of the symbolism. Shoup, of course, has two of them - motorcycles, that is. I cannot confirm that Mike has a tattoo as it is a rather private matter.

Back to the "Glad Time," congrats also go to Linda Krause for the super post-race club social at her house. For those of you who again failed to take advantage of this all day party, shame on you! Food, fun and fellowship were the order of the day whether you relaxed in the shade of the tent or frolicked in the pool. If you were there about 3 P.M., you could watch the parade go by. Mark your calendar for next year!

The August edition of the Performance Sports 5K Series was the smallest turnout of the summer. We need some inspiration here - and more publicity! If someone out there has some fresh ideas, how about sharing them? Direct the series next summer and put your creative touch on it. In the good old days we saw a hundred runners at the 5K Series.

VOICE: "Dan Gould, now that you've run the Momence Glad Festival 10K, where are you going?" ME: "I'm going to Green Bank, West Virginia!" No, friends, Disney World hasn't moved. It was time for my third annual checkup on dad and step-mom at their summer home. I decided to break up the 12 hour drive this year by stopping in Parkersburg, W. Va., and running the Parkersburg Half-Marathon which, for the third year, was the TAC U.S. Men's National Championship.

Parkersburg is located on the Ohio River at the Ohio-West Virginia border, about an 8 hour drive from Kankakee. This year, however, somebody gathered up all the orange construction barrels in Ohio and strung them all along I-70 which added an hour to the drive. Since the race is part of the homecoming festivities, the hotels were full and I had to stay at Mineral Wells, a 10-15 minute drive to the south. A pasta dinner with your choice of beverages on Friday evening was included in the \$10 entry fee and it was a very generous meal. There were a few vendors for a mini-expo and a runners seminar with the elite runners taking questions from the audience. You could, of course, take in the homecoming entertainment.

After he won the initial Parkersburg Half-Marathon in 1987, Jon Sinclair had some suggestions for the race director: 1. A shorter event to attract more runners. 2. Change the date to escape the August head - no one is going to run a half-marathon in what is viewed as a hot southern state - and it was competing with the Falmouth race in Massachusetts. Jon's crystal ball has joined mine in the repair shop as approximately 1,500 participated this year.

We toed the starting line on Saturday morning in a drizzling rain and 62 degree temperature. A false start of sorts occurred when the starter referred to the wheelies, who were to start 5 minutes before the runners, as "runners." The course, run in the river valley, is rolling, but not brutally hilly. I remember three hills and two of them were in the first three miles. The third hill, however, came at 11 miles - ugh! The course was closed to automobile traffic, well marked, and had plenty of water stations.

I ran an unremarkable time as my training had not prepared me to "race" the distance. I walked around the post-race area, enjoying the refreshments, listening to the announcer calling out names and hometowns of those crossing the finish line, and looking for a familiar face. I had a

good time, but you need someone with whom to share it. I finally settled for shaking hands with a famous part of Boston Marathon history, one Katherine Switzer registered as "K. Switzer" and, her gender concealed by a hooded sweatshirt, was able to start the race wearing an official number. Jock Semple, a race official, saw what was happening and jumped from the press truck in an attempt to take Kathy - or at least her number - out of the race. Cameras captured the event as Kathy's boyfriend, who was running with her, took Jock out. Anyway, she now covers races for Prime News Network and had just completed an interview with the race director when I walked up, shook her hand, and told her I just wanted to say hello. A most gracious lady, she inquired about my run. I headed for the indoor shower having completed my running day with that limited camaraderie. Parkersburg is a class act - volunteers for next year?

A couple thousand miles and a week later (August 21st), the Dan van departed the Koerner-Linn complex for the Crim Festival of Races in Flint, MI. It was a smaller group this year (5 of us) which does make it easier to get seated in restaurants. Otherwise, the more the merrier!

The Crim Festival of Races consists of 7 events: a 10 mile run, an 8K and 5K run, a 1 mile run, an 8K and 5K walk, and a Teddy Bear Trot. It began 16 years ago and is a fund-raiser for the Michigan Special Olympics. Participation this year was a record 12,418. These events have staggered starting times throughout the morning. Also beginning in the morning is Taste of Flint with numerous food vendors and live entertainment. In the afternoon there is a log of the Tour de Michigan bicycle races. The awards ceremonies begin at 4 P.M. and the Running Wild Post Race Party starts at 8:30 P.M. There is a Sports and Fitness Expo on Friday evening in conjunction with the packet pickup.

Pat Koerner was returning to Flint to defend his first in age group in the 8K, although he moved into a new age group this year. He was successful, if slightly disappointed in being a few seconds slower than last year and 16th out of 1,188. Bill Linn was 5th in age group. Linda Linn ran the 5K and is turning into a serious road racer - her third race of the month! I ran the 10 mile and finished back in the pack.

Far from home, we found a few familiar faces. KRRC member Lynn Troost, now of Urbana, Bob and Althea Stevens of Park

	The second second			
KRRC OFFICERS				
Henry Shelly, Pres.	933-9255			
Pat Koerner, V-Pres.	932-1009			
Ron Piwowar, Treas.	939-1749			
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Bill Linn	935-0815			
Staff - Linda Linn	935-0815			
Dave Bohlke	939-1676			
FAX Number	937-5337			

Forest, and Ron and Cindy Woods of Bolingbrook. On Sunday morning (races were Saturday) we participated in an informal 8 A.M. run of the 8K course followed by a free continental breakfast. Cindy and I ran together for awhile and it was just like being at the park on Sunday with Julie. Cindy took me out at about a 5:30 pace, broke me on the Bradley Hills, and then ran with Bill.

The Bradley Hills are an infamous part of the 10 mile course coming at about the halfway point. While running the race on Saturday, a spectator yelled "You're looking good!" The fellow beside me said, "You can always tell the ones who forgot their glasses or need cataracts removed." As we hit the third hill, another spectator yelled "Good job!" My companion of the moment replied, "If I had a job like this, I'd quit!"

And a good time was had by all! Next year I would like to stay at the host hotel - and sleep another hour. Because of road closings for the races (Wheelers start at 7:30 A.M.), you must get downtown early or park in the boondocks. The convenience of the host hotel usually makes it worth the price. If you think you are going to the race, make the hotel reservation. You can always cancel it.

While we were going east, Charlie and Joyce Grotevant were visiting Oregon and Washington. Charlie found a couple hilly road race in Clackamas and Tigard, Oregon, and picked up some age group gold. Charlie and I aren't running as fast as we used to, but we agree we are still having fun.

In the maternity ward, I am happy to report the safe arrival of Carlie Marie Gubbins, born August 25th, 8 lbs., 8 oz., 22 inches, and proud to be Matt and Lori's first born, Congrats!

In the we-try-to-get-it-right department, last month we welcomed new members Mickey Irvin and the Jeff McIntye family. I

think we wanted to welcome Mickey Irwin and the Jeff McIntyre family. Damn typesetter. We are going to cut his salary. And, although I have explained the joy of advancing years, some people are still shy about acknowledging those birthdays. If you will give us a month and day, we can at least know what month to wish you a happy one. We may arbitrarily assign you a year. I think we did that for Jane Spaulding and now she is too young to vote.

In last month's "Everyone Need To Pitch In Because It Is Your Race!" (Governor's 10,000), Doc Baldwin called my attention to a major omission - THE DATE. That's what happens when the editors don't edit. I just gave it to Dave. I plead guilty. [Damn editor. We are going to cut his salary.] Anyway, the date is October 4th and your assistance would be appreciated. Although the club and club members are involved in the production of a number of races, the Governor's is the race for which we are known and the oldest of our races. If you don't give something back to your sport, you are not doing your share. Doc and Dorothy have signed up! Call Henry now -933-9255.

Memphisto II or Rocket City? We're talking marathons here. John Shoup has visions of returning to Memphis (Dec. 6th) and Pat Koerner is lobbying for Rocket City (Huntsville, Ala., Dec. 12th). While John has conquered many marathons, Cornstalk has done just one, but what a one! It was St. Louis the year it snowed the big, wet flakes and the temperature was in the low 30s. Bone chilling wet! It is now wonder that he has waited a few years. Tom Goodberlet is thinking marathon. Bill Linn and Dan Gould are thinking marathon. Let's get together and JUST DO IT!

AND FOR HER FOURTH RACE OF THE MONTH, AUGUST 30TH, LINDA LINN RAN 26:07 AT THE KICK ASPHALT 5K. True, Bill "Broken Toe" Linn had to pace her, but the gal who has most regularly been the support crew, driver, cheerleader, baby-sitter, and camera person has really become a road racer! We hadn't done this race before, but, other than the 10 year age groups, it was well done. The flat to rolling course with several turns is through a residential area of Chicago Heights. It was another perfect race day low humidity, temp in the 60s, overcast until after the race, and a gentle breeze. Pat Koerner was second overall and first in age group. Perhaps you'll want to put it on your schedule for next year.

See you in September - HERSCHER

HARE & TORTOISE at 5 FM on Sunday the 6th; BUSINESS & SOCIAL at Henry Shelly's on Friday the 11th; and the WATSEKA 4 MILE CLASSIC on Saturday the 19th at 10 AM.

MIDWEST FOUR MILE CLASSIC

Plans are well underway for the fourth running of the Midwest 4 Mile Classic 1992. Since the race last year a number of exciting new features have been added. Most importantly the course will be officially Illinois TAC certified, distinguishing it as the only certified course on the KRRC Race Circuit. Race director. Dave Hinderliter, notes "For the last two years TAC executive director, Ray Vandersteen, has been after me to get the course certified." It is Vandersteen's contention that they (TAC) needed a certified race course in the Kankakee area and he has relentlessly pushed the Watseka race to do it. At the first TAC race directors certification class last fall, Ray introduced Dave to Loyola cross-country coach and TAC course certifier, Jim Knoedel, and they started planning the four mile certification program. In April, Dave worked with Jim in Schaumburg as they laid out and measured a 5K run course, a 10K in-line skate course and an off-road duathlon course. The first hand experience helped prepare Dave for certifying the Midwest 4 Mile Classic course. In mid-August, Knoedel came to Watseka to do his official measuring and marking of the course. He then filed the necessary paperwork with TAC in Chicago and upon payment of the fee, Watseka was issued certification. Special thanks go out to Matt "Big Daddy" Gubbins and Jim Grace for their dedication to finalizing the course.

Other changes of importance this year will be a new race date (September 19th) and a new start time (10:00 A.M.). Both of these changes were made to make it easier for more competitors to get to the race before harvest and without leaving their homes at daybreak.

The race this year will feature a very pretty and talented race queen. Ms. Michele Hinrichs, currently Miss Iroquois County and former Miss Chicago, will be providing entertainment with several musical selections as well as assisting with award presentations.

Once again this year the race will feature the finest trophies in the Midwest. Tom Jones, from The Trophy Shop, and Dave plan for months to design unique trophies which all winners are proud to display.

Of course, the Midwest 4 Mile Classic wouldn't be what you have come to expect if they didn't continue with Z's fabulous food buffet. Earl Zuinden is constantly thinking of new mouthwatering ways for all race participants and friends to refuel after the big race.

And remember, don't go away until the final award because Travel Discoveries International will proudly present a trip for two to Chicago for the lucky person whose entry form will be randomly drawn. You must be present to win.

Don't forget, Saturday September 19th, 10 A.M., Watseka High School. BE THERE!!

THE STARTING LINE

SAT, SEP 5, 8AM - SWEETCORN 5K CLASSIC & 1M FUN RUN/WALK, Hoopeston, Honeywell Grade School, East Honeywell Ave., \$8/10, Ts, 5yr AG (medallions for 2nd & 3rd), random prizes, 217-283-5004.

SUN, SEP 6, 5PM - HARE & TORTOISE 5K RUN & 2M FUN WALK, Herscher, Village Park, \$8/10, Ts, assorted age groups, random prize drawings, "Heavyweight Trophy", 815-426-2211.

LABOR DAY, Sep 7, 8AM - PARK FOREST SCENIC 10 MILE RUN (Registration closed Aug. 28th)

SAT, SEP 12, 7:30AM - POPCORN PANIC 5 MILE RUN, Valparaiso, Indiana Federal Savings & Loan, Washington & Lincolnway, \$10/15, Ts, top 3 OA & 3-10 deep in 5yr AG, results mailed, 219-464-8332.

SUN, SEP 13, 8AM - YMCA Tri City Triathlon. Consists of a half-mile swim at Lake Manteno, 20 mile bike ride to Kankakee River State Park, and 6.2 mile run. You can compete on a team in men's/mixed corporate/business and women's divisions or as an individual. For more info - YMCA 933-1741.

SUN, SEP 13, 9AM - STATEVILLE CHALLENGE 10K/5K RUN & 5K WALK, Joliet Stateville Correctional Center, Rte. 53, \$10/12 after 9/3, Ts, 5yr AG in 10K & 10yr AG in 5K, OA & 2 deep, door prizes, mailed results, Will County Circuit Race, 815-727-3607.

SAT, SEP 19, 10AM - MIDWEST 4 MILE CLASSIC, Watseka H.S., \$11/14, long Ts, 5yr AG to age 50, OA & 2-4 deep, Fantastic Food Buffet. Also a 2 Mile Walk. DON'T MISS THIS ONE!! 4323008.

SAT, SEP 19, 8AM - DWIGHT HARVEST DAYS 5K & 1M FUN RUN/WALK, \$8/10, Ts, 10yr AG, drawing for merchandise gifts. This is a PR course - too bad it's the same day as the 4 MILE CLASSIC.

SAT, SEP 19, 8:30AM - SHOREWOOD FESTIVAL 5K RACE/WALK, Festival Grounds next to Village Hall, \$10/12, OA & 3 Deep in 5yr AG. Also children's races at 8AM. Nah! We will be at the 4 MILE CLASSIC!

SUN, SEP 20, 8AM - NATIONAL HERITAGE CORRIDOR 25K, Middle School Rec Ctr, U.S. Rte 6 & Tryon Street in Channahon, \$12/15 after 9/15, Ts, 5yr AG, top 3 OA, top 2 masters, and 3-6 deep, out & back on the I&M Canal Towpath, shaded, flat, a glorious 15.53 mile recovery run after the 4 MILE CLASSIC. Field limited to 500 but guaranteed entry to 1991 finishers who pre-register.

SAT, SEP 26, 8AM - PARK RIDGE CHARITY CLASSIC, Pickwich Plaza & Summit Mall (located behind the Pickwich Theater), \$10 - NO RACE DAY REGISTRATION, 5yr AG with lots of awards.

SUN, SEP 27, 1PM - GRAND RIDGE 4 MILE RUN & 1.5M WALK, Grand Ridge Fire Station, Main St., \$10/12 after 9/19, SWEATSHIRT to 1st 200, top 3 OA, top Masters, 2-5 deep in 5yr AG, mailed results, merchandise drawing. Sounds like a nice Sunday afternoon!

SUN, SEP 27, 11AM - WILD WILD WILDERNESS 7.6 MILE RUIN, Kickapoo State Park, Danville, \$13 w/shirt, \$6 w/o, & \$10 race day (no shirt), 5yr AG, numerous awards to the survivors (I did this race once - never again!), post race party, 217-431-4243.

SUN, OCT 4, 9AM - GOVERNOR'S 10,000 & 5K, Kankakee River State Park, Pre-registered w/long T \$11, w/sweatshirt \$18, race day w/long T \$13, top 3 OA & 2-3 deep in 5yr AG. A GREAT RACE!

THE FINISH LINE

ABE'S AMBLE 10K, Springfield
Dee Osenglewski 45:43 3AG
JUL 25 - RUN FOR THE BAGEL 5K,
Mattoon

Pat Baldwin 25:05 CHARLIE GROTEVANT RACES Jul 25, Magnolia, IL, 5M - 33:33, 2AG AUG 1, Pontiac Midwest Mile - 5:40, 11th Master

Aug 16, Danvers 5K, 20:16, 1AG

Aug 22, Clackamas, OR, 21:01, ZAG Aug 23, Tigard, OR, 8K, 33:37, 3AG						
AUG 1 - ALLEN PARK STREET FAIR						
•	Detroit)	07.00				
	10011101	27:20	2AG,			
14/80	U IG 1 - WILDEST RA	CE IN	TO 137NI			
	orado Springs)	ICE III	IOWN			
(COI	Shirley Malone		2AG			
ΑĪ	JG 2 - USTS	BUDL				
	ATHLON (Chicago)					
	Kathy Steffen		1AG			
ΑU	G 3 - MOMENCE GL					
1	Patrick D Koerner	34:47	10A			
3	Ken P Klipp	36:33	30A			
6	Phil Newberry John E Brinkman	39:13				
7 8	Charles R Kennedy	39:38 40:10				
9	Bill Linn	40:18				
12	Matthew T Gubbins	40:45				
16	Daniel W Gould	42:22				
19	Graig Hickey	43:01				
24	Tim L Benoit	44:33				
25	Charlie Grotevant	44:53	3AG			
26	Tom Goodberlet	45:06				
27	Kathy H Steffen	46:33	30A			
28	Dan Phillips	47:35	1AG			
29	Nancy J Ruda	47:48				
31	Henry J Shelly	48:42				
32	Nancy A Thompson	48:53	1AG			
34	Brian L Noffke	49:16				
35	Dee M Osenglewski					
39	Mark Whittemore	50:35				
41	Lynn A Troost	52:21 56:59				
46 51	Leon J Malone Kenneth T Johnson	59:45	1AG			
56	Linda M Krause	05:47	1AG			
62	Shirley A Malone	11:06				
66	Dianne K Strufe	22:14				
	IG 8 - MOMENCE GL					
8	Larry L Lane	20:34				
11	Daniel R Gerber	20:50	3AG			
12	John L Shoup	20:58	2AG			
23	Thomas J Uribe	22:43				
36		24:00	1AG			
39		24:15	- 4 - 0			
42		24:38	2AG			
46		25:14				
49		25:21				
59 60		26:26 26:37	3AG			
74		28:08	SAG			
84			1AG			
87	Linda A Linn	30:16				
90	Dale King	30:47	J. 10			
	Krista Hickey	34:00				
103			2AG			
	Heather Steffen	36:22				
AUG 8 - BLACK SNAKE BIATHLON,						
	klin, IN					
	Julie Anderson		10A			

	Dan Castillo		3AG	
	Jim Grace		5AG	
ΑU	G 11 - PERFORMANC	E SPOR	TS 5K	
	Ken Klipp	17:19	1AG	
	Phil Newberry	18:10	1AG	
	Bill Linn	18:28		
	Tim Benoit	19:50		
	Theresa Burgard	20:41		
	•	20:56		
	Henry Shelly	21:25		
	Jack Littrell	21:32		
	Larry Lane	22:09		
	Dee Osenglewski	23:05		
	Dan Gould	23:09		
	Ron Piwowar	23:10		
	Leon Malone	26:00 26:27	1AG	
	Jim Ruberg	26:27		
	Dale King	27:37		
	Damian Scheidecker	28:04		
	Linda Linn	28:15		
ΑU	G 15 - PARKERS	BURG	HALF	
MAI	RATHON			
	Dan Gould 1	:31:54		
AUG 22 - CRIM FESTIVAL OF RACES,				
Flint	, MI			
5K	Linda Linn	28:13		
	Pat Koerner	27:38	1AG	
8K	Bill Linn	30:15		
10M	Dan Gould	69:39		
Lynn Troost was there				
AUG 29 - MINOOKA 5 MILE				
	Pat Koerner	27:11	1AG	
Muriel DeBold-Leyland33:05 1OA				
Larry Lane was there				
ALIG 30 - KICK ASPHLAT 5K Chicago				

AUG 30 - KICK ASPHLAT 5K, Chicago Heights

Pat Koerner 16:16 1AG
Dan Gould 19:01
Ken Stark 22:-Bill & Linda Linn 26:07

NEW MEMBER

Nancy Thompson

BIRTHDAYS

Jessica Brinkman	9/30	5
Marge flynn	9/10	46
Darcy Hanks	9/22	12
Leah Huizenga	9/27	15
Connie King	9/19	44
Dan Klipp	9/17	12
Allan Kuester	9/16	46
Michael McGuckin	9/07	40
Dan Meyer	9/16	31
Kathryn Penn	9/03	42
Damian Scheidecker	9/25	18
Robert Tenczar	9/22	31

SEE YOU NEXT MONTH