

THE PAPER RACE

KRRC NEWSLETTER

P.O. BOX 339

OCTOBER 1992

BOURBONNAIS, IL 60914

ISSUE 56

OCTOBER FAMILY SOCIAL!!

Gather one, gather all, and be sociable. Tom and Anna Goodberlet are hosting a hot dog roast and hayride on Saturday, October 10th, at 5:30 P.M. DIRECTIONS: Take Rt. 17 west to Pipeline Road, turn right (north) to the first road, then turn left (west) to the first road (3750). Turn right to the third house on the right. Please bring a covered dish. Beverages will be provided by the club. If you get lost, call Tom/Anna at 933-7212. If you are coming, please RSVP Linda Krause at 472-6577.

ON DAN'S RUN

By Dan Gould

NIKETOWN. My month began with my annual conference in Chicago. I have mixed emotions about that concrete and steel jungle. This year we were at the Hyatt Regency on Wacker, only a few minutes from the lakefront biking-walking-running path that stretches for many miles. You run without fear of motor vehicle traffic, but you must keep an eye out for those crazy bikers. I do wonder about the fumes from all those idling vehicles during "rush hour."

My lakefront runs this year were unremarkable, but my walk up Michigan Avenue to Niketown was not. Located at 669 N. Michigan, a visit to Niketown is a must if you are in the city. It is three floors of Nike clothing, shoes, bags, and posters. Nike makes clothing for almost every conceivable sport and there is a room for each one. There is also the Michael Jordan room, a kids' room, and a poster room. There is an escalator and an elevator, background music, and Nikeclad clerks wait to serve you in every room. See it - it is unique!

I spent considerable time last month searching through the Crim Festival of Races results for Lynn Troost. Had I known she was a "Male 45-49," my task would have been easier. I know that "Lynn" is not gender specific, but that is why they

have those little boxes for M and F. I suppose it was a computer burp. I'll have to get Dave Bohlke to explain that to me. Since Lynn is an F, she place third in age group and, at last report, was trying to negotiate the mailing of the third place award which is rightfully hers. I know I would never mistake her for an M.

There is a group of elite runners organizing under the name Broken Toe Club. Pat Koerner's isn't broken, but he stubbed it good enough that it has presented serious problems. Bill Linn kicked a door and, after a week to ten days of painful running, learned that it was broken. Cindy Woods learned one of the dangers of working with free weights. When a weight falls from the bar you must have steel toes or you have a broken toe. Perhaps it should just be called the Mr. Toe Club.

Herscher was the first race of the month for most club members, but Charlie Grotevant and Linda Krause did get a jump on us with the Sweetcorn Festival 5K in Hoopeston the day before. Attendance was down a bit from last year, but the turnout was respectable and Scott Stevens did his usual fine job. The weather was, unfortunately, typical for five o'clock in the afternoon - 80 degrees and humid. We were blessed with a bit of an overcast. For all those runners who "died" at this race, Herscher offered something unique. Jim Orrison, the Kankakee County Coroner, was seated at the finish line table to issue death certificates. Rob Mau, editor and publisher of The Herscher Pilot, was at the finish line to photograph those who had died for the obituary column. I have it on good authority that Jim did not issue a single certificate - which cuts into his business as an undertaker. If you thought you died, you were mistaken.

Although the Hickeys and Linda Krause did not run Herscher (Linda was there to cheer us on, but needed a rest day before the Scenic 10), Momence had the rest of its contingent there (well, OK, Howard wasn't there, but he, like Doc, has kind of faded away) in the form of Scott Kelson, Phil

Newberry, Rob Tenczar, and Sandy... No, Sandy hasn't officially joined up and, if I use her last name, the single guys would be calling her for dates. This was Sandy's first race, she finished awfully close to if not last, but she brought home the gold because she made the effort. Rob had the distinction of bringing home the heavyweight gold.

Where to break bread post-race is sometimes a difficult decision. Well, OK, if you're John Shoup, you just head for the beer tent. Charlie and Joyce Grotevant and Larry and Sandy Lane headed for the Cabery Bar and Grill, but, wanting something more in the direction of home, I opted for Chicago Dough with the Koerners, Shellys, and Ruda-Piwowar. As we ate, Cornstalk recalled how he ran his first race at Herscher some ten years ago when it was a Saturday morning 10K. He recalled that he went into it at the urging of a friend, having never run more than two miles at a time. He had to walk part of the race and, as he struggled to put on a finish line sprint, he found himself head to head with a kid about ten years old. The crowd was cheering for the ten year old - John Eggenberger, now a quite talented runner. Anyone else want to run down memory lane?

Henry and Janet Shelly hosted a social and business meeting at their home on September 11th preceded by a run. The extension of the trail from the state park crosses the road within a couple tenths of their home and will be an added attraction in years to come. The business end of the meeting revolved around this Sunday's Governor's 10,000 and 5K (yes, this Sunday!). The social end of it revolved around food, drink, and of course, Janet's low-cal desserts. Many thanks for the hospitality!

If you couldn't find a race the weekend of September 19th-20th, you weren't looking. On Saturday there was the Midwest 4 Mile Classic, Dwight 5K, Elwood 5K, Country Critter Classic, Shorewood 5k, and, I think, a race in Champaign. On Sunday was the National Heritage Corridor 25K and the Pontiac 5K. There were others, but these are

the prime choices in our area.

Some of us took advantage of the many offerings and "doubled," but John Shoup is the only one I know who "tripled" - and passed up the fourth. He and Jeff Lonergan found each other in Elwood on Saturday morning for the 8 A.M. 5K. There was one woman at the race out of 25-30 runners and John tells me that her pre-race warm-up consisted of a donut and cigarette. John has a similar pre-race preparation, but skips the cigarette. After taking second and third place, John and Jeff raced - within the speed limit, I'm sure - to Watseka for the Midwest 4 Mile Classic at 10 A.M. On Sunday, John ran the 25K at Channahon, but wouldn't let us drive him to Pontiac for the Panno 5K. Perhaps there is some gray matter between the holes in his hat!

The fourth running of the Midwest 4 Mile Classic lacked only one thing - runners! Only 74 of us crossed the finish line of the newly TAC certified course. Otherwise, Dave Hinderliter put on the same type of race he has every other year, a race marked by excellence in all respects. Nobody gives out trophies that big! The refreshments are as good as you'll find anywhere. Live entertainment, raffle prizes, and complete results for everybody. I'm told that Dave is planning to move the race to August to fill in the void after Memence. We can only hope that more runners will share in the amenities provided by Dave's hard work. Uh, Dave, if it's August, no later start than 8 A.M., OK?

Tom Goodberlet, Mike Hickey, Rich Olmstead, Shoup and I went to Channahon for the 25K on the old I & M Canal towpath. With the exception of Mike, we all hope to marathon this year and the towpath is a fine place for a long run. I don't have the official results yet, but I would guess 300 to 400 participated and the competition was stiff. Tom and John ran together except for 3 miles and those were the only miles Tom enjoyed. No, I don't know why. Rich and I went out too fast and died a bit. Only Mike warmed to the task and got better as the miles went by.

There is nothing like the sizzle of a drizzle on the high tension wires overhead as you wait to start a race. Cornstalk and I headed over to Merrillville on September 26th for the Hospital Hustle 5M with Donna, Ron, and Nancy to witness the insanity. Drive an hour in the rain to run five miles in the rain. Right! It was a quality race, but they anticipated fair weather for the event with registration, food, and massage tents on the lawn. Cornstalk finished fourth overall and

second in age group for his efforts. We got zip in the raffle which for a grand prize had a \$250 shopping spree at a local mall. Maybe next year!

Forth Annual St. Anne Pumpkin Festival 5K Walk & 5K Run. "Forth?" Yes, and at the bottom of the entry form where you check the box for run or walk it says 10K. Best guess this year is that it was three miles. Last year it was about 3.3. This year there was no water station, but there was the same throng of festival goers through which the runners (28) had to weave their way both out and back. Once again, the overall winners (Cornstalk and Dee Oz) were given both the overall awards and the award for being first in their age groups. Pat, after last year, offered to measure a course for them and suggested that it made no sense to give the same person both awards. I called the hotline in August to get information for the newsletter and my call was never returned. The organizers don't know how and won't ask for help. I guess nobody got hurt, but there were some near misses. Instead of having the finish line at the beginning of the chute, it was at the end. Some runners stopped running before the finish line and had to be coaxed across. Of course, the people tearing the tags were standing at the finish line so it would have been difficult to come in at full speed

On the positive side, the plaques for overall and trophies for first in age group were nice (medals for 2nd & 3rd), nice refreshments and door prizes were provided. Some of our gang left before the prizes and missed out, but I'm not going to name names. Hopefully the folks in St. Anne will get some help if the race is to continue. The absence of a water station is dangerous for runners and the congested start-finish area hazardous for both runners and pedestrians.

We have a couple new races coming up. With some assistance from Ken Klipp, the folks at Bishop Mac are putting on the Irish Alumni-Midwest Sports 5K on Saturday, October 10th, at noon. Check-in begins at 11:30 A.M. at McNamara Memorial Field. Included in the entry fee is free admission to the McNamara-St. Joseph game which begins at 1:30 P.M.

The Arthritis Foundation hopes to build on last December's Jingle Bell Run in Meadowview which was a very humble beginning. This year they have the assistance of KRRC member Phil Angelo, managing editor of The Journal, who brings to them his experience as a race director from his years in Columbus. This

KRRC OFFICERS

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

KRRC NEWSLETTER

Editors - Dan Gould	937-5500
Bill Linn	935-0815
Staff - Linda Linn	935-0815
Dave Bohlke	939-1676
FAX Number	937-5337

year's race will be a 5K starting at Shapiro. Dave Bohlke has been contracted to do the finish line results. Course layout and other preparations for the December 6th race are underway. If you would like to be of assistance in this worthy endeavor, give Phil a call. I expect we will have the entry form with the November newsletter.

September 9th was another dark and stormy night and I had a date with Big John for a 5:15 training run. Unfortunately, on that day and at that hour, a four hour thunderstorm began. If you are John or, perhaps, a resident of a mental institution, it was a great night for a run. We laugh at the rain, hail, wind, and lightning... No, folks, I didn't go. I watched John go. I went to the hotdog stand, picked up dinner, went home and watched the lights flicker and listened to the sump pump run.

About this stage of the newsletter, Matt Gubbins thinks he is home free. I didn't ding him about riding the motorcycle in the Midwest 4. A couple newsletters ago you read how I humiliated him in front of the hometown folks in Watseka on the 4th of July. Not wanting to suffer it a second time this year, he led the race from start to finish and then backtracked to blow exhaust in my face. By the way, Matt, John says he will you free lessons on how to shift that thing.

The late Scott Kelson... Well, he isn't dead yet, but that's only because my wife hasn't got to him. He called my home with race results...on a week day...at 9 A.M. Scott, my wife doesn't do mornings. Second, she thinks people should know that on week days I am at my office which is at the courthouse. Third, she thinks people should know that I am usually there by about 8 A.M. So, call my office (937-2926) anytime and you will either get me or my answering machine. If you want to call me at home, don't do mornings - it could be hazardous to your health.

See you Sunday at the Kankakee River State Park for the Governor's - hope you

are running, helping, or both! Don't forget the Fall Classic on October 18th!

SUNDAY AT THE PARK

The sun gets up later and so do we beginning in October. We are pushing back the starting time to 9 A.M. for the Sunday morning social runs at the Kankakee River State Park. Please join us. Runners of all ability levels - and walkers - enjoy this social gathering when not racing. Fresh air, exercise, fellowship - JUST DO IT!

IN THE NEWS

Arthritis sufferers who have shied away from physical activity are now being told that more vigorous exercise will make them feel better.

The latest study supporting the value of exercise involved 113 patients who participated in a 12 week aerobic exercise program. All of the participants improved their endurance and the severity of their disease decreased, said Dr. Marian A. Minor of the University of Missouri Multipurpose Arthritis Center.

The Arthritis Foundation, which advises people to consult their physicians before starting exercise programs, offers two such programs. PACE (People with Arthritis Can Exercise) and the Arthritis Foundation/YMCA Aquatic Program.

For further information about these programs contact the local foundation chapter or call 1-800-7800.

Noureddine Morceli of Algeria smashed the world record for 1,500 meters with a time of 3:38.86 breaking the record of 3:29.46 set by Said Aouita of Morocco in 1985. He set the new record on September 6th at an international track and field meet in Rieti, Italy.

The Kankakee River State Park is in the process of more than doubling the length of its bike trail, adding 4.5 miles to the 3.5 or so miles constructed in the mid-1970s.

The newest stretch will run from Davis Creek to the youth camp area. The 8 to 10 foot wide trail will be surfaced with "agricultural lime," a granular limestone which tends to take on the characteristics of hardened concrete after being subjected to rain. Completion is expected some time in November.

Ron Daws, who ran in the 1968 Olympic marathon and wrote books on running, has died in Minneapolis of a heart attack at age 55.

The nations first Rails-to-Trails Celebration has been slated for Oct. 3, when

the 500th official trail should be announced. Illinois is among the leading states with 24 trails covering 224 miles. Activists soon hope to link the nation coast-to-coast with bike trails.

<SUBHEAD>THE STARTING LINE

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!

SAT, OCT 10, NOON - IRISH ALUMNI-MIDWEST SPORTS 5K RUN, Bishop McNamara H.S., Kankakee, \$8/10, Ts to 1st 100, unspecified awards and age divisions. Sharon Jackson 933-7620. A NEW RACE!

SAT, OCT 10, 8AM - 4TH ANNUAL AUTUMN SHORELINE CLASSIC 15K RUN & 5K RUN/WALK, Nelson Park Big Pavilion (Nelson Park Blvd.), Decatur, Ts, \$12/15 after 10/5 (NO RACE DAY REGISTRATION), numerous AGs and categories in 15K, finishers medallions to 1st 800 in each race. Pre-race pasta party Fri. night w/running expo, music, and prize drawings. The Hickeys recommend this one!

SUN, OCT 11, 8AM - PRAIRIE STATE 10 MILER, Lincoln-Way H.S., U.S. Rt. 30, New Lenox, \$11/13, Ts, proportioned AG awards in 5yr AG, merchandise awards, 485-2477.

SUN, OCT 11, 8:45AM - FRANK LLOYD WRIGHT 5K-10K RUNS & 5K WALK, Oak Park River Forest H.S., \$12/15, 3 deep in 5yr AG, Ts, snacks, raffle, entertainment. You can FAX your registration and use your VISA or MASTERCARD!

SUN, OCT 11, 10:45AM - FOX CITIES MARATHON, Neenah-Appleton.

SUN, OCT 11, 9AM - CALUMET HALF-MARATHON & 5K, Memorial Park, 612 Wentworth, Calumet City, Ts, \$9/10 for Half, \$7/8 for 5K, 5yr AG in Half 3 deep, only top 3 OA in 5K. 708-862-6440.

SUN, OCT 18, 9AM - FIVE KILOMETER FALL CLASSIC & ONE MILE WALK, Kankakee Community College, Ts, \$9/11, top 5 OA & top top male & female master, 3 deep in 5yr AG, refreshments. John Shoup will renew a tradition of excellence with his own special touches (as you know, he is touched). DON'T MISS THIS ONE!

SUN, OCT 25, 8:30AM - CHICAGO MARATHON & ROGAINE 5K

SAT, OCT 31, 10AM - PLUM CREEK PUMPKIN PRANCE 5K & 2.5K

PREDICTION FUN WALK, Omni Sports & Fitness Centre, 221 S. Rt. 41, Schererville, IN, Ts, \$10/11, 5yr AG to 50 for male & 40 for female, costume awards (Linda Linn makes great costumes!), refreshments. 865-6969.

SUN, NOV 1, 11AM - CANAL CONNECTION X (a 10K), Elementary School, Utica, crew neck long Ts, \$10/12 after 10/26, top 3 OA & 2-5 deep in 5yr AG, merchandise drawing. 434-7681.

SUN, NOV 8, 9:30AM - FALL 4 FROLIC & 2.5M FITNESS WALK, Purdue Calumet's Fitness Center, Hammond, IN, Ts, \$11/15 after 11/3, cash awards to top 5 OA & top masters, Nike Sports Bag to top 3 in 5yr AG to age 50, TAC cert. and billed as the fastest four mile in Chicagoland, refreshments. 219-845-1977.

THE FINISH LINE

We try our best to get complete and accurate results. You can help by calling results on race day to my office number - 937-2926 - and putting your race info on my answering machine.

JULY, COTTAGE GROVE, OREGON 8K

Jeff Lonergan 34:10

AUG 1, CHEYENNE ZOO RUN, Colorado Springs, CO

Dee Osenglewski 42:00

Shirley Malone 54:00 3AG

Linda Krause 58:00

AUG 22, CRIM FESTIVAL 8K, Flint, MI

Lynn Troost 41:01 3AG!!

SEP 5, SWEETCORN CLASSIC 5K, Hoopeston

Charlie Grotevant 19:44 2AG

Linda Krause 28:45

2AG

SEP 5, KEWANEE HOG DAY STAMPEDE 4M

Dee Osenglewski 28:53 2AG

SEP 6, HERSCHER HARE AND TORTOISE 5K

1 Patrick D Koerner 16:35

3 Ken P Klipp 16:48

6 James P Grace 18:26

8 Phil Newberry 18:44

9 Rich W Olmstead 18:48

10 Larry L Lane 18:56

13 Daniel W Gould 19:29

15 Thomas J Uribe 19:39

16 John L Shoup 19:50

20 Charlie Grotevant 20:22

27 Tim L Benoit 20:47

28 Robert Tenczar 20:50

32 Scott R Kelson 21:23

33 Jeff P Lonergan 21:28

35	Kathy H Steffen	21:44	
38	Ronald E Piwowar	22:16	
39	Henry J Shelly	22:17	
40	Dan Phillips	22:25	
42	Nancy J Ruda	22:44	
44	Steve Zorns	23:07	
45	Randy L Devore	23:14	
54	Butch H Coy	24:02	
55	Patrick J Baldwin	24:10	
56	Gale F Lehnus	24:28	
63	Monica M Uribe	25:37	
64	Elizabeth Huizenga	26:07	
65	Dale E Huizenga	26:08	
69	Leon J Malone	26:39	
82	Heather Steffen	33:58	

SEP 7, PARK FOREST SCENIC 10
Pat Koerner 1:22:09
Linda Krause 1:48:46

SEP 13, STATEVILLE CHALLENGE
10K, Joliet
Phil Newberry 39:15 2AG
Scott Kelson 44:40

SEP 13, YMCA TRI-CITY
TRIATHLON, 1/2M swim, 20M bike, 10K
run
Julie Anderson 1:58:05 2OA
Jim Grace 1:58:25
Dick Kendall 1:58:56 2AG
Kathy Steffen 2:08:35
Ron Piwowar 2:18:06
Nancy Ruda 2:22:59 2AG
Randy Devore 2:30:45
Nancy Thompson 2:33:21

Dan Castillo & Pat Koerner were on the
Men's/Mixed Relay team placing 3rd.

SEP 19, ELWOOD 5K, 30 runners
John Shoup 20:04 2OA
1AG
Jeff Lonergan 20:50 3OA
1AG

SEP 19, MIDWEST 4 MILE CLASSIC,
74 finishers, sunny 60s
4 Patrick D Koerner 21:56 1AG
11 Rich W Olmstead 23:55 1AG

12	James P Grace	24:21	2AG
14	Julie Anderson	24:52	1OA
17	Daniel W Gould	25:42	3AG
19	Thomas J Uribe	26:04	3AG
21	John L Shoup	26:25	4AG
22	Daniel R Gerber	26:42	4AG
25	Jeff P Lonergan	27:45	4AG
27	Ronald E Piwowar	28:23	
29	Jeff L McIntyre	28:35	
31	Dee M Osenglewski	28:46	2OA
36	Nancy J Ruda	29:14	3OA
37	Ken L Stark	29:27	
44	Lynn A Troost	31:25	1MST
52	Gale F Lehnus	33:35	2AG
53	Leon J Malone	33:53	2AG
54	Monica M Uribe	33:57	2AG
59	Dale King	34:56	
71	Shirley A Malone	40:42	1AG

SEP 19, DWIGHT 5K, 44 finishers
Larry Lane 18:32
Charlie Grotevant 19:35

SEP 20, NATIONAL HERITAGE
CORRIDOR 25K, Channahon, 50s,
overcast
Mike Hickey 1:45:??
Rich Olmstead 1:48:??
Dan Gould 1:53:34
Larry Lane 1:53:??
Tom Goodberlet 2:00:40
John Shoup 2:00:40

SEP 20, PONTIAC 5K, 106 finishers,
60s, rain
Pat Koerner 16:21 3OA
1AG
Charlie Grotevant 19:34 1AG
Leon Malone ??

SEP 26, HOSPITAL HUSTLE 5 MILE,
Merrillville, IN, 60s rain
Pat Koerner 27:51 4OA,
2AG
Dan Gould 32:32

SEP 27, ST. ANNE PUMPKIN FEST
5K, 28 runners, 70 degrees, sunny, short
course, PRs for everybody

Pat Koerner	1OA
Jim Grace	2AG
Rich Olmstead	1AG
Dee Osenglewski	1OA
Mike Morel	3AG
Dan Phillips	1AG
Pat Baldwin	
Jack Dorn	1AG
Linda Linn	2AG
Phil Angelo	3AG

SEP 27, WILD WILD WILDERNESS 7.6
MILE RUN, Danville, 482 finishers
Lance Bovard 42:51 3AG
Pat Guthrie 1:06:07 3AG
Lynn Troost 1:07:32
Dale King 1:18:53

NEW MEMBERS

Janet & Richard Monk & Paula, Victoria,
Aaron
Steve Zorns

BIRTHDAYS

Jason Batkiewicz	10/4	4
Mark Beaupre	10/1	46
Elliot Brinkman	10/19	9
Monte Crowl	10/26	28
Daniel Flynn	10/25	10
Matt Gubbins	10/13	30
Stephen Hanks	10/22	45
Christine Kilbride	10/27	23
Charlene Klipp	10/10	45
Bill Linn	10/16	40
Sarah Smith McClarey	10/16	10
Ashley Smith McClarey	10/16	10
Seth McIntyre	10/15	11
Michael Morel	10/20	39
Brian Noffke	10/10	32
Rich Olmstead	10/12	41
Grant Simmon	10/26	14
Mike Wolfe	10/27	17

SEE YOU NEXT MONTH