

# THE PAPER RACE

## KRRC NEWSLETTER

P.O. BOX 339

DECEMBER 1992

BOURBONNAIS, IL 60914

ISSUE 58

### ELECTION CANCELLED

The election of club officers which was scheduled to be held in conjunction with the Chili Cook-Off on Friday, November 13th, was deferred until the January meeting. Those in attendance apparently felt that it would be bad luck. Your next newsletter will have the details of the January meeting.

### BREAKFAST AT HENRY'S

Our Sunday at the Park run on December 13th will begin and finish at the home of President Henry Shelly. The Davis Creek extension of the State Park's hiking-biking-running path has been completed and starts only two tenths of a mile from Shelly's. Breakfast will be served following the run. Please call if you are coming for breakfast, 933-9255. Winter runs begin at 9:00 A.M.

### CLUB JACKETS!

A limited number of club jackets are in stock. We don't intend to stock them, but some that were ordered were never claimed or paid for. I think Bill even has one with the name "Howard" on it. If your name isn't Howard, but you would like the jacket, Bill might even discount it for you. Call Bill, 935-0815.

### SOCIAL DIRECTOR'S MOVIE PICKS OF THE MONTH

Since there is no December social (other than breakfast at Henry's), Social Director Linda Krause offers her movie picks of the month: Bram Stoker's "Dracula", "Aladdin", and "Home Alone II." Contrary to rumor, none of these movies are based on the life of John Shoup.

### ON DAN'S RUN By Dan Gould

Inspiration. Wish I had some. No, I'm not down from the 35 days without sun. I firmly believe the sun comes from within. No, I'm just down a bit because month after month of races and socials came to a screeching halt the first of the month. It's withdrawal, I guess. Sure, I ran a couple races while in Florida the first half of the month, but I ran them with strangers. I didn't get the pre and

post-race camaraderie nor any interesting stories to tell.

Shoup's column from last month? Well, yes, that was a downer. I didn't realize I was misplacing my modifiers, sentencing fragments, and referring improper pronouns. Ego-piercing rounds? Well, John does provide a large target in that regard, but I don't think that ego can be pierced. He is a legend in his own mind. I wish only to extend the olive branch of friendship so I will say something good about John. I heard that John had a date last month other than with Dave or Rich. If you readers feel that this has become my little center of the universe and has lost all of its merit and integrity, I will, of course, step aside. Unless, of course, you like it that way.

Actually, I'm really down because a member of our staff violated a cardinal rule: The editors will determine the content of the newsletter. All submissions must be cleared with Bill or Dan. Dave, you betrayed us. You may expect an appropriate cut in pay and demotion. [Publishers note - Some people, it seems, didn't get the humor in the aforementioned Shoup article. This is mostly a thankless job with little joy in it. One ray of light in that bleakness was the Shoup article, which I found to be quite humorous. In my little corner of the universe there were mostly high-fives and attaboys all around. However, in the interest of pleasing those who take this stuff much more seriously than I do, I will make the same offer your editor has made: If at any time anyone is dissatisfied with this publication, or even if someone just wants to try his or her hand at it, just take one step forward and the job is yours - no hard feelings whatsoever. In the meantime I am donating my entire newsletter salary to the John Shoup School of Better Writing. Oops - there I've done it again - violated a rule which was unilaterally and arbitrarily conceived last year shortly before the Governor's 10,000 (the anti-treasurer's-reports rule), and which this year is unilaterally and capriciously declared to be a cardinal rule. Sorry, that rule wasn't written into my contract. - Dave]

MR. GROTEVANT GOES TO

WASHINGTON... So reads the caption under the picture in the Herscher Pilot of Charlie in the office of U.S. Congressman George Sangmeister. Charlie was there as part of a contingent of Illinois Farm Bureau leaders talking with members of Congress about concerns of farmers. Might as well be there, too wet to combine here.

Nice story in The Sunday Journal's Town/Country section about Mike Hickey and his Momence cross-country team. Mike's team had been permitted to use the grounds of the Good Shepherd Manor for training. They were often cheered on by some of the developmentally disabled residents. To show their appreciation, the high school students ran a cross country one mile course with some of the residents and shared refreshments with them afterwards. An awards ceremony was held and each participant received a medal. A class act, Mike!

Scott Stephens, cross-country coach for Herscher High, was also the subject of some good news as he directed the girls cross-country team to their second straight IHSA Class A state championship. Scott coached all seven girls to personal records and two meet records. My only complaint about Scott (at the moment) is that we hardly ever see him. Nice job, Scott!

About 32 members attended the Chili Cook-Off at Bird Park on November 13th. Tim Benoit's chili was judged best of show, Shirley Malone took second, and Dave Hinderliter was third. Linda Krause had door prizes for everybody and Jeff Lonergan was given a bad time. How many miles are in a marathon, Jeff? Dianne Strufe ran 26.2...well, ran, walked, crawled, but covered the distance. The Strufe Guide to Marathon Success recommends something more than a long run of 10 miles. Better luck next time, Jeff.

The Olivet Alumni 5K on November 14th was one of those well kept secrets, but Team Hickey had the solution. Mike solved the approximately 3 mile course in 17:19 and was the overall winner. When you are pushing 43, there aren't many chances to be the overall numero uno. Graig was first in age group and Georganne was second in age

group.

What a bunch of turkeys - Scott Kelson, Phil Newberry, Mike and Graig Hickey? The Momence contingent to the Pilcher Park Poultry Pacer Predictor all brought home a Thanksgiving turkey by accurately predicting the time it would take them to negotiate the 4 mile course. Phil was only 2 seconds off and the Hickeys were 4 seconds off. Jeff Lonergan and Leon Malone didn't get a bird, but Henry Shelly did. He left before the awards, however, and more than 24 hours later Jeff had not given him the word or the bird. Will Jeff tell Henry? Will we have turkey for breakfast at Henry's? When you run with turkeys...

Speaking of turkeys, it appears the "Sins of Memphisto II" marathoners are actually going to Memphis. In 1989, John Shoup and I died 18 miles into the Chicago Marathon on a day that was far too warm and 5 weeks later toed the starting line in Memphis in a strong north wind and 28 degrees. Matt Gubbins did an excellent job as support crew cheerleader, cameraman, and coat holder. John captured the essence of that weekend in a piece entitled "Memphis Odyssey" in the January, 1990, issue of The Paper Race.

This year's marathoners are Tom Goodberlet, Bill Linn, Rich Olmstead, John, and myself. Our support crew will consist of Linda Linn and Anna Goodberlet who, while not as pretty as Matt, are experienced and have abilities which in some ways are superior to Matt's. Specifically, Matt could only drive from the front seat. Bill and Tom assure me that these ladies are most able in the back seat. This means we won't lose time stopping to change drivers. Perhaps John will recreate our adventures in next month's issue with a "Memphis Odyssey II."

No, I didn't stick around for Halloween, the election, or the first 15 days of a month of overcast. I boarded the magic carpet the afternoon of October 30th and was in Bradenton that evening. A seasonal temperature there is about 78 degrees and temps were running low to mid 80s. I started this vacation with an 8K beginning at Van Wezel Hall in Sarasota and finishing at Lido Beach. About the only hills in Florida are those things called bridges and we had to negotiate one of them as we ran the John Ringling Causeway. The south end of Sarasota Bay is on your right and the Gulf of Mexico is on your left. It was a sunny, warm, and humid morning as I hit the mile mark at a 5K pace I haven't run for a year and then only when it was 30 degrees cooler. Well, I never did get high marks for pacing. I finished and placed. The refreshments were great. More importantly, Dad got the car to

the finish so I didn't have to walk home. Dad is pushing 85 and walks slowly with the aid of a cane, but he likes to go to the races.

Two weeks later I ran the Manatee River Run 10K which starts in Palmetto, crosses the Green Bridge over the Manatee into Bradenton, and immediately loops back across into Palmetto. A cool front had come in and race time temperature was 57 degrees. The bad news was a stiff north wind in our faces as we crossed back over the hill (a steep bridge) into Palmetto. We were shielded from the wind on the rest of the course and it was a very comfortable race.

Both of my Florida races were well done, but neither was outstanding. The 8K was a charitable benefit with a uni-race shirt (no date of location) that could be handed out wherever the race was held. Age group awards were medallions, but the goody bag had a visor, water bottle, and power bar. The refreshments were excellent. The 10K had a nice long T and the age group awards were marble paper weights suitably inscribed, but the refreshments were very limited. There was a pre-race pasta party the night before which included a speaker and packet pickup, but I was unable to attend. If you are headed for Florida and would like race info, give me a call.

Henry Shelly reports that it appears the Governor's was a break-even proposition this year. I suppose that means the club trip to the Virgin Islands will have to be postponed until another year. Well, I'm sure with the experience our President/Race Director gained he will do a better job next year. Bill, Linda, and I are slowly gearing up for Winterfest. We need your working/running help on February 7th! It also benefits our club if it is a success.

On the baby watch, Pat Koerner reports that Donna is progressing well toward an expected February delivery. He thinks that Donna has been well prepared for raising children by living with him. A name for the baby? Since it is expected in February, Pat thinks they will go with the name of the winning driver in the Daytona 500. I'm sure Donna will go for that.

Jim Grace, fresh from his success at the Florida Ironman in October, heads for Huntsville and the Rocket City Marathon on December 12th. If I had gone for a 2.5 mile swim, 112 mile bike ride, and run a marathon, I would rest on my laurels. Jim is predicting a marathon PR and we certainly wish him success. Julie Anderson will again head for Hawaii and the Honolulu Marathon on December 13th.

## 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
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The last Sunday at the Park in November brought sunshine and a good turnout. Bill Johnson, a virtual stranger this year, joined us and proved that he had been running his miles. I regret to report that something of a wimp factor has worked its way into these runs. Some runners have taken to watching the Friday evening forecasts and running on Saturday if it appears to be the better day. I suspect these are really bikers and fair weather runners who would be happier staying home on their wind trainers. They have no loyalty. Perhaps at the January meeting we can get them membership applications for the bicycle club.

I hope that those of you not going to Memphis or Ottawa will support the Jingle Bell 5K. Phil Angelo has worked hard and it is for a good cause. If it survives, perhaps we can get it off the first Sunday of the month. December is a dead month except for the first Sunday.

Hope you had a good year, good times. Last year was filled with PRs. My only PR this year was for number of races run, but I enjoyed the competition and camaraderie just as much. I look forward to my twelfth racing season and hope that all of you will be a part of it. Since it is a time of year for reflection and rededication, I will leave you with the words of Ron Daws (1937-1992), '68 Olympic Marathoner, in **Running Your Best**.

"Unless you go all out for something, you may conclude your life without actually having lived it. It doesn't have to be running, but it should be a quest for excellence, and it need be for only that period of your life that it takes to fully explore it. That's how you find out who you are. To live your life your way, to reach for the goals you have set for yourself, to be the you that you want to be, that is success."

I hope that every day finds you running your best in all that you do.

## MEMPHIS BOUND

By Tom Goodberlet

It was a day that will live forever in my

mind. I was at Shoup's and he was telling me that "the Judge will go if you go, and Bill will go if Dan goes, and I will go if you, Dan and Bill will go, but will you go?" The question asked was Memphis. So I go home and ask the bride, "How about going out of town and just run around Memphis for the weekend, say December 6th?" "Are there malls?" she asked. So the Quest began after a decade of running 5K and 10K races and a few 10 milers thrown in, I began the training for the ultimate running goal, a MARATHON. It seemed easy enough at the time, in 3 months I would go from a long run of 45 minutes to a long run of about 3-1/2 hours. The path was long and sometimes it seemed like I would never accomplish the goal I had set, but with a month to go and all of the long runs behind me, all that lies ahead is the event itself, 26 miles, some change and a whole lot of pain. I believe that the decision to run a marathon was based on a couple of factors. One, that I definitely should never listen to John, and two, that I turned 35 and it seems every 5 years my brain cells go to mush and I do some idiotic endurance event, (at 20 I got married, at 25 I started running and at 30 was that swim, bike, run thing) and three, I really wanted to assert my "head of the household and I can do anything I please," knowing that the bride believes anyone who runs is a little off center, but anyone who runs a marathon - well, I believe you get her true feelings about this whole idea.

My training went pretty good up to the day of Halloween, when the weather for Sunday was predicted dismal and Shoup, Bill and I decided Saturday would be just as good a day to run. The total run can be summed up by my attitude at the end of it. John and I were lying against the bumpers of our cars waiting for the Linn running machine to finish, the Priest was giving the last rites to both of us and I was cursing the day I ever met John. But I learn from my mistakes and I now know that I cannot drink myself into a stupor the night before a long run, and that small, yellow, different (Nuprin for all those who haven't seen Wayne's World) are my best friends, and to do the opposite of what John says I should do. So as we count down to our last 3 weeks before the big event being signed, sealed and the only thing left is to be delivered, one thing rests on my mind, I hope the tee shirts are long sleeved and three colors and not like the FALL CLASSIC'S.

### THE STARTING LINE

SUN, DEC 6, 9AM - JINGLE BELL RUN FOR ARTHRITIS, Shapiro Developmental

Center, Kankakee, \$12/15, long Ts, age group awards for runners and walkers, overall awards, awards for costumes, prizes for fundraisers, refreshments. KRRC Member Phil Angelo directs his first race in the community - let's support him in this worthy cause. See app enclosed last month!

SUN, DEC 6, 9AM - OTTAWA 10 MILER, K.C. Hall, Washington & Rte. 23, \$12/15 after Nov 23rd, long T, gloves, 5yr AG 2-5 deep. This is really well done, but why drive 1-1/2 hours hen you have the Jingle Bell Run in your own backyard.

SUN, DEC 6 - 5TH ANNUAL MEMPHIS MARATHON. As we go to press, four club members are scheduled to make the 8 hour drive to Memphis to run 26.2 miles instead of the Jingle Bell or Ottawa. There is still time for them to come to their senses, but there isn't much hope with Shoup leading Memphisto II.

SAT, DEC 12, 10AM - JINGLE BELL RUN 5K & 3K FUN WALK, Pontiac, Emily Todino, 815-796-4533.

SAT, DEC 26, 10AM - 10TH ANNUAL MILLER CROSS COUNTRY RUN, 3 Mi., Marquette Park, Gary, IN, \$1 registration 9-9:50 AM, TEAM of 3 (they will help put together teams if you don't have one), numerous awards you can eat, spend, or wear. Raffle. Course is grass, sand, snow. 219-938-2964.

FRI, JAN 1, 9AM - NEW YEARS DAY 5K RUN, Ease side of Lincoln Park Zoo, \$13, no divisions or awards. 312-868-3010.

SAT, JAN 2, NOON - SIBERIAN EXPRESS 7.6M, Kickapoo State Park, \$11/13 after 12/6, race day \$13 but no award. No shirts. Distinctive awards to top 35 male and top 14 omen. Awards to all pre-registered finishers.

SUN, JAN 17, 9AM - MIDWINTER FROLIC 10K, Forest Trail Jr. H.S., Lakewood Blvd. & Wilson St., Park Forest, \$10/12, awards to all finishers. In past years has included a pancake breakfast. 708-748-6861. <SUBHEAD>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.

OCT 31, 8KQC, Sarasota, FL  
Dan Gould 32:23 2AG

OCT 31, PLUM CREEK PUMPKIN PRANCE 5K, Schererville, IN, 200 runners  
Mike Hickey 17:50 3AG  
Graig Hickey 18:40 4AG

NOV 1, CANAL CONNECTION 10K, Utica, IL  
Pat Koerner 34:55 5OA,

2AG

Jim Grace 39:40  
Carol Pratt-Bauer 43:45 3OA  
Nancy Ruda 47:51 1AG  
Ron Piwowar finished

NOV 7, YORKVILLE POLAR BEAR CHALLENGE 5K

Pat Koerner 16:26 3OA, 1AG

NOV 14, MANATEE RIVER RUN 10K, Palmetto, FL

Dan Gould 40:09 3AG  
NOV 14, OLIVET ALUMNI 5K, 50 runners (Short 5K says Mike)

Mike Hickey 17:19 1OA  
Graig Hickey 18:40 1AG  
Georganne Hickey 27:00 2AG

NOV 14, GOBBLER HOBBLER 10K, Oswego, IL

Lance Bovard 33:25 1AG  
NOV 21, DECATUR HERALD & REVIEW TURKEY TROT 5K & 10K

Pat Koerner 34:22 4OA, 1AG

Jim Grace 38:59 PRI  
NOV 26, PILCHER PARK POULTRY PREDICTOR 4 MILE

Scott Kelson, Phil Newberry, Henry Shelly, Mike & Graig Hickey WON TURKEYS. Jeff Lonergan & Leon Malone TRIED.

NOV 26, DETROIT 10K TURKEY TROT

Who knows who 34:30 24/4000+

### BIRTHDAYS

Peggy Baldwin	12/23	9
Butch Coy	12/30	46
Jack Dorn	12/27	47
Gina Dorn	12/28	13
Jordan Dorn	12/6	9
Ed Glazar	12/20	39
Pat Guthrie	12/22	49
Barbara Herzog	12/2	48
Graig Hickey	12/7	15
Ken Johnson	12/16	75
Randy Kiedaisch	12/21	38
Andrew Kilbride	12/27	20
Linda Krause	12/11	43
Janet Monk	12/2	??
Victoria Monk	12/14	??
Scott Stephens	12/21	41
Beth Widhalm	12/30	14
Larry Wier	12/20	57
Flo Wier	12/24	53

### SEE YOU NEXT MONTH