



Kankakee

RIVER RUNNING CLUB

THE PAPER RACE

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KRRC NEWSLETTER
P.O. BOX 339
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ISSUE 59

ANNUAL MEETING 6:30 P.M. FRI. - JAN. 15TH

The annual organizational meeting of the Kankakee River Running Club will be held at the home of Mark Steffen, 1450 Budd Blvd., Kankakee, at 6:30 P.M., Friday, January 15th, 1993 (Budd Blvd. is located in Gracefield Subdivision which is just west of the Winterfest/Summer Series 5K course). This is a business meeting and club social for adults. The election of officers and planning of club events are the primary matters on the agenda.

Please bring a covered dish. The club will provide beverages and plasticware. Bring your pictures, stories, and we will trip down memory lane.

ON DAN'S RUN BY DAN GOULD

And this year's Johnny Lightning Award goes to: Carol Pratt Bauer! Yes, folks, Carol was the first to pay her 1993 dues. She won't miss an issue of this informative and entertaining monthly missive and you won't either if you re-up now. You can save the stamp by personally delivering your membership form and check into the hands of our treasurer, Ron Piwowar, at the annual meeting, January 15th. DUES ARE DUE!!!

Augie Hirt, the former Olympic race walker who provided us with a most interesting program at our March meeting, has joined the club. Augie has joined us for an occasional Sunday at the Park over the last few months as he travels from his home in Carol Stream to his part-time job at the Heartland in Gilman. Augie may have another program for us before the year is out.

Breakfast at Henry's proved to be our most popular Sunday at the park with about 30 members in attendance. I'm not sure all of them got out the door for the run as the sights and smells in the Shelly

kitchen were awfully inviting. Those of you who failed to negotiate the snow-covered trail into the park missed the humor of the day. Nancy Ruda: "What did the deer say when she came out of the woods? That's the last time I do that for two bucks!" Hey, what do you want? It's a family newsletter. Anyway, thanks to Henry and Janet for their hospitality.

Christmas was right on time for Ron Riml. Ron, a Kankakee City Police Officer, will retire early in 1993 with 20 years of service. He and his wife have been looking for jobs in Maine. A few days before Christmas Ron was notified that he had been appointed director of emergency communications for two cities in Maine and at the salary he had requested. Many of you will not know Ron as his participation has been low key. He has run an occasional race and supervised the auxiliary police protecting the Winterfest course each year. Many years ago he was memorialized in song by Larry Lujack as the "Kankakee Cow Killer" and in a Ken Stark cartoon. It wasn't too funny at the time, but will certainly be something to tell the grandkids about. Ron, we will miss you, and that's no bull.

I was happier about December 22nd than December 25th. Oh, Santa was very generous - running and biking calendars, my first biker's clothing, and Ken Stark's Spectrum page on runners (a B&W copy) from last April matted and framed. No, winter solstice is about December 22nd. The sun - you remember that round orange thing in the sky - is as far south of the equator as it is going to get. The days start getting longer and that means fewer runs in the dark. Can spring be far behind?

The timing of the closing of Performance Sports was ironic. I had written a paragraph entitled "Performance

Counts" to lead off last month's newsletter. Its purpose was to note Performance's long-standing support and encourage you to do your Christmas shopping there. I learned just before we went to press that they had closed. I talked to Gary Dupuis a couple weeks ago. While this was certainly a downer for him, he has apparently risen to the occasion. He continues to operate Superior Silkscreen on N. Entrance. When the dust settles in a month or so, he hopes to sit down with some of the running club and discuss the future of the 5 Miler and the summer series. He is enthused about the running club people and would like to keep the races alive. We, of course, appreciate all that Gary has done for the running community and hope that he will be a part of it for many years to come.

Mother Nature can be a tricky old gal if she is given a little time and the time it takes most of us to run a marathon gives her lots of time. Jim Grace was on the receiving end of her fickleness at the Rocket City Marathon on December 12th in Huntsville. With sunshine, no wind, and 38 degrees at the start, Jim chose shorts and singlet. Sixteen miles later he turned into a 15 mile per hour wind and the temperature had dropped to 35 degrees. He finished just seconds off his PR. His hands and face were numb and he was disoriented. He finally stumbled to the medical tent where he was diagnosed as hypothermic. After a short hour of warming up, he was fine. In addition to the adverse weather, Jim had raced the Ottawa 10 Miler the week before and set a PR on a long course. That is not the way to taper for a marathon! While missing a marathon PR, Jim did qualify for Boston and is giving serious consideration to making that run again.

Nancy Ruda got a lump of coal in her stocking, but I think she must have been a very good girl. This lump of coal had been highly compressed, polished, and set in a gold band. I'm not sure who was running after who, but I'm glad that Ron and Nancy caught each other. They give new meaning to the "seven year itch." Now, when in '93 can we work them into the racing schedule? Congratulations!!

Phil Angelo had great success in directing the first annual Jingle Bell 5K in Kankakee. One hundred thirty-nine runners and walkers turned out for the race which benefited the Arthritis Foundation. The winning times were a bit slow, but a good time was had by all as numerous awards and prizes were handed out. While running normally gets all the respect of a Rodney Dangerfield, it was a whole different world with The Daily Journal as one of the sponsors and the Managing Editor as the Race Director. The news coverage, including pre-race publicity, was excellent with numerous pictures and stories. Running moved to the front section! Now if we can just get that race off the first Sunday in December so it doesn't go up against Ottawa... (Phil, are you there?)

Ottawa 10 Miler. They turned out the usual 300+ runners, but the course was long this year. Yes, folks, just when you think they have it all together, up pops the Devil. They did a little changing of the start-finish this year and gained about 800 feet. There was Pat Koerner cruising through the 9 mile mark on a PR pace and the 10th mile kept on going and going... Rats! Pat, Lance Bovard, Nancy Ruda, and Carol Pratt Bauer brought home the gold while Jim Grace got a long course PR. Charlie Grotevant, Larry Lane, and Ron Piwowar enjoyed the company.

Memphis Marathon '92 was a good time. I hesitate to try to describe what Anna Goodberlet so artfully documented with her videocam or what Tom has so thoughtfully articulated elsewhere in this newsletter. Although we could have squeezed all seven of us into the Dan van, Tom said there was no way he was going to spend 8 minutes let alone 8 hours in a vehicle with Shoup. The Linns and Anna rode with me for the first couple hours and then Tom made John and Rich Olmstead ride with me for the rest of the way. I don't think there was a problem

with John those first couple hours, but we were following Tom. Anna would call him on my car phone to say something about the way he was driving. It is one thing to have your wife backseat driving, but it is really aggravating to have her directing you from the backseat of the car behind you.

We stopped for gas at a Shell Station near Cairo which was the sleaziest thing I have seen in some time. The wash room doors wouldn't quite close and the door handles were falling off. The cashier had died, but no one told her. Her make-up had been put on with a spatula and was in stark contrast to her jet black wig. They had enough caps to outfit an army of good old boys and a rather prominently displayed selection of condoms on sticks, each with a little saying attached. Linda and Anna proceeded to embarrass all of us by reading them aloud and then voting on which one was best ("Cover me, I'm going in.") I think I know why the DQ next door was boarded up!

John and I had done Memphis in '89, but I'm sure that there weren't as many hills. I think it was an earthquake a couple years ago that accounted for at least half of them. Anyway, we drove the course on Saturday and John and I had to listen to a lot of whining. Real men don't whine! We also had breakfast at the Peabody (John saw Elvis!), took the Platinum Tour of Graceland, and watched the night Christmas parade from our 11th floor windows.

We awaited the dawn of race day with considerable trepidation. There were reports of snow, sleet, and freezing rain north and west of us. It was with some relief, then, that we started under an overcast, 32 degrees, 99.9% humidity, and a light breeze which, surprisingly, we found very comfortable. Bill, Rich, and I started together, but Rich backed off the pace (7:30) at the half marathon mark. Bill and I finished hand-in-hand (Linda has been suspicious for some time), marking the first time I had run an entire marathon with somebody. Another first was running the second half faster than the first. Rich and Tom were successful - they finished their first marathon. John ran his worst marathon. Buy him a beer and he will run through his list of excuses - in less time than it took him to run the marathon, hopefully! It was probably the

visit to the Kroger on Saturday. Ask him!

KRRC NEWSLETTER

EDITORS - DAN GOULD 937-5500
BILL LINN 935-0815

STAFF - LINDA LINN
DAVE BOHLKE

Julie Anderson did the Honolulu Marathon in something like 3:07, but she hasn't reported in. She is on an extended visit to Hawaii which someday she hopes to call home.

Jeff Lonergan is on one of his many vacations and did not tell us if there will be a Lonergan Pre-Winterfest 5K at Small Memorial on January 17th at 9:00 A.M. Maybe he is doing it by invitation. If interested, call 933-1695. If not, there is the Park Forest Midwinter 10K and Competitive 2K Walk. Speaking of Winterfest, your registration form should be arriving any day.

I suspect many dedicated runner received cans of Beano for Christmas. As you know, the fermentation in the intestines of the complex sugars found in runners high carbohydrate diets produces considerable flatulence. Now, from the same company that gave you Beano, comes CurTail Drops. Yes, folks, now you don't have to shudder every time Fido lifts his tail. For a free sample, call 800-257-8650.

Well, I could go on and on, but Linda and I have to sit down at her computer and see if we can figure out how to do columns since Dave is in Florida. Last year Linda and I spent two days in her bedroom doing columns. Bill was there, but all he did was watch.

I hope it was a good year for you and that '93 will be even better. You have the desire to excel and to win. As Mike Singletary retired, Dan Hampton summed it up: "Like many others, Mike had the desire to win. What made him special was that he had the will to prepare." I hope that you have the will to prepare, not only for athletic achievement, but to win in the game of life. HAPPY NEW YEAR!!

WELCOME NEW MEMBER
AUGIE HIRT

SINS OF MEMPHISTO
by
TOM GOODBERLET

The clock read 3 hours, 58 minutes. The goal set in August was accomplished. All of the long runs, training, eating better, drinking less, and my whole life being focused on one even, was now over. How did I feel? Elation? Depression? No, just a lot of pain. I was thrilled at finishing under my time goal, but I was disappointed knowing that I could have done better. There was no wall, just extreme sharp pains in my knees. So, after 18 miles, I thought about pulling a "Lonergan" by catching a fast trip back to the hotel. Unfortunately, our support crew was up front supporting those that really didn't need support.

Then again, if the course had been flat terrain and if Dan and John had not flat out, stonefaced lied about the hills, maybe I could hobble for more than the 4 measly miles per week to which I have been reduced. Again, I listened to John (RULE #1 for KRRC marathons, DON'T LISTEN TO JOHN!). Of course, John isn't entirely to blame. We should have gone back to the Paper Race Archives, pulled out the December, 1989 issue, and read up on the ski slopes that this course dishes out.

But, I truly believed that if our Honorable, law abiding, don't go over the 65 limit even though everyone else is going 75 Judge says the course is flat, it should have been flat. This course is not flat. And Dan, I called down to Memphis when we got home and they did not change the course, even if you are convinced they did.

The weekend was fun and enjoyable, but when seven people ride together for 8 hours in 2 vans, then some of those seven drink too many electrolyte replacement drinks, sometimes people get a little testy and grouchy. No one will ever remember, right? WRONG! Thanks to Anna, this weekend will live forever. To try and take her mind off becoming a widow with three kids (which she was convinced would happen, after all, this was Tom's first marathon), she needed something to do, so a video was produced and, for those who haven't seen this (it is for rent), this will be nominated for an Oscar for best live action film by a nervous wife.

She walked around most of the weekend with the camcorder attached to her head and captured all of the emotions of race weekend, from the fear in my eyes after driving the course to the O-Man's good mood, Dan and John trying to be good hosts and Bill and Linda being the perfect couple. Plus a big bonus, a live sighting of the King.

Linda and Anna were able to drive beside us on most of the course while trying to stay warm and dry on this beautiful day (30 degrees and drizzle). Their happy faces and cheers of support had us coasting along until somebody put an interstate in the way by the half marathon point. They did manage to catch up to everyone but yours truly. That's OK. I prefer to die alone anyway. At the finish, out of the warmth of the Dan van, they showed what a great support crew they were by catching on film, without shaking, Dan and Bill running a perfectly paced marathon, finishing hand-in-hand in 3:15. Rich was pleased and showed great form in running his first marathon in 3:29. John? John and Elvis have something in common. They both died in Memphis.

Besides the hills, the race was super with plenty of water stops, police protection, course marshals, the best post-race feed I've ever been to plus a long-sleeved 4 color t-shirt. The only bad thing after the race, beside the pain, was that the hotel ran out of hot water. Also, the 8 hour ride back was just a little too long.

The question is: Will you do another marathon? That answer is yes. I enjoyed the training, the long runs, and the people we trained and ran with, BUT, I assure everyone in this club - and mostly Dan - I will never run Memphis again.

THE STARTING LINE

JAN. 15 - 6:30PM - KRRC MEETING

JAN. 17 - 9:00AM - MIDWINTER 10K FROLIC & 2K COMPETITIVE WALK, Forest Trail Jr. H.S., Park Forest (Lakewood & Wilson St.). Pancake breakfast & awards to all. \$10/12 after 1/12/93.

JAN. 17 - 9:00AM - LONERGAN PRE-WINTERFEST 5K FUN RUN. A low key event for club members, so low key we

don't know if Jeff is going to do it this year. Call Jeff if interested. 933-1695.

JAN. 30 - 6:30 - PSRR ANNUAL BANQUET, St. Jude Church, New Lenox, pasta cook-off, \$3 person, covered dish.

FEB. 7 - 1:00PM - 9th ANNUAL WINTERFEST 5K RUN and FITNESS WALK, Small Memorial Park, \$11/14 after 2/1, long ts, awards 2-4 deep. CALL Bill Linn 935-0815.

SUNDAY AT THE PARK - KRRC Members of all abilities meet at the Kankakee River State Park at 9:00AM to run and socialize on off-race Sundays. JOIN US!

THE FINISH LINE

DEC. 6 - THE OTTAWA 10 MILER, 304 finishers, temp 25, wind 5-10.

LANCE BOVARD 54:51 1st AG
PAT KOERNER 55:22 2nd AG
JIM GRACE 1:04:44 PR
CHARLIE GROTEVANT 1:08:51
CAROL PRATT BAUER 1:10:27 4 AG
RON PIWOWAR 1:19:15
NANCY RUDA 1:19:18 4AG
LARRY LANE was there!

DEC. 6 - MEMPHIS MARATHON, temp 32, overcast, 500 finishers

BILL LINN 3:15:07
DAN GOULD 3:15:07
RICH OLMSTEAD 3:29:31
JOHN SHOUP 3:43:27
TOM GOODBERLET 3:58:00

DEC. 6 - JINGLE BELL 5K, Kankakee, 68 finishers

MIKE HICKEY 18:48 1AG
PHIL NEWBERRY 18:56 1AG
GRAIG HICKEY 19:43 2AG
SCOTT KELSON 21:11 4AG
SCOTT STEPHENS 21:45 3AG
BRIAN NOFFKE 21:57
HENRY SHELLY 22:09
DEE OSENGLEWSKI 22:40 1AG
NANCY THOMPSON 23:15 1AG
MIKE MOREL 23:18 5AG

FINISH LINE cont.

PAT BALDWIN 24:36
DALE HUIZENGA 24:37 4AG
GEORGANNE HICKEY 26:46
LEON MALONE 28:33
ELIZABETH HUIZENGA 29:00
AMANDA URIBE 29:09
DIANNE STRUFE 37:41
SHIRLEY MALONE 37:44

DEC. 12 - ROCKET CITY MARATHON

JIM GRACE 3:13:34

DEC. 12 - HONOLULU MARATHON

JULIE ANDERSON 3:07:??

DEC. 12 - JINGLE BELL, PONTIAC

LEON MALONE 26:57 2ND AG
CHARLIE GROTEVANT 19:// 1ST AG
MIKE HICKEY 18:18 2ND AG
GRAIG HICKEY 20:02

BIRTHDAYS

JULIE ANDERSON 1/19/56 37
DANIEL GERBER 1/05/59 34
JOYCE GROTEVANT 1/28/42 51
DAVE HINDERLITER 1/09/54 39
AARON HUIZENGA 1/31/74 19
DAVID LAMONTAGNE 1/15/62 31
BRETT LINN 1/26/82 11
PAULA MONK 1/29/?? ??
JOHN SHOUP 1/23/50 43
DIANNE STRUFE 1/29/40 53
LIBBY WASSER 1/30/52 41





KANKAKEE RIVER RUNNING CLUB

Membership Renewal 1993

_____ SINGLE \$12.00 _____ FAMILY \$17.00

Please List Birthdates of All Members

NAME _____ DATE OF BIRTH _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

OTHER FAMILY RUNNERS AND BIRTHDATES _____

Make Checks Payable To: KANKAKEE RIVER RUNNING CLUB

Mail To: KRRC, 212 Julie Drive, Kankakee, IL 60901

