



# Kankakee RIVER RUNNING CLUB

## *The Paper Race*

KRRC Newsletter, P.O. Box 339, Bourbonnais, IL 60914

APRIL 1993

ISSUE 62

### MEMBER PROFILE RETURNS

We will again be profiling a member or members of our club beginning with the May issue. Dianne Smith, a member since 1982, has volunteered to write the column. Dianne herself has been something of a stranger for the past 4-5 years, but school is almost completed and she is ready to give up the hermit's life and be a regular part of our life once again. Please don't be shy if she calls. A great part of the joy of this running life is sharing.

### ON DAN'S RUN by Dan Gould

The joy of word processing! I had written a great newsletter for you this month on our new computer at the office. Then, with the assistance of someone from Data Processing who is trying to make me computer literate, we deleted the whole thing. Well, you'll just have to imagine how great it was.

February 19th. Buns III. United Flight 856 was being held at the gate while mechanics checked a valve on the number three engine. There were some passengers whose buns were clenched, but I was just happy mine were in seat 10E and not in the waiting area where those who had hoped to fly stand-by to Florida on this late

Friday afternoon were parked.

I had made small talk with the lady on my left (Martha) as I perused a catalog supplied by United. Examining a page of exercise videos, I couldn't help but exclaim when my eyes fell on the ad for the Buns of Steel Collection - \$54.95. You will remember that last month I found them for \$29.95 in the coupon section of the Chicago Tribune. They came just in time for Valentine's Day. My thoughtfulness left my wife speechless. Actually, my wife has never been speechless. I just can't repeat some of the words she used when she opened the package in a family oriented newsletter.

Anyway, I had to explain to Martha about the Buns of Steel Collection and Janet Brown's fascination therewith. Martha was amused and assured me that it would be the topic of conversation in Barrington when she got home. Janet, your fame is spreading.

Butt, there is more! LavaBuns. Yes, folks, just a few pages later I found LavaBuns, "The Best Seat In the House." Put it in the microwave for 5 minutes and it will keep you warm for over four hours - where it counts! Available in eight popular colors for only \$29.95, you can customize it with the name of your company, school, or favorite sports team.

Then again, you could save \$29.95 and just turn yourself over somebody's knee when your south end is feeling chilly.

Running? Of course this is about running. It is part of my semi-annual running off to Florida to "check on Dad." It is also part of my quest to shorten winter and maintain some degree of sanity. Raising the degrees on the thermometer coupled with sunshine does wonders!

Dad and I arose at 6 AM on my first Sunday to drive to the Sarasota Square Mall for the Cherry Tree Classic 10K which benefited the Special Olympics. There was a division for the wheelies and in-line skaters. It was my first look at competitive in-line skates and some of those guys really fly.

The race was staged from a 5-screen movie theater. Registration, refreshments, and awards were all set up under the huge marquee and the theater lobby was open for restroom access. They even whipped up some popcorn to go with the fruit, OJ, and bagels.

The course was basically out-and-back and not particularly scenic, although it was a beautiful morning with sunshine, a light breeze, and a temperature about 60. I believe there were over 200 runners, but I couldn't find

anything about it in the Sarasota paper. Since my return I have learned from Mike and Georganne that Ma and Pa Hickey (Port Charlotte) sent them a clipping on the race. I couldn't stay for the awards ceremony (noon tee time), but I did have a chance to meet and talk with Peter Quilty, one of the publishers of Florida Runner. Florida runners and triathletes are fortunate to have this fine publication. If Illinois Runner had had near the quality, it might still be around. Florida Runner has a circulation of about 15,000 and has to compete with some freebie publications.

I found a new way to give a race director gray hair. I had preregistered for the race and my packet containing shirt, number, and goodies was waiting for me. I checked out the shirt and decided I would give it to dad, but needed to get an XL. I walked around the registration table where a volunteer was handing bagged shirts to race day registrants. Pulling the shirt partially out of the bag, I asked if I could exchange it. She answered affirmatively and, faster than a speeding bullet, grabbed my packet, handed me another, and passed mine to somebody at the table. I was taken off guard and could only stammer, "But my number was in there." There was no way to determine who in the mass of humanity had gotten my bag. I was assigned another number. Talk about feeling d-u-m-b!

This race like many in Florida use the 3x5 card at the finish line. You are handed a card numbered to show your overall place as you finish. You fill in your name and age group and return it to registration. It isn't fancy, but for race directors on a limited budget it can be a substantial saving.

I watched the February 27th Gasparilla Distance Classic 15K/5K from the comfort of a living room chair. The television coverage was excellent. While I thoroughly enjoyed running the race a couple years ago with Charlie Grotevant, I had no interest in doing it by myself. The Brazilians won this one. Valdenor Dos Santos ran 42:41 and Carmen DeOliveira ran 49:03. It was a cool and sunny day, but the wind slowed the pace. Dos Santos did run the second best time in the event's history and earned \$10,000. 6,800 runners entered the 15K and 6,500 were in the 5K. Scanning the results in the Tampa paper on Sunday, I noted that John Randolph of Manhattan had placed in the 55-59 age group in 59:48. John regularly picks up the gold in Joliet area races.

March 6th Dad and I drove up to Plant City for the 12th Annual Strawberry Classic 10K/5K. This is a highly competitive race on a fast course. There were about 600 in the 10K and 400 in the 5K which start at 8 AM and 9:15 AM respectively. Jeff Lonergan would run both of them! The 10K course is flat, shaded, and we were blessed with cool temperatures and a light breeze. The Kenyans ran 1-2 in this one and their times of 28:25 and 28:27 both broke the course record. Dos Santos, using this race as a training run for the Jacksonville River Run 15K, loafed in in 28:58 for third place.

Post-race, I enjoyed the refreshments - OJ, hot dogs, pop, strawberries (really great!), and other fruit. There was music, sunshine, and beautiful women. John, you really need to make the Florida racing circuit. There are lots of good looking women wearing halter tops with something in them! There was

#### 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
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also a "small world syndrome." I met John Randolph and his wife. We chatted briefly. I hope I can run as fast as he does when I'm that age! You really should run this one if you get the chance. I was disappointed in the t-shirt this year (my shirt from 1991 was great) and I will probably be abused for saying so.

Mark and Kathy Steffen had a going away party for Julie Anderson. Julie, who has been our top female runner, duathlete, triathlete, and only "Ironwoman," has moved to Hawaii. We will miss her! Fellow triathlete, Jim Grace, assisted Julie in the move by driving her car to California.

Jim, in preparation for his annual trip to Boston, participated in the Great Smokey Mountain Marathon in Townsend, TN. Jim was looking for some hills and he found them, too many of them! Well, it was a good training run while it lasted. Jim will have company at Boston next year. Charlie Grotevant successfully completed the Cowtown Marathon in Ft. Worth in 3:27:58 on February 27th.

I regret to report that the 3rd Annual Runners Go To The Cabery Firemen's Fish Fry was not blessed with the usual number of runners this year. A number of us had conflicts arise that kept us from the Koerner Koleslaw and Ma Koerner's Kookies. There is a

rumor that a number of runners are holding out for a no smoking section in the firehouse.

The cold weather apparently kept some people home as the attendance at our March 13th social was down from previous years. Social Director Linda Krause did her usual outstanding job of putting together a pleasant evening. Since St. Patrick's Day fell on Wednesday, some people had parties the weekend before and some had them the weekend after. Runners, being real party animals, probably had them both weekends. Gee, Matt and Lori Gubbins only invited me to one of theirs. In short, we lost some people to other events. Among those at our social was Jack Dorn who we see far too infrequently. When Jack was a regular at the races, all I saw was his dust! It was also a pleasure to get acquainted with a new member, Lisa Ballinger.

Linda Linn explained the Bradley-Bourbonnais H.S. 24 Hour Relay Challenge scheduled for May 15th and 16th. Up to 36 ten person teams take turns walking or running a mile at a time around the track for 24 hours. All team registration fees and contributions will be utilized to further goals, activities, and projects of student and youth related service and prevention programs. There are individual and team awards. After Linda's inspiring presentation (and just a bit of "sign up or I'll break your arm!"), the following members of your club volunteered for this insanity: Jeff Lonergan, Ron Piwowar, Nancy Ruda, Tom Goodberlet (Captain!), Mike Morel, Bill Linn, Dee Oz, Rich Olmstead, Henry Shelly, and Dan Gould (I did?). However, volunteers and, maybe, some alternates are needed. Please join the fun and volunteer to support

this good cause. Call Linda Linn for information - 935-0815 - now!

Speaking of social, Lance Bovard and Greg Rose joined us for a Sunday at the Park. We have kidded about Julie's pace on some of these "social" runs, but Lance and Greg ran the Davis Creek 10 mile loop in about 63 minutes! Cornstalk and Augie Hirt tried to hang on, but Augie ended up race walking. I was left to run alone. I think I like those guys better when they drink!

March 20th found club members racing in Danville and Morris. The Danville contingent was clearly the more retarded. They were running 6.6 or 8.8 miles in a race appropriately called the Mountain Goat. While I have only a sketchy report, I am told that Larry Lane, Charlie Grotevant, Lynn Troost, and Charles Kennedy survived. Charlie Grotevant was 10th in the 6.6, a race limited to masters and Clydesdales. I believe Charles Kennedy and Lynn placed in their age groups, but they have not reported in.

This was about the 13th Annual MALS Shamrock 10K, but somebody forgot their history. I have been running it since 1984 and the 1987 registration form billed it as the 8th Annual. Nevertheless, this year's registration form indicated it was once again the 8th Annual. The history of a quality race should not be forgotten. While Al Hanley is no longer fulltime with MALS, he continues to assist newcomer Theresa Thoms. The race always draws 200-300 participants with sharp long-ts, nice awards, and a unique course.

The weather, however, has never been one of it's drawing cards, but mid-March weather has a way of being contrary. If the Irish had any sense we would celebrate St.

Patrick's Day at a more agreeable time of the year! As weather goes, March 20th wasn't really all that bad. It was overcast, calm and about 34 degrees. The problem was the heavy, wet snow which had fallen the night before. The streets were wet with a little slush, but the towpath had an inch or so of snow. By the time a snowmobile, a car, and a number of runners had tread upon it, there was minimal traction. We were off and running at 8:30 A.M. Spring arrived at 8:41. By 9:15 it was snowing again.

Your running club fielded 8 hardy souls. John Brinkman, recovering from back problems, was there with Diane and baby for support. He isn't up to full speed yet, but was happy that he only experienced a little tightening in his back. Pat Koerner was there with Donna and baby Colin. He was not satisfied with his 5th overall finish (sounds good to me!). Don't go to this race looking for some easy gold. The competition in the male divisions is tough. Phil Newberry is running some great times these days, but his 39:07 wasn't good enough at this race. Scott Kelson used this race for speedwork! Henry Shelly gave it everything he had, but became overheated and had to stop to unzip his pants (honest, he told me!). Muriel Debold-Leyland and Carol Pratt Bauer might have had complaints about their times, but they were 1-2 overall. Janet Brown was 3rd in age group. I was happy with my time considering the footing on the towpath, but my record of finishing out of the gold at this race remains intact. I was just happy I didn't collide with Paul Tamayo as we turned onto the towpath. He would have bounced me into the canal!

Those attending the wedding of Jane Spaulding and Gale Lehnus were treated to a particularly beautiful love story. As part of the ceremony, a history of their romance was narrated. Other than talking with each other at Jane's place of employment, their first "date" occurred when Gale told Jane he was running in the 1991 YMCA 5K and suggested that she might like to watch. She did and apparently liked what she saw. Jane has, however, discounted the rumor that they are looking for a house near a school.

Daily Journal readers are only too well aware that Ken Stark has departed. For those of you who wish to stay in touch or simply drop Ken a "thanks for the memories" note, he and Chris can now be reached at Rt. 5, Hood Hollow Lane, Richland Center, WI. 53581. 608-538-3811. He leaves us just as he hits the big 5-0! Perhaps a birthday card is in order!

March in the midwest - bah! The weatherman reported 17 consecutive days of sub-normal temperatures. The sun has been seldom seen. April brings Only Fools Run, River to River, the Drake Relays, and more! Don't forget to share your adventures on the run with us!

**YOUTH IS NOT A TIME,  
BUT A STATE OF MIND.**

## **COWTOWN MARATHON REVISITED**

**with Charlie & Joyce  
Grotevant**

Because of the good time and excellent hospitality Joyce and I had enjoyed 3 years ago, we returned to Fort Worth, Texas, for the 15th Cowtown Marathon. It was a snowy and blowy Thursday, Feb. 25th, when we left for the Feb. 27th marathon. The airplanes

got us there as scheduled.

Race headquarters was the Radisson Plaza Hotel in downtown Fort Worth. As we were checking in that evening, 18 members of the Omaha (Nebraska) Running Club were also arriving. We learned this has become an annual pilgrimage for some of the 17 men and 1 woman who drove in that day. They wore customized T-shirts for the occasion which proclaimed them to be the "Big Dog Division" of the Omaha club. "If you can't run with the Big Dogs, stay on the porch."

Friday was a pleasant, sunny day in the upper 40's. We felt we were in heaven compared to the Illinois "yuk" we had left. The Friday evening symposium and spaghetti supper at the Radisson was highlighted by short talks by Francie LaRue Smith, Bill Rodgers, and John Treacy followed by a question and answer session. All were to run the 10K the following morning (wimps!). Francie related the highlight of her life was carrying the American flag at the opening ceremonies of the 1992 Olympics. John Treacy, playing upon his Irish tradition, announced the primary requirement for his appearance at any race was the presence of a beer company sponsor (Miller at Cowtown). Bill Rodgers contemplated the what-ifs of his life if he hadn't squandered the prime of his racing career to training table overindulgence in chocolate chip cookies and beer.

Saturday morning brought a mostly cloudy, 32 degree day for our 8:30 A.M. start. It would be 50 degrees by noon. 5-10 mph winds gave us a tail wind out and a head wind back. Approximately 1000 entrants started the marathon with 831 finishers. The 10K started at 9 A.M. with over 11,000

runners. The historic Ft. Worth stockyards area was an appropriate start and finish point for this zoo of people.

The herd of runners surged forward as the starting gun sounded, spooking one of the horses ridden by the dozen or so "honorary posse" riders on the street ahead of us. The horse reared and jumped several times, throwing off it's rider, as the runners veered out of the way. Luckily no one was injured and the rider was able to grab the reins and calm the horse as I passed them. The race course was mostly through neighborhoods (some exquisite) and parks. The runner "groupies," such as Joyce, had many opportunities to cheer on their favorite runner. The 12 fluid replacement stations were staffed with enough volunteers to support a marathon with several thousand runners. 8 of the stations had medical personnel present. The 1993 Cowtown Marathon course was re-designed to make it a flatter and faster (6 hills were eliminated) course in the hope it would attract more marathoners. It didn't! The organizers are now seriously considering dropping the marathon next year and only having the 10K.

I last saw Joyce at the 14 mile aid station. The marathon was becoming a real struggle for me by 17 miles. By 22 miles my legs were dead and were cramping at times. The fun had ended, but I continued. At 26 miles, I turned onto Exchange St. for the 3 block downhill to the finish line. Other runners were sprinting by me as my spastic legs were behaving like dead sticks. I focused every ounce of remaining energy on the finish line. Joyce remarked after the race that she had stepped onto Exchange St. in front of me and took my picture. No one else was

on the street because the sprinters had already passed me, but I did not see her. I was brain dead, once again. 3:27:58. 169th of the 831 finishers. 8th of 56 in my age group. I requalified for Boston (1994, that is). I forced down more fluids and some of the ample food in the Mule Barn before Joyce herded me back to the Radisson.

As we walked across the Radisson lobby to the elevators, Francie LaRue Smith was standing at the bellman's stand. I remarked that she looked much fresher than I felt. She smiled and said the 10K was a nice speed tempo workout for her as she was starting marathon training for San Francisco. She elaborated that she was passed at 2.5 miles by a young lady she did not recognize. It stimulated her adrenaline and she was able to regain the lead after 5 miles. Because of the competition from this college runner she was able to better her own course record.

This 40 year old lady had run a 10K in 34:19 three hours earlier and she looked fresh as a daisy and pretty as a picture while talking to us. In contrast, I was walking as if I were wearing diapers containing a full load. Additionally, I had lost my ability to walk up and down stairs and had destroyed enough brain cells to lower my I.Q. by 6 points. The rewards of marathon running are numerous.

I partially recovered by the time we returned to the Stockyards Colliseum for the 4 P.M. awards ceremony. Once we entered the floor of the Colliseum in search of refreshments, I was greeted by the Miller Brewing Co. "Bimbo Squad." These young ladies were the healthiest humans I have ever observed. They looked much

healthier than any of the women runners as they dispensed cans of beer from the 2 horse water tanks. Pictures with the "Bimbos" and autographs were available. It was fortunate for me that their attire left little to my imagination because, as I previously related, my I.Q. had received a setback earlier that day causing me to have less imagination among other things.

This was truly a heavenly experience. My guardian angel, Joyce, was at my side, I was sipping a beer served by the "Bimbo Squad," and a prayer of thanks to God for another day of life in the greatest country in the world was on my lips. I hope your running adventures are as joyous as ours.

(EDITOR'S NOTE: Charlie, 51, and Joyce have been sharing this running life with us for over 10 years. Few people find more joy in life and running than they do. When not on the run, the Grotevants farm near Buckingham).

### IN THE NEWS

-Wheaton attorney Ken Popejoy set a world and U.S. record in the 800 meter masters at 1:55:41 as well as a U.S. mark in the 3,000 meters at 8:43.9 in January.

-Eamonn Coghlan shaved 4.5 seconds off the masters mile record during an exhibition run at the University of Florida with a 4:08.49 in January. In February (location unknown), he ran 4:01.4 for another master's record. Coghlan set the world record in the mile in 1983 at 3:49.78.

### THE STARTING LINE

**SUNDAY AT THE PARK** - KRRC Members of all abilities meet at the Kankakee River State Park at 9:00 A.M. from October

through April and 8:00 A.M. from May through September to run and socialize on off-race Sundays. Your popularity is assured if you bring a treat from Donutland (or bake your own) for the post-run tailgate party. JOIN US!

SAT., APR 3, 11:59 P.M. - **ONLY FOOLS RUN AT MIDNIGHT**, Sports & Spirit Lounge, 3rd & Lacey, Carbon Hill, \$12/15, Ts, 2-4 deep in 5 yr AG plus top 3OA. 815-942-1955

SAT., APR 3, 10:00 A.M. - **FOOLS RUN VII (4 Miles)**, Shubert Woods Entrance, Cromwell & Chestnut, Park Forest, weird divisions, costumes encouraged, no AG, refreshments, cash awards, for info call 708-481-4521

SUN., APR 4, 9:00 A.M. - **RACE THAT'S GOOD FOR LIFE 5K**, Oak Park 708-771-3953

SAT., APR 17 - 9:30 A.M. - **JUST A LITTLE RUN 4M**, Eisenhower Fitness Center, 2550 178th St., Lansing, \$13/15, Russell sweatshorts, top 3 OA, 3 deep in 5 yr AG, 708-474-8552

SUN., APR 18, 7:30 A.M. - **QUAD CITIES DISTANCE CLASSIC (Half Marathon & 5K)**, Carver Hall, Augustana College, \$17/20, 5yr AG, long ts, some hills, bi-state, relay team option for half.

SUN., APR 18, 1:00 P.M. - **JAZZ ON THE RUN 5K**, Valparaiso 219-465-4629

MON., APR 19, NOON - **BOSTON MARATHON!**

SAT., APR 24, 9:00 A.M. - **STARVED ROCK RUNNERS 3-MILE RUN**, Deer Park Elementary School, 5yr AG, \$12 for race and membership

SUN., APR 25, LAKE COUNTY RACES 10K/HALF/MARATHON 708-317-1060

SAT., MAY 1, 9:00 A.M. -  
**LAKE RUN 7.5 MILES / 4.37  
 MILES/ 3 MILE WALK**, Lake  
 Bloomington, \$12/15 after Apr 23,  
 Ts, 5yr AG, refreshments, door  
 prizes, 309-454-2863. **BANDITS  
 WILL BE PUBLICLY  
 FLOGGED!!**

SUN., MAY 2, **EARL'S CAFE**  
**5K**, Joliet's west side, fast, flat,  
 party!

SAT., MAY 8, 8:00 A.M. -  
**LAKE GENEVA MARATHON/  
 25K/5K WALK & RUN**,  
 sweatshirts, pre-race pasta dinner,  
 masters divisions awards,  
 refreshments. 414-248-4323.

### 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.

Feb. 21, Cherry Tree Classic  
 10K, Sarasota  
 Dan Gould 40:40

Feb. 28, Cowtown Marathon, Ft.  
 Worth

Charlie Grotevant 3:27:58

Mar. 6, Strawberry Festival  
 10K, Plant City, FL

Dan Gould 39:45

Mar. 13, Easter Seal 5K, Ottawa

Pat Koerner 17:32 3 AG, 4 OA

Carol Pratt Bauer 1 AG

Mar. 20, Mt. Goat 6.6 & 8.8,  
 Danville

Larry Lane 57:48 (8.8)

Charlie Grotevant 46:?? (6.6) 10 OA

Lynn Troost & Charles Kennedy - times  
 not reported

Mar. 20 - MALS Shamrock  
 10K, Morris

Pat Koerner 35:22 5 OA, 2 AG

Phil Newberry 39:07

Dan Gould 40:19

John Brinkman 41:45

Muriel Leyland-Debold 42:34 1 OA

Carol Pratt Bauer 43:08 2 OA

Scott Kelson 48:??

Henry Shelly 48:44  
 Janet Brown 49:23 3 AG

### BIRTHDAYS IN APRIL!

Scott Andrews	4/04/59	34
Tom Baldwin	4/07/20	73
David Bohlke	4/20/46	47
Lindsey Brinkman	4/07/86	7
Brianne Brinkman	4/12/88	5
<b>Anna Goodberlet</b>	<b>4/17/58</b>	<b>35</b>
Kyle Goodberlet	4/04/82	11
Georganne Hickey	4/09/52	41
<b>Charles Kennedy</b>	<b>4/12/38</b>	<b>55</b>
Mary Kilbride	4/14/71	22
<b>R.D. King</b>	<b>4/09/48</b>	<b>45</b>
Rich Muniz	4/07/52	41
Dee Osenglewski	4/02/56	37
Ron Piwowar	4/18/47	46
James Ruberg	4/10/51	42
<b>Jaymie Simmon</b>	<b>4/07/48</b>	<b>45</b>
Jessica Simmon	4/03/75	18
<b>Ken Stark</b>	<b>4/02/43</b>	<b>50</b>
Sally Sullivan	4/07/56	37
Megan Widhalm	4/17/84	9
<b>Steve Zorns</b>	<b>4/16/48</b>	<b>45</b>

**WELCOME BACK TO  
 MEMBERSHIP: Randy Riegel!  
 SEE YOU NEXT MONTH !**