



Kankakee RIVER RUNNING CLUB

The Paper Race

MAY 1993 KRRC Newsletter, P.O. Box 339, Bourbonnais, IL. 60914 ISSUE 63

NATIONAL RUNNING & FITNESS WEEK

May 9th-15th is National Running and Fitness Week. St. Mary's Hospital has graciously offered us a booth at Northfield Mall on May 15th to promote running. We will distribute membership forms and circuit lists. Governor's 10,000 scrapbooks will be displayed for viewing. Race directors are invited to bring registration forms. Members are needed to staff the booth. Please volunteer to donate a couple hours for the good of the cause. Call Janet Shelly at 933-9255 to schedule times.

HELP THE BIRD FLY!

KRRC has agreed to manage the Birdman Duathlon on May 23rd. We are responsible for the finish line, course layout, race day registration, split callers, and clean-up. You can enter one of the events and also give something back to your sport. Be there to work and play - Bird Park, Sunday, May 23rd! Registration 6:30-7:30 A.M. Race starts 8:00 A.M. Contact Mark or Steffen at 939-9873.

DEATH NOTICE

Linda Linn's computer hard drive died. While she saved the

membership list, there may have been some information lost and a couple of members may not have received last month's newsletter. If you are not reading this, you either died with the hard drive, didn't pay your dues, or Linda just doesn't like you anymore. If you think there is a problem with your membership information, call Linda at 935-0815.

RUNNERS NEEDED

As we told you last month, KRRC is fielding a 10 person team for the 24 hour relay run at BBCHS on May 15th. One of those runners has been placed on the disabled list and another is seeking a replacement for personal reasons. If you would like to participate as a part of this team or volunteer to work, call Linda at 935-0815.

ON DAN'S RUN by Dan Gould

"Thank you for putting your clothes on," Lisa said to me. The insults and indignities of advancing age. Twenty years ago she might have said, "Don't put your clothes on yet." Now, seeing me dressed only in shorts, gave her a chill, not a shiver of anticipation. Of course, Lisa didn't know me twenty years ago and, standing in a parking lot at the Kankakee

River State Park on a sunny Sunday morning with Bill Johnson and Pat Koerner and hundreds of people walking by, there wasn't much to anticipate. We had just finished a long run, the temperature was in the low 40's, and I had stripped to the shorts to cool down. Then the new kid on the block zings me! Last month I said it was a pleasure to meet her. So much for first impressions!

I am happy to report that all the fools who ran the Only Fools Run at Midnight apparently survived. I gather there were only 400-500 this year. Since MALS didn't put out a complete results list and we didn't have a staff member gathering information, results are sketchy. Carol Pratt Bauer, Pat Koerner, and Rich Olmstead did bring home the gold!

Elsewhere in this newsletter you will find a story recounting the adventures of the Buckingham Beefeaters. In the course of that trip I learned of a new Rx for arthritis which you might wish to keep in mind. According to Leon and Shirley Malone, you soak a pound of golden raisins in two cups of gin. I'm a little hazy on the daily dosage, but I suppose you could "take as needed." Better yet, ask Leon or Shirley.

Matt Gubbins and Dave Hinderliter (our Watseka connections) joined forces in Urbana for the Twin-Cities

Twosome 10K Relay on April 3rd. Each person runs a 5K. The commute will be a little longer next year as Matt and Lori are moving back to Kankakee County.

Lisa Shelly had better be running her miles. Lisa, currently an 8th grader at Maternity, has been chosen as a cheerleader on the jnnior-varsity squad next fall at Bishop McNamara. Congratulations Lisa!

The 84th Annual Drake Relays were held in DesMoines on April 23-24. Harry Simmon, Bill Linn, Ken Klipp, Kent Mast, Mike Walker and I attended this year. Jack Dalton, after driving to Kankakee from Ohio, decided that his ailing back would not withstand an additional 6 hour drive and 2 days of sitting in the stadium. Jack will have major back surgery in May and the doctor has told him his running days are history. We wish him well!

This trip was rated NC-17 and I must edit carefully. I am happy to report that we didn't have to post bail for anyone this year even though certain members of the group spent more time in Peggy's than the stadium. Peggy's (since 1935), a couple blocks from the stadium, is almost as much an institution as the relays. Peggy's prints their own tee and sweatshirts for the event and comes up with an annual slogan ("Let's Give Them Something to Talk About"). Harry's goal in life is to be on staff at Peggy's. Harry is not into health food. As we stopped at a food mart so Harry could get some rice krispie covered marshmallow treats, Harry recalled how much Jaymie got into healthy eating when she worked for Riverside.

"The kids and I had to sneak out once in awhile to get some real food," he said. Translation: Something with fat, salt, and sugar.

If you're going to Drake, go with Ken Klipp. He has gone 21 out of the last 23 years and can tell you anything you ever wanted to know about what's going on on the field. As an EIU student in 1970, Ken participated in the relays and ran his fastest mile (4:24). He remembers walking out of the tunnel the first time and almost being run over by Jim Ryun.

We could have been participants in an 8K or the 25th and final Drake Relays Marathon on Saturday. The marathon is being dropped due to declining numbers and will be replaced next year by a half-marathon. Due to the logistics of getting back to our motel for a shower, race participation wasn't very practical. We did enjoy training runs on a scenic asphalt path just a tenth of a mile from our motel.

We solved a number of the world's problems during the drive and discussed formation of a support group for the only unrepresented minority. It would go forth under the acronym WHAME. For details, consult one of the founding members. And that is about all I can tell you!

Pat Baldwin reports that Doc and Dorothy Baldwin are doing fine. Pat was in Florida to visit them the end of March. While he couldn't get dad to run a race with him, Doc did put aside his knitting long enough to cheer Pat on.

I ran the Over 30 Mile on April 27th at Bishop McNamara. I finished second....and last!

Let's get a few more of us old folks out there!

Hope to see you at the 24 Hour Relay...Birdman...Northfield Mall...New Lenox...Earl's. Join the fun on the run and share it with us!

IN THE MAILBAG

Dear Editor:

Just completed reading my copy of the April newsletter. Some day I am going to regret not having saved all of these. But since my basement is full of *Cycle*, *Cycle World*, *Trains*, *Readers Digests* and other various assorted magazines my wife certainly doesn't regret it. And she carries more weight around here than I do, no pun intended.

This issue compels me to write my first ever letter to the editor. In *ON DAN'S RUN* the writer refers to John Randolph of Manhattan and his racing success in the 55-59 age group. The writer notes John's time of 59:48 in the 15K and later comments how good he looks. He also expresses his hope that at John's age the writer wishes to run as fast. Since the writer is about 45 and doesn't run that fast now, what wonderful training technique is he planning to switch to?

If his fellow editors could get the Judge to explain and reveal his secret all of us humble ground pounders would truly be in your debt.

49 & Slowing,
Dale Huizenga

ANOTHER ONE BITES THE DUST by Nancy Ruda & Ron Piwowar

There's good news, and there's bad news.

For those of you who don't like travelling *all* the way to Watseka for a race that starts at 7:30 AM on a holiday, there's good news. You can save gas and sleep in this July 4th.

But, for those of you who liked a double-loop course that went through a community park and the streets of a quiet town; for those of you who liked homemade apple pie and chocolate chip cookies after a race; for those of you who liked a 10-foot tall Uncle Sam, there's bad news. You need to find another race to run this July 4th.

That's because our circuit's "Firecracker 4" has been defused. It's lost its spark and gone the way of the "Run for the Law." There will not be a "Firecracker 4" on 7/4/94 in Watseka.

Blame it on our economy, corporate strategy, downsizing, rightsizing, Russia, whatever...our "Firecracker 4" sponsor has chosen to spend this chunk of their promotion dollars on other community activities. Whether or not we, as the race directors, agree with this decision is irrelevant. We're sorry to lose what we felt was a quality race for our club circuit. Unfortunately, there aren't any other potential sponsors in Watseka we feel we can tap for support.

So at this time, we would like to thank *everyone* who has helped us in any way to make the "Firecracker 4" a success and fun time over the past four years. To

those of you who conceived the race and laid the course, thank you. To those of you who designed the T-shirt, ordered trophies, worked registration, the finish line and refreshments, thank you. We truly appreciate all of your efforts. Thanks for the red-white-and-blue memories. July 4th just won't be the same for us without the "Firecracker."

KRRC MEMBER SPOTLIGHT by Dianne Smith

I think it is only right to parallel the birth of this new monthly column with the birth of our newest running club member: Nadine Kira Morse. She made her appearance on April 21, 1993, at 5:07AM weighing 5 lbs., 10oz. She is the daughter of Dan and Terry Morse of Bourbonnais. Unlike the other running club members, Nadine couldn't get into eating, so she had to go back to the hospital for a few days for IV feeding. Dan reports that she is doing fine and is scheduled to be released from Riverside April 27th.

Dan and Terry Morse live in Bourbonnais and have been in our club for the past few years. You may have seen Dan running beside Henry Shelly during some of our past races. If not, Henry and Dan occasionally run out near the Bourbonnais Sportsmans Club. Needless to say, you wouldn't see me running with them. Both have legs that are twice as long as mine!

I talked with Dan only a few minutes because he has been literally "on the run" since the birth of Nadine. The extra trips to the hospital and chasing after their two year old foster child,

Heather, have kept Dan and Terry in tip-top-parenthood shape. In fact, our conversation was cut short as Dan ran to rescue one of the house plants from his curious two year old.

Dan ran track and cross country in high school and has run off and on since then. He stated that he joined the running club for the camaraderie and, although he hasn't raced much in the past year, he hopes to get back into it this summer. Besides running, Dan lifts weights and used the NordicTrack.

On behalf of KRRC, I would like to congratulate Dan and Terry on their newest family addition! And remember, as you begin the "race" of parenthood, the "faster pace" only lasts 18-21 years!

Steve Hanks was the second member with whom I had the pleasure of talking. Steve, 45, has been a member of the club since 1991. He and his wife, Donna, have four children: Darcy, 12, Ryan, 16, Tracy, 23, and Jeff, 21. participation and support of his kids sports' activities along with his own exercise schedule keeps Steve constantly on the go. Furthermore, when he's not on some baseball field or track, Steve can be found at the Reed-Custer School District office working as their Business Manager or on the golf course.

Dave Hinderliter was the KRRC member who sparked Steve's interest in the club. During one of the Momence races, Dave gave encouragement too Steve that helped him finish the race. His friendliness and support impressed Steve. Conversation later led to Dave suggesting Steve

join the running club (Maybe KRRC should consider Dave for New member Recruitment Director?).

Steve joined the club for various reasons. He feels the members are a nice group of people. He also likes getting the newsletter, race calendar, race forms, race results and newsletter articles concerning different training ideas. Lastly, he feels that because he enjoys so many of the races, he has an obligation to support them with his membership fee and time.

Steve enjoys running because it give him time to think and makes him feel good. he tries to run daily and feels guilty if he doesn't. (I've managed to overcome that guilt, so if you need help with that Steve, I can give some tips.) you can find him running along the streets of Bourbonnais during the summer and on the track at the YMCA during the winter. He's the one who is always passing me on the track! The races he enjoys the most are the Bradley, YMCA, and Winterfest.

Steve is a firm believer in "gifts from the sky." As he was running along Route 45 one day about a dozen can coolers with the "Bears" insignia blew off a truck and landed in front of him. Needless to say, during that run he killed two birds with one stone: he got his exercise in for the day and completed the shopping for his wife's Mother's Day gift.

RIVER TO RIVER by Dan Gould

Memories! It was so perfectly fitting that the Buckingham Beefeaters plus four

sat down to dinner at the Memories in Harrisburg after completing our first River-to-River on April 17th. We had undertaken the challenge of this 80 mile relay run from the Mississippi River to the Ohio River without a veteran on our team and flawlessly handled the 22 exchanges of the baton. There were 215 teams and we knew it was unlikely that our efforts would win us anything more than self-satisfaction. We were a mixed masters' team comprised of Charlie Grotevant (Captain), Mike and Georganne Hickey, Gary and Barb House, Larry Lane, Shirley Malone, and myself. The four who gave us support and encouragement for all or part of the day were Leon Malone, Sandy Lane, Joyce Grotevant, and Jeff Grotevant (Joyce and Charlie's son).

The memories began on Friday as the Dan van headed for the Motel 6 in Marion with Charlie, Joyce, Leon, Shirley and me. The overcast sky spit intermittent rain carried on gusty winds and a temperature of 40 felt more like winter than spring. The forecast for Saturday was encouraging, but with the forecasters' record we might as well be playing the lottery. While Charlie took a turn at the wheel, I read the River-to-River guide. What I at first took to be a picture of the Golconda skyline turned out to be the elevation profile of the course! I also discovered that the Motel 6 welcomes pets. Gee, I could have brought Pat!

We stopped at the Holiday Inn for registration check-in and to size up this year's souvenir shirts, cups, fanny packs, etc. We learned that the Mississippi was at

flood stage and the race would be shortened by 4 miles. I met Lance Bovard who lamented that a course record would not be possible on the shortened course. He and Pat Koerner were part of an open division mixed team capable of winning. If he only knew what the next day held for them!

Tom Bodette may leave the lights on for you at Motel 6, but is anybody home? The clerk who greeted us was pretty, the lights were on, but nobody was home. I hope she finds a man before her looks go because she isn't going to get one with her brains. Charlie patiently worked with her in getting the six rooms assigned while Leon and I collapsed in a couple chairs. There were only three non-smoking rooms available which Charlie handled in truly democratic fashion - first come, first serve! The soap bars at Motel 6 should be labeled - WARNING: COULD BE LOST IN A BODILY ORIFICE! I didn't know they were made that small.

Gary and Barb arrived in time to join us (and the rest of the world!) for dinner at Walt's in Marion. It was *the* place for pre-race repast. Among other familiar faces was Carol Pratt Bauer. I thought I had died and gone to heaven when the beautiful brunette waitress asked for my room key. Unfortunately, she only wanted to determine if I was a motel guest and thus entitled to a complimentary drink. Well, I enjoyed the pizza and, of course, the company. I was only casually acquainted with Gary and Barb who live in Pontiac. I did have a memory to share with Barb. In 1982, while running the Cullom 10K, I fell into step with Barb, we

introduced ourselves, and talked a bit before separating. She replied that I was never supposed to have told anyone about that, but I assured her that I still respected her.

Upon returning to the motel, we held a team meeting of those who had arrived in the House's room. When the phone rang and Barb answered it with "Studette Barb speaking," I assumed Larry and Sandy Lane had arrived. They joined us and we finished our meeting, but not before Joyce zinged us. I noted that she and Leon were alternates. She replied that they were "alternuts." The Hickeys arrived too late to share this day with us.

The dawn of April 17th saw the sun rising into a cloudless sky as I walked to breakfast at The Refuge. This was Jurgen Daartz' 50th birthday and protest day for the Beyond Beef Coalition. "Hamburger kills," one of them was quoted. They were going to picket McDonald's. I conducted an anti-protest on Friday by having two McRibbs for lunch. There wasn't a vegetarian among the Buckingham Beefeaters!

"I've already done what I do best. I've made a lady happy," said Charlie as we met in the parking lot for our 7:30 departure. I was about to get embarrassed (I know you doubt that is possible, but Linda Linn does it to me all the time!) when Charlie went on to explain that he had told Georganne she would only have to run two sections. Yes, but those two sections would wipe the smile from her face!

The rolling countryside of southern Illinois provided scenic vistas as the Dan van and WE

RUN 2 (Hickey van) made the 45 minute drive to the start. There were six starting times beginning at half hour intervals of which our 9 A.M. start was the last. Race Director Gordon Pitz who, along with the River to River Runners Club and the Southern Illinois Tourism Council, conceived this insanity six years ago, was waiting for us. As our small group gathered for the start, Gordon gave us some inspirational words. "The dogs should all be fed by now," he said. We broke from the starting line for a fast 3.6 miles. I had tucked the baton in the back of my shorts and it stayed there for at least two hundred yards before falling to the asphalt with a clang. I'm glad we didn't lose by a few seconds..

Almost 23 minutes later I handed off to Shirley Malone. She would later comment that she could see me coming a mile away in my pink outfit. I would finish the day with considerable admiration for this senior member of our team who, at age 61, is living proof that age is not a time but a state of mind. There were a couple times when I felt I should have gotten out of the van and run up the hills for her. The hills on my sections just didn't compare!

We moved smoothly through the exchanges, taking pictures, offering words of encouragement, and chatting with friends and strangers. When I replied to one volunteer that I was from Kankakee, she acknowledged that she knew where it was and remarked, "Some of us have been out of the county!" The sun continued to shine and there was a light breeze. Thin high clouds gave us protection from the

warmth of the sun.

Georganne gave us all a good laugh with some off-color remark about not recognizing Mike approaching the exchange zone in Cobden with the baton stuck in the front of his shorts. Barb, out of earshot, had to ask if someone else was the butt of the joke. She had taken a bit of ribbing about her inability to operate the motel ice machine the night before. Barb is blond, Polish, works with the developmentally disabled, stands at least 5'10"(claims to be 5'8") and is, obviously enough, female. She is also a good sport like Donna Koerner, but I don't know Barb well enough to really tease her. Besides, I'm not sure I can run faster than Barb!

One exchange zone blended into another with some changing faces. We caught up to Lynn Troost's team and chatted through three or four exchange zones. Sandy Lane found a horse at The Ranch that wouldn't open it's mouth for the apple she offered. We were in and out of the vans so many times we might have appeared to be door testers or crazed newlyweds on a honeymoon. I was fortunate on my second and third sections to have runners to key on and pass. Other members ran their sections alone.

For Pat Koerner, Lance Bovard, and our other friends on the Prairie State Mixed Team, the race ended on section 19 although they were eight minutes ahead at section 16. One of their female runners took a wrong turn and ran considerably off course. When she doubled back and met the team, the decision was made to hand the baton to the man for the next

section. Since the rules required her to finish the section, it was a DQ. It was the second year in a row that a team member had run off course! Over Sunday breakfast Cindy Woods told me that next year they would enter as the Prairie State Mixed-Up Team.

Jeff Grotevant, who lives in Harrisburg and works for the Farm Bureau, had been given an estimate of our arrival time in Eddyville which underestimated our ability. Attempts to reach him at his home in Harrisburg or on his car phone were unsuccessful. Are you ready for the one-in-a-million? As I stopped before crossing Route 145 just east of Eddyville, I paused to let the car approaching from my right pass. Yes, folks, it was Jeff! He joined us for the three remaining sections.

Larry Lane found inspiration in section 22. Did you hear those gun shots? No, Larry, but that was about the time I heard the strains of "Dueling Banjos" coming from the woods. Either that or Gary was humming one of his new songs.

Golconda, the Ohio River, and the FINISH! Almost 9.5 hours after we started, Gary led us across the line. It was a piece of cake! There were many familiar faces milling about, but we didn't linger long. We took finish line pictures and briefly gazed upon the Ohio. Waiting time at The Mansion was too long. Harrisburg was more or less on the way to Marion and Jeff knew the territory. That, in summary, brings us back to Memories sharing memories of a perfect day. The food was good and the waitress upbeat. To show my respect for the Beyond Beef Coalition, I had

the prime rib.

Some runners gathered at Crab Orchard Lake on Sunday morning to work the kinks out and exchange stories. It was another pretty morning, but not like Saturday! What is there after River to River? In the course of Sunday breakfast, Larry mentioned that his ex-wife had become a nun. "After me," said Larry, "there is only God." That may also be true of River to River. If you find your way to River to River, I hope you will find the fun and fellowship with which I was blessed on this weekend. To my companions on this adventure, members of the Kankakee River Running Club and the Vermillion Valley Striders, thanks for the memories!

WELCOME NEW MEMBER

Caroline Mayotte, Age 33
Bourbonnais

MEMBER BIRTHDAYS

Randy Devore	5/26/48	45
Augie Hirt	5/15/51	42
Phil Newberry	5/01/62	31
Henry Shelly	5/13/51	42

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 at 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 for the post-run tailgate party. Join-us!

Sun., May 2, 9AM, EARL'S 5K RUN, 1987 W. Jefferson, Joliet, \$11/13, shorts, 5yr AG, post-race party. P-State Circuit Race.

Sat., May 8, 8AM, LAKE GENEVA MARATHON/25K/5K, sweatshirts, pre-race pasta dinner, masters' division. 414/248/4323

Sat., May 15, 10AM, 24 HOUR RELAY CHALLENGE, BBCHS. Your KRRC Team needs your support. Be there!

Sun., May 16, 10AM, RELAY ENDS, team recognition, awards, closing ceremonies.

Sun., May 16, 8AM, ARMED FORCES CLASSIC 12K, New Lenox VFW, Old Hickory Rd., \$11/13, Ts, 5yr AG, hot dogs, bake sale. P-State Circuit Race.

Sun., May 23, ST. MARY'S/YMCA BIRDMAN DUATHLON AND 5K, Bird Park Ts, 5yr AG, team & individual awards, call Diana Last 933-1741 - and don't miss it. KRRC managed - we need your support.

Mon., May 31, 9AM, SOUTH HOLLAND MEMORIAL DAY 10K & FUN RUN, Veterans Park, S. Park Ave., \$7/10, Ts, 10yr AG. 708/331-2940.

Sun., Jun 6, 8AM, RACING HEARTS 10K, St. Joseph Med Cen, 333 N. Madison, Joliet \$10/12, 5yr AG, door prizes, P-State Circuit. 725-7133 ext. 3147.

Sun., Jun. 13, 8AM, THE 5 MILER, Superior Silkscreen, 939-1440. Apps out soon!

THE FINISH LINE

Mar. 14, Shamrock Shuffle 5M, Pat Baldwin 42:24

Mar. 28, Florida Pride 5K, Boca Raton, Pat Baldwin 24:21

FINISH LINE continues

Apr. 3, Twin Cities Twosome,
Urbana, Dave Hinderling 23:12,
Matt Gubbins 19:46

Apr. 3, Only Fools Run at
Midnight - Henry Shelly 21:25
Jeff Lonergan 20:45

Carol Pratt Bauer 20:08 2d OA
Pat Koerner 16:42 3d AG
Rich Olmstead 18:40 2d AG
Jim Grace - Time
Don Combs - Not
Gale Lehnus -Reported

Apr. 3, Park Forest April Fools
Leon Malone 37:23
Shirley Malone - BANDIT!

MARATHON BUS TRIP

The Illinois Valley Striders, The
Lake Run Club & the Vermillion
Valley Striders are planning a bus
trip to the St. Louis Marathon next
Nov. 20-21 at a cost of \$20. If
interested, contact Gary/Barb
House, 529 E. Howard St.,
Pontiac, IL 61614. 815/842-2790

When you were racing, you blew
the doors off most of the younger
generation along with mine. I still
think they should have made you
pop in the bottle! Good to hear
from you! Love, Dan

BITS & PIECES

Just in! The 8th Annual Loda 10K
Lake Run and 4K Walk, May
29th, 8AM, Loda Grade School.
\$10/12 after 5/24 with Ts. Bob
Cravens 217/386-2579

The Department of Conservation
has been given grants for new
trails and improvements to a total
of 10.7 miles of bike-hike trails
adjoining Illinois 102 at the
Kankakee River State Park. A
new trail includes 4.1 miles from
the Chippewa campground to the
western boundary of the park. A
new trail will also run from the
Rock Creek bike trail and Route
102 crossing for 2.5 miles to a
point north of the underpass on
Illinois 102. The project should
take place next year.

ANSWER TO 49 & SLOWING

Dear Dale:

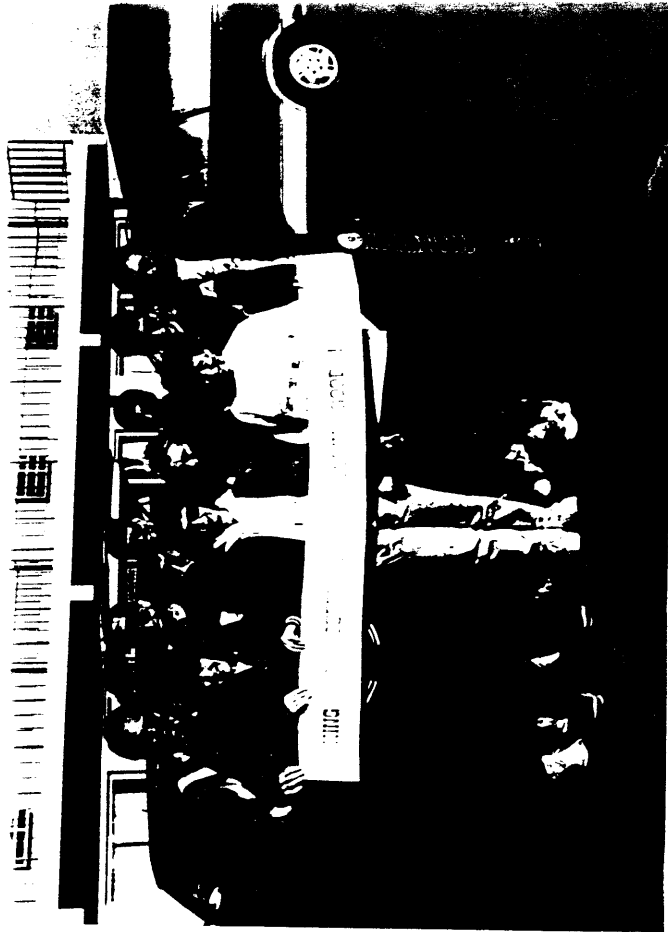
I had to think about that for
awhile. We are surrounded by sex
and violence and you are moved to
write your first letter to the editor
because I hope to be faster in my
late 50's. The training technique
to which I will switch is called
RETIREMENT! I will have time
for the two-a-day workouts,
NordicTrack, stair climber,
weights, and bike. In short, I will
have the time to train that farmers
do. By the way, Dale, you are
only six months older than I am.

KRRC OFFICERS

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Pat Koerner, V-Pres. 932-1009
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Linda Krause, Soc. Dir. 472-6577

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