



# Kankakee RIVER RUNNING CLUB

## *The Paper Race*

AUGUST 1993 KRRC NEWSLETTER, P.O. BOX 339, BOURBONNAIS, IL. 60914 ISSUE 66

### BILL LINN'S STUPENDOUS SALE RETURNS

Bill Linn's spectacular sample sale returns! A special preview for KRRC members is Thursday, August 5th, from 6 P.M. to 9 P.M. If you can't make it, join the rest of the world on Friday and Saturday, August 6th and 7th, when the hours will be from 9 A.M. to 6 P.M. The sale is at the Linn home at 1226 Vantage Lane, Bourbonnais, 935-0815. Samples include sweatshirts, sweatpants, T-shirts, shorts, jackets, hats, etc. Do your Christmas shopping early. Lots of good stuff - bargains, bargains, bargains!

### KRAUSE HOUSE BASH

Once again the Krauses of Momence will be hosting the Third Annual Gladiola Bash at their home, 227 W. Washington, Momence, following the running of the fastest growing race in Kankakee County - the Momence Gladiola Race on Saturday, August 14th.

Come and join in for such happenings as: The Bob Krause - Mike Ozenglewski Belly Bump - Mark Steffen's lessons on unlocking your car door with your fingers in it - finding out from Sally Dorn what really is in those little white cups - and, most of all, just to share the fun of a great day of parades, swimming, eating and drinking!

The Krauses will provide hot dogs, brats, and drinks. Please bring a dish to pass and your lawn chair. Don't miss this one! Call Linda for more info at 472-6577.

### SPECKMAN REALTY 5K

WHEN: Tuesday, August 10th, 6:30PM

WHERE: Small Memorial Park

WHAT: 5K Prediction Race

WHY: For the Fun of It!

Come and join in the fun for the final Summer Series 5K. This will be a prediction race so leave your watches at home. Awards will be given to the ten runners who come the closest to their predictions. There will be no age groups so everyone has a chance to bring home an award. Refreshments will be available following the race so don't miss this chance to run your last warm-up for the Momence Gladiola Race on Saturday. This race is sponsored by Linda Krause, Speckman Realty. For more info call Linda at 472-6577.

### WELCOME OLD MEMBER & NEW MEMBERS!

Tom Stluka, 33, Beecher, a charter member is welcomed back - at least by those who are not in the 30-34 age group.

We welcome new members:

Paul Schmidt, 14, Kankakee

The Schkerkes - David, 41, & Judy, 37, Bourbonnais

### FALL CLASSIC LIVES!

The Fall Classic has been saved for another year! It will be run on October 17th at 9:00 A.M. at KCC and is sponsored by Superior Silkscreen. John Shoup is Race Director. Mark your calendar!

### 5K IS NOT 3.1 MILES

by Mark Steffen

Did you ever wonder why that portion after the last mile mark or a 5K or 10K didn't correspond with your anticipated minute per mile pace? Well, it might be due to more than that killer kick you possess. If you have been figuring that distance after the 3 mile mark to the finish as a tenth, or after the 6 mile mark as 2 tenths, you may be giving yourself more credit than you are due. A 5K does not equal 3.1 miles nor does a 10K equal 6.2 miles.

Massive research was required to uncover this mystery. The back of my daily diary had measurement conversion tables showing meters to feet (1 meter = 3.2808 feet) and feet per mile (5280 feet per mile). Armed with those standards, numerous complicated calculations, simplified by the use of my daughter's rhinestone calculator, resulted in the following table (which may be helpful to runners concerned with that minute per mile pace, but not to race directors who measure courses with their car odometer).

A 5K (5000 meters) is not equal to 3.1 miles; 3.1 miles is 36 feet short of 5000 meters. 6.2 miles is 72 feet short of a 10K.

1K = 3280.8 ft.	1 mile = 5280 ft.
5K = 16404 ft.	3.1 mile = 16368 ft.
10K = 32808 ft.	6.2 mile = 32736 ft.

(Ed. Note: Rebuttals other than "who gives a ...?" will be printed in next month's issue.)

### ON DAN'S RUN

By Dan Gould

Have you ever noticed how a "problem" can disappear if you mention it to the right person? I mean, you're

just shooting the breeze with somebody and happen to mention a nagging problem.

I had an 8 AM flight out of O'Hare on June 30th headed for paradise and hadn't figured out how I was going to get to O'Hare. I hadn't heard of the Tri-State Shuttle and the cost of a limo was not inviting. In any event, I was talking to Linda Krause and mentioned my dilemma. "I'll take you," she said. "But Linda," I said, "we'll have to leave by 5:30." "I'll be up anyway," she said. I really owe her one. Two hours of rain and road construction! Thanks, Linda!

I don't usually run off to paradise in the summer, but dad has had to stay there this year for medical treatment and I opted to take a long 4th of July weekend to give him some moral support. Actually, his spirits have been quite good. Step-mom's place in West Virginia is nice, but there isn't anything to do there and dad, being only 85, still likes to participate in life.

Paradise Bay Trailer Park was a ghost town. Row after row of empty mobile homes. I think some of the Seagulls, Pelicans, and Herons must have also gone north and for good reason. Paradise isn't really paradise in the summer. With daily temperatures in the 90's and humidity to match, it is not fit for man or beast and especially runners. Even situated on the north end of Sarasota Bay and two miles from the Gulf where there is a daily breeze, the weather pushes you toward the air conditioning.

I took in a 4th of July 5K across the river from Bradenton in Palmetto. The info I had billed it as a 7:30 start, but that was the starting time for the one mile. I also learned that this was not an age group race, but that plaques would go to the top 15 males and top 15 females. The rest of the runners would get medals showing their finishing place. Whoop-de-doo! Since I had been a good boy and pre-registered, I didn't turn around and go home. I ran well enough, but I'm not a "top 12" runner. The Bradenton Running Club was one of the sponsors and you expect a classier act.

The July 5th edition of a Florida paper carried the tragic news that one of the 45,000 running the Peachtree Road Race in Atlanta had collapsed and died of a heart attack. Another story on the

same page reported that a study by Japan's Ministry of Health concluded that golf is eight times more likely than running to kill a Japanese man over 60. Keizo Kogura, a sports doctor, has authored a book entitled "How to Die Early by Playing Golf."

The Kankakee YMCA 5K was a success as usual, but left us a little damp around the edges as many races have this year. A pre-race rain drove us inside for registration, but the intensity diminished about race time. When West Walker led us in prayer, I thought he really had some "higher" connections. It appeared to me that the rain stopped!

I didn't get to see it and the press wasn't there to photograph it, but this race had one of the most exciting finishes around. The top three crossed the line in a span of less than two seconds. Race Director Pat Koerner almost won his own race, but had to settle for second as he was nipped by one of those 17 year old kids.

I had the pleasure of running a good part of the race with Bill "White Shoes" Johnson who is seen all too infrequently on the racing scene. He told me later that he had planned to pace me to a PR, but I wasn't in PR shape nor did the conditions encourage such an effort. The rain returned with a vengeance late in the race (well, for me) and I just wanted to avoid drowning or being struck by lightning. Perhaps it was the intensity of the rain that obscured Shirley Malone's vision and caused her to run a 5K+ a couple blocks. She was still first in her age group!

Yes, the first split caller was in the right place. No, he was not calling the right time. He was about 20 seconds off.

Inquiring minds want to know: Did Diana Last get that tan naturally? Yes, Diana told our inquiring minds reporter, it came from the great outdoors. Did John Shoup show up to run his buddy's race? No.

Nice picture on the front page of Monday's *Daily Journal* of Bob Cerny running in the rain at the Y5K. Who the hell is Bob Cerny, you ask? Well, Bob is from Plainfield and a pretty talented 50 year old runner. Why did *The Daily Journal* feature him? Hell if I know! Maybe they think their circulation

#### KRRC OFFICERS

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#### KRRC NEWSLETTER

Editors - Dan Gould 937-5500  
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extends to Plainfield. We'll have to ask the Managing Editor and KRRC member Phil Angelo. If the photographer had waited a few seconds, a local celebrity would have come into focus!

I suppose in fairness to our friends at the newspaper I should note the nice piece they did on triathletes Kathy Steffen and Jim Grace in the "Playground" section of the sports page. They also featured Bill Linn in the "Busybodies" section.

Sue LaMore sent me a copy of *The Manteno News* which had pictures and a story on the Manteno 10K. They were apparently given a copy of the computerized results and, not knowing a kilometer from a mile, proceeded to report the average pace per mile for winning times. I wish we could get a runner on the sport's desk. All these golfers are handicapped!

Charlie Grotevant, 51, ran a 5:48 mile at the Midwest Mile in Pontiac on the evening of July 10th which placed him 9th and "in the money." He was a little apologetic about his time, but felt that he was a little fatigued from the Y5K that morning (a 19:57 effort).

The Finish Line gets a ringing endorsement from Ed Glazar. Ed, an attorney and one of my original running buddies, hasn't been seen at the races in a couple years, but he still puts in some fitness miles and needs a new pair of shoes now and then. He recently stopped in at Footlocker and inquired about new shoes suitable for his needs. The salesperson did not speak "pronation" or any of the other terms in the runners vocabulary. When Ed asked if they had a copy of *Runner's World* with the shoe reviews, he was told they didn't.

He moved on to the Finish Line where he was greeted by someone who

spoke the language and spend three-quarters of an hour discussing Ed's needs and what was available. Ed also learned that he is still a growing boy. He has moved up to a size 14!

I haven't received any results from the Kempton Prediction Race 7K, but I did hear that the move to Sunday morning did not help attendance.

The Goodberlet Summer Series 5K on July 13th, a handicap race, was a unique bit of running fun. Each entrant records his or her best time on the course or best 5K time of the year. Dave Bohlke brought his clock and set it to count down starting with the slowest runner's expected time. As each runner's time was reached, he/she started. Theoretically, everyone would finish at the same time if they ran their expected time.

I guess it was an exciting finish, but I was too far back to see any of it. I thought for awhile I was simply going to be last. My prediction was, eh, optimistic.

Krista Hickey was the first one off the line and ran the race of her life. She won her first race and has a beautiful plaque to commemorate the occasion. Plaques were given to the top ten. Thanks to Tom Goodberlet for a great time (and you can thank our sponsors by giving them your patronage!).

Even more fun was being had at the Bislett Games in Oslo by Yobes Ondicki of Kenya. He became the first man to run 10,000 meters under 27 minutes, clocking 26:58:38. He ran the first 5,000 meters in 13:28.

How about going for a little 15,000K run? That's what the folks in Canada will be doing when the Trans-Canada Trail running from Newfoundland on Canada's east coast to Victoria on it's Pacific coast is completed. They plan to build it with donations and hope to finish it by the year 2000.

Speaking of planning, the St. Anne Pumpkinfest should be coming up in September. When last we heard, KRRC member Mark Beaupre was going to straighten out the problems with the 5K. Mark, if you are listening, we are looking for:

1. An accurate and accurately

marked course, either 5K or 3.1 miles;

2. A safe course - no dodging old ladies shopping the flea market;

3. Water stop on course;

4. A clearly marked finish line at which the finishing chute begins, not ends, and finish line personnel who know runners are not going to stop on the line;

5. No duplication of awards - the overall winners don't expect an age group award.

6. Get the entry forms out - now!

After you read this, call Pat Koerner (932-1009). He will be happy to give you a hand (OK, Cornstalk?)

There was a small contingent of KRRC members taking in the 13th Annual Heart & Sole 10K in Olympia Fields this year. This award winning race draws 500-600 runners and offers amenities such as a mini-expo with speakers and a pasta dinner the day before.

This year's theme was "Running Safely for a Lifetime" and featured Hal Higdon, Senior Writer for *Runners World*. Among the other speakers was Carole Pooler, a master's runner, who was attacked while running in Chicago's Grant Park a few months ago and stabbed. He comments were reinforced by Jeff Chudwin, an Olympia Fields' Police Officer.

Cornstalk, Donna, Colin and I went up for the 7:35 A.M. race, but spent an hour sitting in the parking lot watching storm clouds, lightning and rain.

The race got started a half-hour late under an overcast and distant thunder. Before the start, the cab driver who gathered up the bloodied Carole Pooler and whisked her to a hospital was introduced. His name was Leroy and he received quite an ovation. He participated in the fun run/walk and his cab was the pace car for the 10K. During the course of the morning's festivities he would be reintroduced, applauded, hugged, kissed, and thanked by the assembled runners. I wonder if he had any idea that he would become a celebrity when he stopped to help Carole. I hope somebody buys him another headlight for his cab before he gets a ticket from a cop that doesn't

know he is a hero.

Other than being a bit damp, the race conditions were good - if you got done before the sun came out. For those still running at that time, it was a steam bath. Jane Lehnus, who was working as a course monitor at an intersection late in the race, appeared a bit wilted by the steam rising in the sun's rays, but she cheered us on (she would later learn that she had won the prize drawing for course monitors).

The competition at this race is tough. How tough? Well, Keith Theisen, who usually finishes first in my age group ran about 37:00 - and didn't place! Dan Phillips received an award as the first and favorite cardiac rehab runner. Cornstalk, Gale Lehnus, and I enjoyed the food, music, and friendships. We said good-bye to Stu Saxe, the announcer for Heart & Sole, a mainstay of the Park Forest Running & Pancake Club, and the owner of "Gotta Run." Stu is moving to the Miami area where he will go into business with a relative.

Scott Stephens and son joined about 16,000 others in running the Bix in Davenport on June 24th. The course had to be modified due to flooding and, for the first time in it's history, the numbers were down. I ran the race ten years ago when there were 10,000 fewer runners and it seemed awfully congested then. Scott said the post-race area was wall-to-wall sweaty bodies (can a coach actually smell sweat?) and they were not allowed to take refreshments from the area. Some participants have been known to take home a week's groceries. Scott carried off something in his shorts, but I was afraid to ask what.

While Scott and son were having fun in Davenport, Charlie Grotevant and I were having fun at the Festival of the Dunes in Chesterton, Indiana. We probably won't go again, but there were some highlights.

When we arrived at the library in Chesterton and registered, we were handed a piece of paper with a hand-drawn map which read: "ROUTE TO NEW COURSE. The Lakeshore Striders apologize for the inconvenience caused by us applying too late for a parade permit." One of the locals volunteered that this was small town politics at it's worst. Although this was

the sixteenth running, the police chief told the race director the day before the race (week before?) that he would be arrested if the race was run without a permit and apparently a permit could not be obtained.

So, we drove 4 miles out in the country to the Liberty Township H.S. where an out-and-back 5K course had been marked out on a tree-lined blacktop road. While we had the use of the parking lot and the bleachers at the athletic field, we could not use the high school and the bathroom facilities consisted of 4 or 5 port-a-potties. Last year they had 550 runners, but I would guess there were less than 400 of us this year.

Highlights? This race features a staggered start by sex and age group. No, I don't know how they figured the times and I don't know that they announced any at the awards ceremony. Bib numbers were assigned based on age group and you could check out the competition when your group was called to the starting line. If your group started late in the sequence, you got to pass the slower runners from the earlier age groups. There was about a one minute interval between groups.

When my group started, Bob Stevens and two others quickly broke in front and I thought I was out of it. I noticed one of them appeared to be fading when I met him at the turnaround and caught him at about two miles. He knew I was in his age group and we redlined it until he died.

Charlie also had some fun, but it was a little more interesting because they started the 50 and over age groups at the same time. He picked off four out of six that broke in front of him and took second in age group.

The awards were framed and matted photographs of scenes from the dunes and truly unique. Mine was a picture of the bog, a swampy area of the dunes, and certainly not the most picturesque. Dan Lafferty had to explain it to me. He also volunteered that the bog his it's own cactus which he found while courting his wife. I wonder what he meant?

We probably won't go back because it was a 1.5 hour drive, the folks at the festival apparently don't want

runners sweating over their flea market, and the awards ceremony took forever. With a stop for lunch, we got back to my house about 8 hours after we left

Gale and Jane Lehnus were also at Chesterton. Gale had driven over every day for a 4P.M. - 7P.M. runner's camp led by Hal Higdon. Each day began with a classroom session and then they were bused to a place to run. For \$7 a day you can't beat it!

Mike and Graig Hickey attended a running camp in Stevens Point, Wisconsin, and gave it a favorable review. No, they didn't commute..

Dave Hinderliter (YES, HE LIVES!), Dee Ozenglewski, Mike Morel, and Linda Krause took in the Bastille Day 5K in Chicago. The outing received mixed reviews as Mike, a person of sweet disposition, became crabby while carrying goodies from the race to the car. Perhaps it was just nerves as he anticipated his debut as the new belly dancer at the Parthenon. I'll try to get a schedule for his next performance.

Henry Shelly and Tom Goodberlet, co-director's of the Governor's, are giving serious consideration to substituting a 10 mile race for the 10K and utilizing the Davis Creek Trail to do it. The availability of the new trail, the demise of the Prairie State 10 Miler, and some runners' preference for the longer distance in preparation for a marathon are some of the factors.

Hope you are enjoying the rewards of this running life. Share them with us!

### THE STARTING LINE

KRRC Members of all abilities meet at the Kankakee River State Park at 8:00 A.M. from May through September and 9:00 A.M. October through April to run and socialize on off-race Sundays. Your popularity is assured if you bring a treat for the post-run tailgate party. Join us!

Sat., Aug. 7, 7:30 A.M., NORTH AURORA DAYS 5K/10K, Marmion Military Academy. Denise 708/897-8551

Sun., Aug. 8, CREST HILL 4 MILER, CANCELLED

Tues., Aug. 10, 6:30 P.M., SPECKMAN REALTY 5K, Small Memorial Park, Kankakee. Leave the watches at home. This is a prediction run! No fee KRRC members, \$1 non-members. Low key. Post-race gathering at Chicago Dough. Linda Krause, 472-6577

Sat., Aug. 14, 8:00 A.M., MOMENCE GLAD FESTIVAL 5K-10K, Momence Jr. H.S., 801 W. 2nd St., Ts, \$10/12 after 8/7, 5yr AG, door prizes, refreshments. This was the 2nd largest race in the county in 1992! Don't miss it! Mike Hickey 472-2255.

Sun., Aug. 15, ILLINOIS OPEN CROSS COUNTRY 8K, Camp Shaw-waw-nas-see 4H, Master's Heat at 8 A.M., Open Heat at 9:00 A.M., \$12 pre-registered, \$15 race day, 5 yr AG, Ts, team competition. 815/838-3418. The Prairie State Road Runners will be holding their club picnic following the award ceremonies and all entrants and their families are invited. Please bring a dish to pass and call in advance to let them know if you will be attending.

Sun., Aug. 22, 7:30 A.M., DANVERS DAYS 5K CLASSIC, Village Park, \$12/15 after 8/18, Ts, 5yr AG to age 40, then 10 yr. AG, medals to 2nd & 3rd in AG. 309-963-4442

Sat., Aug. 28, CRIM FESTIVAL OF RACES, Flint, MI.

Sat., Aug. 28, 7:30 A.M., FRANKFORT KENNEDY TORCH RUN, \$12/15 AFTER 8/20, Janet 815-469-9494.

Sun., Aug. 29, 8:00 A.M., KICK ASPHALT 5K, Bloom H.S., Chicago Heights, \$10/12, Ts, 10 yr AG. 708-799-9256.

Sat., Sep. 4, Hog Day Stampede 4 Mile, Kewanee. Dave 309-852-3502

Sun., Sep. 5, 5:00 P.M., HERSCHER'S HARE & TORTOISE 5K & 2 MILE FUN WALK, Village Park. Scott Stephens 815/426-2211.

Mon., Sep. 6, 8:00 A.M., PARK FOREST SCENIC 10 MILE & 5K RUN, entry fees from \$12 to \$25 with early

registration by Aug. 14 and last Aug. 27. **NO RACE DAY REGISTRATION.** Big time road racing! 708-748-2005.

### HAPPY BIRTHDAY!

Pat Baldwin	8/26/57	36
Kate Batkiewicz	8/03/63	30
Diane Brinkman	8/26/64	29
Sally Dorn	8/20/55	38
John Flynn	8/01/46	47
Karl Goodberlet	8/06/85	8
Dan Gould	8/31/44	49
Scott Kelson	8/31/55	38
Kyle Kiedaisch	8/07/83	10
Donna Koerner	8/13/56	37
Jessica Linn	8/09/86	7
Shirley Malone	8/29/31	62
Nancy Ruda	8/16/56	37
Harry Simmon	8/24/47	46
Kathy Steffen	8/18/51	42
Matthew Steffen	8/23/83	10
Michael Steffen	8/18/86	7
Lynn Troost	8/26/46	47
Doug Uribe	8/22/61	12

### KRRC MEMBER SPOTLIGHT

by Dianne Smith

This month's candidate for the newsletter spotlight is featured for two reasons. First of all, I think it is time to feature someone from the superior sex (Ed. Note: Dianne hasn't heard the one about Santa Claus, the Easter Bunny, the Perfect Man and the Perfect Woman riding down the street in a car.) And, secondly, Brian Noffke agreed to do last month's interview on the condition that this month I talk to Jenny Kohl.

Jenny Kohl, one of the "younger" woman runners in the club, turns 19 this month. She's the only runner in her family except for her father, Gary, who literally "runs" a farm and a mother, Debbie, who "runs" the house. Her brother, Kevin, 16, plays football. Jason, 12, helps around the farm.

The "funny" guys in the Running Club attracted Jenny to our group. She really didn't elaborate on that being "funny ha-ha" or "funny peculiar." I'm sure our club has some of both.

The running career of Jenny

began in the fifth grade when she was recruited by a PE teacher to run track for the school. At that time she ran the mile and half mile. She liked that so much she kept it up in high school. Olivet now has her running cross country and track. This year Olivet's team went to the Nationals. Jenny was also chosen to go to Canada in May with another track member from Olivet. While there she competed and came in 8th overall.

At Olivet when Jenny is not on the road with the track or cross country team, she's sitting in one of the interesting lectures on nurses. Her goal is to graduate with a nursing degree so she can take care of us all when we run ourselves into the ground (just kidding).

This summer she has been running 5 to 6 miles 3 times per week. And, with that training schedule, she finished a 5K in 18:59 (Needless to say, some of us older runners would have to train a little more than that to run her pace!) She's also spending time in 4H and showing her hogs at some of the Fairs in the area.

Jenny stated that she never has anything funny or exciting happen to her while she's out running. Sure makes you wonder what gets her up and out on the road in the morning! I always look forward to the early morning whistles from the construction workers, stares from the men on their way to work, and close encounters with cars driven by women who hate you for doing something they're not! Guess that's just the way life is for a skinny, swift, good looking runner like me! (And that, my friends, is excitement and description that only exists only in dreams!)

Have a good month and if you see Jenny Kohl out on the road please show her some excitement!

### THE FINISH LINE

We do our best to get race results for all members. When Dave Bohlke does the finish line, we get a copy of the results. Otherwise, it is up to you to get the numbers to us. Please do!

Sat., Jul 10, YMCA 5K, 115 finishers (17 DNF), 70's, rain

Pat Koerner	16:37 20A
Tom Stluka	17:08 1AG
Marlin Howe	17:16 1AG
Ken Klipp	17:35 1MST
Larry Lane	18:48 2AG
Bill Linn	19:08 2AG
Bill Johnson	19:15 4AG
Charles Kennedy	19:26 1AG
Doug Uribe	19:30
Dan Gould	19:32 4AG
Graig Hickey	19:56
Charlie Grotevant	19:57 2AG
Tim Benoit	20:22
Bob Pool	20:28 2AG
Jeff Lonergan	20:30
Tom Goodberlet	21:00
Scott Kelson	21:07
Paul Schmidt	21:14 3AG
Henry Shelly	21:51
Nancy Ruda	22:28 1AG
Kathy Steffen	22:29 1AG
Ron Piwowar	22:57
Ken Stark	23:06
Dave Schkerke	28:10
Dan Phillips	23:17 3AG
Don Combs	24:27
Monica Uribe	25:17 2AG
Butch Coy	25:31
Gale Lehnus	26:12
Wanda Warman	26:25
Dan Flynn	27:38
Amanda Uribe	28:25 3AG
John Flynn	28:51
Krista Hickey	29:27
G-anne Hickey	29:28
Shirley Malone	32:48 1AG

(And Shirley ran farther than 5K or 3.1} Tues., Jul. 13, Goodberlet 5K. This was a handicapped 5K with awards to the top 10. KRRC members & their places:

<b>KRISTA HICKEY FIRST!</b>	
Ron Piwowar	3rd
Pat Baldwin	4th
G-anne Hickey	5th
Paul Schmidt	7th
Pat Koerner	9th
Charlie Grotevant	10th

Sat., Jul 17, Magnolia 5M

Charlie Kennedy	33:26 1AG
Charlie Grotevant	33:20 1AG
Carol Pratt Bauer	36:00 2AG
Leon Malone	39:??
Shirley Malone	41:?? 2AG

**FINISH LINE continued**

**Sat., Jul. 10, Midwest Mile**

**Charlie Grotevant, 5:48, 9th Master  
(awards 15 deep)**

**Sat., Jul. 3, Wenona 5K**

**Charlie Grotevant, 20:16, 2AG**

**Sat., Jul. 3, American Pride 5K,**

**Palmetto, FL. Dan Gould 19:28**

**Sun., Jul 18, Heart & Sole 10K,**

**Olympia Fields, 547 finishers**

**Pat Koerner 35:03**

**Dan Gould 39:58**

**Gale Lehnus 56:07**

**Times not reported for Dan Phillips,  
TomStluka**

**Sat., Jul. 24, Festival of the Dunes 5K,**

**Chesterton, IN.**

**Dan Gould 19:06**

**Charlie Grotevant 20:08**

**Gale Lehnus 24:59**

**Sat., Jun. 26, EIU Triathlon, Charleston**

**Kathy Steffen 2:07:11 2AG & PB**