



Kankakee RIVER RUNNING CLUB

The Paper Race

SEPTEMBER 1993 KRRC NEWSLETTER, P.O.BOX 339, BOURBONNAIS, IL.60914 ISSUE 67

WELCOME OLD MEMBER & NEW MEMBERS

Carol Sue Painter, 48, Kankakee, who is welcomed back, and husband Denze, 48, a new member.

Welcome new members:

John, 65, and Erma, 65, Hickey, Port Charlotte, Florida. (Hickey, Hickey, where have I heard that name?)

Steve Sthay, 35, Kankakee

HAPPY BIRTHDAY SEPTEMBER

<u>Name</u>	<u>Day</u>	<u>Age</u>
Jessica Brinkman	30th	6
Marge Flynn	10th	47
Darcy Hanks	22nd	13
Leah Huizenga	27th	16
Connie King	19th	45
Dan Klipp	17th	13
Jenny Kohl	27th	19
Mike McGuckin	7th	41
Kathy Penn	3rd	43
Rob Tenczar	22nd	32
Amanda Uribe	19th	10

THANK YOU!

The 5K Summer Series is history once again. Please remember to thank those who made it possible!

Donna Hurst Koerner, Hurst Security Services.

Tom Goodberlet, Goodberlet Heating & Air Conditioning.

Linda Krause, Speckman Realty.

They donated their time and money to support our recreation. Say "thank you" in any way you can.

GROTEVANT PHOTO UOA AWARD WINNER

Charlie Grotevant continues to be the most photogenic KRRC member. A photo of Charlie taking the baton from Shirley Malone at this year's River-to-River Relay took second place in the United Ostomy Association's Third Annual Photo Contest.

The photo of Charlie, along with other entries from across the country, was on display at the UOA's 31st Annual Conference in San Diego. It will also appear in an issue of UOA Magazine. The contest seeks photos showing the active lifestyle that ostomy patients can maintain.

Charlie, whose large intestine was removed in 1983 due to ulcerative colitis, is an active member of the Kankakee Ostomy Association. He runs over 40 races a year from the mile to the marathon. Charlie, who farms in the Buckingham area, is 51 years young. His story has appeared in *The Daily Journal* and "The Human Race" column of *Runner's World*. The award winning photo and the photo in *Runner's World* were taken by Dan Gould.

GOVERNOR'S '93

It's that time again folks. Governor's race time! tom Goodberlet and I, as co-directors, have much of the work underway. As you may have seen on the race forms that are now out, we're changing the course to include more trails and will stay off the dangerous section of highway.

After discussion with several other club members and other runners, we have also changed the 10K to 10 miles. It was felt that the change would help draw more people by being a better

distance for those training for a fall marathon. We have had a positive response to this change in the form of requests for entries by those mentioning training for a marathon. Another positive to a course change will be starting as well as finishing at the pavilion.

Something that will not change is the need for workers. These races (10M & 5K) are put on by the Kankakee River Running Club and, with the exception of Gary Dupuis (Superior Silkscreen) and the Goldwing Club, the workers are all from our club or friends of members. If you haven't given it any thought, I'll tell you it takes 40-50 people to put on this event with people working registration, course, water stops, and finish line, just to mention the obvious. Many of these workers can also run the race but, unfortunately, not all who would like to can. Some of our members have never had the opportunity. So, if any of you who can volunteer to help pre-race, post-race or could pass on running for even one year would call me at 933-9255, your help in making this a quality event will be appreciated by myself and all (well, most anyway) of the participants. Consider asking your spouse, children, or significant other to volunteer. Any suggestions (*remember*, my kids listen to the answering machine) to improve our races are also welcome.

In addition to volunteers, we are also in need of door prizes for the random drawing. If you or your business would like to like to donate a prize, it would be appreciated and we will be happy to give the contributor the appropriate recognition on race day. Contribute now! Our answering machine (and maybe a live body) is waiting to take your call - 933-9255.

-Henry Shelly

BRAIDWOOD STATION 10K WALK & RUN

The Braidwood Station 11th Annual Island Run will be held September 14th. It is somewhat unique in that for your \$5 entry fee you receive a sweatshirt, but there are no awards and no age groups. The walk starts at 4 P.M. and the run at 5 P.M. For more info call Dan Morse at 937-4133 or Brent Radomski at 458-2801, ext. 2208.

3.1 is CLOSE ENOUGH! by Henry Shelly

Mark is correct, 3.1 miles does not equal a 5K. It is 36 feet short. Nor does 3.11. It is 16 feet long. The normal 6.2 or 6.21 mile equivalents are also short by 72 and 19 feet respectively. Anyone responsible for laying a course should be aware of these differences.

BUT: What runner really cares? Certified courses are generally slightly long (10-20 feet) to guarantee the distance and how you run on the turns can make a considerable difference in the actual distance run.

At a 6 minute /mile pace, that 36' error in a 3.1 U.S. 5K would make a whopping 2.5 sec. faster time. At 8 minute pace you could PR by 3.3 sec. WOW!

Since most of us vary by more than that from race to race on the same course, what runner really cares if the course is slightly off? I said *slightly*, not a 2.9 or 3.4. (Editor's Note: This has been a rebuttal to last month's column by Mark Steffen. Feel free to join in next month!)

KRRC MEMBER SPOTLIGHT by Dianne Smith

This month I talked to Doug and Amanda Uribe, a father-daughter running duo. Doug is 33 and Amanda is 9. The twosome started running last year and have participated in quite a few races in the area. Their stomping grounds consist of Arrowhead subdivision and Sportsman Club Drive in Bourbonnais.

The Uribes moved here from Oregon two years ago. The family consists of Doug, his wife Diana,

Amanda, Andrea, 7, and Christopher, 14. When Doug is not out on the road, he is working as the assistant manager of Festival Foods. Amanda will soon be wandering the halls of the Alan Shepard School in Bourbonnais.

The two of them joined the running club at the suggestion of Doug's brother, Tom, who is also a member of the group along with his daughter, Monica. (The trend does seem to be that the Club members are the main source of referral for our club...So everyone encourage your friends to join this great group!) They both enjoy receiving the newsletter with the articles and calendar of races.

Amanda and Doug are able to get out on the road about 3 times per week and they run 3-5 miles. Their race paces vary, though: Amanda does a 5K in 28-30 minutes and Doug comes in between 19-20. Needless to say, Amanda has a lot more trophies in her case than her Dad has in his. She proudly stated that she had five trophies, one plaque and 3 medals. I'm sure the Upper Grade Center track team will be glad to see her coming in a few years!

Doug said he runs to stay fit and Amanda said she does it because it's healthy. She ran track in Oregon during her PE classes and she liked it. She admits, however, that the health kick only goes so far. She still likes some of the junk food! (She'll fit right into this club.)

Besides running, Doug said he enjoys doing things with his family, biking and going big game hunting. I'm sure the "big game" in Illinois is a lot different from what he had in Oregon.

So, when all of you see Doug and Amanda at some of the races or Club activities, give them a great KRRC welcome!

THE STARTING LINE

KRRC Members of all abilities meet at the Kankakee River State Park at 8 A.M. from May through September and 9 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., Sep. 4, Hog Day Stampede 4 Mile, Kewanee. Dave 309-852-3502.

Sat., Sep. 4, 8 A.M., Sweetcorn 5K Classic & 1M Fun Run/Walk, Honeywell Grade School, Hoopston, \$9/12, Ts, 5yr AG 2-4 deep, & overall, random drawing, finish line by Dave Bohlke, refreshments. We hear good things about this race! Bill 217-283-5004.

Sun., Sep. 5, 5 P.M., HERSCHER'S HARE & TORTOISE 5K & 2M Fun Walk, Village Park, \$10/12, Ts, various AG with awards to overall & 3 deep in AG plus "Heavyweight Trophy" for those 180 lbs. plus, random drawing. Don't miss this Labor Day weekend event! Scott Stephens, 426-2211.

Mon., Sep. 6, 8 A.M., Park Forest Scenic 10 Mile & 5K Run. NO RACE DAY REGISTRATION. Last day to register was Aug. 27th.

Sun., Sep. 12, 8 A.M., TRI-CITY TRIATHLON, Lake Manteno-Kankakee River State Park, .5 swim, 20M bike, 10K run, late registration Sep 5-9, no race day registration. Info 933-1741.

Tues., Sep. 14, 5 P.M., Braidwood Station 10K, \$5, sweatshirts, no awards or age groups(10K walk at 4 P.M.). Dan Morse, 937-4133, Race starts at Lake Screen House, next to the lake & away from the main part of the plant. It cuts your exposure to the deadly radiation significantly.

Sat., Sep. 18, 9 A.M., Beecher 5K Run & Fitness Walk, Community Hall at Fireman's Park, \$10/12 after 9/10, top 3 overall, masters(NOTE: They define "masters" as over age 50 - ?), & 3 deep in strange age groups (5yr, 6yr, 8yr, 10yr.). Info 946-2246.

Sat., Sep. 18, 8:30 A.M., Dwight Harvest Days 5K Run & 1M Fun Run/Walk, Renfrew Park, \$8/10, Ts, 10yr AG, overall & top 3, random drawing, call 584-1835.

Sun., Sep. 19, 8 A.M., National Heritage Corridor 25K, Middle School Rec.Cen., Channahon, \$15/18 after 9/15, Ts, awards 3-6 deep in 5yr AG. Run out-

and-back on the Illinois & Michigan Canal Towpath, you should run this one! 360 finished last year. 485-6677 or 485-2477.

Sat., Sep. 25, 10 A.M., FOUR MILE CLASSIC & 2 MILE WALK, Watseka H.S. \$12/15 AFTER 9/22, long ts, top 3 overall, masters, 2-4 deep in 5yr AG to age 50, top 25 walkers, random drawing (grand prize trip), food buffet, computer results by Bohlke. This race is known for great trophies & great food - nobody does it better! Dave 432-3008/432-4646.

Sun., Sep. 26, 4 P.M., 5TH ANNUAL ST. ANNE PUMPKIN FEST 5K RUN/WALK, Cargill Grain Elevator, E. Station St., \$12/14, long t, prize drawing, refreshments, trophies to overall & 1st place in 5yr AG to age 50. Medallions to 2d & 3rd and to 1st 15 walkers.

Sun., Sep. 26, 1 P.M., Grand Ridge 4M Run & 1.5M Fun Walk, Fire Station, Main St., \$12/15 after 9/18, long sweatshirt & knit gloves, 5yr AG, top 3 overall, masters, & 2-5 deep, merchandise drawing. 249-6228.

Sun., Sep. 26, 11 A.M., Wild Wild Wilderness 7.6M Run, Kickapoo State Park, Danville, long mock turtle ts for pre-registered (by 9/15) \$15 (\$8 w/o shirt), \$10 race day, no shirt. All kinds of awards, but be sure your insurance is paid before you do this one!

Sun., Oct. 3, 9 A.M., GOVERNOR'S 10 MILE & 5K, Kankakee River State Park, \$11 (long t) or \$18 (sweatshirt) for pre-registered by 9/24, \$13 thereafter includes only t-shirt. 5yr AG w/ awards 2 deep minimum, top 3 overall & top masters. Refreshments. Henry 933-9255.

Sun., Oct. 17, 9 A.M., FIVE KILOMETER FALL CLASSIC & One Mile Walk, Kankakee Community College, \$10/12, ts, 5yr AG, awards to top 5 overall, masters, & 3 deep in AG, refreshments. Sponsored by Superior Silkscreen, 939-1440.

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!

Thurs., Jul. 29, Sundowner 5K, New Lenox - Pat Koerner, 16:34, 2AG; Charlie Grotevant, 19:52, 3AG; Larry Lane, 18:49, 3AG; Jeff Lonergan, 20:11; Henry Shelly, 21:53.

Sat., Jul 31, Loda Good Ole Days 5K Race - Pat Koerner, 16:13, 10A; Charlie Grotevant, 19:49, 2AG.

Sun., Aug. 1, Bud Light Triathlon, Downers Grove (.5M swim, 12.5M bike, 5K run) - Kathy Steffen, 1:17:32, 1st AG & placed in top 25 females overall.

Sat., Aug. 7, Allen Park (MI) Street Fair 8K - Pat Koerner, 27:10, 26th out of 732

Tues., Aug 10, Speckman Realty 5K Prediction Run, Small Memorial Park

TOP TEN PREDICTORS

- | | | |
|----------------------|-------|-----|
| 1. Glenn Warman | 18:15 | 5s |
| 2. Carol Sue Painter | 25:22 | 8s |
| 3. Ken Klipp | 17:51 | 9s |
| 4. Krista Hickey | 27:12 | 12s |
| 5. Tim Benoit | 21:14 | 14s |
| 6. Henry Shelly | 22:00 | 20s |
| 7. Gina Dorn | 31:52 | 25s |
| 8. Non-member | | |
| 9. Dan Gould | 21:34 | 26s |
| 10. Warren Monk | 17:50 | 30s |

Others - Leon Malone, 29:04; Tom Goodberlet, 21:32; Randy Devore, 22:39; Nancy Ruda, 22:47; Ron Piwowar, 23:39; Dave Schkerke, 25:30; Mike Hickey, 27:10; Steve Sthay, 25:53; Georganne Hickey, 27:09; Jack Dorn, 26:53; Graig Hickey, 24:10; Jim Ruberg, 26:56.

Sat., Aug 14, Momenca Glad Run, fog, 71 degrees, 110 finishers in 5K.

- | | | |
|---------------|-------|-----|
| Warren Monk | 17:24 | 1AG |
| John Brinkman | 18:43 | 2AG |
| Tom Parlin | 18:57 | 3AG |
| Graig Hickey | 19:00 | 3AG |

Tim Benoit	19:33	
Robert Pool	20:20	1AG
Ron Piwowar	22:11	1AG
Pat Baldwin	23:37	
Steve Sthay	23:51	
Dave Hinderliter	23:58	
Danny Flynn	24:08	2AG
Don Combs	24:07	
John Hickey	24:18	1AG
Jack Dorn	24:53	
Mike McGuckin	25:53	
Monica Uribe	26:31	1AG
Erma Hickey	26:32	1AG
Tom Uribe	30:36	
Gina Dorn	32:59	5AG
Linda Krause	33:01	1AG
Heather Steffen	33:46	6AG
Peggy Baldwin	35:06	2AG

75 finishers in 10K.

Pat Koerner	34:32	10A
Tom Stluka	35:38	20A
Ken Klipp	36:30	1MST
Jim Grace	37:46	1AG
Dan Gould	40:17	1AG
Glenn Warman	40:54	2AG
Rich Olmstead	41:09	1AG
Charlie Grotevant	42:58	1AG
Tom Goodberlet	44:13	3AG
Nancy Ruda	46:19	30A
Mike Morel	47:28	
Kathy Steffen	47:46	1MST
Dee Osenglewski	47:56	1AG
Henry Shelly	50:59	
Steve Zorns	54:56	
John Flynn	61:44	
Krista Hickey	61:57	1AG
Georganne Hickey	61:57	2AG
Gale Lehnus	64:28	3AG
Leon Malone	65:32	2AG
Shirley Malone	65:53	1AG
Dianne Strufe	64:31	1AG

Sat., Aug. 14, Mazon Twilight Run 5K, 180 finishers - Charlie Grotevant, 19:51

Sat., Jul. 30, Western Kentucky Endurance Triathlon - 1.2M swim, 56M bike, half-marathon - Jim Grace, 5:12:00, 4th AG

Sun., Aug. 22, Danville YMCA Triathlon - 1M swim, 24M bike, 10K - Jim Grace, 2:15:00, 1st AG

Sat., Aug. 28, Crim Festival of Races,

Flint, MI., 7 events, 12,782 participants.
-10 Mile - Dan Gould, 65:05, 415/4506;
Charlie Grotevant, 68:35, 692/4506
-8K - Pat Koerner, 28:01, 3AG,
14/1105; Henry Shelly, 38:58, 290/1105

ON DAN'S RUN

By Dan Gould

So, you ask, what is my column doing back here? Well, I've got more perspiration than inspiration this month. I guess it is a combination of dog days of summer, meltdown and old age. Yep, I'm getting there. One year to the big 5-0!

Georganne and Krista Hickey had a good laugh as a result of the old man's feeblemind. When I pre-registered for the Glad Run (yes, I did remember to do that), I sent in the top half of the entry form with my check. Yes, I kept the part with my name, address, and shirt size. Well, you have to hang on to that important stuff.

Speaking of important stuff, the Pool & Pizza Party on July 31st was a great way to spend a Saturday evening. A few people actually ran before the swim! I think it was my night to watch Doc Baldwin. We talked at some length at the pool and then he, Dorothy, Ken Klipp and I shared a booth at Chicago Dough. No, actually, with Doc and Ken there I didn't have to talk, but I'm sure I got in a "yes," "no," and an "of course" somewhere during their conversation. Many thanks to Linda Linn for organizing a great evening!

We finished the summer 5K series with the Speckman Realty (Linda Krause) sponsored prediction. It was the first of the 5K series that we didn't run in the rain or postpone because of rain.

I was chatting with Steve Sthay, a new member, and asked him how he came to join us. He replied that Butch Coy, that rotten...(I have to censor here) had gotten him into running and had begged off this evening with some lame excuse about a refrigerator falling on him and breaking some ribs. Carol Sue

Painter joined us and, when I introduced her as a former member, she corrected me. She has rejoined us and brought her husband, Denzle, into the fold (He would learn this a month later!).

Pat Baldwin, doing his best impression of a snake oil salesman, set up a table with the Innergize Sport Drink he is peddling (beats working as a night clerk in a Stop N' Rob). Should the club ask for a cut? Call now, 1-900.

The Momenca Glad Run - August 14 - was once again an outstanding success under the direction of Mike Hickey. Although the numbers weren't quite up to last year's, he had in excess of 260 participants which makes it the second largest race in the county. He had the support of the Hickey family and when they all show up you have a quorum for a road race. Ma and Pa Hickey were there and became KRRC members. Sister Debbie and family from Decatur were there as was.... Well, I can't keep track!

Mike came up with some outstanding shirts and a reasonably nice day. Glad Run weather is traditionally hot and humid. Those who run the 10K go west until they are in the middle of nowhere and, when they round the pylon, come face-to-face with the rising sun which cracks their eyeballs and bakes their skin. This year the fog shielded us from the sun and we turned into a cooling breeze. Well, yes, it was humid!

Race attendance may have been down due to a number of circumstances. - Butch Coy really did have some broken/cracked ribs. Steve still thinks he was a wimp to not even show up.

- Bill Linn's air conditioner died and he had to sit home waiting for the repairman - who didn't show! Should have had Goodberlet Air Conditioning do the installation. Tom wouldn't have left him hanging. Tom would have picked him up and brought him to the race.

- Doc Baldwin didn't register. A bandit at his advanced age! I suppose he thought Mike should take his AARP card. Doc was there to run with his grandchild, Peggy, in her first 5K. She was successful!

- Mark Kilbride was getting married at 4 P.M. For reasons known only to

Gerry, Judy, and the other 14 Kilbrides who should have been at the Glad Run, they spent the day getting ready for the wedding. Judy had an early hair appointment that she couldn't get to on time because of the fog. She might as well have run!

- John Shoup...

- Some people saved themselves for the Illinois Open Cross Country 8K on Sunday. There was a noticeable absence of Prairie Staters and Pancakers at Momenca.

Well, it was a fine outing for those of us who know a good race when we see it! Jim Grace took advantage of the conditions to knock 45 seconds off his 10K PR, finishing 5th overall and first in age group. Pat Baldwin ran a 5K PR. Members Pat Koerner and Tom Stluka were 1-2 and Ken Klipp and Kathy Steffen were masters' winners in the 10K.

There were, of course, refreshments, prizes, and "Glads." to be had, but this was just the start of the day. When the last plaque had been handed out, it was time for the "Krause House Bash," a day-long party at Linda and Bob Krause's. Located on the parade route and within walking distance of many activities, it is the place to be. The Third Annual Krause House Bash was reported as a success by all survivors, but I don't know if they got around to dragging the swimming pool. Many thanks to Linda and Bob!

Kathy Steffen's first in age group at the Bud Light Triathlon got her 15 seconds of glory on ESPN. I don't think they gave her as much time as Scott Tinley, but a televised post-race interview could be a beginning!

Carol Sue Painter ran a 5K while aboard the cruise ship Seaward in the western Caribbean on August 19th. I mean literally "while aboard." One lap around the deck was a quarter mile. Carol Sue was the first female in a race with no age or sex divisions (would you like a sex division?). It took a protest to get her an award!

You will note in *The Finish Line* that Charlie Grotevant ran 19:51 at the Mazon Twilight Run 5K which was held August 14th at 6 P.M. Charlie was 4th in age group. He might have done

better, but at 8 A.M that day he had run the Glad Run 10K. He's a better man than I am!

And Doc Baldwin is a better man than you might think based on some of the other items in this column, but it has just come to my attention that he may have redeemed himself in his advancing age. It has been widely known that Doc is a White Sox fan, but I have learned from a source whose identity I have pledged not to disclose that he recently attended a Cubs' game and took grandchild Peggy. It is good to know that he has seen the light and is trying to help the younger generation. Doc, we love you (one of my former clerks once observed that too much love could kill a person).

Could Bobby Crim, a former Speaker of the Michigan House of Representatives, have foreseen what he began 17 years ago would become? As Charlie Grotevant and I stood with the 5,000+ awaiting the start of this year's Crim Festival 10 Miler as the now retired legislator was introduced, you could only wonder. This year's events would raise \$80,000 for the Michigan Special Olympics and attract a record 12,782 participants including a number of world class runners. Indeed, Cathy O'Brien set the woman's world record 10 mile time on this course in 1989 (51:47).

This was my third year in Flint. I was joined by the Shellys, the Grotevants, and the Koerners. It was also the third year for the Koerners (well, Colin's first "Teddy Bear Trot"), a first for the Grotevants, and a second for the Shellys who missed last year. I think all of us will be ready to go again next year.

The Crim offers something for everyone. Charlie and I ran the 10 mile. Pat and Henry did the 8K run. There is also a 5K walk, 5K run, 8K walk, 1 mile run, and Teddy Bear Trot. There is a Sports & Fitness Expo, Clinics, Pasta Party, Concert, Taste of Flint Food Festival including carnival rides, children's activity tent, and live entertainment. There is a leg of the Tour de Michigan Bike Race. The running/walking events have staggered starts beginning with the 10 mile at 8 A.M. and ending with the Teddy Bear

Trot at 12:15 P.M. One guy made a morning of it by running the 10 mile, 8K, 5K, and one mile. He also did the 5K walk. He got a drawer full of shirts in one morning.

They are organized and they have to be. The same finish line is used for all events and, although the starts are staggered, there is some overlap at the finish line. It is not perfect, however.

"I was never in it, never there. There must have been 50 guys ahead of me," lamented Pat a few minutes after he finished the 8K. I hadn't counted, but I knew there weren't anywhere near 50 ahead of him and he looked like he was cruising as he came down Saginaw's bricks. One of the nice things about the finishing stretch is that is a downhill, but Pat was more of a prophet than any one of us realized.

Charlie and I had finished, changed, and positioned ourselves on the finishing stretch in time to cheer Pat on and get a picture. We were amazed to hear the finish line announcer pronounce both "Koerner" and "Bourbonnais" correctly, although he did hesitate on Bourbonnais.

Donna confirmed that, at most, there were 15 ahead of Pat. Nevertheless, when the results were posted, Pat was a non-entity. He wasn't a finisher, officially. Although we know Pat was 14th and 3rd in age group, their organization wasn't set up to deal with this problem minutes before the awards ceremony (4 P.M.) supposed to start. We hope they will get it corrected and Pat will get the recognition he deserves. When you are 14th out of 1,105, you should not be a non-entity.

Charlie was happy with his time, an "over 50" PR and I ran my best Crim by over 2 minutes. Charlie and I had the benefit of a new innovation at this year's Crim, a seeded start for runners with previous 10 mile times under 70 minutes. We had yellow bibs - Charlie, # 272, and I, #269 - which put us right behind the elite runners and ahead of the commoners with white bibs. The downside was that I went out too fast!

Henry was just happy to be there and to finish. Between injury and not running there was some question in his mind whether or not he was up to

8K, but when the results were posted he was a respectable 290th out of 1,105.

If you are going to the Crim - and I hope you will - make your hotel/motel reservations well in advance. Rooms are at a premium! We stayed at the third different motel in three years, a Comfort Inn about ten minutes from downtown and were quite satisfied. A pool would have been nice, but...

I neglected to mention that we were blessed with a really decent day sandwiched between what would have been a couple lousy days. We drove up on Friday in high temperature/high humidity and drove back on Sunday in an all day rain. A front came through Friday evening and race day dawned overcast with a temperature 65-70 and humidity in the 80's. Yes, the humidity was up there, but this is August. The sun came out mid-morning on Saturday and it was a beautiful day for the festivities.

Seen on a shirt at the expo: "The best long distance runners eat raw meat, run naked, and sleep in the snow." -Iditatrod Sled Race

Seen on a shirt worn by a comely co-ed from the University of Michigan: "Friends Don't Let Friends - Go to Michigan State."

This Sunday - Herscher's Hare & Tortoise 5K - be there!

As we go to press, the St. Anne race has a new course and, hopefully, some of the improvements we suggested.

See you on the run! Don't forget to share your running with us!

KRRC OFFICERS

Henry Shelly, Pres.	933-9255
Pat Koerner, V-Pres.	932-1009
Ron Piowar, Treas.	939-1749
Linda Krause, Soc.Dir.	472-6577

KRRC NEWSLETTER

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Special thanks to Donna Hurst and Hurst Security for printing the newsletter during the summer.