



Kankakee RIVER RUNNING CLUB

The Paper Race

OCTOBER 1993 KRRRC NEWSLETTER, P.O. BOX 339, BOURBONNAIS, IL. 60914 ISSUE 68



OCTOBER!

Name	Day	Age
Mark Beaupre	1st	47
Stephen Hanks	22nd	46
Bill Linn	16th	41
Mike Morel	20th	40
Brian Noffke	10th	33
Rich Olmstead	12th	42
Tom Stluka	7th	34
Christina Warman	23rd	20
Marianne Warman	25th	15

WELCOME NEW MEMBERS!

Yuh-wen Chow, 35, Bradley
(Ed. Note: Yuh-wen finished first in her age group in the Momenca 5K in 27:20. Her membership was a gift from Tim Benoit. Do you have a friend to whom you would like to make a gift of a KRRRC membership?)

Mike Belletete, 47, Woodridge

ANNUAL CHILI COOK-OFF

Saturday, October 16th

7:00 P.M. until ?

CC'S BAR & GRILL

1006 S. East Avenue, Kankakee

KRRRC will once again be sponsoring our annual CHILI COOK-OFF, this year at CC's Bar and Grill. Everyone is encouraged to bring his/her own version of Chili. We all know that

every cook is a winner so there will be lots of prizes and awards for all the Chili Chefs. CC's will provide the appetizers, chips, and dips. Cash bar, but one FREE drink coupon to the first 50 people to arrive (so don't be late!). REMEMBER: Bring your Chili, yourself, and plan to have a GREAT TIME! Call Linda Krause at 4726577 for more information. See you there!

ON DAN'S RUN

by Dan Gould

Labor Day weekend offers a seemingly unlimited number of racing opportunities. A half dozen of our members started on Saturday with the Sweetcorn 5K Classic in Hoopston. Dave Bohlke was there with his computerized finish. Charlie Kennedy, Charlie Grotevant, Bob Pool, Lynn Troost, and Dianne Strufe picked up gold while Linda Krause and Steve Zorns enjoyed the corn and company of the 171 finishers.

MY NEXT WIFE IS GOING TO BE NORMAL Pat? Oh, heavens no! I'll keep her just as she is. Normal would be so boring! I read that on a guy's sweatshirt at the Herscher Hare and Tortoise 5K.

Yes, it came off again this year, but Scott Stephens was holding his breath and crossing fingers and toes. Having failed to get his race apps ready in time for the August edition of the newsletter, pre-registration wasn't great. Fortunately, the gang was there on race day and attendance about equaled last year. The overcast and relatively cool temperature for a Labor Day Sunday probably helped. There were a few scattered drops of rain, but no more.

Larry Lane was the only one in my age group who I knew could beat me. In spite of knowing that, I sat on

his heels for the first mile before conceding first place. I paid for my foolishness in the home stretch as former KRRRC member Matt Gubbins blew by me only seconds from the finish line. On the plus side, however, it was my fastest Hare & Tortoise - 35 seconds faster than each of the last two years. I kept my lucky number - 13th overall in a field of 83 finishers.

Jim Grace showed up for the cool-down run, having spent a good part of the day on a 102 mile bike ride. Dale Huizenga put in one of his rare appearances on the racing scene as did Jack Dorn. Each of them retired from serious racing a few years ago so that I could pick up some gold.

The 12th running of the Hare & Tortoise was a success. When I suggested to Scott that he get the apps out a little earlier next year, he replied: "I don't want this to get too big." OK, Scott, but let's have the apps for the August newsletter next year.

Labor Day dawned overcast and rainy. As Bill Linn and I met at the park for a long run, a number of our members toed the starting line in Park Forest for the Scenic 10. Mother Nature smiled on all of us, halting the rain just before the 8 A.M. start. With a temperature of about 60 and overcast, it was pretty close to ideal.

For three of our members, the Scenic 10 was particularly rewarding. Pat Koerner's final leg of the Progressive Marathon was good enough to make him the 1993 champion. While he was accomplishing that, Dee Ozenglewski and Mike Morel were running PR's. Mike and Dee, by the way, report that the Frankfort 12K on August 28th was well done. You might want to keep that in mind for next year.

Threatening weather apparently discouraged a large number of the

registrants from participating in the Tri-City Triathlon. There were 75 finishers and 28 in the D.N.F. column. Jim Grace, Ron Piwowar, Nancy Ruda, and Nancy Thompson gave it a go and brought home the gold. Randy Devore had the misfortune to flatten a tire a couple miles short of the transition area, but jogged it in and finished the event.

I regret to report that no one reported in as having finished the Braidwood Station 10K. No one radiated confidence that a 10K on a Tuesday at 5 P.M. around a nuclear plant would generate a lot of interest. The good news is that no members have been reported missing.

September 18th was the inaugural Beecher 5K with Tom Stluka at the controls. If you were put off by the weird age groups or you just don't like to be a guinea pig for a new race, it was apparently your loss. While it didn't fit into my racing schedule this year, reports filtering back indicate it was a first class operation which should be on your calendar for next year. Cornstalk won it with a sparkling 16:21 and gave the race high marks. Jim Grace, Amanda Uribe, and Monica Uribe also brought home the gold.

The Morels, and Ozenglewskis were in Bar Harbor, Maine, on September 18th (and, I suppose, for a number of other days) to run the Bar Harbor Half-Marathon. My correspondents didn't say how much time was spent in the bar and how much in the harbor. Mike and Dee did take the time to complete the race. Perhaps we will have a more complete report next month.

Charlie Grotevant spent September 18th and 19th racing to a first in age group in the Dwight and Pontiac 5Ks. Charlie, I wish I could go back-to-back and run the credible times you do!

The 4th Annual National Heritage Corridor 25K was another smashing success. A record number of runners came from half a dozen states to run the 15.5 miles on the I & M Towpath from Channahon on a cool and sunny day which also saw a course record. While I don't have the official results, I believe there were 429 finishers.

This is my 12th racing season

and, at 49, I am certainly a member of the over-the-hill gang. Most of the research I have read suggests that you can expect to peak as a runner at 10 years given consistency of training. I fit right in. Two years ago I ran PRs at every distance except the marathon. My times in the last two years have been OK, but I haven't approached my PRs.

It was, then, something of a thrill to run a 25K PR by taking a minute off my 1991 time at Channahon. As I mentioned earlier, this year's Herscher time was 35 seconds better than 1991 and 1992. My Crim 10 Mile time this year was over two minutes better than 1991. So, you ask, where did I find the "fountain of youthful legs?"

I'm not sure, but the only significant change in my training occurred starting in early July when I started riding my "Ken Stark Crash & Burn Bike" three times a week for a total of about 40 miles. I haven't been doing speed work or hill work. I have been pretty good about getting in a long run. My weekly mileage hangs pretty close to 40. So, just when you think you're over the hill, maybe there's another PR waiting for you. If you are fumbling for the *Yellow Pages* to find a bike shop, I recommend seeing Steve at "Tern of the Wheel" in Bradley - a nice guy with whom to deal!

Cornstalk, Jim Grace, Tom Stluka, and Jeff Lonergan were some of the KRRC members who enjoyed the perfect day for a 25K. Cornstalk, coming off his Beecher win the day before, was not at his best. Jeff, coming off one of his international trips, was not there to set any records. Jim Grace is running PRs just about everywhere these days and this was no exception. Tom Stluka was 13th overall. You should add this race to your calendar next year!

The Fifth Annual Midwest Classic 4 Mile was all wet. It rained before, during, and after the race, but, as you might expect, Dave Hinderliter was up to the task. The course underwent a bit of modification in Legion Park. We crossed another bridge - when we came to it - and covered a little more grass.

The only one near Gary Moss at

the finish was Matt Gubbins...and he was riding the motorcycle "pace car." Gary, who turned 40 a couple years ago, just doesn't know he is getting older. He led 90 other runners to the finish line which I believe is a record for this race.

Among the other finishers, John Brinkman discarded his shoes in mid-race and put his socks in the trash can at the finish. Rich Olmstead told the guy he was running with that he better have a finishing kick if he was going to beat Rich. He edged Rich for one of those beautiful first in age group trophies by less than a second. Rich also lost his shirt. Well, he dropped it on the course so he wouldn't have to carry the weight of all the water it was absorbing. Phil Newberry was there, but that was about it after having taken the month of August off - totally - from running. Butch Coy had a good race and kicked a little water in the face of his friend Steve Sthay. Ken Stark made one of his all too infrequent appearances. He out-kicked Ron Piwowar and Nancy Ruda to the finish. Mike Wolfe, one of our younger members, showed total disrespect for his elders as he blew by me in the last 40 yards, showering me with wet cinders as he did so.

Post-race festivities had to be moved into the high school, but the pizza, cookies, and other refreshments tasted just as good. Nobody does trophies like Dave! Maybe next year I can get one of those beauties for first in age group! There were, of course, door prizes and a complete results list for everybody (Bohlke computerized finish). KRRC members know what a gem this race is - we constituted a third of the field!

Rounding out the last weekend of the month, the Fifth Annual St. Anne Pumpkin Festival 5K was the class act we hoped it would be. The new course was accurate, safe, marked, and watered. The shirts and trophies were awesome and the raffle prizes generous (\$50 bills!?).

Pat Koerner made it a "three-peat" as he led the field of 61 across the line in 16:32. The women's overall winner was Amanda Uribe, age 10. The trophy was almost as big as she is. Cornstalk said it was worth the price of admission just to see her get the award.

Dad Doug shared the fun by placing in age group.

Detailed results were not available. Ken Klipp was third overall and Jim Grace was third in age group. The race gave Jim 29 miles for the day - and he had biked 30. Well, he's an "Ironman." Shirley Malone, Linda Krause, John Brinkman, and Rich Olmstead also participated. The weather was certainly better than we had for the 4 Mile Classic on Saturday. It is too bad that both these races fall on the same weekend.

ATTENTION RACE DIRECTORS: If you want media coverage, you need to contact somebody in the Sports Department of *The Daily Journal*...or *Town & Country*. Beecher got a pic in the front section with a mini-story. Amanda's win at St. Anne got a story in the first section of Monday's *Journal*. Sports may be a bit risqué for us these days. A recent headline read: "Rub has Trojans on rise."

Phil Angelo shouldn't have any competition for the Jingle Bell Run on December 12th. By going to the second Sunday in December he avoids the Ottawa 10 Miler and the Memphis Marathon.

October brings fall beauty and great running conditions. Enjoy and share them at the Governor's and Fall Classic. Hope to see you on Dan's Run!

KRRC MEMBER SPOTLIGHT

By Dianne Smith

This month I had the pleasure of talking to Judy and Dave Schkerke, who recently joined the running club. They are two people you all should get to know. They were a riot to interview so I'm sure they're a good time.

Their family is made up of truly athletic fanatics! Judy does aerobics 4 days a week, weight training 6-7 days per week, runs 2-3 days per week, and swims at the YMCA. So my comment to her was, "Certainly then you do not work!" Much to my dismay, this lady said she works full time in South Holland for an industrial supply company. Needless to say, my thoughts of my being a very time efficient woman

(one who gives Time Management Seminars) went right out the window. I could not fit all her activities in my 24 hour day! So, I have decided to delegate my Time Management Workshops to her so I have some spare time to run!

Dave is equally as athletic and versatile. He runs everyday during his lunch hour. He's so committed to the sport that he even runs with a sprained ankle! He swims on a regular basis and works as a technician at Shapiro in his spare time (Ed. Note: I hope this isn't one of those jokes about government employees!) His real efforts are put into his hobbies! He does inside and outside painting, makes furniture, and is currently building a 2-car garage for them. I really got tired just talking to these two people! They have more energy than the entire running club put together.

Amanda, age 11, and Samantha, age 9, the two remaining members of the Schkerke family, are also into sports. They were previously on the Bradley-Bourbonnais Swim Team, but now confine their swimming to the YMCA. They also take part in the beginner aerobics at the Y and run sometimes with their parents. I'm sure this family could give new meaning to the phrase "eat and run." They sure are a busy crew!

This month I got my first true confession from one of the running club members! Judy related a story to me concerning her neighborhood runs. It seems Judy is terrified of dogs. She feels that every dog is out to get her. Therefore, during her daily runs she attempts to avoid meeting up with one. For months Judy mapped her jogging route carefully so that she would not run past the house in the neighborhood with this dog constantly standing watch on the porch. Judy sure felt silly when she drove past the house and saw what she had been running away from. The supposed "guard dog" turned out to be a cement lion! So, the next time you see Judy at a race, give her a big Roar!

Judy started running about 4-5 years ago and enjoys the average-not-to-competitive pace. The races she enjoys the most are the ones in which she wins a trophy. Dave used to run in the service. He started up again because his wife was running. He felt "if she could

do it, he certainly could." He's now doing some 10 mile runs and plans to do the Governor's. His goal is to one day do a half marathon. And I told him, "Dave, if I could do a half-marathon, you certainly could!"

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!

Sun., Oct. 3, 9 A.M., Governor's 10 MILE & 5K, Kankakee River State Park. The 15th running sees the 10K replaced by a 10 Mile on the Davis Creek Trail. Hope you pre-registered - and ordered a sweatshirt! For late details, call Henry at 933-9255.

Sat., Oct. 9, 8 A.M., AUTUMN SHORELINE CLASSIC 15K & 5K RUNS, Nelson Park, Decatur, \$15/17 after 10/4, long ts, finishers medallion, 5yr AG, health & fitness expo, Friday night pasta party, post-race party, TAC cert. courses. The Hickeys think this is a real gem!

Sat., Oct. 9, 9 A.M., OAK FOREST HARVEST RUN 5K/10K, 163 Long Ave., 708/687-7270

Sun., Oct. 10, 9 A.M., CALUMET HALF-MARATHON, Calumet City, 708 - 862-6440.

Sun., Oct. 10, FOX CITIES MARATHON, Appleton, WI.

Sun., Oct. 10, 8 A.M., JOHN D. PAIGE 5K RACE, Bi-Centennial Park, Joliet, \$10/13 after 10/4, 5 yr AG, 3 deep, ts, benefits Loyola Burn Unit. Pam 740-2342.

Sat., Oct. 16, 5 P.M., LASALLE 4 MILER, 815/223-5015

Sun., Oct. 17, 11 A.M., MAKING STRIDES AGAINST CANCER 4 MILE, Highland, IN., 219-844-8033

Sun., Oct. 17, DETROIT FREE PRESS/MAZDA INTERNATIONAL MARATHON

Sun., Oct. 17, 9 A.M., FIVE KILOMETER FALL CLASSIC & ONE MILE WALK, Kankakee Community College, \$10/12, ts, top 5 OA M&F, 5yr AG 3 deep, masters, refreshments, call Superior Silkscreen 939-1440.

Sun., Oct 24, COLUMBUS MARATHON - See Bill & Dan run

Sat., Oct. 30, 10 A.M., PUMPKIN PRANCE 5K, \$10/12, Schererville, IN., 219-865-6969

Sun., Oct. 31, CHICAGO MARATHON

THE FINISH LINE

We do our best to get race results for all members, but we need your help!

Sat., Aug. 28, Frankfort 12K - Mike Morel, 56:42; Dee Ozenglewski, 1:00:25; Linda Krause was there.

Sat., Sep. 4, Hoopston Sweetcorn Classic 5K, 171 finishers - Charlie Kennedy, 18:53, 1AG; Charlie Grotevant, 19:15, 2AG; Bob Pool, 19:44, 2AG; Steve Zorns, 23:20; Lynn Troost, 24:53, 1AG; Linda Krause, 31:15; Dianne Strufe, 34:40, 1AG.

Sun., Sep. 5, 12TH ANNUAL HARE & TORTOISE 5K, Herscher - 83 finishers, overcast, upper 70's.

Tom Stluka	16:26	1AG
Pat Koerner	16:35	2AG
Ken Klipp	17:34	1AG
Bill Linn	18:25	2AG
Larry Lane	18:32	1AG
Rich Olmstead	18:37	3AG
John Brinkman	18:41	1AG
Mike Wolfe	18:45	1AG
Dan Gould	18:54	2AG
Doug Uribe	19:10	
Tom Uribe	19:28	
Tim Benoit	19:45	2AG

Charlie Grotevant	19:48	1AG
Bob Pool	20:16	2AG
John Shoup	20:21	
Tom Goodberlet	20:33	3AG
Kathy Steffen	21:39	1AG
Dale Huizenga	21:42	3AG
Tina Warman	21:46	1AG
Randy Devore	22:10	
Nancy Ruda	22:11	1AG
Mark Steffen	22:26	
Ron Piwowar	22:30	
Henry Shelly	22:34	
Pat Baldwin	22:39	
Butch Coy	23:46	
Monica Uribe	23:53	2AG
Steve Zorns	23:55	
Wanda Warman	24:06	2AG
Jack Dorn	24:24	
Jim Warman	24:53	3AG
Randy Riegel	24:57	
Zac Stephens	26:49	
Ben Stephens	26:50	
Amanda Uribe	28:17	3AG
Gina Dorn	34:03	
Phil Angelo	34:31	

Mon., Sep. 6, Park Forest Scenic 10 - Pat Koerner, 57:30; Mike Morel, 1:17:19, PR; Dee Ozenglewski, 1:17:50, PR; Linda Krause, 1:51:00; Jim Grace, 62:00, PR.

Charlie Grotevant - Sep. 12, Stateville 10k, 42:42, 3AG; Sep. 18, Dwight 5K, 19:39, 1AG; Sep. 19, Pontiac, 19:32, 1AG.

Sun., Sep. 12, Tri-City Triathlon, Kankakee - 75 finishers, 28 DNF - Jim Grace, 1:58:30, 2AG; Ron Piwowar, 2:31:27, 3AG; Nancy Ruda, 2:31:41, 3AG; Nancy Thompson, 2:44:52, 3AG; Randy Devore, 2:56:22.

Sat., Sep. 18, Bar Harbor (Maine) Half Marathon - Mike Morel, 1:45:03; Dee Ozenglewski, 1:51:04.

Sat., Sep. 18, Beecher 5K Run, 67 finishers - Pat Koerner, 16:21, 1OA; Jim Grace, 18:04, 1AG; Monica Uribe, 24:36, 1AG; Amanda Uribe, 27:19, 2AG.

Sun., Sep. 19, 4th Annual National Heritage Corridor 25K, 429 finishers, sunny, 55-60 degrees - beautiful! Tom Stluka, 1:33:18, 13th OA, 4AG; Pat Koerner, 1:34:12, 16th OA, 6AG;

Marlin Howe, 1:35:21, 4AG; Jim Grace, 1:40:30, PR; Dan Gould, 1:44:35, 5AG, PR; Carol Pratt-Bauer, 1:58:50, 1AG; Jeff Lonergan, 2:02:30. Kathy Penn, 3AG.

Sat., Sep. 25, 5TH ANNUAL MIDWEST CLASSIC 4M, Watseka, rain, 60 degrees, 91 finishers.

Pat Koerner	22:16	1AG
Marlin Howe	23:32	1AG
Jim Grace	23:51	2AG
Rich Olmstead	24:16	2AG
John Brinkman	25:09	3AG
Mike Wolfe	25:49	1AG
Dan Gould	25:50	2AG
Tom Parlin	26:05	4AG
Charlie Grotevant	26:21	1AG
John Shoup	27:16	
Bob Pool	27:30	3AG
Jeff Lonergan	27:57	
Kathy Steffen	28:56	3OA
Ken Stark	29:28	
Ron Piwowar	29:31	
Nancy Ruda	29:40	1AG
Mike Morel	30:04	
Butch Coy	31:05	
Henry Shelly	31:24	
Phil Newberry	31:25	
Steve Sthay	31:43	
Monica Uribe	31:53	2AG
Steve Zorns	32:13	
Lynn Troost	33:38	1MST
Jim Ruberg	36:01	
Mike Belletete	36:46	
Leon Malone	37:34	3AG
John Flynn	38:14	
Shirley Malone	40:55	1AG
Linda Krause	41:52	2AG
Dianne Strufe	46:55	2AG

Sun., Sep. 26, 5TH ANNUAL ST. ANNE PUMPKIN FEST 5K, 61 finishers - Pat Koerner, 16:32, 1OA; Amanda Uribe, 27:38, 1OA; Linda Krause, 32:24.

KRRC OFFICERS

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

KRRC NEWSLETTER

Editors -	Dan Gould	937-5500
	Bill Linn	935-0815
Staff -	Linda Linn	
	Dave Bohlke	939-1676
	Dianne Smith	937-1035