



# Kankakee RIVER RUNNING CLUB

## *The Paper Race*

NOVEMBER 1993 KRRC NEWSLETTER, P.O. BOX 339, BOURBONNAIS, IL. 60914 ISSUE 69



### NOVEMBER

| <u>Name</u>       | <u>Day</u> | <u>Age</u> |
|-------------------|------------|------------|
| Andy Baldwin      | 6th        | 5          |
| Dorothy Baldwin   | 10th       | 74         |
| Don Combs         | 1st        | 41         |
| Richard Monk      | 13th       | ?          |
| Carol Pratt-Bauer | 5th        | 34         |
| Lynn Runty        | 15th       | 32         |
| Terry Warman      | 12th       | 41         |

Belated October Birthday wishes to:

|                  |      |    |
|------------------|------|----|
| Jason Batkiewicz | 4th  | 5  |
| Elliot Brinkman  | 19th | 10 |
| Charlene Klipp   | 10th | 44 |
| Grant Simmon     | 26th | 15 |
| Mike Wolfe       | 27th | 18 |

We had a little computer glitch last month! In addition, some members have not given complete birth dates.

### WELCOME NEW MEMBERS

Mike, 51, and Jeanne, 50,  
Monahan, Bourbonnais  
Jim Stevens, 45, Kankakee

### THANK YOU!

The weather cooperated and the workers from the club were out in force for the Governor's. We already thanked the "One" responsible for the weather. We'd like to thank all club

members who helped in any way.

As always, without your help, the Governor's wouldn't have been possible. THANKS!

-Henry & Janet

### ON DAN'S RUN by Dan Gould

"A rolling Moss gathers no stones." Yes, I said that. Remember, in ancient times, weight was measured in terms of stone. One look at Gary or Mary Moss and it is clear there is no excess stone there.

The occasion for this pearl of wisdom was the 15th Annual Governor's which featured a 10 Mile instead of a 10K, got us off Route 102 and out and back on that beautiful new trail to Davis Creek. It was also the perfect day - the right combination of temperature, humidity, and sunshine. The wind was up, but the trees reduced it to a cooling breeze. Sadly, only 75 runners ran the inaugural 10 Miler. I guess it is not enough that you put on a great race!

Race Director Henry Shelly, showing infinite wisdom, assigned Bill Linn and I the task of shirt design and acquisition, something new for me. Superior Silkscreen gave us a good bid and, with the assistance of Gary Dupuis, what we thought was a great shirt - after learning how to spell GOVERNOR'S. Perhaps poor spelling goes with the distance. A couple years ago the Prairie State 10 Miler became the Prairie State 10 Miler - at least that is how it was spelled on the shirt.

During pre-race festivities I chatted with Pete Mathis. Pete was one of three guys in my age group who

I can't beat on my best day (Keith Theison and Bob Stevens being the other two). I have often suggested that he be tested for drugs. On October 3, 1993, Pete confessed to using steroids to enhance his running! Well, actually, he confessed that, years earlier, steroids had enhanced his running, but he didn't know he was taking steroids. In a testimonial to the performance enhancing ability of steroids, Pete explained that several years ago he had gotten into some poison oak or ivy and got a prescription cream to cover the afflicted areas. In the following days he noticed a remarkable improvement in his training runs and suspected the Rx cream. When he read the material accompanying the Rx, he found steroids to be a prime ingredient.

I had registered for the 10 Mile before I knew that Bill and I were going to do a 20 miler the day before. Marathon preparation does, at times, conflict with peaking for the shorter distances. I started slowly and looked for someone with whom I could keep company for 10 miles. I saw Mary Moss about 100 yards ahead - and that is where she stayed for about 6 miles!

I met Gary Moss coming back and he asked, "Aren't there any downhill?" As Henry Shelly says, "He'd complain if they hung him with a new rope!" Actually, he said that about Bill, but that is another story. I mean, here is a guy of about 43 years running a 10 mile in 56 minutes and 3 minutes ahead of his nearest competition complaining about this mildly rolling course. Bankers!

It was to Mary Moss, younger, cuter, dutifully following more than 10 paces behind her husband, that I uttered the pearl of wisdom which

began this column. Inspired, she would go on to finish second overall in the women's division.

In the you-should-have-seen-this department, Yuh-wen Chow was wearing these pink tights that Tim Benoit got into. No, pervert, not while she was wearing them! She was wearing them before the race and gave them to him for the race. Yes, he did look kind of silly in pink tights as too much good chow has fattened him up a bit.

Ron Piwowar developed a couple blisters over the 10 miles and felt the course was awfully "hard." He discovered post-race that he hadn't replaced the sock liners which he had removed to dry his shoes after getting soaked at the Midwest Classic 4 Mile the week before. Ouch!

Augie Hirt, who we haven't seen in ages, was showing his Olympic race-walking form as he covered the 10 miles. Perhaps we will see a little more of him now that we are back to a 9 A.M. start on our Sundays-at-the-Park.

Mike Wolfe was once again showed no respect as he edged me by 5 seconds, but I was closing fast and he was near death. Kids!

Steve Zorns was a happy camper and I don't want to be around a man his size who isn't. He was happy because we got him an XXL! Some races don't offer them even for pre-registered. Steve, I'm hereby notifying all local race directors to consider offering the XXL at least as a pre-registration option (Yes, Steve is willing to pay the extra \$1 or 2!).

I hadn't seen Pete Viehweg in a couple months and for good reason - he was hit by a car while running. Bad news: It was his fault. Good news: He was hit by an off-duty police officer whose evasive action may have spared Pete greater injuries. The officer was also carrying a radio which enabled him to get medical assistance quickly. Getting bounced off the fender of a car at age 54 requires a little recovery time, but Pete's 1:12:34 was good enough for first in age group.

With the help of John Flynn, we added Mike and Jeanne Monahan to our membership list on race day. Mike and I got acquainted over 30 years ago

when we were students at Northern Illinois University. Mike has come to the joy of running late in life - better late than never! His 24:31 was good for 2d in age group in the 5K.

It was another "3-peat" for Pat Koerner who won the 5K. Nancy Thompson easily won the women's division. Tom Stliuka was 2d overall in the 10 Miler.

Don't forget to thank those who make it happen - the sponsors and the volunteers. When you're in Chicago Dough, tell Glen Grant how good the pizza was. Glen, by the way, ran the 5K. When you're in Donutland, thank Linda Krauklis (or when she is checking you out at Jewel). Get Tom Goodberlet to tune up that furnace. And so on! Don't forget you fellow members who passed up the chance to run and worked the race!

Cornstalk and Jim Grace participated in the 21st running of the Calumet City Half-Marathon on October 10th. They gave it high marks for the awards, shirt, raffle, flat course...but...

Pat was cruising at 5:55 per mile when he came to the "T" intersection just past 10 miles. No signs, pavement markings, or warm bodies to direct him, he followed the runner ahead. Wrong way! He would spend 10 minutes off course.

Meanwhile, back at the finish line, Jim Grace was attacked in the finish chute by a crazed blond (no, I don't know if there is another kind). "Where's Pat,?" Donna demanded. Jim, trying to collect himself after another PR effort, tried to reason with her. He would later acknowledge the futility of it and explain that he had been absent from the marital state for several years. Happily, Pat arrived on the scene before the search team was dispatched.

The race director made amends for failing to get a course marshal at the intersection in time for the early runners by putting Pat back in 6th overall and calculating his finishing time based on his pace at 10 miles. Awards were duplicated and nobody's nose got bent out of shape.

I didn't get a body count, but the Annual Chili Cook-Off at CC's Bar & Grill was clearly a success. Linda

Krause got us a far corner of the bar which was almost as good as a private room. We almost had the place to ourselves and I didn't notice the usual haze of blue smoke you find in these places.

We had had an enjoyable evening of food and fellowship by the time the live music began. I'm sure they were sponsored by your friendly folks who sell Beltone Hearing Aids. It has been many years since I enjoyed a conversation which required me to put my lips next to the ear of the person with whom I was speaking. Five minutes after the music began I was outta there!

The Fall Classic was the day after the chili cook-off and it appeared there was only one member who did not survive the night before - Randy Devore. He was last seen trying to convince former KRRC member Glen Barmann of the fun of arising early on a grey, damp, and windy Sunday morning to splash through the puddles and across wet grass for 3.1 miles (or possibly 5K). Apparently, Randy not only didn't convince Glen, but talked himself out of it.

Fifty-eight of us made the effort on a Sunday morning described above. Race Director John Shoup did his best to make the course passable after Saturday's all day rain. The piranhas occupying the ponds along the trail were fed just before the race started and no fish bites were reported.

Times were generally slower. Pat Koerner ran 17:11 compared to 16:32 last year, Ken Klipp 17:42 versus 16:55, Marlin Howe 17:50 versus 17:32, and Charlie Grotevant 20:40 versus 20:20. Last year there were 75 finishers. Thirty-one of this year's field were club members. Mother Nature zipped us on this one! Many thanks to John, Gary Dupuis, Sue LaMore, and all who supported and/or worked the race.

Randy Riegel reported that he was a survivor of the Braidwood Station 10K and proudly displayed the race shirt which was personally delivered by the race director. I think he said there were 15 participants.

Will somebody get Kathy Steffen a social secretary? As we met

outside KCC before the Fall Classic. I mentioned that we had missed her at the cook-off the night before. She was not pleased to find she had missed it! I try to get these things on the front page of the newsletter so people can mark their calendars. You don't even have to read my rambling to do that!

Bill and Linda Linn and I had a good time in Columbus, Ohio, at the 14th Annual Columbus Marathon on the weekend of October 23-24, but we certainly missed the camaraderie we had at Memphis in December with five runners and a support crew of two. Although Columbus attracts 4,000-4,500 runners, we didn't see a soul we knew.

We had the perfect day with temperatures in the 40's, sunshine, and an occasional breeze. Columbus has put together as nearly a perfect event as I can imagine. The scenic course stays within the city limits, giving the runners a tour of business and residential areas along with the OSU campus. The course is well-policed and there are clocks, water, and Exceed every mile. In addition to the splits, a volunteer calls out your pace and projected finishing time.

There were a thousand beautiful pictures this day, but I wasn't carrying the camera. We were on a down grade at about 8 miles and headed into the rising sun when I saw it's rays dancing in the vapor of exhaled breath in a group of runners a short distance ahead. Beautiful!

About 14 miles into the race, I noticed two boys, perhaps 10-11 years old, on the sidewalk. As one walked away, the other called out, "Lamont, where you goin'?" Lamont replied, "I ain't goin' to stand here and watch these fools run for three hours!" Most of the spectators gave us more encouragement than that.

Bill and I were prepared for the race and the pace we chose, failing only to get to the start in time to get in the right position. That cost us a minute. Otherwise, it was a fairly textbook marathon with evenly paced splits. Although we fell off the pace in the 24th and 25th miles, we gathered our strength and "sprinted" the 1.2 mile straightaway to the finish. Bill wouldn't hold hands with me as we crossed the

finish line this time, fearing that Linda might grow suspicious if we did it twice in a row. Shucks!

Speaking of Linda, I offer special thanks to her for being our support crew. I wish we could have found her some company. We need a larger contingent - wherever we go - next year.

Congratulations to Jim Grace, our resident "Ironman," who set a PR at the Great Floridian Triathlon. My struggle to complete a marathon leaves me in awe of Jim's accomplishment. Be sure to read his recollections in 'NO COMPARISON.'

As I write these words, snow flurries fall from a grey sky and the outdoor thermometer reports 37.8 degrees. Tomorrow is the Chicago Marathon and the forecast is for cold, wind, and snow. I know Jeff Lonergan and Shirley Malone are planning to run. I hope that by the time you read this they will have been able to overcome the elements and report that it was a successful outing. Perhaps they will reduce their adventures to writing and we can share them in next month's newsletter. How about sharing your running adventures with us?

With the limited daylight hours of winter upon us, please exercise caution - see and be seen. Get out the bright, reflective colors and shelve the gray, navy, and black apparel. Watch your footing and those crazy drivers. They are looking for you this time of year, if ever.

See you on Dan's run.

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## **KRRC MEMBER SPOTLIGHT**

**By Dianne Smith**

This month I had a fun time talking with Mike Monahan from Bourbonnais. He is not only a very new Running Club member, but he's a newcomer to the sport. Yes, this man started racing in February. He started his running career with a race! No one told him that he should try running a little before he starts racing!

I must admit, though, he started

with simple goals: To not finish the race last, to not throw up, and to not end up in the emergency room of one of the local hospitals. Luckily, he completed all three goals on his first run...the Winterfest at Governor Small Park.

Mike joined the Running Club for several reasons. One was to be able to pick up running tips from the seasoned Running Club members (Good idea...). He would also like to see some clinics, workshops or talks put on by the Club to teach people how to run properly. He thinks that the "trial and error" method he is using is simply too painful. During races he's going out too fast, burns out, and has a hard time finishing. (Seems to me Henry Shelly used to have that problem when I trained with him. Maybe we could get these two guys together...)

To support his athletic career, Mike works in Chicago for the Department of Employment Security..."the friendly unemployment office" as he calls it! (Hopefully, we'll only see Mike on the road and not on the job...) His wife, Jeanne, teaches at Alan Shepherd. The Monahans have a daughter, Erin, who is married and lives in Wheaton. Their son, Brian, works at a Chicago bank.

Mike has been a biker for the last 15-16 years and decided to make the transition into running because of encouragement from friends John Flynn, Denny Blaze, and Dan Gould. But Mike was quick to clarify that he does not want to become the "compulsive" runner that Dan is. According to Mike, he spent a lot of time with Dan while in college at Northern so he knows Dan better than the average friend.

Biking has remained in the exercise regime of the Monahan family. In fact, Mike and Jean start with a "little" bike ride, then she shops while Mike continues to bike. Later they meet for lunch, Jean heads for more stores, and Mike bikes again. It certainly is a family exercise program! I forgot to ask who had the credit cards during these excursions. If it was Jeanne, I'm with her all the way to the mall!

The typical running week for Mike is 10-12 miles. He enjoys being

out on the road and having time for himself. He thinks the endorphin high is cheaper than a martini and lasts longer. Mike runs about an 8 minute pace and doesn't have the desire to push himself competitively. In fact, he takes his watch off after a run and immediately resets it so he doesn't have to see his time! I wanted to ask why he even wears a watch, but I felt that might be a stupid question (Ed. Note: That is your job, Dianne, and you should not be intimidated by this distinguished looking, but obviously eccentric Irishman. He probably wears it so people will think that he can tell time!)

Mike is looking forward to a time when he can meet many of the Running Club members face-to-face. So far, during races, all he has seen is the back of everyone's heads! (Ed. Note: Sure, Dianne, their "heads." When we drank coffee together in the student union 30 years ago, I remember Mike commenting on the nicely shaped "heads" of the co-eds walking by.)

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## **NO COMPARISON!** **by Jim Grace**

Before Julie Anderson moved from Kankakee, a picture of a triathlete (complete with race # and body markings) hung on her refrigerator door. The athlete was running down an apparently deserted road in the evening twilight. The caption read: "When you finish any other race, you are a finisher. When you finish this race, you are an Ironman. There is No Comparison!"

In October of '92, I had the opportunity to do the 2nd Annual Great Floridian Triathlon in Clermont, FL., about 30 miles west of Orlando. After swimming 2.4 miles, biking 112 miles, and running 26.2 miles in 12 hours, 51 minutes, I agree - No Comparison! I'll try anyway.

On October 23rd, '93, about one hour before sunrise, 310 of the best endurance athletes in the world were busy making last minute preparations for the 3rd Annual Great Floridian Triathlon. Contestants are allowed to leave two bags of supplies with volunteers - one for half-way through the bike and another for the start and finish of each of the three loops that

make up the run. I put an Ultra-Fuel Bar and a couple of Power Bars in each bag along with a ziplock bag with 500 calories of powdered Ultra-Fuel. I didn't want to take any chance of running out of fuel in the run as I did the year before.

As we moved to the beach at sunrise, a 20-25 MPH wind blew across the water creating 18" waves with an occasional whitecap. I don't recall anyone saying that the wind would make things tough - this race is tough in no wind.

I swam with as regular a rhythm as I could manage and the waves had a relaxing, hypnotic effect. One hour and twenty-seven minutes later, after almost body-surfing on the return trip of the swim, I got out of the water, ran a quarter mile to the changing tent, put on biking shoes, sunglasses, sunscreen, tank top, helmet, and headed out on the bike course.

The bike course in Florida has numerous short - quarter to half-mile - very steep hills for the first 56 miles. Uphill speed can be as slow as 6 or 7 mph and downhill speed as fast as 45 mph. After half-way, the terrain is flat for 35 miles - half of which went directly into the relentless wind. The steepest hills are on the last 20 miles, with the longest at 105 miles. I learned a subtle lesson in positive thinking this year. Instead of letting myself think "I can't wait to get off this bike," which is essentially negative, I kept telling myself "I'm ready to run." Extra training, more calories, and positive thinking made a big difference at this point in the race. Last year, I didn't think my legs would hold my weight let alone run. This year I really was ready to run. After six hours, thirteen minutes on the bike, I exchanged my swimsuit for running shorts, biking shoes for running shoes, and put on a fresh tank top.

One major difference between any other race and the Ironman is that an Ironman takes *all day*. The swim starts when it's light enough to see. It's still early to mid-morning when the biking starts. The afternoon and the bike wore on together for awhile until (usually at the hottest part of the day) the bike ends and the run begins. This year it was overcast all day with high

temperatures around 80 degrees and always the constant 20 mph wind.

I held back as with the beginning of any marathon. I tried to practice the three most important rules of a successful Ironman: 1) keep drinking water; 2) keep eating (or taking liquid fuel); and 3) keep moving! Last year I didn't feel much like eating after a few miles of running. Within 45 minutes I was struggling just to walk so I started eating everything in sight - fruit, bagels, cookies and water are available every mile. After a couple of miles I was running again. This year I just kept running, eating, and drinking more Ultra-Fuel at the end of each lap. Around the 14 mile mark I passed Walter Ruppert of Washington, IL., and walked about a tenth of a mile with him. Other than that I was able to run the entire marathon. I was alone in the gathering dusk at the 21 mile mark and tried to make a move at a kick. The faster pace felt better. As with last year I was overcome with emotion as I approached the finish line. The clock read 12:03 through tear-filled eyes. Once again, *I was an Ironman!* The 47 minute PR paled compared to just finishing.

I'm waiting for next year's entry form. I want another shot at swimming, biking and running with the best athletes in the world. I want to stay at the finish line telling and listening to stories until 1:45 A.M. when the last Ironman finishes. I want to race all day - again. I want to be an Ironman, even though I already am one. See you in the waves, on the road.

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## **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., Nov. 6th - Turkey Trot 3M. 9 AM, or 1M, 8 AM, Palos Park Village Hall, \$8 ind./\$14 family. Marilyn 708/361-1535

Sun., Nov. 7th, 11AM - Canal Connection 10K, Utica, Jon 815/434-7681

Sat., Nov. 20th - Noon - Downers Grove Park District Turkey Trot 5K, Tom 708/963-1300

Sun., Nov. 21st - 8:30AM - Tinley Park Turkey Trot 5K, 708/5328698

Thanksgiving - Nov. 25th, 9AM - Pilcher Park Predictor 4M, Nature Center, New Lenox, \$4/6 after 11/20, Keith 485-2477

Sat., Nov. 27 - KRR Turkey Tromp Handicap 5K or Poker 5K, Kennekuk Cove County Park, just west of Danville, 217-733-2403

### THE FINISH LINE

Sun., Oct. 3, Governor's 10 Mile, 73 finishers, sunny, cool, beautiful!

|                   |         |     |
|-------------------|---------|-----|
| Tom Stluka        | 59:10   | 2OA |
| Marlin Howe       | 1:00:06 | 1AG |
| Jim Grace         | 1:02:35 | 2AG |
| Mike Wolfe        | 1:07:17 | 1AG |
| Dan Gould         | 1:07:22 |     |
| Tom Parlin        | 1:08:48 | 3AG |
| Theresa Burgard   | 1:12:41 | 3OA |
| Tim Benoit        | 1:15:05 |     |
| Kathy Steffen     | 1:16:19 | 1AG |
| Tom Goodberlet    | 1:16:21 |     |
| Nancy Ruda        | 1:17:00 | 1AG |
| Mike Morel        | 1:17:45 |     |
| Ken Stark         | 1:18:28 | 3AG |
| Ron Piwowar       | 1:19:54 |     |
| Dee Osenglewski   | 1:20:41 | 2AG |
| Augie Hirt        | 1:23:08 |     |
| Steve Zorns       | 1:24:12 |     |
| Kathy Penn        | 1:26:43 | 3AG |
| Carol Sue Painter | 1:30:07 | 2AG |
| Dave Schkerke     | 1:30:07 |     |
| Dan Flynn         | 1:38:18 | 2AG |
| John Flynn        | 1:43:14 |     |
| Shirley Malone    | 1:49:11 | 1AG |

Governor's 5K - 75 finishers

|                 |       |     |
|-----------------|-------|-----|
| Pat Koerner     | 16:28 | 1OA |
| Bill Linn       | 19:07 | 2AG |
| Doug Uribe      | 19:13 | 1AG |
| Charlie Kennedy | 19:20 | 1AG |
| Tom Uribe       | 19:33 | 3AG |
| John Shoup      | 20:33 |     |
| Jeff Lonergan   | 20:42 | 3AG |
| Nancy Thompson  | 22:00 | 1OA |
| Randy Devore    | 22:07 | 2AG |
| Steve Sthay     | 23:23 |     |
| Pat Baldwin     | 23:48 |     |
| Butch Coy       | 23:55 |     |
| Mike Monahan    | 24:31 | 2AG |
| Monica Uribe    | 25:07 | 2OA |
| Amanda Uribe    | 26:27 | 2AG |
| Peggy Baldwin   | 29:57 |     |
| Phil Angelo     | 33:06 |     |

Sun., Oct. 10th - Cal City Half-M, 215 finishers - Pat Koerner, 1:17:30, 3AG; Jim Grace, 1:22:30, 3AG, PR!

Sat., Oct. 16th - Morris IMC Octoberfest 5K Run - Pat Koerner, 17:27, 1OA

Sun., Oct. 17th - Five Kilometer Fall Classic, 58 finishers, overcast, 50's

|                   |       |      |
|-------------------|-------|------|
| Tom Stluka        | 17:04 | 2OA  |
| Pat Koerner       | 17:11 | 3OA  |
| Ken Klipp         | 17:42 | 4OA  |
| Marlin Howe       | 17:50 | 5OA  |
| Jim Grace         | 18:22 | 2AG  |
| Rich Olmstead     | 18:55 | 1MST |
| Bill Linn         | 19:06 | 1AG  |
| John Brinkman     | 19:12 | 3AG  |
| Mike Wolfe        | 19:18 | 2AG  |
| Dan Gould         | 19:23 | 1AG  |
| Doug Uribe        | 19:38 | 2AG  |
| Larry Lane        | 19:42 | 2AG  |
| Charles Kennedy   | 20:02 | 1AG  |
| Tom Uribe         | 20:06 | 2AG  |
| Tom Parlin        | 20:13 |      |
| Charlie Grotevant | 20:40 | 1AG  |
| Theresa Burgard   | 21:20 | 2OA  |
| Nancy Thompson    | 22:05 | 3OA  |
| Kathy Steffen     | 22:42 | 4OA  |
| Mike Morel        | 23:19 |      |
| Pat Baldwin       | 24:39 |      |
| Steve Zorns       | 24:56 |      |
| Larry Wier        | 25:23 | 3AG  |
| Randy Riegel      | 25:30 |      |
| Carol Painter     | 25:40 | 5OA  |
| Amanda Uribe      | 26:50 | 1AG  |
| Mike Belletete    | 27:46 |      |
| Leon Malone       | 29:48 |      |

|                |       |     |
|----------------|-------|-----|
| Peggy Baldwin  | 31:59 | 1AG |
| Shirley Malone | 32:35 | 1AG |
| Phil Angelo    | 34:18 |     |

Sat., Oct. 23rd, Great Floridian Triathlon, Clermont, FL - "Ironman" distances, 2.4M swim, 112M bike, 26.2M run - Jim Grace, 12 hrs., 3 min. PR!

Sun., Oct. 24th, Columbus Marathon - Bill Linn & Dan Gould, 3:11:17

Sun., Oct. 31st, Chicago Marathon, cold windy, snow - times approximate

|                |         |
|----------------|---------|
| Ken Stark      | 4:01:?? |
| Tim Benoit     | 4:02:?? |
| Jeff Lonergan  | 4:10:?? |
| Shirley Malone | 5:48:?? |
| Dianne Strufe  | 7:05:?? |

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### 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   |          |
| Dianne Smith | 937-1035 |
| Dave Bohlke  | 939-1676 |

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## **FLASH - BULLETIN!**

**Chicago Marathon, October 31st - The ageless Shirley Malone, fighting wind-driven snow on a cold and simply miserable day for a race successfully completed her first attempt at the marathon. Although her 5:48 was beyond her target time, she was happy to have gone the distance under the adverse conditions. She says she will try again - after an appropriate rest. A Kempton farmer, she finds beginning marathoning at 62 years young is quite a challenge! Joining her in this adventure and also going the distance was Dianne Strufe, 53, Dwight. Dianne's 7:05 is a testament to her determination, discipline, and courage.**

**Among the men, Ken Stark, 50, Kankakee, covered the course in 4:01. That isn't bad for a man whose back trouble supposedly ended his running a few years ago. Jeff Lonergan, Bradley, was supposed to run with Ken, but he spent a fair part of the marathon trying to hit on a girl and Ken got tired of waiting for him. Tim Benoit, 36, Bourbonnais, went the distance in 4:02.**

## **CONGRATULATIONS MARATHONERS!**