



Kankakee RIVER RUNNING CLUB

The Paper Race

JANUARY 1994 KRRC NEWSLETTER, P.O. BOX 339, BOURBONNAIS, IL. 60914 ISSUE 71



JANUARY

<u>Name</u>	<u>Day</u>	<u>Age</u>
Joyce Grotevant	28th	52
Dave Hinderliter	9th	40
Aaron Huizenga	31st	20
Dave LaMontague	15th	32
Brett Linn	26th	12
Jeanne Monahan	3rd	51
Paula Monk	29th	??
Randy Riegel	31st	39
John Shoup	23rd	44
Dianne Strufe	29th	54
Glenn Warman	12th	18
Libby Wasser	30th	42

WELCOME NEW MEMBER

Carol Stapleton, 44, Channahon

RE-CYCLE TROPHIES!

Tired of trying to store all that plastic gold? Re-cycle! Ken Klipp will take them off your hands. Bring your old plaques and trophies to the annual meeting or give Ken a call at 937-1958. Ken will put them to good use. Someone else will have the thrill of bringing home the gold!

ON DAN'S RUN

by Dan Gould

December is...

Well, December is many things, but, for

runners it is often a "downer" month. Whipped by cold winds, cloaked in darkness, smothered in layers of clothing, fattened by the Thanksgiving turkey and dressing, unable to resist the Christmas candy, diverted from the daily ritual by the need to buy presents and get out the cards, we struggle to survive. There are a few of you, of course, who are totally oblivious to these obstacles. You are called "single," "divorced," or "soon to be divorced." The rest of us try to hold the line, the waistline, that is, until the days grow longer and the meals grow shorter. The latter is sometimes known as the "I spent all my money for Christmas and I can't afford any new clothes diet."

December actually greeted me rather warmly. The first day of the month arrived with sunshine, 40 degrees, and the rare chance for a "nooner." Some of the younger members will attach a different meaning to that, but, for my contemporaries, it means the opportunity for a lunch hour run. It is a good start to December when I can put on the shorts and run in the sun! Just for good measure, Mother Nature gave me shorts' weather two days in a row!

As I write this, we are back to December as we usually find it - gloves and Gore-tex. I really look forward to December 21st because it is the shortest day of the year. I realize it is also the beginning of winter, but I can deal with that more easily than running in the dark. Layer these modern materials and stay as warm as the proverbial "bug-in-a-rug."

The Ottawa 10 Mile Classic is special to me because I ran my 10 mile PR there a couple years ago. It was also one of those rare days that I could get the best of Charlie Kennedy. I

haven't come close to that time again nor have I bested Charlie again on any day when he has been 100%.

I missed Ottawa last year as the Memphis Marathon was the same day. The weather at Ottawa this year reminded me of Memphis with a temperature of 34 and overcast. The south wind was a bit stronger than that we faced in Memphis, but neither the wind nor cold hurt this race. A record 386 runners crossed the line and there were course records for both men and women. Jim Grace ran a PR and Charlie Grotevant ran an "over 50" PR the thrill of which was only slightly diminished by the fact that he finished 6 seconds out of the gold. There was also the thankfulness that he was not struck by the elderly woman driver who blundered into the runners' traffic lane which was clearly marked by cones and almost took him out. I believe the car can be identified by the impression of Charlie's fist!

Pat Koerner bested the "Evil G-man" once again, but there really wasn't the same satisfaction the second time. Besides, somebody suggested that a 31 year old man should be able to beat a 43 year old man. I wouldn't write the Evil G-man off, however. He has many great races left!

The "Lance Man," Lance Bovard, was very happy with his race because he was running pain-free for the first time in two years. A very talented runner, injuries have hampered him for some time.

Larry Lane, who, unfortunately for me, moved into my age group this year, placed in our age group. I didn't. Larry let me run with him the first mile and let me catch up between 6 and 7, but he took the downhill like Jim Grace and I couldn't go with him. He could have had the decency to trip the guy who

beat me out of fifth!

Our celebrity grandmother, Shirley Malone, brought home first in her age group. Shirley is thoroughly enjoying the famous "15 minutes of glory."

The turnout for the 3rd Annual Jingle Bell Jog was a bit overwhelming. A benefit for the Arthritis Foundation, it began in Kankakee two years ago with a short mile run in the Meadowview Shopping Center. That event was organized by someone who had no idea what they were doing.

Two years later, Race Director Phil Angelo counted 207 participants. A beautiful day brought out a large number of race day registrants. The crush at the registration tables delayed the start of the race. Temperatures in the 20's made it a bit brisk for those who arrived at the starting line early.

The race was marked but not marred by a runner going down near the one mile mark with an apparent seizure. Brian Thompson of Park Forest was treated and released at the hospital. It was the kind of incident seldom seen, but the reason most races have an ambulance at the race.

A couple of kids relegated Tom Stluka and Pat Koerner to third and fourth place in the men's division. Jenny Kohl was second in the women's division. Scott Stephens won an award for best costume and Amanda Uribe was the top youth fundraiser.

This was the first race of the year I wasn't at the Wolfe's door; Mike Wolfe, that is. He has kicked dust, dirt, and cinders in my face all year long, but he blew my doors off at the Jingle Bell Jog. Since life is not fair, he was fourth in his age group and I'm hoping Santa put lumps of coal - big lumps - in his running shoes. Charlie Grotevant almost took me as he ran his second "Jingle Bell" in as many days. On Saturday, he had run the Pontiac version of this event and he ran good times in both races. Since life is sometimes fair, Charlie brought home the first in age group gold both days [Note to Ken Klipp: Charlie has a lot of that old plastic gold.] Just another ho-hum 40+ races for Charlie this year.

Jim Grace was giving his pre-race "just-in-case-I \-don't-run-well" excuse and it was a pretty good one. On the day before, he had run the "Michigan Avenue Chase-the-Mugger." This was

an unscheduled event and certainly not sanctioned by USTF. It occurred when a person of considerable youth, diminutive stature, and no integrity seized a woman's purse and shopping bag without so much as a "Mother-May-I." Since Jim had no time for a warm-up before breaking into a sprint, the possibility of straining a cold muscle was great {hot lead is also harmful to muscle tissue}. The chase was short, but Jim did better than three other competitors and the mugger dropped his ill gotten booty. Jim didn't need the excuse. He ran a fine time and was first in age group.

The refreshments were excellent, although I did have to dig for the Diet Pepsi. I'm a sucker for those Original Cookie Factory 500 calories to the serving cookies and managed to grab a couple before they disappeared. Glen Grant was there with the always popular Chicago Dough pizza. Be sure you are there for the 4th Annual Jingle Bell!

While breakfast was hardly necessary, we stretched this social occasion out by gathering a dozen of our number at River Oaks. I'm not sure some of you realize that many of those going to races don't go for the race. They go for the social aspect. Linda Linn remarked that Brett, 11, a non-runner, wants to go for that reason. The trip to Ottawa was a "social" that consumed 6-7 hours and the race was only a small part of it. Good friends, good times!

I had just come in from doing my miles when the phone rang. "Dan, this is Nicki. Are you home?" Well, I thought I was. It looked like the inside of my house and the lights were on. The "Nicki" was Nicki Beaupre, wife of a rarely seen KRRC member named Mark Beaupre. Nicki appears to the world to be a red head, but she is really a closet blond. That isn't an insult. I like blonds. I married a blond. She will be a blond as long as Lady Clairol keeps making that stuff. Some women try to hide behind another hair color, but, eventually, there is a slip. Yes, Nicki, I'm home and I love you too.

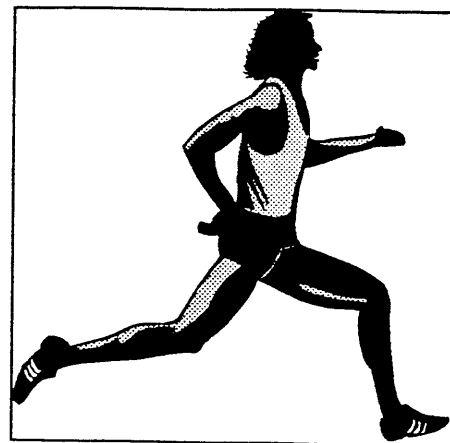
"Sunday at the Park" has been kind of slim pickings. The Sunday before Christmas, Pat Koerner, Larry Lane, Bill Johnson, Ron and Nancy, and I were the only ones who showed.

Ron and Nancy wanted to be alone, Pat was running an imaginary race with the "Evil G-Man," and Bill, Larry, and I were left to be sociable. Where is everybody?! The Hickeys were in Florida, the Linns were in Arizona, and the Klipps were sleeping in. What's your excuse?

John Shoup introduced me to the Perry Farm on the morning of Christmas eve. Yes, reports of his demise were premature, but, at 7:30 in the morning, it was hard to tell if the body in the right seat of the Dan van was alive or dead. He has spent another year looking for love in all the wrong places and that takes its toll.

In any event, we had the Perry Farm to ourselves as we headed west into a wind driving snow horizontally. The temperature was in the teens and I didn't want to know the wind chill. John did come alive, but he rattled off some nonsense about getting ready for next year's Milwaukee Marathon. He didn't "laugh at the hills" with quite the enthusiasm he once did. It was a short five miles, but quite enough considering the weather. It was nice to share a run with this all too seldom seen friend.

There are a number of you who have been "too seldom seen friends" in the last year. Let's do more in '94! Join me at the Race Director's Certification Program on January 8th in Oak Park. Come with me to Park Forest for the 12th Annual Midwinter 10K Frolic on January 9th. Don't miss the annual election of officers meeting and social at Henry and Janet's on January 15th. RSVP now - 933-9255. Socials, Races, Sunday at the Park - participate. We'd like to see you on the run!



KRRC MEMBER SPOTLIGHT

by Dianne M. Smith

This month's interview consisted of an introspective discussion with yours truly - Dianne Smith. The conversation centered around the fact that the new year had better contain some changes - or I may find myself in the Mental Health Unit of one of the local hospitals.

As I contemplated my numerous roles: new career as a Health Care Consultant, Chauffeur's job for the Smith children, Handyman [Edit. Note: This should be "handyperson" to be politically correct, but this could engender one of those debates on the superiority of sex.], Cleaning Lady, Cheerleader for my kids' basketball games and gymnastic meets, Smith children Chauffeur [Edit. Note: I think this is the same as "Chauffeur's job for the Smith children," but it does add to the appearance of being too busy to do what she is going to try to palm off on somebody else in a couple paragraphs. Besides, she spelled "chauffeur" correctly both times!], Chief Cook/Window Washer, and Laundress along with KRRC Newsletter writer, I realized the insanity of one person trying to do so many things.

Being the organized time manager that I am, I decided that something had to go. the kids and their daily nutritional needs had to stay on the agenda or I would be in front of Dan Gould's bench cited for child abuse. Household chores were a maybe - that will probably be hired out. Seeing I'm leery about other people in my dirty clothes, I will probably continue doing laundry. Driving to and attending my kids' activities is a joy I will not give up. Which leaves the KRRC newsletter, which I have decided could be delegated to one of the many qualified people in the club to do.

It has been a lot of fun doing the interviews and getting to know some of the new club members. Our club has recently attracted some great new runners! Talking with them turned out to be a neat social time.

The process of interviewing the new club member and writing up the column usually entailed a 2-3 hour time frame. The phone calls usually last a half hour to an hour. I have a set of

questions I asked each person and sometimes deviate from them to include anecdotes which slip in during the discussions. Writing up the article usually takes 1-2 hours.

I would love for someone to step forward to carry on the KRRC Spotlight column. The feedback from the running club members on the monthly article has been very positive. Many of the members enjoyed the chance to learn about the new people. On the other hand, it gave the new members an opportunity to learn more about the club. It also serves as a small welcome to the new runners which may encourage them to become involved in club activities.

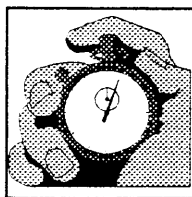
If someone doesn't come forward, Dan Gould may have to lengthen his column to make up for the empty space. Could you handle that??? [Edit. Note: Over the years a number of people of breeding have remarked favorably on the length of my column and I won't have it disparaged by a chauffeur who is going to do her own laundry.]

Anyone interested in making this monthly contribution to the club newsletter may call me at 937-1035. I will gladly provide you with my list of questions, membership roster, and assist you with your first interview. This is a great way to get acquainted with new members and provide a service to the Kankakee River Running Club. [Edit. Note: To Dianne's credit, she didn't use this column to hit on the single guys in the club. She stuck with married men!]

FINISH LINE

Sun., Dec. 5,
Ottawa 10 Mile,
368 finishers

Pat Koerner	55:28	3AG
Lance Bovard	55:56	2AG
Tom Stluka	56:25	
Marlin Howe	60:02	
Jim Grace	61:54	PR
John Brinkman	64:36	
Larry Lane	64:43	4AG
Dan Gould	65:27	
Charlie Grotevant	67:27	
Carol Pratt Bauer	76:13	
Nancy Ruda	78:42	

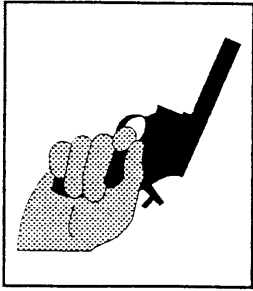


Dave Schkerke 85:22
Shirley Malone 1:51:36 1AG
Sat., Dec. 10, Jingle Bell 5K (Pontiac)
Charlie Grotevant, 19:24, 1AG

Sun., Dec. 11, Jingle Bell 5K
(Kankakee), 105 finishers

Tom Stluka	16:31	3OA
Pat Koerner	16:34	1AG
Jim Grace	17:58	1AG
Preston Provost	18:37	1AG
Mike Wolfe	18:54	
Mike Hickey	18:54	1AG
Larry Lane	19:08	1AG
Rich Olmstead	19:25	3AG
Jenny Kohl	19:28	2OA
Charlie Kennedy	19:29	1AG
Dan Gould	19:32	2AG
Charlie Grotevant	19:55	1AG
Bob Pool	21:02	2AG
Theresa Burgard	21:11	1AG
Scott Stephens	21:50	5AG
Tom Uribe	21:57	
Kathy Steffen	22:40	1AG
Brian Noffke	22:53	
Dan Flynn	23:06	
Nancy Ruda	23:07	2AG
Dee Osenglewski	23:16	3AG
Mike Morel	23:27	
Dave Schkerke	23:31	
Ron Piwowar	23:50	
Mike Monahan	24:23	3AG
Pat Baldwin	24:30	
Steve Zorns	25:22	
Randy Riegel	25:27	
Liz Huizenga	26:00	4AG
Dale Huizenga	26:00	
Amanda Uribe	26:38	
Krista Hickey	26:47	
Yuh-wen Chow	28:26	1AG
Tim Benoit	28:59	
Georganne Hickey	28:59	4AG
Leon Malone	30:33	
Peggy Baldwin	30:47	
Shirley Malone	32:26	2AG
John Flynn	35:10	
Dianne Strufe	35:27	1AG

THE
STARTING
LINE



Sat., Jan. 1, 11:00AM, Mid-Town Bank 5K, from the east side of Lincoln Park Zoo, 312-868-3010.

Sat., Jan. 8, 8:00 A.M. - 4:30 P.M., 3RD ANNUAL RACE DIRECTORS CERTIFICATION PROGRAM, Oak Park River Forest H.S., Oak Park. For info call USTF, 708-833-7303.

Sat., Jan. 8, Noon, - SIBERIAN EXPRESS 7.6 MILE RUN, Kickapoo State Park, Danville, \$12/14, awards to all pre-registered survivors and party after.

Sun., Jan. 9, 9:00AM, 12TH ANNUAL MIDWINTER 10K FROLIC, Forest Trail J.r. H.S., Lakewood & Wilson, Park Forest, awards to all finishers and pancakes, \$10/12, guests eat for \$2. John Hannigan, 708-748-0125.

Sat., Jan. 15 - 6:30 P.M. - KRRC ANNUAL ELECTION OF OFFICERS & SOCIAL, hosted by Henry & Janet Shelly, covered dish, RSVP 933-9255 (NOW!)

Sun., Jan. 16 - 1:15 P.M., POLAR PREDICTOR 4 MILES, Pilcher Park Nature Center, \$2, PSRR event. Keith, 485-2477.

Sat., Jan. 22, 2:00 P.M., Frosty 5K, 8050 S. Newcastle, Burbank, Bill Olsen, 708-599-2070.

Sat., Jan. 29, 6:30 P.M., PSRR AWARDS BANQUET, Pilcher Park Nature Center, \$3 individual/\$7 family, bring a dish to pass. No alcohol, RSVP 485-2477.

Sun., Feb. 6, 1:00 P.M., 10TH ANNUAL RIVERSIDE WINTERFEST 5K RUN &

FUN WALK, Small Memorial Park, Kankakee, \$11/14 after 2/1, long Ts, proportioned awards in 5yr AG, refreshments. A KRRC production - Don't miss it!

Sat., Feb. 26, Park Forest Running & Pancake Club Caribbean Cruise 5 Miler. Beach towels & fun awards. Dick or Dave 708-339-6437.

HOW DO YOU DO IT?

by Jim Grace

This has been a great year for me. In May I ran a 3 mile PR in a Duathlon in Kewanee. In August, I PR'd at 4 miles, 10K, and two half "Ironman" triathlons (OK, one of the tri's was on July 31st). September brought PR's at 10 miles, 25K, and 4 miles. In October and November, there were PR's in a half-marathon, full Ironman, and 10K. Everyone asks, "How do you do it?" Simply put, No one knows!

However, since my training has been consistent for the past few years, I offer the following "secrets." Regular training for me is 35 miles running, 6-8 weeks of speedwork in the springtime, 8-10 hours of biking (less in winter) and 3-4 hours swimming. I lift weights from Dec. to Feb. I find this more than enough to complete the longest distance I do, a full Ironman. Now, for those secrets:

1) I hang around with Pat Koerner. Sorry, Pat, you might have a crowd following you around now, but I had to tell. Lynn Jennings could probably learn things about race strategy from Pat. When I go to a race with Pat, Donna, and Colin, we talk about the race. Pat remembers every turn in every race he's ever done. He knows when to surge, hold back, or give up. If he hasn't done the race before, he's plotting on the best way to find out about it once we get there. I've heard Ken Klipp knows a lot about strategy, too, but he won't tell me anything because I can *almost* catch him now!

2) Tell your friends what you do. Tell them about good races, bad races, shoe laces, training runs, injuries, goals, carbo-loading - everything! If they're

not interested, find someone who is. If I can't find anyone, I make a point of running into Dan Gould, Butch Coy, Jeff Lonergan, Charlie Grotevant, Dave Schkerke, or John Brinkman. They *always* ask about all these things.

3) Eat and drink like it's a life and death matter. I try to stay with high carbohydrate food and lots of water. I've seen lots of people try to do long runs on no fuel. After about 90 minutes, they all die. The common belief is that the severe pain in muscles is caused by lactic acid buildup. It has been my experience that lactic acid buildup can be cured by backing off the pace for a few minutes. I've done races that last almost 13 hours and, as long as I keep eating and drinking, I keep going.

4) I start a workout no matter how I feel. Around 90% of the time that I don't feel like doing another workout, the feeling goes away after 5-10 minutes. If I still feel bad after 15 minutes, I quit and no harm is done.

5) I race a lot. I've found it impossible to race well if I'm nervous. When I started racing, it was something special and I was scared and nervous at the start. That takes a lot of energy away. The first 5 or 6 triathlons I did I was so nervous I couldn't swim for a few minutes after the race started. People were half way done with the swim and I was still trying to catch my breath and do the long, smooth strokes that keep me alive and moving in the water. I was so nervous and scared that I just splashed around and got out of breath. This was after training for a year in pools and lakes all over northern Illinois. Now, after about 30 races in the water, I'm just as calm in the water at the at the "feeding frenzy" that starts a triathlon as I am at the state park on Sunday morning. That's about as calm as I ever get. Come to think of it, I was pretty scared when I first went out to the state park on a Sunday morning run.

That's about it. I'm leaving tomorrow to attempt another PR. this time in the Atlanta Marathon on Thanksgiving. If you see me afterward, ask me about it. I'll be wanting to tell someone, and I'd like to hear how your running has been going. I'm sure I

could learn from your experience too. You could easily learn something in your first race that I don't know anything about. See you on the road!

NOTICE OF ANNUAL MEETING

Saturday, January 15th, 1994

**6:30 P.M. - Hosted by Henry & Janet Shelly -
3448 N. 3000 W. Rd., Bourbonnais (Sr. Citizens' Pond Road)**

You are hereby requested to join your fellow members at a business and social meeting at the above stated date, place and time. The primary business is the election of officers. Additional matters of mutual interest such as sponsors and directors for the summer series and Governor's may be discussed.

The club will provide beverages. Please bring a dish to pass. RSVP 933-9255.

WARNING: FAILURE TO ATTEND THE ANNUAL MEETING MAY RESULT IN YOUR ELECTION OR APPOINTMENT TO AN OFFICE OR DIRECTORSHIP.

DUES NOTICE

Dues are payable annually on January 1st of each year. Please fill out the membership form and bring it with you to the annual meeting. In the event you are unable to attend, please send you check payable to KRRC (\$12 for single, \$17 for family) to the name and address listed on the form.

The following new members who joined late in 1993 are exempt from this dues notice.

**Carol Sue & Denzle Painter
Yuh-wen Chow
Jim Stevens**

**John & Erma Hickey
Mike Belletete
Carol Stapleton**

**Steve Sthay
Mike & Jeanne Monahan**