



Kankakee RIVER RUNNING CLUB

The Paper Race

FEBRUARY 1994 KRRC NEWSLETTER, P.O. BOX 339, BOURBONNAIS, IL. 60914 ISSUE 72



FEBRUARY

<u>Name</u>	<u>Day</u>	<u>Age</u>
Bill Batkiewicz	12th	35
Jim Grace	24th	37
Charlie Grotevant	18th	52
John Hickey	28th	66
Mike Hickey	21st	44
Gerry Kilbride	6th	56
Judy Kilbride	24th	55
Tommy Kilbride	14th	15
Colin Koerner	10th	2
Robert Krause	23rd	46
Jane Lehnus	21st	47
Mike Monahan	4th	52
Dan Phillips	7th	58
Janet Shelly	13th	41
Allison Shelly	22nd	18
Howard Strassenberg	20th	74
Tom Uribe	3rd	41
Gerald Wilson	23rd	48



24 HOUR RELAY IS COMING

The 24 Hour Relay returns to BBCHS on May 14th. We would like to field two teams this year. One team will be a competitive team, the other "for-fun" team can be walkers or runners. If you are interested in participating on either team, contact Linda Linn, 935-0815. We had a great time last year - don't miss out!

ON DAN'S RUN

by Dan Gould

Just when you think you can depend on people, they restore your faith. Say what? Sunday at the park. I had kind of given up on most of this group, but, first Sunday of the new year, there were nine smiling faces raring to run. Randy Riegel was there! I don't think I've ever seen Randy there. Unfortunately for Randy, he fell in with some fast company and his training didn't prepare him for that. Actually, his training didn't prepare him for the distance, either.

Randy should have fallen into step with Henry Shelly and Ron Piwowar.

Jeff Lonergan, between international trips, joined Ken and I for the first four miles plus. The nice thing about running with Ken is that he carries the conversation. You throw in a "What do think of...?" and you are good for a mile. It's a lot like running with Rich Olmstead. On this particular day Ken was explaining Marty's college options and reflecting upon his accomplishments. The latter was done with considerable and justifiable pride. When he started talking about the dollars and cents of sending a kid to college, I was glad it wasn't me.

This was a particularly good day for the post-run tailgate party in terms of available food, but only five of us stuck around to share the goodies. You guys just don't know what you are missing!

In Florida, the Walt Disney World Marathon was won by Leonid Shvetsov - a Russian. Mickey, Goofy, and all the gang were there to greet him at the finish line. In Ho Chi Minh City, thousands of Vietnamese lined the streets to cheer American Doug Kurtis as he won the third annual Vietnam Marathon. There is a story here.

Henry is coming out of retirement and Ron always runs a more civilized pace. Retirement? Henry needs to retire from all that overtime, but he has three women to support. Then, again, living with three women may inspire him to "go to the office" for other reasons.

Ken and Marty Klipp were there, apparently humiliated by last month's newsletter. Ken said it was the first time that Marty asked him if they were going to the park on Sunday. Marty ran with the speedsters. Jim Grace is between triathlons and Colin's dad is always there.

Saturday, January 8th - **BELOW ZERO!** It was, however, a sunny day for the 3rd Annual Race Directors Certification Program at Oak Park River Forest High School. I joined 40-50 others for this interesting and informative seminar. I'm not sure if I will be a "Certified Race Director" as my enthusiasm for the essay test at something after 4 P.M. was at a minimum. I would recommend that all race directors attend this seminar and that the club pay the registration fee. It would certainly be to our mutual benefit.

I didn't know that the race directors

The *Paper Race* is the newsletter of the Kankakee River Running Club and is published each month for it's members' information and enjoyment. Members are encouraged to submit accounts of their adventures in running and racing.

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program was being held at the same time as a meeting of the Illinois Track and Field Coaches. Georganne Hickey, Scott Stephens, and Ken Klipp were there. We could have saved some gas! Ray Vandersteen, Executive Director of USATF Illinois, told me that he hopes to add a runners' clinic next year. There were sports equipment/clothing vendors such as our friend, Mitch Hobbs, from Running Central in Peoria this year. The addition of a runners' clinic would make it a day in which many of us could participate.

Sunday, January 9th - 5 DEGREES BELOW ZERO. The 12th Annual Midwinter 10K Frolic in Park Forest got nailed by the weather or, more accurately, the anticipated weather. By race time it was probably 5 above, sunny, and calm. No problem working up a sweat! Unfortunately, there were only 115 of us at this everybody-gets-a-trophy race which has seen over 400 toe the starting line.

Our club was well represented. Pat Koerner, Mike Hickey and I rode together and three was clearly our lucky number as we placed 3rd, 13th, and 23rd. Pat and I also had two 3s in our finishing times! Four was definitely not a lucky number for Tom Stluka who finished 4th, two seconds behind Pat. Since this race has traditionally recognized only the first overall, Tom conceded 3rd to Pat. This year they recognized top three overall with unique trophies. Tom simply got one of the paper weight sized trophies. He

put it in his bag and went down to enjoy the pancake breakfast to which all participants are entitled. Somebody stole his 4th place trophy!

Carol Pratt Bauer was 2nd overall female. Dave Schkerke has a start for his trophy case. Gale and Jane Lehnus, who haven't been around since August, were there. Jim Grace turned in a respectable time, having forewarned us that he hadn't slept in 36 hours. Randy Riegel was there and I hope he survived. I didn't see him after the race.

Saturday, January 15th - 16 DEGREES BELOW ZERO! Attendance at the annual meeting was almost as low as the temperature. Our hosts, Henry and Janet Shelly, had frozen water pipes which were thawed out just in time for the meeting. For those of us in attendance, the food was plentiful and the company good. We discussed at length a number of events in which we thought the club membership would enjoy participating. Henry, Pat Koerner, and Ron Piwowar were re-elected President, Vice-President, and Secretary-Treasurer. Linda Krause stepped down as Social Director (Thanks, Linda, your work was appreciated!) and Linda Linn accepted appointment to the newly conceived position of Social Coordinator. Bill Linn and I volunteered to continue as Editors of this publication.

Sunday, January 16th - 4 DEGREES BELOW ZERO! I thought Cornstalk and I would have this Sunday at the park to ourselves, but faith was once again restored. Bill Linn, Tom Stluka, Henry Shelly, Jim Grace and his friend, Nancy, were also there. Snow on the trail kept us pretty much to the roads, but we got out miles in. As usual, the park gave us good protection from the wind and the snow didn't start until after we finished. The half dozen long johns I picked up at Donutland disappeared at the post-run tailgate party. Well, this time of year it is more of a in the Dan van party.

Are we crazy? No, the *crazy people* were the 5,000 people who paid \$35 per line per hole to participate in the fourth annual Brainerd Jaycees Ice Fishing Extravaganza - despite a low of 37 below, They were also the snowmobilers hitting speeds to 105 mph in races at Eagle River, Wisconsin,

and the thousands of fans who watched them at about 22 below.

Meanwhile, Charlie and Joyce Grotevant slipped off to Florida for a few days. Charlie found a race in Ft. Myers which started at the City of Palms Ball Park, spring training home for the Boston Red Sox. They had the fun of bumping into John and Erma Hickey before the race and having somebody with whom to share the adventure.

We were due for a break in the weather and it came of Saturday, January 24th. It was particularly opportune as that was the day some of our Illinois Valley Strider friends had chosen for a run from Pontiac to Dwight along old Route 66. Charlie Grotevant invited me and I made a couple calls which resulted in Mike and Graig Hickey and Jim Grace joining in the festivities.

The starting point for this adventure was the home of Gary and Barb House in Pontiac which is just a few blocks off Route 66. Ten of gathered at the starting line drawn in the snow by Jim Grace. Jim asked me if I didn't know somebody who had a gun to start us off. I replied that Scottie Pippen was temporarily without his pistol.

The sun shone brightly, the wind was calm, and the fifteen degrees *above zero* felt like a heat wave. Joyce Grotevant was our mobile water station. We broke into two or three groups as we moved along at a very easy pace. Most of us were not up to a serious 18 miles!

Some two and a half hours after we started we arrived at the Dwight Elementary School where Larry Lane teaches. After showers for those who were inclined, some of us headed to Phil's Harvest Table for a noon breakfast. And to think that some people just sleep in on Saturday morning!

Winterfest is here! Join us, pre-register, participate! Also mark your calendar for the New Members St. Patty's Day Social on March 19th at Sam's (as in Sam'n Eillas). We are gearing up for another great year!

See you on the run!

"I SHALL SIT IN THE SADDLE AGAIN!"

by Gary Moss
(aka The Evil G-Man)

Dear Daniel,

I regret the delay in responding to the KRRC article regarding Pat Koerner's victory over me at the Oswego Gobbler Hobbler 10K in November and again (good grief) at the Ottawa 10 Miler on December 5th. However, I have been in mourning since then and in deep analysis as to how such a thing could have occurred. I believe that I have narrowed down the reasons, and would like to share them with you.

Top 10 Reasons I Lost to Pat Koerner

10. Accidentally put shoes on wrong feet - blister city.
9. Realized I took a wrong turn when I saw "Welcome to Oglesby."
8. Thought it was an 11 miler and was saving myself for an impressive finish.
7. Like the Chicago Bears, don't do well on the road in the month of December.
6. Never saw Pat at the starting line. Just where did he enter the race, anyway?
5. Never should have eaten Mexican the night before.
4. Busy dodging a maniac blond woman driver the final 2 miles - looked an awful lot like Donna.
3. Ran the second half backwards.
2. Tackled by 3 guys at the 7 mile mark warding "Pat Reigns" T-shirts.
1. New training technique - hopped.

BUT, it's a brand new year and my daughter Krista (very wise for her 5.5 years has been developing a new training program that will hopefully put me back on track. So look out old buddy, I shall sit in the saddle again.

SOCIAL REPORT

By Linda Linn

We are adopting a new format for arranging the social activities. Everyone decided they were too busy to be social director. Sooo...the plan is to get people to organize one activity

only. We had many volunteers and some great ideas for activities. Here is a list of some of the suggestions. Plan ahead for

-MARCH into the running season and meet your friends and new members at the "New Members Get Together".at Sam's (Sam N Ellas Other Side) on March 19th (Dan Gould is in charge of the plans for this event);

-FUTURE ACTIVITIES

-24 Hour Relay

-Canoe trip - John Shoup

-Sox game - Pat Baldwin

-BBCHS Pool Party/Children's track meet - Linda Linn

-Momence Glad Run Party - Linda Krause

-Chili Cook-Off - Pat Koerner

-Xmas Run for the Lights - Ron and Nancy Ruda (and election of officers)
WOW! This could be a busy year.

If you want to organize an activity or will help, please contact Linda Linn, Social Coordinator, at 935-0815.

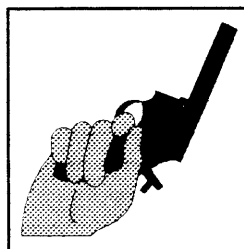
SUMMER 5K SERIES Tuesdays - 6:30PM

June 7th - Sponsor - Hurst Security

July 12th - Sponsor - Acme Printing

August 9th - SPONSOR NEEDED!

THE STARTING LINE



Sun., Feb. 6, 1:00 P.M. - 10TH ANNUAL RIVERSIDE WINTERFEST 5K RUN & FUN WALK, Small Memorial Park, Kankakee. A KRRC Production - first Circuit Race of the year - support your club and your sport - be there!

Sun., Feb. 13, 1:00 P.M. - 14th Annual Frosty 5 Mile Road Run, Middle School Gym, Rt. 6 & Tryon St., Channahon ["Channahon" is a native American word that means "where the waters meet" and refers to the DuPage, DesPlaines

and Kankakee Rivers which merge within the village], stocking caps to 1st 200, \$12/15 after 2/11, top 5 OA and 2-5 deep in 5yr AG, post-race drawing, refreshments.

Sun., Feb. 13th - 12th Annual Chinese New Year Fun Runs Ultramarathons 10K to 50K, Year of the Dog Buffet, Chinatown New Years Parade. Call no later than Feb. 5 - 312-326-3311.

Sat., Feb. 26, 9:57 A.M., Park Forest Running & Pancake Club 5 Miler, Keeling Center, 375 Oswego, beach towel to 1st 200, \$10/13 after 2/20, unique awards, over 190 lbs. division, CALL Dick or Dave 708-339-6437.

Sat., Mar. 19, MALS Shamrock Run 10K, Morris

Sat., Mar. 19 - New Members St. Patty's Day Social, Sam's Side of Sam 'n Ellas. Mark your calendar now. Details in March newsletter..

KRRC members of all abilities meet at the Kankakee River State Park (parking lot across from heated rest rooms) at 8 AM from May through September and 9 AM from 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, but that is not required. Some of these people don't even bring their own drinks, but we put up with them. Join us!

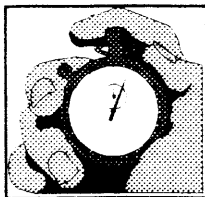
THANK YOU-

Linda Krause - for your service as Social Director. Your hard work gave us many good times!

Dianne Smith - for writing the Member Profile. It has helped us get acquainted. Now if we could just find somebody willing to follow your act!

Hurst Security - for printing the January issue of *The Paper Race*. Thanks, Donna!

THE
FINISH
LINE



Catching up with Erma and John Hickey who are running through retirement:

Nov. 27, CSO Turkey Trot, Sebring 5K - Erma, 26:04, 1AG; John, 24:39, 1AG.

Dec. 4, Rainbow Classic 5M/5K, Zephyrhills - Erma, 5M-42:14, 5K-28:34, 1AG in both; John, 5M-42:10, 1AG, 5K-29:03, 2AG. Yes, these kids ran the 5K 15 minutes after finishing the 5 mile race.

Dec. 11, Hidden River Classic, Tampa 5K - Erma, 25:42, 1AG; John, 24:57, 2AG.

Dec. 18, City of Palms River Run, Ft. Myers - Erma, 10K-52:47, Grandmasters Winner; John, 5K-24:48, 2AG.

Dec. 26, Sandpiper 5K, Ormond Beach (FL) - Hickeys, Mike - 18:45, 1AG; Georganne - 28:46, 3AG; Graig - 20:00, 2AG; Krista - 28:47

Dec. 31, Last Gasp 5M, Jacksonville (FL) - Mike Hickey, 34:20; Graig, 36:40

Jan. 8, Run with the Stars 5K/15K, Ft. Myers (FL) - Charlie Grotevant, 1:06:16, 1AG; Erma Hickey, 1:22:??, 2nd Grandmaster; John Hickey, 24:39 (5K), 1AG

Jan. 9, Park Forest 10K (115 finishers)

Pat Koerner	35:34	3OA
Tom Stluka	35:36	4OA
Jim Grace	40:05	
Mike Hickey	40:30	
Dan Gould	43:13	
Carol Bauer	45:42	2OA
Dave Schkerke	51:30	
Gale Lehnus	62:45	
Randy Riegel	????	

Jan. 22, Old Route 66 House to School 30K (Pontiac to Dwight), 10 starters, 15-25 degrees, sunny. Well, this wasn't really 30K or a race, but a long, sociable training run for some Illinois Valley Striders and KRRC members.

Going the distance (18 miles): Jim Grace, Dan Gould, Charlie Grotevant, Mike Hickey, Larry Lane, Gary House.

Going a substantial distance: Graig Hickey, Barb House, Judy Oltman, Troy

Book Review

Once a Runner

A Novel by John Parker, Jr.

If you seek inspiration, purchase and read this novel. I read this book at the peak of my running career - a very low peak by the way. I believe it can give you an edge on race day.

-Bill Linn

Health

Getting Your Iron

Ladies & Gentlemen - ladies in particular. This listing shows the iron content of commonly eaten foods. Iron is a mineral that is extremely important for distance runners, especially for women. Use this chart to help increase your iron intake.

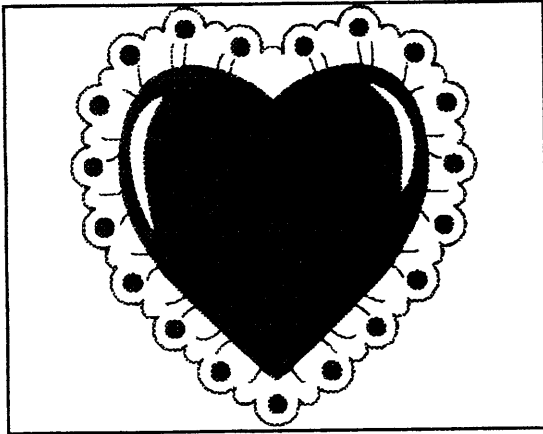
Milligrams of Iron	Food
4.8	Spinach, 3/4 cup, cooked
4.4	Blackstrap molasses, 1 tablespoon
4.1	Pumpkin seeds, 2 tablespoons
3.5	Split peas, 1 cup, cooked
3.4	Lentils, 1/2 cup, cooked
3.3	Kidney beans, 1/2 cup, cooked
3.0	Chard, 3/4 cup, cooked
2.9	Bulgur wheat, 1 cup, cooked
2.9	Pinto beans, 1/2 cup, cooked
2.6	Chick peas, 1/2 cup, cooked
2.6	Lima beans, 1/2 cup, cooked
2.5	Navy beans, 1/2 cup, cooked
2.5	Soybeans, 1/2 cup, cooked
2.5	Peas, 1/2 cup, cooked
2.5	Potato, cooked with skin
2.3	Prune juice, 6 ounces
2.1	Beef greens, 3/4 cup, cooked
1.1	Egg, cooked
0.7	Enriched bread, 1 slice

JUST DUE IT!

"Due" it? Yes, please pay your dues. If you can't afford the postage to mail them, bring them to Winterfest. Just don't let your membership lapse or you won't know who is doing it where or when. Dues are payable January 1st for all members except those new members who joined late in 1993 and whose names were listed in last month's newsletter.



**WINTERFEST IS HERE! BE THERE! 1:00 P.M.
SMALL MEMORIAL PARK, FEBRUARY 6TH.
THIS IS OUR 10TH ANNUAL - BE A PART OF IT
- WORK, RUN, AND SOCIALIZE!**



**DON'T FORGET YOUR VALENTINE ON
FEBRUARY 14TH! BUY HER A NEW PAIR
OF RUNNING SHOES! WELL, AT LEAST
A NEW SWEATBAND!**