



Kankakee RIVER RUNNING CLUB

The Paper Race

JUNE 1994 KRRC NEWSLETTER, P.O. BOX 339, BOURBONNAIS, IL. 60914 ISSUE 76



JUNE

<u>Name</u>	<u>Day</u>	<u>Age</u>
Amy Baldwin	14th	8
Sara Batkiewicz	6th	10
Erica Batkiewicz	6th	10
Tim Benoit	12th	37
Alex Brinkman	19th	2
Katie Dorn	4th	9
Mike Furl	4th	49
Marty Klipp	23rd	18
Sue LaMore	21st	41
Larry Lane	27th	46
LINDA LINN	9TH	40
Dan Morse	25th	35
John Pool	13th	52
Robert Pool	15th	58
Preston Provost	8th	21
Dave Schkerke	7th	42
Heather Steffen	12th	14

WELCOME NEW MEMBERS

Rick Livesay, Kankakee
Hany & Sherry Girgis, Manteno

ON DAN'S RUN by Dan Gould

Marathons take their toll on some of us. I mean some of us need long term recovery. I decided a month off

from racing was about right and even the training was a little spotty. I can run marathons, but that three hour plus exercise pales in comparison to the true endurance runners - those who participated in the 24 Hour Relay Challenge. Elsewhere in this issue Linda Linn and Anna Goodberlet recount the fun and fellowship of running and walking as members of a team to raise funds for a good cause. Keep it in mind for next year!

May 14th was not only the beginning of the 24 Hour Relay, but the day of the Lake Run at Lake Bloomington. This race has been around for many years, but this was my first time. The feature event is a 7.5 mile race around the lake, but there is also a 4.37 mile race for those who prefer the shorter distances.

Cornstalk and I arrived shortly before 8 A.M. for this 9 A.M. race. As I handed over my \$15 day-of-race fee, the rain came and the thunder rolled. You don't have to be crazy to drive an hour and a half to pay \$15 to run 7.5 miles, *but it helps!* Most importantly to Pat, we got there in time to insure there would be plenty of toilet paper. By the time registration was complete, almost 500 runners were there.

Conditions at the start were almost perfect: 60, overcast, nice east breeze. The course is a bit rolling, but Pat and I agreed that it seemed like there were more "downs" than "ups." Pat would finish fourth overall and I was just happy to finish. I may have to rest on my Boston laurels for an indefinite period. No speed in the legs, but fat around the middle.

The answer to my problem may have been in this month's mail. AARP. Sounds like one of those bodily function noises for which you should apologize. As you know, of course, it stands for

JUNE SOCIAL A FAMILY AFFAIR RON & NANC VOW TO RUN

Join the celebration at the Kankakee River State Park, Sunday, June 5, from 10 A.M. to 2 P.M. as Ron Piwowar and Nancy Ruda recite their running marriage vows. Run or walk the trails and enjoy a light breakfast with your friends. Bring your lawn chairs! RSVP 932-1009.

American Association of Retired Persons. Membership is open to anyone 50 years of age. You don't have to be retired.

Why me? They could have had the decency to let me enjoy the last three months of my first half century. The way I'm running, of course, perhaps it is time for my first issue of *Modern Maturity*. A free membership for my spouse? Pat will be thrilled. I will probably feel better - and run faster - if I eat less and exercise more. Ashcan the AARP.

Linda Linn doesn't have to deal with AARP. She will celebrate being only 40 years young on June 9th, a mere lass with a twinkle in her eyes. Well, she will celebrate if she stays away from those contact sports like baseball. A sliding student twisted Linda's ankle and put her on crutches for a few days this month, just when she had herself in super condition for all the local races this summer.

There was also a postcard in this month's mail that read:

"Dear Runner:

The Homewood-Flossmoor Park District

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

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Social Coordinator Linda Linn

regretfully informs you that the Run for Freedom 10K & 2-Mile runs have been discontinued. Higher costs and lower registrations have both contributed to its demise. We thank you for your past participation. We will offer a Mud Volleyball tournament on July 4."

A Mud Volleyball tournament?! Is that where you guys have been? Playing mud volleyball?

Well, you had to be somewhere and you weren't running the Birdman 5K. This was bring home the gold time. Last year there were 35 runners and 29 brought home the gold. This year only 26 of you showed up and 24 took home the gold. It was a pretty day: Decent shirt (well, the front does need something). Refreshments. You could watch the duatheletes die on their second 5K. You may get a postcard next year:

"Dear Runner:

The Kankakee YMCA and St. Mary's Hospital regretfully informs you that the Birdman 5K Run has been discontinued. Higher costs and lower registrations have both contributed to its demise. We thank you for your past participation. We will offer a Mud Volleyball tournament instead."

Likewise, the Loda 10K had but a few KRRC members in attendance and overall attendance was down a third. I understand they suffered from a new race in Bloomington, but that doesn't account for the absence of our

members. Loda offers a scenic and challenging course, great shirts, unique age group awards, door prizes, and some fine refreshments including Carol Cravens' homemade beans to go with the hot dogs. I suppose this may have been more attractive to you when it was an August race. As a part of the Loda Days festivities, they did play mud volleyball. The August heat and humidity, however, were not attractive.

The weather at Loda this year was absolutely beautiful and Bayles Lake was particularly picturesque in the early morning sun. I went down with Cornstalk and family. Charlie and Joyce Grotevant were there as were Bob and John Pool (they brought little brother Bill along, but he's not a member yet) and Lynn Troost.

I was particularly happy to see Lynn as I had learned two weeks earlier that she had lymphoma and was undergoing chemotherapy. As I noted a couple months ago, Lynn was one of our founding members in 1979 and our first treasurer. She moved to Urbana a couple years ago and we see her all too infrequently. Happily, Lynn looks and sounds great. The anti-nausea drugs have made the "chemo" quite tolerable. She could only socialize at Loda as she hasn't been running. She is walking a lot and trying to throw in a few running steps. If you would like to send her words of encouragement or get in touch, give Lynn a call or drop her a line: 217-328-2244 / 1001 E. Colorado, #40, Urbana, IL. 61801.

Congratulations to Tom Stluka who anchored a relay team consisting of Beecher High School graduates at the Lake County Marathon. Tom's 34:05 effort in the last 10K led the team to second place out of sixty teams.

Jenny Kohl was voted the Outstanding Female Performer for winning the 10,000 and 3,000 meters at the NCCAA track meet at Cedarville College (Ohio) the weekend of May 7th. Jenny won the 10,000 in an NCCAA national record time of 36:45 and the 3,000 in 10:32. The Herscher H.S. graduate earned All-American status for winning the two events.

Congratulations also go to Scott Stephens whose Herscher H.S. track team took second in state, the first time the Herscher men have won state honors.

While I was keeping the Ken Stark "crash and burn" bike upright for the 30K of the Birdman Duathlon, Lance Bovard, Pat Koemer, and Carol Pratt Bauer were bringing home the gold at the Armed Forces 12K in New Lenox. This is the first year I've missed that race which is always well done. In fact, for several years we put together a crew of KRRC members to do the race day registration. As hard as we try to avoid the conflicts with other area races, they do occur, leaving us with the difficult if enviable problem of deciding which race to run.

I hope you will support our local races. They are generally quality events into which many people put a lot of behind-the-scenes hard work. Support them or lose them!

Hope to see you on Dan's run!

24 HOUR RELAY
A SUC...(OOPS!)
SOAKING SUCCESS

by

Anna Goodberlet & Linda Linn

Depending on whose opinion you ask, the above title applies. The day was rain, rain and more rain. The weekend before was gorgeous and it hasn't rained since (we hope our prayers for the rain to stop hasn't caused a major drought).

The club was well represented by two teams, the Hares, our running team, and the Tortoises, a hodgepodge of run, walk, and crawl. We arrived under cloudy skies and set up camp, a myriad of tents and the luxury Malone trailer. The opening ceremonies and the downpour simultaneously erupted. By the end of our first rotation on the track everyone was soaked. The distressed participants sent out distress calls for dry towels and ponchos. All friends' and relatives' dryers within a one hundred mile radius were working overtime.

The original Hare Team consisted of Henry Shelly, Captain, Preston Provost, Tom Goodberlet, Bill Linn, Dee Osenglewski, Rich Olmstead, Tom Parlin, Monica Uribe, Tim Benoit, and

Jeff Lonergan. Substitutions occurred after the third mile when Preston "never run on the inside of the track" Provost stepped off the track and badly sprained an ankle. This was a tragedy as Preston was seeking to avenge last year's exceedingly long nap by running sub-five thirty miles. The Hares ran one individual short for the next three rotations until the Calvary arrived in the form of Tom Uribe. He came by to be a doting father and was quickly held hostage as the substitute for Preston.

LOST AND FOUND
AT THE 24 HOUR RELAY

- Orange and tan blanket
- Pair royal blue sweatpants (sm)
- Red and gray beach towel

Sound familiar? Call Janet & Henry Shelly at 933-9255.

Rumor has it Bill Linn participated in the event, but was not sighted before or after his mile rotations. Wes Mills, a colleague of Linda Linn's, was astonished to find out she was married to a machine which explains why Bill retreated to his van to get his circuits recharged and to crank out paperwork.

Tom Goodberlet, not in the best of health, had to sleep through two rotations. His fellow Hares, Tom Parlin and Tom Uribe, graciously ran an extra mile so he could recuperate. Dee called in her markers and persuaded Mike Morel to bring us all milk shakes. Mike had signed up to be a Hare, but pulled up lame and, feeling guilty, he treated us to the treats. Thanks Mike! Also a big thanks goes to Janet Shelly for refueling us with hot mostaccoli and all the fixings. It kept Henry as well as the rest of us going.

A special mention must be made of Monica Uribe. Monica graciously let herself be drafted from the walking team to the running team and never faltered a step. Rich and Jeff ran like crazy men. Maybe they are as this was their second year for doing this. And the last, but not least of the Hares,

Timid Tim Benoit. He deserved this name because he was afraid to wake up Yuh-wen when it was her turn to walk on the Tortoise Team. He must be aware of another side of her that we fellow turtles have never seen because it was truly a pleasure having Yuh-wen on our team. She was upbeat and had a smile on her face even when some of us got a little grumpy.

The Tortoise Team consisted of Linda Linn, Captain (who never made us a banner), Yuh-wen, Anna Goodberlet, Donna Koerner, Shirley Malone, Kim Johnson, Sarah Goodberlet, Amanda Martin (Sarah's friend), Lisa Shelly, and our token male, Pat Baldwin. Pat had to work until noon, but we made him make up his miles. Although a walking team, some of the turtles ran the whole way or almost the whole way. Pat Baldwin ran all of his miles at a nice steady pace. Linda Linn, who ran the whole 12 miles, completed all of her training and is now ready to run the summer race circuit. Shirley, the everready bunny of the this group, came out of her high rent condo and consistently ran all of her miles, also. Sarah and Amanda ran three quarters of their rotations. Anna "she hates to run" Goodberlet, shuffled out about a quarter of a mile a turn and had great difficulty going down stairs the next day. Kim Johnson was our speediest walker and kept up a fast and steady pace and the other two walking tortoises, Donna and Lisa kept up a steady pace for 22 hours. Lisa, on account of blisters, had to drop out and Donna left early for an engagement out of town.

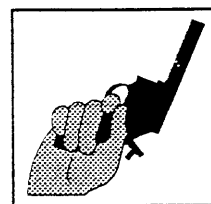
Upon reflection, the weather could have been worse. Last year we got sunburned and then drenched all night. This year we were soaked during the day, but the rain stopped and the night was fairly comfortable. The food was plentiful and tasty this year and the entertainment was top notch (especially the country music singers). The one negative aspect was being locked in during the night without a sufficient number of port-o-pottys. By morning they were overflowing and the doors were banged open and shut all night. One door had a tendency to stick which resulted in many noisy occurrences of

"Let me out!" Of course the pottys were close by our campsite. Good or bad, you decide.

The greatest accomplishment was achieved by the Hares. They broke last year's record and ran over 200 miles.

In conclusion, most of us had an enjoyable time in spite of the weather. Our fellow team members were great and the personal challenge and feeling of accomplishment is truly well worth the effort. We would definitely like to carry on the tradition of having the KRRC represented at this fine, worthwhile event. Please give some thought to participating next year.

THE
STARTING
LINE



Sun., Jun. 5, 10:00 A.M. - 2:00 P.M. - PIWOWAR-RUDA WEDDING CELEBRATION! The June Social is a family affair as we celebrate Ron and Nancy's marriage with a run/walk and a light breakfast. Kankakee River State Park. Bring lawn chairs. R.S.V.P. Donna Koerner by 5/23 at 932-1009.

Sun., Jun. 5, 8:00 A.M. - Racing Hearts 10K, St. Joseph College of Nursing, 290 N. Springfield, Joliet, Ts, \$10/12 after 5/27, 5yr AG, proportioned awards, door prizes. PSRR Circuit Race. 725-7133, Ext. 3147.

Tues., Jun. 7, 6:30 P.M. - HURST SUMMER SERIES 5K, Small Memorial Park, Kankakee, KRRC Members no charge, others \$1. 815-933-5770.

Sun., Jun. 12, 8:00 A.M. - Harrah's 4-Mile Cruise & 1 Mile Riverwalk, Harrah's, Jefferson & Joliet Streets, \$12/15 after 6/7, top OA, top master, 3 deep in 5yr AG, Ts. Prairie State Circuit. 815-740-7800.

Sun., Jun. 19, 8:00 A.M. - MANTENO 5K ROAD RACE & WALK FOR

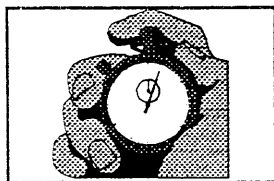
D.A.R.E., Manteno H. S., \$9/10, Ts, 5yr AG 3 deep & top 5 OA, random prizes, refreshments, trophies to top 10 walkers. Post-race breakfast buffet at the Main St. Cafe, \$5.25. Sue LaMore 468-3183.

Sun., Jun. 26, 8:00 A.M., - BOURBONNAIS FRIENDSHIP FESTIVAL 5K RUN / FITNESS WALK, Bourbonnais Mun. Cen., Rt. 102, \$10/12, Ts, 5yr AG 2-4 deep and top 3 Male & Female OA. Pat Baldwin 932-2950.

Sat., Jul. 9, 8:00 A.M. - KANKAKEE YMCA 5K SCENIC RUN AND FUN WALK, 1705 Kennedy Drive, \$10/12, Ts, 5yr AG 2-4 deep, top 3 OA male and female, top master, trophies to top 10 walkers, refreshments. Pat Koerner 932-1009.

Tues., Jul. 12, 6:30 P.M. - ACME PRINTING SUMMER SERIES 5K, Small Memorial Park, Kankakee, KRRC Members no charge, others \$1. 932-4421.

THE
FINISH
LINE



Sun., May 1, Lake County Races, Marathon Relay Team (60 teams) - Tom Stluka, 34:05 for last 10K - Team 2:29:45, 2OA

Lake County Half - Pat Baldwin, 2:04:22

Fri., May 6, Indianapolis 500 Festival Mini-Marathon (13.1) - Dee Osenglewski, 2:01:19.

Sat., May 7, Sage City 10,000 (Monticello) - Charlie Grotevant, 41:13, 1AG; Charlie Kennedy, 39:??, 2AG; Bob Pool, 42:??; John Pool, 43:??, 3AG.

Sat., May 14, Lake Run (Bloomington), 60 degrees, overcast, east wind - 7.5M, Pat Koerner, 41:20, 4OA & 2AG; Dan

Gould, 49:49; 4.37M, Charlie Kennedy, 27:37, 1AG.

Sat., May 21, Dwight 5K, 50 participants, HOT - Pat Koerner, 17:09, 1OA; Leon Malone; 1AG Shirley Malone, 1AG.

Sat., May 21, Hobart Covered Bridge Festival 5K, 210 Finishers - Tom Stluka, 15:53, 3OA.

Sun., May 22, Armed Forces Classic 12K, New Lenox, 208 Finishers - Lance Bovard, 40:07, 2OA; Pat Koerner, 41:28, 1AG; Carol Pratt Bauer, 1AG.

Sun., May 22, Birdman 5K, 26 Finishers

Preston Provost	16:08	1OA
Graig Hickey	19:11	1AG
Mike Wolfe	19:40	3AG
Tom Parlin	19:51	1AG
Phil Newberry	20:11	1AG
Charlie Grotevant	21:09	1MST
Butch Coy	23:58	1AG
Krista Hickey	25:40	1AG
Mike Hickey	25:41	1AG
Randy Riegel	26:47	2AG
Judy Schkerke	27:13	1AG
Peggy Baldwin	29:54	2AG
Phil Angelo	36:09	3AG

Birdman Duathlon, 5K-30K-5K, 73 Finishers

Jim Grace	1:30:04	
Tim Benoit	1:39:24	
Kathy Steffen	1:44:45	2OA
Dan Gould	1:45:25	
Jeff Lonergan	1:49:29	

Nancy Ruda, Rich Olmstead, and Dave Schkerke participated in the team event and all were on winning teams.

Sat., May 28, Loda 10K Lake Run, Sunny, Breezy, Cool, 73 Finishers

Pat Koerner	35:07	1AG
Charles Kennedy	40:14	2AG
Dan Gould	42:02	4AG
Bob Pool	43:35	4AG
Charlie Grotevant	44:38	
John Pool	45:35	
Mike Belletete	56:41	

The Kankakee River Running Club begins its sixteenth year with a full schedule of area races. Founded in April of 1979 by thirty-eight runners, membership now exceeds 150. Members come from all walks of life, children to senior citizens, competitive and "fun-runners," but all sharing the fitness, fellowship, and fun of running. A monthly newsletter, *The Paper Race*, keeps members in touch with events in the running community.

Although every run or race is a social event, socials are also held apart from the running. The June social will be a wedding celebration at the Kankakee River State Park on Sunday morning, June 5th, as Ron and Piwowar and Nancy Ruda will recite their "running marriage vows" (having taken the traditional vows on Saturday). Less unique socials are the pool and pizza party, chili supper, cocktail party, and canoe trip.

The 5K Summer Series has been a part of the running community's summer activities for over a dozen years. The 3.1 mile race is sponsored by the running club, the Kankakee Valley Park District, and a local business once each month in June, July, and August. This year the races are scheduled for Tuesday, June 7th, July 12th, and August 9th, at 6:30 P.M. Registration is at Civic Auditorium in Small Memorial Park immediately preceding the race. There is no charge for KRRC members and only \$1 for non-members.

Running families will start their Father's Day (June 19th) celebration in Manteno where the eleventh annual Manteno 5K benefits D.A.R.E. this year. In keeping with the spirit of things, the Main Street Cafe will donate a \$1 to D.A.R.E. for every breakfast buffet purchased. The Bourbonnais Friendship Festival 5K will return for its second year on June 26th and runners hope to get their shower after, not during, this year's Kankakee YMCA 5K on July 9th. A "glad time" is always had at the Momence 10K/5K which is August 13th. Labor Day weekend would not be complete without Herscher's Hare & Tortoise 5K on September 4th. All of these events also offer walks, tee shirts, and post-race refreshments.

Fall brings the Beecher 5K on September 10th, the Fall Classic 5K on September 24th, the St. Anne Pumpkinfest 5K on September 25th, and the Governor's 10 Mile & 5K at the Kankakee River State Park on October 2nd. This year's Fall Classic at KCC has moved up a month and starts at 3 P.M. with a post-race party at The Depot Restaurant in Kankakee. The Governor's, the signature race of the Kankakee River Running Club, returns for its sixteenth year.

The Jingle Bell Run for Arthritis 5K Run & Walk on December 9th at the Shapiro Developmental Center concludes the local races for 1994.

Membership in the running club is open to all runners and walkers. A single membership is \$12 and a family is \$17. Interested persons may write KRRC, P.O. Box 339, Bourbonnais, IL, 60914 or call KRRC President Henry Shelly at 933-9255.

May 26, 1994