



Kankakee RIVER RUNNING CLUB

The Paper Race

JULY 1994 KRRC NEWSLETTER, P.O. BOX 339, BOURBONNAIS, IL. 60914 ISSUE 77



JULY

<u>Name</u>	<u>Day</u>	<u>Age</u>
Phil Angelo	17th	43
John Brinkman	11th	36
Jeff Dixon	19th	31
Tyler Dom	29th	13
Tom Goodberlet	12th	37
Ryan Hanks	14th	18
Ed Hedding	16th	36
Krista Hickey	12th	13
Elizabeth Huizenga	15th	15
Mike Joens	19th	19
Leon Malone	7th	64
Lisa Shelly	24th	15
Mark Steffen	12th	41
Paul Suprenant	8th	47
Monica Uribe	3rd	13
James Warman	4th	12
Larry Wasser	27th	51

ON DAN'S RUN by Dan Gould

Where do I begin to tell June's story? Why at the beginning, of course! This was the month I was adopted by Mike and Georganne Hickey. Well, sort of. Mike and Georganne have gone to South Bend for the Sunburst Races at Notre Dame each of the last two years and gave the event high marks. Sounded like an interesting "overnight" and I thought it

impractical to do the Racing Hearts 10K in Joliet on Sunday morning and return in time for the Piwowar-Ruda "running" marriage vows at the park (Cornstalk did, though).

So, late on Friday afternoon in Mornence, I was given the seat of honor (known as the "death seat" in some circles) in the Hickey van (WE RUN 2) and headed for the Ramada in South Bend. While I have travelled with the Hickeys before, it became clear to me for the first time the purpose that I served. My job was to keep Mike awake. Georganne, Krista, and Graig slept. In all fairness, they did wake up at a gas stop long enough to buy and consume some junk food.

The Sunburst races are a monument to a race director gone mad. You have a choice of a marathon, triathlon, 5K, 10K, or a fun walk, all finishing on the football field at the University of Notre Dame. The marathon starts at 6:30 A.M., the triathlon at 10:00 A.M., and the rest of them somewhere in between.

Team Hickey ran the 5K and I opted for the 10K. "Sunburst" accurately described this beautiful day. The natural beauty of the campus was enriched by the early morning light and the gold dome acted as a beacon for the 2,000 or so athletes. It was great weather for spectators.

We lounged on the field and in the stands post-race, enjoying an assortment of refreshments while we watched other competitors continue to stream out of the tunnel and across the finish lines set up mid-field. We listened to some of the awards with limited interest. There were no "gold medal" performances in our group.

Perhaps next year we will stay a

second night. We would have enjoyed the three pools at the Ramada on Saturday afternoon and there was a concert on Saturday night. Next year!

The social event of the year for the running community was June 5th at the Kankakee River State Park. The runners' marriage vows taken by Ron Piwowar and Nancy Ruda touched each person in attendance in a special way. *The Daily Journal* gave it great coverage in the "Accent" section in it's June 26th edition. While I did officiate, I cannot take credit for the humorously appropriate vows. Nancy wrote them!

Almost 40 runners turned out for the Hurst Summer Series 5K which was won by Preston Provost and Jenny Kohl. We retired to Chicago Dough (where else!) for the usual repast and to give birthday wishes to Linda Linn...forty, fit, fun, fabulous, fantastic. You can bet Bill won't trade her in for 220!

June 12th found us headed for Harrah's 4 Mile Cruise in Joliet, a new race. The Dan van was positioned for a 6:30 A.M. departure in the Koemer driveway, but we had a happy problem to resolve: 7 seats and 8 persons. It has been a long time since we had the pleasure of this much company. There was Donna, Colin, Pat, Mike and Graig Hickey, and Paul Suprenant and Jeff Lonergan. Paul solved the problem by volunteering to drive and take Jeff. I didn't go anywhere without a Hickey this month!

Harrah's got mixed reviews from our group. The shirt had more colors than I could count and the design was excellent. The refreshments were also good. The award plaques were nice, but not as creative as the shirts. The staging area for the race was the corner

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.

Editors Dan Gould 937-5500
Bill Linn 935-0815

Staff Linda Linn

FAX 937-5337

KRRC OFFICERS

President Henry Shelly 933-9255
V-Pres. Pat Koerner 932-1009
Treas. Ron Piwowar 939-1749

Social Coordinator Linda Linn

of a parking lot where a tent had been erected to cover the registration and refreshment tables. Someone wondered if there was a contingency plan for rain as there was no shelter for the runners. Happily, we didn't need shelter. The course was challenging and one member of our group was heard to complain that the race director, Gary Moss, known in some circles as "The Evil G-Man," had designed it for his strong suits. As I see it, Gary has one clear strong suit in road running: SPEED! Gary runs fast. I know I heard something about how he designed the downhill finish to take away the kickers advantage, but race directors get to do things like that. Gary is about 44 and still kicking butt. As you may have guessed, Gary won the race. He also cleverly designed this course to take advantage of his wife's strong suit: SPEED! She won the women's division. Of course, Mary did get her hair straightened which is clearly more aerodynamic. Now if Chris Walsh or Jenny Kohl had shown up...

If there was a negative to Harrah's, it may simply have been the great expectations brought about by the suggestion of the money behind the race. People simply expected super goody bags and door prizes. It was a good race! Give it a try next year.

WE RUN 2 was at my house shortly after noon on Friday for the trip to Peoria. I took my place in the death seat, Georganne, Krista, and Graig

nodded off, and we were on our way to the 21st Annual STEAMBOAT! It is billed as "Illinois' Toughest 15K" and the "World's Fastest 4-Mile." I wasn't there in 1986 when Arturo Barrios ran 17:34, but I was in 1990 when Sue Lee ran 20:10.

I have run the 4-mile each year and left the 15K to people like Charlie Grotevant or Larry Lane. The turn around for the 4-mile is located at the base of a hill leading those in the 15K up to Glen Oak Park. Each year I say, "Oh thank you, Lord, it's not me!" As Mike Hickey says, they should call it STEAMBATH! The race starts at 7 A.M., but the temperature and humidity are usually high and it is difficult to understand how they can run world records. This year the temperature was 75, the humidity 87%.

But, we aren't there yet! There is a Hardee's stop for a late lunch and, after a nap, a gas and DQ stop. Now we are there!

Georganne had made the reservations for us as well as Ma (Erma) and Pa (John) Hickey. The receptionist at the Holiday Inn verified that they had already checked in, but, under the rules, said she could not tell us what room they were in. "But I made the reservation," said Georganne. She is directed to a house phone to be connected to the unknown room. We are now six Hickeys and Dan. The Decatur contingent won't arrive until later - Tom, T.J., and Debbie. A Hickey everywhere but on my neck! Well, I wouldn't tell you if there was!

This pilgrimage is never complete without a trip to Running Central (700 W. Main), a visit with Mitch Hobbs, and the purchase of some running gear at those wonderful STEAMBOAT discount prices. For the second year I come away with a pair of trainers, a pair of flats, and a pair New Balance dress shoes.

There were a number of humorous moments on this trip and it is difficult to recreate them. We were on a "runner's high" which, like most "highs," makes things seem funnier than they really are. In my excitement to exit the van upon arriving at Running Central, my lunge for the van door was thwarted by the seat belt I had failed to

release. I was also guilty of asking Krista, who looking at a pair of running shoes, what she was doing. Krista replied, "Looking at a pair of running shoes." This was the day on which it was announced that O.J. had been charged with murder. Upon hearing the news, Krista asked, "Was it anyone he knew?" Graig, taking the remote control off the TV remarked, "Gee, a remote control that comes off the TV." Yes, Graig, that's why they call it a REMOTE control.

Race day: sunny, hot, and humid. A "warm-up" was a short walk. I met Lance Bovard before the start. He lamented that he had no feeling in part of one leg. His good leg and bad leg would carry him to a 58:11 in the hilly 15K and a third in age group. We spoke briefly with Barb House who was also in the 15K. Somewhere in the mass of humanity was Chris Walsh, who would finish 23rd overall among the women in the 4-mile, and Carol Pratt, who would finish first in age group in the 15K.

We were well positioned for the start and the first mile went smoothly. I saw Graig ahead and to my left. Mike eased past me on the left in pursuit of Graig at about the one mile mark. Suddenly, the race was over. Well, it was over for me. I would like to tell you I simply accelerated to WARP speed or "beamed" to the finish line a la Star Trek. Unfortunately, I simply allowed a toe to dip on the forward leg swing, caught the asphalt firmly, and fell head over apple sauce.

When I stopped bouncing and sliding, I curled on my right side and cautiously looked back at the thundering herd. It was definitely a photo op, but I didn't have my camera. We were spread out enough that no one fell over me. I remember shouts of "runner down."

I picked myself up slowly and headed for the nearest curb. A volunteer at the intersection gave me his handkerchief to dab at my wounds and damage control gave me an initial report: road rash to the heels of both hands, both elbows, and the right knee. Later that day I would note bruise pain to the upper outer aspect of the right thigh and within a couple days the

yellow-blue-black color appeared.

I had a choice of a DNF in the log book or jogging it in. I decided I would rather have a PW than a DNF and jogged it in. Graig didn't have a good day either. I saw him standing a little past three miles. He said he was waiting for Krista.

I felt a little sheepish asking the EMTs of the Advanced Medical Life Support Team to clean my wounds, but two of them donned the gloves and quickly accomplished the task. I did have to sign a waiver saying I was refusing to be transported to a medical facility.

Mike ran well and Ma and Pa Hickey brought home the gold. I saw Leon and Shirley Malone in the finish area and Diane Strufe in the hotel lobby. They seemed less than happy with their times, although Shirley was less than a minute away from placing in her age group. I passed on the awards ceremony and volunteered to be the designated adult for the kids at the swimming pool. I thoroughly enjoyed the 24 hours with my adoptive family except for the race itself, of course. Perhaps next year I'll remember to pick up my feet. It is a matter of staying focused (has anyone seen Bill Johnson?).

STEAMBOAT is on Saturday and the Manteno 5K on Sunday of Father's Day weekend. I don't like to "double," but I allow that my Sunday effort won't be up to par. Well, my Peoria road rash gave me a good excuse for a pathetic performance, but it didn't make any difference. Pete Mathis, Keith Theison, and Ken Klipp would take care of the gold in my age group. Sue LaMore did her usual fine job. The runners debated the reasons for the difference in their one and two mile splits (the second is remarkably slower) for the umpteenth year. Gerry, Judy, and all the little Kilbrides made their annual appearance on the road racing circuit and *The Daily Journal* did a real nice piece on the "3K's Racing Team." A number of us went to breakfast at the Main Street Cafe in Manteno. Jeff Lonergan's legendary prowess with women was called into question when he was the last to be served. If the truth were known, I think Phil Newberry

gave the waitress a big tip to insure that Jeff had that long wait. John Shoup stopped to talk with a pretty girl on the way to the cafe and never got there!

Conditions were good for the Second Annual Bourbonnais Friendship Festival 5K. Overcast, about 70 degrees, and a breeze made it about as good as you can expect this time of year. Rain threatened, but there were only a few dribbles.

In the closing minutes of the race, I found myself running with Tom Parlin and Jenny Kohl. I don't know if Jenny was trying to make me feel good or was trying to make Chris Walsh feel good. I guess she did both. Chris won and I was only a couple seconds behind her (Tom edged both of us).

Times were awfully good again this year. Race Director Pat Baldwin had the course measured with the wheel, but admits that the guy who did it kind of wobbles when he walks - Doc Baldwin. A comparison of the times from Manteno (flat course) with Bourbonnais (rolling) are difficult to reconcile. We all hope, of course, that Manteno is long!

Attendance for both of these races was about the same as last year. Manteno put 156 across the line and Bourbonnais 117. Both races had a fun walk, but I didn't note those numbers.

Randy and Ann Rahrig did the Run for the Zoo. Randy told me that a guy came up to him after the race and asked him for his pants. Well, that's the part I remember. Randy was supposed to write it down for me, but it was probably too risqué for a family oriented newsletter.

Rick Livesay is back with us and running well. Last year he experienced problems on training runs and consulted a doctor who did some tests. Rick was referred to a cardiologist for further testing. After further testing which revealed no heart problems, the cardiologist asked Rick if the first doctor had pointed out the iron deficiency indicated by the first tests. No, he hadn't. An iron supplement was the simple answer to what appeared to be a serious problem.

My running has been spotty this year and blood donations may be partly

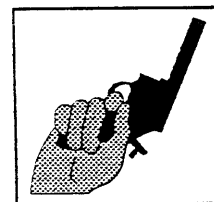
responsible. I donated blood for the first time since I became a runner and suspected it had affected my race performance. I wrote the clinic column in one of the fitness periodicals and received a lengthy answer explaining that you can replace plasma volume within 24-48 hours, but red blood cell replacement may take 4-6 weeks. A blood donation results in a 5-15% decrease in maximal oxygen uptake. The anaerobic threshold is likely to occur at an earlier workload and both factors will markedly diminish performance.

Jim Grace is rumored to be alive in St. Louis where there is more work for sheet metal workers.

As always, we solicit your contributions to this newsletter. Share your experiences with us. Contributions should be mailed to 212 Julie Drive, Kankakee, IL. 60901.

Don't miss the YMCA 5K on July 9th or the Acme Printing Summer Series 5K on July 12th. Hope to see you on Dan's run.

THE
STARTING
LINE



Sun., Jul. 3,
8:20 A.M. - Sandwich Freedom Days
5K, Center & Eddy Street, \$8/10, 5yr
AG to 50+ Male, 10yr to 50+ Female,
flat course.

Sun., Jul. 3, 7:00 P.M. - Wenona 5K,
\$11/13, 5yr AG, tank tops. 815/853-
4545.

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.

Sat., Jul. 16, 7:00P.M. - Magnolia Days 5M, \$12/14 (dinner included for pre-registered), Ts, OA & Master's, 3 deep in 5yr AG, flat out & back, Starved Rock Runners Circuit. 815/882-2120.

Sat., Jul. 16, 8:00 A.M. - Manhattan "Band on the Run" 5K, McDonald School, Rt. 52 & 2nd St., \$12/15, Ts, OA & 3 deep in 5yr AG to 55+. First year for this one. 815/478-4560.

Sun., Jul. 17, 7:35 A.M. - 14th Annual Heart & Sole 10K, Olympia Fields Med. Cen., Crawford Ave. just South of Volmer Rd., sports bag, \$15 by 6/30, \$18 by 6/16, \$20 race day, OA & 3 deep in 5yr AG. A highly competitive event. There is an expo and runner's seminar on Sat. (16th) from noon to 4PM with Priscilla Welch as the special guest speaker. Refreshments! 747-4000 ext. 5183.

Sun., Jul. 24, 7:45 A.M. - Chicago Distance Classic 20K & 5K, Grant Park. 312/243-2000.

Sun., Jul. 24, 7:30 A.M. - Downers Grove 10 & 5 Mile, 935 Maple St., rolling course. 708-963-1300.

Thurs., Jul. 28, 7:15 P.M. - Sundowner 5K, Lions Community Center, Manor Drive across from the New Lenox Post Office, \$11/15, Ts, top 2OA, Master's, proportioned awards in 5 yr AG to 65+. 815/485-6677.

Sat., Jul. 30, 8:00 A.M. - BIX 7 MILE, Davenport, IA.

Sat., Aug. 6, 7:30 A.M. - North Aurora Days 5K/10K, \$10/12, CARA registered race. 708-897-8551.

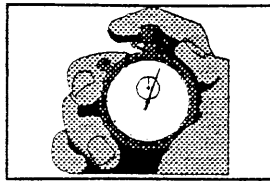
Sun., Aug. 7, 8:00 A.M. - Coon Creek Classic, Hampshire H.S., 560 S. State, 10K & 2K fun run, 708-683-2690.

Tues., Aug. 9, Speckman Realty Summer Series 5K, Small Memorial Park, Kankakee, KRRC members no charge, others \$1. 472-6577.

Sat., Aug. 13, 8:00 A.M. - MOMENCE GLAD RUN 5K/10K & 1M WALK, Jr. H.S., 801 W. Second, Ts, \$10/13 after

8/6, 5yr AG, refreshments, door prizes. Make it a day to enjoy the Gladiola Festival! Mike Hickey 815/472-2253.

THE



FINISH

LINE

We attempt to report race results for all members. Please get your times to us and let us know if we are missing you.

Sat., May 28, Veteran's Memorial Run 8K (Bloomington) - Jeff Lonergan, 34:33

Sat., Jun. 4, Sunburst Races (South Bend) - 5K - Mike Hickey, 28:02; Krista Hickey, 28:00; Graig Hickey, 20:02; 10K - Dan Gould, 42:00.

500 Distance Classic (Indianapolis) - Dee Osenglewski, 1M - 7:19 (2OA); 5K - 23:39(4AG); 10K - 49:52(4AG)!!!!!!

Sat., Jun. 4, Tri-Shark Triathlon, Jeff Lonergan, 1:18:00 (.25S, 13B, 5K)

Sun., Jun. 5, Racing Hearts 10K (Joliet) Pat Koerner, 34:30, 3OA; Phil Newberry, 41:50; Jeff Lonergan, 44:17.

Tues., Jun. 7, Hurst Summer Series 5K

Pat Koerner	17:18	1AG
Rob Williams	19:07	2AG
Mike Wolfe	18:55	
Nancy LeDuke	26:56	1AG
Mike Hickey	19:55	2AG
Graig Hickey	19:03	
Amanda Uribe	26:05	2AG
Doug Uribe	19:27	
Tim Benoit	19:17	
Preston Provost	16:42	1OA
Ken Klipp	20:30	
Charlie Grotevant	21:46	2AG
Rich Olmstead	18:44	1AG
Phil Newberry	19:30	
Mike Furl	26:07	
Chris Walsh	19:13	1AG
Paul Suprenant	23:29	
John Brinkman	19:16	
Henry Shelly	24:09	

Lisa Shelly	34:15	
Jenny Kohl	18:40	
Dan Gould	20:11	
Phil Angelo	32:48	
Dee Osenglewski	22:17	2AG

Sun., Jun. 12, Harrah's 4 Mile Cruise (Joliet), Sunny, 182 (?) finishers

Pat Koerner	22:15	3OA
Graig Hickey	26:01	
Mike Hickey	26:02	4AG
Dan Gould	26:04	2AG
Jeff Lonergan	27:50	
Becky Criscione	29:42	1AG
Paul Suprenant	31:04	

Sat., Jun. 18, Steamboat 4M & 15K (Peoria), 75 degrees, 87% humidity, 2,156 Finishers in the 4M

Chris Walsh	24:26	
Mike Hickey	25:08	
Dan Gould	29:46	
Graig Hickey	31:40	
John Hickey	32:03	3AG
Erma Hickey	34:09	1AG
Krista Hickey	38:36	
Shirley Malone	43:27	
Leon Malone	47:11	
Diane Strufe	53:07	

15K - Lance Bovard, 58:11, 3AG; Carol Pratt, 1:06:29, 1AG

Sun., Jun. 19, Manteno 5K, 156 Finishers, Sunny, 70's, Father's Day

Preston Provost	16:32	3OA
Tom Stluka	16:36	4OA
Pat Koerner	16:54	5OA
Marty Klipp	17:01	1AG
Keith Theison	18:18	2AG
John Brinkman	18:52	
Rich Olmstead	18:59	3AG
Graig Hickey	19:10	3AG
Mike Wolfe	19:20	
Phil Newberry	19:30	3AG
Robert Williams	19:35	
Charles Kennedy	19:38	2AG
Ken Klipp	19:40	3AG
Bill Linn	19:41	
Tom Parlin	19:53	
Ryan Beaupre	19:59	1AG
Dan Gould	20:17	
Jeff Lonergan	20:43	
Brian Noffke	20:44	

Bob Pool	20:46	3AG	Theresa Burgard	20:57	1AG
John Shoup	21:16		Dee Osenglewski	21:10	2AG
Charlie Grotevant	22:12	3AG	John Pool	21:13	2AG
Theresa Burgard	22:13	2OA	Jim Stevens	21:18	
Mike Joens	22:24		Paul Suprenant	21:42	
John Pool	22:26		Nancy Ruda	21:56	3AG
Paul Suprenant	23:11		Randy Rahrig	22:38	
Chris Beaupre	24:47		Dave Schkerke	22:42	
Tommy Kilbride	24:52		Butch Coy	23:06	
Mark Kilbride	24:53		Dee Sarowatz	23:35	1AG
Andy Kilbride	24:57		Carol Painter	24:07	1AG
Henry Shelly	25:00		Mike McGuckin	24:46	
Pat Baldwin	25:16		Mike Belletete	25:27	
Dee Sarowatz	25:29	1AG	Gale Lehnus	25:40	
Mary Kilbride	25:50	1AG	Nancy LeDuke	25:45	2AG
Amanda Uribe	26:41	1AG	Carol Stapleton	25:49	1AG
Doug Uribe	26:42		Monica uribe	25:58	3AG
Mike Belletete	26:56		Mike Furl	26:33	
Nancy LeDuke	27:15	1AG	Amanda Uribe	26:39	
Gale Lehnus	27:24		Peggy Baldwin	26:45	
Krista Hickey	27:37	2AG	Annie Rahrig	26:48	2AG
Mark Beaupre	27:48		Kyle Goodberlet	27:27	
Annie Rahrig	27:54	2AG	Tom Goodberlet	27:28	
Linda Linn	28:53	2AG	Ron Piwowar	27:31	
Judy Kilbride	29:31	1AG	Krista Hickey	27:34	
Gerry Kilbride	29:32		Linda Linn	27:45	2AG
Lynn Kilbride	30:01	3AG	Georganne Hickey	28:53	4AG
Phil Angelo	32:05		John Flynn	31:16	
Peggy Baldwin	32:48		Phil Angelo	31:45	
Tom Uribe	32:50				
Lisa Shelly	36:25				

Sun., Jun. 26, 2nd Annual Bourbonnais
Friendship Festival 5K, 70 degrees,
overcast, 117 finishers

Tom Stluka	15:56	3OA
Pat Koerner	16:16	1AG
Rick Livesay	17:46	1AG
Ken Klipp	17:49	2AG
Graig Hickey	18:05	1AG
Bill Linn	18:07	3AG
Mike Hickey	18:15	4AG
Chris Walsh	18:32	1OA
Rich Olmstead	18:41	
Doug Uribe	18:45	3AG
Tom Parlin	18:48	3AG
Jenny Kohl	18:49	2OA
Dan Gould	18:51	3AG
Mike Wolfe	18:53	2AG
Robert Williams	18:56	
Tim Benoit	18:59	
Jeff Lonergan	19:48	
John Shoup	19:52	
Brian Noffke	19:57	
Paul Schmidt	20:03	
Bob Pool	20:11	1AG
Mike Joens	20:34	