



Kankakee RIVER RUNNING CLUB

The Paper Race

AUGUST 1994 KRRRC NEWSLETTER, P.O. BOX 339, BOURBONNAIS, IL. 60914 ISSUE 78

ON DAN'S RUN by Dan Gould



AUGUST

<u>Name</u>	<u>Day</u>	<u>Age</u>
Pat Baldwin	26th	37
Kate Batkiewicz	3rd	31
Mike Belletete	5th	48
Karen Belletete	29th	36
Diane Brinkman	26th	30
Yuh-wen Chow	25th	35
Sally Dorn	20th	39
John Flynn	1st	48
Hany Girgis	22nd	33
Karl Goodberlet	6th	9
Dan Gould	31st	50
Scott Kelson	31st	39
Donna Koerner	13th	38
Jessica Linn	9th	8
Shirley Malone	29th	63
Nancy Piwowar	16th	38
Dee Sarowatz	14th	30
Paul Schmidt	11th	16
Kathy Steffen	18th	43
Matthew Steffen	23rd	11
Michael Steffen	18th	8
Steve Sthay	22nd	36
Linda Suprenant	5th	47
Lynn Troost	26th	48
Doug Uribe	22nd	33

WELCOME NEW MEMBERS

Van Lewsader, Bourbonnais

July is not the time to go to Florida. Sure, the "dog days of summer" are hot and humid here, but we can't touch Florida's humidity. Paradise Bay simply isn't paradise on the July 4th weekend even if the natives pretend it is. They flock to the beaches, flea markets, and fireworks' displays just like real people. Natives? Well, nobody is actually born there. All the obituaries contain sentences like "Mr. Doe was (born)(raised)(worked) in (insert name of city and state) and moved to Bradenton (insert number) years ago."

I ran to Florida for a long weekend to see Dad and step-Mom. Dad's medical problems have kept them from migrating north to summer at her place in West Virginia the past couple years. It's about 60 miles to the nearest medical facility from Green Bank, W.VA. For that matter, the nearest thing to anything is at least 60 miles from Green Bank. My training runs at Green Bank reminded me of "Deliverance."

KRAUSE HOUSE BASH

Linda and Bob Krause will once again host a post-Gladioli Race Social at their home, 227 W. Washington, Momence, on Saturday, August 13th. Bring a covered dish to pass, your lawn chair, and swimming trunks. Stay for the parade and enjoy all the fun of the Gladioli Festival. Call Linda for more info at 472-6577.

Paradise Bay is a ghost town at this time of year. The travel trailer sections has three streets with 80 units on each and only three to five are occupied. Rabbits, squirrels, and birds were my only company on training runs.

This is the off-season for Florida racing. The nightly lows are in the 70's and daily highs run 85-90 or more. I joined the Bradenton Running Club last year in order to get their newsletter. I read that it was a Road Runners Club of America award winner. I have been underwhelmed! It is a bi-monthly publication. I haven't kept close track of the other issues, but my May-June issue arrived July 15th. I also assumed I would receive entry forms for races they sponsored. Wrong. Race results? I don't think I've seen anything but marathon times. On the positive side, they have more members writing about their running adventures. Perhaps I'll join that Port Charlotte club. I bet I can get a discount as a member of the Hickey family. John, Erma, can I call you mom and dad?

The only race readily available in the Bradenton area on the 4th of July weekend was the American Pride 5K at Palmetto. As I told you last year, this race gave awards to the top 15 overall and finishers medals to the rest of us. This year they cut it to the top 12!

I told Dad I would get him up in time for our 6:30 departure, but I wasn't surprised when he knocked on my door before 6 A.M. He is 86 and can hardly walk, but he likes to be where the action is.

My source of information for this race was *Florida Runner* and the starting time was listed as 7:30 A.M. Well, yes, for the one mile run. The 5K started at 8 A.M. I had *plenty* of time to warm up. With the temperature in the 70's and the humidity almost visible,

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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that could be accomplished by taking a couple deep breaths. I opted for a short two miles and then it was time to change into the racing flats...which were on the bed at home...with my sweatband. I had packed and unpacked my bag one too many times.

To compound the crisis (no sweatband), the training shoes I was wearing were my new New Balance 665's. They felt just right when I bought them a couple weeks earlier, but after a few training runs there was no doubt that they were a half size too big. The toes felt, well, a bit floppy, like I was wearing swim fins. Still fresh in my memory was the fall I had taken in Peoria when I caught a toe. I decided to give it my best effort, but I would damn well pick up my feet. On this day my best effort was nothing to write home about (about this time, Tom Goodberlet is saying, "Why didn't you write home instead of boring us with it.")

I did get a nice shirt, three *Power Bars*, some decent refreshments, and...a medal. On the other hand, when I got home and read the race flyer I picked up at the registration table, I learned that running club members were entitled to a \$2 discount, something that wasn't advertised or offered. I need to find another July 4th race and running club.

Bill Johnson made his annual appearance at the Kankakee YMCA 5K on July 9th. I know Pat Koerner had to extend a personal invitation to get him there, but the cool, clear morning that greeted us this year should have been

a sufficient invitation for any runner. We just don't get days like that in July! A light breeze coupled with low humidity and a temperature in the upper 60's had some runners looking for a shirt with long sleeves.

Former KRRC member Janet "Beaumont Buns" Brown came up for the race. Well, she was really back courtesy of her husband who thought she might like to celebrate her 40th with "old" friends (not that Becky is *that* old).

Ken Stark put in one of his all too infrequent appearances. Pat and I saw him outside the Y while we were doing race packets on Friday night. Noting that he had not registered, we dragged him in and signed him up.

I hope Pat can enlist some more responsible help for doing the packets. Henry, Janet, and I were there, but via a call from Donna an hour after we started we learned that Ron and Nanc were at Pat's. They had gone to dinner and then (can you believe this for an excuse?) stopped at Pat's expecting to do packets there. I mean, everybody knows we do the Y5K packets at the Y. And, since they were already an hour late, they just decided there wasn't much point in driving *all the way* to the Y. I know Pat made some colorful remark about Ron sitting in Pat's chair, drinking Pat's beer, while Nanc talked with Donna in the kitchen and sampled the cookies Donna was making for the race. Some people's taste in friends!

It was good to see Lynn Troost participating in the race, even if she isn't up to par. Lynn is in treatment for non-Hodgkin lymphoma.

Ann Rahrig slept in on this gorgeous race day. Randy, friends don't let friends sleep in on those one-of-a-kind days. It had gold written all over it!

How about that nice story Jeff Bonty did in *The Daily Journal* on July 21st on our club? You saw the assembly line for *The Paper Race*, heard the wisdom of Ken Klipp (Jeff had to substantially edit Ken's brief remarks as any of you who have shared a training run or beer with him will understand) and Bill Linn (whose fence is Tom Sawyer vandalizing?), and saw the beauty of Linda Linn (no face cream for this edition).

July 16th found me in Manhattan for the first running of the "Band on the

Run" 5K Road Race. This was apparently a fund raiser for the Manhattan Band and I hope they were successful, but I'm not sure how much they could raise with 72 runners (and an unknown number of walkers).

They made a respectable showing for a first-time attempt. The course is flat with a couple of shallow grades and is run mostly through residential areas. The course was well-marked and there were volunteers at the turns. While the consensus was that the course was accurate, the splits were not. The shirts, trophies, and refreshments were ok, but not outstanding. They did have some random prizes. A guy named Joe Jenkins won in something like 16:23. I think the only club member other than myself in attendance was Becky Criscione who finished third overall in the women's division. My nemesis, Pete Mathis, was there to deprive me of first in age group, but I was really happy with my best 5K of the year. I passed up Olympia Fields to try this race, but I don't know that I will do it again.

"The farmers have got to love me for this," lamented John Shoup. For the second consecutive Tuesday night the Acme Printing Summer Series 5K had been rained out. Rained out? No, like lightening, thunder, and tornado warning sent us running for cover, not rain. We hadn't gotten to the starting line on July 12th, but Leon Malone was already out on the course when the sirens sounded on July 19th. John and Erma Hickey, visiting from Port Charlotte, got stormed out for the second consecutive year. They were at the Hurst 5K last year when that race was postponed because of the weather. On a positive note, we did the buffet at Chicago Dough two Tuesday nights in July instead of one. I don't know why we didn't try it again on the 26th.

Jim Grace and Nancy joined us for our "Sunday at the Park" on July 31st after an absence of more than two months. Jim has been working in St. Louis, seven day weeks, twelve hour days, etc. As Jim says, "I'm rich!" We got the idea when Jim and Nancy stepped out of the chauffeured limo. Jim expects to be in St. Louis until December. He has been running, racing, triathloning.

The Hickey family was among the

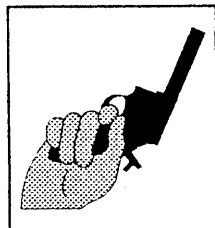
20,096 who ran the Bix 7 on July 30th. Mike had nothing good to say about the 20th running of this classic which I ran in 82-83 when there were 6,000-7,000 participants. A record setting low temperature of 61 resulted in a number of records for runners including the top male and female who ran 31:56 and 36:02 respectively. Mike was particularly awed by the post-race refreshments and the Sunday coverage by the Quad-City Times (title sponsor) which included complete results. There was also an hour and a half of local television coverage.

Henry, it is time to get the Governor's forms out. If Scott Stephens can get his forms out seven weeks before Herscher without my nagging him, you can get them out two months before the race...if you hurry!

Time to put this puppy to bed. Check our calendar and mark yours - there are miles to run this month! And don't forget to share your running adventures with us. Send them to 212 Julie Dr., Kankakee, 60901.

Run for fun. Run for your life. Hope to see you on Dan's run.

THE
STARTING
LINE



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. Individuals may vary the starting time based on the distance they intend to run and conflicting personal obligations. Bring a friend and join us! A few of us are bringing our bikes for a little post-run cross-training.

Thurs., Aug. 4th, 6-9 P.M. - BILL LINN'S SAMPLE SALE PREVIEW, 1226 Vantage Lane, Bourbonnais. 933-0815. Sale continues Friday & Saturday from 9-5 P.M.

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**, KRRC members no charge, others \$1. A prediction race with awards to the top 5 male and top 5 female predictors. For info, contact Linda Krause at 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. Mike Hickey, 472-2253. Post-race KRRC Social - the 4th Annual Krause House Bash courtesy of Linda and Bob Krause, 227 W. Washington. Bring your lawn chair and **BRING A COVERED DISH TO PASS** (who can pass up an uncovered dish?)

Sat., Aug. 20, USATF Men's Half Marathon Championship, Parkersburg, W.VA.

Sun., Aug. 21, Illinois Open Cross Country 8K, Camp Shaw-waw-nas-see 4-H Camp, Master's Heat - 8:00 A.M., Open - 9:00 A.M., \$12/15, 5yr AG, individual & team awards, 815/838-3418. PSRR picnic following the award ceremonies. If you wish to attend, you must call and **BRING A DISH TO PASS**.

Sun., Aug. 21, 6:30 A.M. - Abe's Amble 10K & 2 Mile Run, Illinois State Fair, Springfield, Ts, 5yr AG, proportioned awards, \$13, **NO RACE DAY REGISTRATION**.

Fri., Aug. 26, 6:30 P.M. - Minooka Summerfest 5 Mile Run, Mondamin & Wabena (downtown Minooka!), \$10/13 after 8-25, tank tops, 5yr AG, top 3 overall and proportioned AG awards up to 3 deep. Out-and-back course. For info call 467-4813.

Sat., Sep. 3, 8:00 A.M. - Sweetcorn 5K Classic, Honeywell Grade School, east

Honeywell Avenue, Hoopston, \$9/12, Ts, 5yr AG, awards 2-4 deep, random prizes, computerized results by Dave Bohlke, refreshments. All part of the National Sweetcorn Festival. 217/283-5004.

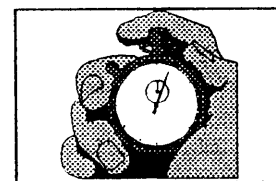
Sun., Sep. 4, 5:00 P.M. - 13th Annual **HERSCHER HARE & TORTOISE 5K RUN & 2M FUN WALK**, Village Park, \$10/12, Ts, random prizes, 5yr AG from 25-50, overall and 3 deep in AG plus "Heavyweight Trophy" (180lbs.) Scott Stephens, 426-2211.

Mon., Sep. 5, 8:00 A.M. - Park Forest Scenic 10 Mile and 5K, The Centre, Indianwood & Orchard, \$15/20 for 10M and \$12/17 for 5K, lower fee thru 8/13 and higher thru 8/26 (**NO RACE DAY REGISTRATION**), Ts, 5yr AG, awards 3 deep, 708-748-2005.

Sat., Sep. 10, 9:00 A.M. - **BEECHER QUASQUICENTENNIAL 5K RUN & FITNESS WALK**, Beecher Community Hall, 673 Penfield St., \$11/13, Ts, 5yr AG, top 3 OA, top masters, and proportioned awards in AG, random prizes and refreshments, 708-946-2246. You can also ask Tom Stluka about this one.

Sun., Sep. 11 - Tri-City Triathlon - 933-1741.

THE
FINISH
LINE



Sat., Jun. 9, 6th Annual Kankakee YMCA 5K, 69 degrees, cool breeze, low humidity, 150 Finishers

Tom Stluka	16:31	3OA
Pat Koerner	16:46	1AG
Ken Klipp	17:59	1AG
Mike Wolfe	18:38	
Mike Hickey	18:45	1AG
Bill Linn	18:47	2AG
Doug Uribe	18:59	2AG
Bill Johnson	19:00	3AG
Dan Gould	19:11	2AG
Graig Hickey	19:14	
Bob Williams	19:17	
Charles Kennedy	19:30	2AG

Tom Parlin	19:34	
Larry Lane	19:47	4AG
Jeff Lonergan	20:24	
Bob Pool	20:47	
Brian Noffke	21:02	
Mike Joens	21:06	
John Pool	21:54	
Nancy Ruda	21:55	1AG
Dan Flynn	22:27	
Becky Criscione	22:28	1AG
Kathy Steffen	22:58	3AG
Randy Rahrig	23:07	
Ken Stark	23:44	
Carol Sue Painter	24:08	2AG
Mike McGuckin	24:23	
Mike Belletete	25:27	
Peggy Baldwin	26:18	1AG
Nancy LeDuke	26:31	
Ron Piwowar	27:02	
Krista Hickey	27:55	3AG
Linda Linn	28:08	
Georganne Hickey	29:10	
John Flynn	31:05	
Lynn Troost	36:41	

Fri., Jul. 15, Bastille Day 5K - Graig Hickey, 19:37; Mike Hickey, 20:02.

Sat., Jul. 16, Band on the Run 5K (Manhattan), sunny, 71 degrees, 72 finishers - Becky Criscione, 22:15, 30A; Dan Gould, 19:02, 2AG.

Sat., Jul. 16, Fisher 5K - Jeff Lonergan, 20:03; Tom Parlin, 19:10.

Sun., Jul. 17, Heart & Sole 10K(Olympia Fields), 652 Finishers - Tom Stluka, 34:12, 3AG, 12th OA; Phil Newberry, 40:45.

Thurs., Jul. 28, Sundowner 5K (New Lenox), Sunny, 70 - Pat Koerner, 16:52, 2AG; Phil Newberry, 18:58; Larry Lane, 19:12, 2AG; Jeff Lonergan, 20:36; Ken Stark, 23:17; Henry Shelly, 26:47; Randy Rahrig, ??; Mike McGuckin, ?? In the Junior Jog, Colin Koerner placed dead last in his first race. Probably poor coaching.

Sat., Jul. 30, Times Bix 7 (Davenport), 20,096 participants, 61, sunny, calm - Mike Hickey, 47:32; Graig Hickey, 47:32; Krista Hickey, 77:09; Georganne Hickey, 77:11; Erma Hickey, 65:11, 5AG; John Hickey, 65:11; Shirley Malone, ??; Carol Pratt, ??

For those of you who missed Ron and Nancy's ceremony at the park, here it is.

"RUNNING" MARRIAGE VOWS
By Nancy Ruda

Dearly Beloved,

We are gathered here on this beautiful June morning to unite these two running fools in marriage. A "running marriage" is a commitment not to be entered into with old training shoes. From this day forward, they will be endowed to each other's race schedules, workouts, endless stories about PRs, trips to Bill Linn's sample sale, ongoing pasta dinners, and pulled muscles, aches and pains. This is *the* biggest event of their running lives, one they have steadfastly trained and carbo-loaded for over the past few years. Now, unless anyone has any objections as to why these two runners' shoelaces should not be tied, please toe the line, and let the stopwatches begin.

Do you, Ron and Nancy, promise to take each other as your running partner for the "race of your lives?"

Do you promise to run by each other's side on beautiful spring days? On hot and humid days? In wind, in rain, and in snow?

Do you promise to honor each other's need to take a day off every once in a while and not talk at all about running, PRs, shoes, or training schedules?

Do you promise to always hug each other after a 10K race on a 90 degree, 100% humidity day? With a smile?

Do you promise to endure endless mealtime conversations about PRs, training runs, shoes, and speedwork?

Do you promise to be faithful to each other's need for \$100 running shoes,

matching racing outfits each spring, and new Gortex suits each winter?

Do you promise to be sincere when you say, "You don't look *that* stupid in a stocking cap, dear"?

Do you promise to massage each other's sore, tired muscles, and kiss away the aches and pains?

Do you promise to support each other's training schedules, whether it's 5:30 a.m. or 5:30 p.m.?

Do you promise to consume endless bowls of pasta with marinara sauce together?

Do you promise to support each other's need to hydrate, whether it's with water, Hydra Fuel, Diet Coke, or Miller Genuine Draft?

Do you promise to remain faithful to each other's love of this sport, to the importance of cross-training, and to your subscription to "Runner's World"?

Do you promise to cherish each other's quest for a sub-48 minute 10K? In this lifetime?

Do you promise to be each other's biggest cheerleader at the finish of each and every training run? At the finish of each and every race?

By answering "I do" to each of these vows and by the power invested in me by the members of the Kankakee River Running Club who have paid their dues, I now pronounce you "runner man and runner wife." May your shoe laces be forever tied together, and may your new life together be one PR after another. You may now kiss each other and hit the trail!
