



Kankakee RIVER RUNNING CLUB

The Paper Race

SEPTEMBER 1994 KRRC NEWSLETTER, P.O. BOX 339, BOURBONNAIS, IL. 60914 ISSUE 79



SEPTEMBER

<u>Name</u>	<u>Day</u>	<u>Age</u>
Jessica Brinkman	30th	7
Marge Flynn	10th	48
Sherry Girgis	5th	34
Darcy Hanks	22nd	14
Leah Huizenga	27th	17
Dan Klipp	17th	14
Jenny Kohl	27th	20
Nancy LeDuke	30th	48
Mike McGuckin	7th	42
Kathy Penn	3rd	44
Tyler Rahrig	6th	6
RobTenczar	22nd	33
Amanda Uribe	19th	11

WELCOME NEW MEMBERS

The Seitz Family - Tom, 44,
Debbie, 38, and T.J., 13, Decatur
Ken Brock, 45, Grant Park

ON DAN'S RUN by Dan Gould

But out. You heard me. I left the "but" out last month in reporting Mike Hickey's experience at the Bix. It should have read: Mike had nothing *but* good to say about the Bix 7. Now

you know!

I note that error out of respect for the Hickey clan's growing membership. If you think the 8K's (Kilbride) Racing Team is a force with which to reckon, the addition of Tom, Debbie and T.J. Seitz gives the Hickey family substantial stock in KRRC. Debbie is Mike's sister. With four running Hickeys in Momence, three in Decatur, and Ma and Pa in Port Charlotte, they could form their own club - or take over ours! Randy and Ann Rahrig are also building a dynasty. While Randy and Ann ran the five miier at Minooka, children Tricia, Samantha, Tyler, and Collin participated in the kid's run.

The third installment of the 5K summer series was run on August 9th and was accomplished without a thunderstorm. Thanks to Linda Krause and Speckman Realty for sponsorship (Call Krause when you need a house!). This was a prediction run. I'm not sure why, but I didn't get or I lost the results. My apologies!

Didn't you used to be Reo Rorem? I hadn't seen him in years and he appeared to be carrying a few more pounds, but there was no doubt that it was Reo standing at the starting line for the Glad Run. In 1982, Reo ran the Governor's in 30:16 and *The Daily Journal's* photographer caught him crossing the finish line with the digital clock in the background. He is a big man whose size does not hint at his speed.

The weather for this year's Glad Run suggested that "slow" would be the speed of the day. In short, it was what we expect in August - pass the knife so I can cut the humidity - although the next day dawned cool and breezy. You

could warm up by walking from your car to the registration table.

Happily, runners and walkers flocked to Momence in numbers approaching 300. Race Director Mike Hickey gets a lot of support from the community and the race offers just about anything you could ask for. How about the date or year on the award plaques? Ask Mikey, he'll do it!

As in the past, this year's Glad Run featured a 5K (Wimp Division) and a 10K (Retard Division). There were a 137 registered in the 5K and 75 in the 10K. I counted 25 club members in each division. I was talking with Tom Parlin at the starting line. He had registered for the 5K, but decided he was going to run the 10K. He hoped that wouldn't screw up the computerized results by Dave Bohlke. Fortunately, Tom came to his senses by the time he hit the 5K turn around and never found out what problems he might have created.

Pat Koerner remembered Reo, but some of the new kids hadn't had the pleasure. When Reo quickly moved into the lead, one of the new kids said that he would come back to them. Pat told them that if they wanted Reo, they better go get him because he wasn't coming back. He didn't, they didn't, and Reo won by 21 seconds in 15:54. He hadn't raced in two years! Now living in Port Orange, FL., he is apparently acclimated to the heat and humidity.

I ran in the Retard Division because 10K's are so hard to come by. I did not have a good day. Ken Brock, a new member and new in my age group, edged Keith Theison for first in age group. Ken is readily identifiable as the guy who runs in the cut off blue

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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jeans. If he ever learns how to dress and how to train, he will be tough. I was also beaten by children (Graig Hickey), old men (Charlie Kennedy), and women (Mary Moss).

Jim Grace made one of his rare appearances of the summer. His training in St. Louis is apparently going well. The weather apparently didn't affect Chris Walsh who easily won the women's division of the 5K in 18:55.

The post-race social at the Krause house was most enjoyable. It is unfortunate that more of you didn't take advantage of the opportunity. Thanks to Linda and Bob!

I didn't hear of the Fairbury Fair Dinosaur Dash 5K on August 20th until it was history. Charlie Grotevant, Bob and John Pool, and Mike McGuckin along with about 25 other people did find their way to this unique race. Runners had the option of running while holding on to as many inflatable dinosaurs as they could and receiving 30 seconds credit for every one they carried. Mike had the thrill of *winning* his age division and a *PR!* Charlie, Bob, and John swept their age group. I don't think any of them carried a dinosaur, but the overall winner carried four of them.

Pat "Cornstalk" Koerner and I went to Morris for the Possum Trot 5K on the I&M towpath on August 21st. This was a new race and I don't know that it can afford to prosper. It is an out and back on the towpath that starts on the

towpath. Most races utilizing the towpath start somewhere else so that the runners are spread out by the time they hit the path. You can only run 4-5 abreast on the path at best. Starting on the path means a long starting line as opposed to a wide one. For the 92 runners and dozen or so walkers, I guess it worked out this year, but it certainly has limitations. The turn around was also on the path.

It was a beautiful, cool morning (for August), but the humidity was there. Running the path on the south side of the canal kept us in the shade and there was a nice breeze. Cornstalk had some tough competition, but pulled out a win and, being a first time race, a course record. (Donna, I still think you owe him two dinners for a win *and* a course record.) Ken Brock couldn't quite catch Pete Mathis so Ken and I had to settle for 2-3 in age group. Nice day, nice shirts, trophies, refreshments!

Meanwhile, in our own back yard, the Illinois Open Cross Country 8K was being run at Camp Shaw-waw-nas-see 4-H camp. Tom Stluka put on his spikes and got...blisters, as in bleeding blisters. Seemed like a good idea when he put them on. He and Preston Provost were on a six man team that placed third in the open division. Ken Klipp wanted to participate, but wasn't sufficiently recovered from his bout with pneumonia. I'm not aware of any other club members who participated. I understand there were about 80 in the open division and an equal number in the master's division.

Where are they now? Warren Monk is living and running in Bolingbrook. Mike Monahan is running - a little. John Shoup is talking about running. Randy Devore is cruising the river and has also been see at the golf course. Phil Angelo is nursing a broken arm.

The Minooka Summerfest 5 Miler was organized by a sadist. Wait until 7 P.M. on a Friday evening in August when the asphalt has had the chance to cook in the sun all day and the humidity has peaked, then send the runners on a hilly out and back course with a monster (Cornstalk's term) hill to start the fifth mile. Challenging, but several of us rose to the challenge and brought

home the gold. Cornstalk took second overall, Doug Uribe and daughter, Amanda, Ann Rahrig, and Keith Theison all took first in age group, and Charlie Grotevant and I placed in age group. Jeff Lonergan and Randy Rahrig gave it the old college try. You could get a free massage, but you had to withstand the mosquito attack on the leg that wasn't being massaged. The awards were medals, but at least they weren't chincy medals. The refreshments were adequate and the shirts colorful.

I just glanced at the entry form for the Kewanee Hog Day Stampede and noticed that it is on "LABOAR" DAY WEEKEND. Hog, Boar, Laboar...

John Shoup is putting together a canoe trip for October 8th. Should be colorful and comfortable, but we need at least 20 bodies to make it worth the effort. Call John or sign-up at the Fall Classic. 933-6909 or 932-4421.

There should be some great running weather the next month or two. There is a heavy calendar for September-MARK YOUR CALENDAR! Please support your local races by running or working them. Hare & Tortoise at Herscher, Fall Classic at KCC, Pumpkinfest 5K at St. Anne, Beecher 5K, and the Governor's.

Henry Shelly needs your help for the Governor's, both race day and before. He is particularly looking for volunteers to help manicure the trail the day before the race. The Governor's is our club's signature race. Call now - 933-9255.

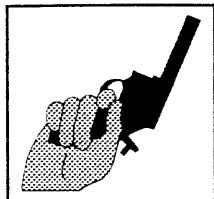
I began my 13th year of running on March 1st. I begin the second half-century of my life on August 31st - 50 years young - with enthusiasm and energy I owe in no small part to this running life. To all of you have shared the years, memories, and miles, thank you! Your fellowship is a key ingredient in the formula: Run for fun, run for your life. Let's keep it going!

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 their personal obligations. Bring a running buddy and join us! Some members bring their bikes for a little cross-training after the run.

Weds., Aug. 31, 4:30 P.M. - McNamara hosts the Irish Conditioner Relay Meet at Small Memorial Park. Your assistance or cheers will be welcome. Ken Klipp 937-1958

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 25-49 (men) and 25-39 (women), all others 10yr, overall and 3 deep in AG plus "Heavyweight Trophy" (180lbs.). Scott Stephens, 426-2211. **Running Club Social at Goodberlet's after the race. You must call Anna at 933-7212 to reserve a spot by Friday.**

Mon., Sep. 5, 8:00 A.M. - Glass Classic 5K, Streator Family YMCA, 10 Oakley Ave., \$10/12, Ts, 5yr. AG, OA & proportioned AG awards, door prizes, refreshments. 672-2148.

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 Quasiquicentennial 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 ask Tom Stluka about this one.

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

Sun., Sep. 11, 9:00 A.M. - Stateville Challenge 10K/5K Run, 5K Walk, Stateville Correctional Center, 1M north of Joliet on Route 53, \$12/14 after 9/1, Ts, 5yr AG in 10K, 10yr in 5K, OA and 3 deep in AG, door prizes, refreshments. Will County Race Circuit.

Sat., Sep. 17, 8:30 A.M. - Harvest Days 5K Run & 1 Mile Walk, Renfrew Park, Dwight, **\$10/15, Embroidered Ts**, awards to OA, Masters, and 2 deep in 5yr AG to age 50 for male and 10 yr AG for female. 815/584-1835.-

Sun., Sep. 18, 8:00 A.M. - National Heritage Corridor 25k, Middle School Rec. Center, Channahon, \$15/20 after 9/14, Ts, 5yr AG, top 2 OA, Master, Senior and at least 3 deep in AG, merchandise awards. Prairie State Circuit. 485-6677.

Sun., Sep. 18, 1:00 P.M. - 9th Annual Panno Memorial 5K Run, Pontiac H.S., 1100 Indiana Ave., \$10/12 after 9-12, long Ts, 5yr AG from 30-49, OA & 3 deep in AG, door prizes, post-race party, showers.

Sat., Sep. 24, 3:15 P.M. - **Five Kilometer Fall Classic Race & Walk**, Kankakee Community College, preregistered w/ shirt \$10, \$6 w/o, **No Shirt Race Day \$8.00**, awards to top 5 M & F OA, top masters, 3 deep in 5yr AG, top 5 walkers, showers available at KCC, relax on the patio of The Depot restaurant post-race. John Shoup 933-6909 evenings or 932-4421 days.

Sat., Sep. 24, 9:00 A.M. - Hospital Hustle 5 Mile Run, Methodist Hospital, 1 mile south of U.S. 30 on Broadway, Merrillville, \$10/15 after 9/19, long Ts, 5yr AG, top OA and 3 deep, raffle. 1-800-HUSTLE1.

Sun., Sep. 25, 1:00 P.M. - Grand Ridge 4M Fire House Hustle, Main St. Fire Station, \$12/15 after 9-17, long sweatshirt & knit gloves, top 3 OA & proportioned awards in 5yr AG, refreshments, showers, door prizes, computerized results. 249-6228.

Sun., Sep. 25, 2:00 P.M. - **10th Greater Kankakee CROP Walk**, Olivet U.Football Stadium, a fundraiser for disaster relief and development throughout the world. For Information and a sponsor sign-up sheet, contact Jane or Gale lehnus at 932-5505.

Sep. 25, 4:00 P.M. - St. Anne Pumpkinfest 5K Run Walk, Cargill Grain Elevator, E. Station St. Mark Beaupre 427-8312.

Sun., Oct. 2, 9:00 A.M. - **GOVERNOR'S 10 MILE & 5K**, Kankakee River State Park, Henry Shelly, 815/933-9255.

Thurs., Oct. 6, 4:00 P.M. - McNamara hosts All-Area Cross Country Meet at KCC. Ken Klipp would like your help - work the finish line, monitor the corners, or come and cheer. Ken 937-1958 or just show up.

Sat., Oct. 8th, 8:00 A.M. - Autumn Shoreline Classic 15K & 5K Run/Walk, Nelson Park Blvd. to Nelson Park, \$15/20 after 10/3, long Ts, lots of awards, post-race party. 217-423-8042.

Sun., Oct. 9th - Fox Cities Marathon

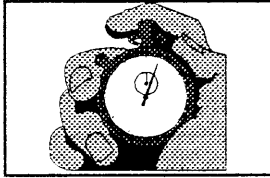
Sun., Oct. 9th - Milwaukee Marathon

Sun., Oct. 16th - Detroit Marathon

THE

FINISH

LINE



Aug. 13, Momence Glad Runs, 70's, sunny, humidity you cut with a knife!

10K		
Tom Stluka	35:09	1AG
Jim Grace	38:00	2AG
Ken Brock	39:35	1AG
Keith Theison	39:47	2AG
Rich Olmstead	40:43	1AG
Graig Hickey	41:33	3AG
Charlie Kennedy	41:53	1AG
Dan Gould	41:59	3AG
Bob Pool	43:24	2AG
Nancy Ruda	46:46	2AG
Mark Steffen	47:03	
Kathy Steffen	47:41	1MST
John Pool	48:18	1AG
Randy Rahrig	50:45	
Dave Schkerke	50:53	
Ron Ruda	52:30	
Pat Baldwin	53:23	
Mike Belletete	55:59	
Mark Beaupre	59:02	
Mike Furl	59:07	
Krista Hickey	62:52	2AG
Georganne Hickey	63:53	2AG
Gale Lehnus	71:28	3AG
Shirley Malone	74:40	1AG

5K		
Pat Koerner	16:18	3OA
Chris Walsh	18:55	1OA
Doug Uribe	19:08	2AG
Mike Wolfe	19:22	
Tom Parlin	19:35	3AG
T.J. Seitz	21:13	1AG
John Hickey	24:16	1AG
Henry Shelly	25:48	
Erma Hickey	25:57	1AG
Amanda Uribe	26:03	1AG
Annie Rahrig	28:53	3AG
Kyle Goodberlet	29:17	
Tom Goodberlet	29:18	
Debbie Seitz	30:16	
Gina Dorn	31:47	
Peggy Baldwin	32:24	2AG
Heather Steffen	34:59	
Howard Strassenburg	35:28	3AG
Dianne Strufe	36:46	1AG
Lisa Shelly	36:55	

Leon Malone 36:55 3AG

Aug. 13, Junction City 10K (Oregon) - Jeff Lonergan, 44:14

Aug. 20, Fairbury Fair Dinosaur Dash 5K, 30 participants, 65 degrees & muggy - Bob Pool, 20:??; Charlie Grotevant, 21:46, 2AG; John Pool, 22:??, 3AG; Mike McGuckin, 23:39, 1AG & PR!

Aug. 21, Possum Trot 5K (Morris), 68, sunny, light breeze - Pat Koerner, 16:42, 1OA (course record!); Ken Brock, 18:48, 2AG; Dan Gould, 19:22, 3AG.

Aug. 21, Illinois Open 8K - Preston Provost, 26:50, and Tom Stluka, 27:20, were members of a six man team which placed third in the open team division.

Aug. 26, Minooka Summerfest 5M, 80 humid degrees at 7PM! - 109 finishers

Pat Koerner	27:55	2OA
Keith Theison	31:15	1AG
Dan Gould	32:30	2AG
Doug Uribe	32:33	1AG
Jeff Lonergan	35:05	
Charlie Grotevant	36:41	3AG
Randy Rahrig	41:10	
Amanda Uribe	45:30	1AG
Ann Rahrig	50:15	1AG

Aug. 27, Frankfort Kennedy 5K/12K Torch Run - Preston Provost, 16:30, 3OA; Jenny Kohl, 19:15, 1AG; Jeff Lonergan, 20:50, 1AG.

IN THE MAIL

8-3-94

Dan:

It's moving day for the McGuckin's. I know I don't know you or many KRRC members really well, although I count Ken Klipp as one of my closest friends (I think I'm one great listener in my job as a Guidance Counselor at Pontiac Township H.S. after being around Ken and being his track assistant for 10 of the last 14 years!) A few things I'd like to share that I contemplated the past couple of weeks "on Mike's Run,"

usually a 4-6 mile jaunt thru Small Memorial Park, my running domain the past years since Ken really helped turn me on to the marvels of running:

1. Our new address and phone:
R.R.#1 Box G56
Flanagan, Il. 61740
815/796-4238

2. The Kankakee area is really blessed with great areas to run like Small, KCC path, and the state park. I now have only streets and the high school track. Bummer!

3. I was a third KRRC member who competed in the Band on the Run 5K in Manhattan on July 16th. I ran, for me, a most respectable 24:20 on the pleasant, but you're correct, mile mismarked course. As for the super hilly Sundowner 5K on 7-28, my goal was to be under 25 and I did it with a decent 24:43 or so. I'd never been in a cattle call/herd like start with so many and it seemed it took me 10 seconds to shuffle to the actual starting line from my back of the pack position. Probably not like the Bix, though!

4. I meant what I said in the newspaper, having been singled out by friend Jeff Bonty against my wishes. I'm a real nobody when it comes to this running and an unknown in these races I run. But over and over again the past few years, KRRC people have been positive and encouraging towards me as I bounce along with my 205 pounds (down from 245 five years ago!) of spare tire throughout the race. I know it has been a boost and one of the external motivations for my continuing to run (although the past 10 days of moving have taken it's toll on training runs). Thanks to KRRC for your efforts and I look forward to a continued relationship of a back of the pack guy to you folks who really are talented at running, even though we're some 65 miles away.

-Mike McGuckin

[Ed. note: Thanks, Mike, for sharing your thoughts and experiences with us and being part of our world.]