



Kankakee RIVER RUNNING CLUB

The Paper Race

NOVEMBER 1994 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 81



NOVEMBER

<u>Name</u>	<u>Day</u>	<u>Age</u>
Andy Baldwin	6th	6
Dorothy Baldwin	10th	75
Don Combs	1st	42
Kari Livesay	22nd	39
Richard Monk	13th	??
Carol Pratt	5th	35
Tricia Rahrig	8th	12
Carol Stapleton	2nd	45
Keith Theisen	18th	49
Terry Warman	12th	42

WELCOME NEW MEMBERS

Joe Burgess, 37, Beecher

ON DAN'S RUN by Dan Gould

Governor's! It was gorgeous! The forecast wasn't pretty, but the forecaster was wrong. Blue sky, sunshine, 50's! It was a bit breezy, but the trees gave us some protection.

We saw some faces we seldom see at races. Dianne Smith, who has taken a hiatus from racing, has always been one of the faithful volunteers at Governor's. She brought news that two former mainstays of KRRC, Tom and Lynn Vanhimbergen, have moved from Wisconsin to a suburb of Detroit. Mike Monahan came to race. I don't know

that we had seen Mike since Winterfest! Ed Glazar, one of my original running buddies, returned to racing after a two or three year absence. Ed is in training for the Disney Marathon in January.

Cornstalk had no competition in the 5K and easily notched his fourth consecutive win. Tom Stluka took pity on one of the struggling young bucks and agreed to a tie for first. Kathy Steffen took club honors in the 10 mile with her third place finish and Chris Walsh was fifth overall and the first woman in the 5K.

CLUB JACKETS

We have two medium size running club jackets available at \$25 each. Never again at this price! Call Dan after 5 PM at 937-5500.

Jurgen Daartz made me work for my gold! I chased him for seven and a half miles while running with Tom Parlin. I lost focus (where was Bill Johnson?) shortly before I finally closed the gap and started to fall back. Tom slowed, turned and shouted some words of encouragement. I couldn't have done it without you - thanks, Tom!

Race Director Henry Shelly and better half Janet put together a more than adequate number of volunteers from the club. That may have accounted in part for the fact that only 36 club members ran the race. I don't think there were any glitches in the race, but the change in the turnaround for the 10 Mile was a little confusing. Ron Ruda and I dropped the ball when it came to getting the sponsors names on the shirt. In addition to Quaker, Commonwealth Credit Union, and McGrath-Whalen, The Chicago Dough

Company, Donutland, The Boys Produce, Pepsi and Goodberlet Heating and Air Conditioning should have been listed. Please patronize these folks and thank them for their support of our sport!

Please thank Henry and Janet for their efforts when you see them! Henry wants to beg off from directing next year's Governor's. We do a fair job of

ROSE SCHOLARSHIP FUND

Last month we reported the untimely death of Greg Rose. A trust fund has been established for his son, Tim, age 9, to assist with educational expenses. Your contribution will make a difference and it can be as little as the entry fee for a race or two. Do it now! Send your contribution to the Tim Rose Scholarship Fund, P. O. Box 764, New Lenox, IL. 60451.

spreading the race director's responsibility around. Do we have a volunteer? The organization and support is in place. You won't be thrown into the deep end of the pool. We all prefer to share the fun, but these races don't just happen. Henry and the rest of us will continue to provide support. Give Henry a call for details - 933-9255.

Dee Sarowitz did complain to me that the running graphic on the shirt contained no females. I explained to her that that graphic was very old, drawn at a time when females were considered too delicate to run 10 miles. I'm not sure she bought that, but, if she

did, you might ask her if she knows the difference between a cheeseburger and sex.

...and Joe Burgess. In reporting on the Beecher 5K in the October newsletter, I declined to mention the name of Tom Stluka's co-director because, while we see him at many of our races, he hadn't joined KRRC. Joe has seen the light (been humiliated into paying the \$12). Nice to have you officially with us.

Toe to Tow. Clever. The scenic Cuyahoga Valley Recreational Area near Cleveland, Ohio, was again the site for the 3rd Annual Toe to Tow Marathon on October 16th. The "tow" comes from the Ohio & Erie Towpath upon which 24 miles of the race are run and "toe" needs no explanation. The towpath, about 8 feet wide, is flat and firmly packed clay or crushed stone. It winds back and forth along the remnants of the barge canal next to which it was built and among tall trees which provide ample shade. Combined with a blue sky, temperatures in the 50's and 60's, and the brilliant reds, yellows and oranges of autumn foliage at peak, it was the most scenic and comfortable marathon venues I have had the good fortune to experience.

My good fortune began at the Beecher 5K in a chance conversation with Bob Stevens. Bob and his wife, Althea, are members of the Park Forest Running and Pancake Club with whom I became acquainted through the osmosis of running road races in places both near (Kankakee, Peoria) and far (Boston, Ft. Myers). I don't really like to run races with Bob because he is in my age group and much more talented. When he and Pete Mathis are at a race I know that I'll be third at best. I remember seeing Althea about 3 miles into the 1988 Boston Marathon and meeting Bob and Althea at the Edison Festival of Lights 5K in Ft. Myers in 1991.

Talking with Bob at Beecher, I learned that they had been to Toe to Tow in 1993, thought it was an incredibly beautiful course (except for the rain), and were going again this year. With my regular marathoning buddy Bill Linn taking a year off, I was looking for a companion and a race. Bob extended an invitation which I was happy to accept although I knew I

wouldn't have my usual number of 20 mile training runs before it was time to taper. Without the focus of a particular race, my distance work had been minimal.

Toe to Tow weekend was something of a blur. There was the seven hour drive on Saturday with Bob to the Cleveland Airport where we picked up Althea (a long story). We then made our way to the Athlete's Shoe Specialist for packet pick-up and then to the Holiday Inn. Bob then called Ron Schopp and Mary Olmsted, also members of the Park Forest Running Club, who were to act as our support crew. We opted for dinner at the Holiday where I had the traditional pre-marathon buffet of barbecue ribs and chicken.

We were on the road before sunrise (7:30 out there) with Ron and Mary leading us on a 30-40 minute drive to the start. It seemed like an eternity for Bob, who, having duly hydrated, badly needed a pit stop. He finally pulled over and headed for the bushes, gambling that we were close enough to find our own way (navigation is not Bob's strong forte!). As you might guess, our destination and facilities were just around the next curve.

I said we were driving to the start. Actually, we were driving to the finish, some five miles from the start. We left Bob's van there and crowded into Ron's car for the drive to the finish. Those who did not have the good fortune to have a support crew took the scenic railroad to the start.

The sun broke through a light morning fog just as the horn sounded the nine o'clock start. I would guess the temperature around 50 at the start. While it would rise into the 60's, it did not get uncomfortable. The first two miles were on the road and the rest was on the towpath. We went by the finish at about 10 miles and turned around about 18. There was a lot of shade and the forest held the morning coolness. Ron and Mary were able to access the course at 4 or 5 locations where they took pictures and shouted words of encouragement. If you need the cheers of spectators to give you strength, don't do this marathon. If you are inspired by nature's beauty and the peace and tranquility of the forest, you'll love it!

Bob, who turned 51 the day before, ran 2:56:50 and won the age group for the second year in a row. Althea, unfortunately, developed problems and pulled out at 18. I ran what I considered a conservative pace for the first 20 miles and, feeling strong, ran the fastest finishing 10K I have ever run. The result was my third fastest marathon and best in seven years. I didn't get the tightness in the lower back which is typical for a marathon. Perhaps it was that beautiful surface on which we ran. I am re-thinking my marathon training. Perhaps less is more. I tapered for three weeks instead of two and only did one 20 miler.

In short, Toe to Tow was one of those great experiences in this running life. I hope you have the opportunity if you aspire to marathon and will have company like Bob, Althea, Ron, and Mary.

I went to Chicago Heights with Cornstalk (I believe he should have adult supervision whenever possible) for the Monster Dash 5K on the 23rd. Tom Stluka was there. He and Cornstalk each had four consecutive wins going into this one. It was another beautiful day, albeit a bit chilly with a strong wind. Sadly, neither of our boys extended his streak, but they were 1-2 in age group. Randy Riegel was there, but didn't hang around to give me results.

I am happy to report that Jim Grace survived his third Great Florida Triathlon, commonly known as the Florida Ironman (2.4M swim, 112 bike, 26.2 run). With clear skies and the temperature reaching 87, Jim crossed the finish line in TWELVE HOURS, NINETEEN MINUTES, AND 35 SECONDS. Jim has promised to detail this adventure for us in next month's newsletter. CONGRATULATIONS, JIM!

Thanks to John Shoup for volunteering to organize the club canoe trip. His memory of the event, particularly the stop at Buster's, differs from mine. I think it's called "poetic license (licence?)."

I have reason to believe that Jeff Lonergan, Tom Parlin, and Pat Baldwin finished the Chicago Marathon. We should have times for next month's issue and perhaps one of them will

write about their adventure. I think it was a first for Pat and Tom.

Things quiet down a bit as we get into the off season. I know that the shorter days and cooler temperatures make it more difficult to get the miles in. Don't let that fitness get away from you. You want to be ready for Jingle Bell on December 11th and Winterfest on February 5th. There are lots of other races which aren't all that far away.

Speaking of the shorter days, I know that means more runs during hours of darkness. If you don't have a reflective vest, get one! You can consider it a very small life insurance premium. Leave the gray and navy blues in the closet unless you're running off road. And, whatever the time of year, run against traffic. Don't depend on somebody else to watch your butt!

Don't forget - Your contribution to the Tim Rose Scholarship Fund, P.O. 764, New Lenox, IL. 60451.

- I have two medium size KRRC jackets @ \$25 each.

We need newsletter material. Share your running adventures, good, bad, or otherwise. Send them to 212 Julie Drive, Kankakee, IL. 60901.

CANOE CANOE? by John Shoup

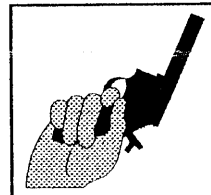
Saturday, October 8th, dawned another beautiful autumn day. I must say that there couldn't possibly have been a nicer day for the first-ever running club canoe trip down the mighty Kankakee River. Club members gathered at Bird Park and fought over the canoes with the fewest holes in their bottoms. As we set off toward our destination at the State Park I was reminded of the cooperation of the members of the club who helped make this club function such a success. Unfortunately for me, I got stuck with the Judge in my canoe for the slightly longer than two hour trip. Man, talk about being up a creek without a paddle.

At about the half-way point in our trip we stopped off at Buster's Crab House for lunch and beers. Buster's is a little-known place just off of Route

113 not far from Wiley Creek. Actually, we stayed there longer than we should have, but whenever Buster's has a lunchtime entertainment package of strippers and free crabs it's too hard to leave. After jerking Dan off his stool we headed back down to the river for the last four miles of the trip. Dan told me about a murder trial he was about to rule on and asked my opinion about some of the facts and evidence that had been presented in the case. He told me he appreciated my input but that he'd have to use his tried-and-true method of adjudication. I flipped a quarter into the air for him and he said "heads he's guilty, tails I put him back on the street." Hey, would I lie?

Without a doubt I would have to say the canoe trip was much like a fantasy. Next year's trip should be even more successful than this year's trip was, if that's possible. I won't be in charge next year but I'll be waiting for you at Buster's. See you there.

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.

Sun., Nov. 6, 11:00 A.M. - Canal Connection 10K, Utica Elementary School, \$11/13 after 10/31, crew-neck long T, proportioned awards in 5yr AG, top 3 OA, top masters, merchandise awards. Note: This is a point-to-point run mostly on the I&M Towpath. Runners will be taken by bus to the

start from Utica.

Sat., Nov. 12, 9:00 A.M. - Gobbler Hobbler 10K, Civic Center, Montgomery, IL., \$14, long Ts, random prizes. Ginny 708-896-2016.

Sun., Nov. 13, 9:00 A.M. - Glenkirk 8K Turkey Trot, Jewett Park, Deerfield, 5yr AG, \$13/15, raffle, TAC cert.

Sun, Nov. 13, 9:30 A.M. - Fall Frolic 4Mile, Hammond, IN., \$11/15 after 11/3. long ts, 5yr AG to age 50, Nike Sports Bag to all division winners, cash prizes 5 deep, masters, mailed results, post race refreshments and massage, flat course (8' elevation change). A Gold Cup Race. Call Jimmy's Athletic Apparel 219-845-1977.

Sat., Nov. 19, Noon - Downers Grove Turkey Trot 5K, 6801 S. Main St., jogging path, turkeys and cornish hens awarded. Tom 708-963-1300.

Sat., Nov. 19, 9:00 A.M. - Jingle Bell Run 5K, downtown Chicago, \$15/20, long Ts. 312-868-3010.

Sat., Nov. 19, 10:00 A.M. - Jingle Bell Run, 1st United Methodist Church, Pontiac, \$15/18 after 11/17, long T, squirrely age groups 3 deep plus OA, pledge prizes, benefits Arthritis Foundation.

Sun., Nov. 20, 8:30 A.M. - Lincolnwood 5K/10K Turkey Trot, Kostner & Morse., Darlene 708-677-9740.

Sun., Nov. 20, 1:00 P.M. - Jackie Chandler Memorial 5K Race/Walk, Village Green, Plainfield, \$10/12 after 11-11, long Ts, running shoes to OA M&F, medals to top 3 M&F, random prizes, post-race festivities at the UPTOWN TAP. 815-436-6596.

Thurs., Nov. 24, 9:00 A.M. - Pilcher Park Poultry Predictor 4M, New Lenox, \$4/6 after 11/20, turkeys to top predictors OA & masters and then at least 20 more. NO WATCHES. Post race cider and donuts in the Nature Center. There is a 1 mile predictor at 8:40 A.M. (\$2/3). 485-2477.

Sat., Nov. 26, 9:30 A.M. - Kelly Park Turkey Trot 5K, 9200 W. 16700 St., Orland Hills, \$10/12, Ts, 10 yr. AG, refreshments, raffle, OA & 3 deep. 349-7211.

Sun. Dec. 4, 9:00 A.M. - 10th Annual Ottawa 10M Classic, K of C Hall, 401 W. Main, \$15/20 after 11/19, long Ts, food, pop, beer. Competitive! Larry 815-795-5752.

Sun., Dec. 11th - JINGLE BELL RUN 5K, Shapiro Developmental Center, Kankakee. See app enclosed.

Mike Wolfe	64:15	1AG
Dan Gould	66:06	1AG
Tom Parlin	66:30	3AG
Mark Steffen	72:40	
Charlie Grotevant	74:09	
Kathy Steffen	74:20	3OA
Nancy Ruda	66:33	1AG
Theresa Burgard	76:55	2AG
Dan Flynn	77:35	2AG
Ron Ruda	79:18	
Dee Osenglewski	79:56	
Ken Stark	79:59	
Dee Sarowatz	81:25	2AG
Ed Glazar	86:15	
Pat Baldwin	88:39	
Steve Zorns	91:34	

Oct. 9, Calumet City Half-Marathon - Jim Grace, 1:20:30, PR!; 5K - Pat Koerner, 16:19, 1OA. Butch Coy was there!

Oct. 16, Toe to Tow Marathon (Cleveland), Dan Gould, 3:10:57.

Oct. 16, Making Strides Against Cancer 4M (Highland, IN.) - Tom Stluka, 20:58, 1OA; Joe Burgess, 21:15, 2OA.

Oct. 22, Great Florida Triathlon (2.4 swim, 112 bike, 26.2 run) - Jim Grace, 12:19:35.

Oct. 23, Monster Dash 5K (Chicago Heights) - Tom Stluka, 16:15, 1AG; Pat Koerner, 16:32, 2AG. Randy Riegel was there!

Oct. 29, Plum Creek Pumpkin Prance 5K (Schererville, IN), 184 runners, windy - Tom Stluka, 16:10.9, 2d OA; Joe Burgess, 16:11.2, 3d OA; Pat Koerner, 16:21, 2AG (5th OA).

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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Staff Linda Linn

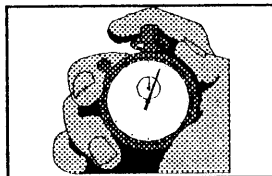
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President Henry Shelly 933-9255
V-Pres. Pat Koerner 932-1009
Treas. Ron Piwowar 939-1749

Social Coordinator Linda Linn

THE
FINISH
LINE



Sep. 24, Hospital Hustle 5M, Merrillville - Jim Grace, 29:41, 1AG, 8th/227!!

Oct. 2, Governor's, 50's, Sunny, breezy 5K - 62 Finishers

Pat Koerner	16:38	1OA
Chris Walsh	18:15	1OA
Doug Uribe	18:50	1AG
Jeff Lonergan	19:54	1AG
John Shoup	20:15	1AG
Randy Devore	22:02	2AG
Paul Suprenant	22:12	3AG
Kyle Goodberlet	24:54	
Tom Goodberlet	24:55	
Mike Monahan	24:57	2AG
Amanda Uribe	25:40	1AG
Peggy Baldwin	26:49	2AG
Nancy LeDuke	26:59	1AG
Ann Rahrig	28:22	1AG
Georganne Hickey	29:48	1AG
Linda Linn	29:48	2AG
Shirley Malone	32:43	1AG

10 Mile - 70 Finishers

Tom Stluka	56:09	2OA
Joe Burgess	57:03	1AG
Rich Olmstead	63:43	2AG

FRED LEBOW DIES

Fred Lebow, 62, died of brain cancer just at month before the 25th running of the New York City Marathon. Lebow, president of the New York Road Runners Club for more than 17 years, bankrolled the first New York City Marathon in 1970 with \$300 of his own money. 127 runners started, 55 finished, and the runners never left Central Park.

He was inducted into the National Track Hall of Fame in a special ceremony in Manhattan on August 23rd. While his cancer was in remission, Lebow decided in 1992 to run in his own marathon for the first time since it expanded into all five boroughs in 1976. He ran 5:32:34 and was accompanied every step of the way by nine- time women's winner Grete Waitz.

Kankakee River Running Club 1994 Circuit Results thru Governor's 10 Mi
 (1 race left; must have 5 minimum; All those with 4+ races are shown)

Name	Age Group	Circuit-Pts	#Races	Tot
Nancy J Ruda	F OVERALL	32	6	34
Theresa C Burgard	F OVERALL	32	5	32
Kathleen H Steffen	F OVERALL	19	4	19
Dee Sarowatz	F OVERALL	16	5	16
Amanda Uribe	F OVERALL	4	6	4
Peggy Baldwin	F OVERALL	3	5	3
Tom Stluka	M OVERALL	45	9	70
Troy R Walker	M OVERALL	38	5	38
Joe W Burgess	M OVERALL	37	9	46
Bryce M Baker	M OVERALL	37	4	37
Patrick D Koerner	M OVERALL	36	7	42
Jerry R Bell	M OVERALL	18	4	18
Rich W Olmstead	M OVERALL	12	7	12
Mike Wolfe	M OVERALL	8	7	8
Pete W Mathis	M OVERALL	8	5	8
Ken P Klipp	M OVERALL	7	4	7
Kenneth D Brock	M OVERALL	3	7	3
Douglas W Uribe	M OVERALL	1	5	1
Amanda Uribe	F 1 - 14	45	6	52
Peggy Baldwin	F 1 - 14	39	5	39
Krista A Hickey	F 1 - 14	37	5	37
Dee Sarowatz	F 30 - 34	43	5	43
Annie M Rahrig	F 30 - 34	36	5	36
Theresa C Burgard	F 35 - 39	48	5	48
Nancy J Ruda	F 35 - 39	45	6	53
Kathleen H Steffen	F 40 - 44	34	4	34
Linda A Linn	F 40 - 44	30	5	30
Marilyn L Graham	F 40 - 44	29	4	29
Georganne L Hickey	F 40 - 44	28	5	28
Nancy M LeDuke	F 45 - 49	36	4	36
Edith Alsvig	F 55 - 59	50	6	59
Tyler Grace	M 1 - 14	25	4	25
Casey M Baker	M 1 - 14	11	4	11
Mike Wolfe	M 15 - 19	41	7	53
Bryce M Baker	M 15 - 19	39	4	39
Graig M Hickey	M 15 - 19	31	5	31
Mike J Joens	M 15 - 19	13	4	13
Troy R Walker	M 20 - 24	49	5	49
Tom Stluka	M 30 - 34	50	9	87
Patrick D Koerner	M 30 - 34	44	7	60
Jerry R Bell	M 30 - 34	31	4	31
Douglas W Uribe	M 30 - 34	28	5	28
Brian L Noffke	M 30 - 34	14	4	14

Kankakee River Running Club 1994 Circuit Results thru Governor's 10 Mi
 (1 race left; must have 5 minimum; All those with 4+ races are shown)

Name	Age Group	Circuit-Pts	#Races	Tot
Joe W Burgess	M 35 - 39	50	9	84
Clinton L Carter	M 35 - 39	35	6	39
Tom Parlin	M 35 - 39	31	6	31
Jeff P Lonergan	M 35 - 39	23	6	23
Patrick J Baldwin	M 35 - 39	13	5	13
Randy Rahrig	M 35 - 39	7	5	7
Rich W Olmstead	M 40 - 44	43	7	54
Mike K Hickey	M 40 - 44	31	4	31
Bill Linn	M 40 - 44	30	4	30
John L Shoup	M 40 - 44	22	4	22
Hill Love Jr	M 40 - 44	14	6	14
David R Schkerke	M 40 - 44	14	5	14
John Keslin	M 40 - 44	10	4	10
Michael J McGuckin	M 40 - 44	2	4	2
Pete W Mathis	M 45 - 49	50	5	50
Kenneth D Brock	M 45 - 49	47	7	61
Ken P Klipp	M 45 - 49	36	4	36
Juan Gomez	M 45 - 49	35	5	35
Bill Moylan	M 45 - 49	32	6	36
Paul L Surprenant	M 45 - 49	20	4	20
Ellis S Stephens	M 45 - 49	16	6	16
Ronald E Piowar	M 45 - 49	15	5	15
Richard W Manthei	M 45 - 49	11	5	11
Michael Furl	M 45 - 49	5	4	5
Michael J Belletete	M 45 - 49	3	5	3
Daniel W Gould	M 50 - 54	47	9	76
John F Pool	M 50 - 54	40	7	46
Charlie Grotevant	M 50 - 54	39	6	46
Mike Dragas	M 50 - 54	17	4	17
Robert E Pool	M 55 - 59	48	7	63
Charles R Kennedy	M 55 - 59	38	4	38
Gale F Lehnus	M 55 - 59	28	4	28
Earl L Johnson	M 60 - 99	32	4	32
Bill Kowalisyn	M 60 - 99	29	4	29

"IN RUNNING, IT DOESN'T MATTER WHETHER YOU
COME IN FIRST, IN THE MIDDLE OF THE PACK OR
LAST. YOU CAN SAY, 'I HAVE FINISHED.' THERE
IS A LOT OF SATISFACTION IN THAT."

-FRED LEBOW
1932-1994