



# Kankakee RIVER RUNNING CLUB

## *The Paper Race*

DECEMBER 1994 KRRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 82



### DECEMBER

<u>Name</u>	<u>Day</u>	<u>Age</u>
Peggy Baldwin	23rd	11
Butch Coy	30th	48
Mark DeBold-Leyland	31st	15
Jack Dorn	27th	49
Gina Dorn	28th	15
Jordan Dorn	6th	11
Ed Glazar	20th	41
Graig Hickey	7th	17
Ken Johnson	16	77
<b>Linda Krause</b>	<b>11th</b>	<b>45</b>
Janet Monk	2nd	??
Victoria Monk	14	18
<b>Denzle Painter</b>	<b>6th</b>	<b>50</b>
Randy Rahrig	3rd	36
Scott Stephens	21st	43
Larry Wier	30th	59
Flo Wier	24	55

### WELCOME NEW MEMBERS

#### ON DAN'S RUN by Dan Gould

**W**e had a couple of happy campers after the Chicago Marathon. It was a first marathon for Tom Parlin and Pat Baldwin who were happy to finish. Each had the experience of hitting the wall or being hit by the wall, but they persevered in the quest for a finisher's medal.

Tom hit the wall at 20 and began the survival shuffle, alternating running and walking. He was pretty much out of it when he walked by Joyce at 25 miles, ready to pack it in. Joyce stood by her man (or behind), gave him a figurative kick in the butt, and sent him shuffling off for the last 1.2.

Tom and Jeff Lonergan (not a happy camper) ran together for several miles before Jeff sent Tom on. Before doing so, however, they saw our friend Jurgen Daartz watering a tree at the side of the road. Their shouts of "Hey Jurgen, what are you doing?" focused a bit of unwanted public attention on what most of us like to think of as a private matter.

Pat Baldwin found the wall even earlier although he ran a very conservative pace. Determined to finish and to finish under the cut-off for a finisher's medal, he gutted it out getting across the line with three minutes to spare. Unfortunately, they didn't have any medals left, but it is supposed to be "in the mail." Congratulations to Tom and Pat!

In the 5K accompanying the Chicago Marathon, I am advised that Chris Walsh ran a sub-18 and finished about 20th. Nice job Chris!

The twelfth running of the Canal Connection 10K on November 6th found another perfect fall day for a race. The previous days' rains and clouds had moved on by the eleven A.M. start in LaSalle. Temperatures were in the low 50's and a strong west wind favored us.

The staging area and finish are in Utica. If you don't have a support crew, buses will take you to the start in LaSalle where you can bag the sweats. They will be transported to the finish for you. The first mile is a down hill on city streets and it may be the fastest mile you ever run. You then access the I&M

Canal Towpath and run east for four miles plus where you return to the streets of Utica for the dash to the finish.

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### **RACE DIRECTOR'S CERTIFICATION PROGRAM/ RUNNER'S CLINIC**

**The 4th Annual Road Race Director's Certification Program is scheduled for Saturday, January 7, 1995, at 8 A.M. at the Oak Park River Forest High School. This year's program is designed for first time race directors along with sessions for veteran race directors. The fee is \$40 per person and is sponsored by USA/Track & Field, CARA, and the Illinois Parks & Recreation Association. A runner's clinic will take place from 8 a.m.-2 p.m. on the same day. For a registration brochure or information call USATF Illinois at 708-953-2052.**

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It was a perfect day and course for a PR. I wondered if I should put an asterisk in the log book should I PR because the first mile is a steep (FAST) down hill and there was a strong tail wind. I ran well, but no PR. I ran well, but finished fifth in an age group in which they only went four deep. So, good run, good friends, beautiful day, but no gold and I didn't have to worry about an asterisk.

Jim Grace, Kathy Steffen, and Carol Pratt do have the problem. They ran PRs! I suppose I could claim partial

credit for Carol's. She told me after the race that she focused on keeping my butt (maybe she said pink shorts) in sight. I'm not sure whether I should feel flattered or sexually harassed. This just continues a string of great times for Carol this year, her fifteenth running year. Carol was also third woman overall!

I don't know how many years Kathy Steffen has been running (at least thirteen), but a PR after many years of consistent racing is quite an accomplishment. Kathy's first in age group plaque will give her something tangible by which to remember the accomplishment. Perhaps she was focused on Mark's shorts!

It is always fun to see a master's runner do well and Lance Bovard connected on the Canal Connection - would you believe second overall? Would you believe 33:06? The "Lanceman" still has some races in him!

For my boy "Cornstalk," it was a successful outing as he reached his goal of a sub-34 which was good for a third in age group. This was one tough field (324 finishers)!

Rounding out the contingent of KRRC members making the trip were Phil Newberry, Ron and Nancy Ruda, Charlie and Joyce Grotevant, and Donna and Colin (to be a big brother next year) Koerner.

I ran off to Florida for a couple weeks in November. As always, I stayed with Dad and step-Mom in Bradenton on the north shore of Sarasota Bay and a two mile run from the Gulf of Mexico. The weather was great as Tropical Storm Gordon only threw us a few clouds, a little wind, and a shower.

I chose to race in Tampa each of the three Saturdays I was in Florida based on the recommendations of Ma and Pa Hickey - and the fact that I would have the pleasure of their company

The first race was the Dog Day 5K Classic and it was a "dog day" - 80, sunny, humid. My body was not attuned to those conditions. The name of the race, however, came not from the conditions but from the venue. The race was staged and partially sponsored by the Tampa Greyhound

Track.

This was a runner's race! There was a post-race breakfast buffet in the clubhouse which offered just about anything you could imagine short of eggs benedict. Age group awards? A Tampa Greyhound Track coffee mug indicating win, place, or show AND - a Timex Ironman watch for first, a Nike singlet for second, and Thorlo running socks for third! Erma got the watch, John got the singlet, and I got the socks. The t-shirts were decent and there were door prizes.

A week later we returned to the Old Hyde Park area of Tampa for the Run N' Hyde, a 5K/10K run or inline skate 10K. I didn't read the entry form carefully and arose at 5:15 for what I thought was a 7:30 race. The 7:30 race was the inline skate. The run was 8:15.

Actually, neither race came off on time. The skaters went off about 20 minutes late after the race director gave one of those meaningless street-by-street and turn-by-turn course descriptions. John, Erma and I were caught standing on the curb chatting when the run finally started about 8:40. It may have cost us a second or two, but we all won our respective age groups. The "plaque" was a glazed wall tile - rather attractive, actually.

Old Hyde Park was founded in 1886 by O. H. Platt of Hyde Park, Illinois, who named it after his hometown. By 1910 it had become the most desirable and glamorous residential section of Tampa with Georgian and Mediterranean estates. The staging area was an upscale shopping area with a plaza that provided an area for registration, awards and refreshments. The shirt for this race had a record number of sponsors logos on the back - 19! The front was rather attractive.

The third race was the Holiday Classic 5K at Horizon Park (also known as Al Lopez Park) just north of the Tampa Stadium. The course was a sort of two loops within this long, narrow, shaded park. It was the best racing day I had and I ran my best, but there was a guy claiming to be 50 years young who finished in 17:59. In my dreams! A first in age group in this

race got you a small trophy and 2 Roc Cornish Hens. Erma collected the hens while John and I brought home "paper weights."

All three races had respectable numbers and all benefited certain organizations - MS Society, Mental Health Association, and Camp Good Days & Special Times.

Keith Theisen (President of the Prairie Staters) tells me that: 1. Winterfest is back on their circuit. 2. The MALS races are history (Shamrock 10K, Only Fools Run at Midnight). 3. Armed Forces is history, but he is putting together an 8K or 5 miler to be run within the confines of Pilcher Park. Keith inquired about our races for the coming year. I told him I didn't think we had a director for either Governor's or the Fall Classic, but I hoped we would find a couple volunteers to keep them going. We don't want them to become "history."

Winterfest forms will be mailed about January 1st. We've added a public safety division for police and firemen. If we get decent participation I expect a team division will be added next year.

Janet and Henry want to thank all who helped with Governor's. Actually, they prepared a "Thank You" which I didn't get into last month's issue. I can't find it now so you get their thanks and my apologies.

My thanks to Pat Baldwin and Mike Furl for sharing their Chicago Marathon experiences with us. Share your running adventures whether it's a marathon, 5k or an unusual training run.

Don't miss Jingle Bell on December 11th or the HO-HO-HOLIDAY GET-TOGETHER on December 16th.

See you on Dan's run!

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**MY FIRST BUT DEFINITELY  
NOT MY LAST MARATHON**  
**by Pat Baldwin**

Just about every runner's dream is to run and finish a marathon. In 1993, I went to the Chicago Marathon with Jeff Lonergan and Ken Stark to cheer them on as they ran the race. It was then that I decided I wanted to do

Chicago in 1994. I got an entry form and pre-registered right away so I knew I had to do it. I tried to get more miles in over the winter so I could do the Lake County Half-Marathon in May.

Over the summer, I found a marathon training schedule for first-time marathoners in *Runner's World*. I tried to stick to it faithfully. I got in some longer runs so I could run the Heritage Classic 25K in September to prepare myself for Chicago. Race day was creeping up fast and my final task was to ask for the Monday after the race off so I could vegetate on the couch.

Michelle and Peggy rode with me to my sister's house in Park Ridge on Saturday so I'd be closer to downtown. Amy and Andy opted to stay home with Michelle's parents. I think they couldn't stand the sight of seeing their Dad suffer (or embarrass himself).

Race day and the weather was beautiful. My brother-in-law, Dan Kozial, drove me downtown, kicked me out the car door, and said see you at the 20 mile mark. I looked for Jeff Lonergan and Tom Parlin, but couldn't find them in the crowd. I figured Jeff was trying to get a date with Joan Benoit Samuelson!

I checked in my gear and found a spot in the back with all the other 10 minute per mile runners. I wasn't nervous at the start, just really excited about being a part of all this. I guess I was so far back I didn't even hear the starting gun go off. I just started running when everybody else did. Maybe next year they could use a howitzer!

At the half mile mark I saw this tall, thin person zoom by me. It was none other than Jim Grace trying to catch up with the Kenyans no doubt. Even Oprah Winfrey was at the one and a half mile mark cheering us all on. I was keeping a good 10 minute pace and feeling pretty good. The spectators were very supportive and course led us through many different neighborhoods.

I was feeling great til I came up to the 16.5 mile mark and I hit the infamous wall. My legs started to cramp and I got really tired. Luckily, Tim Benoit and Yuh-wen Chow were riding their bikes on the side of the course looking for me. When they

found me, Tim offered me a choice of a *Power Bar* or a plate of pierogies. The *Power Bar* sounded like the logical choice. Those things really work! Thanks to Tim and Yuh-wen! They saved my life!

I made it through China Town, past Comiskey Park and over the Dan Ryan to the 20 mile mark where my brother-in-law was waiting to do the last 10K with me. I'm glad he was there because I was really struggling. I ran most of the last 6 miles, but had to stop to walk a little because of leg cramps. My goal was to finish under 5 hours and I was determined to do it. Dan kept me motivated and I finished in 4:57. If you finish under 5 hours, you received a medal. Well, they ran out of medals and said they would mail them to us. It was probably just as well because I would have fallen flat on my face from the weight of it.

I made it past the crowds at the end and got a big hug from Michelle and Peggy. I'm really glad they were there for support. After that, I got my faithful sport drink and we headed over to the Rock N' Roll McDonalds on Ontario to celebrate. Will I do another marathon? You bet I will! Boston in '96 sounds inviting.

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## A MARATHONER'S SATISFACTION!

by Mike Furl

At about the 20 mile mark of this year's Chicago Marathon I had a revelation. The vision that was granted to me was the knowledge of what is *The Most Important Thing* that a first time marathoner - which I was - needs to do (or, in this case, not do) in order to finish that marathon. What this revelation was, I will divulge in due time, but first you have to understand how pain and suffering contributes to achieving visions.

My goal was a nice slow and steady pace - about ten and a half minutes per mile. Just about, in fact, what Oprah ran in the Marine Corp Marathon the weekend before Chicago, finishing in approximately 4:40. I started out within myself, not going out

too fast, keeping the face like I had planned it. I had carbo loaded like crazy for three weeks before and felt like I could run forever and, indeed, I never hit *The Wall*. Other problems developed at about 15 miles, however. The muscles in my upper legs - front and back - and buns began to get so tight that they would hardly move. I began stopping at each water station and mile marker to stretch. At about 20 miles, however, something happened to me that had never happened before. My legs just stopped running, completely independent of my will and my commands to them. I would say, "Let's just go on to the next mile split and I will reward you with a nice walk." But they would say, "Nuts to you, Jack. We stopping here." A stretch and then a walk of about four minutes and I was able to go once again into a slow jog until the legs stopped on me again. I finished in 5:08:22 by utilizing this walk/run method. It took me two hours to negotiate the last seven miles.

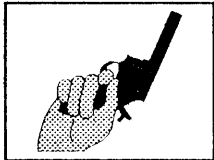
Somewhere in there the thought occurred to me: what if the legs stop completely and won't carry me any further. It was then that the inspirational flash came to me and I now pass it on to future first time marathoners: **DON'T PAY ANY ATTENTION TO THE CONFORMATIONAL INFORMATION THAT THE MARATHON ORGANIZERS SEND YOU.**

I only had the vaguest idea what the drop-out mechanism was. The material sent by the marathon had said something about dropout buses at the half-way point and following the last runners. Other than that, all I knew was that whether I stayed on the course or quit, I still had about the same distance to cover to get back to my car. So it was out of just plain ignorance that I finally crossed the finish line. It was ugly and Oprah had kicked my butt, but for the moment I was content because I had in mid the very quote by Fred Lebow that appeared on the back of the November *Paper Race*: "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." This is a wise saying, but, with respect

to the memory of Mr. Lebow, it is not complete. Even if we are satisfied, we always look to the future. We want to run better, faster, stronger. Maybe we can amend the quote to say, "...there is a lot of satisfaction in that - but wait until next time."

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**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., Dec. 11th, 9:00 A.M. - JINGLE BELL RUN, Shapiro Developmental Center (see app in last month's issue), Kankakee. Phil Angelo, Race Director.

Fri., Dec. 16, 6:30 - 10 P.M. - HO-HO-HO-LIDAY GET-TOGETHER, The Other Side (next to Sam n' Ellas's), \$2, potluck (Bring a dish or a dessert). RSVP is mandatory 939-1749 - DO IT NOW!

Sat., Jan. 7, 8 A.M. - Race Director's Certification Program and Runner's Clinic at Oak Park River Forest H.S. Call USATF 708-953-2052.

Sat. Jan. 7, Noon - Siberian Express 7.6 Mile Run, Kickapoo State Park, Danville, \$12 by 12/7, \$14 to 1/2, and \$16 thereafter. Awards to top 40 men and top 20 women.

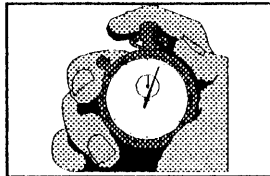
Sat., Jan. 21, 9 A.M. - 3rd Annual Pontiac to Dwight 18 Miler. No awards, no entry fee, no shirt - just a fun run. For details call Charlie Grotevant at 949-1551.

Sat., Feb. 4, Prairie State Awards Banquet

Sun., Feb. 5, 1 P.M. - 11th Annual Riverside Winterfest 5K Run/Walk.

Sat. Jan. 7, Noon - Siberian Express 7.6 Mile Run, Kickapoo State Park, Danville, \$12 by 12/7, \$14 to 1/2, and \$16 thereafter. Awards to top 40 men and top 20 women.

**THE**  
**FINISH**  
**LINE**



Oct. 21, Octoberfest, Tampa - Erma Hickey, 25:57, 1AG; John Hickey, 23:49, 3AG.

Oct. 30, Halloween Run, Ft. Myers, Erma Hickey, 25:35, 1AG; John Hickey, 23:43, 2AG.

Oct. 30, Chicago Marathon  
Tom Parlin 3:46:07  
Jim Stevens 4:10:36  
Pat Baldwin 4:57:00  
Mike Furl 5:08:22  
Jeff Lonergan ??????

Nov. 6, Bull Run, Tampa - Erma Hickey, 26:34, 1AG; John Hickey, 23:59, 2AG.

Nov. 6, Canal Connection 10K, Utica, 324 finishers, sunny, cool, following wind

Lance Bovard	33:06	2OA
Pat Koerner	33:56	3AG
Jim Grace	36:53	PR!
Dan Gould	39:29	
Carol Pratt	40:28	PR,3OA
Phil Newberry	41:10	
Charlie Grotevant	42:20	
Mark Steffen	43:33	
Kathy Steffen	44:26	PR,1AG
Nancy Ruda	44:50	
Ron Ruda	45:30	

Nov. 12, Gobbler Hobbler - Pat Koerner, 34:14, 1AG; Charlie Grotevant, 42:49, 3AG.

Nov. 12, Dog Day Classic 5K (Tampa) - Dan Gould, 19:55, 3AG; John Hickey, 25:09, 2AG; Erma Hickey, 26:45, 1AG.

Nov. 19, Run N' Hyde (Tampa) - 10K, Dan Gould, 41:09, 1AG; 5K, John Hickey, 24:30, 1AG; Erma Hickey, 26:29, 1AG.

Nov.19, Jingle Bell (Pontiac) - Larry Lane, 19:20, 1AG; Charlie Grotevant, 19:58, 2AG; Bob Pool, 20:02, 1AG; John Pool, 21:00, 3AG.

Nov. 19, Herald & Review Turkey Trot 5K (Decatur) - Pat Koerner, 16:20, 1AG & 5OA.

Nov. 24, CSO Turkey Trot 5K (Sebring, FL.) - Erma Hickey, 25:54, 1AG; John Hickey, 23:51, 1AG.

Nov. 24th - Pilcher Park Poultry Pacer Prediction Run - Mike & Graig Hickey each won a turkey with a +/-14 seconds of their predictions.

Nov. 26, Holiday Classic 5K (Tampa) - Dan Gould, 18:48, 2AG; John Hickey, 23:35, 3AG; Erma Hickey, 25:22, 1AG.

Nov. 26, Kennekuk Turkey Tromp 5K (an age handicap race) - Charlie Kennedy, 10th OA; Charlie Grotevant, 21:05, 23rd 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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Social Coordinator	Linda Linn
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# HO-HO-HO-LIDAY GET-TOGETHER

Friday, December 16  
6:30 p.m. to 10:00 p.m.  
The Other Side (next to Sam 'n Ella's)  
Kankakee

\$2.00/person  
(Adults only, please.)  
Potluck! Please bring a side dish or a dessert.

Happy Holidays! The club will provide grilled chicken; a vegetable, cheese, and cracker tray; pasta salad; meatless mostaccioli; and rolls. Plus, two free beers or two free pops per person. (After that, it's a cash bar.)

**RESERVATIONS ARE REQUIRED...  
AND WE QUOTE ANNA GOODBERLET:  
IF YOU DON'T R.S.V.P., DON'T COME!!**

**R.S.V.P. BY DECEMBER 8. CALL 939-1749.**

**BRING A GIFT...** Please bring any running T-shirts (long or short sleeve) you no longer wear or can bear to part with. We will donate them to the residents at Shapiro Developmental Center.