



# Kankakee RIVER RUNNING CLUB

## *The Paper Race*

JANUARY 1995 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 83



### JANUARY

<u>Name</u>	<u>Day</u>	<u>Age</u>
Joyce Grotevant	28th	53
Aaron Huizenga	31st	21
David LaMontagne	15th	33
Brett Linn	26th	13
<b>(Oh Lord, another teenager!)</b>		
Rick Livesay	12th	42
Jeanne Monahan	3rd	52
Paula Monk	29th	25
Samantha Rahrig	26th	10
<b>Randy Riegel</b>	<b>31st</b>	<b>40</b>
<b>John Shoup</b>	<b>23rd</b>	<b>45</b>
<b>Dianne Strufe</b>	<b>29th</b>	<b>55</b>
Nancy Thompson	26th	36
Glenn Warman	12th	19
Libby Wasser	30th	43

### ON DAN'S RUN by Dan Gould

Ottawa is the first Sunday in December and used to mark the end of the racing year for all but the truly hardcore. Actually, it was pretty much over for all but the hardcore before Ottawa. A 10 mile race is not something for which you can just casually roll off the couch. A loop course which works its way up, along, and down the side of the river valley, a

bit of hill training helps. The uphill is rather gentle, but the downhill in miles 7 and 8 can really beat you up. Add to this recipe the prospect of winter weather - cold, blustery wind, snow, and ice - and you would expect a small field. Well, in terms of KRRC members, it was wimp city. The rest of the running world embraced this tenth annual event with enthusiasm - 455 registered! Of that number, 250 were pre-registered. The 200 race day registrants paid \$20 each for the pleasure!

I had the pleasure of the company of Cornstalk, Mike and Graig Hickey, and Graig's friend, Joe Gibaszek. In short, four tall guys and me. Well, as Dr. Novak, my Bohemian management professor used to say, "Just because it's piled higher doesn't make it better." Well, on this day, it - they - were.

The day was perfect - calm, overcast, about 42 at the start. Cornstalk was off with the leaders and would finish 8th overall. Leaders is a misnomer. Dan Gray of Peoria ran 52:20, finishing 2:17 ahead of his nearest competition.

Mike, Graig, Joe and I set off together, shooting for a 6:30 pace. Mike could run faster, but the "Coach" couldn't leave his boys. Frankly, I thought these cross-country boys were biting off more than they could chew with a 10 miler, but it would be fun to run together. I must get my crystal ball repaired!

We went through 5 miles at about 33:00 which was fine with the uphill in the first half. We caught and added Joliet's Manny Palacios to our group at about this stage which gave me more incentive. I had started ahead of Jurgen Daartz, a fellow competitor in my age group, and I was afraid to look back.

In the 6th mile I began to suspect that Graig and Joe were not going to falter and in the downhill of miles 7 and 8 I was running red line. Joe pulled ahead at 8 followed by Mike and Graig. I closed on them in the 10th, but close was it.

We had run a good time - PR for Graig - and had a good time. All of us were under 65:00! I couldn't have done it without them. Thanks, guys!

Charlie Grotevant was also happy with his time, 68:53. He would later point out to me that there were 42 runners in our age group (50-54) - 10% of the field. Just goes to show how many old fools don't have anything else to do on Sunday morning.

Jim Grace had an "off day" and Carol Pratt and Keith Theisen had to settle for less than their best due to injuries. I think Dave Schkerke was happy with his time, but don't really remember (another failing of old fools).

Mother Nature presented us with a bit chillier day for the Jingle Bell 5K at Shapiro. It was almost a duplicate of last year's with the temperature in the 20's, sunny, a chilly breeze, and random snow flurries for atmosphere. The turnout equalled last year's with 105 runners across the line and numerous walkers.

The conversation at Jingle Bell sounded like the report from the infirmary (or the infirm):

-Randy Rahrig was running his first race since developing a knee problem in August at Minooka. Annie was home recovering from bronchitis after being briefly hospitalized with suspected pneumonia.

-Lynn Troost brought an x-ray of the tumor found in her chest early this year. Her hair is gradually returning as is her running.

-Charlie Kennedy was on day six

of medication for a high blood sugar count that had resulted in dizziness.

-Former club member Jamie Simmon told me that former club member Jack Dalton had back surgery and is expected to be able to return to running or triathlons.

-Ken Brock was back after a couple months' absence. He is on a new medication that has slowed him and resulted in a gain in weight. His "speedyjeans" don't fit at the moment.

-Doc Baldwin was complaining about his hip (tennis injury) and grouching about having to be here instead of Florida. Dorothy does love those grandkids!

-Georganne Hickey told me that her mother-in-law and club member Erma Hickey had shingles. Daughter Krista was concerned that she might have to help grandma with her roof when they went to Florida for Christmas.

The Ho-Ho-Ho Get Together at The Other Side on December 16th was your typically enjoyable running club social. Unfortunately, only about 30 members took advantage of the good food and good company. Bill Linn and John Shoup demonstrated their prowess at the pool table. I've heard that some older runners are reduced to running the pool table, but hadn't actually seen it done before.

Thanks to Ron and Nancy Ruda for putting together the social and to Michelle Baldwin for finding a good place to donate all those running shirts - the residents of Shapiro. I dug into my collection accumulated over 13 racing seasons and found 120 or 130 shirts I could live without and numerous other club members also contributed to loading up the Baldwin van. Now we need a social to which we can bring our old shoes!

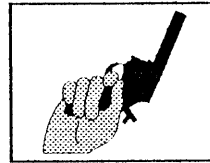
I hope '94 was a good one for you. 1995 has potential, but we all have to work at it. You'll be getting a notice of the annual organizational meeting shortly. The club officers may offer to serve another tour of duty or they may ask somebody else to lend a hand. We are still waiting for volunteers to direct the Governor's and the Fall Classic. When we all share the work, it isn't difficult. Please do your part to support

our club and our sport.

Yes, dues are due the first of January. It is a small investment from which most of feel we have reaped rich rewards. Do it now (Scott, are you listening?). Dues paid by the following new members who joined us late in 1994 are good through 1995: Van Lewsader, the Seitz family, Ken Brock, and Joe Burgess.

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.

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.

Sun., Jan. 8 - Walt Disney World Marathon - **Good Luck Ed Glazar!**

Sun., Jan 15, 9:00 A.M. - 13th Annual Mid-Winter 10K Frolic and 2K Walk, Forest Trail Jr. H.S., Lakewood & Wilson, Park Forest, \$10/12 after 1/9, awards to all finishers and a pancake breakfast (they don't call themselves the Park Forest Running and Pancake Club for nothing!).

Sat., **Jan. 28**, (changed from the 21st) 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.

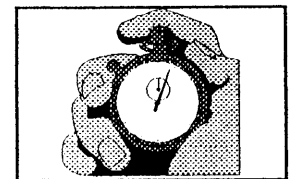
Sun., Feb. 5, 1:00 P.M., 11th Annual **RIVERSIDE WINTERFEST 5K RUN & WALK**, Small Memorial Park, Kankakee, \$12/15 after 1/30, long Ts, proportioned awards in 5yr AG plus top 3 OA, master's awards, 3 deep in public safety division, refreshments, door prizes. Dan Gould 937-2926 (days) and 937-5500 after 5PM. Kankakee and Prairie State Circuit Race. Apps. will be mailed the first week in January.

Sun., Feb. 12, Channahon Frosty 5.

Sun., Feb. 12, Valentines 5K Run, Valparaiso H.S.

Sat., Feb. 26, 10 A.M., Caribbean Cruise 5K, Keeling Center (Blackhawk Jr. H.S.), 375 Oswego, Park Forest, \$10/13 after 2/20, awards, towels, food. Dave 708-339-6437.

THE  
FINISH  
LINE



Dec. 3, Run for Santa 5K (Clearwater) - John Hickey, 24:23, 1AG

Dec. 10, Hidden River Classic (Tampa) - Erma Hickey, 55:18 (10K), 1AG; John Hickey, 24:22 (5K), 3AG.

Dec. 4, Ottawa 10 Miler, 413 finishers, 40's, overcast, calm (really great!)

Pat Koerner	55:31	2AG
Jim Grace	63:22	
Graig Hickey	64:33	PR
Mike Hickey	64:36	
Dan Gould	64:38	4AG
Keith Theisen	68:28	
Charlie Grotevant	68:53	
Carol Pratt	71:54	4AG
Becky Criscione	75:12	1AG

Dave Schkerke 80:52  
 Dec. 11, Jingle Bell 5K (Kankakee), 105 finishers, 20's, windy, sun/snow flurries

Tom Stluka 16:44 1AG  
 Joe Burgess 16:50 2AG  
 Pat Koerner 17:35 1AG  
 Jim Grace 18:24 3AG  
 Graig Hickey 18:38 4AG  
 Mike Hickey 18:43 2AG  
 John Brinkman 19:05 4AG  
 Chris Walsh 19:10 1OA  
 Mike Wolfe 19:11 2AG  
 Rich Olmstead 19:18 3AG  
 Dan Gould 19:32 1AG  
 Tom Parlin 20:17 5AG  
 Bill Linn 20:22 4AG  
 Charlie Grotevant 20:27 2AG  
 Charlie Kennedy 20:40 1AG  
 Ken Brock 21:04 3AG  
 Dale huizenga 21:33 3AG  
 Bob Pool 21:35 2AG  
 Randy Devore 22:09 4AG  
 John Pool 22:46 4AG  
 Ron Ruda 22:54  
 Van Lewsader 23:14 4AG  
 Nancy Ruda 23:34 1AG  
 Paul Surprenant 23:43  
 Dee Sarowatz 24:07 2AG  
 Pat Baldwin 25:18  
 Mike Belletete 25:49  
 Yuh-wen Chow 25:50 2AG

Tim Benoit 25:59  
 Randy Rahrig 26:43  
 Randy Riegel 27:37  
 Peggy Baldwin 30:23 4AG  
 Krista Hickey 30:57 5AG  
 Linda Linn 31:00 3AG  
 Georganne Hickey 31:01 4AG  
 Lynn Troost 33:58 2AG

Dec. 17, Kennekuk Challenge Half Maration - Jim Grace, 1:32:00; Charlie Grotevant, 1:42:50; Charlie Kennedy and Lynn Troost were there!

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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Kankakee River Running Club 1994 Circuit Results - Complete  
(Must have 5 races minimum; All those with 5+ races are shown)

Name	Age Group	Circuit-Pts	#Races	Tot
Nancy J Ruda	F OVERALL	32	7	38
Theresa C Burgard	F OVERALL	32	5	32
Dee Sarowatz	F OVERALL	18	6	18
Amanda Uribe	F OVERALL	4	6	4
Peggy Baldwin	F OVERALL	3	6	3
Tom Stluka	M OVERALL	45	10	77
Troy R Walker	M OVERALL	45	6	47
Bryce M Baker	M OVERALL	45	5	45
Joe W Burgess	M OVERALL	37	10	52
Patrick D Koerner	M OVERALL	36	8	45
Rich W Olmstead	M OVERALL	12	8	12
Mike Wolfe	M OVERALL	8	8	8
Pete W Mathis	M OVERALL	8	5	8
Kenneth D Brock	M OVERALL	3	8	3
Douglas W Uribe	M OVERALL	1	5	1
Amanda Uribe	F 1 - 14	45	6	52
Peggy Baldwin	F 1 - 14	40	6	46
Krista A Hickey	F 1 - 14	38	6	43
Dee Sarowatz	F 30 - 34	43	6	51
Annie M Rahrig	F 30 - 34	36	5	36
Theresa C Burgard	F 35 - 39	48	5	48
Nancy J Ruda	F 35 - 39	47	7	63
Marilyn L Graham	F 40 - 44	38	5	38
Linda A Linn	F 40 - 44	34	6	37
Georganne L Hickey	F 40 - 44	33	6	34
Edith Alsvig	F 55 - 59	50	7	69
Casey M Baker	M 1 - 14	13	5	13
Bryce M Baker	M 15 - 19	48	5	48
Mike Wolfe	M 15 - 19	41	8	57
Graig M Hickey	M 15 - 19	32	6	36
Troy R Walker	M 20 - 24	50	6	59
Patrick D Koerner	M 30 - 34	46	8	70
Douglas W Uribe	M 30 - 34	28	5	28
Tom Stluka	M 35 - 39	50	10	97
Joe W Burgess	M 35 - 39	50	10	93
Clinton L Carter	M 35 - 39	35	6	39
Tom Parlin	M 35 - 39	34	7	37
Jeff P Lonergan	M 35 - 39	23	6	23
Patrick J Baldwin	M 35 - 39	17	6	17
Randy Rahrig	M 35 - 39	9	6	9
Rich W Olmstead	M 40 - 44	44	8	62
Mike K Hickey	M 40 - 44	40	5	40

Kankakee River Running Club 1994 Circuit Results - Complete  
 (Must have 5 races minimum; All those with 5+ races are shown)

Name	Age Group	Circuit-Pts	#Races	Tot
Bill Linn	M 40 - 44	37	5	37
David R Schkerke	M 40 - 44	18	6	18
Hill Love Jr	M 40 - 44	14	6	14
Pete W Mathis	M 45 - 49	50	5	50
Kenneth D Brock	M 45 - 49	47	8	69
Bill Moylan	M 45 - 49	37	7	45
Juan Gomez	M 45 - 49	35	5	35
Paul L Surprenant	M 45 - 49	24	5	24
Ellis S Stephens	M 45 - 49	20	7	22
Ron Ruda	M 45 - 49	20	6	20
Richard W Manthei	M 45 - 49	13	6	13
Michael J Belletete	M 45 - 49	4	6	4
Daniel W Gould	M 50 - 54	49	10	86
Charlie Grotevant	M 50 - 54	41	7	55
John F Pool	M 50 - 54	41	8	53
Robert E Pool	M 55 - 59	48	8	72
Charles R Kennedy	M 55 - 59	48	5	48

NOW A PROUD MEMBER OF THE CALUMET REGION STRIDERS' GOLD CUP SERIES

# CARIBBEAN CRUISE 5K

5

SAT. FEB. 25, 1995...10am...\$10...\$13 after 2/20...\$9 PFRPC & GOLD CUP MEMBERS

THE KEELING CENTER (aka Blackhawk Jr. High)...375 Oswego St., Park Forest, IL  
 Sauk Trail to Indianwood, South 2 Blocks to Oswego, Left to Keeling Center.

ADDITIONAL INFORMATION OR DIRECTIONS CAN BE HAD FROM YOUR CRUISE DIRECTOR DAVE AT 708-339-6437  
 OR FROM HIS CAPTAIN JOHN AT 708-748-0125

MAIL ENTRIES TO: Dave Macknick, 518 E. 166th Pl. South Holland, IL 60473  
 Please make checks payable to PFRPC--\$10 Advance Booking, \$13 After 2/20/95

TOWELS!

FOOD!  
AWARDS!

NAME: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_/\_\_\_/\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

SEX: \_\_\_Y\_\_\_N\_\_\_M\_\_\_F\_\_\_ Unknown PFRPC: \_\_\_Y\_\_\_ GOLD CUP: \_\_\_Y\_\_\_ 94 CRUISE SURVIVOR \_\_\_Y\_\_\_

RELEASE AND WAIVER: With full knowledge of my actions and all legal implications arising thereof and attached thereto, in the unlikely event I somehow manage to hurt myself in the course of or arising out of this Caribbean Cruise event, it can't be the fault of the sponsors, organizers or municipality holding or hosting this event, and I know that I can not sue anybody, so I hereby agree to pick up the pieces of my shattered and wretched life and find other work for my underappreciated lawyer.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_ PARENT SIGNATURE(under 18) \_\_\_\_\_