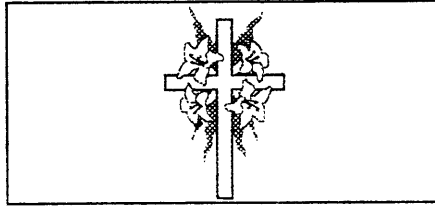




Kankakee RIVER RUNNING CLUB

The Paper Race

FEBRUARY 1995 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 84



FEBRUARY

<u>Name</u>	<u>Day</u>	<u>Age</u>
Michelle Baldwin	14th	39
Bill Batkiewicz	12th	36
Anthony Belletete	12th	21
Jim Grace	24th	38
Charlie Grotevant	18th	53
John Hickey	28th	67
Mike Hickey	21st	45
Gerry Kilbride	6th	57
Tommy Kilbride	14th	16
Colin Koerner	10th	2
Robert Krause	23rd	47
Jane Lehnus	21st	62
Mike Monahan	4th	53
Dan Phillips	7th	59
Ann Rahrig	4th	34
Collin Rahrig	13th	4
Janet Shelly	13th	42
Allison Shelly	22nd	19
Howard Strassenburg	20th	75
Tom Uribe	3rd	42
Chris Walsh	21st	33
Gerald Wilson	23rd	49

DUES - DUES -DUES

Dues were due January 1st - \$12 single, \$17 family - payable to KRRC. Send to Linda Linn, 1226 Vantage Lane, Bourbonnais, IL. 60914

ON DIANE'S RUN

On January the fifteenth, Diane Brinkman was killed in a traffic accident about a mile from her home. As I'm sure is true with everyone else in our running club, I feel deeply troubled about what happened to her. I spoke with Diane at the races and I spoke with her socially, but I can't help but think that I should have gotten to know her better than I did. When I referred to Diane around her husband John, I called her his "Sugar Muffin" and the nickname just sort of stuck. Our loss is great but it pales in comparison to the loss felt by the surviving members of her family.

The evening after Diane died, I called John and asked him if he'd like to go for a run. John met Rich Olmstead, Bill Linn and me at Olivet and we ran about four miles together. This is what we do. We run. Some of my non-running friends questioned the brilliance of that idea but I think they missed the

point. On our run, John told us about what had happened the day before and he told us about some of the things that may happen in his future. Then, at the beginning of the fourth mile, he took off. We knew he'd take off; we just didn't know when he'd take off. But that's what we do. We run. We don't run away from anything; we just run. We don't run toward anything; we just run. Our running is less expensive than psychotherapy and it helps us cope with most of the things life and death throw our way. So we run.

I hope John is able to rest a little better at night if, for no other reason, he understands that his friends care about him. It won't be long before I'm not afraid to tell him that I died at our last race or that he killed me on our last training run. Sometimes I get a little too worried about being impertinent at times such as these.

I also hope that John knows that I, for one, will always remember Diane as being thirty, beautiful, and his "Sugar Muffin."

She will be missed.

-John Shoup

R.I.P.

ON DAN'S RUN by Dan Gould

January. Like most years in the midwest, January should have been thrown in the dumpster on day one and we could have moved right along to February. My wife gets up in the morning (ok, afternoon) and crosses the day off the calendar. We should have done it with the month!

I am thankful to John Shoup for "On Diane's Run." Like John, I wish I had gotten to know Diane better, but it was relegated to one of those things to do at some unspecified time in the future. That is now an impossibility. For our friend John Brinkman, I hope time's healing powers work swiftly.

Linda Krause learned of Diane's death as she prepared an obituary for one of her brothers. She had turned to the obituary page to use as a guide in preparing it and with the top half of the page folded under saw only the last paragraph of the obituary listing Diane's KRRRC membership. It was with considerable trepidation that she unfolded the paper to learn who had died.

Rich Olmstead called me with the news of Diane's accident a few hours after it occurred. Like most others, I could only wonder how the sudden death of this beautiful young wife and mother fits into the grand plan.

It did help me put in perspective some of my own problems, one of which was a death of a different kind. On December 31st my father was admitted to a hospital in Virginia. The physical illness was resolved with a couple week's stay, but it apparently accelerated a mental decline described in terms such as dementia, organic brain syndrome, and/or Alzheimer's. It manifested itself in disorientation, confusion and combativeness which was described by my step-mother, her children, the hospital social worker, and the doctor over the first two weeks of the year. The day after Diane died I flew to Florida to meet the air ambulance returning Dad to Bradenton and place him in a nursing home. I spent four days with him. I do not expect he will ever be able to live

outside the nursing home. As many of you know, I have been making twice a year visits to "check on Dad" and escape a bit of the midwest winter. I was last there for a couple weeks in November and Dad was up with me before dawn and on the road to the races each of the three weekends. I fear my best friend has "run" his last race. Dad is three months short of 87. It has been a good run and all good things must come to an end.

In addition to that, my wife is at the right age for those "female problems" and, as I headed to Florida, we were waiting for the results of a biopsy. The results were kind of middle-of-the-road and we are optimistic that the current course of treatment will resolve the problem.

Apart from all that, I am six weeks or more into a back problem which I think is simply an "overuse" injury. I ran too many miles one weekend in December. I have rested, reduced mileage, been to the chiropractor, cross-trained, and pumped down the Ibuprofen. Feel free to contact me with whatever remedies you have (yes, I tried a Witch Doctor and an Acupuncturist before I went to the Choirpractor) I will not be in top shape for Winterfest!

Put in perspective by Diane's accident, my problems appear quite manageable.

Congratulations to Ed Glazar on a 4:09 Disney Marathon! For a guy who had to train alone (with the exception of one memorable day), is over 40, ran only one road race in the last 2-3 years, and hadn't done a marathon since he was a kid back in 1983, he did good! Although the course was revamped after considerable criticism in year one, Ed reports there is still room for improvement. There were no rest rooms at the starting line and they had to leave their sweats at the staging area a half mile away. On a 40 degree morning when they had to be in the starting chutes half to three-quarters of any hour before the gun and the race started half an hour late, they were absolutely chilled. His legs never recovered.

Our "Ironman" successfully negotiated San Diego Marathon course

on January 22nd in 3:07:00. Jim tells me it was a relatively easy course, but mentally challenging in the latter miles as he ran along the Pacific Coast Highway where he could look ahead 3-4 miles. It looked like it would never end. Unlike most of Jim's marathons, he ran faster in the first half.

Charlie Grotevant and Carol Pratt completed the 18 miles between Pontiac and Dwight on January 28. With the wind out of the north, they ran Old Route 66 from Dwight to Pontiac this year.

Dee Osenglewski may be looking for a new "boy friend." Mike Morel fears the cartilage problems in his knees mean his running days are over (Mike, have you been to a real doctor - one who knows what it means to be able to run?). Mike and Dee have been running buddies for years. Well, if Ozzie can walk, Ozzie can learn to run!

Bill Linn either has fluid on the knee or a cyst. That means either a big needle or out patient surgery. Ugh!

Anna Goodberlet will soon publish "Anna's Guide to Chicago Hospitals." Anna was accompanying students from Herscher on a field trip to Chicago when two of the three buses were involved in a chain reaction collision. As a precautionary measure all the students were taken to area hospitals and Anna along with Rick Livesay had the task of making the rounds of the hospitals and signing the kids out.

That experience did nothing to help Anna's vocal nodes for which she expects to have surgery after school is out. Anna was instructed not to talk for three weeks and Tom is now the envy of every married man. Tom, can we get a copy of that Rx or at least the doctor's name?

Shirley Malone is coming back from thyroid surgery. Leon says his knees have retired from running.

Former KRRRC members Jack and Elly Dalton are happy to have 1994 behind them. If I got it straight, Jack had two back surgeries, his mother and sister died, and Elly's dad died.

There is *good news!* I knew we could find some. Lynn Troost had her three month after chemo check-up and got a clean bill of health. Lynn is running the Winterfest 5K and will bring

her dues with her. Why don't you bring yours (other than you won't get this before Winterfest or aren't going)?

We also have the prospect of a new race which is to be held on the Perry Farm on April 30th. It will be put on by the Bourbonnais Park District with Craig Culver doing the organizing. He is talking about a four mile (anything but another 5K, please!).

One of these days we will have an annual meeting. Our President and First Lady, Henry and Janet Shelly, are recovering from an unplanned two week trip to Florida to care for Janet's ailing mother and step-father. It is great to be in Florida at this time of year, but not under those circumstances. Henry will get a meeting set and notice will be sent.

This newsletter is incredibly late this month, but, as previously noted, the year is not off to a good start. I can't promise we will be any more timely next month. Perhaps by April we will fool you and get it out on the first. Of course, if you haven't sent Linda your dues, you won't know if the April issue is ever published - and you'll never know how the story ends. Stay with us - it's a good group!

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.

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, 1:00 PM -Channahon Frosty 5 Mile Road Run, Channahon Middle School, \$12/15, stocking caps, 5yr age groups, coffee, hot chocolate, pizza. 815/467-7275.

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.

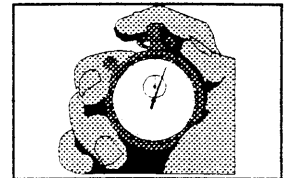
Sat., Mar. 11, 9:00 AM. Manhattan Shamrock Shuffle, two person team 6 mile race, \$20 per team until 3/8, then \$25, long T's, OA and 3 deep in AG, refreshments. Starts at Anna McDonald School, Rt. 52 & 2nd St. 815/478-4560.

Sat., Mar. 11, 9:30 A.M. - St. Pat's Day 5 Mile Run/5K Walk, Lake of the Woods Park, Mahomet, \$12/15, T's, strange age groups (perhaps because this is a benefit for Champaign Catholic Social Service), refreshments, door prizes. 217-351-5034.

Sun., Mar. 12. 1:00 PM, St. Patrick's Day 5K. VFW Post 454, 1006 E. Lincoln, Bloomington, \$13/15, "St. Pat's Day Race Hat." 5yr AG to age 50, post race party, random prizes, benefits MS Assn. and VA Hospital. Call Bill (10-5:30) 309/452-3366).

Sun., Mar. 19, 9:00 AM, Shamrock Shuffle 8K, Columbus Drive and Balbo, \$17/20. Big time road racing! Expo on Mar. 18, Ramada Congress Hotel, 520 S. Michigan, from 10-5.

THE
FINISH
LINE



Jan. 7, Siberian Express 7.6M (Danville) - Lance Bovard, 48:16; Keith Theisen, 55:08; Muriel Debold-Leyland, 40A; Charlie Grotevant, 1:04+

Jan. 8, Disney World Marathon (Orlando) - Ed Glazar, 4:09

Jan. 15, Midwinter 10K Frolic (Park Forest)

Tom Stluka	34:44	20A
Joe Burgess	34:50	30A
Mike Hickey	??	70A
Phil Newberry	39:54	
Charlie Kennedy	40:38	
Keith Theisen	42:09	
Charlie Grotevant	44:05	
Becky Criscione	47:25	
Gale Lehnus	58:15	
Randy Riegel	1:00:00	

Jan. 21, Chilly Chili 4.37M - Charlie Grotevant 30:28

Jan. 22, San Diego Marathon - Jim Grace, 3:07

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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"No matter how old I get, the race remains one of life's most rewarding experiences. My times become slower, but the experience of the race is unchanged; each race a drama, each race a challenge, each race stretching me in one way or another, and each race telling me more about myself and others." - Dr. George Sheehan

