



Kankakee RIVER RUNNING CLUB

The Paper Race

MAY 1995 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 87



MAY

<u>Name</u>	<u>Age</u>	<u>Day</u>
Theresa Burgard	38	27th
Paula Coy	26	22nd
Muriel DeBold-Leyland	39	31st
Randy Devore	47	26th
Augie Hirt	44	15th
Phil Newberry	33	1st
Carol Sue Painter	50	27th
Judy Schkerke	39	11th
Henry Shelly	44	13th
Allison Williams	14	4th

WELCOME NEW MEMBER

Sharon Reilly, 51, Bourbonnais

QUOTE OF THE MONTH

How many times can you do it? If you don't move, it doesn't count.

-Linda Krause

A GOLF OUTING?

If you are interested in a Saturday afternoon of golf in late June or July, leave a message on Dan's machine - 937-2926. We will have a "golf social!"

SUMMARY - KRRC ORGANIZATIONAL MEETING APRIL 17TH, 1995

PRESIDENT	LINDA KRAUSE
VICE-PRESIDENT	SHIRLEY MALONE
TREASURER	RON PIWOWAR
SOCIAL DIRECTOR	DEE OZENLEWSKI
NEWSLETTER	LINDA & BILL LINN DAN GOULD
GOVERNOR'S	PHIL NEWBERRY, DIR. JEFF LONERGAN, ASST.
5K SERIES	JUNE LINDA KRAUSE JULY LEON MALONE AUG. JOHN FLYNN

ON DAN'S RUN

by Dan Gould

April began on a Saturday and the fools were running in Park Forest at the Fools Run X. The opportunity to be a real fool was significantly reduced with the demise of the Only Fools Run at Midnight so Park Forest was the "only game in town." Fortunately, the "Pancakers" know how to run a good game.

The divisions for this race were Brides, Grooms, Maid/Matrons of Honor, Best Men, and Flower

Girl/Ring Bearer. You could enter any division regardless of sex or age. I suppose the theme of the race was marriage is a fool's run. The race directors, Ron Schopp and Mary Olmstead, are getting married this summer!

The four mile course was run through the Shubert Woods over a portion of the Park Forest Scenic 10 Mile course. Hilly! A little early in the year to be really scenic. A few of the runners were in costume and the overall winner wore a complete tux - and running shoes!

A number of KRRC members were in attendance including Carol

Pratt. We exchanged greetings and predictions. With my limited training I did not expect I would be able to run with Carol. I told her I was going to hang back and enjoy the scenery. I kept her in sight until near the end, but the scenery finished 13 seconds ahead of me. We took a picture to mark the occasion.

I didn't keep track of who placed in the unique age divisions, but almost all members in attendance finished in the gold. Carol was second overall female and Tom Stluka and Pat Koerner were third and fourth overall males. Mike Hickey, Phil Newberry, John and Bob Pool, and Joe Burgess all ran respectable times

The first Sunday in April was the day to "spring ahead" and gain some sunshine at the end of the day. This year's Julie Anderson Memorial "I Was Supposed to Set My Clock Ahead" Award goes to Jim Grace. A half dozen of us were just starting to cool down from our "Sunday at the Park" run when Jim arrived at the stroke of 10:00 o'clock on April 2nd. "I thought that was next Sunday," he offered in defense. Sorry, Jim, your name goes on the plaque.

Speaking of people who are distracted, there was a message on my machine from Pat Baldwin the week before Easter telling me that he was going to Florida and would not be able to attend the organizational meeting. He requested that I once again seek race day assistance for the Friendship Festival 5K. He signed off saying, "Have a happy Thanksgiving!"

The New Lenox Fabulous Four Forty-Forty: 4 Miles, 40 Degrees, 40 Mile Per Hour Wind. Well, when you turned into the wind, it pushed you back like forty! The Dan van was almost blown off the road on the way up, but we had little ballast as only Cornstalk and I made the trip.

Sponsored by the park district, it was not a smooth operation even with the advice and assistance of Keith Theison. Keith got a 7 A. M.

call from the park district to see if the race should be run in the rain, wind, and cold (rain had stopped by race time). The people handling registration didn't know they were supposed to fill out the tear tags on the race numbers. Keith had to go around the room after the race to get names to go with the numbers. There were no mile markers or split callers (there were two water stations). The refreshments were bananas and some off brand pop and tea (no Diet Coke!). They did give decent trophies!

On a positive note, Pat Koerner got his umpteenth career win and Phil Newberry was second overall! I think Keith was first in age group and bested my nemesis, Bob Maszak. We rounded out the morning with a good breakfast.

The organizational meeting on April 17th at Chicago Dough was attended by approximately 28 members. We ate, we drank, we celebrated birthdays and we got organized! We thanked Henry and Janet for three years of leadership. We found volunteers and sponsors for almost everything. While John Flynn will direct the Summer Series 5K in August, we still need a sponsor (basically about \$100 for awards and pop). Speckman Realty (Linda Krause) and Leon Malone will sponsor/direct the June and July runs. There were no volunteers for the newsletter so I guess Linda, Bill and I will try to keep it going.

The River-to-River Relay on April 22nd (80 miles, 8 member teams) had another great day with sunshine and temperatures in the 50's to low 60's. I wasn't there, but Cornstalk tells me that he and Lance Bovard led their mixed (5 men, 3 women) open team to a course record 7:49:10, taking 10 minutes off the existing record. I think Keith Theison and Muriel Debold Leyland also participated in this year's race, but I don't have results from them. There were 280 teams this year.

The Perry Farm 4 Miler got off to

an auspicious beginning in terms of just about everything except numbers. Only 78 runners registered for the race. Strangely, 78 runners finished the race. Dave Bohlke, who did the computerized results, noted that that was a first in his experience. Speaking of first, Tom Stluka now holds the course record. About 30 club members participated.

Meanwhile, in Des Moines, former KRRC member Jack Dalton, Bill Linn, Ken Klipp, Larry Lane and I were watching the Drake Relays. This is track and field at it's best. The two days of track and field events from 8 A.M. until 5 or 6 P.M. provide something for everyone. Participants are primarily high school, college and university students, but there are a few invitational events for some of the world's best. This year Carl Lewis was the head liner. He got his butt kicked in the 100 meters by two guys of whom you never heard.

Apart from watching the kids run, this was a male bonding trip that included inspections of Peggy's (celebrating it's 60th anniversary), Scott's n' Soda, and Hooters. The stop at Scott's was made so Bill could renew his acquaintance with Scott with whom he played football at Cornell College 20 years ago. They shared a room on road trips because they were both smokers (Scott still is). Hooters was the only place we could find the Bulls' game on Friday night. We would not normally be found in such a tacky establishment (well, I think the guy from Reddick wanted to go there.).

We begin our 17th year this month (KRRC was founded in April, 1979) with the Birdman Duathlon & 5K on May 21st. You can make a day of it by joining us at the Steffen's Social in the PM.

You are invited to be a guest columnist this year. This is going to be my "Year of the Golfer." Yes, I know it is an old man's sport, but, sadly, I am getting to be an old man. Besides, the back problem I

developed in December doesn't seem to be bothered by the golf swing. I haven't run or biked in two weeks. I tried to nurse this thing back on reduced mileage, but that hasn't worked. Two weeks of rest and, well, I still have a problem.

So, note and write about the things you see and hear on your run. I'm going to try to lower my handicap and, of course, would welcome your company. Let me know if you are interested in a golf outing social.

Hope to see you - hope to be running again!

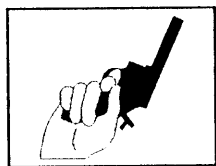
PERRY FARM FUN
by Linda Linn

The first annual running of the Bourbonnais Township Park District Four Mile (hereinafter known as the Perry Farm 4 Mile) was a very successful one. Although they only had 78 people registered, all 78 were there and finished the race - A FIRST! (According to the official finish line man - Dave) The weather cooperated and gave us a non-windy, cool day to run. The course was so well marked even those of us in the back, half delirious, couldn't get lost. The food after the race was yummy - vegies and fruit to keep us healthy and donuts to replace all those calories we'd just burned! The plaques were attractive with 3 deep in 5 year age groups. There were about 30 club members there (check THE FINISH LINE for names and times). Everything was done right with quick results (good job Dave!), they just needed more runners. Thanks go to Craig Ramsey and the Park District for their efforts. Put this one on your calendar for next year - it's a pretty race to 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., May 6th, 9:00 A.M. - Lake Run 7.5M or 4.37M, Lake Bloomington, \$12/15, Ts, 5yr AG, refreshments, raffle. 309-452-9777.

Sun., May 7th, 9:00 A.M. - Earl's 11th Annual 5K Run, 1987 W. Jefferson, Joliet, \$12/15, shorts, 5yr. AG, refreshments.

Fri., May 12th, 6:30 P.M. - Gallery Gallop 5.5M Sunset Beach Run, Miller Beach, Gary, IN., \$12/14, out & back.

Sun., May 14th, 8:30 A.M. - Brookfield Mother's Day Run 10K, 8820 W. Brookfield, \$12/15, Ts, raffle, flat.

Sun., May 21st, 8:00 A.M. - BIRDMAN DUATHLON & 5K, Bird Park, Kankakee, Diana Last, 933-1741.

Sun., May 21st, 8:00 A.M. - Rose Classic 10K, Pilcher Park Nature Center, New Lenox, \$12/15, Ts, 5yr AG, refreshments. 485-2477

Mon., May 29th, 8:00 A.M. - Elgin Valley Fox Trot 10 Mile & 5K, Elgin Civic Center, 5yr AG, fanny pack, CARA Circuit.

Sat., Jun. 3rd, 8:30 A.M. - Kickapoo Trial Trail 5 Mile Run & 5K Walk, Kickapoo State Park, Danville, \$12 w/ shirt by 5/25, \$9 thereafter (no shirt), 5yr AG, refreshments, 217-446-1328.

Sun., Jun. 4th, 8:00 A.M., Racing Hearts 8K, St. Joseph Med. Cen, Ts, 5yr AG. 725-9400.

Sun., Jun. 4th, Run for the Zoo 10K (7 A.M.) & 5K (8:10 A.M.) Lincoln Park Zoo. 312-404-2372

Sat., Jun. 10th, Sunburst 10K (7:45 A.M.) & 5K (7:30 A.M.), Notre Dame Stadium,

South Bend, 219-674-0900, cat. 6262.

Sun., Jun. 11th, 8:00 A.M. - Harrahs 4 Mile Run, Joliet City Center, \$13/16 after 6/5, "sport towel," 5yr AG, proportioned awards. 740-7800

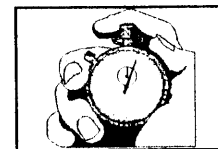
Sat., Jun. 17th, 7:00 A.M., Steamboat Classic 4M & 15K, Peoria. 309/676-6378.

Sun., Jun. 18th, 8:00 A.M. - MANTENO 5K & Walk for D.A.R.E. 468-3183.

THE

FINISH

LINE



Sat., May 28th - 1st Annual Perry Farm Spring 4M, 78 finishers

Tom Stluka	21:21	10A
Pat Koerner	21:38	20A
Joe Burgess	21:56	30A
Phil Newberry	23:30	2AG
Chris Walsh	24:11	10A
Mike Hickey	24:13	1AG
Rich Olmstead	24:29	1AG
Jim Grace	25:10	2AG
Robert Williams	25:40	3AG
Charlie Kennedy	25:56	1AG
Keith Theison	26:33	2AG
Jeff Lonergan	26:56	
Robert Pool	27:28	2AG
Charlie Grotevant	27:38	2AG
Kathy Steffen	29:04	1MST
John Pool	29:30	3AG
Dave Schkerke	30:23	
Paulene Coy	30:48	1AG
Randy Rahrig	31:29	
John Brinkman	32:34	
Elliot Brinkman	32:34	3AG
Butch Coy	33:29	
Mike Furl	33:33	
Carol Painter	34:15	1AG
Jim Ruberg	34:31	
Annie Rahrig	36:59	2AG
Georganne Hickey	38:27	2AG
Linda Linn	38:27	3AG
Shirley Malone	49:50	2AG

Sat., Apr. 1st, Fool's Run X (Park Forest)

Tom Stluka	21:29
Pat Koerner	21:56
Joe Burgess	22:35

Phil Newberry	24:16
Mike Hickey	24:18
Carol Pratt	26:19
Dan Gould	26:32
Bob Pool	27:29
John Pool	29:23

Sun., Apr. 9th, New Lenox Fab Four (55 finishers): Pat Koerner, 22:53, 10A; Phil Newberry, 24:39, 20A; Keith Theison, 25:34; Dan Gould, 27:17.

Sat., Apr. 15, Spring Fling 5K (W. Palm Beach): Peggy Baldwin, 25:07; Pat Baldwin, 25:08

Sat., Apr. 22, Starved Rock 3M Membership Run: Phil Newberry, 17:41, 2AG; Jeff Lonergan, 19:50, 3AG

Want a longer life? Vigorous exercise needed, study says

FROM TRIBUNE WIRES

Moderate exercise may well be the route to a healthier life, but if living longer is your goal, you will have to sweat.

That's what a study in Wednesday's Journal of the American Medical Association found from collecting 26 years of data on 17,321 healthy male Harvard alumni who graduated between 1924 and 1954.

Men who reported doing at least 1,500 calories' worth of vigorous activity each week had a 25 percent lower death rate during the study period than those who expended less than 150 calories a week. To achieve the level of exercise associated with longevity, a person would have to do the equivalent of jogging or walking briskly for about 15 miles a week.

In general, the more active the men were, the longer they were likely to live. The enhanced longevity mainly resulted from a reduced number of deaths from cardiovascular disease, said Dr. I-Min Lee, an epidemiologist at the Harvard School of Public Health, who directed the study.

She said the risk to longevity from not exercising vigorously was comparable to the life-shortening effects of smoking a pack of cigarettes a day or being 20 percent over one's ideal weight.

The finding might seem to contradict a recent recommendation that 30 minutes a day of moderate activity, done all at once or in smaller increments, can produce significant health benefits.

But that recommendation, by the Centers for Disease Control and Prevention and the American College of Sports Medicine, was described primarily as a route to better physical and emotional health, not necessarily to a longer life.

It was intended to inspire the 60 percent of American adults who are now completely sedentary.

Vigorous exercise was defined as any exertion that required at least six times as much energy as resting. That included walking 4 to 5 m.p.h., jogging, swimming laps, playing tennis or even doing heavy chores around the yard like building stone fences, and "not just pattering around," Lee said.

She hastened to add that moderate exercise has many other benefits—improving quality of life, promoting physical well-being, enhancing the ability of older people to accomplish daily tasks, regulating blood pressure and averting diabetes.

"I don't want to dissuade couch potatoes from exercising," Lee added by telephone Tuesday. "I strongly believe that any exercise is better than no exercise. But for persons who can exercise at a higher level, why not do that? Because our data indicate they might live longer than other people."

MAY POST-BIRDMAN SOCIAL

The Kankakee River Running will socialize at Mark and Kathy Steffen's, 1450 Budd Boulevard, Kankakee, on Sunday, May 21st. A reception for Julie "The Ironwoman" Anderson Jones will be held from 1-3 P.M. and the rest of the day (until they throw us out) will be "party time!" The club will furnish beverages and meat for dinner. If you are coming, bring a dish to pass (you know the drill!). Please stop by and say hello to Julie even if you can't stay for dinner. For further info call Mark or Kathy at 939-9873.

"SWEAT CLEANSSES FROM THE INSIDE. IT COMES FROM PLACES A SHOWER WILL NEVER REACH."

-Dr. George Sheehan