



Kankakee RIVER RUNNING CLUB

The Paper Race

FEBRUARY 1996 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 96



FEBRUARY

<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Michelle Baldwin	14th	40
Bill Batkiewicz	12th	37
Anthony Belletete	12th	22
Jim Grace	24th	39
Marshall Grace	10th	34
Tony Grace	16th	5
Charlie Grotevant	18th	54
John Hickey	28th	68
Mike Hickey	21st	46
Gerry Kilbride	6th	58
Judy Kilbride	24th	57
Tommy Kilbride	14th	17
Colin Koerner	10th	3
Bob Krause	23rd	48
Mike Monahan	4th	54
Dan Phillips	7th	60
Ann Rahrig	4th	35
Collin Rahrig	13th	5
Peggy Rumback	7th	29
Janet Shelly	13th	43
Allison Shelly	22nd	20
Howard Strassenburg	20th	76
Chris Walsh	21st	34
Gerald Wilson	23rd	50

WELCOME NEW MEMBERS

Bonnie Sisson, 50, Palos Hills

ON DAN'S RUN by Dan Gould

Old friends! They can give you the "warm fuzzies" after years of being out of touch and so it was when I saw Al Menard. The occasion, unfortunately, was his father's wake, but the mood seemed to be one of joy at having shared many happy years rather than sadness that he was only 68 at his death. He had put a lot into those 68 years, raising 10 sons and 4 daughters.

Al's picture appears more than once in the 1984-85 albums I kept of road races and he was at my side on many a training run. His favorite story pre-dates our social acquaintance, however. He had received a speeding ticket which he felt was undeserved, pleaded not guilty, and appeared before me for trial. When I learned that the officer had erased the radar readout with showing it to him, I found him not guilty. *I found someone not guilty?* Well, I had no independent recollection of it and Al's word is, and apparently was, good enough for me.

Al is doing very well in the business world. After a number of moves, he and Diane, who he married in 1985, are now in Brookfield, Wisconsin, have built a new home, and expect to be there for a while. Al is running 20-25 miles a week and, now that their situation has stabilized, hopes to work back up to the marathon. He ran Milwaukee in 1984.

Our reunion was necessarily brief, but with his large family we

were able to go off to a corner couch and reminisce. Ten years quickly melted away. Some people never change. Al is still a nice guy!

The race director for Boston is not on my "nice guy" list at the moment. I had visions of doing Boston this year, but learned on December 30th that registration for this year's Boston closed on January 1st. I have a hotel reservation and a

NOTICE OF MEETING

The annual organizational meeting of the Kankakee River Running Club will be held Saturday, February 24th, at 6:30 P.M. at Chicago Dough in Bourbonnais. This is a business meeting for adults to elect officers, plan social events, and review the running events for the coming year. Your participation is important! The club will pay for pizza and non-alcoholic beverages. You will be particularly welcome if you bring dessert. Please RSVP Ron or Nancy Ruda at 939-1749 - DO IT NOW!

great qualifying time. It never dawned on me that I would have to register three and a half months before the race. My lingering back problem might have prevented me from fulfilling my vision, but it is now a moot question. I would like to have been part of the 100th anniversary of Boston, but perhaps I'll be ready for the 100th running - next year!

I had no desire to be part of the Siberian Express 7.6M at Kickapoo State Park on January 6th -

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 to: KRRC, 212 Julie Dr., Kankakee, IL. 60901

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and I wasn't! That race is better left to certified crazy people like Jim Grace and Keith Theisen who, along with over 400 others, enjoy running up, down, and around the snow covered trails.

Who wants to create a Kankakee River Running Club Home Page on the World Wide Web? Jeff Lindstrom has done one for the Prairie Staters and we want to stay on the cutting edge of running technology. Actually, there are too many people surfing the Internet and browsing the WEB who should be running. If you want to see what Jeff has done, here is the path: <http://users.aol.com/jolietjeff/psrr/psrrpage.html>.

I finally took the plunge and surfed my first WEB right into the Prairie State Road Runners home page. I was happy to find Winterfest on the calendar, eh, make that "calander." Is that how they spell it on the WEB, Jeff? Anyway, nice job!

Are you there? Did you notice that last month's birthday list was headed "DECEMBER?" They were January birthdays, but the wrong month was listed. Did you notice in December that "The Starting Line" graphic was the

stopwatch and "The Finish Line" graphic was the starter's pistol? Are you paying attention? I really should get somebody to proofread this thing, but I'm not sure any of you would qualify.

Yes! Gary Dupuis is a faithful reader, although he didn't necessarily catch the foregoing errors. Gary is a non-runner, but is a recipient of this missive because of his support of the running community. He was the proprietor of Performance Sports (sponsored The Five Miler) and now operates Superior Silkscreen. The staff had debated spending thirty-two cents each month to send him the newsletter. While I was ordering shirts for Winterfest, I decided to ask him if our money was well spent and he assured me he treasured every page. I hope it wasn't just because these pages fit the bottom of his bird cage.

We caught a great day for the 14th Annual Midwinter Frolic 10K in Park Forest - sunny, mid to upper 30's, and a tolerable wind. Yes, it is a time of year reserved for the dedicated/hardcore runners, but this day was almost like spring. Cornstalk ran a great time and was fourth overall. Charlie Grotevant was happy with his sub-43 and I couldn't complain about a 44 and small change. I have to thank Mike Hickey for hanging back to pull and push me through it. Too few training miles and too many pounds are slowing me down!

As always, we enjoyed socializing with our friends from Joliet, Park Forest, and Danville. Jeff Lindstrom, who has set up a WEB page for the Prairie Staters, wants to get everybody "on line." Becky Criscione is looking forward to escaping to Sarasota the first week in February - with apologies for missing Winterfest. Big Bird and Flash a/k/a/ Bob and Althea Stevens are heading for Arizona and will also miss Winterfest. Has our deodorant failed?

The Midwinter Frolic provides

a finish place trophy to each runner. I picked up my first one in 1984 when I finished 129th out of 452. This year I was 29th out of 143. I was about fifteen seconds faster in 1984. Where have all the runners gone? The pancakes and company are as good as ever!

Speaking of food, do you know where we can meet for a chili cook-off? Or, for that matter, where we can hold some social events and have alcoholic beverages? Restaurants don't want us bringing in our own food and the park district facilities are getting prohibitively expensive between pay both rental and insurance. Does your church have a recreation room we can use? If you have a suggestion, please call Nancy Ruda at 939-1749.

I understand that the Pontiac to Dwight run was canceled. I suspect the reduced visibility on old route 66 made it rather hazardous. A runner, even a skinny one, can do significant damage to the front end or windshield of a car at highway speeds.

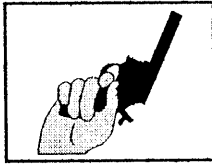
I trust you will be lured to Chicago Dough for the free pizza, but I hope you will also be there with your ideas for the coming year - and a willingness to participate. Sharing the work to create our fun means more fun and less work for everyone.

Hope to see all of you at Winterfest or somewhere else on Dan's run.

I don't mind straight people as long as they act gay in public.

-Dennis Rodman

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 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., Feb. 3 - PSRR Annual Awards Banquet, Pilcher Park Nature Center, New Lenox

Sun., Feb. 4, - 1:00 P.M. - Riverside Winterfest 5K, Civic Auditorium, 8th & Charles, Kankakee.

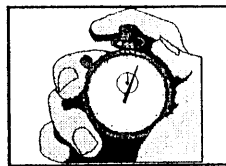
Sun., Feb. 11th - 1:00 P.M. - Frosty Five Miler, Chanahon Middle School, Rte. 6, hats, \$14/18, top 5 OA & proportioned awards in 5yr AG. Coffee, hot chocolate, pizza. 467-7275

Sat., Feb. 17th - 10:00 A.M. - Caribbean Cruise 5K, Keeling Center, Blackhawk, Park Forest, \$10/13, 708-339-6437.

Sat., Feb. 24th, 6:30 P.M. - KRRC Annual Organizational Meeting, Chicago Dough, RSVP Ron or Nancy Ruda, 939-1749

Sun., Mar. 3rd - Frostbite Half-Marathon, Delavan, IL., 309-244-8285 or 309-449-5765.

THE
FINISH
LINE



Jan. 6th, Siberian Express 7.6M, Danville, 400+ finishers - Jim Grace, 59:31; Keith Theisen, 1:02:26.

Jan. 14th, Midwinter Frolic 10K, Park Forest, 143 finishers - Pat Koerner, 34:52, 4OA; Jim Grace, 38:46; Keith Theisen, 40:23; Charlie Grotevant, 42:38; Charlie Kennedy, 43:32; Mike Hickey, 44:09; Dan Gould, 44:09; Becky Criscione, 47:20; Dave Schkerke, 49:30; Randy Riegel, ????

Jan. 20th, Chilly Chili Run, Lake Bloomington - Mike McGuckin, 35:58

DUES ARE STILL DUE!

Yes, folks, as we told you last month, there is no free ride, although the paltry sum that you pay each year for the pleasure of our company and the opportunity to receive *The Paper Race* is as close to free as you can get. If you didn't send in your renewal last month, do it now. We don't want to delete you!

Single \$12/Family \$17

Make your check to KRRC and send to: Ron Ruda, 3822 Serenity Parkway, Kankakee, IL. 60901.

THE MCGUCKIN REPORT

Happy New Year! Sorry I missed out on a report last month - no races on my card last month and a family "Christmas" celebration prevented a trip to Jingle Bell. I really think that half dozen 95 green shirts is my limit since I'm driving (or is that running?).

I did have a great experience of 7 days of running on the beach at South Padre Island, Texas, over Christmas time. While the weather was awful by their standards (50 & rain), I found the beach running very friendly on my 200 pound frame. My knees and legs really felt great on the sandy surface. It was much more enjoyable than ice, snow and asphalt in rural Illinois! Just about as windy there as on the prairie here! Unfortunately, I couldn't find a race of any sort in the area.

The 9th Annual Bloomington Lake Run Club Chilly Chili Run was billed as a 4.5 mile event, but it seemed like the same course I ran last May in the Lake Run 4.37 mile event. My \$10 entry fee didn't get me a shirt or anything but beer and chili (a hooded sweatshirt for \$15 additional was an option). The beer and chili were good. One unusual touch was a group of LRC non-participants who were serving champagne, twinkies, and ho-ho's to anyone who wished to partake about 3 miles into the race. No official times were kept and no real age group awards or anything - just a fun event on a 20 degree day.

Looking forward to Winterfest as always! See you there!

-Mike McGuckin