



Kankakee RIVER RUNNING CLUB

The Paper Race

MAY 1996 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 99



MAY

<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Theresa Burgard	27th	39
Paula Coy	22nd	27
Muriel DeBold	31st	40
Randy Devore	26th	48
Augie Hirt	15th	45
Phil Newberry	1st	34
Carol Sue Painter	27th	51
Judy Schkerke	11th	40
Henry Shelly	13th	45
Dave West	28th	38
Allison Williams	4th	15
Sara Collins	21st	8

WELCOME NEW MEMBERS

The Collins Family of Bradley - Yvonne, 32, Joshua, 15, & Sara, 7

Rollie Szilard, 45, Manteno

ON DAN'S RUN by Dan Gould

April Fool! Paulene Coy did not walk the Fool's Run in 31:34! She ran and she ran well. I'm sorry already! Please, Paulene, don't hit me again. Thirty lashes with a wet sweatband is enough. I'll never call you a walker again. I don't care what

Butch says about you. I think all blondes are wonderful people! I think all women are blondes.

Ever get a flat tire riding your bike on the wind trainer? I had one of those days in April. I don't remember the events of the day, but I do know that about eight o'clock that evening I thought a bike ride would relieve the stress. It was a very easy bike ride. I thought I had really built up some strength and endurance with my three days a week on the bike over the winter. That is, I felt good until I reached back and squeezed the rear tire. Flat as a pancake! The guys at the bike shop couldn't figure it out either.

The real downer of the month was the letter from Sue LaMore telling me that the Manteno 5K is history after a dozen good years. The catalyst for its demise was a communication problem with the Manteno Bank which has been the race's prime sponsor. That combined with burnout in the race committee led to calling it quits. On behalf of the running community, I extend our thanks to Sue and her committee for all those great years. Father's Day will not be the same if we aren't racing in Manteno. Where will all the Kilbrides go? Kilbrides from around the world have gathered at Manteno every Father's Day since the mind of man runneth not to the contrary (a long time). In recent years that is the only time we have seen them!

Now, the good news! Tim Kilbride was at the Law Day luncheon and I mentioned to him that Manteno had been canceled. The call the next night from Gerry Kilbride

did not come as a great surprise. He had already talked to Sue LaMore. There will be a race on Father's Day - a Kilbride family project. The site, distance, and name have not been determined as of this writing, but mark your calendar. Feel free to volunteer your talents for the good of the cause! You can reach Gerry at 932-3885.

Cornstalk and I went to Valparaiso for the Ringing in Spring 5K on April 6th. It was a sunny, cool, windy day. It was an out-and-back course, but we seemed to be running into the wind most of the time. It was also a bit hilly and seemed more up than down. The good news was we ran some good times, had a good time, and brought home some gold. For Pat it was certainly more fun than changing diapers!

I signed up for the Fab 4 Mile at New Lenox, but family circumstances put me in Charleston that morning on a training run exploring the city and Eastern Illinois University's campus. I ran the "Panther Trail" and felt in touch with greatness knowing that this was where Ken Klipp made his mark in running history more than 25 years ago. Which tree was it, Ken?

I also discovered that the Student Union has now become a health food Mecca - McDonald's! It is no wonder the younger generation is going to hell in a hand basket (John, what is the origin of that expression?). With all we know about diet and nutrition, we put the leaders of tomorrow on the fast track to fat.

McDonald's will also invade the Olympic Village. There will be

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five McDonald's locations open round-the-clock in the once hallowed Olympic Village. It marks the first time any restaurant has joined the usual cafeteria style dining halls at Olympic venues. I suppose they will have McDonald's latest contribution to a bad diet: the Arch Deluxe containing more than 30 grams of fat!

While I was in Charleston, Pat Koerner was picking up my shirt at the Fab 4 and successfully defending his title with a 30 second margin over the second place finisher. Jeff Lonergan worked the race and Randy Rahrigan ran.

I have no reports from Boston. Jim Grace and former KRRC member Julie Anderson were reportedly going to run it.

April 20th was River-to-River. Cornstalk and Lance Bovard were members of an open division team that captured second place. Congrats!

Charlie Grotevant and I went to Champaign for the Christie Run for the Health of It 5K/10K. The Pool brothers (nice *Daily Journal* story about them April 29th), Lynn Troost, and Charlie Kennedy were also there. The wind and the hills - well, maybe just grades - made this

challenging. Jean Driscoll, fresh from her seventh consecutive victory in the wheelchair division at Boston, was there to race and participate in the presentation of awards. Several of us had the opportunity to shake hands and offer congratulations.

Ken Klipp, Larry Lane, Bill Linn, and I made our annual pilgrimage to Des Moines and the Drake Relays. We had good weather for a change. Watching the kids run - high school, college, and university divisions - is fun, but they also bring in a couple of head liners to wow the crowd. This year they had Michael Johnson who hopes to win the 200 and 400 in the Olympics. He ran the 400 in about 44.5 seconds - the fastest 400 meters in the world this year. Gwen Torrence ran an unremarkable 200 meters.

We were in Des Moines while some of you were running the Perry Farm Four Miler. Well, it was supposed to be a four miler with five year age groups three deep. Unfortunately, the new kids on the block in the Bourbonnais Park District didn't read their own entry form. They also changed the course, but didn't get it measured accurately and it was long. They had ten year age groups - one deep! That they didn't publicize the race may have been a blessing. Only 28 runners crossed the line in a race one runner termed "pretty much a disaster." There was one Port-A-Potty - with no toilet paper. Happily, the weather cooperated as they didn't have a tent as they did last year. You can write this one off unless somebody who knows and cares something about road racing takes over.

Thanks to Shirley and Leon Malone for putting together the picnic. I was one of many who wimped out. It must be my advancing age!

We came up with a more efficient way to handle dues this year, but it didn't work. To those of you who suffered from the confusion, the club officers apologize. We'll go

back to doing it the old way!

While we don't have a team for the 24 hour Relay at BBCHS, Dave Bohlke has once again donated the use of his clock for the event. If you would like to donate some time to this worthy cause, volunteers are needed. Call Linda Linn at 935-0815 for a good time.

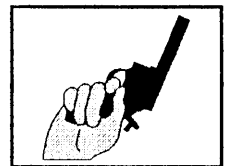
Yes, Mike McGuckin lives. We missed each other at the St. Pat's VFW 5K. Mike did a 5 mile in Springfield on March 31 in rain, wind and cold - a few hills. Some of the runners were doing the half marathon course!

Mike also found his way to Eureka for the Spring Classic 4 Miler for another windy and chilly race, but beat his last year's time by over a minute finishing 75th out of 190. While last year was the year of the green t-shirt, '96 may be the year of the cream - or is it creme? Three out of four! If you're in Flanagan or passing through, stop in and say hello to Mike!

The only local race in May is the Birdman 5K, but there are many other races only a short drive away.

Don't forget to properly hydrate! Warmer weather is on the way. If you wait until you are thirsty, you have waited too long. 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., May 4th, 9:00 A.M. - Lake Run 7.5M & 4.37M, Davis Lodge, Lake Bloomington, \$15, 5yr AG. Jeff 309-452-9777.

Sat., May 4th, Sage City 5K/10K, Monticello, IL.

Sun., May 5th, The Parkland 10K (held in conjunction with the Senior Olympics Games of Central Illinois), Parkland College, Urbana

Sun., May 5th, 9:00 A.M. - Earl's 5K, 1987 W. Jefferson St., Joliet, \$13/15 after April 26th, shorts, 5yr AG., beer, pop, & beef sandwiches. 12th Annual.. Flat & fast!

Sat., May 11th, 9:00 A.M. - Mayor Graves 10K/5K Runs & 2M Fun Walk, Harvey Municipal Bldg., 15320 Broadway, \$12/15, Ts, non-standard 10 yr AG (26-35?), refreshments, raffle. 708-802-0183.

Sun., May 19th, 8:00 A.M. - Rose Classic 10K, Pilcher Park, Joliet. \$12/15 after 5/18, Ts, 5yr AG. 478-3124.

Sun., May 19th, 8:00 A.M. - Birdman Duathlon & 5K, Bird Park, Kankakee, Diana Last, 933-1741.

Mon., May 27th, 8:00 A.M. - Elgin Valley Fox Trot 5K & 10M, \$15/20, 5yr AG. 931-6120.

Mon., May 27th, 9:00 A.M. - Stride for Pride 5K, Dept. of Veterans Affairs Med. Cen., 1900 E. Main St., Danville, \$5/7, 5yr AG, top 5 OA and top 3 in AG. 217-446-6696.

Sun., Jun. 2nd, 11:00 A.M. - Twin Cities Twosome, Crystal Lake Park, Urbana. Jan 217-359-9644.

Sat., Jun. 8th - Sunburst Marathon & 10K, South Bend, IN. 219-674-7192, Ext. 6262

Sat., Jun. 8th, 8:00 A.M. - El Paso Flatland Five-Miler, \$12/15, 10 yr AG,

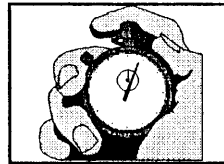
OA & 4 deep (1st & 2nd, trophies; 3rd & 4th, medals). 309-527-2756.

Sun., Jun. 9th, 8:00 A.M. - Harrahs 4 Mile Run, Joliet Center City, \$12/15, tank top, 5yr AG. 800-HARRAHS.

Sun., Jun. 9th, 7:30 - 9:00 A.M. - Harbor House Walk for Peace 5K, Gov. Small Memorial Park, Kankakee. A benefit for Harbor House which provides services to the victims of domestic violence and sexual abuse. Food, prizes, and a free logo cap to the first 150 to register with \$25 in sponsor fees.

Sat., Jun. 15th - Steamboat Classic 4M & 15K.. 307-675-6096

THE
FINISH
LINE



Mar. 17th, St. Pat's Day 5K, Bloomington - Mike McGuckin, 24:25

Mar. 31st, SRRC Lincoln Memorial 5M, Springfield - Mike McGuckin 40:59

Apr. 6th, Ringing in Spring 5K, Valparaiso, IN. - Pat Koerner, 1AG Dan Gould, 19:51, 2AG

Apr. 13th, Coca-Cola Classic 5K, Normal - Charlie Grotevant, 20:41, 3AG

Apr. 14th, Fabulous Four Miler, New Lenox - Pat Koerner, 22:05, 1OA

Apr. 20th, Eureka Spring Classic 4 Miler - Mike McGuckin, 31:12

Apr. 20th, Christie Run for the Health of It, Champaign - 5K: Bob Pool, 20:06, 1AG; John Pool, 22:22, 2AG. 10K: Dan Gould 41:19, 2AG; Charlie Grotevant, 42:29, 3AG; Charlie Kennedy 43:??; Lynn Troost, 60:00.

Apr. 27th, Perry Farm Spring 4 Miler, 28 finishers, long course

Pat Koerner	23:45	1OA
Rollie Szilard	25:14	1AG
Bob Pool	27:50	1AG
Charlie Grotevant	27:55	
Charlie Kennedy	28:15	
Marshall Grace	28:32	
Jeff Lonergan	29:12	
Paulene Coy	31:27	1AG
John Pool	31:58	
Randy Rahrig	32:57	
Mike Belletete	35:13	
James Ruberg	37:20	
Annie Rahrig	39:35	

A PICNIC AT THE PARK
by Leon Malone

April 28th dawned quietly, but with a bit of a drizzle - a great day for a picnic. Do we go for it or wimp out? Between 35 and 40 members from two clubs had indicated they planned on coming and, keeping in mind that runners are hardy breed and a little different than the average picnickers, we decided to go ahead as planned.

A nice sunny day would have been preferred to showcase Malone's corn fed beef, but then it would have been a good day to plant corn. We knew there would be some no-shows, but there were about 25 warm bodies arriving during the afternoon to enjoy the park for a little running, biking, hiking, or just pleasant camaraderie. The drizzle had ceased, but a little pickup of the breeze cooled the park pavilion so most of the bodies were no longer very warm when they loaded up to go home following our tasty repast.

I believe most everyone enjoyed the outing and perhaps it will be worth trying again sometime. Larry Lane managed to retrieve a 1979 t-shirt from his rag bag to pick up the prize for the oldest shirt.



“ Swill From the Quill “ Drippings from John's pen.

Some time ago, I had another of my rather interesting conversations with Bill Linn. For those of you who haven't had one of those conversations with Bill, I suggest that you feed him about six or seven beers first, then sit back and let him go. Bill told me that he thought it would be a good idea to have a race and not award any trophies, shirts, medals or whatever. He also told me that he thought runners were a greedy lot. Okay Bill, have a few more beers. However, after thinking about this for quite some time, I must agree with him.

The reason I'm writing about this topic is because our running community has lost another race. You can forget about running in Manteno this year, just as we've forgotten about running in Watseka, on the campus at Kankakee Community College, at the Armed Forces 12 K in New Lennox, in Elwood at that little race they had, at the Law Day race and many others. These races are disappearing faster than my hair. Why? Maybe Bill was right. It is simply becoming too expensive to put on a race anymore. For a twelve dollar entry fee, runners want traffic control, goody bags, fifteen dollar shirts, prizes, free food and drink, trophies that

cost about six dollars each, computerized race results in two minutes or else Dave catches hell again, articles in The Daily Journal about the race complete with pictures, clean toilets, and on and on. Man, no wonder people try to run us over with their cars once in a while. We *are* a bunch of crybabies.

Let's face it. We mess up traffic and some of us look funny doing it. We expect too much and we provide next to nothing, yet when we lose another race because sponsors can no longer afford to support it, we act stunned! What can we do about this trend? Maybe we shouldn't expect so much from these races. Maybe we shouldn't expect three trophies in each five-year age group. Maybe we shouldn't expect those now-famous, three-color long-sleeved t-shirts. Maybe we shouldn't expect beer and pizza and donuts and oranges and bananas and cookies and chips and pop and candy bars and power bars and watermelon and apples and the whole stinkin' world just because we ran a few miles one morning.

Maybe we should just do what Bill said. Maybe we should just run for the hell of it. Come on, Bill. I'll buy you a beer.



HEALTH & FITNESS

There is overwhelming scientific evidence that the sun's ultraviolet rays can damage unprotected eyes over a long period. Studies indicate the UV rays cause cataract problems among people who don't wear sunglasses.

As the eye ages, the lens will develop a slight opacity, making vision a little less clear. Wearing sunglasses protects the lens from further damage. Sunglasses also protect against certain retinal problems, benign growths on the eye and potential cancer of the eyelids and skin surrounding the eye.

The sun's strength also can affect vision in the short term. Exposure to three hours of sunlight on cloudless days might reduce night vision by as much as 50 percent. The sun temporarily "bleaches" the visual pigments. Golfers who find that sunglasses don't allow them to see the ball well enough on shots should at least use them while walking the fairways.

The American Optometric Association advises you to buy sunglasses with 99 to 100 percent protection against UV rays and glasses dark enough to screen out 75 to 90 percent of visible light. If you try on a pair and can see your eyes in your reflection in a mirror, the lenses aren't dark enough.

Wraparound lenses and frames can further decrease UV light reaching the eyes. Polycarbonate lenses are the most durable eye pieces, making them good buys for anyone participating in sports hazardous to the eye or doing work around the house.

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Kankakee



**RIVER
RUNNING CLUB**

YOUR MAY 1996 PAPER RACE! WE HAVE 'SWILL FROM THE QUILL' OF JOHN SHOUP. MANTENO IS HISTORY, BUT THERE MAY BE A SAVIOR. PERRY FARM 4 MILER - A DISASTER? ARE YOU READY FOR THE BIRDMAN 5K?