



# Kankakee RIVER RUNNING CLUB

## *The Paper Race*

SEPTEMBER 1996 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 103



### SEPTEMBER

<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Jessica Brinkman	30th	9
<b>Marge Flynn</b>	<b>10th</b>	<b>50</b>
Darcy Hanks	22nd	16
Leah Huizenga	27th	19
Dan Klipp	17th	16
Jenny Kohl	27th	22
Mike McGuckin	7th	44
Tyler Rahrig	6th	8
Sharon Reilly	17th	53
Amanda Uribe	19th	13

### WELCOME NEW MEMBERS

Mike Stluka, Beecher

Bill Orr, Hoopston

### ON DAN'S RUN by Dan Gould

**M**omence? Where is the heat? Where is the humidity? It sure didn't feel like August, but it was still a "glad" time. A record - or near record - turnout of over 300 runners and walkers participated in this year's event.

I had picked up our new warm-ups from Gary Dupuis on Friday so the timing was perfect to hand them out at Momence. I was even able to model them for awhile before the race and, with the assistance of Joyce Grotevant, got them passed out. If only Randy Devore and Howard Strassenburg had shown up, I wouldn't have to store any. Perhaps Howard and Randy will show up at Peotone or Beecher - and I will remember to bring them along!

We saw a lot of familiar faces and some seldom seen. Do you remember Jack Dorn? Dianne Strufe? The Glad Run is always a time to gather team Hickey: John and Erma Hickey (Port Charlotte, FL), Tom, Debbie, and T.J. Seitz (Decatur), and, of course, Mike, Georganne, and Krista Hickey. Graig Hickey was doing his summer military duty.

The Glad Run functions smoothly under Mike's direction, but there is always some new wrinkle. One male pre-registrant included a note demanding the he also receive gladiolus. Glads were promised to all female finishers and the writer felt that was sexist. Mike sent his application back with a note that the glads were donated and he would not honor the request. I saw this guy at the race, but couldn't bring myself to ask that age old question: Are you the flower of your family - the blooming idiot? Actually, I presume the note was penned in jest even though he said "I'm serious!" Had he hung around until the end of the awards ceremony, he might have gotten some glads as it appeared

there were some left.

Mike Belletete had to leave early and missed the opportunity to step up and receive his age group award for the 10K. Mike, a KRRC member from Woodridge, is a dedicated runner, but seldom has the opportunity to pick up the gold. Mike just moved into that great age group - 50-54!

Former Glad Run Race Director Howard Strassenburg sent me a note that he got so hyped up watching the Olympics that he has started training for "next year." Howard, start your return to racing this month - Peotone, Beecher, Kankakee. Next year is promised no man!

Mike McGuckin's monthly missive reports on his participation in the Dawson Lake 5K at the Moraine View State Park east of Bloomington. It was run in a steady drizzle on a very cool morning on a nicely paved course with about half a dozen hills in the loop around the lake. Among the 160 or so participants were John and Bob Pool and Jeff Lonergan. The gray/white/creme colored Ts trend continued with a stylish white T. Post-race refreshments were highlighted by a local Bloomington bakery's bagels.

August was the month for flowers. The August installment of the Summer Series 5K at Small Park was sponsored by Speckman Realty. Race Director Linda Krause awarded a rose to each finisher!

Our post-race feed at Chicago Dough was quite a party! It was Donna Hurst Koerner's 40th birthday! She, Nancy Ruda, Lynn Troost, and Shirley Malone all

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celebrated milestone birthdays in August - and they are getting better!

I had the opportunity to talk with Gary Dupuis (Superior Silkscreen) and Glen Grant (Chicago Dough) in August. Did you know they are both runners? Gary says his competitive juices are still flowing and running is an outlet he hasn't really explored. Glen has a family history that has him running for his life...well, health, anyway. Better start looking over your shoulder gang. These guys may be gaining on you!

I moseyed down to Texas for a long weekend/family reunion in College Station, home of Texas A&M - the "Aggies!" I stayed across from the campus which is a) beautiful; b) big; and c) breathtaking! Trying to run around it in the August heat is breathtaking! I played some cart golf and ran no races. The campus is about one mile square and home to 45,000 students - or thereabouts. They graduated 2,000 - in August!

Cornstalk and I made the drive to Hammond, IN., to run the Friends of the Hammond Public Library Run-to-Read 5K & Family Fun Walk. Hammond is a garden spot of the Midwest rivaling downtown Detroit. Cornstalk went because he

is participating in the "Gold Cup Series." I went because Donna doesn't want any of her children going out of state without adult supervision.

The course was an out-and-back on an asphalt hiking biking path with a fair amount of shade. Although it was an 8:30 start on a sunny day, it was another one of those blessedly cool mornings of which we had many this summer.

We ran well. When I met Pat coming back up the path behind the two leaders, I sensed he was very comfortable and just waiting for the right time. He was, he won, and Donna has to buy him another dinner.

This was a benefit which depended on the entry fees (\$15 race day) as opposed to one with sponsor contributions. That means the shirts were uninspired and the awards on the economy plan. The award for the overall champion was - ta-DAH - a gift certificate for \$25 off on the purchase of any running merchandise displayed by Barry Lee - **having a value in excess of \$100!** All Pat had to do was pick out an item worth at least a \$100 which could probably be bought at The Finish Line for \$75. Raspberries!

As you might imagine, the age group awards were equally inspired: small medals with no inscription as to the event, place or date. In a "can you believe this is a circuit race" backward step, Pat was also declared the winner of his age group. Well, I needed the speed work.

*Are you ready for some road racing?!* September has it, my friends. We have a new race at Peotone this Saturday, Beecher is back on September 14th (a Tom Stluka Production - thanks for the golf balls, Tom) and our own Kankakee River 10K is September 22nd. Feel the shiver of the cool autumn morning as you stand in anticipation at the starting line, a PR run just minutes away. These are

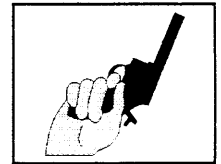
the days!

For those of you who would like a long cool down after the Beecher race, the National Heritage Corridor 25K on the following day offers you a scenic opportunity to recover. Why just last month Linda Linn and Georganne Hickey were talking about doing the 25K. Their long run at the time was about 4 miles, but I'm sure they've upped their mileage to properly prepare....5 or 6 miles....a week.

Hope to see you on Dan's run!

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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., Sep. 7th, 9:00 A.M. - 1st Annual Peotone Country Festival 5K, Park Dist. Bldg. next to H.S. on Garfield, \$11/15, tank tops, 3 deep in 5yr AG. Kirsten Benner Mulvihill, 708-258-3939. Note: \$1 discount for pre-registered running club members.

Sun., Sep. 8th, 9:00 A.M. - Stateville 10K 727-3607

Sat., Sep. 14th, 9:00 A.M. - Beecher 5K Run/ Fitness Walk, Beecher

Community Hall, 673 Penfield, \$11/13, Ts, 2-4 deep in 5yr AG, top 3 OA, top masters, refreshments, random prizes, computer finish.

Sun., Sep. 15th, 9:00 A.M. - Monee Fall Faire 4 Mile Run, Elementary School, 5154 Main St., 6 blocks east of Rt.50, \$12/15 after 9/7 (includes pancake breakfast, 5yr AG w/ cash prizes. 708-534-3449.

Sun., Sep. 15th, 8:00 A.M. - National Heritage Corridor 25K, Channahon Middle School, \$18/20 after 9/8, 5yr AG, 4-color screened sweatshirt. 312-886-7450.

Sat., Sep. 21, 8:00 A.M. - Hobart Y Deep River Run 5K, Deep River County Park, \$10/12, Ts, 5yr AG. 219-942-2183.

**Sun., Sep. 22, 9:00 A.M. - KANKAKEE RIVER 10K & 2 MILE WALK, Kankakee River State Park, \$5/9 no shirt, \$12/15 w/ shirt (long T), 5yr AG, top 3 OA, top masters, medals to top 20 walkers. 472-6243. The Governor's lives - by another name and a different month!**

Sat., Sep. 28, 9:00 A.M., Hospital Hustle 5K, Methodist Hospital, Merrillville, IN. 1-800-HUSTLE-1

Sun., Sep. 29, Fox Cities Marathon, Appleton, WI.

Sun., Sep. 29, 11:00 A.M., Wild Wild Wilderness 7.6 Mile Run, Kickapoo State Recreation Area, Danville. 217-431-4243.

**Sun., Oct. 6th, Illinois Open Cross Country 8K, 11:00 A.M., Camp Shaw-waw-nas-see 4H camp.**

Sun., Oct. 6th, 9:00 A.M. - Calumet Park District Mini-Marathon & 5K, 612 Wentworth. 708-862-6440,

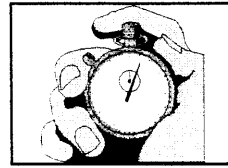
Sat., Oct. 12, 8:00 A.M., Autumn Shoreline Classic 15K/5K, Nelson Park, south off of Rt. 36, Decatur. 217-423-8042.

Sun., Oct. 13, Milwaukee Marathon

Sun., Oct. 20, Chicago Marathon, Detroit Marathon, St. Louis Marathon, Toronto Marathon

Sun., Nov. 10, Columbus Marathon

**THE**  
**FINISH**  
**LINE**



Aug. 1, Corporate Cup Challenge 3.5M, Chicago - Jeff Lonergan, 23:35

Aug 10, Momence Glad Runs - 10K, 80 finishers

Tom Stluka	34:00	2OA
Pat Koerner	35:04	1AG
Ken Klipp	37:16	1AG
Mike Stluka	38:04	2AG
Keith Theison	39:25	1AG
Bill Linn	41:07	2AG
Dan Gould	42:20	2AG
John Shoup	43:50	2AG
Bob Pool	44:11	1AG
Marshall Grace	44:20	
Dee Osenglewski	46:27	1MST
Kathy Steffen	47:46	1AG
Randy Rahrig	47:48	
Nancy Ruda	48:44	1AG
Jim Stevens	50:12	
Mike Belletete	53:35	3AG
Lynn Troost	57:50	2AG
Charlie Grotevant was there!		
Georganne Hickey	59:11	3AG
Krista Hickey	59:58	1AG

5K- 156 finishers

Joe Burgess	17:18	1AG
Marty Klipp	17:46	3AG
TJ Seitz	18:18	1AG
Rich Olmstead	18:59	1AG
Chris Walsh	19:45	2OA
Leah Huizenga	20:12	3OA
Charlie Kennedy	20:38	1AG
Allison Williams	21:11	2AG
Dale Huizenga	21:16	
John Pool	22:20	
Liz Huizenga	23:55	
Amanda Uribe	24:57	1AG
Ron Ruda	25:07	
John Hickey	25:10	1AG
Linda Linn	26:01	2AG
Peggy Baldwin	27:10	4AG
Jim Ruberg	27:22	
Jack Dorn	27:32	
Bonnie Sisson	29:22	2AG
Heather Steffen	30:27	
Tom Seitz	31:34	
Erma Hickey	32:04	
Shirley Malone	38:44	2AG
Dianne Strufe	41:45	1AG

Aug 17, Dawson Lake 5K, Moraine View State Park - Jeff Lonergan, 21:08; Mike McGuckin, 23:30

Aug. 18, Abe's Amble 10K, Ill. State Fair, Springfield - Dee Osenglewski - 46:25, 2AG

Aug. 22, Minooka 5K -Pat Koerner, 17:06, 2OA; Phil Newberry, 18:16, 6th OA; Jeff Lonergan, 20:54

Aug. 24, Frankfort Torch Run 5K - Jeff Lonergan, 20:43, 3rd AG

Aug., 25, Shorewood 5K - Phil Newberry, 17:38, 8th OA; Jeff Lonergan, 20:11

Aug. 24, Run-to-Read 5K, Hammond, IN. Pat Koerner, 16:36, 1st OA; Dan Gould, 19:39, 1AG

Aug., 31, Sweetcorn Classic 5K, Hoopston - Pat Koerner, 16:23, 5OA/1AG