



Kankakee RIVER RUNNING CLUB

The Paper Race

OCTOBER 1996 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 104



OCTOBER

<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
David Barrett	28th	32
Jason Batkiewicz	4th	8
Elliot Brinkman	19th	13
Steve Hanks	22nd	49
Methinee Kelly	24th	38
Charlene Klipp	10th	47
Bill Lauer	18th	62
Bill Linn	16th	44
Nicole Livesay	6th	15
Jared Livesay	13th	18
Brian Noffke	10th	36
Rich Olmstead	12th	45
Jack Sarowatz	8th	36
Tom Stluka	7th	37
Mike Wolfe	27th	21

WELCOME NEW MEMBERS

Dave Barrett, 31, Christine, 29, Kyle, 2, & Patrick, 8 months - Bourbonnais

Methinee Kelly, 37, Kankakee

ON DAN'S RUN by Dan Gould

Methinee, we missed you! Well, we missed welcoming you to the club when you joined a couple months ago. We apologize. Our highly trained and overpaid staff neglected to notify me. There will be no Christmas bonus for her this year,

but, if she is lucky, perhaps a Christmas goose. Thanks to the little bird who brought this oversight to my attention.

We are also happy to welcome Dave Barrett and family to the club. Dave is filled with enthusiasm and enjoying those first year Prs. Now if we can just keep him from overtraining, over racing, and running himself into injury...

Dave's membership is another addition to the Koerner-Linn complex. The Koerners and Linns live next door to each other on Vantage Lane and the Barretts live across the street. A great start! Now, get out there and sign up the rest of the block!

Our membership stands at 97 households. I recently came across a January 1984 running club newsletter and membership roster which listed 56 households. Of those 56, the following 10 are still members:

- Tom "Doc" Baldwin
- Pat Baldwin
- Dan Gould
- Dale Huizenga
- Ken Klipp
- Rick Livesey
- Randy Riegel
- Henry Shelly
- Scott Stevens (aka Stephens)
- Lynn Troost

September started with the 15th running of Herscher's Hare & Tortoise. Scott Stephens has directed the race every year and now holds the county record for longevity as a race director. Thanks to Scott for this continuing contribution to the

running community!

Scott's race, unfortunately, conflicts with a two day golf event in which I have played on Labor Day weekend for the last two years. In addition to missing the race (I was particularly fond of that Hare & Tortoise t-shirt), this year I missed in impromptu post-race party at Scott's house. Charlie Grotevant, Larry Lane, and Ken Klipp tell me I missed a good time.

You will also find sketchy race results from Herscher. I get complete results when Dave Bohlke does the finish line. Otherwise, getting results is hit and miss and, if I'm not at the race, usually a miss. A very few of you mail or fax your results to me.

Mike McGuckin is a faithful correspondent. He ran the DARE/Katie Maguire 5K in Bloomington in September. A highlight of the event was a children's half mile race for kids age 11 and under in which well over a hundred participated. Mike says that the adults lined the finish for a good 100 yards several deep to cheer on the young runners. The looks of satisfaction on the young runners' faces made staying for the post-race festivities even more special.

Two of our members were featured in stories in *The Daily Journal*. Pat Koerner was in a "CAMEO" piece in connection with his participation in directing the YMCA 5K. Scott Stephens was profiled in a story in the sports section in connection with coaching of the Herscher High School's cross-country and track teams.

The 1st Annual Peotone

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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Linn was 41 seconds faster; Dave Barrett was 39 seconds faster. Rich Olmstead was thrilled to be the top master. John Shoup was content to be a spectator - a distant spectator when Lori started talking about a family membership.

Speaking of KRRC warm-ups, it is apparent that some of you don't hang on my every word. A number of people missed the full page order form and my entreaties to get their order in. We will try again. The form is found elsewhere in this newsletter. Just Do It! Some of us made the mistake of ordering a size big like we do in t-shirts. Would anybody like my large jacket? Like new! I'm going to order a medium. I am a medium! I'll look into the crystal ball and.....

The Dwight Harvest Days 5K was not well publicized. It is a flat, fast course. Cornstalk made it one of his overall wins of the month and Bill Linn, the Pool brothers, and Charlie Grotevant were also in attendance.

Kankakee River 10K. The new name, date, great shirts, perfectly beautiful weather, Chicago Dough pizza and hard work by Phil Newberry and Jeff Lonergan went for nought. Only 81 runners crossed the finish line. It is difficult to imagine what more you could want. Well, I suppose we could spray for those damn bees. I waved one away from my pizza so he went for fresh meat - my thigh. Ouch!

Jeff had added a bonus in my pre-registration packet - a bag of Oreo Double-Stuf. This is the second time in three months that he has attempted to take advantage of my addiction to better me. I fooled him. I only ate half the bag before the race! He was tenacious for a couple miles and then handed off to "Joliet Jeff" Lindstrom who hung close for about four miles. I don't think the tag-team approach is fair.

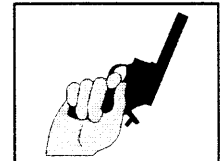
Bob Muren (WHO!) won the Kankakee River 10K followed by Tom Stluka and Pat Koerner. If you check

the race results, you will see that Tom and Pat had quite a month! Dave Barrett brought home the gold for the first time!

The races taper off a bit in October, but there are still lots of opportunities. The shorter days mean more runs in the dark. Be careful, be colorful, be seen!

Hope to see you on Dan's run!

THE
STARTING
LINE



Country Festival 5K got off to a respectable start, but it did have one glaring problem: long course! The shirts were ok, I got to the refreshments while there was still a chocolate-covered donut left, the trophies were decent, and we had finish line results by Bohlke.

The course, an out-and-back of sorts, started and finished on a curve of a driveway in front of the high school. We survived starting on the curve although a wide, long straight-away would have been preferable. The long course, however, was a bummer - and Pete Mathis let the race director know how he felt. Well, it was her first attempt and a good effort. The distance can be corrected next year. Whatever the distance, Tom Stluka was first and Pat Koerner second.

A week later we were at Beecher where Tom Stluka was first and Pat Koerner was second. Tom directs Beecher and he keeps making little changes in the course to throw off the competition. I forget from year to year that Beecher is a bit hilly. Happily, it was blissfully cool this year. A great day for those great looking KRRC warm-ups! It was also a reaffirmation of our abilities. I was 40 seconds faster than Peotone; Bill

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., Oct. 6th, Illinois Open Cross Country 8K, 11:00 A.M., Camp Shaw-waw-nas-see 4H camp. \$12/15, 815/838-3418.

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

Sun., Oct. 6th, 8:30 A.M. - Sertoma's Oktoberfest 5K Run, World Music Theater, Tinley Park, \$12/15, 10 yr AG, Ts, refreshments. 708/798-6171

Sat., Oct. 12, 8:00 A.M., Autumn Shoreline Classic 15K/5K, Nelson Park, south off of Rt. 36, Decatur. 217-423-8042. Long Ts, \$15/20,

awards to top 15 M & F in 15K and top 10 in 5K. No age group awards.

Sun., Oct. 13, 11:00 A.M. - Making Strides Against Cancer 4M, Highland, IN., Debbie 219-793-1030

Sun., Oct.13, 9:00 A.M., Run for the Health of It 10K, Bill 708-432-2884

Sun., Oct. 13, Milwaukee Marathon

Sat., Oct. 19, 8:00 A.M.,Prairie State College 10K, Volmer Rd., Chicago Heights, \$10/10 no shirt. 708-709-3684.

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

Sat., Oct. 26, 10:00 A.M. - Omni 41 Pumpkin Prance 5K, Schererville, IN., \$10/12. Teresa 219-865-6969

Sun., Oct. 27, 9:00 A.M. - Monster Dash 5K Run, Suburban Heights Med. Cen., 333 Dixie Highway, Chicago Heights, Ts, \$10/12, 10 yr AG, refreshments, raffle. **Note: Little Monster Dash 0.3 mile for children 8 and under.**

Sun., Oct. 27, 8:30 A.M. - Frank Lloyd Wright 5K/10K, Oak Park River Forest H.S., \$15/18,Ts, 5yr AG.

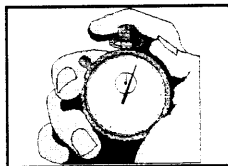
Sun., Nov. 3, 11:00 A.M. - 14th Annual Canal Connection 10K, Utica Elementary School, \$12/14, long Ts, 5yr AG 2-5 deep plus top 3 overall and masters, random prizes. Note: This is a point to point race on the IM Canal towpath. Great race, but it will take the whole day. 223-8988.

Sun., Nov. 10, Columbus Marathon

THE

FINISH

LINE



Sep. 2. Park Forest Scenic 10 Mile Run - Pat Koerner, 57:57. 2nd place in the progressive marathon: Kathy Steffen, 1:18:20. 5th in AG (they went 5 deep in this race)

Sep. 1. 15th Annual Hare & Tortoise 5K.

Herscher - (Sketchy results based on Herscher newspaper report)

Chris Walsh	19:35	1OA
Dan Flynn	19:02	1AG
Phil Newberry	17:57	1AG
Tom Stluka	16:32	1AG
Joe Burgess		2AG
Rich Olmstead	19:09	1AG
Jeff Lonergan		2AG
Ken Klipp	17:40	1AG
Larry Lane		2AG
John Shoup		3AG
Charles Kennedy	20:56	1AG
Bob Pool		2AG
Peggy Baldwin		2AG
Jenny Kohl	20:22	1AG
Methinee Kelly		2AG
Kathy Steffen	22:52	1AG

Sep. 7, Peotone Country Festival 5K. 76 finishers, hot, humid - NOTE: Course about .1 mile LONG.

Tom Stluka	16:43	1OA
Pat Koerner	16:46	1AG
Mike Stluka	17:35	2AG
Joe Burgess	17:38	3AG
Rollie Szilard	18:56	1AG
Bill Linn	20:07	2AG
Dan Gould	20:22	2AG
Dave Barrett	21:03	
Bob Pool	21:16	1AG
Jeff Lonergan	21:52	
Methinee Kelly	23:16	1AG
Amanda Uribe	26:10	1AG
Howard Strassenburg	39:43	

Sep. 8, Stateville 10K - Pat Koerner. 35:31, 1OA

Sep. 8, DARE/Katie Maguire 5K, Bloomington - Mike McGuckin. 23:25

Sep. 14, Beecher 5K. 84 finishers. sunny, cool

Tom Stluka	16:28	1OA
Pat Koerner	16:37	2OA
Mike Stluka	17:03	3OA
Joe Burgess	17:06	2AG
Phil Newberry	18:04	1AG
Rich Olmstead	18:51	1MST
Bill Linn	19:36	2AG
Dan Gould	19:42	1AG
Dave Barrett	20:24	
Jeff Lonergan	20:40	3AG
Bob Pool	20:56	1AG
John Pool	22:26	3AG

Amanda Uribe 24:25 1AG

Sep. 15, National Heritage Corridor 25K, Channahon - Dee Osenglewski. 2:12:14. 1AG

Sep. 21, Dwight 5K (nice day, small field, poorly advertised) - Pat Koerner, 16:35, 1OA; Bill Linn, 19:11, 1AG; Bob Pool, 22:00; John Pool, 22:10; Charlie Grotevant, 22:22

Sep. 22, Kankakee River 10K, 81 finishers, sunny, cool, PERFECT!

Tom Stluka	34:27	2OA
Pat Koerner	34:56	3OA
Rick Livesay	36:12	1MST
Mike Stluka	37:24	1AG
Phil Newberry	37:28	1AG
Joe Burgess	37:33	2AG
Jim Grace	38:35	3AG
Keith Theison	38:54	1AG
Rich Olmstead	39:48	1AG
Dan Gould	41:12	2AG
Mike Wolfe	41:41	
John Shoup	42:51	1AG
Dave Barrett	43:07	3AG
(Hooray! Dave's first gold!)		
Jeff Lonergan	43:19	4AG
Bob Pool	43:35	1AG
Charlie Kennedy	44:03	1AG
Kathy Steffen	46:26	3OA
Randy Rahrig	47:29	
Methinee Kelly	47:33	1AG
Charlie Grotevant	47:37	
John Pool	47:55	
Paul Suprenant	49:30	
Amanda Uribe	52:14	1AG
Peggy Baldwin	57:12	2AG

Sep. 28, Hospital Hustle 5K (Merrillville, IN.) Pat Koerner. 16:23, 1OA; Mike Stluka, 17:21, 2AG

Sep. 29, Grand Ridge 4 Mile - Pat Koerner, 21:20, 2OA

CORN PLANTAR BLUES - Charlie Grotevant

Plantar fasciitis: an inflammation of the plantar fascia—a thick band of connective tissue which runs along the bottom of the foot.

Corn planter fast-itis: a swelling of the brain caused by driving a corn planter too fast in too wet of field conditions during a frustrating planting season.

My foot hurts more than my head so it must be plantar fasciitis. I have discounted the popular theory advocated by the medical community that plantar fasciitis is an overuse injury common to ageing runners.

Beware, fellow runners and walkers! Plantar fasciitis is a contagious disease! After a summer of searching, I have narrowed the source of my 1996 running incapacitation to 1 of 3 fellow runners. I could have been contaminated in March or April by either Carol Pratt or Auburn Wells. The 3rd possibility is Phil Newberry, who rid his body of this terrible scourge last year. Does plantar fasciitis have a 2 year incubation period or is it immediate? Dr. Baldwin, please help me find the answer so we can properly warn our fellow runners.

The right heel soreness began in April and in a come-and-go fashion continued in an ever increasing frequency until it put me on the shelf after the Chicago Distance Classic on July 28th. I have tried all the common remedies: rest, ice, ibuprofen, Coors, even 3 weeks of cortisone and ultrasound treatments with a Carle Clinic sports medicine trainer. All to no avail.

This has become the longest layoff from running in my 10 plus year racing career of a running experiment which began in 1983. From July 1, 1986 through July 28th of this year, I averaged more than 37 miles per week including 409 races of varying distances from 1 mile to a marathon. Please note that I have never exceeded 49 races per year because I do not want the negative connotation of insanity which accompanies runners who race 50 or more times annually.

My previous injuries have never shut down my running for more than 3 weeks. They include a partially torn achilles tendon in 1995, a twice pulled hamstring in 1994, illiotibial band trauma from running 2 marathons in 7 weeks in 1990, internal surgery in November 1988, and an altercation with a grain bin auger in February of 1988 which put me on crutches. I must share a very remote possibility regarding the cause of these various injuries. Is Joyce bad luck? These things never happened to me before our marriage in 1962. Do we attach the same caution flag to Joyce as we do to Phil, Carol, and Auburn?

Frustration, anger, humbleness, and depression are some of the more prevalent feelings I have encountered as I have traveled the prairie roadways on a bicycle the past 7 weeks in a feeble attempt to retain my conditioning. A bike hurts my butt and hurts my right knee. I don't like a sore butt or a sore knee! After averaging 80 miles per week for 6 weeks, I finally reached an equilibrium on September 14th. The pain in my right knee from biking now equals the pain in my right heel from my attempts at running. The bike riding is now being greatly reduced.

The busy harvest season is upon us. My running is limited at the very time I usually enjoy my peak performances of the year. Where do I go from here? I thank God for the many wonderful years of friendship and competition the running has given to Joyce and myself. Its been a blast. I am now looking forward to 1997 when I intend to be one of the faster 55+ runners in the area by getting the 5K time back to the sub 20 minute level. Train harder, Dan Gould, Jeff Lonergan, Robert Pool, and all my other friendly rivals because I'm coming back and I'll be closing in on your butts once again!



P.O. BOX 534
 Bourbonnais, IL. 60914



Kankakee



RIVER
 RUNNING CLUB

YOUR OCTOBER 1996 PAPER RACE! SUNDAY IS THE ILLINOIS OPEN 8K, TINLEY PARK 5K, CAL CITY HALF MARATHON & 5K! ORDER YOUR KRRC WARM-UPS!