

Kankakee RIVER RUNNING CLUB

The Paper Race

NOVEMBER 1996 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 105



NOVEMBER

<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Andy Baldwin	6th	8
Dorothy Baldwin	10th	77
Don Combs	1st	44
Kari Livesay	22nd	41
Bill Orr	17th	46
Carol Pratt	5th	37
Tricia Rahrig	8th	14
Keith Theisen	18th	51

WELCOME NEW MEMBERS

Susan West, South Wilmington

ON DAN'S RUN by Dan Gould

Jeff Lonergan, the wiley old veteran, ran around the puddles, kept his shoes clean - and lost the race! Dave Barrett, the new kid on the block, knew the shortest distance was a straight line and ran through the puddles - to victory!

The Prairie State College 10K in Chicago Heights must have been interesting. As told by Jeff, there were only about 17 runners. The age groups were, oh, 30 and over. The pace car kept a quarter mile interval. The first split caller was definitely out

of position. Jeff, accustomed to playing follow the leader, found himself in a position for which he was unprepared - the lead! Jeff said the course was in good shape except for the final stretch which had numerous puddles of water. Jeff didn't want to get his new shoes dirty. This gives new meaning to the agony of de feet. Dave Barrett, who has had the joy of first year PRs, now has the thrill of an overall win. Must be something in that Vantage Lane air or simply living across the street from Pat Koerner who has the most overall wins in the county. Jeff has taken his pain to Spain.

Dave's win comes a week after a different type of winning at the Wylers Childrens Hospital Run 5K in Chicago. Dave was the winner of the grand prize in the random drawing: two tickets on American Airlines to anywhere in the continental U.S. Heck of a year for a rookie!

John Hickey is about to join the "400 Club." Before the year's end, John will have run 400 road races. He sent me a copy of a nice story about he and Erma in the Port Charlotte newspaper. They are the heart and soul of the Peace River Track Club and its signature race is the John and Erma Hickey 5K Trophy Run and Walk.

John, 68, has run 394 races in the last 12 years. Erma, also 68, has run 321 races and placed in her age group in each one. Erma has been sidelined with a hip problem in recent months and John's Achilles' tendon injury last year forced him to miss a number of races. He also missed a few races due to a coronary by-pass a few years ago or he would

THANK YOU!

I would like to thank everybody who helped make the Kankakee River 10K a success. What I mean by success is that we staged an event where all the participants could enjoy themselves.

I would especially like to thank Jeff Lonergan, Henry and Janet Shelly, Ron and Nancy Ruda, Leon and Shirley Malone, Bill and Linda Linn, Joyce Grotevant, Ken Klipp, Dan Gould, Jeff Lindstrom and everyone else who helped with the race.

I would also like to thank our sponsors: Commonwealth Credit Union, McGrath Whalen Office Equipment, The Boys Produce, Culligan Water Conditioning, and the Chicago Dough Company.

-Phil Newberry
Race Director

already be in the 400 Club.

How many races have you run? How many years have you been running? How many miles have you run? What has been the highlight of your running career?

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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Send me your stats (212 Julie Drive, Kankakee, IL. 60901). I know Cornstalk is a member of the 400 Club and I suspect Charlie Grotevant is. Hell, Cornstalk has probably won 400 races!

We had some marathon men in October, but I have only partial results. It may be that Jim Grace finally drown while doing the 2.4 mile swim in the Florida Triathlon. He has not checked in, but I haven't seen an obit saying he checked out.

Dave West reported a successful (finished) but disappointing Chicago Marathon. He actually called to see if anyone was going to Columbus as he felt the need for redemption. I counseled him that: 1) he would be looking for injury to do another full marathon so soon; and 2) 99% of our membership did not run let alone complete a marathon this year. It adds to the sense of accomplishment to run a good time in a marathon, but you need to step back and realize the magnitude of what you have done in completing a marathon. Months of dedication and discipline are required

to prepare. Marathon training is flirting with injury. Going the distance on race day makes you a winner. Let those who run 5Ks or half-marathons complain about their times. Time is the measure in those races.

Marshall Grace also successfully negotiated the Chicago Marathon course. He, like Dave West, was not happy with his time. A large blister for the last 10 miles took something away from his race. Marshall, as I said to Dave, you finished and that is a great accomplishment. Besides, there is always next year!

I have a secondhand report that Rollie Szilard also completed the Chicago Marathon. I don't have a time nor do I know if he was satisfied or disappointed. Let me tell you about disappointment. Disappointment is sitting here with a low grade back injury that has kept me from being a marathon man for two years. I should have qualified my comment about next year. There is always next year - if you are healthy!

Ah, the wonder of modern technology. I got a call from Charlie Grotevant at nine o'clock last night. He was calling to firm up travel plans for Canal Connection. The "wonder of modern technology" is that he was calling from the farmer's mobile office: the cab of his tractor. Yes, my favorite Buckingham farmer was just out pulling the chisel plow around the field and thinking about Sunday's race.

Pat Koerner had the thrill of a PR at the Cal City Half Marathon. When you have been running as many years as Cornstalk, PRs are hard to come by. He was also the first runner across the finish line to have run the entire course. The "winner" went off course (I don't remember if Pat said he was led off course) and ran a shorter distance. The race director didn't DQ him so Pat got a first in age group. Pat referred to them as "diddle awards" - medallions! Well, Cornstalk, you're a

winner in my book.

Marshall Grace also did Cal City and was pleased with his time. Marshall noted that it was rather warm and felt the need for more water stations. I'm not sure either he or Pat are giving rave reviews to this half marathon.

I regret to report the passing of the Illinois Cross Country Open 8K and the Rose Classic. These were Prairie State Road Runners' races which Keith Theisen and Jack Picciolo worked hard to sustain. They didn't draw enough runners to make them worth the effort. Thanks for trying, guys!

No, I don't have a Mike McGuckin report nor do I have any of my own race notes to pass on. October was a great month to play golf! It was also a beautiful month for the Sunday runs at the state park. The weather was so nice that the few of us who are regularly there modified the starting time to 8 A.M. Perhaps we will want to make that official next year.

Shirley Malone has put together a casual evening for us at Chicago Dough on November 16th. Glen Grant will be serving up that great pizza. I wouldn't be surprised if Janet Shelly has some sweet treat for dessert. When you RSVP to President Henry or First Lady Janet (933-9255), you might see if she would like some help. Please note that this is an adults only gathering.

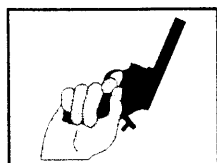
If you read this before election day, please - make the effort - take the time to vote! To those who will call me on election eve with regard to the race for Appellate Court Justice in the Third District, my answer is vote for John F. Michela. He has over 20 years experience as a trial court judge, common sense, and a good work ethic.

Not much on the race calendar this month, but, if you are willing to go the distance, there are races to be had! 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.

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

Sun., Nov. 10 - 9:00 A.M. - Fox Chase 5K, Fox River Grove, Algonquin Rd. School off Rt. 14. Long Ts, \$16/20. 847-516-1405.

Sun., Nov. 10 - 9:00 A.M. - Fall Frolic 4 Mile, Hammond, IN., long ts, raffle, \$11/15. 219-845-1977.

Sat., Nov. 16 - 7 P.M. - KRRC Social. Pizza Party at Chicago Dough. Relax with some old friends or make some new ones. RSVP Henry Shelly 933-9255.

Sun., Nov. 17 - 9:00 A.M. - Jingle Bell 5K, Oak Brook, 312-868-3010.

Sun., Nov. 23 - 9:00 A.M. -Pumpkin Plod 6 Mile Run, Highland, IN. 219-

838-0114

Sun., Nov. 23 - 8:00 A.M. - Run for Their Lives 5K, Normal, IL. 309-438-5972.

Thurs., Nov. 28 - 9:00 A.M. - Pilcher Park Poultry Predictor 4M. Keith 485-2477.

Sat., Nov. 30 - 11:00 A.M. - KRR Turkey Tromp 5K Handicap & Poker Runs, Kennekuk Cove Country Park, 3 miles north of Kickapoo State Recreation Area on Henning Road and 4 miles north of I-74. 217-733-2403.

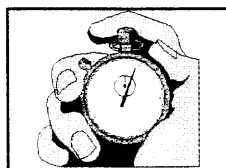
Sat., Dec. 7 - 8:30 A.M. - Fox River Outdoor Store Reindeer Romp 5K, Batavia, IL. 708-406-0020.

Sun., Dec. 8 - 9:00 A.M. - 6TH ANNUAL JINGLE BELL RUN FOR ARTHRITIS, Shapiro Developmental Center, Kankakee, \$15/18, 5yr AG, long ts. Remember, this is a fund raiser for the Arthritis Foundation so the entry fee is a couple of bucks more than you usually pay. See app enclosed. Phil Angelo 933-4935.

THE

FINISH

LINE



Oct. 5 - Lowell Oktoberfest 4 Mile - Pat Koerner, 21:49, 10A

Oct. 6 - Tinley Park Oktoberfest 5K, 60 runners -Phil Newberry, 18:05; Jeff Lonergan, 21:45

Oct. 6 - Cal City Half Marathon - Pat Koerner, 1:15:04, PR 1AG; Marshall Grace, 1:35:24

Oct. 12 - Autumn Shoreline Classic 5K - Jeff Lonergan, 21:05

Oct. 13 - Wylers Childrens Hospital Run 5K - Dave Barrett

Oct. 19 - Prairie State College 10K - **Dave Barrett, 40:24, 10A**; Jeff "I kept my shoes clean" Lonergan, 40:26

Oct. 20 - **Chicago Marathon** - Rollie Szilard, 3:??:??; Dave West, 3:43:06; Marshall Grace, 4:01:00

Oct. 26 - Omni 41 Pumpkin Prance 5K - Pat Koerner,

Oct. 27 - Allerton Park 5.5M Trail Run - Jeff Lonergan, 39:28 (84th/450)

THE DAILY JOURNAL ACCENT

Pat Koerner logs life in miles

By Ann Traverso
Journal correspondent

Pat Koerner's dedication to running has provided the sustenance needed to fuel the YMCA's annual 5-kilometer run, now in its eighth year.

Koerner has volunteered with the 5K run since its inception in July, 1989. Koerner was asked to oversee it the following year, when the previous coordinator married and moved out of town.

Cameo

"I took it over so I wouldn't have to see its demise," he said.

Coordinating the race is a complex effort that requires plenty of last-minute planning.

"Right off the bat, it's a lot of responsibility, from trying to line up sponsors for money all the way down to making sure that all the corners are covered on the day of the race," he said.

Koerner, 34, didn't immediately take to running. He began slowly, and gradually improved his speed.

"The first time we did four miles, I'd run a mile, then walk a mile," he said.

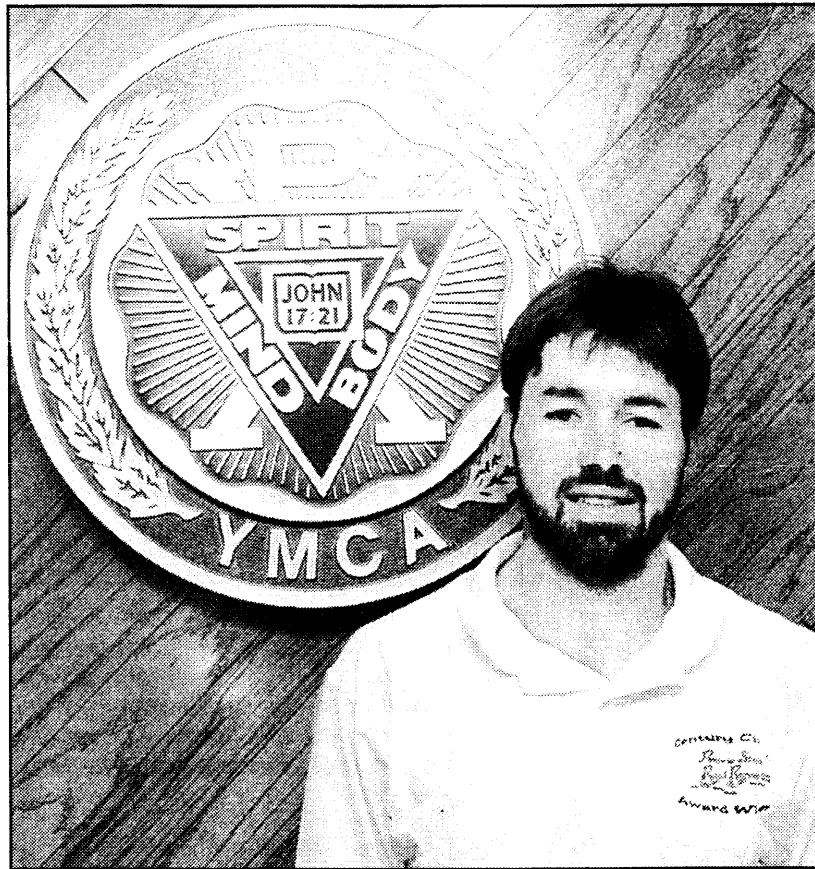
He quit after four weeks, but started again during the sweltering summer of 1983. The heat forced him to quit again. In March of 1984, Koerner took up running a third time, which proved to be a charm.

Koerner averages 50 miles a week, logging between 2,500 and 2,600 miles a year. He fell into his avocation without any planning.

"That was just a complete fluke," he said. "One guy who was heavy was running two or three times a week. He talked me into trying it."

Today, Koerner is neither a city mouse nor a country mouse. Instead, this fourth-generation farmer commutes from his Bourbonnais home to continue the family heritage.

Raised on the farm that had been



Journal/Kathie VanTassel

Patrick Koerner

in his family for generations, Koerner first moved to Cabery. Because there were few runners there, he decided to move to Bourbonnais, where he could sample a modified version of city life.

Because he didn't have exercise equipment in his apartment, he joined the Y.

"You need to keep in shape, especially in my work," he said.

The Cabery-area native is the only child of Donald and Vernile Koerner of rural Cabery. His great-great-grandfather emigrated from Germany and settled in the Cabery area, and Koerner's father still lives on the farm where he was born 79 years ago. Pat goes to assist him, and

maintains his hometown ties in other ways, too.

He is a volunteer fireman for the Cabery Fire Department.

Koerner and his wife, Donna, were married on Valentine's Day, 1992. With two young children and his involvement in several running clubs, Koerner admits he doesn't have much time for other activities.

During the winter, he watches son Colin, 3, and daughter Casey, 14 months.

"I basically take care of the children in the wintertime," he said. "If I'm not down at the farm, I help my wife at the office or take care of the kids."

PIZZA PARTY SOCIAL

YES, YOUR SOCIAL DIRECTOR HAS ARRANGED FOR US TO GATHER AT CHICAGO DOUGH ON NOVEMBER 16TH AT 7:00 P.M. GLEN GRANT WILL SERVE UP THAT DELICIOUS PIZZA AND WE WILL CATCH UP ON OLD TIMES WITH OLD FRIENDS AND MAKE SOME NEW ONES. RSVP PRESIDENT HENRY OR FIRST LADY JANET AT 933-9255. THIS IS AN ADULTS ONLY EVENT.

P.O. BOX 534
Bourbonnais, IL. 60914



Kankakee



**RIVER
RUNNING CLUB**

**YOUR NOVEMBER 1996 PAPER RACE! DON'T QUIT NOW!
THERE ARE STILL RACES TO BE RUN AND WON! STAY IN
SHAPE FOR JINGLE BELL. VOTE ON NOVEMBER 5TH!**