



THE PAPER RACE

KANKAKEE RIVER RUNNING CLUB NEWSLETTER

MARCH 1997 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 109



MARCH

<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Christine Barrett	15th	30
Becky Criscione	23rd	56
Micah Dorn	15th	8
Sara Goodberlet	12th	17
Dale Huizenga	3rd	53
Sarah Huizenga	23rd	21
Ken Klipp	25th	48
Pat Koerner	27th	35
Terry Morse	12th	43
Bonnie Sisson	1st	52
Jim Stevens	7th	49



WELCOME NEW MEMBERS

Craig Kippels, 49, Lois, 46, & Sue, 11 - Bourbonnais

ON DAN'S RUN by Dan Gould

February is a great month for a number of reasons. Bill, Linda and I do our duty as race directors and can relax for the rest of the year. It is mercifully short. I spend part of it in

Florida. There are some others, but those are the biggies.

Winterfest weekend was full. On Friday night, Linda coached her gymnastics team to the conference championship and brought home this humongous trophy. Congratulations!

On Saturday afternoon, we gathered in the Linn kitchen to prepare the pre-registration packets. Ken Klipp, Cornstalk, Bill and I got them together in short order. Linda was busy taking congratulatory phone calls.

On Saturday evening, Pat, Donna and I went to Joliet for the Prairie State Road Runners annual awards night banquet. Pat was the overall circuit champion. We used to have a circuit, but Pat was the only one who cared about it. Every year we told Pat to go pick out his trophy /plaque/award for being the circuit champion.

We were blessed with good weather on Winterfest Sunday and, consequently, a good race day turnout. Total registration was 283 and almost half of those were race day entrants. BBCHS won the participation award from Riverside Healthcare.

If Friday night's success wasn't enough, Linda Linn was one proud mother as son Brett completed his first race. She and Brett ran most of the race together. Proud Bill was working the finish line. This was the first time in several years that Bill didn't have to be in Atlanta on the first weekend in February. It must have been Bill's presence that brought the race off without a hitch!

Race day was a reunion of sorts. People we haven't seen much of were in attendance. Ken Stark,

FINAL DUES NOTICE

You will be deleted, a fate worse than a loose shoe lace on a PR pace, if your dues are not received by March 20th.

Do it NOW!

Single \$12/Family \$17

Make your check to KRRC and send to: Linda Linn, 1226 Vantage Lane, Bourbonnais, IL. 60914

the artist responsible for our beautiful shirt, was there and running. John Brinkman joined us for what seems like the first time in ages. Augie Hirt came by to socialize.

It was a family outing for the Phil Angelos. Sons Ben and Alex ran while Phil and wife Connie walked.

I had some fun assigning race numbers. I tried to assign the top ten based on the order I guessed they would finish. This was complicated by the fact that some of the top runners do not pre-register. I saved #1 for Bryce Baker, but he didn't show. I gave #2 to Tom Stluka and #3 to Pat Koerner. They finished 1-2. Well, Bryce doesn't belong to the club anyway. I assigned #5 to Joe Burgess and #9 to Tom Lambert. They finished 5th and 9th, respectively. Well, it was interesting to me. If these people would just pre-register....

The Rudas were sharing the excitement of their pregnancy. I suppose that could read PREGNANCY. Actually, I didn't ask which one was preggers. He did take her last name when they got married and, well, if you look at them, ... I

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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just better let that go. Anyway, congratulations!

We had some new members at the race, but not necessarily new faces. Jim Rattin was 11th overall and 2nd in the 40-44 age group. Kirsten Benner-Mulvihill was 2nd in the 30-34 age group. Rich Manthei was there and giving it his best. We signed up Craig and Lois Kippels on race day. They are new members and new faces. Craig is an executive with Riverside Healthcare.

Thanks to all the club members who helped, especially President Henry and First Lady Janet, Ken Klipp, Scott Stephens, Rick Livesay, Joyce Grotevant, and Ron and Nancy Ruda.

Scott Stephens has heard the words that every dedicated runner fears - "stop running." Arthritis in Scott's hip has apparently progressed to the point where at least one doctor thinks Scott's running days are over. We hope there is a second and different opinion or a hip replacement like Bo Jackson got.

Pat Koerner went to

Chesterton on February 8th for the Flurry Scurry 5K and recorded victory number 70, besting the 116 other runners who gave it their all. Pat, by the way, was first in his age group last year in the Gold Cup Circuit which includes a number of Indiana races.

Phil Newberry and I went to the Frosty 5 Mile in Channahon on February 9th where we were joined by a number of other members. The day was almost an instant replay of our Winterfest weather with a temp in the mid to upper 30's and some sunshine.

A new out-and-back course to the south was certainly more challenging with a major hill. I think there was less traffic and we didn't have the noise and smell of the snowmobilers on the river.

This race offers awards 3-5 deep in 5 year age groups, pop, pizza, and stocking caps. They also charge \$18 on race day and, if they are out of stocking caps, tough. I like the race, but it is a rip-off. There is no reason to charge \$14 pre-registered or \$18 race day for what it has to offer. Because it is a Prairie State circuit race and there are few races at this time of year, I swallowed hard and shelled out the money. Prairie State should tell them to get real or take it off the circuit.

Phil Newberry, Jim Grace, Carol Pratt, Keith Theisen and Becky Criscione all brought home some Frosty 5 gold. Charlie Grotevant and I got zippo in our age group when three ringers showed up. Well, we were happy with our times.

Frosty 5 was Charlie's last hurrah (more like foey!) In the 50-55 age group. He is now the new kid on the block. He started anew on February 23rd in St. Louis for the 3rd Olympiad 10K (there was also a marathon). Charlie liked the low 30's, but says that quarter mile hill makes it the toughest 10K he has run. Happily, he was able to pick up 3rd place gold. Good start in the new age group!

FOR THE RECORD

BELGIUM, Feb. 12 - Hicham el Guerrouj of Morocco broke indoor track's oldest record winning the mile with a clocking of 3:48.45 at the Flanders Meet in Ghent. The previous record was set 14 years ago by Eamonn Coghlan - 3:49.78.

DN GAMES, Feb. 20 - Haile Gebrselassie of Ethiopia broke his own world indoor record in the 5,000 meters with a time of 12:59.04. He is the first to break the 13 minute mark indoors. He also holds the world outdoor record.

I slipped off to Florida for a lot of lousy golf and a couple of road races. I didn't see much of my usual Florida running buddies, John and Erma Hickey. Erma has been sidelined with her hip problem and John is just returning after a hiatus taken awaiting the results of some tests. Happily, Ben Clark, 57, a retiree from Omaha who I met on the golf course when I was in Florida in November, has become both a golfing and running buddy. From what I've seen, he is a bit like Rich Olmstead or Matt Gubbins - runs some pretty good times on little training. Disgusting!

February 15th found us at Meadow Pointe near Tampa for a 5K/10K. As I told you last year, this race is unique in that you don't have to declare your distance before the start. You do the 5K loop and, depending on how you feel, either head for the finish line or go around again. I went around again, but not because I felt good. It was warm, humid, overcast and my legs felt like concrete. I knew my 5K time wasn't going to win zippo. I was thinking of a poster I have which shows a runner facing a long downhill followed by an even longer uphill. The caption reads: "The race is not always to the fastest, but to he who keeps on running."

Ben's speedy 20:41 placed him first in his age group while my slow 43:56 got me a third in my age group. I would not have placed in the 5K. John and Erma were there, but John was not an official entrant.

A week later Ben and I went to Plant City for the Strawberry Festival 5K/10K. This is a really classy race with one of the most beautiful t-shirts I've seen, great refreshments, and nice awards. The course is flat and shaded. Once upon a time, when I was young and the day was cool, I ran a sub-40 10K there. The races start at different times and draw around 1000 runners.

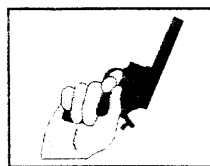
Ben and I both opted for the 10K which started at 8 A.M. The temperature was in the upper 60s, the humidity was up, and the sun was out. It was not a PR day; it was a survival day! We went out too fast - Ben's fault - and paid for it later. A good part of the 6th mile you are out in the open and running into the sun. Phrases like "I quit," "I'm dead," "I can't go on," "Roadkill," and "Why are those big birds circling overhead?" come to mind. Mind? If I had a mind I wouldn't have gotten up at 5:10 A.M. to drive for an hour and fifteen minutes to punish myself like this.

Well, we survived and I only regret that I'm not still in Florida. A great state for road racing at this time of year. If you are going to Florida, are interested in racing, and need information, please don't hesitate to contact me.

We don't have much to offer you in March. There are a few races around and the weather can be great or terrible. President Henry will be sending you a postcard with the time, date and place for the annual meeting. Please participate!

Today is March 1st, my 15th running anniversary. Happy Anniversary to me! 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., Mar. 8th - 9:00 A.M. - Easter Seal 5K, 1013 Adams St., Ottawa, \$10/15, Ts, 5yr AG to 55, benefits Easter Seals. Coleen 434-0857.

Sun., Mar. 9th - 1:00 P.M. - 22nd Frostbite Half Marathon, Delavan H.S., low-key, bare bones, well organized. 309-244-8285.

Sat., Mar. 15th - 8:30 A.M. - Run/Walk for the Funds, Quantum Sports Club, Tabler Road, Morris, \$15/20, long Ts, Steve 942-7295. PSRR Circuit.

Sun., Mar. 16th - 1:00 P.M. - St. Patrick's Day 5K, VFW Hall 1006 E. Lincoln, Bloomington, \$13/15 after 3/8, long Ts, flat, winding course, benefits MS Association, post-race party. 309-452-3366.

Sat., Mar. 22nd -Mountain Goat. events from 2.2 to 8.8, Kickapoo State Recreation Area, Danville, hilly, great post-race party. Marc 217-431-4243..

Sun., Mar. 23rd - 9:30 A.M. - Shamrock Shuffle 8K, Chicago

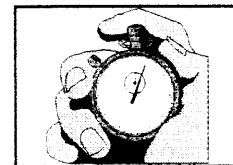
Sat., Mar. 29th - 10:00 A.M. - Fools

Run 4 Miler, Cromwell & Chestnut St., Park Forest, shirts, \$13/16, costume prizes, weird divisions. 708-798-2313

Sun., Apr. 6th - 9:00 A.M. - Fabulous 4 Miler, Lions Community Center, Manor Drive, New Lenox, \$10/12, Ts. 485-1737.

New Coming Attraction on May 10th: Earth Fair 3 Mile Cross Country Race, 10:30 A.M., Will County Forest Preserve's Earth Fair in Goodnew Grove, \$10/12, 5yr AG to 55 & over, "eco-related T-shirt." Rob Walker 708-946-2216.

THE
FINISH
LINE



Feb. 2nd, Riverside Winterfest 5K Run & Walk, 221 finishers

Tom Stluka	16:36	10A
Pat Koerner	16:43	20A
Joe Burgess	17:11	1AG
Mike Stluka	17:23	3AG
Jim Rattin	17:59	2AG
Phil Newberry	18:15	3AG
Keith Theisen	18:42	2AG
Rollie Szilard	18:52	4AG
Van Lewsader	19:35	
Jim Grace	19:47	
Rich Olmstead	19:55	
Marshall Grace	19:58	
Dan Gould	20:10	3AG
Carol Pratt	20:44	1AG
Dave Barrett	20:57	
Charlie Grotevant	21:05	
Bob Pool	21:12	1AG
Jeff Lonergan	21:28	
John Brinkman	21:40	
Methinee Kelly	22:03	2AG
Paulene Coy	22:09	1AG
Becky Criscione	21:11	1MST
Alex Angelo	22:13	
Kathy Steffen	22:31	1AG
Allison Williams	22:39	2AG

K. Benner-Mulvihill	22:57	2AG
Theresa Burgard	23:09	3AG
Dave Schkerke	23:15	
Randy Devore	23:41	
Mike McGuckin	23:47	
Jim Stevens	23:54	
Randy Rahrig	24:09	
Kyie Goodberlet	24:15	
Ken Stark	24:34	
Tom Goodberlet	24:50	
Paul Surprenant	24:54	
Larry Lane	24:57	
Louis Coy	24:57	
Ben Angelo	25:20	
Rich Manthei	25:21	
Randy Riegel	25:22	
Nancy Ruda	26:06	
Mike Beliette	26:11	
Ron Ruda	26:52	
Jim Ruberg	27:02	
Brett Linn	27:26	
Lynn Troost	27:30	
Craig Kippels	28:36	
Linda Linn	29:09	
Lois Kippels	31:31	

Feb. 8th, Flurry Scurry 5K
(Chesterton, IN.), 117 finishers - Pat
Koerner, 16:37, 1st Overall

Feb. 9th, Channahon Frosty 5 Mile,
174 finishers

Phil Newberry	30:14	2AG
Keith Theisen	30:31	2AG
Jim Grace	30:46	2AG
Dan Gould	33:00	
Charlie Grotevant	33:41	
Carol Pratt	34:33	5OA
Becky Criscione	36:38	1AG
Randy Rahrig	38:23	
Mike McGuckin	38:54	
Ray Feeley	39:16	
Paul Surprenant	39:58	
Rich Manthei	40:23	
Randy Riegel	41:40	
Craig Kippels	47:54	
Lois Kippels	49:49	

Feb. 15, Meadow Pointe 10K
(Tampa) - Dan Gould, 43:56, 3AG

Feb. 22, Strawberry Classic 10K
(Plant City, FL) - Dan Gould, 41:55,
5AG

Feb. 23, St. Louis 3rd Olympiad 10K,
low 30's - Charlie Grotevant, 43:46,
3AG

BRIEFS

Slaney's return to Millrose Games a winning one

Twenty-three years after winning her first Millrose Games title and 11 years since winning her last, Mary Slaney made a triumphant return to the prestigious Madison Square Garden meet Friday night. Running with the same flawless style and precision she showed in winning the 1983 world outdoor 1,500-meter and 3,000-meter titles and setting virtually all the U.S. women's distance records, the 38-year-old Slaney won the mile with a powerful performance. Her time of 4 minutes, 26.67 seconds was the fastest in the world in three years and the first sub-4:30 clocking in the Garden since Paula Ivan of Romania beat Slaney in 1989 in 4:23.72. Two-time Olympian Suzy Hamilton also broke 4:30, clocking 4:29.65. In the men's mile, Spain's Isaac Viciosa, last year's pacesetter, blew by Jason Pyrah with two laps to go and won in 3:59.34. Olympic champions Allen Johnson (hurdles) and Gwen Torrence (200 meters) scored victories by .01 of a second.

CALIFORNIA

Exercise, exercise, exercise — A new report suggests you may have to go for the burn after all.

The findings from the nation's largest study of long-distance runners found that men who ran more than 40 miles a week had a smaller risk of coronary heart disease than those who ran less than 10 miles.

The findings from the National Runners' Health Study, conducted by a team of researchers at the Lawrence Berkeley National Laboratory, challenge the popular notion that moderate exercise does as much good as intense workouts.

2-12-97

RUNNER'S WORLD Race Pacing Chart

Use this handy chart to keep your pace even and improve your efficiency during a race. To use it, find your time-per-mile in the vertical column on the left. Then read across the chart horizontally to find the time goal you need to achieve at each checkpoint. As a reminder, write the times on the back of your hand in indelible ink. You can also use this chart to calculate your average pace after the race.

Even pacing maximizes running efficiency. On a flat course with no wind, your ideal pace will be steady throughout the race. Adjust pace for uphill, downhill and the wind for even "effort". In hot, humid weather, adjust to a slower pace early, or you'll suffer later. Once you've overheated it will be too late to cool off and recover during the race. On cool race days, you can safely start at a faster pace. You can also use this chart to calculate your average pace after the race.

time/ mile	(Miles)			(3.107)				(6.214)		(7.456)		(9.321)		(12.427)		(13.109)		(15.534)		(18.641)		(26.219)	
	2 mi	3 mi	5 km	3.5 mi	4 mi	5 mi	6 mi	10 km	12 km	15 km	10 mi	20 km	1/2 Mar.	15 mi	25 km	30 km	20 mi	Marathon					
4:45	9:30	14:15	14:45	16:38	19:00	23:45	28:30	29:31	35:25	44:16	47:30	59:02	1:02:16	1:11:15	1:15:47	1:28:33	1:35:00	2:04:32					
5:00	10:00	15:00	15:32	17:30	20:00	25:00	30:00	31:04	37:17	46:36	50:00	1:02:08	1:05:33	1:15:00	1:17:40	1:33:12	1:40:00	2:11:06					
5:15	10:30	15:45	16:19	18:22	21:00	26:15	31:30	32:37	39:09	48:56	52:30	1:05:15	1:08:49	1:18:45	1:21:33	1:37:52	1:45:00	2:17:39					
5:30	11:00	16:30	17:05	19:15	22:00	27:30	33:00	34:11	41:01	51:16	55:00	1:08:21	1:12:06	1:22:30	1:25:26	1:42:32	1:50:00	2:24:12					
5:45	11:30	17:15	17:52	20:08	23:00	28:45	34:30	35:44	42:52	53:36	57:30	1:11:27	1:15:23	1:26:15	1:29:19	1:47:11	1:55:00	2:30:45					
6:00	12:00	18:00	18:38	21:00	24:00	30:00	36:00	37:17	44:44	55:55	1:00:00	1:14:34	1:18:39	1:30:00	1:33:12	1:51:51	2:00:00	2:37:19					
6:15	12:30	18:45	19:25	21:53	25:00	31:15	37:30	38:50	46:36	58:15	1:02:30	1:17:40	1:21:56	1:33:45	1:37:05	1:56:30	2:05:00	2:43:52					
6:30	13:00	19:30	20:12	22:45	26:00	32:30	39:00	40:23	48:28	1:00:35	1:05:00	1:20:47	1:25:13	1:37:30	1:40:58	2:01:10	2:10:00	2:50:25					
6:45	13:30	20:15	20:58	23:37	27:00	33:45	40:30	41:57	50:20	1:02:55	1:07:30	1:23:53	1:28:29	1:41:15	1:44:51	2:05:50	2:15:00	2:56:59					
7:00	14:00	21:00	21:45	24:30	28:00	35:00	42:00	43:30	52:12	1:05:15	1:10:00	1:27:00	1:31:46	1:45:00	1:48:44	2:10:29	2:20:00	3:03:32					
7:15	14:30	21:45	22:31	25:22	29:00	36:15	43:30	45:03	54:04	1:07:34	1:12:30	1:30:06	1:35:05	1:48:45	1:52:37	2:15:09	2:25:00	3:10:00					
7:30	15:00	22:30	23:18	26:15	30:00	37:30	45:00	46:36	55:55	1:09:54	1:15:00	1:33:12	1:38:19	1:52:30	1:56:30	2:19:49	2:30:00	3:16:33					
7:45	15:30	23:15	24:05	27:08	31:00	38:45	46:30	48:09	57:47	1:12:14	1:17:30	1:36:19	1:41:36	1:56:15	2:00:23	2:24:28	2:35:00	3:23:00					
8:00	16:00	24:00	24:51	28:00	32:00	40:00	48:00	49:43	59:39	1:14:34	1:20:00	1:39:25	1:44:55	2:00:00	2:04:16	2:29:08	2:40:00	3:29:00					
8:15	16:30	24:45	25:38	28:53	33:00	41:15	49:30	51:16	1:01:31	1:16:54	1:22:30	1:42:32	1:48:09	2:03:45	2:08:09	2:33:47	2:45:00	3:36:00					
8:30	17:00	25:30	26:24	29:45	34:00	42:30	51:00	52:49	1:03:23	1:19:13	1:25:00	1:45:38	1:51:26	2:07:30	2:12:02	2:38:27	2:50:00	3:42:52					
8:45	17:30	26:15	27:11	30:37	35:00	43:45	52:30	54:22	1:05:15	1:21:33	1:27:30	1:48:44	1:54:42	2:11:15	2:15:55	2:43:07	2:55:00	3:49:25					
9:00	18:00	27:00	27:58	31:30	36:00	45:00	54:00	55:55	1:07:06	1:23:53	1:30:00	1:51:51	1:57:59	2:15:00	2:19:49	2:47:46	3:00:00	3:55:58					
9:15	18:30	27:45	28:44	32:23	37:00	46:15	55:30	57:29	1:08:58	1:26:13	1:32:30	1:54:57	2:01:16	2:18:45	2:23:42	2:52:26	3:05:00	4:02:31					
9:30	19:00	28:30	29:31	33:15	38:00	47:30	57:00	59:02	1:10:50	1:28:33	1:35:00	1:58:04	2:04:32	2:22:30	2:27:35	2:57:05	3:10:00	4:09:00					
9:45	19:30	29:15	30:18	34:07	39:00	48:45	58:30	1:00:35	1:12:42	1:30:53	1:37:30	2:01:10	2:07:49	2:26:15	2:31:28	3:01:45	3:15:00	4:15:00					
10:00	20:00	30:00	31:04	35:00	40:00	50:00	1:00:00	1:02:08	1:14:34	1:33:12	1:40:00	2:04:16	2:11:06	2:30:00	2:35:21	3:06:25	3:20:00	4:22:00					
10:30	21:00	31:30	32:37	36:45	42:00	52:30	1:03:00	1:05:15	1:18:18	1:37:52	1:45:00	2:10:29	2:17:39	2:37:30	2:43:07	3:15:44	3:30:00	4:35:00					
11:00	22:00	33:00	34:11	38:30	44:00	55:00	1:06:00	1:08:21	1:22:01	1:42:32	1:50:00	2:16:42	2:24:12	2:45:00	2:50:53	3:25:03	3:40:00	4:48:00					
11:30	23:00	34:30	35:44	40:15	46:00	57:30	1:09:00	1:11:27	1:25:45	1:47:11	1:55:00	2:22:55	2:30:45	2:52:30	2:58:39	3:34:22	3:50:00	5:01:00					
12:00	24:00	36:00	37:17	42:00	48:00	1:00:00	1:12:00	1:14:34	1:29:29	1:51:51	2:00:00	2:29:08	2:37:19	3:00:00	3:06:25	3:43:42	4:00:00	5:14:00					

