



# THE PAPER RACE

## KANKAKEE RIVER RUNNING CLUB NEWSLETTER

MAY 1997 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 111



### MAY

NAME	DAY	AGE
Theresa Burgard	27th	40
Sara Collins	21st	9
Paula Coy	22nd	28
Randy Devore	26th	49
Augie Hirt	15th	46
Phil Newberry	1st	35
Carol Sue Painter	27th	52
Judy Schkerke	11th	41
Henry Shelly	13th	46
Dave West	28th	39
Allison Williams	4th	16



### WELCOME NEW MEMBERS

#### ON DAN'S RUN by Dan Gould

"I didn't have anything to say," I said. "That hasn't stopped you before," replied Phil. Ah, friends! I was explaining to Phil Newberry why

I hadn't written a column in the April issue. Well, maybe I have written a column when I had nothing to say, but March really left me with nothing to say. I didn't race, there were no social events, the Sunday runs at the park were unremarkable, and nobody fed me any material. Apparently you survived without my wit and wisdom for a month.

I do hope you read, and took to heart, the last month's articles on preserving your eyesight with sunglasses and diet. My late father had the misfortune to suffer side effects from his first cataract surgery which, combined with some macular degeneration, severely limited his ability to read, something he dearly loved. I'm not sure at what age I started wearing sunglasses for both golf and running, but, knowing what I know now, it was none too soon.

I could have gotten on my soapbox last month about physical education in our schools. Illinois, I believe, is the last state to mandate physical education in schools. The Chicago School Board is seeking to add additional academic requirements at the expense of two years of physical education. The plan must be approved by the Illinois General Assembly. The Surgeon General's Report on Physical Activity and Health which came out last year should have been the proverbial wake-up call. The nation, including it's children, continue to ignore the wealth of research on diet and exercise. So, this month you get the condensed version.

Cornstalk, Phil and I went to New Lenox for the Fab Four on April 6th. We hoped it wouldn't be canceled due to high winds. The first

year this race was run it was raining as the day began. The guy from the park district called Keith Theisen to ask if the race would be canceled.. Keith told him runners don't melt in the rain and, happily, the rain stopped before the race began. We did endure high winds and chilly weather that year (1995).

### NOTES

1. The Perry Farm 4 Miler is May 10th, not May 3rd.
2. The Friendship Festival 5K is June 29th, not June 22nd.
3. The Birdman Duathlon, June 8th this year, does not have a separate 5K for runners. You can, of course, run a couple of 5Ks as a team member.

This year brought alternating sun and overcast. The temperature was in the 50's with strong southwest winds. The hills, wind and a possibly long third mile combined to make times irrelevant. Phil's time was 1:30 slower than a week earlier at Fools' Run. Cornstalk was a bridesmaid for the second day in a row. On Saturday he had been second at Ringing in Spring in Valparaiso by three seconds. At New Lenox he was second by a couple seconds.

The first year of the Fab 4 the race day registration personnel did not know they were supposed to fill in the tear tags on the race bibs. This year they learned why you don't use felt pens. When water or sweat hits it, the ink runs. Jeff Lindstrom had some tongue twisting names to read at the awards presentation.!

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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A New Lenox driver proved once again just how oblivious some people can be to objects in the roadway - like runners. During the race, a car pulled around a park district vehicle which was positioned to give the runners some protection and struck a woman runner. She apparently suffered only scrapes and bruises. Be careful out there!

While we were running the Fab 4, Ken Klipp was at the park running by himself. This was the morning after our clocks were to "spring ahead." This year's winner of the Julie Anderson Memorial "I Was Supposed to Set My Clock Ahead Last Night?" Award goes to - ta-DAH, Bill Linn. Bill arrived just as Ken was wrapping it. I don't know that we had a winner last year, but in 1995 Jim Grace - you remember him - was the winner.

The Dan van, with Cornstalk, Phil Newberry and Charlie Grotevant on board, found its way to Lansing for the Just A Little Run 4 Miler on April 12th. This is a quality race put on by a park district with lots of outside sponsorship. Over the years they have come up with some

interesting shorts or shirts, great raffle prizes, and great refreshments. If you didn't do too long a cool down this year, you could walk down the tables and pick up Powerade, pizza, bagels, ice cream (DQ), fruit, and soup (from the Olive Garden). Raffle prizes included a TV, golf club, golf bag, and \$50 gift certificates.

Joining the fun at the little run were the brothers Pool, John and Bob, and the brothers Stluka, Tom and Mike, and perhaps 400 other runners and walkers. Among them were Reo Rorum, a former local standout who now lives in Florida. He was back in the area to visit the folks. Reo will turn 40 this year and kick some masters' butt. On this day he would be fifth in about 20:30.

This is a two loop course and flat except for one shallow grade. The northeast wind was little more than annoying and the temperature in the mid 30s was just fine for racing. Our times were considerably faster than a week earlier and some of us placed in our age groups, but a win was out of the question with the competition at this race. Money for the top dogs brought the big dogs off the porch! The winning time was 19:58! Tom and Pat ran good times and placed 9th and 10th overall. I was fairly happy with my time until I compared it to my 1994 time and found that I was 25 seconds slower...*per mile!* Well, I am three years older, four pounds heavier, and not in the marathon condition I was in 1994.

This year's awards were unique. For first in age group there was a pair of shorts (about knee length shorts). For a second or third in age group, there was a Coca-Cola tee shirt. Well, some people would have preferred a plaque or plastic gold. A pair of shorts or a shirt is too practical.

Dave and Chris Barrett ran off to Marco Island for a vacation in April. Dave entered the Marco Island Mini Mountain 10K on April 19th. Mountains? In Florida? As Dave tells it, there were two bridges in the first mile, an uphill in the second, two

steep but short hills in the third, flatland in the fourth and fifth, and two bridges in the sixth. Dave, ten months into his running career, led this race for the first 3.5 miles, cramped in the fifth mile, but hung on for third overall. Dave won a race last fall. Perhaps there is something in the air on Vantage Lane or maybe its just living across the street from the Koerner-Linn complex.

In addition to placing third overall, Dave ran a far faster time than he anticipated. If there was a downside to the day, it was the awards. Yes, folks, another race where the overall winner not only gets the award for being first overall, but gets the award for being first in age group. Amateurs!

Mike McGuckin ran the Eureka Spring Classic 4 Mile Run on April 19th. After a couple years of "nasty stuff," this year's 198 participants had some decent weather. When the race was done, he cried "Eureka, a PR!" Well, knowing Mike, the "middle-of-the pack I try to stay incognito" person he is, he probably just whispered it. He found the race well organized, the navy blue t-shirts appealing, and the post race cookout delicious.

Charlie Grotevant and Jim Grace successfully negotiated the 26.2 miles from Hopkinton to Boston in the 101st running of the Boston Marathon. This was Charlie's fourth Boston. His 3:37:00 brought him across the line a minute and a half ahead of Jim Grace. While a satisfactory time, Charlie needed to be two minutes faster to qualify for next year's Boston. Jim has not reported in. I can only guess that he slowed down to run with a pretty girl.

It seems to me I heard Tom Stluka talking marathon to somebody at Just a Little Run. Huntsville in December, Tom? Hmm. I haven't run a marathon since 1994. I wonder if my back will let me get back to that distance? Ken Klipp keeps talking about a marathon. Bill Linn needs to get inspired. We need to find a fall marathon!

Speaking of Bill and Ken, we

went to the 88th running of the Drake Relays April 25-26. We were joined by Larry Lane and former KRRC member Jack Dalton, now of Middletown, Ohio. This is an annual escape from male bondage to do some male bonding. And, incidentally, we see one of the greatest track and field meets in the nation.

The meet brings together almost seven thousand university, college, and high school athletes from around the U.S. and foreign countries for two days of track and field events beginning at 8 A.M. and finishing about 6 P.M. There is a short break for lunch. There are a couple events for runners who are not in school such as a master's 800 meters and some invitational events that bring in the world's elite. This year we again saw Michael Johnson run the 200. Suzy Hamilton ran, but I don't remember the distance. As the Drake Relays name implies, there are many relay races and they are often the most exciting. The stadium only seats 18,000 and it has been a sell out crowd on Saturday for about 30 years.

There is also a half-marathon and 8K run through the streets of Des Moines on Saturday morning. We had never taken part in these events although we always saw the runners as we drove to the stadium. I called for apps this year, but couldn't persuade either of my able traveling companions to participate. Jack's running days are history (and quite a history it was) due to back problems and Larry is temporarily on the disabled list with knee problems.

Bill and Ken missed a great racing day - overcast, 48 degrees, and no wind. I joined over 900 other participants in the 8K and an unknown number of half-marathoners outside Drake Stadium shortly before 8 A.M. About ten minutes before the scheduled start we were told that there would be a ten minute delay. There was a fire on the course and the race would

have to be re-routed.

The race started promptly at 8:10 and I quickly discovered how rolling Des Moines is. The first couple splits were consistent with what I expected, but the other three were off the chart. I don't know if the course modification lengthened the course, but the splits were off. While my time was slow, I was happy with my place in age group (not quite good enough for gold) and in the field. The refreshments were decent and I liked the t-shirt.

Yes, we did go to "Peggy's" for a couple brews. What would the Drake Relays be without a stop at Peggy's? This year's slogan/motto/saying was "Show Me the Beer." We took a pass on the Peggy's shirts/sweats. They can and will do better than that.

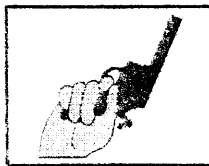
Hey! April was a great month. Let's have a better one in May. Don't forget to call Henry/Janet at 933-9255 and let them know you will be at the meeting/social on Saturday night. Check *The Starting Line* for other good things that will be happening in May.

Hope to see you on Dan's run.

[Send your news to 212 Julie Drive, Kankakee, IL. 60901 or e-mail to [dansrun@aol.com](mailto:dansrun@aol.com).]

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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., May 3rd, 9:00 A.M. - Lake Run 4.37 & 7.5 Mile, Lake Bloomington, \$15/18 after 4/26, Ts, 5yr AG, post race party. 309-452-9777.

Sat., May 3rd, 10:00 A.M. - 12th Annual 4 Mile Run/Walk for Life, Wicker Park, Highland, IN., \$10/12, Ts, OA & 3 deep in 5yr AG

Sun., May 4th, 9:00 A.M. - 13th Annual Earl's 5K, Hammes & Jefferson, Joliet, \$13/15, shorts, 5yr AG, buffet & beer, flat/fast course, PSRR Circuit. 722-1029.

Sun., May 4th, 9:00 A.M. - Wellness Challenge 5K, Oak Park & River Forest H.S., Lake & Scoville, \$15/18 after 4/25, Ts, 10 yr AG 3 deep, refreshments, raffle, goody bag. 800-974-7362.

Sat., May 10th, 9:00 A.M. - Perry Farm Spring 4 Miler, Bourbonnais Park District, Jeff Ruppert, 933-9905 **Note Change in Date: We had been informed that this was going to be May 3rd.**

Sat., May 10th, 10:30 A.M. - 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.

Sat., May 17th, 8:30 A.M. - 15th Annual Berwyn 5000, YMCA, 2947 Oak Park Ave., Berwyn, \$15/20 after 5/14, ts, awards 3 deep in 5yr AG (custom designed "Berwyn 5000" desk clock), cash to top 5 OA, kids run, roses to first 125 women, post-race banquet by The Olive Garden. 708-749-0606.

Mon., May 26th, 8:00 A.M. - Elgin Valley Fox Trot 5K & 10M, \$15/20, 5yr AG. 847- 931-6120.

Mon., May 26th, 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.

Sat., May 31st - 7:30 A.M. - Run for the Animals 5K/10K, Memorial Park, 208 W. Union, Wheaton, long t-shirts to first 2100, \$15/20 after 5/16, 5yr AG 3 deep, starting pen for seeded runners, cert. course, post-race entertainment until 7P.M. A part of "Cream of Wheaton." 630/365-5534

Sun., Jun. 1st, 8:00 A.M. - St. Joe's Med Cen Racing Hearts 8K, Joliet, Ts. \$10/12 after 5/23, medals 3 deep in 5yr AG, refreshments. 725-9400

Sat., Jun. 7th - Sunburst Marathon & 10K/5K, South Bend, IN. 219-674-0900, Ext. 6262

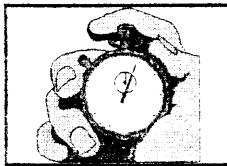
Sun., Jun. 8th, 8:00 A.M. - Birdman Duathlon & 5K Walk, Bird Park, Kankakee, Diana Last, 933-1741. **NOTE: There is no 5K Run this year.**

Sun., Jun. 8th, 8:00 A.M. - Harrahs 4 Mile Run, Joliet Center City, \$12/15, t-shirt, strange 10yr AG (i.e. 25-34). This is a benefit for United Way, but there appear to be few benefits for the runners. It was a great race the first year. 800-HARRAHS.

**THE**

**FINISH**

**LINE**



Mar. 29th, Fools' Run 4 Mile, Park Forest - Phil Newberry, 23:48

Apr. 5th, Ringing in Spring 5K, Valparaiso - Pat Koerner, 16:46, 1AG (2OA)

Apr. 5th, Walleye Run 5K, Spring Valley - Mike McGuckin, 23:37

Apr. 6th, Coca-Cola Classic 5K, Normal -

Jeff Lonergan, 20:30; Charlie Grotevant, 21:10, 3AG

Apr. 6th, New Lenox Fabulous 4 Mile, 50s, extremely windy, course may be long - Pat Koerner, 22:57, 1AG (2OA again!); Phil Newberry, 25:18, 1AG; Keith Theisen, 26:??, 1AG; Dan Gould, 27:50, 3AG

Apr. 12, Just A Little Run 4 Miller, Lansing, overcast, 30's, NE wind - Tom Stiuka, 21:30, 2AG; Pat Koerner, 21:33, 3AG; Mike Stiuka, 22:44; Phil Newberry, 23:43; Dan Gould, 26:39, 2AG; Charlie Grotevant, 27:45; Bob Pool, 28:09, 2AG; John Pool, 30:51

Apr. 19, Eureka Spring Classic 4 Miller - Mike McGuckin, 29:59, PR!

Apr. 19, Marco Island Mini Mountain 10K (Florida) - Dave Barrett, 40:50, 2AG (3OA)

Apr. 21, Boston Marathon - Charlie Grotevant, 3:37:00; Jim Grace, 3:38:30

Apr. 26, Drake Relays 8K, Des Moines - Dan Gould, 35:00, 4AG

## Older women who exercise even a little bit live longer, study says

ASSOCIATED PRESS

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A new study finds that women who exercise after menopause tend to outlive sedentary women, and as little as one long walk a week can make a difference.

The more that older women exercise, the better their chances of a long life, the researchers added in Wednesday's issue of The Journal of the American Medical Association.

Findings in the seven-year study of more than 40,000 postmenopausal women in Iowa parallel earlier research in men, in younger adults of both sexes and in small studies that included older women, researchers said.

Women who engaged in moderate activity, such as bowling, gardening or a long walk, four or more times a week were 33 percent less likely to die during the study than women who never were physically active, researchers found.

Women who engaged in moderate activity just once weekly were 12 percent less likely to die than their sedentary counterparts, said researchers led by Dr. Lawrence Kushi of the University of Minnesota School of Public Health in Minneapolis.

Vigorous activity, such as jogging, racket sports, swimming or aerobics, appeared to afford even greater advantages.