

# THE PAPER RACE

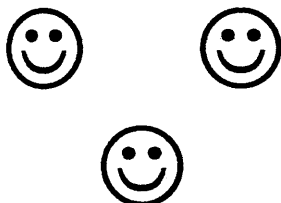
## KANKAKEE RIVER RUNNING CLUB NEWSLETTER

JUNE 1997 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 112



### JUNE

<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Amy Baldwin	14th	11
Alex Brinkman	19th	5
William Cox	1st	17
Katie Dorn	1st	12
Marty Klipp	23rd	21
Sue LaMore	21st	44
Larry Lane	27th	49
Linda Linn	9th	43
Dan Morse	25th	38
<b>John Pool</b>	<b>13th</b>	<b>55</b>
Bob Pool	15th	61
Dave Schkerke	7th	45
Heather Steffen	12	17
Mike Stluka	27th	36



### ON DAN'S RUN by Dan Gould

May was a great month for running. I don't think anybody got their swimming pool opened, but the cool weather was great for our sport.

Mike McGuckin, Jeff Lonergan,

the Pool brothers, and Charlie Grotevant chose the wrong day to race at the beginning of the month. They opted for the Bloomington Lake Run on May 3rd. Mother Nature gave them 40 degrees, rain, and gusty winds. Only 455 runners turned out. Perhaps they just couldn't pass up the Avanti's sandwiches and Bud Light at ten in the morning!

A more enjoyable part of May 3rd was the evening which we spent at the Bird Park Field House. Our annual organizational meeting, which came a bit late this year, was met with the usual enthusiasm. We re-elected the existing officers - President, Henry Shelly, Vice-President, Ken Klipp, and Treasurer, Ron Ruda - for another year. In addition to the election of officers, Ken Klipp, Henry and Janet Shelly, and Charlie and Joyce Grotevant volunteered to direct the 5K Series races at Small Memorial Park this summer. Bill and Linda Linn and I volunteered to continue our work on the newsletter. Shirley Malone will continue as Social Director.

May 4th was one of those great running days to which I referred in the opening paragraph. Cornstalk, Dave Barrett and I car-pooled it to Joliet for Earl's 5K on a sunny and cool day. Jeff and Phil also made the trip.

This was to be a momentous day for Jeff. After a year of plying me with Oreos Double-Stuf, he was able to beat me. Of course, so it seemed, did everybody else. I had Jeff, Dave, and two guys I knew in my age group within sight as we negotiated the course. I could not, unfortunately, do anything about it. Even more unfortunately, there was some ringer in my age group even further ahead which relegated me to fourth in age group. Considering the tactics he used, it had to be a hollow victory for Jeff. He lost ten pounds while I ate the Oreos. Someday I'll get thin and fast again. Jeff, you better look back - I'll be gaining on you!

On a positive note, Cornstalk was third overall and Dave Barrett ran a PR. A beautiful day, good company, great refreshments.

May 10th was another cool and sunny day. Some of us went to the Perry Farm while others went to the Earth Fair in Beecher. Jeff Lonergan did both!

The Perry Farm Spring 4 Miller has potential, but needs some work. Perhaps it just needs somebody who knows something about road racing to direct it. The Bourbonnais Park District doesn't know what a race app is. There was no publicity. It was no surprise that only 27 people show up.

There were *two* portable toilets this year - complete with toilet paper. Adequate toilet facilities are a must if it is going to be a race of any size.

The absence of a shelter from the elements will limit this race. Perhaps the new Exploration Station could be used for registration, bathroom facilities, refreshments and awards if the weather goes south.

The course isn't bad, but the expanding trail along the river may offer more options. A wide, long opening stretch would help spread the bodies out before hitting the path.

The girls doing the registration this year didn't know they were supposed to give the runners the numbers. They simply weren't properly instructed.

Cornstalk was so disgusted with last year's Perry Farm race that he went to Indiana to race. Rollie Szilard, feeling strong after a good Boston Marathon, ran to victory. I also got to eat the dust of Dave Barrett, Rich Olmstead (I have his plaque and will keep it until he pays his dues), and Jeff Lonergan. Jeff, who is engaged and/or in love, sped off to Beecher to run the Earth Fair 3 Mile plus.

The Perry Farm did hand out some beautiful plaques and hired Dave Bohlke to do finish line. I figure it cost them about \$6 per runner! I don't

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: KRRRC, 212 Julie Dr., Kankakee, IL. 60901

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remember any refreshments. Henry and Janet Shelly, who worked the race, Lynn Troost, Dave Bohlke and I had our own post-race social at Bill's Diner.

The Earth Fair 3+ Mile X-C turned out 53 runners. I am told it was very hilly and muddy in spots - a tough course. Jeff said he arrived with 10 minutes to spare and felt like hell most of the race. Well, he should have! This race, however, rewarded him with bagels, muffins, apples and ribs for post-race fare. Tom Stluka won and was chased to the finish line by brother Mike, Joe Burgess, and Keith Theisen. Ken Stark was there!

I continued the string of beautiful racing days with a trip to Morris for the Run for the Health of It 5K on May 17th. There were cash prizes which brought out some of the big dogs. This was a fast course, but not as fast as Earl's. Not only wasn't Jeff there to kick dust in my face, but Keith Theisen was not up to par. As a result, I have a finish line picture with Keith following me across the line. That is a once in a lifetime pic! It also allowed me to place in age group! The awards and refreshments were decent, Mitch Hobbs was there with his rolling store, and I shared it with Cornstalk, Charlie Grotevant, and Carol Pratt. It was a

lovely day in the neighborhood!

The string of beautiful racing days came to an end on Memorial Day. It wasn't really Memorial Day. Memorial Day is actually May 30th, the day my wife was born some 50 years ago. She and her twin brother grew up thinking the parade was to celebrate their birthday.

Anyway, on the artificial Memorial Day Monday (May 26), I drove to Streator with Cornstalk. The sky was grey and threatening with a strong east-northeast wind. Mike McGuckin, Carol Pratt and Charlie and Joyce Grotevant were also there.

The course was an out-and-back with two major hills. In addition, the last half mile was a slight grade straight into the wind. Mike McGuckin ran a PR! I better start looking over my shoulder!

The rest of us, being mere mortals, posted ho-hum times. Once again, there were two guys I knew were in my age group and out of reach. As I turned on to the final half mile, I noticed that the guy a few steps ahead looked like he could be in my age group. Up the grade and into the wind, I could not close the gap. After we cleared the finish line, my fears were confirmed. Fourth!

We completed our cool-down just in time to grab a Diet Coke and get to the awards ceremony. Pat, Charlie and Carol picked up the gold. I had driven two hours to run a tough course on a crummy day for a Diet Coke, a butt-ugly t-shirt, and a fourth place finish by two seconds. You don't have to be crazy, but it helps!

Where do I begin with the Mayor Nickolas E. Graves 2nd Annual 10K Run/5K Run/2K Fun Walk in Harvey? Well, it was Dave Barrett's fault/idea. He works up there. Cornstalk was a co-conspirator. He saw the "CASH AWARDS" on the entry form.

Harvey is, unfortunately, synonymous with crime and poverty. Dave tells me that Mayor Graves has done a lot to turn the city around, but its shuttered buildings and broken glass remind me of the Detroit that Bill Linn and I saw when we did that marathon in 1987.

I suppose I could start with the pig. Cornstalk came back from an early warm-up and reported a pig rutting in the front yard of a house in a nearby residential area. Really! Cornstalk

knows a pig when he sees one!

The 10K course. Most of the 10K course was run on Route 6, Governor's Highway, and Route 83 which are undivided four-lane roads in a business/residential area with no shoulders. This race started shortly after 9:00 A.M. on a Saturday morning. Course protection consisted of two ATVs and an unmarked squad. We ran with traffic. One of the ATVs was almost wiped out at the first intersection and the unmarked squad nearly rear-ended on Governor's Highway. We were on our own at most intersections. There were no mile markers or split callers. Dave drove the course a couple days later and measured it at 6.6 miles.

The field. There may have been 40-50 runners for each distance. With separate starts, we were really spread out. Cornstalk negotiated with his friend Matt McCormick as to who would run which race. Matt did the 5K. Cornstalk, Dave, and I did the 10K. My nemesis, Pete Mathis, did the 5K.

The awards. Trophies and cash were given to the top three overall and a medal was given to the first person in non-standard ten year age groups. Had Dave's friend from Cal City not decided to do this race at the last moment, Pat, Dave and I would have finished 1-2-3 - **OVERALL!** We did finish 1-3-4. Yes, I was fourth, out of the money and trophy.

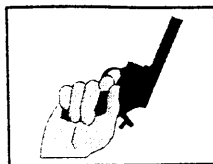
The t-shirts were decent (there were two shirts, actually) and the post-race refreshments were good. There were also a number of nice raffle prizes. One of the nice touches to this race was a computerized finish which provided you with a card showing your time, pace, and place - handed to you as you walked out of the finish chute. Dave, can you do that?.

While it is a race with potential, personal safety might dictate we go somewhere else next year.

Hey! We've got a great month ahead of us! The first of the 5K series is Tuesday (June 10th) and the Kilbride Family Classic is Father's Day (June 15th). The golf outing is back for a third year (June 21st) and the Friendship Festival rounds out the month (June 29th). They are all on Dan's run - hope they are on yours!.

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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., 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.

Tues., June 10th, 6:30 P.M. - SUMMER SERIES 5K, Small Memorial Park, Kankakee. The Summer Series 5K is low key and may be run as a straight 5K, handicap, relay, or whatever the race director thinks might be fun. No registration fee for Kankakee River Running Club members and \$1 to all others.

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Sat., Jun. 14th, 7:00 A.M. - Steamboat Classic 4M & 15K, Peoria

Sun., June 15th, 8:00 A.M. - KILBRIDE FAMILY CLASSIC 5K & 2 MILE WALK, Cobb Park, Kankakee. Gerry Kilbride, 932-3885.

Sat., Jun. 21st, 8:00 A.M. - Oglesby Miller Lite 10K Classic, \$13/15, Ts, 5yr AG, top 3 OA & 3 deep in AG, refreshments. 883-8622.

Sat., Jun. 21st, 8:00 A.M. - Lockport Old Canal Days 5K, \$12/15 after 6/13, Ts, 5yr AG, awards to top OA, master, & 2 deep in AG, kids races. 838-1183.

Sat., Jun. 21st, 2:00 P.M. - 3rd Annual Kankakee River Running Club Golf Outing, Oak Springs Golf Course. If you don't golf, you are welcome to join us for some post-golf refreshments. See registration form enclosed.

Sun., June 29th, 8:00 A.M. - BOURBONNAIS FRIENDSHIP FESTIVAL 5K RUN/FITNESS WALK, Bourbonnais Municipal Center. John Flynn, 932-5198.

Sat., Jul. 4th, 8:00 A.M. - 20th Lemont Freedom Run 5K/10K, Centennial Com. Cen., Lemont Rd & 127th St., \$10/13, ts, hilly/scenic course, raffle. 630-257-6787.

Sat., Jul. 4th, 7:30 A.M. - Brickyard Run 5M, Hobart, IN. 219-756-5360.

Sat., Jul. 4th, 8:00 A.M. - Stars & Stripes 5K, 16801 S. 80th Ave., Tinley Park, IL., \$10/12. 708-532-8698.

Tues., July 8th, 6:30 P.M. -

SUMMER SERIES 5K, Small Memorial Park, Kankakee. Henry Shelly, 933-9255.

Sat., July 12th, 8:00 A.M. - KANKAKEE YMCA 5K RUN AND FUN WALK, Kankakee YMCA, Pat Koerner, 815-932-1009; YMCA, 933-1741

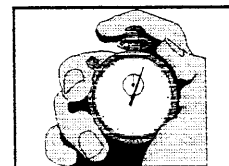
Sun., Jul. 13th, 7:35 A.M. - Heart & Sole 10K, Olympia Fields, 708-747-4000 x5183.

Sat., Jul. 19th, 8:00 A.M. - Manhattan Band on the Run 5K, \$12/15, Ts, top OA & 3 deep in 5yr AG, refreshments. 478-4560.

Sun., Jul. 20th, 8:00 A.M. - Snowman Run, Varna, long Ts, \$12/15, \$3 no shirt, OA & 2 deep in 10 yr AG. Call Dru at 309-463-2335. We know Varna is a great place because Carol Pratt lives there, but the app doesn't tell us how far we will have to run. Do we run until we melt?

Thurs., Jul. 24th, 7:15 P.M. - Sundowner 5K, New Lenox Lion's Community Center, Ts, \$12/16, top OA & 3 deep in 5yr AG, junior jog, post-race pizza party. 722-1029.

THE  
FINISH  
LINE



Apr. 21, Boston Marathon - Rollie Szilard, 3:25:52

Apr. 26, Ottawa 3M - Phil Newberry, 17:35; Jeff Lonergan, 19:29

Apr. 27, Lake County Marathon - Team competition - Tom & Mike Stluka and Joe Burgess took Second Overall as part of a five man team with a time of 2:30:59.

Apr. 27, Heritage Run 10K, Rockford

- Jim Grace, 41:30

May 2, Indianapolis Half-Marathon, Lynn Troost, 2:12:48

May 3, Run for Life 4M, Highland , IN. - Pat Koerner, 21:44, 1OA

May 3, Bloomington Lake Runs - 7.5M, Charlie Grotevant, 53:37, 2AG  
4.37M, Jeff Lonergan, 28:45; Mike McGuckin, 34:14

May 4th, Earl's 5K, Joliet, cool, sunny, great weather! - Pat Koerner, 16:34, 3OA; Phil Newberry, 17:56; Jeff Lonergan, 19:39, 3AG; Dave Barrett, 19:42, PR; Dan Gould, 19:58; Randy Rahrig, 23:02

May 10th, Perry Farm Spring 4M, Bourbonnais, 27 finishers, beautiful day!

Rollie Szilard	24:35	1OA
Dave Barrett	26:02	1AG
Rich Olmstead	26:37	1AG
Jeff Lonergan	26:14	2AG
Dan Gould	26:56	1AG
Kathy Steffen	20:03	1OA
Mike McGuckin	30:55	
Amanda Schkerke	35:45	1AG
Lynn Troost	37:13	2AG
Myles Hillebrand	45:18	
Dee Hillebrand	46:08	1AG

May 10th, Earth Fair 3+ Mile X-C, Beecher, 53 runners - Tom Stluka, 20:04, 1OA; Mike Stluka, 20:30, 1AG; Joe Burgess, 20:39, 1AG; Keith Theisen, 23:21, 2AG; Jeff Lonergan, 25:58; Ken Stark, 28:52

May 17th, Race for the Health of It 5K, Morris, cool, sunny, beautiful! - Pat Koerner, 16:42, 1AG; Dan Gould, 20:01; Keith Theisen, 20:06; Charlie Grotevant, 20:58; Carol Pratt, 21:04, 1AG

May 26th, YMCA Memorial Day 5K, Streator, 130 finishers, overcast & windy! - Pat Koerner, 16:48, 3AG; Dan Gould, 20:24; Charlie Grotevant,

21:35, 2AG; Mike McGuckin, 23:06 PR; Carol Pratt, 23:23, 2AG

May 26th, St. Louis Post-Dispatch 10K, Union City, Mo., 1600 runners, humid & windy - Dave Barrett, 42:24

May 26th, South Holland Memorial Day 10K - Tom Stluka, 33:54, 1OA; Joe Burgess, 34:59, 3OA; Mike Stluka, 37:27; Phil Newberry, 37:32

May 31st, Mayor Graves 10K, Harvey, sunny, cool, 40-50 runners, long course (6.6 mi. according to Dave Barrett's odometer), - Pat Koerner, 36:24, FIRST OVERALL; Dave Barrett, 43:21, THIRD OVERALL; Dan Gould, 43:25, FOURTH OVERALL

Jun. 1st, St. Joe's Racing Hearts 8K, Joliet - Mike McGuckin, 38:06

## Men destined to add weight as they age

Nature can be very unkind to middle-aged men, making it nearly impossible for them to avoid adding inches around their waistlines as they age. In two studies totalling more than 6,900 male runners, researchers at Lawrence Berkeley National Laboratory confirmed that even active men put on weight as they age.

About the only way to avoid it, said Paul Williams, who published his findings in the American Journal of Clinical Nutrition, is to escalate activity levels as you age. Men should add about 1.4 miles of running each week for every year they grow older, Williams estimates.

"What this means is that runners who average 10 miles per week at age 30 should increase their weekly running distance to 24 miles by age 40 if they plan to still fit into the tuxedo they bought a decade earlier," Williams said.

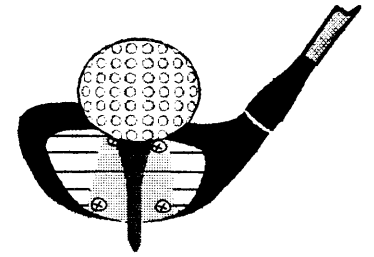
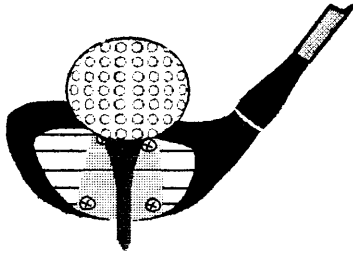
The study lays bare a fallacy behind federal guidelines for proper weight because they recommend the same weight and activity levels for all men, regardless of age.

### Smoking can lead to Alzheimer's, dementia

Yet another reason to avoid cigarettes has been found by Dutch researchers: smoking doubles a person's likelihood of developing dementia and Alzheimer's disease.

At the annual meeting in Boston of the American Academy of Neurology, Dr. Alewijn Ott from Erasmus University of Rotterdam, reported on 145 people over age 55 who developed dementia among a total of 6,870 being studied.

"The risk of smokers to develop dementia was twice as high as compared to those who had never smoked," he said. "The risk of past smokers was increased about one and a half times."



**KANKAKEE RIVER RUNNING CLUB  
3RD ANNUAL GOLF OUTING  
OAK SPRINGS  
SATURDAY, JUNE 21ST, 1997**

**YES, FELLOW RUNNERS, WE WILL BE OFF AND RUNNING WITH OUR GOLF CLUBS AT THE BEAUTIFUL OAK SPRINGS GOLF COURSE. THIS WILL BE LOW-KEY, NON-COMPETITIVE GOLF, WITH SIDE BETS LIMITED TO \$500 PER HOLE. THE ONLY HANDICAP ANYONE WILL HAVE IS HIS/HER INABILITY TO STRIKE THE BALL IN SUCH A FASHION SO AS TO PROPEL IT INTO THE APPROPRIATE HOLE. WE WILL HAVE SANDWICHES AFTERWARDS. YOU DON'T HAVE TO BE A GOLFER TO SHARE THE CAMARADERIE. YOU CAN COME OUT AT 6 P.M. FOR THE POST-GOLF FARE.**

**TEE TIMES WILL START AT 2 P.M. AND OAK SPRINGS IS GIVING US THE TWILIGHT RATE: \$12. SIGN UP NOW! INFO: CALL DAN, 937-2926 (DAYS), 937-5500 (EVENINGS).**

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**GOLF OUTING REGISTRATION**

\_\_\_ Yes, Dan, I'll play. Fix me up a foursome of fearless flatlanders.

\_\_\_ I'll stay for a sandwich and libation. There will be \_\_\_ others joining me.

\_\_\_ Sorry, I'm not crazy enough to play golf, but \_\_\_ of us will show up for the post-golf festivities.

**MAIL TO DAN GOULD, 212 JULIE DRIVE, KANKAKEE, IL. 60901**