



THE PAPER RACE

KANKAKEE RIVER RUNNING CLUB NEWSLETTER

AUGUST 1997 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 114



ON DAN'S RUN by Dan Gould

July was not one of my better months. I am used to being in good health apart from the usual ache, pain or strain that goes with heavy duty running. The patella tendinitis

have resolved itself.

In the midst of that, I went to the dentist with what I suspected was a cracked filling. No such luck. It was root canal time! This one went smoothly. The dentist thought the antibiotic I was taking for my infection had held the bacteria down. He wrote a Rx in case I developed an

AUGUST

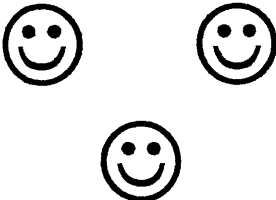
<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Pat Baldwin	26th	40
Mike Belletete	5th	51
John Flynn	1st	51
Karl Goodberlet	6th	12
Dan Gould	31st	53
Dee Hillebrand	19th	34
Scott Kelson	13	42
Donna Koerner	13th	41
Jessica Linn	9th	11
Rich Manthei	31st	50
Shirley Malone	29th	66
Jim Rattin	14th	41
Nancy Ruda	16th	41
Kathy Steffen	18th	46
Matthew Steffen	23rd	14
Michael Steffen	18th	11
Lynn Troost	26th	51
Doug Uribe	22nd	36

LONERGAN-RIVARD VOWS SAID

Jeffery Lonergan and Marcia Rivard exchanged wedding vows at the Kankakee River State Park on Sunday, August 3rd. The ceremony was held at the scenic overlook at 8:00 A.M. The groom was attended by Phillip Newberry and the bride by Linda LaFine. Judge Dan Gould officiated. The bride wore a garter made the previous evening by Janet Shelly.

The vows taken were the Runners' Wedding Vows written by Nancy Ruda. Ron and Nancy were in attendance as was Pat Koerner, Mike Hickey, Ken Klipp, Henry and Janet Shelly, and Bill and Linda Linn. This was considered a respectable turnout on less than 24 hours notice.

The ceremony was followed by a training run and a tailgate reception hosted by the Shellys. Mr. Lonergan is a machinist. Mrs. Lonergan is a teacher. They will honeymoon at Mt. Rushmore.



WELCOME NEW MEMBERS

Cary Yoakum, 25, Bourbonnais

will probably be with me the rest of my life. I was beginning to think that the lower back problem I ran myself into two and a half years ago was going to be a lifetime companion, but in the last couple of months it appears to have resolved itself. One of these days I will have to test it with some marathon training.

Anyway, July started off with an infection in a rather private place. "Not to worry," said the doctor. "A strong antibiotic will knock it down." Well, it did, but the antibiotic had a rather unpleasant side effect for which I had to get some medication. Now, almost a month later, that may

infection. Three days later, with no sign of a problem, I put the Rx in the wastebasket. Four days later I felt the first twinges of infection. There was an intervening weekend before I could get another Rx written and then it was ten days of those pills four times a day. Bah!

July will be most remembered for an evening bicycle ride. I have cross-trained on the bike since 1992. I acquired a 12-speed Trek from Ken Stark late in 1991. Ken's last ride on it was in the spring of 1990 when he crashed and burned doing the duathlon. I have pics of Ken in his wheelchair!

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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It was a pleasant Monday evening as I set out on my 11.5 mile course out Sandbar Road to Fisherman's Wharf. I was only two blocks from my home and making a right turn when things got exciting. As I leaned into the turn, the bike started to slide out from under me. I tried to straighten up and things happened very fast. I think the front wheel went crossways. In any event, centrifugal force threw me left. I don't really remember the impact on my left hip, side and shoulder, but I could reconstruct it from the marks on my body and clothing.

The outside of my left hip and thigh had a bruise about 12 inches long and 4-5 inches wide. There was an ugly lump resembling cellulite that four weeks later has almost disappeared. There was a black mark on my bike shirt along the back of the left side up to the shoulder. I had a bit of soreness in the left shoulder and ribs.

The part of the impact I do remember was my head snapping left and the sound of my helmet cracking on the pavement. I

remember thinking, "Gosh, that didn't hurt." When I picked myself up, the only obvious sign of injury was some road rash on my left elbow and, of course, the crack all the way through the left side of the helmet. Not wanting to explain my stupidity to my wife, I finished the bike ride.

The next day I took the bike to Steve at Tern of the Wheel. The handlebars needed a minor adjustment. "You did great," he said, "your body saved the bike." Swell! I bought a new helmet and this is certainly a testimonial for them. There was no car or dog. I was just going too fast. I've taken some slow speed falls when starting up or stopping, but I never needed a helmet before.

Perhaps the blow to my head did do some damage. I totally forgot about the 5K Series which was the next night. I understand the turnout doubled. I also understand that it was a handicapped 5K and perhaps some of those putting it on were a bit handicapped. Anyway, I haven't heard any complaints and it is just an excuse to the buffet at Chicago Dough.

The YMCA 5K was a success as always. The weather cooperated although it was a bit warm and humid. There were a 155 runners who finished. Christine Barrett, after placing just out her age group at Friendship Festival, brought home the gold this time. Jeff Lonergan let me win this one, but neither of us placed. Bill Johnson, who usually turns out for this race and pushes me to a good time, has a back problem which is keeping his running shoes in the closet. After eating all the cookies that Donna Koerner baked, I may never place in another race!

The Y 5K was my only race of the month. I've been working on the golf game. Like the Cubs, I'll get 'em next year!

The good news is I don't have to try to fill up this missive this month. Van Lewsader, Dee Anna

CHRISTOPHER RUDA

A funeral Mass for Christopher Bennett Piwowar Ruda, infant son of Ronald E. and Nancy J. Ruda of Kankakee, was held Friday, July 18th, at St. Patrick's Church in LaSalle. Burial was at St. Vincent's Cemetery in LaSalle. Christopher was stillborn July 15, 197, at Riverside Medical Center.

Hillebrand, and Jeff Lonergan all answered my solicitation for newsletter material. Thanks guys! How about the rest of you?

Dave Barrett ran the Chicago Distance Classic 20K on July 20th. Although it was a hot one, Dave came away enthused to have the run of the Chicago streets with over 3200 other runners.

If you didn't read "Momence couple opens home to kids in need" in the Accent section of *The Sunday Journal* on July 27th, you missed a warm and touching piece on the Mike and Georganne Hickey family. Beautifully written by Nancy Ruda, it details how they have opened their home to students in need and become foster parents to some of them over the years. We're proud of you guys!

John and Erma Hickey have come north from Port Charlotte. They did so just in time for a 50th wedding anniversary surprise party in Decatur with all their children. I expect you will see them at the Glad Run.

Speaking of runs, we've got a bunch of them coming up in the next couple months. Next Tuesday (August 12th) is our final Summer Series 5K. You'll find apps herein for the Glad Run, Hare & Tortoise, Peotone and Beecher. Next month we will have the app for the

Kankakee River 10K.

Hope to see you on Dan's run!

[Send your news to 212 Julie Drive, Kankakee, IL. 60901)

On Van's Run, Swim, Bike
By Van Lewsader

On May 2nd, almost 20,000 participants started the Indianapolis 500 Mini-Marathon (13.1 miles). Besides the traditional medals and long sleeve shirt to the top 500 runners, every finisher received a medal with the "Everyone is a Winner" theme. The overall male winner was Patrick Kiptum (New Mexico) in a time of 1:01:56 (4:44 pace) and the female winner was Valentina Yegorova (Russia) in 1:13:51 (5:39 pace).

After two previous attempts, I finally cracked the top 500, placing 385th (78th out of 1,346 in the 30-34 age group) with a time of 1:27:28 (6:41 pace). I thought this was great until John Keston crossed the finish line in 1:27:44. John is 72 years old!

Dee Osenglewski ran 2:02:33, finishing 134th out of the 963 in her age group.

My next adventure was the Galesburg Triathlon on May 24th. A .25 mile swim, 13 mile bike, and a 5K run. A lake wind in May is spelled **COLD!** The water temperature was a brisk 60 degrees. The bike ride had four "true hills" and many slopes. Remember, the only ones in Kankakee are the overpasses.

The field of 75 participants was stacked with talent. Overall, I finished 18th, 5th out of 11 in my age group, with a time of 1:06. No gold for me. I missed by one place in my age group and I wasn't lucky enough to win one of the many drawings. Now I know why I don't play the Lotto!

The Iron Horse Triathlon in Springfield was June 15th. Almost 850 participants competed in this

qualifier for Hawaii. They came from all but 5 states in our country plus Canada and Australia. The course consists of a 1.5 mile swim, 45 mile bike, and 10 mile run. I finished 89th out of 135 in my age group and 441st overall in 4:27:26. Jim Grace finished 51st out of 95 in his age group in 4:33:07. If Jim would give me bike lessons, I could help him with the swim portion.

While in Atlanta for the National Education Association Convention, I ran two races. The NEA-PAC 5K had 300 teachers running a tough course in downtown Atlanta. The entire last mile was up hill. Overall, I placed 6th in 19:04, which placed me 2nd among the runners from Illinois. It was also good enough for 1st in the 30-39 age group. While the competition was lacking, the winning time was a respectable 16:31.

The Peachtree 10K has become my highlight of the year. The race had over 50,000 runners going down a 5 lane road called Peachtree. Its a fantastic course that finishes in Piedmont Park. The crowd is 2-3 deep on both sides of the road. Radio stations, various DJ's, and bands are playing along the course. I recommend this race. It's held every July 4th. Registration closes after one day so get you application in immediately.

This not just a race, but an event - a spectacular event. It's even broadcast on local TV and radio stations. That night, there are holiday fireworks on the roof of Lemon Mall which is at the start line. This display is one of the five largest in the country with nearly 30 tons of fireworks.

As for my time, it was 43:13. I started about 25 minutes after the elite group which means they were almost done. A group was allowed to start every 5 minutes based on your bib number. There were at least 30,000 runners in front of me and only the walkers were behind me. If I had been properly seeded, I think I

could have run a sub 40 minute 10K

Well, that's my update. Hopefully, my first local race will be this weekend at the YMCA 5K.

[Ed. Note: Van ran 18:35 at the YMCA 5K]

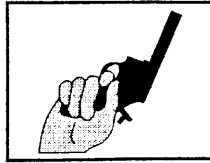
THE OLD PLANK ROAD TRAIL 5K
by Jeff Lonergan

It was a race that Dan would have loved and hated. Why do I say such a thing? Well, he would have loved it because it only cost \$10 to register. He would have hated it because they ran out of shirts so he wouldn't have been able to complain about how they looked. He would have loved it because of the shade on the trail and because there was no traffic or turns. He would have hated it because when we ran on the roads it was sunny and there weren't any mile markers. He would have loved the shade the last half mile of the trail.

However, Dan would have cried after the finish while waiting at the table to turn in his name and stick. He would have loved it because he would have place 6th or 7th overall. 6th, if he had beaten me. If so, there wouldn't have been anyone in his age group in front of him and he would have thought to himself, "Great! First in my age group!" But, he would have hated finding out that they were only giving awards to the top man, woman, boy and girl.

Dan would have loved all the goodies that the Frankfort Jewel provided. For 150 runners and walkers, they put out 20 boxes each of bananas, plums, apples, nectarines, Power Bars, bottled water, juice and freezer full of Starbucks ice cream. Big Apple Bagels also donated an extremely generous amount of bagels. After all that, I believe Dan would have said: "I loved and hated that race."

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.

Fri., Aug 8th, 7 P.M. - Wenona 5K - Jeff, 8354054

Sat., Aug 9th, 6 P.M. - Twilight Run 5K, Mazon - Darryl, 448-2417

Sat., Aug. 9th, 7 A.M. - Howl at the Moon, Danville, 8 hour ultra run, Marc, 217/431-4243

Sat., Aug. 9th, 8:00 A.M. - Rotary Ramble 5K, Hwy. 31 Elementary School, Demotte, IN. Char 219/987-2875

Tues., Aug. 12th, 6:30 P.M. - Summer Series 5K, Small Memorial Park, Kankakee. Charlie Grotevant, 949-1551.

Sat., Aug. 16th, 8:00 A.M. - Momence Glad Run 5K/10K, Momence H.S., \$10/13, ts, 5yr AG, door prizes, refreshments. A Team Hickey Production! 472-2253. PSRR Circuit.

Sat., Aug. 23rd, 8:00 A.M. - Minooka Summerfest 5K, Main St., \$15/18 after 8/16, shirt, overall & 2 deep in 5yr AG. PSRR Circuit.

Sun., Aug. 24th, 8:00 A.M. - Shorewood Festival 5K, festival

grounds behind Village Hall, \$12/15 after 8/11, shirt, overall & 3 deep in 5 yr. AG.

Sun., Aug. 31st , 5:00 P.M. - 16th Annual Herscher Hare & Tortoise 5K, Village Park, \$6/8, travel mugs, overall & 3 deep in 5yr AG to 50+ plus heavyweight trophy, random drawings. Scott Stephens. 426-2211.

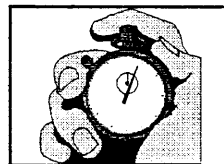
Mon., Sep. 1, 8:00 A.M. - Park Forest Scenic 10 Mile & 5K, \$17 for 5K, \$23 for 10 Mile, last day to register is August 18th. 708-748-2005

Sat., Sep. 6, 9:00 A.M. - 2nd Annual Peotone Country Festival 5K, Park Dist. Bldg by Peotone H.S., \$11/15 after 9/1(\$10 for pre-registered KRRC members), tank top, awards 3 deep 5 yr AG. Kirsten Benner 708-258-3939.

Sat., Sep. 13, 9:00 A.M. - Beecher 5K, Community Hall, 673 Penfield, \$13/15, Ts, top 3 OA, top masters, & 2-4 deep in 5 yr AG, random prizes. Tom Stluka 708-946-2318. PSRR Circuit.

Sun., Sep. 14, 8:00 A.M. - 8th Annual National Heritage Corridor 25K Run, Channahon, \$18/20 after 9/7, Ts, OA, masters, & at least 3 deep in 5 yr AG. Bill 723-4279

THE
FINISH
LINE



Jul. 4, Brickyard 5 Mile Run, Hobart, IN., 400+ runners, 61 degrees, sunny - Pat Koerner, 27:41, 1AG; Dave Barrett, 33:14; Bill Linn, 33:19; Phil Newberry, 29:??

Jul. 4, Park to Park 5 Miler, Bloomington - Charlie Grotevant, 35:12, 3AG; Mike McGuckin, 37:22,

PR!

Jul. 4, Tinley Park 5K - Tom Stluka, 16:45, 1AG; Mike Stluka, 17:10, 3AG

Jul. 5?, St. Louis 10K, several thousand runners - Mike McGuckin, 47:58, PR!

Jul. 11, Fairbury Fun Fair 5K, Charlie Grotevant, 20:58, 2AG

Jul. 12, YMCA Scenic 5K, sunny, humid, 155 finishers

Mike Stluka	16:50	1AG
Jim Rattin	17:56	1AG
Ken Klipp	18:00	2AG
Dan Flynn	18:27	1AG
Van Lewsader	18:35	3AG
Dave Barrett	19:33	
Ben Gerst	19:36	
Dan Gerber	19:50	
Dan Gould	19:52	
Jeff Lonergan	19:58	
Marshall Grace	20:27	
Bob Pool	21:16	1AG
Charlie Grotevant	21:20	1AG
Keith Theison	22:14	
John Pool	22:16	
Mike Hickey	22:29	
Allison Williams	22:34	2AG
Randy Rahrig	22:35	
Kirsten Benner	22:46	1AG
Cary Yoakum	23:40	
Amanda Uribe	23:15	2AG
Mike McGuckin	23:16	
Tom Goodberlet	23:59	
Ron Ruda	25:07	
Mike Belletete	25:36	
Krista Hickey	26:09	
Peggy Baldwin	27:22	3AG
Chris Barrett	28:00	3AG
Linda Linn	28:00	1AG
Jackie Delong	28:45	2AG
John Shoup	30:13	
Bonnie Sisson	31:08	3AG
Donna Gerst	33:49	3AG

Jul. 13, Heart & Sole 10K, Olympia Fields - Pat Koerner, 35:19

Jul. 19, Dog Days 5K, Lake Bloomington, 154 finishers (80 degrees, humid, overcast) - Charlie

Grotevant, 20:48, 2AG; Mike McGuckin, 23:04

Jul. 19, Old Plank Road Trail 5K - Jeff Lonergan, 20:01

Jul. 20, Chicago Distance Classic 20K - Dave Barrett, 1:33:14

Jul. 24, Sundowner 5K, New Lenox - Pat Koerner, 16:57; Dave Barrett, 19:46; Jeff Lonergan, 20:24; Charlie Grotevant, 20:48, 1AG

Jul. 26, Run for the Bagel 10K, Mattoon - Charlie Grotevant, 44:22, 1AG

Aug. 2, Run for Shelter 5K, Valpo - Pat Koerner, 16:25, 3 OA

THE BACK OF THE RUNNING PACK by De Anna Hillebrand

You'll see us at the races,
Kilbride's, Bourbonnais, and the YMCA.
We sign up as runners, not walkers.
Either way, it's the same amount to pay.

We won't start at the front of the pack,
We know that's reserved for Jeff, the Stlukas, and Pat.
You'll find us ready to go,
In front of the walkers, getting in our last chat.

The whistle blows, the horn sounds.
We're off! We're running! The race is on!
Now, the group starts as a whole.
Then, speed kicks in, the fastest run on.

While running, we check the course out.
Notice the pretty flowers, beautiful homes, the For Sale signs.
Say "Hi" to our fans, talk to the Water crew,
See the tall trees - oaks, maples and pines.

You've seen us if you run "cool down" on the route.
We appreciate your encouragement and "Thumbs Up."
We know we're close to the Finish now,
We'll sprint and keep our spirits up!

The three deep in each age division is great,
It's definitely a chance to win a trophy.
We're there to run, exercise, and cheer you on,
But also to see the course and scenery.