

THE PAPER RACE

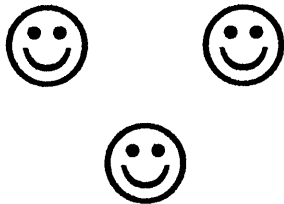
KANKAKEE RIVER RUNNING CLUB NEWSLETTER

SEPTEMBER 1997 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 115



SEPTEMBER

NAME	DAY	AGE
Jessica Brinkman	30th	10
Marge Flynn	10th	51
Darcy Hanks	22nd	17
Dan Klipp	17th	17
Mike McGuckin	7th	45
Tyler Rahrig	6th	9
Amanda Uribe	19th	14



ON DAN'S RUN by Dan Gould

Yup. CRS (Can't Remember Stuff). Early Old Timer's Disease. Appoint a guardian for me. For the

second month in a row, the van took me to the golf course instead of Small Memorial Park on the second Tuesday of the month. Everybody knows that the second Tuesday is Summer Series 5K! More importantly, it means pizza at Chicago Dough. I think I ended up at Hardees that night. What a bummer! The good news is that my presence was not essential to the success of the evening.

More CRS. A couple months ago I added an e-mail address to my column so all you cutting edge people that can't write, phone, or fax could let me know what has gone on in your running world. The Pool brothers are apparently the only cutting edge people we have. They dutifully e-mailed race results. Unfortunately, the computer is really my wife's and she is the cutting edge person at our house. I don't sit at the computer and check for e-mail. Besides, John and Bob are the only ones using it. So, with apologies to the brothers Pool, I am canceling the e-mail until further notice.

August means the Mومence Glad Run. It also means the humidity hanging in the trees type of HOT! Runners and walkers turn out in droves for this team Hickey production whatever the weather and this year was no exception. I don't know how many walkers participated, but there were 233 registered runners, most of whom survived the 80 degrees plus temperature and the hanging humidity. Just to insure that there was enough humidity, it had rained during the night. The only saving grace was a nice breeze.

Bill Linn and I ran the 10K together. The really fun part of the

10K is immediately after turning around at the half-way point. You are totally out of the shade and running into the rising sun. I almost said: "Bill, I'll walk if you will." It was just that miserable! We survived, but I don't think I stopped perspiring for six days.

You worry about the amateurs on days like this. I saw one guy out there in a long sleeve shirt. He may have had a second shirt under it. I guess he survived. I wonder if he knew the importance of hydrating. I always worry about Mike Hickey except at this race. Mike doesn't seem to understand the need to hydrate. Since he was directing this race (great job, Mike) and not running it, I didn't have to worry.

Christine Barrett was kind of bummed about her time. The new kid on the block is expecting a PR at every outing and didn't get one at Mومence. We had to explain the effects of heat and humidity on performance to her.

There were a number of faces at Mومence that are infrequently seen. Jim Ruberg, whose pastoral duties prevent him from doing Sunday races, was there. Lynn Troost, one of our founding members, came up from Urbana. Carol Painter was there as was old holes in the head, eh, hat, John Shoup.

Bill Orr, who directs the Sweetcorn Festival 5K on Labor Day weekend and was at Mومence to promote his race, asked me why I hadn't listed it in The Starting Line. Answer: the flyer arrived in the mail the day after we put the August newsletter to bed. If you are a race director and you want your race

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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listed, please insure I get the information in time.

I had the good fortune to run the Sweetcorn Classic 5K in 1994. It was a deliciously cool, sunny morning. The course is a fast one and I ran my second fastest 5K to eke out a first in age group by a couple seconds. They put a 142 across the line this year and the top four were under 16 minutes. Cornstalk was sixth overall and first in age group while Jim Rattin was eighth with a first in age group. Charlie Kennedy, Charlie Grotevant, and Bob and John Pool all placed in age group. Remember this race if you are looking for one the Saturday of Labor Day weekend. Hoopston is a bit of a drive, but well worth the trip. You can make a day of it with the family at the Sweetcorn Festival festivities.

If you are racing on Sunday of Labor Day weekend, you must be in Herscher. Scott Stephens directed his 16th consecutive running of what is now the Hare & Tortoise 5K on August 31st. The race was born in 1982, Herscher's centennial year, as

a Saturday morning 10K. There were 131 runners. Larry Lane was fifth overall and Howard Strassenburg, Carol Sue Painter, and Shirley Malone placed in their age groups.

As of this writing, I have little information on this year's running. My Saturday-Sunday golf event on Labor Day weekend pretty much eliminates the possibility of my racing those days. Mike Stluka won and Heather Steffen was first in her age group. Jessica Linn ran her first race and has gone out for the cross-country team Brett Linn led the race for the first two blocks because Tom Goodberlet bet him he couldn't. Tom, you shouldn't take advantage of these young jocks like that. Perhaps I'll have more next month

It has been several years since I ran the Park Forest Scenic 10. Back in the good old days when I was younger and more foolish, I would run Herscher on Saturday and Park Forest on Monday. When Herscher became a late Sunday afternoon event, there was no way I could do both and I chose to support my local race.. Comstalk might excel in back-to-back races, but my body rebels. When I started playing in the two day golf event a couple years ago, I just didn't race on Labor Day weekend. Besides, the back problem of 95-96 reduced my racing schedule and the distances I raced.

With a better back and more mileage in the bank this year, I decided to return to Park Forest. This is one for which you have to plan. Registration closes two weeks before the race. The field is limited to 2,000 in the 10 mile and 600 in the 5K. The entry fees are relatively high, but this is big-time road racing. This year it was the USATF Women's National Championship and over \$20,000 in awards and prize money were given out.

Comstalk and I made the trip together. The first challenge was getting into the parking lot at The Centre, a kind of ghost town of a

once thriving strip mall. It is a great place to stage a race. Lots of room to park once you negotiate the closed streets and barricaded entrances. We got there an hour before the race and there were lots of people there ahead of us. There were at least three running stores represented including our friend Mitch Hobbs of Often Running in Bloomington.

Team Stluka, Phil Newberry, Charlie Grotevant, Dave Barrett, Randy Rahrig and Kathy Steffen were there to do the 10 and Christine Barrett to do the 5K. We had a beautiful day for a race with sun and a temperature approaching 70. About four miles of the race are run through the forest preserve which holds the night's cool air (and humidity) and the remainder of the race is run on well shaded residential streets.

Dave, Charlie and I started together, but quickly separated, It is easy to get separated over 10 miles among almost 2,000 runners. It was an unremarkable race until the last half mile when I passed Warren "Powered by Pizza" Utes of Park Forest. As we closed on the finish line, the announcer urged the crowd to cheer Warren on as he "destroyed" the national age group record for men who are 77 years young - *by about 5 minutes!* He finished in 69:57. Pat and I encountered Warren at the post-race party. He said he would shake hands, but he had a beer in each one!

Jim Grace and his new lady who, oddly enough, is named Grace, were in attendance, but not racing. Jim is recovering from a broken collar bone resulting from a trip over the handlebars of his bike. He will also join the bike helmet testimonial circuit as his "trip" also resulted in a cracked helmet. Gosh! If Grace marries Jim, she will be Grace Grace!

There wasn't much chance of bringing home the gold at this race, but Christine Barrett was thrilled with her Park Forest 5K which took about

a minute off her previous PR. Tom Stluka did manage a third in age group for the only gold of which I am aware. If you want to view the results, they are available on the Internet.

There was one Ironman amongst us who ran *eight* races between August 2nd and September 1st including Hoopston, Herscher, and Park Forest. Charlie Grotevant, my muscles tighten and my body aches at the thought of it! I guess it is just the difference between a farm boy and a city boy. I just hope I will have recovered from Park Forest in time to run respectably at Peotone! My hat is off to you!

Mike McGuckin found a race in Norfolk, Virginia, where the only post-race refreshment was water! Well, perhaps it is a new diet! Mike didn't say how much he paid for his white t-shirt, warm, humid run, and water, but I doubt there would be a second year for that race around here. Mike found the Wenona Days Run much more to his liking with Archway cookies and Powerade.

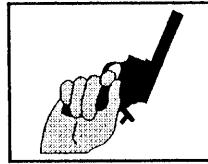
Danny Flynn has been running the roads with us, but he is now running cross-country for Bishop McNamara in his freshman year. In an auspicious beginning, he won individual honors in the annual All-City meet by covering the 2.6 mile course in 14:11 on August 29th.

We've got some great running and racing weather coming over the next couple months. Not only are the temperatures more comfortable, but Mother Nature will be painting the foliage those beautiful fall colors. Don't miss out. Peotone, Beecher and the Kankakee River 10K are all upon us. It is PR time!

Hope to see you on Dan's run!

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

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., 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

Sun., Sep. 21, 9:00 A.M. - **KANKAKEE RIVER 10K & 2 MILE WALK**, Kankakee River State Park, \$12 w/ long T by 9/12, \$15 race day (\$9 if no shirt available), 5 yr AG. See app enclosed for details.

Sat., Sep. 27, 8:00 A.M. - 21st Annual Park Ridge Charity Classic 5K, Pickwick Plaza, Ts, \$14/20, 5yr AG, field limited to 650. 847-825-9012.

Sat., Sep. 27, - Hospital Hustle 5K, Merrillville, IN., Mark 1-800-HUSTLE-1.

Sun., Sep. 28, 11:00 A.M. - Wild Wild Wilderness 7.6M Run, Kickapoo State Recreation Area, Danville, \$18 w/ shirt, \$10 w/o, race day \$12 (no shirt), 5yr AG. Marc 217-431-4243.

Sun., Sep. 28, 1:00 P.M. - Grand Ridge 4 Mile Run, \$15/18 after 9/6, \$20 race day, long sweatshirt & gloves, 5yr AG. 249-6268.

Sun., Sep. 28, 21st Annual Frank Lloyd Wright 5K (8:15 A.M.) / 10K (9:00 A.M.), Oak Park River Forest H.S., Ts, \$15/20, Ts, 5yr AG, prize money. 708-383-0002.

Sat., Oct. 4, 8:15 A.M. - Matteson 4 Mile, Willow & Allemon, \$15/18, Ts, non-standard AG, OA & 3 deep, some cash prizes, free pancake breakfast. 708-748-1080.

Sun., Oct. 5, 9:00 A.M. - Cal. City Half-Marathon & 5K, \$9/10, Ts. 708-862-6440.

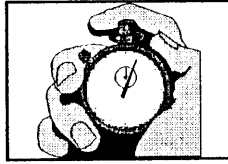
Sat., Oct. 11, 8:00 A.M. - Autumn Shoreline Classic 15K/5K, Decatur, \$15/20. Joe 217-423-8042.

Sun., Oct. 12 - Milwaukee Marathon

Sun., Oct. 12 - 8:30 A.M. - Tinley Park Sertoma's Oktoberfest 5K, World Music Theatre, \$12/15 after 9/29, 5yr AG, refreshments. 708-798-6171.

Sun., Oct. 19, - 7:45 A.M. - Chicago Marathon, Grant Park.

THE



FINISH

LINE

Georganne Hickey	32:57	3AG	Randy Rahrig	80:13
			Kathy Steffen	81:18
10K - 78 finishers				
Pat Koerner	35:12	2OA	Park Forest 5K - Christine Barrett,	
Mike Stluka	36:01	1AG	26:59, PR!	
Phil Newberry	38:21	2AG		
Ken Klipp	39:18	1MST		
Dave Barrett	42:01	1AG		
Dan Gould	42:51	1AG		
Bill Linn	42:54	1AG		
Charlie Grotevant	45:24	1AG		
John Shoup	48:05			
Kathy Steffen	48:52	1MST		
Dave Schkerke	52:45			
Randy Rahrig	53:02			
Ron Ruda	53:46			
Lynn Troost	63:03			
Krista Hickey	64:37			
Aug. 19, Dog Days 5K - Bob Pool, 20:32, 1AG; John Pool, 23:58				
Aug. 2, Ag Days 5K (+ or - 2.8M), Villa Grove - Charlie Grotevant, 18:47, 2AG				
Aug. 2, Run for Sight 5K, Norfolk, VA. - Mike McGuckin, 23:01				
Aug. 8, Wenona Days 5K - Charlie Grotevant, 20:55, 3AG; Mike McGuckin, 22:41				
Aug. 9, Mazon Twilight 5K - Charlie Grotevant, 20:51, 2AG				
Aug. 9, DeMotte 5K - Pat Koerner, 16:32, 1OA				
Aug. 9, Mazon 5K - Pat Koerner, 16:44, 2AG				
Aug. 16, Momence Glad Runs, 233 registered, 80+degrees, <i>HUMID!</i> 5K - 145 finishers				
Jim Rattin	18:31	2AG	Aug. 23, Minooka Summerfest 5K - Charlie Grotevant, 21:22, 1AG	
Dan Flynn	19:18	1AG	Aug. 24, Shorewood 5K - Tom Stluka, 16:38; Joe Burgess, 17:04	
Rich Olmstead	19:54	2AG	Aug. 30, Hoopeston Sweetcorn Classic 5K - 151 registered	
Charles Kennedy	21:13	1AG	Pat Koerner	16:32 1AG
Amanda Uribe	22:55	1AG	Jim Rattin	17:01 1AG
Cary Yoakum	23:28		Charles Kennedy	20:22 2AG
Alex Angelo	24:31		Charlie Grotevant	20:25 3AG
Nancy Ruda	26:11	2AG	Bob Pool	20:29 1AG
John Hickey	26:11	1AG	John Pool	23:31 4AG
Judy Schkerke	26:25	3AG	Aug. 31, Herscher Hare & Tortoise	
Ben Angelo	26:50	4AG	Mike Stluka	16:55 1OA
Carol Painter	26:52	1AG	Bill Linn	20:13
Jim Ruberg	27:32		Brett Linn	23:05
Chris Barrett	28:04	2AG	Charlie Grotevant	25:10
Monica Uribe	28:27		Heather Steffen	31:11 1AG
Amanda Schkerke	28:50		Dee Hillebrand	36+
Linda Linn	28:58		Jessica Linn	36+
Jackie DeLong	29:38	2AG	Linda Linn	36+
Peggy Baldwin	30:33	6AG	Sep. 1, Park Forest Scenic 10, sunny, 70 degrees	
Erma Hickey	31:13	1AG	Tom Stluka	57:15 3AG
Heather Steffen	31:33		Pat Koerner	58:37
Bonnie Sisson	32:37	3AG	Phil Newberry	62:28 PR
			Mike Stluka	64:34
			Dave Barrett	68:31
			Dan Gould	69:45
			Charlie Grotevant	73:22