

THE PAPER RACE

KANKAKEE RIVER RUNNING CLUB NEWSLETTER

OCTOBER 1997 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 116



OCTOBER

NAME	DAY	AGE
David Barrett	28th	33
Elliot Brinkman	19th	14
Steve Hanks	22nd	50
Methinee Kelly	24th	39
Craig Kippeis	8th	50
Charlene Klipp	10th	48
Bill Linn	16th	45
Brian Noffke	10th	37
Rich Olmstead	12th	46
Tom Stluka	7th	38



BABY RUNNER
Olivia Ann Johnson
born to
Bill & Barb Johnson
September 10, 1997

IN SYMPATHY

To Paul Surpreant on the death of
his wife, Linda A. Surprenant,
September 30, 1997
Our prayers are with you

ON DAN'S RUN by Dan Gould

Marathon. October is marathon month. A review of the marathon calendar from the January issue of *Runner's World* shows 31 marathons this month. In the Midwest, that list includes Chicago, Detroit, Milwaukee, Fox Cities, Twin Cities, Indianapolis, Cleveland, and St. Louis.

I know a number of our members are headed for Chicago on October 19th with hopes of crossing that finish line on their feet. They are Joe Burgess, Mike Stluka, Rollie Szilard, Dee Osenglewski, Marshall Grace, Jeff Lonergan, Dave Barrett, and Dan Gould. Dan Gould?! Hey, that's me!

I haven't been a marathon man since that fateful December weekend in 1994 when I ran 29 miles in less than 24 hours and my lower - really lower - back said "Ouch!" I went to the park on Saturday to keep Ed Glazar company as he put in 19 miles in preparation for the Disney Marathon. The next morning I joined the guys for 10 miles on the usual Sunday morning run. By early Sunday afternoon my sacroiliac was complaining. Too much, too soon. It was a rather unusual "over use" injury which permitted me to remain comfortably active, but made sitting uncomfortable. A few months ago that low grade discomfort seemed to disappear.

Chicago is also "unfinished business." In 1989, several of us started the Chicago Marathon. Bill Linn, Mike Hickey, Theresa Burgard, Jeff Lonergan and Ken Stark successfully negotiated the heat and

humidity to the finish line. John Shoup and I were DOA at 18 miles. I never felt good that day and heat caused my feet to expand so much that my toes were rubbing the toe box. Heat is a killer! Five weeks later John and I, with a support crew consisting of Matt Gubbins, had a successful Memphis Marathon. The temperature was 28 degrees! John Shoup subsequently wrote a piece entitled "Memphis Odyssey" which is a classic.

CHICAGO MARATHON?

If you run the Chicago Marathon and would like your results given to *The Daily Journal*, please contact Dan on Sunday evening (937-5500) or put your results on his answering machine by 8:00 A.M. on Monday (937-2926). In addition to your time, please note if it is a Boston qualifying time and report any highlights.

We marathoners, however, are mere mortals. Jim Grace and Van Lewsader are headed for The Great Florida Ironman Triathlon on October 25th in Florida. Jim has recovered from his broken collarbone and is rapidly recovering his fitness. He stopped by the park last Sunday and brought his x-ray for "show n' tell."

September was a great month to race! Just ask Pat Koerner. Our boy Cornstalk found EIGHT races in September. He finished first in four, second in two, fifth in one, and 73rd in one (73rd out of about 1,849). Now is Donna still buying

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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you a dinner every time you win?

Beautiful days for racing seemed to be the order things in September. The 2nd Annual Peotone Country Festival 5K on the 6th was no exception. I think it was a little less humid than last year. Race director Kirsten Benner Mulvihill found it to her liking. She won the woman's division. Registration was about the same as last year with 69 finishers.

Keith Theison was at Peotone so the best I could do was second in age group. I did edge Tom Stluka which normally would mean I was first or second in the race. All it meant at Peotone is that Tom was out for a stroll, perhaps still recovering from his 57:15 at Park Forest the preceding Monday.

Kirsten straightened out the start and finish of the course which was on a curve last year. Questions still remain as to the course measurements. Some runners found the second mile 40-45 seconds slower than the first and the last tenth several seconds too fast. A week after Peotone, Joe Burgess,

Keith Theison, and Jeff Lonergan ran 31-33 seconds faster times at Beecher. Perhaps we can get a couple volunteers to wheel the Peotone course and see if they can figure out why the times don't compute. We would like to keep this race, but some people get testy about short or long courses.

We had another great day at Beecher, but it may have been a little more humid. Race director Tom Stluka's pre-race instructions included the fact that nobody had gotten lost on this well-marked course, thereby insuring somebody would. I don't want to embarrass Charlie Kennedy, so I won't tell you who it was.

Keith showed up again (why don't you stay home?) and Charlie Kerley drove all the way from Somonauk so the best I could hope for was third. With my lack of a finishing kick, three guys zipped by me in the home stretch including Dan Gerber. Jeff? Jeff is getting fat and slow on Marcia's cooking so he hasn't been any competition lately.

Beecher put 82 runners across the finish line (84 last year), but Tom hopes for more next year when he moves the race to the last Saturday in July. All the cross-country runners, coaches, soccer players and moms and dad of soccer players should be available for a July race. Also available, unfortunately, will be the July humidity.

The Kankakee River 10K also had 82 finishers (81 last year) on an absolutely perfect day at the Kankakee River State Park. Where have all the runners gone? Where are the hundreds that used to run the "Governor's 10,000."

A *Runner's World* article on the current boom in running notes that not as many are running competitively. Second, the 5K is the popular distance. Just about any potato can roll off the couch and do 3.1 miles. There are few 10Ks, 10 milers, or longer distances. On the other hand, the National Heritage

Corridor 25K had 739 finishers this year. If it gets any more popular, Keith says they will have to put a limit on the size of the field. The new Chicago Half Marathon, expecting a field of about 1,500, will apparently more than double that. Go figure.

Anyway, we had a beautiful day. Dan Gerber and I had a lot of fun pushing and pulling each other along. Cornstalk got pushed just enough to go under 35:00 minutes for his victory. Dave Barrett ran a PR of 39:15.

Glen Grant was there to dish out the delicious Chicago Dough pizza. Henry and Janet Shelly were celebrating their anniversary (22nd or 23rd) by working the race. Ken Klipp did both finish line and award presentations - again! Phil and Jeff did a great job of putting it all together - again! Phil, by the way, was 6th overall with a 36:56. Not too shabby! The highlight of my day was helping Linda Linn put her pants on.

Phil says he has some new ideas for next year. If you have some, give him a call, especially if you would like to *HELP!*

Augie Hirt is excited! No, the former Olympic race walker has not been tabbed for our next Olympic team. He has discovered Magnetic Field Therapy which uses the natural magnetic currents in our bodies to reduce recovery time from injuries by speeding up the natural healing process. Research has shown that when charged particles, such as electrolytes in the blood, pass through a magnetic field in perpendicular direction to that field, they generate an alternating current in the blood. This, in turn, generates heat, expands blood vessels and increases blood flow which brings increased concentrations of oxygen and vital nutrients to the site of the injury. The lymph system removes toxins, reduces inflammation and restores the pH balance.

A study in Tokyo tested the effect of magnetic mattress pads on a variety of physical complaints. The

pads proved to be effective on neck, shoulder, lower limb, and back discomfort as well as insomnia and fatigue.

The foregoing is my condensation of some of the material Augie provided me. Perhaps my back would have healed in less than 2½ years had I had the benefit of a magnetic mattress pad. If you are interested in learning more and/or obtaining magnetic devices, Augie would be happy to talk with you. 630-393-6492.

We usually go to a 9:00 A.M. starting time for our "Sundays at the Park" beginning in October, but it is a small group and the time may be modified with a couple phone calls to accommodate varying schedules. You might want to confirm the time with somebody so you know you will have company.

As you can see from the calendar, there are lots of races left. You might also want to consider going to the expo at the Chicago Hilton & Towers on the Friday and Saturday (17th & 18th) preceding the Chicago Marathon. Lots of good stuff!

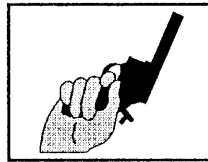
We've started to run out of daylight which means running in the dark. If you have to run the roads, be colorful, be seen and stay alive. This is no time for the black/navy blue/grey stuff.

Does anybody know the jogger who got mugged near Manteno? I mean, who carries money on the run?

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!

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.

Sun., Oct. 5, 7:45 A.M. - 1st Annual Chicago Half Marathon, Grant Park, \$25, 773-929-5979

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

Sat., Oct. 11, - 8:00 A.M. - Run the Woods 5K, Timber Pointe Outdoor Center, Lake Bloomington, \$12/15, 5yr AG to age 50. Rich 309-662-4014

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. 12, - 9:00 A.M. - Fox Chase 5K Run, Algonquin Road School, Fox River Grove, \$15/20, Ts. John 847-822-2140

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

Marathon, Grant Park.

Sat., Oct. 25, -9:30 A.M. - 10th Annual Trick or Treat Trot for UNICEF 5K, Montrose harbor, Lincoln Park. 312-409-2479

Sat., Oct. 25, - 10:00 A.M. - 16th Annual Omni Plum Creek Pumpkin Prance 5K, Schererville, IN, \$10/12. Darcy 219-865-6969

Sun., Oct. 26, - 9:00 A.M. - 5th Annual Monster Dash 5K, Suburban Heights Med. Cen., 333 Dixie Highway, Chicago Heights, \$10/12, Ts, 10 yr AG, Best Costume Award, Little Monster Dash. 708-709-6000

Sat., Nov. 1, - 9:00 A.M. - Palos Park Turkey Trot 3 Mile, \$10, 10 yr AG. Marilyn 708-361-1535

Sun., Nov. 2, - 11:00 A.M. - 15th Annual Canal Connection 10K, \$12/15, Ts, 5 yr AG. A great race! Most of it run on the I-M Canal Towpath. Jon 815/223-8988

Sun., Nov. 9, - 9:00 A.M. - Fall Frolic 4 Mile, \$11/15, long ts. Jim 219-845-1977.

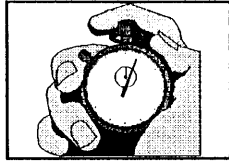
Sun., Nov. 16, - 9:00 A.M. - Tinley Park Turkey Trot 5K, 6527 W. 171st St., \$12/14. Donna 708-532-8698.

Sat., Nov. 22 - 11:00 A. M. - KRR Turkey Tromp 5K Handicap & Poker Runs, Kennekuk Cove County Park, Danville. 217-469-7088

Thurs., Nov. 27 - 9:00 A.M. - 14th Annual Pilcher Park Poultry Predictor 4 Mile, \$4/6, New Lenox. Keith 815/478-3124.

Sat., Nov. 29, - 9:00 A.M. - 8th Annual Drumstick Dash 5K, Village Hall, Richton Park, \$15/20 after 11/22, Sweatshirts, 5yr AG, Clydesdale division, team/club competition, all kinds of prizes and refreshments. Another great race! Dale 708-301-2381.

THE
FINISH
LINE



Jeff Lonergan 20:30
 Charlie Kennedy 20:53 1AG
 Rich Olmstead 21:05 3AG
 Kirsten Benner 21:27 2OA
 Amanda Uribe 22:21 1AG
 Marcia Lonergan 23:21 1AG
 Bonnie Sisson 31:33 2AG

Sep. 29, Wild Wilderness 7.6M Run,
 528 finishers - Keith Theison, 51:42;
 Charlie Kennedy, 56:42, 3AG;
 Charlie Grotevant, 57:18

Aug. 23, Minooka 5K - Jeff Lonergan,
 21:15

Aug, 31st, Herscher 5K - Jeff
 Lonergan, 21:13, 2AG

Sep. 6, 2nd Annual Peotone Country
 Festival 5K, 69 finishers, Sunny, cool

Pat Koerner 16:47 1AG
 Joe Burgess 17:16 2AG
 Mike Stluka 17:36 2AG
 Rollie Szilard 18:49 2AG
 Keith Theison 19:20 1AG
 Dan Gerber 19:56
 Dan Gould 20:23 2AG
 Tom Stluka 20:24
 Charlie Kennedy 20:47 1AG
 Jeff Lonergan 21:03
 Bob Pool 21:15 1AG
 Randy Rahrig 21:59
 Kirsten Benner 22:54 1OA
 John Pool 23:13 2AG
 Marcia Lonergan 24:49 2AG
 Rich Manthei 25:16
 Jackie Delong 28:04 2AG

Sep. 7, Katie McGuire 5K,
 Bloomington - Jeff Lonergan, 21:11,
 2AG; Charlie Grotevant 21:17, 2AG,
 Bob Pool????, John Pool????

Sep. 7, Stateville 10K - Pat Koerner,
 36:26, 1OA; Phil Newberry, 37:47,
 2OA

Sep. 13, Beecher 5K, 82 finishers,
 Sunny, nice, a touch humid

Pat Koerner 16:36 2OA
 Mike Stluka 16:40 3OA
 Joe Burgess 16:45 1MST
 Jim Rattin 18:04 1AG
 Keith Theison 18:48 1AG
 Dan Gerber 19:34 4AG
 Dan Gould 19:41 3AG

Sep. 14, National Heritage Corridor
 25K, Channahon (739 finishers) -
 Dave Barrett, 1:54:02; Charlie
 Grotevant, 1:57:36, 4AG; Carol Pratt,
 1:59:38; Jeff Lonergan, 2:05:07; Dee
 Osenglewski, 2:12:48; Rich Manthei,
 2:22:54; Bonnie Sisson, 2:57:12

Sep. 20, Deep River Run 5K, Hobart,
 IN. - Pat Koerner, 16:29, 1OA

Sep. 20, Harvest Days 5K, Dwight -
 Charlie Grotevant, 21:17, 1AG

Sep. 21, Kankakee River 10K, 82
 finishers, beautiful day!

Pat Koerner 34:47 1OA
 Tom Stluka 36:08 3OA
 Joe Burgess 36:09 1MST
 Mike Stluka 36:36 1AG
 Phil Newberry 36:56 2AG
 Dave Barrett 39:15 1AG
 Keith Theison 39:35 1AG
 Dan Gould 41:04 3AG
 Dan Gerber 41:17
 Jeff Lonergan 43:10 2AG
 Charlie Grotevant 43:13 1AG
 Bob Pool 43:30 2AG
 Carol Pratt 44:13 1OA
 John Pool 47:04 3AG
 Randy Rahrig 47:14
 Kathy Steffen 47:33 3OA
 Marcia Lonergan 48:42 1AG
 Nancy Ruda 50:00 1AG
 Ron Ruda 50:06
 Augie Hirt 56:19
 Lynn Troost 56:47 1AG
 Jackie Delong 62:44 3AG
 Bonnie Sisson 66:37

Sep. 27, Hospital Hustle 5K,
 Merrville, IN. - Pat Koerner, 16:29,
 1OA; Joe Burgess, 16:46, 2OA

Sep. 28, Grand Ridge 4 Mile - Pat
 Koerner, 21:56, 1AG

MESSAGE GUINEA PIGS

**Americans visit
 massage therapists about 75
 million times a year and spend
 \$2 to 4 billion annually
 according to the American
 Massage Association.**

**Dave Schkerke is
 studying to be a massage
 therapist. As part of his
 training he must practice on at
 least 25 different subjects. He
 needs to knead you!**

**Dave, I'll be ready for
 one right after the marathon -
 or should I get it before?**

-Dan

Triathlon Tales

The past 3 months have been stepping blocks to build for an ironman triathlon. The ironman triathlon is The Great Floridian Triathlon on October 25, in Clermont, Florida. Of course, I will not be the only local participant. Jim "Graceful" Grace will also compete, and I think its his 6th or 7th one. Yes, Jim will be ready. In fact, he and I competed in the Muncie Endurathon (1.2 mile swim/56 mile bike/13 mile run) on September 13. Jim finished in 5:40 with minimal training due to his bicycle accident. INCREDIBLE!!! I finished in 5:11(Overall-201/ 500 and AG47/ 89). Besides being a super race, I finally won a drawing. I got what every athlete needs- a Mrs. T's Pierogies T-shirt. At the Tri-City Triathlon (Kankakee), Jim worked as a volunteer and coached me on to a 5th place overall and 1st place age group. The Danville Triathlon turned into a biathlon (swim and run only) due to heavy rain. This was an excellent decision by the race director, and, I realized that I need all 3 disciplines to be "racy." I finished 18th/92 athletes and 4th in my age group.

So, you think we're crazy. I recommend that you try a triathlon next season. The Champaign Park District puts on a triathlon in July. It's a .25 pool swim, 6 mile bike, and 2 mile run at Centennial Park. It is very well organized, and they have great drawings- 2 Bell helmets, Illini football tickets, restaurant gift certificates and much more. So mark your calendar. Call the Champaign Park District. Talk to me about more information. This year, I placed 4th/106 athletes and 1st in my age group. But, I did not win any of the great drawings. You could also try the Leaning Tower Triathlon in Niles in July. Yes, the local YMCA has a 1/3 scale Leaning Tower of Pisa in the front lawn. This race is a .25 mile swim, 12 mile bike, and 3.1 mile run. No, I do not know the metric system, talk to my math teacher. At this race, I was 10th/123 and 2nd in my age group. So, you can do a triathlon with a little cross training. DO NOT make an excuse like you cannot swim. That used to be my excuse. D o not say you cannot bike. Jim is still learning (HA HA). As for the run, you are already doing it. Try on; you might like it.

-VAN LEWSADER