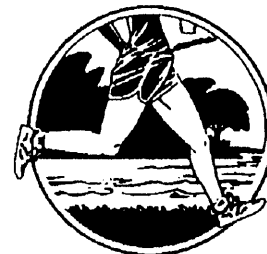




THE PAPER RACE

THE NEWSLETTER OF THE
KANKAKEE RIVER RUNNING CLUB
SINCE 1979



FEBRUARY 1998 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 120



FEBRUARY

NAME	DAY	AGE
Michelle Baldwin	14th	42
Dan Draine	27th	19
Jim Grace	24th	41
Marshall Grace	10th	36
Tony Grace	16th	7
Charlie Grotevant	18th	56
John Hickey	28th	70
Mike Hickey	21st	48
Gerry Kilbride	6th	60
Judy Kilbride	24th	59
Tommy Kilbride	14th	19
Colin Koerner	10th	5
Dan Phillips	7th	62
Ann Rahrig	4th	37
Collin Rahrig	13th	7
Janet Shelly	13th	45
Joe Saylor	28th	43
Allison Shelly	22nd	22
Howard Strassenburg	20th	78
Chris Walsh	21st	36

ON DAN'S RUN by Dan Gould

Drivers. Dogs. Doctors. The late Dr. George M. Sheehan declared that they are the three most dangerous things to runners. I have managed to avoid the first two, if only by inches on occasion, and I have had infrequent contact with the latter. In the last few months, however, I have renewed my acquaintance with three doctors - and it wasn't in my "operating room."

It all begin when the Health Fairy visited me with a little infection last July. I went to my GP who gave me an antibiotic which cleared up the problem within 24 hours. Unfortunately, it also apparently created a fissure in my tailpipe. That is a little tear which itches and bleeds. It is really a nuisance.

I went back to the GP who prescribed a cream and suppositories. I became much more intimately acquainted with my tailpipe than I ever wanted to - for *months!* It got better, butt not 100%. The GP said I might have to have a surgeon put in some stitches.

So, in October, I went to see my favorite surgeon. My surgeon must have been a proctologist in a former life. He really seemed to enjoy the exam. I did not, especially when he said he couldn't find anything. I wanted it fixed! He did, however, recommend I have a endoscopy. That is the procedure where they take a longer version of the Black & Decker Snake-Lite, add a camera, and put it where the sun doesn't shine.

My GP had first suggested

IN SYMPATHY

To the family of our fellow member,
Stephen Hanks, 50,
who died February 5th, 1998
Our prayers are with you

this procedure when I saw him in July. He thought it was appropriate preventive medicine for a man over 50. While I believe in preventive medicine, this procedure is done in a hospital under sedation, something more than just your basic physical examination. My surgeon wanted to make sure that the source of my bleeding was the fissure and not something else.

I put it off for a couple months and then scheduled the procedure for mid-January. I hadn't mentioned any of this to my roommate (wife) because she is a worrier, especially if it could be related to cancer. I was going to tell her on a "need-to-know" basis ("Honey, you need to drive me to the hospital tomorrow so I can have my tailpipe scoped.")

That plan went out the window when Riverside outpatient called my house to schedule the preliminary work-up. I had made a point of giving the doctor's office my business phone number. I guess they think I hold court in my living room. The "what-the-hell-is-going-on?" call from my wife wasn't all that bad. I told her it was just a routine part of a check-up for a man my age and she seemed to accept that (must have been in the middle of one of her soap operas).

I had the preliminary work-up



WELCOME NEW MEMBERS

Lisa Bos, Bourbonnais

Rick & Cheryl Smercina, Bradley

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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on January 2nd. They drew blood, did an EKG, and explained the prep. Prep? Starve for 24 hours before the procedure and drink a gallon - *gallon* - of laxative the evening before. You talk about flushing the hydrant!

A couple days later I got the panicky call from my wife: The doctor's office had called my house. There was a problem with my EKG! I needed to call the GP immediately! Now, this really was getting to be a pain in the ass!

I called the GP. He said he wanted me to come right over to his office for another EKG. I complied. This EKG also showed an irregularity. "I'm not going to hospitalize you tonight," he said, "but I'm going to schedule a stress echocardiogram for tomorrow morning. Go home, take an aspirin, and relax." Yes, he does have a sense of humor.

So, early the next morning, I was at the office of my favorite cardiologist ready to run the treadmill until it dropped. After only 10 minutes, the cardiologist said: "I think this is much ado about nothing." He

terminated the test after another minute. I would later drop him a note suggesting that he should work on his endurance. I'm embarrassed to tell people I ran until he was exhausted.

As nearly as I can tell, the extra little blip on the EKG, "minor right precordial ST-T wave changes which are non-specific," is an eccentricity of my heart that doesn't affect function.

Having gotten a green light on the heart, the endoscopy was done on January 19th. My smiling surgeon had the same smile before and after the procedure. I got a clean bill of health and the assurance that someday my fissure would completely heal.

Since the procedure, I have learned that colon cancer is the most common cancer for U.S. adults, male or female, over age 50. The second annual report of the Harvard Center for Cancer Prevention reiterated that half of all cancer risk among Americans could be eliminated through a modified diet, increased exercise, decreased alcohol use, and tobacco cessation. The report specifically linked physical activity to a potential reduction in colon cancer. If you are over 50, you may wish to discuss with your GP having an endoscopy as a part of your health check-up.

What, you may ask, does all this have to do with running? Hey! Drink a gallon of laxative and you'll be on the run! Sorry, couldn't resist.

January is kind of a slow month for news. Jim Grace ran the Disney Marathon and qualified for Boston. Phil Newberry was Prairie State Road Runner of the Year. Pat Koerner was PSRR Circuit Champ. Carol Pratt was the women's winner of the Fat Ass 50 for the third year in a row. What? Well, yes, if suppose if she loses weight she might not win it next year. Ken Johnson turned 80 in December and ran 8 miles to mark the occasion.

January weather wasn't too

bad if you didn't mind the gloom and 3.4 inches of precip. This was the least sunny January since 1894. We got about 20% of the potential sunshine. Yes, they really do keep track of how many minutes we see the sun.

The Siberian Express in Danville may have to come up with a new name. Held on the first Saturday in January, last year's 64 degrees was followed this year with a temperature near 50. They had 490 finishers (531 registered) in this 7.6 mile race. Jim Grace, Charlie Grotevant, Charlie Kennedy, Carol Pratt, Bob and John Pool, and Keith Theisen were there.

Also there, unfortunately were thieves who entered cars, took a credit card or two and quickly departed for a shopping marathon. They were so neat, some folks didn't realize they had been had for a day or two. Lock things up, guys! Runners aren't the only ones attending the races these days.

Charlie and Joyce Grotevant went to Charlotte, N.C. for an annual Farm Bureau something or other. The timing was right. Charlie got to run the Charlotte Observer 10K along with 4,000 others. With no wind, sunshine, and a temperature near 40, Charlie enjoyed the moderately hilly course which ran from downtown through neighborhoods with elegant homes and mansions. Charlie was particularly pleased to finish 307th out of the 4,000.

Charlie and I went to Lake Bloomington January 17th for the Chilly Chili 4.5 Mile. Carol Pratt, John Pool, and Rich Manthei were also there. This is kind of a fun run with awards only to overall, best dressed, least dressed, and a few random finishers. The two girls in the Playboy Bunny outfits made it worth the trip! The chili and beer at the Green Gables weren't bad either!

Charlie and Joyce's "Around the World Party" (and 3 mile prediction run) was clearly the highlight of the month. This party

marked Charlie's reaching the 25,000 mile mark - approximately the circumference of the earth. Free eats, good company, and live entertainment! We looked at old photo albums and reminisced. We wished Joyce a happy birthday and enjoyed some cake. Good times! Did you see the nice piece in *The Herald* by Karen Hanson on the members of the "Around the World" club? Thanks, Karen!

A record crowd (I think) turned out for the Winterfest 5K on February 1st. We ran out of race numbers! Total registration was 335. Morning sunshine and temperatures in the 40's certainly helped get people off the couch.

We should have called it Old Timer's Day. Gary Townsend, age 46, and Que Harbor, age 47, were the overall winners. Tom Stluka, although nine seconds faster than his winning time of last year, had to settle for third. Joe Burgess, fifteen seconds faster than a year ago, was top master. Charlie Grotevant, almost a minute faster than last year, was second in age group. Dave Barrett started the year with a PR! I just got a few seconds slower!

When we conceived the \$200 award for the athletic department of the high school fielding the most participants three years ago, we assumed it would be Kankakee, Bradley-Bourbonnais, or Bishop Mac. Mac did take it the first year and BBCHS last year. Who would have guessed that Hoopston Area H.S. would field 22 participants to claim the award this year? They had an organizer/motivator!

I think the race went without any major glitches. We ran out of shirts and numbers. One walker ended up in the running results. I think the first two walkers - very young I believe - only went around once. Otherwise, perfect!

As always, many club members turned out to work the race and Bill, Linda, and I appreciate the support. We have a great team and

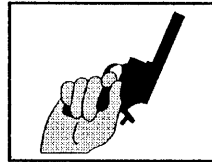
we would like to add to it. I'm probably good for another year or two as a race director and then I will step down (Bill says every year is his last one!). Likewise, Bill, Linda and I have been doing this newsletter since April of 1988. Time for some new blood! In that vein (no pun intended), Anna Goodberlet has written a piece that will appear in next month's issue. Thank you, Anna! Now, how about the rest of you? Your adventures in training, racing, and life are solicited.

President Henry will be scheduling the annual organizational meeting in the near future. Right, Henry? Anyway, it will probably be one of those free food and drink meetings. While you are thinking about it, think about becoming a club officer. With so many members, we should be spreading the work.

Hope to see you on Dan's run!

(Send your news and notes to Dan Gould, 212 Julie Dr., 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., Feb. 7th - 11:00 A.M. - The Clear Pond 5K, Kickapoo State Recreation Area, \$5, awards to top 15 male and top 7 female, 25 more awards at post-race party. This is a Kennekuk Road Runners event - of course there's a party! NO RACE DAY ENTRIES. Marc 217-431-4243.

Sun., Feb. 8th - 1:00 P.M. - Frosty Five Mile Road Run, Channahon Middle School, \$14/16, stocking caps to first 200, awards 2-5 deep in 5 yr AG to 60+, refreshments. 467-7275.

Sat., Feb. 21st - 10:00 A.M. - 8th Annual Caribbean Cruise 5K, Keeling Center, 375 Oswego St., Park Forest, \$15/16 after 2/10. Unspecified awards. Bill 708-747-3684.

Sat., Feb. 21st, Flurry Run 4 Miler, Clinton, IN. 317-832-1500

Sat., Feb. 28th, George Rogers Clark 10 & 2 Miler

Sat., Feb. 28th, 8:30 A.M. - 4:30 P.M. - 7th Annual Road Race Director's Conference, Wyndham Garden Hotel, Oak Brook Terrace. Reg. Fee \$85 includes guidebook, t-shirt, lunch & snack. For more info: Ray Vandersteen, 630/953-2052.

Sat., Mar. 7th - Easter Seal 5K, Ottawa, 815-434-0857

Sun., Mar. 8th - Frostbite Classic 1/2 Marathon, Delavan, 309-682-3556

Sun., Mar. 15th, - 1:00 P.M. - St. Patrick's Day 5K, Bloomington VFW Post 454, 1006 E. Lincoln, k\$15/18, long ts, 5yr AG to 50, refreshments, live band, benefits MS & Toys for Tots. Bill 309-663-0355 or 452-1395.

Sat., Mar. 28th - 11:00 A.M. - Miller Park Zoo 5K, \$15/\$8 after 3/17, ts, OA & masters, 3 deep in 5yr AG to age 50, spaghetti/bread meal, Ann 309-663-4677.

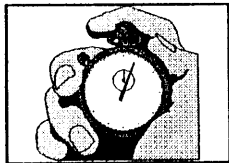
Sun., Mar. 29th - 8:00 A.M. - Spring Ahead 5K, Central H.S., 610 W. University, Champaign, ts, 10 yr AG 3 deep. Kyle 367-7450

Sun., Apr. 5th - 9:00 A.M. - New Lenox Fabulous 4 Miler, Lions Community Center, \$10/\$12, ts, unspecified AG, 485-1737

THE

FINISH

LINE



Jan. 3rd, Siberian Express 7.6 Mile, Danville, 490 finishers - Jim Grace 54:46; Charlie Kennedy, 58:56; Carol Pratt, 59:00; Charlie Grotevant, 59:06; Bob Pool, 1:01:18; Keith Theisen, 1:04:59; John Pool, 1:05:15

Jan. 10th, Charlotte Observer 10K, Charlotte, N.C. - 43:17, 7/94 AG and 307th /4000+ overall

Jan. 11, Disney Marathon - Jim Grace, 3:18:40 - Boston Qualifier!

Jan. 11, Fat Ass 50, McNabb - Carol Pratt, 5:38:36, 10A

Jan. 17, Chilly Chili 4.5 Miles, Lake Bloomington - Dan Gould, 29:36; Charlie Grotevant, 30:42; Carol Pratt, 32:11; John Pool ????

Feb. 1st, 14th Annual Winterfest 5K, 279 finishers, overcast. 40's, SW wind

Tom Stluka	16:27	3OA
Joe Burgess	16:56	1MST
Pat Koerner	17:27	2AG
Mike Stluka	17:33	3AG
Dan Flynn	17:42	
Phil Newberry	17:49	
Ben Gerst	17:54	
Jim Rattin	18:14	3AG
Ken Klipp	18:18	3AG
Nat Draine	18:20	
Keith Theison	18:44	
Jim Grace	18:55	
Van Lewsader	18:59	
Dave Barrett	19:14	
Brian Gerst	19:32	
Marshall Grace	19:41	
Rich Olmstead	19:56	
Charlie Grotevant	20:12	2AG
Dan Gould	20:19	3AG
Larry Lane	20:35	
Charlie Kennedy	21:04	3AG
Bob Pool	21:10	1AG
Allison Williams	22:20	2AG
Carol Pratt	22:26	1AG
Jim Stevens	22:40	
Jeff Lonergan	22:50	

John Pool	22:51	
Amanda Uribe	22:56	2AG
Theresa Burgard	22:12	1AG
Ray Feeley	23:20	
Nancy Ruda	23:24	3AG
Dan Gerber	23:30	
Kathy Steffen	23:32	2AG
Mike McGuckin	23:34	
Randy Rahrig	23:49	
Paul Surprenant	24:26	
Marcia Lonergan	24:38	3AG
Karen Burgess	24:40	
Ron Ruda	24:56	
Patti Lauer	25:14	2AG
Brian Noffke	25:25	
Mike Hickey	25:35	
Ken Stark	25:36	
Ed Hedding	25:56	
Monica Uribe	26:09	
Mike Belletete	26:28	
Lynn Troost	27:14	
Myles Hillebrand	28:47	
Peggy Baldwin	29:05	
Jackie Delong	30:15	
Heather Steffen	30:38	
Gerry Kilbride	31:12	
Pat Baldwin	31:46	
Judy Kilbride	31:58	

River Funning Club since 1989, used his running skills to aid a woman in distress.

Grace and a friend were having dinner in Chicago a few years ago during the busy Christmas shopping season. While crossing Michigan Ave. near the Chicago Hilton and Towers Hotel, Grace spotted a purse-snatching in progress.

The perpetrator was about 13 or 14 years old.

"I looked at my friend and said, 'I can catch that kid'," Grace said.

He took off after the teen, who made a few evasive maneuvers up and down the streets and alleys.

Grace was gaining ground when the boy, realizing he was about to be caught, dropped his burden of the stolen purse and shopping bag and slipped down an alley.

The boy made one last turn and became lost amidst the crowds on Michigan Ave., so Grace gave up the pursuit.

The important thing was that the woman regained her belongings and no one was hurt.

"My friends said to me afterwards, 'What if the kid had a gun?'" Grace said. "But I didn't think it was a big risk. If people can get away with that stuff and nobody does anything about it, then why shouldn't they do it?"

Grace trains as a triathlete, which includes biking and swimming as well as running.

Runner averts purse snatching

People say they run for fitness and health, but occasionally, running pays off in other ways.

Jim Grace, 40, of St. Anne, a member of the Kankakee

Pizza-making just a slice of life for enterprising couple

By Nancy Ruda, Journal correspondent

Glenn and Cindy Grant are good, progressive business-people who believe in providing outstanding service for their customers.

The Grants know how to put out a quality product every day and they are sensitive employers who offer leadership and opportunities for their staff. They also understand what it means to contribute to the community.

As the owners and operators of The Chicago Dough Company, located at 545 S. Main Street in Bourbonnais, this dynamic duo has more than 40 years of hands-on, food service experience between them.

The Grants opened their casual dining, family-style pizza restaurant in 1977 and have established a reputation in the area as "purveyors of Chicago-style pizza." Their restaurant is constantly lauded not only for their great-tasting food but also for their conscientious service and friendly atmosphere.

"We really love our jobs and pizza," Mrs. Grant said. "Our goal is to ensure that everyone who comes in contact with us feels as good about The Chicago Dough Company as we do."

The restaurant serves a broad, enticing menu of thin, deep dish and Calabrese pizzas, as well as appetizers, sandwiches, and pastas. They also have an expansive fresh "Let Us Make You Happy" salad and homemade soup bar. What Chicago Dough may be most known for, however, is its daily lunch "All You Like" buffet, which features an amply stocked salad bar and a tempting array of pizzas, pastas, and garlic bread. The lunch buffet is offered Sunday through Friday from 11 a.m. to 1:30 p.m. It is also available every Tuesday evening from 4:30 to 8 p.m.

"Our forte is a sit-down restaurant for families of all ages and sizes," said Grant. "Whether you're a family of two or of 12, you'll be comfortable and well fed at Chicago Dough."

Meeting one-on-one with dining customers is a "must" for Grant. At any time of the day, he will walk through the restaurant's dining area and chat with customers.

"I really enjoy getting to know our customers to make sure their experience with us is the best it can be," Grant said. "It's a thrill to meet and greet new customers and develop friendships. A lot of our customers have been coming to 'The Dough' since we opened. In fact, we're starting to see second and third generations of families."

Grant's career is entrenched in what business books define as restaurant management, but what he dubs as "pure people business." It stretches from managing McDonald's restaurants and an eatery called "Gregorio's" in the western suburbs to his current site.

Mrs. Grant's background is just as solid in the "people business." Her parents owned a resort of 12 cabins and a lodge in Hayward, Wis., where the entire family worked, especially in the preparation and serving of daily meals to their guests.

The Chicago Dough Company originated as "Pizza Inn" in 1975 in Richton Park, a south suburb of Chicago, serving thin and deep dish Chicago-style pizzas. Its owners were two of Grant's fellow business associates from McDonald's. The trio created and developed the concept for their pizza restaurant, its name, and the Chicago antique and Tiffany lamp motif.

In 1977, the company opened a second store in Bourbonnais, which Grant managed, subsequently followed by full-scale restaurants in Kingsport, Tenn., and Bloomington. Carry-out storefronts also opened in Calumet City and Homewood. The Grants relocated to Chicago Heights, where Grant supervised the chain of four restaurants.

By 1989, all of the stores, with the exception of Bourbonnais, Richton Park, and Kingsport, had been sold. The Grants became full partners in the parent business and moved back to the area. The Richton Park and Bourbonnais restaurants operated under the "Chicago Dough" name, while the Kingsport store was renamed "Rush Street." Today, all three of the businesses operate independently.

Never losing sight of their "good food, good atmosphere" vision, the Grants have consistently initiated changes and improvements in The Dough. The buffet, which was originally launched in 1981, was revamped last year with new fixtures and the addition of homemade soups made fresh every day. Mrs. Grant has created several of the recipes herself.

A fruited dessert pizza was also added to the menu and has been an enormously popular item on the buffet.

In 1985, the existing building was enlarged. Booths were added along with a wait station in the "atrium," so named for its large windows, lush green plants and spacious ambiance. This addition increased the restaurant's seating capacity to 150. During 1996, the interior of the casual dining restaurant was renovated and modernized with new floor tile, ceiling material, computerized wait stations, and addi-



Journal/Kathie Van Tassel

Glenn and Cindy Grant are owner-operators of The Chicago Dough Company in Bourbonnais.

tional seating in the main dining area.

Externally, the parking lot was resurfaced, bright red and green awnings were added, and the outdoor street sign was sandblasted and repainted.

While it's not unusual to catch the Grants waiting on tables, taking telephone orders, or making pizzas in the kitchen, they really shine in key individual roles. On a full-time basis, Mrs. Grant manages the business' accounting, marketing, and food lines. Grant said the greatest amount of his 50 or more hours a week are spent hiring and training. He interviews all candidates and tutors them through their orientation, which focus-

'The people who work here and the environment they work in are the keys to our success.'

es almost exclusively on customer service and product knowledge.

"The people who work here and the environment they work in are the keys to our success," Grant said. "Our ability to attract and keep confident, friendly, talented employees has made us who we are today and guarantees our future success. Personally, it's very important to me that our restaurant is known and thoroughly respected in our community for our courteous, knowledgeable staff, from the cooks to the delivery people."

The restaurant employs approximately 54 full-and part-time employees, including the Grant's two teen-agers, Glenn Jr. and Colette.

Another valuable key to their success is the quality products. Chicago Dough uses fine Wisconsin mozzarella cheese, a specially marinated tomato sauce, homemade dough, and the freshest add-on ingredients for their pizzas. In addition to a wide variety of vegetable and sausage toppings, Chicago Dough is also renown for its "hamburger pizza."

"We created our own special blend of seasonings for the ground beef," Mrs. Grant explains. "Our hamburger pizza is like a signature product for us. We feel like we invented it, and no other restaurant makes one as tasty as ours."

The Grants emphasize that thin and deep dish pizzas are still the most popular choices in the area. However, over the past three years, they've noticed a trend toward more meatless or vegetable-only pizzas, as well as ones with less cheese or no cheese.

Being involved in several community events for worthy causes reflects The Dough's professional and personal

commitment to the area.

"It's very gratifying to be connected to the community," Grant said. "We deeply appreciate how this area welcomed our business when we first opened our doors and how everyone has continued to support our product. It's more than essential for us to give back to our community."

The restaurant is a long-time supporter of the Lions Club. An evening benefit buffet is held twice a year with all of the night's profits donated to the Lions. Similar benefit buffets are conducted for the Lutheran Brotherhood, the American Cancer Society, and the Bradley-Bourbonnais Community High School Athletic Department.

Chicago Dough is also a sports booster for Olivet Nazarene University's baseball, football, and basketball teams.

Chicago Dough pizza is a "must" at the Bourbonnais Friendship Festival, where the Grants have been serving up slices for 17 straight years.

"It's such a fun environment," they said in unison. "We see so many of our customers at the festival. It gives us a chance to get out of our everyday element and really have a great time with them," Grant added.

Many times the Grants also donate food to the volunteers who staff telethons and fund-raisers for Kankakee Valley Hospice and other worthy causes. "It's an indescribable feeling to be able to contribute," Mrs. Grant notes. "It's very rewarding to help others in need."

In addition, The Dough is a long-time, avid supporter of the Kankakee River Running Club and several local running races, including the annual Kankakee River State Park 10K and the Arthritis Foundation's Jingle Bell Run.

Of all their outreach efforts, the Grants are especially fond of their 15-year support of the "4-R Project." Throughout the school year, local fourth and fifth grade students work at Chicago Dough, waiting on tables and assisting in the restaurant.

"The neatest thing about the 4-R Project is that when so many of these students grow up, they come back to us for a job," Grant said. "The kids remember their experience here. We feel it gives them a good first impression of the workplace and helps instill a quality work ethic in them. It's a win-win situation for everyone."

Chicago Dough is open Sunday through Thursday from 11 a.m. to 10:30 p.m. and on Friday and Saturday until midnight.

Deliveries are offered to local businesses on Monday through Friday from 11 a.m. to 1 p.m.

'Involved' is her middle name

By Nancy J. Ruda
Journal correspondent

If you ask Joyce Grotevant what she likes to do in her spare time, she delights in saying, "Well, when I used to have some...." That's because these days her precious schedule is consumed by helping others in a myriad of ways. From schoolchildren to her fellow parishioners to farm women to her husband, this energetic 55-year-old is so involved with others, that spare time is but a figment of her imagination.

"A lot of people tease me that 'Involved' is my middle name," Mrs. Grotevant confessed with an infectious smile. "They say I'm always busy doing something for someone. And if there's something to be done, I'm the one they can count on to volunteer and get it done. But I don't like sitting on the sidelines. I like being involved. Having that as my reputation gives me a tremendous amount of personal satisfaction."

This bustling farmer's wife is so involved, she never has a day off or an "off-season." And some days, depending on what needs to be done, she even pulls double or triple duty.

One of Mrs. Grotevant's most cherished efforts is her work as a volunteer organist at Cabery United Methodist Church, where she has been playing for Sunday services and funerals for 25 years. With only five years of piano lessons as a child, Mrs. Grotevant is a self-taught organist.

"I love church music, and I wanted to do something for others with the little bit of training that I had," she said. "So, when we moved to our current home, I got a small spinet organ and started relearning the basics. Before I knew it, I had volunteered and was playing at church. That was 25 years ago, and I'm still there."



Joyce Grotevant
Cameo

Journal/Anita Spenard

Mrs. Grotevant's involvement at church, however, extends far beyond her wonderful musical skills. In fact, her broad talents spin a 360-degree turn and tap the world of debits and credits as she is the treasurer for the United Methodist Women's Group and for the three-church parish of Cabery, Cullom and Kempton.

"When our parish treasurer left, I volunteered to take her place," she said. "For three years now, I've been keeping three sets of church books. I truly enjoy being involved at church."

But church books aren't the only accounting responsibilities Mrs. Grotevant has taken on over the years. She also keeps all of the records for the average 1,200-plus acres she and her husband, Charlie, farm in Buckingham and the surrounding area.

"With all of this record-keeping, I had no choice but to learn the computer," she said. "So, I just went out and bought one, plugged it in and taught myself some basic accounting programs. I don't really keep books any more — I keep disks!"

Originally from Odelle, Mrs. Grotevant and her husband moved to Buckingham in 1970. Today, as a team of two, they farm corn, soybeans and wheat on their acreage, as well as some custom plots.

Having grown up on a farm, she jokes that she has "the love of the land" running through her veins. And that explains her extensive involvement with the Illinois Farm Bureau, in the past as a state women's committee district representative and currently as a member of "GRITTS" (Grassroots Issue Teams).

Serving on their quality of life for women action team, Mrs. Grotevant generates ideas for programs on health and safety issues and presents them to the state farm bureau board.

"We try to zero in on the pertinent topics and concerns women in agriculture face and have to deal with today," she said with authority.

"Those issues are changing every day in this profession, and there's no looking back to see how things were done before. There's no precedent to follow. Each issue is a new beginning."

Mrs. Grotevant attends planning meetings throughout the year, in addition to an annual leadership conference in Springfield.

and children. For the past four years, Mrs. Grotevant and her husband have participated in the farm bureau's "Adopt a Classroom" program. Throughout the year, children from two elementary schools in Chicago write to the Grotevants with questions about farming, crops, animals and any other agricultural issues that intrigue them.

The Grotevants steadfastly answer each letter and even visit their adopted schools once a year, bringing videos, farm implements and miscellaneous items to help their students learn about and appreciate farming.

For the past four years, the Grotevants have worked with the John J. Pershing School in Chicago. Last year, they added a new charge to their family by also taking on the Reavis Elementary School.

"The kids ask all kinds of questions," Mrs. Grotevant said. "But the one question we get asked the most is how many cats we have! For some reason, city kids seem to think that farmers have thousands of cats!"

She also notes that the children have a hard time comprehending that the corn the Grotevants grow is not the "sweet corn" they enjoy eating during the summer.

"They always want to know where 'their' corn is!"

A highlight of this program for the Grotevants is when the schoolchildren come to visit their farm.

"The kids and their parents get to see first-hand our crops and machinery," Mrs. Grotevant said. "For most of them, it's the first time they've ever had an experience like this. Their curiosity, and the looks on their faces are amazing."

Somewhat, she manages to squeeze her volunteer time into her primary profession, which is being part of a thriving agricultural team. No matter what the season, Mrs. Grotevant has plenty of farm chores to keep her busy and thoroughly occupied.

Without any additional help, Mrs. Grotevant isn't shy about rolling up her sleeves and hopping on a tractor. In the spring, she prepares their seedbeds for planting and occasionally drills the no-till soybeans.

But she's quick as a flash to blurt out that she absolutely does not plant

they don't do windows. Well, I don't do corn!"

In the summer, Mrs. Grotevant walks the beans and does other farm maintenance chores to assist her husband. Autumn, however, is by far the busiest time on the farm, as Mrs. Grotevant assumes the role of "chief combine operator."

Last year, of the 1,850 acres of soybeans and corn that Charlie and I combined, we estimated that I did about 1,700 of them," Mrs. Grotevant said, "that's a lot of combining!"

But it's not lights-out yet for this calm, collected, easy-going soul. During the summer, she's the supervisor for the Kempton-Cabery Lions Club concession stand for the girls softball and boys minor league games and for her church's softball league.

With her husband, who is an accomplished runner and masters marathoner, Mrs. Grotevant is a regular and dedicated volunteer at many local road races and events for the Kankakee River Running Club. She and her husband are also trained as "ostomy visitors" for the Kankakee Ostomy Association. When a local patient is preparing for an ileostomy, or has recently had one, the Grotevants visit the patient to answer questions and assist with other concerns.

Married for 35 years, the Grotevants have known each other since they were children.

"We went through school together and to the same church," she said. "People often ask us how we met. We tell them we didn't... we've just always knew each other!"

The Grotevants have three children and five grandchildren.

Mrs. Grotevant says there's no secret to her "young-at-heart" attitude. "It's just a matter of being adaptable," she said. "It's just a matter of being adaptable. I try to go with the flow, and if I have to change my plans, well, so be it. Whenever my husband asks what I have planned for the day, I know my plans are about to change. And it helps to try to get along with everyone. The key word is 'try.'"

With her life swirling around her, it's little wonder that Mrs. Grotevant has dubiously earned the middle name of "involved." But that's the

Running club members conquer the world on foot

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The "Around the World" club includes (back, l. to r.) Charlie Grotevant, Pat Koerner, Carol Pratt, Jill Linn and Larry Lane; and (front, l. to r.) Dan

Gould and Ken Klipp. (Herald/County Market photo by Karen Hanson)

by Karen Hanson
Herald reporter
Charlie Grotevant, 55, enjoys running so much that he has run all the way around the world.
And Charlie's not the only one. His accomplishment puts him in the company of at least six other members of the Kankakee River Running Club, who have each reached

a lifetime distance record of 25,000 miles, a distance roughly equivalent to the circumference of the earth.
Others who have logged over 25,000 miles include Pat Koerner, 35, of Bourbonnais; Judge Dan Gould, 53, of Kankakee; Bill Linn, 45, of Bourbonnais; Larry Lane, 49, of Reddick; Carol Pratt, 38, of Varna; and Ken Klipp, 48, of Kankakee.

Friends and fellow club members celebrated Charlie's entrance into the unofficial "Around the World" club with a run and a party in Kempton on Jan. 25.
Grotevant, who farms near Cahery, began running in 1983 in order to improve his overall health and fitness. At the time, he suffered from chronic ulcerative colitis, and he hoped that improving his general health would reduce the frequency and severity of the flare-ups.
He ran all summer, but in November 1983, the flare-ups became so severe that surgery was necessary. Grotevant underwent an ileostomy, the removal of the large

The surgery made a big difference in Grotevant's well-being.

"That's when I consider my new life to have started," said Grotevant, who is now vice president of the Kankakee Ostomy Association.

Two months after the surgery, in February 1984, Grotevant began running in earnest. Since he joined the running club in 1986, he has averaged 37 to 38 miles per week and has entered 473 races.

Pat Koerner, who is also a full-time farmer, reached the 25,000 mile mark in 1996. He began running in March 1984. Sometime this year, he'll hit the 30,000 mile mark.

Koerner said he runs an average of 60 miles a week or 2,600 miles a year. And he keeps track of it all.

"I kept a log from day one," he said.
For the last eight years, he has competed in about 40 races a year in distances ranging from 5K to half-marathons for a total of nearly 500 races. He has won 79 of them.

He has even competed in one marathon, held in St. Louis in November 1988. Koerner said there was a freak snowstorm and they ended up running the race in slushy, messy conditions.

Koerner has no plans to run another marathon, but he does plan to keep up a steady routine of running.
"It's good stress relief," he said.

Not all the runners keep careful records. Ken Klipp, who coaches cross country at Bishop McNamara High School, said he's never kept a running diary, but he's sure he has past the 25,000 mile mark.
"I've been running since age 14," Klipp said, "and I'm 48 now. I'm sure I'm well past that distance."

Klipp said his running varies from 40 miles a week in the summer, to 20 to 25 miles a week in the winter. Run-

ning with his cross country teams keeps his mileage up, he said.

Although Klipp has run five marathons, he said nowadays, he runs just for personal enjoyment.

"I do it for the health and fun part of it," he said. "I enjoy races, but I don't train like I used to."

Like Koerner, Klipp said running is a great stress reliever.
"I can tell if I don't run," he said. "I get real grumpy."

Larry Lane stopped keeping track of his miles "a long time ago" but he's sure he's closer to logging 50,000 miles than 25,000.

Dan Gould, Kankakee County circuit court judge, also joined the "Around the World" club last year. Gould, an original member of the running club, has been running since 1982. He said he usually runs five to seven times a week and averages three to 10 miles per run.

Gould was co-director of the Riverside HealthCare Winterfest 5K Run and Fitness Walk, held this past Sunday, Feb. 1, at Gov. Small Memorial Park in Kankakee.
Bill Linn, another 25,000-mile runner, was the other co-director of the event.

Linn, a salesperson of athletic wear, travels frequently, and said he actually runs more on the road than when he's home, where he devotes more time to his wife and kids.

Carol Pratt, formerly of Mokenca, has been running for 20 years. She coaches high school track.

The Kankakee River Running Club has more than 100 members ranging in ages from teens to octogenarians. During the summer, the members have a standing time on Sundays to meet and run together at the Kankakee River State Park.

The club occasionally holds fun runs like predictors and handicapped starts, said

Running club

Continued from page 5

Henry Shelly, president of the club. In a predictor, each runner predicts how long it will take him to complete the assigned route. The person who comes closest to predicting his actual time, wins.

A predictor run gives slower runners an opportunity to experience winning.

Another run that evens the playing field is the handicapped start. In these runs, Shelly said, slower runners start first, and faster runners may have to wait an entire lap before beginning.

The club members also have activities throughout the year such as chili cook-offs and holiday parties and often help out at races.

"In this area of the country we have some very high-quality races," Shelly said. "They have good trophies, refreshments, t-shirts and so on."

This year's Winterfest Run, 5K or 3.1 miles, had 336 participants, a record number.

Cycling

There is no hard evidence to prove that regular workouts on a bicycle will help improve your 10-K time. But there *is* evidence that cycling will improve your training and racing, if the events you are participating in will last for more than two hours.

Adding cycling to your running program gives you many advantages over single-sport specialists—those who espouse very sport-specific training. Cycling will:

▶ *Increase muscle balance between the quadriceps and hamstrings.* Runners tend to overdevelop their hamstrings, while cyclists have very powerful quads. Cycling, especially with the use of toeclips, will significantly strengthen a runner's quadriceps, reducing his chances for an overuse injury of the leg.

▶ *Increase flexibility in the hip and knee joints.* The impact running has on these joints tends to tighten the connective tissue that surrounds them. Cycling, on the other hand, stretches the connective tissue; in the cycling motion, the knee almost fully extends while supporting very little body weight. Also, the greater range of motion in cycling should produce greater overall flexibility as well.

▶ *Improve your ability to run uphill.* The *vastus lateralis* is the primary muscle used in cycling—it is also the primary muscle used in running uphill. Cycling increases the oxidative capacity of this muscle, thereby improving its ability to do extended work.

▶ *Increase your leg speed.* The basic cycling technique is "spinning," or pedaling rapidly in low gear. This reduces the forces that your muscles and joints must transmit to the pedals and cranks, and results in less wear, tear and fatigue on your body. A skilled cyclist turns the pedals 75 to 100 times per minute. This technique simply teaches the legs to move as quickly as possible.

▶ *Increase your cardiovascular endurance.* Cycling helps you to maintain, or even increase, your VO₂ max capacity, and can do so without physical trauma to your legs and back. Cycling probably ranks right up there with swimming as one of the best forms of exercise runners can engage in when they are suffering from running-related injuries, especially knee injuries.