



# THE PAPER RACE

THE NEWSLETTER OF THE  
KANKAKEE RIVER RUNNING CLUB  
SINCE 1979



MARCH 1998 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 121



### MARCH

NAME	DAY	AGE
Christine Barrett	15th	31
Micah Dorn	15th	10
Ben Gerst	26th	16
Sara Goodberlet	12th	18
Ken Klipp	25th	49
Pat Koerner	27th	36
Terry Morse	12th	44
Terri Saylor	1st	48
Bonnie Sisson	1st	53
David Spencer	4th	40
Jim Stevens	7th	50
Rollie Szilard	28th	47



### WELCOME NEW MEMBERS

David, 40, and Karol, 41, Spencer,  
Bourbonnais

Clarence Brock, 45, Wilmington

### WELCOME BACK

The Jack Dorn Family

### ON DAN'S RUN by Dan Gould

As Winterfest wasn't very wintery, the Frosty Five Miler at Channahon wasn't very frosty. While I think the Frosty Five is a rip-off, it is a PSRR Circuit Race and the only game in town. A stocking hat, can of pop and a piece of pizza for a big \$\$ entry fee.

Nevertheless, they put 232 of us across the finish line on a partly sunny day with temperatures that probably were in the upper 30's. Phil Newberry, Jeff and Marcia Lonergan, and their little one piled into the Dan van for the trip. Little one? I know. It hasn't been nine months, but the gestation period for the first one is traditionally short. Happily, "Penny" didn't whine too much and they brought the cage. Cage? Well, Penny is a seven week old Jack Russell Terrier. They didn't feel they could leave the "baby" at home - so Phil came along! Gotcha!

Actually, Phil didn't whine too much even though he hit the pylon at the turn around with his wrist and broke the band on his watch. He had to stop, go back, and pick up his watch. He still ran a PR and picked up some gold!

Charlie Grotevant is having a great year. Charlie says he finds himself much looser at the start of a race, although he doesn't know what he is doing differently. He was about 15 seconds faster than a year ago while I was 15 seconds slower. Unlike Winterfest where he beat me with ease, I held on for a 2 second victory in our personal competition.

Before Jeff married Marcia, she had pretty well whipped him into

shape. I had him breathing down my neck and giving me Oreo Double-Stuf. Now it appears he is eating the Oreos and doing his heavy breathing somewhere else. Now that she has a new "baby," I suppose Marcia will be standing on the sidelines. Marcia, can you hold the dog and take pictures at the same time?

Carol Pratt was kind of "just there" as she recovered from a bout with strep the first of the week. Even so, she managed a second in age group.

Clarence Brock, who is a new member from Wilmington, would prefer shorter races...as in one mile? This 45 year old man ran 17:10 at Winterfest, but he thinks 5K is a bit long. You can imagine how he felt after 5 miles at Channahon which has a couple hills! I don't suppose he will come run 10 miles with us on Sunday mornings at the park. 17:10 at 45! Why couldn't I have those genes?

New member Dave Spencer is joining us at the park as he whittles away his excess weight. He was comparing notes with Marshall Grace who once carried 215 pounds on his 5'5" frame. Dave says he has knocked off 30 pounds and is down to 228. Hang in there, Dave. You'll run farther and faster as each pound melts away.

I switched my February week in Florida and my March week in California this year. I missed some of those great Florida races. The California trip is strictly golf. I barely got in maintenance mileage this year. The first two years I stayed in Santa Monica and Marina Del Rey which

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

Editors Dan Gould 937-5500  
FAX 937-8509

Bill Linn 935-0815  
FAX 937-5337

Staff Linda Linn

**KRRC OFFICERS**

Pres. Henry Shelly 933-9255  
V.P Ken Klipp 937-1958  
Treas. Ron Ruda 939-1749

Soc. Dir. Shirley Malone 253-6258

gave me ready access to the running path along the beach. This year I stayed in Pacific Pallisades at the home of my friend, Ray. Ray's home is part of a subdivision built up the side of a hill/mountain above the Pacific Coast Highway. It is so steep I could not run all the way up or down and the nearest thing to a flat street in the subdivision is less than two blocks long. Due to road construction and storm damage to the beach in that area, it was not safe to run along the beach or the PCH. I ended up with a lot of 30-35 minute hill workouts!

I needed some mileage to run off the frustration of my daily bout of lousy golf. I hadn't played in a couple months and then I took a lesson about a week before I left. I did not have a firm grasp on the changes the pro made in my grip and swing. I know that after last month's column a number of you are certain that I have lost my grip.

It was nice to get away, although I gather the weather here wasn't all that bad. I had sunshine and low 60's. For those of you on

celebrity watch, I had fleeting contact with a couple Hollywood types. I played a few holes of golf with Ken Howard (The White Shadow). You old timers may remember Jack Narz who hosted game shows such as Beat the Clock and Concentration some 40 years ago (9 holes with Jack). I waved at Robby Cregor (The Doors). No, I did not share the practice putting green with Peter Falk this trip.

Ken Klipp has promised to start a monthly column. After last month's column about my tailpipe, he fears the newsletter is going down the toilet. He hasn't decided on a name for his column, but it could be Krap from the Klipper or simply Ken's Krap. Somebody get the toilet paper!

I received a nice note from Ken and Chris Stark with an issue of the "Natural News," the newsletter of Natural Ovens of Manitowoc (they make bread). This month's issue featured Roy Pirrung, 49, who was named USATF's 1997 Ultra Runner of the year. Natural Ovens breads are part of his diet, of course. An examination of the "Nutrition Facts" on the label shows low fat, low sodium, no cholesterol, 4 grams dietary fiber and Omega-3. Ironically, I had just bought a loaf of Brownberry 100% Whole Wheat with some very similar (but not quite as good) numbers. For information about Natural Ovens call 1-800-558-3535.

Henry is still working on an annual meeting - right, Henry?

Thanks to Anna Goodberlet for Eclectic Extra. I hope it will be a regular feature. With it and Ken's column, perhaps I can just fade away.

Hope to see you on Dan's run!

*(Send your news and notes to Dan Gould, 212 Julie Dr., Kankakee, IL. 60901)*

**ECLECTIC EXTRA**  
**"Introduction"**

Hi, my name is Anna Goodberlet. For those of you who don't know me, I'm not a runner. I am a runner's wife, however, and have been for 20 years. Although my husband, Tom, a past president of this club, rarely races anymore, he still puts in his miles. I've thought of writing a regular column for the newsletter for years, but have never been able to fit it into my schedule. Recently, I have had a major career change and feel I can now contribute to out newsletter on a regular basis.

Words alone cannot express the debt we owe to Dan Gould and Bill and Linda Linn for compiling this newsletter every month. We just take it for granted that we'll find out what's going on, who ran where, and who's having a birthday every month. They have put in countless hours and Dan is our fountain of information. Without these people, we have no newsletter, which is why I feel compelled to try and contribute in some way.

I know I can never match up to Professor John Shoup's writings, either in grammatical content or in style, but I shall do my best. My title, "Eclectic Extra," in itself explains what this column will be about. The definition of eclectic is: Selecting and using what seems best from various sources, systems or schools of thought. Although not a runner, I am an avid exerciser and truly try to lead a healthy lifestyle. This will help me relate to most of you. My world is filled with family, work, sporting events, humor, faith and last but not least, good friends. I'm sure we'll find some common ground.

I would love to hear your ideas and comments. Please e-mail me at Goodberletinc@colint.com. I read my e-mail every day. In closing, I leave you with a quote from the great comedian, George Burns. "I'd rather be a failure at something I enjoy than be a success at

something I hate."

**ECLECTIC EXTRA**  
**March 1998**  
**"Life Gets in the Way"**

There's nothing quite like the anticipation before a race or the camaraderie afterwards, things my family and I have missed over the last few years. Bill and Linda Linn introduced Tom to the running club back in 1986 when their air conditioner had broken down and Tom was called to fix it. They discussed their adventures in running and one thing led to another. Before you knew it, Tom had me and the kids heading to weekend races.

At first, I wasn't comfortable in this new environment, never having participated in sports or laced up a pair of running shoes. I felt like a square peg in a round hole. Tom insisted these were great people and to give it a chance. Needless to say, I'm happy he insisted.

Thus started our years of Saturday and Sunday races, 5K's and 10K's, triathlons, half marathons and even one full marathon (Memphis). I worked many a finish line and the kids became experts at water stops. We even sponsored and put on a few races. Does anyone remember the 5K on Broadway? This was the first race for Kyle, our middle child.

We got to know the names, the places and the many excuses runners use - "I slept wrong, new shoes, just ran one yesterday, the guy from up north is here, etc." Of course, half of the runners that complained ended up with PR's. We always stayed through every award ceremony, munching on fruit or pizza and hoping someone we knew would win a neat door prize or a trophy.

I even trained once and ran one of the summer's 5K's at Governor Small Park. I won second place in my age division! Of course, there were only two of us in that age division, but the finish line was

crowded with what had now become my good friends, cheering me on like I had finished a marathon. It was a good time.

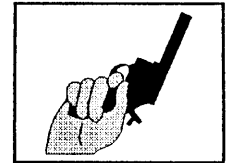
There are still good times like this every weekend for some of you, but, for some of us, life just got in the way. As kids get older, their schedules become more hectic and Tom's training time basically became non-existent. Our Saturdays became filled with soccer, baseball and basketball games and Sunday mornings were devoted to the children's Christian education. Consequently, the sweat, awards ceremonies, t-shirts and the runners' many excuses have become a fond memory.

We're still into fitness, but we're solitary exercisers now. We walk and run without our friends or medals awaiting us at the finish line. Time flies and Sara, our oldest, is now a senior. With her gone next year (time, please go slow), our schedule will become much lighter and maybe you'll once again see us at a few races. Some of you may never go through this stage in your lives, haven't yet, or it's already well behind you. Whatever the case, I still I have faith that we'll all eventually meet again at some finish line or award ceremony. Until then, keep reporting your times to Dan and Bill, so that we can imagine that we're there, listening to all of your excuses.

Quote from Mary Kay Ash - "If you think you can, you can. And if you think you can't, you're right."

*[Editor's Note: Anna and Tom are the proprietors of Goodberlet Heating and Air Conditioning. They live in rural Kankakee with the children Sara, 17, Kyle 15, and Karl, 12.]*

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

Sun., Mar. 8th - Frostbite Classic ½ Marathon, Delavan, 309-682-3556

Sun., Mar. 8th - Cary Grove Half Marathon (9:50 A.M.) & 10K (9:35 A.M.) Cary Grove H.S. \$20/25. 815-356-8441

Sat., Mar. 14th - 9:00 A.M. - Easter Seal 5K, Ottawa. 815-434-0857

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. 21st - 10:00 A.M. - Run for the Funds 5K, Equistar Sports Club, South Tabler Rd., Morris. \$15/20. 815-942-7753

Sat., Mar. 21st - Mountain Goat Hill Runs, Kickapoo State Recreation Area, Danville. Marc 217-431-4243

Sun., Mar. 22nd - 9:30 A.M. - Shamrock Shuffle 8K, Columbus & Balbo Drive, Chicago. \$20/25 after 3/9. 312-666-9836

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

Sat, Mar. 28th - Fools Run 4 Miler, Park Forest. 708-481-4521

Sat, Mar. 28th - 8:30 A.M. - Riverside 1st Annual Walk for Health, ONU Mobile Arena, Bourbonnais. Special Guests: Mrs. George Ryan and Mary Kay O'Brien. For info 936-6555.

Sun, Mar. 29th - 10:00 A.M. - Lincoln Memorial Half-Marathon & 5 Miler, Springfield. 217-241-0393

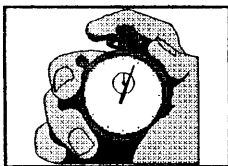
Sun, Mar. 29th - 8:00 A.M. - Spring Ahead 5K, Central H.S., 610 W. University, Champaign, ts, 10 yr AG 3 deep. Kyle 367-7450

Sat, Apr. 4th - 10:00 A.M. - Ringing in Spring 5K, Valparasio YMCA, 55 Chicago St. 12/15 after 3/27 w/shirt

Sat, Apr. 4th - Coca-Cola Classic 5K, Bloomington. 309-378-2408

Sun, Apr. 5th - 9:00 A.M. - New Lenox Fabulous 4 Miler, Lions Community Center, \$10/\$12, ts, unspecified AG, 485-1731

THE  
FINISH  
LINE



Feb. 1, Winterfest 5K - Clarence Brock, 17:00, 1AG; Tyler Dorn, 22:42; David Spencer, 25:57; Jack Dorn, 26:42

Feb. 8, Frosty Five Mile, Channahon, 232 finishers, upper 30's, light wind, overcast

Clarence Brock	27:47	1AG
Phil Newberry	29:25	5AGPR
Jim Grace	31:31	
Keith Theisen	31:58	3AG
Dan Gould	33:15	4AG
Charlie Grotevant	33:17	3AG
Charlie Kennedy	34:39	
Jeff Lonergan	35:49	
Carol Pratt	37:00	2AG
Randy Rahrig	38:56	
Rich Manthei	39:28	

Feb. 21st, Caribbean Cruise 5K - Phil Newberry, 18:05 (?); Charlie Grotevant, 20:00, 1AG

He had jogged in a prior life, though in the months before he disappeared his mileage shrunk as his weight ballooned. Now that he teetered on the brink of emaciation, they were not surprised to see him running again. He left his house, locking the gate behind him, and began a slow trot down the sidewalk along Rua Tiradentes. Nine minutes for the first mile, as the street went perfectly straight and the houses grew farther apart. The pavement turned to gravel on the edge of town, and halfway in the second mile his pace was down to eight minutes a mile and Danlo had himself a nice sweat. It was midday October, the temperature near eighty, and he gained speed as he left town, past a small church the Baptists had built. The road became dustier as he headed for the countryside at seven minutes a mile.

The running was serious business, and it pleased them mightly. Danlo would simply run into their arms.

Do you know who Danlo is? Can you name the book? The author?