



# THE PAPER RACE

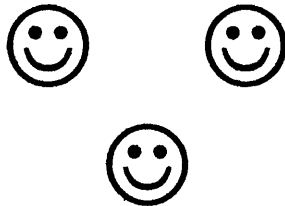
## KANKAKEE RIVER RUNNING CLUB NEWSLETTER

MAY 1998 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 123



### MAY

<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Theresa Burgard	27th	41
Randy Devore	26th	50
Augie Hirt	15th	47
Phil Newberry	1st	36
Carol Sue Painter	27th	53
Judy Schkerke	11th	42
Henry Shelly	13th	47
David West	28th	40
Allison Williams	4th	17



### IN MEMORIAM

**Daniel R. Phillips  
1936-1998**

**Robert "Bird" Stevens  
1944-1998**

### ON DAN'S RUN by Dan Gould

So, you've been wondering where your *Paper Race* has been? Well, I'm not sure if it is the pace of the United States Post Office or my pace. Both seem to have slowed, although I think I could personally deliver every newsletter in half the time it takes Uncle Sam. Now if every mail carrier was as swift as Phil Newberry...

There has been an extra week or so between the April and May issues. The April issue was early because I was going to Florida and the May issue is late because a) I'm slow; b) I'm old; c) I'm tired; or d) all of the above. Don't blame Anna! Her piece was ready to go well before the first of the month. Ken? Well, I haven't received anything from him so let's blame Ken!

I had planned to run two races in Florida, but picked up a virus a couple days before I left. I woke up early the first Saturday in Florida in time to get to the race, but the body was sending a clear signal: GO BACK TO BED! I took the advice.

I was fully recovered from the virus by the second Saturday, but walking a golf course every day for a week while carrying my clubs in that lousy Florida weather - low 80's and sunshine -left me weak. The Superun III at the Sarasota-Bradenton Airport was a hot and humid one. A golfing buddy, Dean Serletic, joined me for most of my Florida stay and made this 5K race his first. John and Erma Hickey were there and are running well. If I could find the piece of paper with the results of that race and the one from the week before, I could tell you how well. Unfortunately, my mind and my body have slowed. We had a good race. We had companionship. We had breakfast. A fine start to any day!

### RESULTS OF ANNUAL MEETING

The annual organizational meeting was held April 1st at Chicago Dough. The following persons were elected / volunteered / appointed:

President	Dave Barrett
Vice-Pres.	Bill Linn
Treasurer	Ron Ruda
Newsletter	Bill Linn Linda Linn Dan Gould
Activities	Shirley Malone Pat Baldwin

### Summer Series 5K

Jun 9	Henry & Janet Shelly
Jul 14	Dave & Chris Barrett
Aug. 11	Grotevant Farms (Charlie & Joyce)

Rollie Szilard called while I was in Florida to report the passing of Bob "Bird" Stevens, 54, who, along with his wife, Althea, have been part of the heart and soul of the Park Forest Running & Pancake Club. Bob had been paralyzed since breaking his neck in a bicycle accident in November, 1996.

While I knew Bob over the years from our meeting at many races, I was privileged to spend a weekend with he and Althea in October of 1994 when we

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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drove to Cleveland for the Toe to Tow Marathon. Bob and I drove over together while Althea took a plane. In reading some of the letters in the *Turtle Times* from those who knew Bob best, my own impression of him was affirmed. In the words of Mel Muchnik: "...a kind and gentle soul who never stopped giving, who loved people, was a humanitarian in many senses."

Bob was a talented athlete who, at age 50, ran a three hour marathon. He was a nice guy, grateful for the blessings in his life. I am grateful for the opportunity to have shared some of his time on earth. Thanks for the memories, Bob.

Dan Phillips, 62, one of our members for many years, died April 26th. I hadn't seen much of Dan in recent years. While I don't think he was ever one to participate in the club social events, he used to be a regular at the races and socialize there.

Like Bob Stevens, Dan passed far too soon. I hope they are sharing runs with the angels on cool, crisp days under sunny skies.

Our new president and first lady,

Dave and Chris Barrett, slipped away to Florida for a few days in April. Dave found a 5K in Immokalee (a new one on me!) and ran to first place gold.

Although Dave is somewhat the new kid on the block as he approaches two years as an addicted runner, his enthusiasm and youth are welcome. We have long needed some new blood. I hope some of you who have not participated as officers, race directors (or assistants thereto) or in the newsletter will join Dave with new ideas for a more dynamic club which will encourage new people to join and participate. Some of us old dogs should be retired!

By way of a short biographical sketch, Dave, 33, is an executive with UPS and working on an MBA. He lives with his wife, Christine, 31, and sons Kyle, 4, and Patrick, 2, on Vantage Lane in Bourbonnais, across the street from the Linns and Koerners. He completed the Chicago Marathon in October in his first attempt at that distance and recently ran a 5K PR of 19:13. One of Dave's first acts as president will be to establish a Web site which is under construction. While busy with work, school, and family, Dave will work hard for the club. Let's give him the support to make it work!

The last weekend in April is Drake Relays in DesMoines. This is one of the largest track and field meets for university, college and high school students in the the country. For Ken Klipp, it has been a getaway weekend for over 25 years and this year was no exception. Joining him this year in addition to myself were Larry Lane and former KRRC member Jack Dalton. Bill Linn canceled out this year, begging off based on work obligations. The consensus of those making the trip was that Linda made him stay home.

This year's events were run under unseasonably warm temperatures and sunny skies. Great weather to be a spectator. Ken and I also participated in the Saturday morning 8K on the roads (there is also a ½ marathon) and Ken had a great day. With no student or former student with whom to run, Ken just let it go and covered the 5 miles at an average pace of 6:03 per mile which brought him in third of the sixty-six in his age group. Not bad for a man of 49 years!

While we were in DesMoines,

the Perry Farm 4-Miler was being run for the 4th time with the 4th race director. There were 25 finishers, 9 of whom were club members. Reviews were mixed. They apparently cut the exorbitant race day entry fee. Good. They gave the winner the overall award *and* first in age group. Dumb. Several club members have tried to make this a decent race, but the park district just can't get it together. I am amazed how many club members turned out for this turkey, but I know one who did thinking he might be the only one to show up and could claim an overall award for once in his life. He didn't.

Although most people would write off a race with only 25 participants, the park district is not giving up. Their cover letter sent to the participants along with the results says that they are looking into putting on a race between mid September and December. If any of you have lines of communication with Bruce Baum who is the Director of Recreation or members of the board, you might suggest they let some of us act as advisors. Among our suggestions are: 1) you can't treat a road race as an "activity" for which you charge out of district participants 50% more; 2) the early registration cut-off date doesn't have to be three weeks before the event; 3) there is no reason to eliminate those under 15 from participating (one of our greatest failures is not providing more encouragement to our youth); and 4) the overall winner doesn't also receive the award for first in age group. You may have some more ideas on how this race could be improved.

Clarence Brock, 46, has been showing the guys how to run this year. He was first master at Just a Little Run 4 Miler in Lansing, averaging 5:30 per mile. He then ran 16:34 at Earl's 5K on May 3 and was overall winner.

Phil Newberry experienced his first River to River Relay (80 miles, 8 runners) and had a great time. He did find that the hills beat up the legs a bit.

Jim Grace has been sighted in in-line skates. Now there's a picture! I guess that broken collarbone from last year's biking accident must be completely healed.

There are many stories in the Kankakee River Running Club, but, if you don't get them to me, they don't get passed on. Share - that's part of the fun!

Hope to see you on Dan's run!

[Send your news to 212 Julie Drive, Kankakee, IL. 60901 or e-mail to dansrun@aol.com.]

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**ECLECTIC EXTRA  
by Anna Goodberlet**

**WELCOME SPRING**

If I could hold a day like this,  
I'd wrap it in my arms,  
And store it in my memory,  
when winter nights are cold and long.

The spring breeze fills my senses,  
and the sunshine warms my face,  
as I walk along the country road,  
I realize these are the best of days.

Do you ever ask yourself: Why do we live in Illinois? There are much prettier places with much better climates, especially for athletes such as runners or walkers who spend much of their time outdoors. Whatever our reasons, we'll probably be here forever, or at least until our social security checks start rolling in.

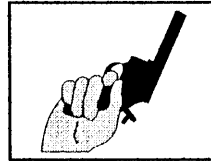
I welcome spring with abundance, as I suppose most of us do. I greatly admire runners or walkers who keep up their outdoor workouts despite the weather conditions. I've seen you out there with your ski masks and winter running tights when the temperature dips way below zero and I applaud you. However, I suspect there are man of us who resort to indoor workouts when the weather dips below or above comfortable .

We each have our own zone of comfortable. Some of us don't venture outside for long periods of time if the weather is below 50 degrees or over 90. I know there are other wimps out there like me, so just fess up. We spend the winter months or hot summer days working out on treadmills or skiers in isolation. That's why this time of

year is so wonderful. It's not too hot yet for a nice long workout and there's enough light at the end of the day so I don't have to worry about getting eaten by coyotes in the dark.

Some of you city folk don't have to worry about such horrors, but those of us who brave the country never know when there's a rabid racoon behind a cornstalk in the dark. Seriously though, let's welcome this wonderful period of weather called Spring. More than welcome, I think we should savor each moment. After all, this is Illinois and 90 degree days are right around the corner!

**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.

**CAUTION! WARNING!  
THIEVES AT WORK!**

A team of thieves has been following the road race circuit for several months and praying on those who leave their cars unlocked or their key on the tire. They will enter a car and remove a credit card from a wallet. By the time the victim discovers the card is missing, the thieves will have acquired some expensive merchandise.

May 16th - 8:00 A.M. - Run for the Health of It 5K, Goold Park, Morris, Ts, 13/15, 10 yr AG, raffle. Benefits American Heart Assn.

May 16th - 8:30 A.M. - Berwyn 5000, Berwyn YMCA. Pat 708-749-0606.

May 17th - 8:00 A.M. - The Main Course 10K, Columbus & Balbo, Chicago. 10 yr AG. No race day app. Registration must be postmarked by May 8.

May 25th - Valley Fox Trot 10M, Elgin 847-931-6625

Mon., May 25 - 8:00 A.M. - Memorial Day 5K, Streator. Ralph 815-672-2148.

Mon., May 25 - 9:00 A.M. - Stride for Pride 5K, Danville. Dennis 217-446-6696.

May 30th - 9:00 A.M. - Mayor Graves 5K/10K, Harvey, Ts., \$12/15, odd 10 yr AG, cash & trophy to top 3 OA, medallion to 1st in AG. Koerner, Barrett, & Gould did this last year, finishing 1, 2, & 4. VERY DANGEROUS COURSE. RACE NOT RECOMMENDED.

Sat., May 30th - 8:00 A.M. - YMCA / ST. MARY'S BIRDMAN DUATHLON, 5K Run/30K Bike/ 5K Run. Bill Hawker, 933-1741.

Sat., Jun. 6th - Sunburst 5K/10K/Marathon, U of Notre Dame, South Bend. Sunburst Hotline 219-674-0900, then press 6262.

Sat., Jun. 6th - 7:30 A.M. - Run for the Animals 5K/10K, Memorial Park, Wheaton, long Ts, \$15/20, 5yr AG 3 deep.

Sat., Jun. 6th - 9:00 A.M. - Fitness Barn 5 Mile Run, Countryside Park, Hwy. 6, Portage, Ts, \$10/12, OA & 3 deep in 5yr AG.

Sun., Jun. 7th - Lincoln Park Run for

the Zoo 5K/10K. 773-404-2372

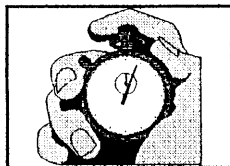
**Tues., Jun. 9th - 6:30 P.M. - Summer Series 5K, Small Memorial Park. Low key excuse to pig out at Chicago Dough! Henry & Janet Shelly, 933-9255.**

**Sat., Jun. 13 - 7:45 A.M. - Hebron Kankakee River Classic Flag Day 10K, Ts, \$15/17/20, 5yr AG 5 deep. Mike 219-924-0080**

**Sun., Jun. 14 - 8:00 A.M. - Racing Hearts 8K, Bicentennial Park, Joliet, Ts, \$12/15, 5yr AG 3 deep. 800-997-7786, & press 2.**

**Sun., Jun. 21st - Kilbride Family Classic 5K & 2 Mile Walk, Cobb Park, Kankakee. Don't miss this scenic tour of Riverview! Ts, \$10/13, top 3 OA & 2 deep in 5yr AG. Gerry Kilbride, 932-3885 or 937-4200.**

**THE**  
**FINISH**  
**LINE**



**Mar. 28, Miller Park 5K, Bloomington - Jeff Lonergan, 20:50; Charlie Grotevant, 21:09, 2AG**

**Mar. 29, Lincoln Memorial 5 Mile, Springfield - Jeff Lonergan, 35:32**

**Apr. 4, Coca-Cola Classic 5K, Normal - Charlie Grotevant, 20:59, 3AG**

**Apr. 4, Superun III 5k, Sarasota, FL - Dan Gould, 21:01; John Hickey,??; Erma Hickey, ??**

**Apr. 5, Fabulous 4 Miler, New Lenox - Phil Newberry, 23:17, PR!; Jeff Lonergan, 27:40**

**Apr. 11, Eric Kramer 5K, Chicago - Charlie Grotevant, 21:09, 3AG**

**Apr., Wendell & Rolleson 5K, Immokalee, FL. - Dave Barrett, 19:26, 1AG**

**Apr. 18, River to River Relays - Phil Newberry & Charlie Grotevant had a good time!**

**Apr. 18, Just A Little Run 4 Mile, Lansing - Clarence Brock, 21:59, 1st MST; Pat Koerner, 22:25; Jeff Lonergan, 26:44; Dan Gould, 26:46; Rich Manthei, 35:15**

**Apr. 25, Drake Relays on the Roads 8K, 50's, drizzle, 600+ runners - Ken Klipp, 30:06, 3AG; Dan Gould, 34:12**

**Apr. 25, Perry Farm 4 Miler - 25 finishers**

Jim Rattin	24:12	1AG
Rollie Szilard	24:24	1AG
Dave Barrett	24:48	1AG
Chris Walsh	25:01	1OA
Jeff Lonergan	26:33	2AG
Dan Gerber	26:44	1AG
Randy Rahrig	29:22	2AG
Kirsten Benner	29:48	1AG
Dave Spenser	33:13	

**May 2, United Way 5K, Champaign - Marty Klipp, 17:28, 4OA; Ken Klipp, 17:34, 5OA (1st in 36-50 AG!)**

**May 2, Lake Run 4.37M, Bloomington - Jeff Lonergan, 29:17**

**May 2, Highland 4 Miler - Pat Koerner, 23:16, 2OA**

**May 3, Earl's 5K, Joliet - 295 finishers**

Clarence Brock	16:34	1OA
Pat Koerner	16:52	3OA
Phil Newberry	17:30	3AG
Dave Barrett	19:13	PR!
Jeff Lonergan	20:24	
Larry Lane	20:36	4AG
Dan Gould	21:00	
Randy Rahrig	22:25	

## Daniel Phillips

Daniel R. Phillips, 62, of Bourbonnais, died Sunday (April 26, 1998) at Riverside Medical Center, following an extended illness.

Visitation will be from 4-8 p.m. Tuesday at Clancy-Gernon Funeral Home, Bourbonnais, where services will be at 11 a.m. Wednesday. The Rev. Will Watson will officiate.



Burial will be in Mr. Phillips All Saints Cemetery, Bourbonnais, with military rites by the Bradley American Legion.

Mr. Phillips was employed at Kankakee Roper Corporation. He was president of the Local 32 of the Stove, Furnace & Allied Appliance Workers' of North America. He also was elected to the SFAAW International Union as secretary/treasurer and moved to St. Louis.

He was born Feb. 7, 1936 in Kankakee, the son of William Furnley and Dorothy Hoekstra Phillips. His mother resides in Kankakee and his father is deceased.

Also surviving are his wife, the former Renee Goudreau, whom he married Oct. 21, 1957 in Joliet; three daughters and sons-in-law, Becky and Joe Girot, Suzanne and Greg Ehrich and Jennifer and Rocky Cappellano, all of Bourbonnais; two sisters and brothers-in-law, Dorothy and Ernie DeMent of Salisbury, N. C., and Sharon and Ken Harrington of Charlotte, N.C.; two brothers and sisters-in-law, Furnley and Opal Phillips of Galva and Robert and Ethel Phillips of Kankakee; two grandsons and two granddaughters; and 21 nieces and nephews.

He served as a paratrooper with 82nd Airborne Division.

He was a member of the American Legion in Bradley, the Kankakee Running Club, managed a girl's softball team in Bourbonnais, participated in Christmas in April.

He was involved with the Democratic party in Kankakee County, was vice president of the AFL-CIO of Kankakee County and Zoning Board of Appeals in Bourbonnais Township.

He enjoyed running.

# Running club makes new strides

By Phil Angelo  
Managing editor

The Kankakee River Running Club, already 200 members strong, wants to make some new strides.

Dave Barrett of Bourbonnais, the group's new president, wants to get more people, both in and out of the community, interested in running for fitness and running in local events.

Barrett's own conversion to running is typical of the fitness crisis that comes upon many. Two years ago he was pushing son, Kyle, around the block.

"I was huffing and puffing," he said. He wanted to get back in shape and started by running around the block. It was painful at first but not so painful that he didn't keep it up.

Within two years, he was competing in and completing the Chicago Marathon, logging 30 miles of training a week. Today, both he and his wife, Chris, run regularly in Kankakee County races. In addition to Kyle, now 4, they also have son Patrick, 2.

Barrett plans on making the club, already famous for its camaraderie, even more family friendly. Runners love to talk running and to gather before and after races. He wants to revive a traditional chili supper the club used to have.

In addition, Barrett plans to launch a web site for the club, designed to spread the news about local races. The web site will include a new club logo. In the past, the Kankakee River Runners have sold windbreakers and jogging suits to members as a fund-raiser. That may be repeated, he said. He's looking for ideas from longtime members.

Another longtime benefit of the club is the newsletter, "The Paper Race," which may be available in the future, on the Internet. The newsletter contains results and forms for local races, along with club birthdays and "On Dan's Run," a column by Kankakee County Judge Dan Gould, well known in the running community.

Dues for the club are \$12 for an individual and \$17 for a family and can be sent to Linda Lynn, 1226 Vantage La., Bourbonnais, 60914.

For a list of area races set for the remainder of the year, see page 6.

Spring weather can be extremely unpredictable in many areas. After el Niño, expect the unexpected. You can have 90-degree cookers hot on the heels of a mid-May snowstorm. For some it can make figuring

the same thing to your body as similar weather conditions during a typically cool season. During the summer, your body has adjusted gradually to the challenges of heat. However, a hot day or two mixed with typically cool weather can be a shock to your system. To avoid

should be used. Train in the evening or early morning. Drink more fluids before a run. Replace fluids and electrolytes lost after a run. And remember—heat can kill even the trained athlete. Review the chart below to be familiar with

the symptoms of heat injury. (*Conquering Athletic Injuries*, Paul M. Taylor and Diane K. Taylor, eds., Leisure Press, Champaign, IL, 1988, 326 pp., \$22.95. AR&FA members get a 20% discount when ordering at 1-800-776-AREA)

## Spring Heat Waves—Cool It!



out what to wear to work challenging. For the runner, heat and humidity can have more serious implications. Hot weather requires acclimatization to adjust to its physical demands. Physiological adjustments take one to two weeks. It is important to realize that a day of high heat and humidity in July and August doesn't mean the

heat injury during spring heat waves, cut back distance or intensity, or both. Early spring heat waves can be extremely intense. Especially if trees haven't leafed out yet, the sun can be relentless. Heat can be dangerous, but the effect of heat combined with humidity is worse. Add the temperature and the relative humidity. If the sum is greater than 150, extra caution

### Symptoms and Action to Take for Heat Illness

Injury	Symptoms	Treatment
Heat Cramps	Muscle cramping	Rest, fluid and electrolyte replacement
Heat Exhaustion	Weakness; malaise; faintness; skin is cool and clammy; blood pressure may drop; heart rate is rapid	Rest, fluid and electrolyte replacement; cool compresses on pulse points, such as your wrist
Heat Stroke	Blurred vision; dizziness; nausea; hot dry skin; sweating stops; irritability; delirium; pulse and blood pressure drop	Immediate medical attention required; victim's body should be cooled with water, fanning and ice; if conscious, force fluids; emergency care may include intravenous fluids

### Exercise is no risk

If your excuse for not exercising is a fear that it will cause osteoarthritis from wear and tear on joints, a University of Iowa researcher has news that should put you back on the fast track.

Moderate regular exercise in middle-aged and elderly people who are in good health and have no previous joint problems does not increase their risk of osteoarthritis, said Dr. Joseph Buckwalter, an orthopedic surgeon.

"Joints aren't like the bearings on your car which wear out after a certain number of miles," he reported in *The American Journal of Sports Medicine*. "The joint is a living structure; the cells are continually renewing themselves, and

adapting to the load placed on them. Using the joints doesn't necessarily hurt them; in fact, the more you use them, the better off you may be."

However, people who already have injured a joint can expect a higher risk of osteoarthritis, he said. Joints can be injured from excessive weight or twisting. Sports that increase the risk of joint injury include baseball, softball, volleyball, football, handball, racquetball, winter skiing and karate. Low-risk activities include walking, swimming, golf and ballroom dancing.

### Take vitamin B-12, new study advises

Stating that many midlife and older Americans do not get enough of a key vitamin that helps prevent anemia, the National Academy of Sciences (NAS) urges people over 50 to take a vitamin B-12 supplement or eat cereals fortified with B-12.

It marks the first time the NAS, which advises the federal government on nutrition, has recommended that a major population group take vitamins.

People require 2.4 micrograms of vitamin B-12 a day, an amount found in 3 ounces of meat. But a government-funded study says the ability to absorb B-12 declines with age. Between 10 percent and 30 percent of persons over 50 cannot absorb the natu-



rally occurring form of B-12 in food.

"People over 50 should get the B-12 they need from synthetic sources because many of them can't absorb B-12 from meat," says Roy M. Pitkin, M.D., the panel chairman.

B-12 is not present in significant amounts in vegetables and fruits, he says.