

THE PAPER RACE

KANKAKEE RIVER RUNNING CLUB NEWSLETTER

JULY 1998 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 125



JULY

Phil Angelo	17th	47
John Brinkman	11th	40
Ken Brock	31st	49
Tom Goodberlet	12th	41
Ed Hedding	16th	40
Krista Hickey	12th	17
Leon Malone	7th	68
Lisa Shelly	24th	19
Mark Steffen	12th	45
Paul Surprenant	8th	51
Cary Yoakum	5th	25



WELCOME NEW MEMBERS

Pam Dunlap, ageless,
Bourbonnais

Doug McWilliams, 38, Momence

New World 5,000 Meter Mark

HELSINKI- Haile Gelrselasse of Ethiopia set his 14th world record on June 13th with a 12:39:36 for 5,000 meters. Ten days earlier he established the 10,000 meter world record of 26:22:75.

ON DAN'S RUN

by Dan Gould

I remembered! I remembered! I remembered to go to the first of this summer's 5K series at Small Memorial Park. As faithful readers of this column will remember, last year the Dan van went to the golf course on those Tuesday nights in July and August when it should have taken me to Small Memorial Park. While missing the 5k was no big deal (5k's being a dime a dozen), missing the buffet and camaraderie at Chicago Dough after the race was.

Henry and Janet Shelly directed June's race. They made it a handicapped race. Well, no, I guess it was a prediction run. Maybe it was a handicapped prediction race run. We did the staggered start as you would in a handicapped race, but we couldn't wear watches which is consistent with a prediction run. We put down a time before the race started, but you do that in both. I was out doing a cool-down when they did the awards, so I'm not sure who the winners were or how they were determined.

Ken Klipp was the "Big Dog" for the men and Chris Walsh was the... Hmm. Well, she had the fastest time for the ladies. Marcia Lonergan was there with a dog.

Whatever the event, the weather cooperated and approximately 24 people participated. Although most of the participants were club members, I was surprised that none of our race directors brought registration forms to the race. Come on guys!

We had a good turnout for the post-race festivities at Chicago Dough. Linda Linn had a rather quiet celebration of her 44th birthday. Brett Linn did bake her a cake.

Phil Newberry, Jeff Lonergan and I car-pooled it to Joliet for the

OUR SPREADING WEB

KRRC President Dave Barrett has announced that we now have a home page. Our website address is www.keynet.net/~krcc. If you are on line, check it out. Dave has plans for a dynamic site with lots of useful information. We also have an official e-mail address: krcc@kennet.net. Please e-mail your address to Dave.

Harrah's/St. Joe's Racing Hearts 8K. Clarence Brock brought the family along while Carol Pratt brought along a shoe salesman with a penchant for wrapping himself in balloons (and I have the picture to prove it!).

This "new" race took the Harrah's course (hilly) and the St. Joe's distance (5 miles for the metrically challenged). Overall, it was better than Harrah's recent efforts, but a far cry from St. Joe's at its best. The shirts were fair and the refreshments good. The course was challenging, but inadequately marked / marshaled (some runners got off course). Ask Phil Newberry! The awards were, ah, ... Well, I'm not real sure what the awards were. Third in age group received a small fanny pack.

The staging area for the race was Bicentennial Park which is across

SUMMER SERIES

The second 5K of the Summer Series is Tuesday, July 14th, 6:30 P.M., at Small Memorial Park. As always, we'll head for Chicago Dough afterwards. Mark your calendars!

The *Paper Race* is the newsletter of the Kankakee River Running Club and is published each month for its 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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the river from Harrah's. Restroom facilities were poor unless you did a Jeff Lonergan and jogged across the river to Harrah's where there were beautiful and unoccupied restrooms. The awards ceremony was at the band shell. Spectators sat on the grass. I'm not sure what they were going to do if it rained.

Race proceeds were to benefit the Gambling Treatment Program at St. Joseph Medical Center which was established with a grant from Harrah's Joliet Casino in 1996. Gee, we create a problem and then create a treatment program. People are fascinating!

Got a note from Shirley Malone telling me that Dianne Strufe, a club member from Dwight, was seriously injured in a head-on collision on February 20th. She spent a couple weeks in the hospital and has had two surgeries. She apparently has a long recovery ahead of her. She is staying with her brother right now. Letters, cards, or notes can be sent to: Dianne Strufe, c/o Terry Warren, RR 3, Box 377, Sullivan, IL. 61950. Dianne, our thoughts and prayers are with you!

Father's Day brought us the 3rd Annual Kilbride Family Classic and a beautiful day in a beautiful venue for running. Why only 75 runners and about 25 walkers took advantage of it will be one of those unsolved mysteries. The Kilbride family does a great job - great course, decent shirts, refreshments, awards, and door prizes (all for only \$10 pre-registered).

The really good news this year: Gerry Kilbride did not get an ambulance ride after finishing the race (nobody did!). President Dave got a PR. Tyler Rahrig, age 9, ran his first race with father Randy pacing him.

My pace these past few months has been "slower." Specifically, I was 1:06 slower than last year. Now I have to run with old guys like Bob Pool, Charlie Kennedy, and Charlie Grotevant. Of course, I'm not as slow as Bill Linn who "forgot" to show up.

Team Hickey - Ma, Pa, Mike, Georganne, and Krista - did show up, although only Ma and Pa were running. They picked up some gold (they are partial to races which have age groups 65+) and we went to breakfast.

Charlie Grotevant and Bob and John Pool had been to Peoria the day before for the 25th running of the Steamboat Classic so they had built-in excuses if their performances were not up to par.

A week later we were at the Bourbonnais Friendship Fest 5K. It was sunny and humid, but 125 runners crossed the finish line and the winner may have run a course record (15:19).

Charlie Kennedy got the "Mr. Consistency Award." His time was 21:00.6 which matched his 21:00.6 a week earlier at the Kilbride Classic.

What is the difference between a "tank-top" and a "singlet?" Race director John Flynn was confronted by a woman who complained that he had advertised singlets but was giving tank-tops. I'll take a stab at it: a tank-top is an old man's cotton undershirt that has been dyed. A singlet is an old man's undershirt made of modern fabrics that wick away moisture. Does anybody really know?

John's more serious problem was handing out awards. There was only one set - one-half what was needed. So, half the people got their awards and the

other half got an apology and a promise of plaques to come. A glitch, but not a major crisis. It was ok, John!

The Friendship Festival course remains a fast one despite the hills. It was fast fifteen years ago when it was part of a 10K course. No one seems to know why - it just is! Dave Barrett got another PR as did Tyler Rahrig.

There were about a thousand things I was supposed to remember for this newsletter. That is the good news / bad news this time of year. There is so much to write about. Next month we'll have a piece from Ron and Nancy Ruda on their Bolder Boulder 10K. Jim Grace lives! The trail at the park is now asphalt (most of it!). Check out the website - Dave is very proud!

Hope to see you on Dan's run (the Y5K for sure, good buddy!).

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

ECLECTIC EXTRA
by Anna Goodberlet

It's prime outdoor exercise season which brings up a concern of mine: Safety while walking or running alongside the road. This came to mind the other day when a car almost hit me, and for no good reason I might add. It didn't even bother to move over and there was no traffic in the other lane as far as the eye could see.

My walking is done along long stretches of country roads. Most of the time there is about 12 inches of gravel that I can step off onto when a car is approaching, but there are a couple of spots where the only place I could go is in a six foot ditch. This usually isn't a problem, because traffic is generally light along my usual route and it's rare that two cars meet each other.

I am a very courteous walker and move off of the road when a vehicle is approaching, but some drivers just won't give an inch. After seven years of walking along country roads I have come up with the following conclusions as to who gives walkers/runners a nice wide, safe margin, in descending order.

Remember, this is based solely on my findings and not scientific research.

1. Safest margins - Farmers and men who drive work vehicles (utility trucks, work vans, etc.). This group usually swings all the way over in the other lane.

2. Other dedicated walkers/runners. I know this because I usually know about 50% of the people who pass me.

3. Elderly people.

4. Men in all types of vehicles.

5. Teenagers - they just don't want to scoot over (I have two teens of my own, so don't take offense!)

6. Women. I don't know why they don't move over, but it disturbs me. Maybe they just move over for guys!

7. Non-exercising women in mini-vans (I drive a mini-van, so don't take offense.).

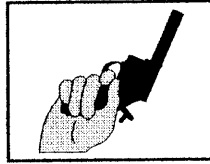
8. Most likely to hit you: Women who drive red cars (This includes the one who just about hit me recently). I have no idea why this combination is so deadly, but I've seen it time and again.

Seriously, though, use caution on your roadside excursions. We all know how stupid people can be sometimes and their vehicles are only as smart as their drivers. And, if you see a woman in a red car coming at you, jump for cover!

**ATTENTION
KANKAKEE AREA
RACE DIRECTORS!!**

If you want your app in the newsletter, you should send Dan 120 copies of it 2 or 3 months before your race. Questions? Call Dan - 937-2926 (days) or 937-5500 (evenings).

**THE
STARTING
LINE**



KRRC members of all abilities meet at the Kankakee River State Park (parking lot across from heated rest rooms) at 8 AM from May through September and 9 AM from October through April to run and socialize on off-race Sundays. Individuals may vary the starting time based on the distance they intend to run and their personal obligations. Bring a running buddy and join us! Some members bring their bikes for a little cross-training after the run.

Sat., Jul. 11th - 8:00 A.M. - Kankakee YMCA 5K, \$11/13, 5yr AG 2-4 deep. YMCA 933-1741/ Pat Koerner 9321009.

Tues., Jul. 14th - 6:30 P.M. - Summer Series 5K, Civic Auditorium, Small Park, Kankakee. Dave & Chris Barrett 937-4668.

Fri., Jul 17th - 6:45 P.M. - Bastille Day 5K, Morgan & Jackson, Chicago

Sat., Jul. 18th - 8:00 A.M. - Manhattan Band on the Run 5K, McDonald School, Ts, \$12/15, 5yr AG 3 deep.

Sun., Jul. 19th - 7:35 A.M. - Heart & Sole 10K, Olympia Fields Osteopathic Med. Cen., supplex windshirt (whatever that is), \$20/23 after 7/19, 5yr AG. Expo/Sports Seminar on Sat. Noon-4PM followed by pasta buffet (\$6). Door prizes, results mailed (also on website). 708-747-SOLE for info. Pricey, but a class act.

Thurs., Jul. 23rd - 7:15 P.M. - Sundowner 5K, Lions Community Center, New Lenox, \$13/16, 5yr AG at least 3 deep. Post race pizza party. 722-1029.

**BEECHER 5K
NEW DATE & TIME**

Please note that the Beecher 5K has not only moved from September to July 25th, but the time has changed to 8:00 A.M.

Sat., Jul. 25th - 8:00 A.M. - Beecher Recreation 5K, Community Hall, 673 Penfield St., \$13/15, 5yr AG 2-4 deep. Tom Stluka 708-946-2318.

Sat., Jul. 25th - 7:00 A.M. - 2d Annual I-CAN Run/Walk 5K, Lincoln Mall, Matteson. 708-798-0923.

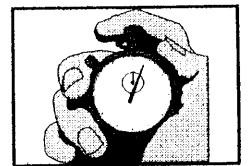
Fri., Aug. 7th - 7:00 P.M. - Wenona 5K. 815-8534054

Sat., Aug. 8th - 8:30 A.M. - Rotary Ramble 5K, DeMotte Elementary School, US 231, \$10/12, Ts, 5yr AG. 219-987-2875

Sat., Aug. 15th - 8:00 A.M. - Glad Run 5K/10K, Momence Jr. H.S., \$10/13 after 8/8, Ts, 5yr AG, refreshments, door prizes. Mike Hickey 472-2253.

Sat. Aug. 22nd - Crim Festival of Races, Flint, MI.

**THE
FINISH
LINE**



May 2, Lake Run 7.5 Mile - Charlie Grotevant, 54:03

May 9, Bartlett Apple Blossom 10K - Charlie Grotevant, 42:40, 3AG

May 22, Dawg's Night 5K, Tampa,

FL. - Erma Hickey, 29:13, 1AG; John Hickey, 26:59, 2AG	Dick Manthei	45:50	Phil Newberry	17:23	3AG
			Jim Rattin	17:50	2AG
May 25, Bolder Boulder 10K, 40,145 participants - Nancy Ruda, 51:37; Ron Ruda, 54:26	Jun. 20th, Steamboat Classic 15K - Charlie Grotevant, 1:09:55		Dan Flynn	18:24	
			Ken Klipp	18:25	2AG
May 30th, Ill. Valley YMCA 5K, Peru - Clarence Brock, 16:50, 1AG	Jun. 21, Kilbride Family Classic 5K, sunny, 75 finishers		Dave Barrett	18:46	2AG
			Rich Olmstead	19:06	3AG
Jun. 6th, Sunburst 10K, Southbend - Dave Barrett, 40:30	Clarence Brock	16:28	Dan Gerber	19:48	
	Pat Koerner	16:59	Marshall Grace	19:55	
Jun. 7th, Bel Air Town Run 5K, (MD.) - Erma Hickey, 29:06, 1AG; John Hickey, 27:06, 1AG	Ken Klipp	18:09	Jim Robinson	20:10	
	Dave Barrett	19:04	Dan Gould	20:15	1AG
Jun. 9th, Summer Series 5K	Dan Flynn	19:09	Charlie Grotevant	20:23	1AG
Ken Klipp	Rich Olmstead	19:21	Bob Pool	20:31	1AG
Chris Walsh	Marshall Grace	19:53	Larry Lane	20:45	2AG
Dan Gerber	Dan Gerber	20:14	Charles Kennedy	21:00	2AG
Charlie Grotevant	Jim Robinson	20:48	Jeff Lonergan	21:12	
Dan Gould	Dan Gould	20:50	Cary Yoakum	22:58	2AG
Bob Pool	Bob Pool	20:51	Dave Schkerke	23:14	
John Pool	Charles Kennedy	21:00	Elliot Brinkman	23:23	2AG
Jeff Lonergan	Charlie Grotevant	21:36	May Kelly	23:23	1AG
Brian Noffke	Kirsten Benner	21:42	Kathy Steffen	23:33	1AG
Dan Noffke	Jeff Lonergan	21:44	Nancy Ruda	23:37	1AG
May Kelly	Larry Lane	21:53	Amanda Schkerke	24:06	1AG
Kathy Steffen	John Pool	22:42	Ron Ruda	24:29	
Nancy Ruda	Dan Noffke	22:49	Paul Surprenant	24:38	
Ron Ruda	Brian Noffke	22:50	Judy Schkerke	24:38	2AG
	Cary Yoakum	22:51	Doug McWilliams	26:29	
Jun. 13th, Wyoming 5K - Clarence Brock, 16:34, 2OA	Elliot Brinkman	22:53	Carol Painter	27:14	2AG
	Theresa Burgard	23:02	Peggy Baldwin	27:51	1AG
Jun. 13th, Tremont Turkey Classic 10K - Charlie Grotevant, 44:08, 3AG	Randy Devore	23:08	Tyler Rahrig	29:33	
	James Martell	23:19	Randy Rahrig	29:34	
Jun. 13th, Kankakee River Classic 10K, Hebron - Pat Koerner, 35:12, 3AG	Allison Williams	23:21	Jessica Brinkman	29:53	2AG
	May Kelly	24:30	John Brinkman	29:54	
Jun. 14th, Harrah's/St. Joe Racing Hearts 8K, Joliet - 60's, overcast, humid, 243 finishers	Paul Surprenant	25:26	Jackie Delong	29:55	3AG
	Doug McWilliams	26:04	Michelle Baldwin	44:32	
	John Hickey	26:06			
	Peggy Baldwin	28:38	Jul. 4, Hobart Brickyard 5 Mile Run, 70 degrees, HUMID, overcast, 353 finishers		
	Erma Hickey	28:52			
	Jessica Brinkman	28:56	Pat Koerner	28:38	2AG
	John Brinkman	28:58	Phil Newberry	29:27	
	Gerry Kilbride	29:53	Dave Barrett	31:29	PR
	Tyler Rahrig	30:21	Dan Gould	34:44	3AG
	Randy Rahrig	30:21	Doug McWilliams	44:10	
	Pat Baldwin	31:02			
	Judy Kilbride	32:30	Jul. 4, Bloomington Park to Park 5M - Jeff Lonergan, 36:57		
	Jun. 28, Bourbonnais Friendship Festival 5K, 70's, sunny, humid, 125 finishers		Jul. 4, Lemont 5K - Larry Lane, 21:45		
Clarence Brock					
Phil Newberry					
Dan Gould					
Charlie Kennedy					
Jeff Lonergan					
Carol Pratt					
	Tom Stluka	16:36			
	Clarence Brock	16:37			
	Pat Koerner	17:07			

Health by the numbers

Risk of heart disease and stroke increases when the first number of a blood-pressure reading (the systolic number, which records the pressure against the artery wall when the heart is contracting) goes above 120. Hypertension is diagnosed at 140 and above. Diastolic pressure (produced when the heart relaxes) becomes more predictive of disease at 90 or higher. Population studies show that a reading of 115/76 is ideal.

Cholesterol has three numbers that help determine risk of heart disease. A total cholesterol count of 200 to 239 puts patients on the borderline, and they move into high risk if they have two other factors such as high blood pressure, smoking, obesity, diabetes, being male, or having a family history of heart disease.

Doctors also monitor LDL (low-density lipoprotein) cholesterol, which builds up and clogs the arteries. Lower is better; patients are considered high risk if LDL reaches 150 to 169.

HDL cholesterol cleans the arteries, removing LDL and preventing plaque. Below 35 indicates high risk; greater than 60 is desirable. Researchers are still debating whether to create a borderline category.