



THE PAPER RACE

THE NEWSLETTER OF THE
KANKAKEE RIVER RUNNING CLUB
SINCE 1979



OCTOBER 1998 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 128



OCTOBER

NAME	DAY	AGE
David Barrett	28th	34
Elliot Brinkman	19th	15
Amanda Draine	17th	21
Susan Draine	24th	44
Methinee Kelly	24th	40
Craig Kippels	8th	51
Charlene Klipp	10th	49
Bill Linn	16th	46
Brian Noffke	10th	38
Rich Olmstead	12th	47
Christopher Powell	11th	38
Tom Stluka	7th	39



WELCOME NEW MEMBERS

John & Carol Vallone Family,
Bourbonnais

Christopher Powell & Family,
Bourbonnais

ON DAN'S RUN by Dan Gould

"Whew!" That is what the survivors of the Herscher Death March, also know as the Hare & Tortoise 5K were saying after the Labor Day Sunday race with a temperature of 95 or so. Five o'clock in the afternoon on a summer day is a risky time to run a race. Sixty-five courageous and/or foolhardy souls ran the 5K.

Ken Klipp reported that at least one of them got an ambulance ride as a result of the heat. Unfortunately, many runners fail to properly hydrate or even be aware of the symptoms of overheating and some medically trained people have limited knowledge on treating someone who has succumbed to the heat. Ken told that after standing back while a doctor, nurse, and EMT attended to the man who was down for 15 minutes and not responding well, it was Ken who had to suggest putting in an IV and getting him to the hospital. I presume he lived or some couch potato would have made sure the media got to do one of those stories on the dangers of running.

You'll find some limited results in *The Finish Line*. If Dave Bohlke doesn't do the finish line, we depend on the race director and/or participants to get us the information. Be sure to thank Scott Stephens for putting together the 16th Hare... Whoops! That was the 17th Hare & Tortoise. Scott is definitely our senior race director.

The 17th Hare & Tortoise was Charlie Grotevant's 500th road race. He should have been first in age

2:06:05

WORLD RECORD MARATHON

Brazil's Ronaldo da Costa took 45 seconds off the world record in the Berlin Marathon on September 20th. In only his second marathon, he shattered the 10 year old record set by Belayneh Dinsamo in the 1988 Rotterdam Marathon.

group, but he had given everything he had to the Sweetcorn Festival 5K a day earlier and was a minute slower at Herscher. Congratulations, Charlie!

I did the Park Forest Scenic 10 on Labor Day with a few - very few - other club members. I should take notes or, if I do, try to put the notes where I can find them. I had a nice chat with Jim Stevens and it seems to me he was happy with his time. Now, what scrap of paper did I put that on?

Phil Newberry and Dave Barrett were there. They were supposed to go up together, but Phil "The Forgetful" left his race number at home. He remembered it half way to Dave's. When he failed to appear at the appointed hour, Dave went on his own.

Jim Grace, Lynn Troost, and Jeff and Marcia Lonergan were there. Jim had done a 100 miles on the bike in Wisconsin the day before, so he wasn't setting any speed records at Park Forest. It wasn't a day for speed records - 70's with oppressive humidity. The cool front came through about mid-morning!

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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Jeff was just a spectator. You've got to stop eating those Oreo Double-Stufs, Jeff!

I don't know if it was a PR, but Clarence Brock ran 16:13 to win the Peotone Country Festival 5K on September 10th. I kidded race director Kirsten Benner that the new course was shortened to make up for the long one the first couple years. Well, I thought she had a sense of humor! Damn lawyers! But, taking into consideration that it was a cool evening and that many runners peak in September, it was probably accurate. The shift from Saturday morning to Friday evening resulted in a small decrease in participation - 63 this year as opposed to 69 last year. If the Kankakee Bar Association golf outing and dinner isn't on the same night next year, perhaps there will be a couple more of us there.

A few of our members participated in the YMCA Triathlon. A picture of Pat Koerner waiting for

his teammate finishing the bike leg was in *The Daily Journal*. Donna, did they show Pat's best side or only his backside? Is there a difference?

Gary Dupuis, who has long supported the running community, has once again moved on - or back, actually. For many years Gary operated Performance Sports, first on Henry St., then in Meadowview, and finally on the Wal-Mart corner. He sponsored a number of races including the "Five-Miler" at KCC. His right hand man for a number of those years was Bill Linn.

After the demise of Performance Sports, Gary continued to operate Superior Silkscreen from which many race directors got their shirts. Now he has returned to his roots - Salkeld & Sons Sporting Goods - which he left 18 years ago. He is doing what he loves - sales! Gary, we hope you will stay in touch with the running community. We appreciate everything you've done. Whatever happened to the Gary who was going to be running with us? Next year? You aren't getting any younger!

No, we haven't had much in the way of social gatherings this year. Pat Baldwin tells me he will put together something in the way of a Christmas party. We should have the info in the November newsletter.

Another problem with this "stick of gum and a prayer" operation is keeping track of members. President Dave's new club website has club membership info, but directs the applicant to send the form to our post office box which is located in close proximity to the black hole in space. It gets emptied about once a month which is why we usually direct membership forms to Linda Linn's home address. Linda keeps the master list of members and prints the newsletter labels. I'm

PYRUVATE REVISITED

Last month we reproduced an article titled "Boosting exercise performance" which discussed the use of pyruvate and dihydroxyactone, known as DHAP. The article indicated that scientific research showed they augmented muscle glycogen, fat loss and exercise endurance and had no major side effects.

We subsequently saw a report from the June meeting of the American College of Sports Medicine's convention with the following note: "Pyruvate is touted to help with weight reduction. But pyruvate may elevate LDL cholesterol and negate the positive lipid changes that are generally associated with fat loss and exercise."

supposed to have a copy in my computer to print the birthday list. Memo to the President: Change website registration directing new members to send info to Linda and include names and dates of birth for family membership.

The preceding paragraph is, in part, an explanation to new members John Vallone and Christopher Powell why we are welcoming them to the club either belatedly or with incomplete information. Somebody forgot to tell the president that he is merely a figurehead (but if Dave keeps doing a great job, we may view the position in a different light). The seat of power is with those who control the newsletter and our seats have gotten bigger with age. Even in the days of the co-presidents Shoup and Goodberlet, Bill, Linda and I were the the ones who scheduled the meetings, social events, and acted as the nominating committee for the next figurehead(s). Dave, please remember your place and get the information to us!

I received a note from John

Hickey that his surgery for prostate cancer was apparently successful. It was confined to the prostate. He had a couple of rough days, but is feeling much better. The hospital food was so good he only lost 6 pounds in two days.

The 20th Annual Kankakee River 10K, fka the Governor's 10K, was only a shadow of the early days when hundreds of runners came to the Kankakee River State Park. Now it is hard to find a couple hundred runners who can run 10K!

We turned out about 85 this year on a sunny, hot (80+) and humid day. It used to be the first Sunday in October, but then we started switching dates to avoid conflicts with other races. That, obviously, was an exercise in futility. We put on a great race. If people don't come, that is their loss.

The shirts and plaques this year featured that beautiful drawing by Ken Stark of a dozen members of the club led by Pat Koerner running through the park. Poetically, Pat won this year's race!

Unfortunately, a large number of our members were not in attendance. John Brinkman was heard to ask: Whatever happened to that old running gang of mine? I was reminded of the question Marshall Grace asked on a Sunday run at the park: Who is John Shoup? Is he kind of an old guy with wrinkles, thinning grey hair, and getting a bit of a belly on him? Yes, Marshall, that is the John Shoup who once raced to glory in the Memphis Marathon. That is your English teacher at KCC. Say hello for me!

Dianne Strufe was in attendance, working registration. Her auto accident earlier this year keeps her from running. She said it is kind of hard to run without a heel. Perhaps next year!

You will find race results are incomplete for the Kankakee River 10K. Due to a change in race dates, we didn't have Dave Bohlke's computerized finish. Linda Linn put

the times on the tear tags, but they were apparently trashed. Finish places were put on the registration sheets, but only the times for those who placed in age group. The tape with the times got lost. It was really Ken Klipp's fault. I think he was at a wedding in Ohio. Ken, it just doesn't work without you.

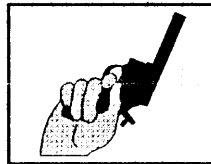
October is upon us and, hopefully, will be a month of beautiful running days and great races. I'm not sure who besides President Dave is marathoning this year. Be sure to get me your results!

November 3rd is election day. Please exercise your right, your privilege, to vote. You will find my name on the ballot this year as it is every six years.

Hope to see you on Dan's run!

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

THE
STARTING
LINE



KRRC members of all abilities meet at the Kankakee River State Park (parking lot across from heated rest rooms) at 8 AM from May through October and 9 AM from November 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!

Thurs., Oct. 8th - High School Cross Country Meet at Kankakee Community College. Call Ken Klipp if you can help. 937-1958.

Sat., Oct. 10th - 10:00 A.M. - Empowerment Run 5K, Onarga Academy Campus, \$17/20 after 10/5, top 3 OA and top masters. A benefit for

survivors of sexual assault/abuse and part of the Oktoberfest Fall Festival. Leann 815-268-4001.

Sat., Oct. 10th - 8:00 A.M. - Autumn Shoreline Classic 15K/5K, Decatur, \$15/20. 217-423-4273

Sun., Oct. 11th - Chicago Marathon & 5K

Sun., Oct. 11th - Milwaukee Marathon

Sun., Oct. 11th - 9:00 A.M. - Fox Chase Columbus Day Marathon, Algonquin Road School, Fox River Grove, long ts, \$25, refreshments, entertainment, 5yr AG 3 deep, \$100 to overall M & F. 847-822-2140.

Sun., Oct. 11th - 1:00 P.M. - Zoom Thru Zulu 10K, St. Louis Catholic Church, New Haven, IN., \$10, USATF cert., Mitch 219-456-1381.

Sat., Oct. 17th - 7:30 A.M. - Run for Kids 5K/10K, Oakbrook Terrace, Ts, raffle goodie bag, breakfast, awards. 630-941-7469.

Sun., Oct. 18th - Detroit Free Press Marathon

Sun., Oct. 18th - 9:00 A.M. - Run for the Health of It 10K, Ravinia Park, Highland Park, CARA Circuit. Bill 847-432-2884.

Sat., Oct. 24th - 10:00 A.M.- Omni 41 Pumpkin Prance 5K, Plum Creek Subdivision, Schererville, IN., \$12/15, Ts, Darcy 219-865-6969

Sun., Oct. 25th - 9:00 A.M. - Allerton Park Trail Run 5.5 Mile, Monticello, \$15/20, 5yr AG, random prizes, 5yr AG, \$75 cash award to OA & masters winners. Pat 359-8161. New trial/cross-country course.

Sat., Oct. 31st - 9:30 A.M. - 11th Annual Trick or Treat Trot 5K, Montrose Harbor, Chicago, ts, \$17/20, 5yr AG, early bird raffle prizes, Clydedale Division. 312-255-0400

Sun., Nov. 1st - 11:00 A.M. - Canal Connection XVI, Utica Elementary School, \$15/18, sweat shirts, 5yr AG, proportioned awards, top 4 OA & masters, random prizes. Point-to-point along the I&M Canal Towpath. Great race! Joe 815/223-8988.

Sat., Nov. 7th - 9:00 A.M. - Palos Park Turkey Trot 3M, Palos Park Village Hall, Ts. Marilyn 708-365-1535

Nov. 8th - 9:00 A.M. - Jingle Bell Run 5K for Arthritis, Oakbrook, \$15/17. 773-868-3010.

Nov. 8th - 9:00 A.M. - Westchester Veteran's Day 5K/10K, \$17, CARA Circuit, USATF cert.. NO RACE DAY REGISTRATION. Tom 708-562-4474

Nov. 14th - 9:00 A.M. - Gobbler Hobbler 10K, Starved Rock Circuit Race. Ginny 630-554-1010.

Nov. 15th - 2:00 P.M. - St. Anthony 5K, 7659 W. Sauk Trail, Frankfort, Ts, \$10/15, awards to overall M & F, but times & places not recorded. This is to benefit the hungry and homeless of Will County. Raffle prizes. 469-3750

Nov. 26th - Pilcher Park Poultry Predictor 4 Mile. Keith 478-3124

17:36, 1AG; Chris Walsh, 19:40, 1OA; Jeff Lonergan, 23:12, 1AG Charlie Grotevant, 21:05, 2AG; Rick Livesey, ??; Bob Pool, ?? Diane DesMarteau was first in the two mile walk in 22:01!

Sep. 6th, Park Forest Scenic 10 - Dave Barrett, 1:09:24

Sep. 10th, Peotone Country Festival 5K, 63 finishers

Clarence Brock	16:13	1OA
Pat Koerner	16:37	1AG
Mike Stluka	17:49	2AG
Dave Barrett	18:53	3AG
Charlie Grotevant	20:10	1AG
Jeff Lonergan	20:35	2AG
Bob Pool	20:47	1AG
Charlie Kennedy	21:42	2AG
Doug McWilliams	25:12	
Rich Manthei	26:30	

Sep. 13th, Mitsubishi Half Marathon, Normal - Charlie Grotevant, 1:39:49, 3AG

Sep. 14th, Chicago Half Marathon - Marshall Grace, 1:42:00

Sep., 20th, National Heritage Corridor 25K, Channahon - Dave Barrett, 1:45:26, PR

Sep., 27th, Cal City Half Marathon - 1:28:16, 3AG

Sep. 27th, Kankakee River 10K, sunny, 80+ humid

Pat Koerner	35:59	1OA
Chris Walsh	42:11	1OA
Clarence Brock	38:49	MST
Kirsten Benner	48:15	3OA
Kathy Steffen	50:17	MST
Elliot Brinkman	47:45	1AG
Carol Vallone	????	
Dan Gerber	????	
Doug McWilliams	????	
Phil Newberry	????	
Marshall Grace	????	

Dave Spencer	????	
John Brinkman	????	
John Vallone	45:10	
Jeff Lonergan	????	
Mike Hickey	47:56	1AG
Dan Gould	44:39	3AG
Charlie Grotevant	44:14	1AG

Oct. 3rd, Alden/Norsom 5K, Naperville - Clarence Brock, 16:21, 1st Master

THE
FINISH
LINE



Sep. 5th, Sweetcorn Classic 5K, Hoopeston - Charlie Grotevant, 20:07, 2AG

Sep. 5th, Education Finishes First 5K, Port Charlotte, FL. - John Hickey, 26:33, 1AG; Erma Hickey, 26:33, 1AG

Sep. 6th, Hare & Tortoise 5K, Herscher, 65 participants, 95 degrees - Pat Koerner, 17:35, 1AG; Clarence Brock,