

THE PAPER RACE

THE NEWSLETTER OF THE
KANKAKEE RIVER RUNNING CLUB
SINCE 1979



APRIL 1999 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL 60914 ISSUE 134

Phil's Files



by Phil Newberry

Well, it's starting to look like 1999 is going to be the year of being injured. My stupid left hamstring is still aggravated and so am I. As of this writing I have been injured for 41 days. I thought, at first, that this was a minor pull but it doesn't look like it. If any of you coaches out there have any advice I'm listening. I have 25 days until River to River. Larry? Ken? Mike? Theresa? Anybody?

Speaking of River to River we have a couple of new members on our team this year. Chris and Dave Barrett are running this year. Dave, being the rookie, will run the infamous leg 6. Don't worry Dave leg 6 is a blast! Gary and Deb Neumayer do a great job organizing this trip. April 17th I'll be partying River to River style.

Whoops! I almost forgot. Those of you who read Jeff Lonergan's column last month may have noticed that my name was mentioned a few times. Let me tell you about Jeff. When Jeff goes to races you never know when he might show up. On March 14th, Jeff decided to run the St. Patrick's Day Run in Bloomington. Race time was 1:00 Most people would show up for the race between 12:00 and 12:15. Jeff got there around 10:00. He couldn't figure why there was only one car in the parking lot. He thought the race started at 11:00. Then there was last year. Jeff went to a race in Springfield I think. Right Jeff? Well, he missed that one because the race was the same weekend that the clocks were moved ahead one hour. At least when I do race I get there at the right time.

This has been a slow month for me. I've been laying low trying to recover. Next month should be busier. I'm coaching Little-League baseball again this year, running River to River, and starting my marathon training all in April. Maybe I'll have something to write about. See you next month!

Jeff's Jog'n Jarg'n



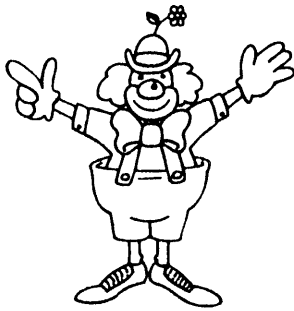
by Jeff Lonergan

News Flash!! Our ex-prez is back running. Many of us have heard Henry talk about it for years saying, "I'm going to have to get back out there and put some miles in." Well, no more talk'n, Henry's back on the road running again. Way to go Henry! We are on a weight loss team together at work and during the first week Henry lost six pounds. I lost four pounds. Henry has been running twice a week and is up to three miles without stopping. Watch out folks, by summer Henry Shelly will be ready to start leaving some of us in his dust!!

Speaking of getting back to running... Charlie and Joyce Grotevant were working the finish line at the St. Pat's 5K Run in Bloomington and he told me that his doctor had given him the O.K. to start running again. The first two days after Charlie was given the go ahead, he went out for long runs and consequently his foot was hurting him a bit. Therefore, he and Joyce worked the finish line together instead of him running in the race. At first I thought having Charlie working the finish could be to my advantage, however, I couldn't convince him to move my tear-off tag closer to the top of the pile! I also talked to John Pool at the race. His brother Bob couldn't make it due to a meeting. John ran a good race and was happy with his performance. Even though race time was 1 pm, the temperature only reached the high 30's making for a chilly race.

Phil and I would like to thank those who submitted articles or information for our first publication and would like to remind all members that we will greatly appreciate any contributions for future publications. Please feel free to e-mail Marcia Lonergan at nun4fun@keynet.net, telephone (815)933-1695 or mail to 174 N. Fulton, Bradley, IL 60915. Thank you, Marcia.

Happy Birthday!!



APRIL BIRTHDAYS

Name	Birthday	Age
Connie Angelo	4/12/53	46
Tom Baldwin	4/07/20	79
Kyle Barrett	4/03/94	5
Emma Bevis	4/18/96	3
David Bohlke	4/20/46	53
Lindsey Brinkman	4/07/86	13
Brianne Brinkman	4/12/88	11
Clarence Brock	4/29/52	47
Joe Burgess	4/29/57	42
Charles Draine	4/04/55	44
Nathaniel Draine	4/03/81	18
Anna Goodberlet	4/17/58	41
Kyle Goodberlet	4/04/82	17
Georganne Hickey	4/09/52	47
Charles Kennedy	4/12/38	61
Mary Kilbride	4/14/71	28
Mark McDermott	4/19/48	51
Dee Osenglewski	4/02/56	43
James Ruberg	4/10/51	48
Ron Ruda	4/18/47	52
Ken Stark	4/02/43	56

FAST-N-FIT FOODS

by Janet Shelly
Ginger-Orange Glazed Baby Carrots

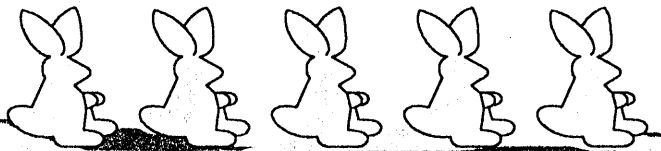
2 lbs. peeled baby carrots
1 cup orange juice
4 TBS brown sugar
1 TBS cornstarch
grated fresh ginger (app. 1/4 in. piece)
1 TBS light margarine

Steam carrots for 20-25 minutes, or until done. Meanwhile, combine orange juice, ginger, brown sugar and cornstarch in large bowl, stir well. Microwave for 3 minutes, stirring once. Add margarine, cook for 2 more minutes. Add carrots to bowl when done. Stir well. Can add salt and pepper to taste.

Note: You can substitute dry ginger.

This dish can be prepared ahead of time and be refrigerated. Just heat covered until hot. This is a nice change from boring vegetables. The Easter Bunny would approve!

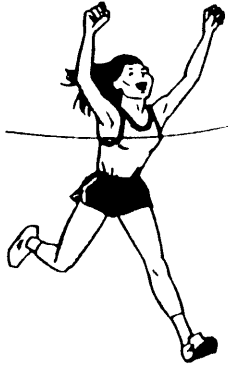
Happy Easter!



REMINDER: We meet every Sunday at the Kankakee River State Park to do LSD. To all you old hippies, I'm talking about long, slow, distance. We currently meet at 9am but as of May we will be meeting at 8am. It's a great way to start your day. Hope to see you there. Jeff

CONGRATULATIONS ERMA HICKEY ON RUNNING YOUR 400TH RACE!





CHRIS WALSH SETS COURSE RECORD

The St. Pat's Day 5K Race in Bloomington proved to be a success for Chris Walsh who captured the women's title as well as set a new course record with her time of 19:14. She didn't allow the cool temperature or windy conditions to hinder her performance. Congratulations Chris!

Sunday Gossip

Went to the Kankakee River State Park on Sunday, March 21st to meet up with other club members for our weekly, long run. In attendance were Bill Linn, Marshall Grace, Jim Grace, Ken Klipp, Larry Lane, Marcia Lonergan and I (Jeff Lonergan) but no Dan Gould. Rumor has it that Dan went out to California to audition for one of those court t.v. jobs. Dan said that if a boxing referee can play a judge on t.v. so can he. Don't leave Dan we need you here. Back to our run, Jim Grace took off after the first mile because I guess we were just too slow for him. Jim was pushing himself in preparation for his first Duathlon of the year. The next weekend he was leaving for Alabama (or somewhere thereabouts) to compete in the biking and running event. He was concerned because he'd only been on his bike once this year. After running eleven miles, Jim and I were looking forward to eating a pancake breakfast at the Limestone Fire Department. Jim, Marcia and I pigged out and put back on all the pounds we had just burned off! We hope Jim had a successful race and safe trip.

Perry Farm 4 Miler

The Perry Farm 4 Mile Run is set for May 1st. This will be it's fifth year. This is probably the only race you'll ever run that every 10th of a mile is marked. The course is run on an all paved surface and has a good hill which is run twice. Let's support our local races. It's close to home and you can't beat the entry fee. \$8 pre-registered and \$10 race day. Race apps. are included in this newsletter.

Chris Stark recently read the following motivational story on the side of her *Celestial Seasonings* teabox and would like to share it..."A lesson in 'heart' is my 10-year old daughter, Sarah who was born with a muscle missing in her foot and wears a brace all the time. She came home one beautiful spring day to tell me she had competed in 'field day'. My mind raced as I tried to think of encouragement for my Sarah, things I could say to her about not letting this get her down--but before I could get a word out, she said, 'Daddy, I won two of the races!' I couldn't believe it! And then Sarah said, 'I had an advantage.' Ahh. I knew it. I thought she must have been given a head start...But again, before I could say anything, she said, 'Daddy, I didn't get a head start..my advantage was I had to try harder!' That's heart! That's my Sarah."

**THE
STARTING
LINE**



KRRC members of all abilities meet at the Kankakee River State Park (parking lot across from heated restrooms) at 8 a.m. from May through October and 9 a.m. 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!

Sat., April 3rd-10a.m.-Ringin in Spring YMCA 5K
Valparaiso,IN. Call Mike Jones @ (219)462-4185

Sat., April 3rd-Fools Run 4 mile 10 am
Park Forest (708)481-9162 \$18-20

Sat., April 10th-9a.m.-Paula Hauptman Coca-Cola 5K \$12/14
Normal,IL Colene House School (309)663-0796

Sat., April 10th-9a.m.-FAB 4 MILER-\$10/12
Lions Community Ctr., New Lenox. Call Pat (815)485-1737

Sat., April 17th-9:30a.m.-Just A Little Run 4 Mile
Lansing, IL Call (708)474-8552

Sat., April 17th-9:00a.m.-Sun Run 5K
Ridgewood Baptist Church
(815)485-0648 \$12-15

Sat., April 24th-9:00a.m.-Starved Rock 3 Mile Membership Run
Deer Park School, LaSalle (815) 941-3702

Sun., April 25th-8:15 a.m.-Lake County Marathon 1/2 & 10K
Zion-Highland Park (847)266-RACE

Sat., May 1st-9:00a.m.-Lake Run 12K & 4.37
Lake Bloomington (309)662-4014

Sat., May 1st-9:00a.m.-Perry Farm 4 Miler
Perry Farm Bourbonnais \$8-10 (815)933-9905

Sun., May 2nd-9:00a.m.-Earl's 5K
Earl's Cafe Joliet \$13-15
815-722-1029

**THE
FINISH
LINE**



Feb. 27th, Strawberry Classic 5K
Temple Terrace, FL
Erma Hickey 28.50, 1AG

Mar. 7th, Meadow Point Classic 5K
Tampa, FL
Erma Hickey 28.14, 1AG

Mar. 14th, St. Pat's 5K
Bloomington, IL
Chris Walsh 19:14, 1st, **course record**
Jeff Lonergan 21:25
John Pool 22:58
Mike McGuckin 23:49

March 20th, Run for the Funds 5K
Morris, IL
Clarence Brock 17:06, 1AG, 2 OA
Pat Koerner 17:44, 1AG
Jeff Lonergan 21:07, 2AG

Mar. 20th, Miller Park Zoo Run 5K
Bloomington, IL
Charlie Grotevant 21:24, 2AG

Mar. 27th, Walleye 5K
Spring Valley, IL
Charlie Grotevant 21:17, 2AG

March 28th, Lincoln Memorial
1/2 Marathon & 5 Mile
Robert Pool 35.14 5 mile
John Pool 1:46.12 1/2 Marathon

WELCOME NEW MEMBER
Mary Ann Conti of Wilmington



Southern Area Race Circuit Meeting Jan. 30, 1999

Palos Roadrunners, Prairie State Running Club, Kankakee Running Club, and Park Forest Running and Pancake Club were all present at the Prairie State awards banquet to continue setting up the Southern Area race circuit. Race dates were given for each of the two races that each club will have on the race circuit; these include the following races.

February 20 Caribbean Cruise (Park Forest)
April 3 Fools Run (Park Forest)
May 1 or 8 Palos Park 3 Miler (Palos Roadrunners)
June 20 Fathers Day Run (Kankakee)
July 22 Sundowners 5K (Prairie State)
July 29 Donkey Dash (Palos Roadrunners)
September 19 National Heritage Corridor 25K (Prairie State)
October 10 Kankakee River Run 10k (Kankakee)

- Each club is responsible for scoring and results at their races. A copy of the results will be sent to each club.
- 15 runners will be scored from each club instead of the 20 that was agreed on before.
- The team with the least score will be the winner, (similar to cross-country scoring). If a team does not have 15 members present, i.e. 5 runners, they will be penalized as follows; the 15th person on the next weakest team will be taken and multiplied by the number of people running in this case 5.
- Winning team will get 4 points, second place- 3 points, third place- 2 points, and the fourth place team will get 1 point.
- It was agreed that all of the clubs should get some prize money. 1st = \$100, 2nd = \$75, 3rd = \$50, and 4th = \$50.
- Individual prize money will be broken down as follows.

Overall Male 1 st place = \$100	2 nd place = \$50	3 rd place = \$25
Overall Female 1 st place = \$100	2 nd place = \$50	3 rd place = \$25
Overall Male Masters = \$50		
Overall Female Masters = \$50		
- This will leave \$75 to be used for an end of the year race circuit party or some other type of event.
- Sponsorship prizes will also be part of the race circuit.
- A list of members for the circuit will be needed by the end of February.
- The next meeting will be at the Bier Stube in Frankfort on Feb. 11, 1999 at 7:00 p.m.

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