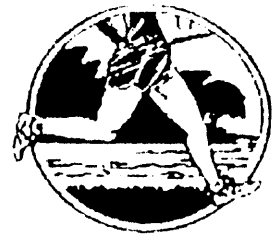


THE PAPER RACE

THE NEWSLETTER OF THE
KANKAKEE RIVER RUNNING CLUB
SINCE 1979



JUNE 1999 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL 60914 ISSUE 136

Mike McGuckin of Flanagan, IL competed in the Eureka Spring Classic 4 Mile Run on April 17th and sent in the following race review. Very cool and breezy day for this out and back 4 mile event with a couple of challenging hills at the start and end of the race. I saw Charlie Grotevant at the event but no one else I recognized from KRRC. Nice looking red T's for all, and a superb post race picnic (grilled hotdogs, baked beans, slaw, pop, and dozens of delicious cookies baked by the local hospital auxillary). About 180 runners and a few dozen walkers. I placed 79 of 172 with a time of 30:31, really losing my focus while heading into the wind on mile #2. Even though the weather is usually lousy for this race, it is well organized and the friendly post race makes it a winner. Complete results are on the Lake Run Club website.

Mike also reported on the Lake Run '99 which he competed in at Lake Bloomington, IL on May 1st. The 12K race and 4.35 mile race start at different lines and head a separate way, but finish at a common finish line. Largest turnout ever for the Lake Run Club signature race-over 300 for the 12K and over 600 for the 4.35 mile. Absolutely superb weather in the 60's with sun and hardly any wind. The post race of Avanti's gondolas, beer, and ample fruit, bagels and drinks is a plus. Great DJ and lots of giveaways, with custom made pottery prizes. This was my 95th race of my running career which began in 1991 with the now defunct Performance Sports 5 Miler at KCC. I did the 12K/ 7.44 mile in 1 hour and 44 seconds, missing my goal of one hour by a bit, and finishing 186/339. A week of meetings away from home and the lingering effects of a cold took their toll, but I really enjoyed the challenge of the longer distance. Charlie G. and the Pool brothers were there and were, as usual, out ahead of me throughout the 12K. I believe Charlie was 3rd in his age group. Again, complete results are on the Lake Run Club website. Even though an hour and a half from Kankakee, this is an outstanding event that would well be worth the time of KRRC members in 2000.

Dee Osenglewski of St. Anne, IL also sent in a race review on the 1999 Indianapolis Life 500 Festival Mini-Marathon in which she competed on May 1st. Dee covered the course in a time of 1:58:56 and placed 4,806th out of 18,566 finishers. Dee's thoughts on the race are: This is a great race if you don't mind crowds. It's billed as the largest half-marathon in the U.S. This year there were over 22,000 entrants. Each registrant receives a premium-quality t-shirt. The event is timed using the Champion Chip Timing system. The race begins in downtown Indianapolis near Monument Circle. The starting line is easy to find and there is plenty of parking downtown. All of these details are provided to you in the race confirmation booklet that is sent to you 2 to 3 weeks prior to the race. The course was redesigned this year with a dual start to accommodate all levels of runners and walkers. After crossing the starting line, you are entertained by bands and well wishers while traveling west to the Indianapolis Motor Speedway. Plenty of water, Gatorade and portable toilets are provided throughout the course. You reach the Speedway at 5.3 miles. The next 2.5 miles are actually completed on the Speedway. Then you begin your return back downtown with more entertainment (and free PowerGel) along the way. After crossing the finish line, you receive a commemorative medal and a celebration at Military Park that includes live entertainment and plenty of food and beverages. This year there were 18,566 finishers (9,235 men and 9,331 women). Again, if you're not looking to set a half-marathon PR, you'll love this race. If you hate crowds and slow starts, stay away from this race. If you're thinking about running this race next year, it's usually held the first Saturday in May. There is no race day registration. There is a registration deadline (usually April 1st) and a maximum field of 25,000 participants were allowed this year. Entry forms can be obtained by February 1st by contacting the 500 Festival Committee at 317-237-3400 or online at indianapolislife.com.

Thank you Mike and Dee for those insightful race reviews. It's always interesting to read about the running experiences of others and to learn more about unfamiliar races. The Eureka Spring Classic 4 Mile Run, the Lake Run '99, and the Indianapolis Life 500 Festival Mini-Marathon all sound like races that KRRC members would enjoy in the year 2000. Race reviews are valuable in that they provide our members with the details that make a race appealing to them so they can share the experience. So if you like a race, spread the word so others can enjoy it with you. All members can submit articles for *The Paper Race* via e-mail at run4fun@keynet.net or via snail mail to Marcia Lonergan 174 N. Fulton Ave., Bradley, IL 60915. Thanks again for all the contributions this month, it gave Jeff and Phil a break as they are both very busy. Phil, who is still injured and not running, is coaching his son's little league baseball team and we're focusing a lot on the house we're having built. Marcia

Well, I was able to get in 3 races this month. The first was the Perry Farm 4 Miler. Hey, this race is growing. They had 29 runners this year. Congrats to Pat Koerner and Theresa Burgard on their overall wins. Believe it or not, Dan Gould came out and ran but hasn't been seen much since. Word has it he is suffering from a foot ailment. We hope he gets back on his feet again soon. We had great weather for the race. The course was a double loop which meant you had to run up the same big hill twice. Medals were given out for age group winners. Warm pop, and cookies were available for all runners and t-shirts were given only to those who pre-registered. Penny wanted to give Dan a good-luck kiss before the race but he just smiled and headed for the starting line. I think Penny's feelings were hurt. Who knows Dan, a little, wet kiss may have helped. I don't think it could have hurt! Clarence Brock was there to give support but didn't race because he was saving himself for Earl's which was the next day.

I also ran at Earl's the following day even though my legs were still weary from Perry Farm. We were blessed with another beautiful day for running. Earl's Caf  and PSRR did, as always, a great job putting on the race. Because the course is flat, it's always a good one for fast times. Dave Barrett and Phil Newberry showed up to run. Dave was motivated to run a good race but Phil was still being hampered by his hurt leg so he planned to take it easy. I ran an o.k. pace and I chased some people I haven't beaten in over a year. I caught up to them with a 1/2 mile to go and it was the first time in a while that I got below 21 minutes. I hope my times keep dropping. After the race there was plenty of roast beef and beer for everyone. Glass beer mugs were given as awards. Those KRRC members who didn't make it missed out on a great run and post race party.

The Birdman Duathlon was a great way to end the month. Jim Grace was there and said he's getting back into top form for his triathlons this summer. Leon Malone and Charlie Grotevant were a team with Leon doing the biking part and Charlie running. Marshal grace was there with his mountain bike. Dan Gerber was on a corporate team and ran the last leg of the run. His team took first in the Corporate division. Kathy Steffen ran and biked a great race placing 1st in the Master's Division. Jim Grace took second in his age group. Way to go Kathy and Jim!! Pat Koerner was on a team but I heard that his biker got a flat out on the course. As for myself, I wanted to race the first 5K so when we got going I figured I'd follow Charlie since he's been running under 21's lately. After 11/2 miles I asked Charlie why he had all the inside corners when we made turns and I was forced to go farther out. He explained that with age comes great wisdom. At 23/4 we caught Marshal and right before the end I pulled ahead of Charlie for a 20.31 first 5K. The bike part was fun. With only two 7 mile training rides before the Birdman, I was still able to do 19 1/2 miles per hour. However, when I got off of the bike, my legs were dead and I paid for not training enough. The first mile of my 2nd 5K was 8:10 then a 7:20 followed by a 7:45 last mile & 1/10. I was dead tired the remainder of the day! Overall it was a nice race and my only complaint is that there could have been more water at the finish.

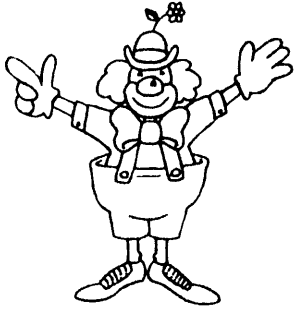
Jeff Lonergan



Theresa Burgard enjoys leading the way for the lady's during the Perry Farm 4-Miler. Her winning time was 29.45.

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Happy Birthday!!



JUNE BIRTHDAYS

Name	Birthday	Age
Amy Baldwin	6/14/86	13
Cheryl Bevis	6/01/65	34
Katie Dorn	6/01/85	14
Marty Klipp	6/23/76	23
Larry Lane	6/27/48	51
Linda Linn	6/09/54	45
Dan Morse	6/25/59	40
John Pool	6/13/42	57
Robert Pool	6/15/36	63
David Schkerke	6/07/52	47
Heather Steffen	6/12/80	19
Mike Sfluka	6/27/61	38

FAST-N-FIT FOODS

by Janet Shelly

Garden PASTA Salad

6 ounces shell macaroni cooked (about 2 cups)

1 small green pepper, cut up

1 medium cucumber, diced

2 medium tomatoes, quartered then cut into desired pieces

1/2 medium onion, or 2 green onions, chopped

Dressing:

1/4 cup salad oil

3 Tbs. white wine

2 Tbs. lemon juice

1 Tbs. sugar

2 tsp. fresh basil finely chopped or 1 tsp. dry basil

2 tsp. fresh parsley, chopped or 1 tsp. dry parsley

Combine salad ingredients. Wisk together dressing ingredients until well blended. (This can be done in a blender or food processor if desired.) Pour dressing over salad and mix well.

Cover, chill thoroughly. Toss before serving. (You can also serve feta cheese to be sprinkled on top.)

This is a fun and fast salad! This is something that can be served at Summer

Cookouts, Graduation Parties, or Family Reunions.

Enjoy!



1999 Summer Series 5K 's at Small Memorial Park

(second Tuesday of each month)

6:30 p.m.

Date

Directors

June 8

Jeff & Marcia Lonergan

Jul y 13

Henry & Janet Shelly

Aug. 10

Charlie & Joyce Grotevant



**THE
STARTING
LINE**



**THE
FINISH
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!

Sun., June 6th-8a.m.-St. Joe's/Harrah's Cruise 8K

St. Joe's Medical Center on Springfield Ave. in Joliet

Janet Long 741-7664 cost \$12/\$15

Sat., June 12th-9:00a.m.-Lake Mingo Trail Run 7.1 Miles,

Kennekuk Cove County Park near Danville

Call Mark (217)431-4243 cost \$9/\$15

Sat., June 12th-7:30 a.m.-Hebron Kankakee River Classic 10K Run & 5K walk, Hebron, IN Mike Haughee (219)924-0080

Sat., June 12th- 9:00 a.m.- George's Jug 5K/2mile walk

Independence Junior High School, Palos Heights, awards (708)361-0416

Sat., June 12th -6:00 p.m. Better Banks 5K, Wyoming, IL

Karen White (309)695-3051 cost \$12/\$15

Sat., June 19th-8:00a.m.-Lockport Canal Days, Dellwood Park, age group awards (815) 838-1183

Sat., June 19th-7:00a.m.-Steamboat Classic 5K/4M

700 West Main St. in Peoria, Phil Lockwood (309)676-6378

Sat., June 19th-6:00 p.m.-Sheffield 5K, 1109 Western Ave., Kewanee, IL

Dave Feurer (309)852-3502

Sat., June 19th- 8:00 a.m. - Munster Run Around 10K, Munster, IN

Jerome Gardberg (219)924-9062

Sun., June 20th - 8:00a.m. - Kilbride family Classic 5K

Cobb Park, Kankakee (815)937-4200 cost \$10/\$13

Sat., June 26th - 8:00 a.m. - Kopper Kloppler 5M, Hobart, IN

Carol Meyers (219)942-1125

Sun., June 27th - 9:00 a.m. - Race to the Taste 5K Run/2 Mile Walk

Grant Park, Chicago, prizes (312)744-1880

Sun., June 27th - Band On The Run 5K, Orland Park

awards, (312)868-3010 \$15/\$20

Sat., July 3rd - 6:45 p.m. - Citizen Financial Mile, Highland, IN

Alex Brown (219)838-0114

Sat., July 3rd - 7:30 a.m. - Brickyard Run, 5M, Hobart, IN

Gail Pement (219)756-5360 \$10/\$12

Sat., July 3rd - 7:45 a.m. - Riverside's Independence Run 5K

Riverside Water Tower, Riverside, IL (708)442-7025 \$15

Sat., July 3rd - 8:00 a.m. - Walnut 5K

420 Whitver St., Walnut, IL (815)379-2557 Peter Kerr

Sun., July 4th - 8:00 a.m. - Lemont Freedom Run 5K, 10K

awards & prizes, Lemont, IL (630) 257-6787 Brenda Cresap

Sun., July 4th - 7:00 a.m. - Stars & Stripes 5K, awards & prizes

168th & 80th, Tinley Park, IL (708)532-8698 Dan Kroger cost \$12/\$14

May 1st, Perry Farm 4-Miler

Bourbonnais, IL

Pat Koerner	22:15	1OA
Kenn Klipp	23:08	1AG, 2OA
James Rattin	24:54	1AG
Rich Olmstead	25:10	1AG
Daniel Gerber	26:28	2AG
Kevin Gum	26:48	1AG
Jeff Lonergan	27:12	3AG
Dan Gould	28:09	2AG
Theresa Burgard	29:45	1OAF
Doug McWilliams	30:25	3AG
Mark McDermott	31:07	3AG
Ron Ruda	31:34	
Nancy Ruda	33:35	1AG
Carol Sue Painter	35:20	1AG

May 1st, Lake Run 12K

Lake Bloomington, IL

Charlie Grotevant	53:16,	2AG 55-59
Bob Pool	53:29,	3AG
John Pool	57:56	
Mike McGuckin	1:00.45	

May 8th, Palos Park Spring Run, 3 Miler

Palos, IL

Charlie Grotevant 19:55

May 15th, Uni High 5K

Urbana, IL

Charlie Grotevant 20:42 2AG 50-59

May 30th, Birdamn Duathlon

Kankakee, IL

Jim Grace	1:34:57.7,	2AG
D Gerber Team	1:38:22.0	
Jeff Lonergan	1:48:33.4	
James Rattin	1:49:08.9	
Kathleen Steffen	1:51:30.6,	1MST
Grotevant/Malone Team	2:02:30.8	
Marshall Grace	2:03:53.3	
Mark McDermott	2:03:54.1,	3AG
Doug McWilliams	2:13:17.7	

May 31st, Streator YMCA 5K

Streator, IL

Charlie Grotevant 21:01, 1AG 55-59