

# THE PAPER RACE

## THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



**JULY 1999 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL 60914 ISSUE 137**

### 26<sup>th</sup> Annual Steamboat Classic by Charlie Grotevant

A beautiful, 57 degree morning greeted Joyce and me for the June 19<sup>th</sup> Steamboat Classic. We left home at 4:30 for the 7:00 AM starting time which allowed ample time for parking, check-in, and bathroom duties. Kankakee River Running Club members Bob and John Pool and Chris Walsh ran the 4 miler. I ran the 15K. I assume the ever present Mike McGuckin was also running one of the races, although I never encountered him.

The KRRC turnout for this race has diminished from the numbers we used to bring to Peoria. The Hickeys, the Linns, the Judge, Larry Lane, Jeff Lonergan, Leon and Shirley Malone and others were regulars for several years.

Its always a thrill for me to see and meet the several world class and Olympic runners who race each year at Peoria. Paid expenses and cash prizes are a great incentive. 2297 finishers in the 4 miler. Khalid Khannouchi won for the 3<sup>rd</sup> consecutive year in a time of 17:52. The depth of the elite field was shown when Peter Ndirangu, who ran a 2:06:?? Marathon last year finished 11<sup>th</sup>.

Following the entertainment by a 5 piece Irish band on the bank of the Illinois River the top 25 and 3 deep Age group awards were presented for the 4 Mile race. What an array of Olympic and college runners before us when the Top 25 were introduced! **Bob Pool** found Gold with 1<sup>st</sup> in the 60-64 Age Group. Way to go, Bob!

Coleen DeReuck won the women's 4 miler, also for the 3<sup>rd</sup> consecutive time, in 20:10. **Chris Walsh** of Campus was, once again, in the top 25 with a 19<sup>th</sup> overall finish in 24:12. It is great to see Chris running this fast, especially after 4 children and last winter's broken foot, all courtesy of Tom. Perhaps, when her family grows to 6 children, she can break into the Top 10. The depth of the women's 4 mile race was evident when Mirian Sutton of Great Britian, a 2 time Chicago Marathon winner, finished 11<sup>th</sup>.

Enough said about the fast runners. 726 of us chose to test our mental and physical toughness in what is advertised as the world's toughest 15K. The 2 laps up the bluff into Glen Oak Park give this race its special flavor and reputation. This year's cooler temperature and lower humidity made this an excellent racing day. Its usually 80 degrees and 90% humidity. I ran good. 1:08:08 compared to last year's 1:09:56. My 3<sup>rd</sup> 5K was 21:20. Running downhill helps. I was 189<sup>th</sup> overall and 7<sup>th</sup> in my age group and very pleased with my effort.

Maybe some of our newer KRRC members will want to venture to Peoria next year for their own steamboat experience.



## Tremont Turkey Festival 5K and 10K

June 12, 1999, Tremont, IL

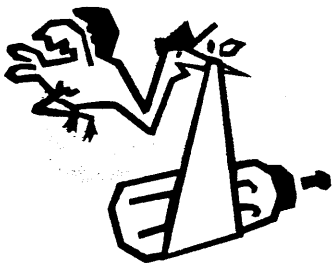
By Mike McGuckin



**Nothing like the aroma of smoked turkeys to inspire runners in the early morning! The 25<sup>th</sup> anniversary Turkey Festival 5K and 10K was run under conditions of light rain, little wind, and muggy air, with 235 runners in the 5K event, and 130 runners doing the 10K. Charlie G., like I, was at the race to add more points to our Lake Run ClubCircuit total. Charlie completed the 10K in 43:51, finishing third in his age group, and 41<sup>st</sup> of 130. My time of 48:18 placed me 8<sup>th</sup> of 17 in my age group, and 67<sup>th</sup> of 130 overall. Stylish, if plain, white T's for all, as well as free admission to a tasty pancake and sausage breakfast afterwards. The event was well organized and a generally flat surface through the first four miles. Other than maybe a need for more drinks after the race, a fine experience on a difficult weather day, a typical hot and humid Saturday in June for Illinois. One can only hope next weeks Steamboat weather is less steamy!**

### Summer Series 5K

Well, for the first Summer Series 5K parking and finding a spot at the front of the starting line was not a problem. With only 13 people, it was how we like it— nice and small and easy to put on. A few strangers who we haven't seen in a while showed up. Elvis McCarter who has done little training this summer since the end of his successful track season at Elmhurst was there. Also, Henry Shelly, who is usually seen working at races, came out and ran. Once we took off, Collin Koerner took the lead over Elvis, Pat Koerner and Ken Klipp. Collin lead the entire group for the first two blocks but his dad has taught him well and he let up so we older people could go by. It's hard to take it when the young ones beat you! With the pressure off, Elvis cruised to a 16.41win and Nancy Ruda took first for the women. Each runner received a plaque. Then it was off to Chicago Dough to recarbo load! The next Summer Series 5K at Small Memorial Park is at 6:30 on July 20<sup>th</sup>. Hope to see you there! Jeff Lonergan



### Congratulations to May and Jim Kelly

on the birth of their baby boy

Ian Kanit Kelly.

Ian was born February 1<sup>st</sup> 1999, which was 10 weeks before his due date. He did, however, arrive in style by making his appearance on the night of the blue moon. Although he only weighed in at 3 lbs. 14 oz. on his birthday, he has since tripled his weight to 14 lbs. 6 oz. Ian made his first road race appearance at the Kilbride Family Classic. We hope to see more of him and his mom at races in the future.

Marcia Lonergan

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Don't forget to visit the KRRC web-site for listings of upcoming local events, race results and much more at:

[www.keynet.net/~krrc](http://www.keynet.net/~krrc)



Kilbride Family Classic 5K

June 20, 1999

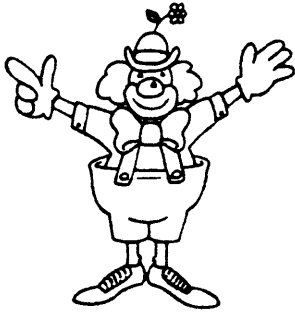
By Jeff Lonergan

We had ideal race weather. It was in the 60's and no wind. With the race on the Southern Area Circuit, it helped bring a record turn out for this race with a total of 150 runners and walkers. Top runners showed up and the first 4 guys finished under 16 minutes and the top female finished in 17:17. Since I was back in the pack however, I didn't get to see any of these runners fly through the course. I ran with Larry Lane and Charlie Grotevant for the first mile where we caught up with Marshall Grace and his son, Tyler. Larry tried to talk Tyler into moving to his school district because he could use some more talented runners like him on his team. It was nice going past the park twice so the crowd could cheer us runners on. When we hit the 2 mile mark, Tyler got tired of our 6:35 pace so took off and left us. As I came up to the park, I caught up with Chad Marchant and told him to run with me to help push each other along. As we got to the last corner, I told him let's kick it in as hard as we can to the finish. Well, when we turned the corner, he took off like a rocket and passed some runners. I was lazy and just watched him go. Man, what a kick! In the last 1/10 he beat me by 5 seconds. Good job Chad! As I came out of the chute I saw that Charlie, Elliot Brinkman, Bob Pool, and Marsall were all closing in on me. The refreshments and awards were great. Once again, Gerry and Judy Kilbride did a fine job directing this race.

**Dorothy Baldwin is back on her feet and doing well. Dorothy has been in our thoughts and prayers and we are grateful to hear that she has recovered so quickly. According to her husband, Tom "Doc" Baldwin, they now have his & her pacemakers. We are all thankful for the fast actions of Jim Kelly, M.D. and the paramedics who rushed to her aid. Next time you're at a race, acknowledge the paramedics who are on hand to provide us with invaluable service.**

Marcia Lonergan

**Happy Birthday!!**



**JULY BIRTHDAYS**

<i>Name</i>	<i>Birthday</i>	<i>Age</i>
Phil Angelo	7/17/51	48
Ben Angelo	7/07/83	16
John Bevis	7/30/63	36
John Brinkman	7/11/58	41
Wendy Brinkman	7/03/73	26
Kenneth Brock	7/31/49	50
Tyler Dorn	7/29/81	18
Tom Goodberlet	7/12/57	42
Ed Hedding	7/16/58	41
Krista Hickey	7/12/81	18
Van Lewsader	7/22/??	??
Leon Malone	7/07/30	69
Dan Nofke	7/25/84	15
Deborah Renville	7/10/65	34
Amanda Schkerke	7/10/82	17
Samantha Schkerke	7/27/84	15
Lisa Shelly	7/24/79	20
Mark Steffen	7/12/53	46
Paul Suprenant	7/18/47	52
Cary Yoakum	7/5/73	26

**FAST-91-999 FOODS**  
by Janet Shelly  
Citrus Marinade

1/2 Cup citrus juice (orange, lemon, lime, or a combination)  
1/2 Cup oil (I like to use part corn and part olive oil)  
2 cloves garlic, crushed  
minced herbs (fresh or dried), seasoned salt and pepper to taste  
Wisk ingredients together. Pour over raw meat in a plastic bag.  
Seal well, squeeze gently to mix. Place bag on plate or in a bowl.  
Refrigerate several hours, turn over occasionally.  
Drain and discard liquid. Grill until done.  
This is enough for at least 4 pieces of meat.  
Suggested combinations:                   orange juice & rosemary on pork  
  lemon juice & dill on fish  
Other herbs: oregano or basil  
Chicken Fajata Variation:  
To basic marinade add chili powder. Grill, cut into strips and serve in a tortilla with desired accompiments.

This is a wonderful recipe to fix during "Grilling Season".  
It is very easy and versatile!

**91909!**



**ATTENTION! ATTENTION! ALL KRRC MEMBERS!!**

Due to Ken Klipp's seminar on running being held on July 13th at 7:00 p.m. at the Riverside Health and Fitness Center, the second 1999 Summer Series 5K has been rescheduled from that date to July 20th. Henry and Janet Shelly are the race directors for the race. The race will start at 6:30 p.m. at Small Memorial Park.

**PLEASE MARK YOUR CALENDARS FOR BOTH EVENTS!**

# 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., 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

**Sun., July 4th** - 7:30 a.m. - Park to Park, Miller Park, Bloomington

(309)828-1415

**Sat., July 10th** - 8:00 a.m. - YMCA 5K -Kankakee YMCA 933-1741

**Sun., July 11th** - 7:45 a.m.- Chicago Distance Classic 20K,

Grant Park (312)RUN-1900

**Wed., July 14th** - 6:30 p.m. - Friendship 5K Run/3K Walk

Hammond, IN Joe Mis (219)931-6587

**Fri., July 16th** - 6:45 p.m. - Bastille Day 5K, Chicago,

(773)777-9000 LASATHLETE@AOL.COM

**Sat., July 17th** - 6:30 p.m.- Dog Days 5K, Lake Bloomington (309)452-7749

**Sun., July 18th** - 7:35 a.m. - Heart & Sole 10K, Olympia Fields, IL

(708)747-SOLE WWW.HEARTANDSOLE.COM

**Thurs., July 22nd** - 7:00 p.m. - Sundowner 5K, New Lenox, IL

(815)722-1029 JOLIETJEFF@AOL.COM

**Sat., July 24th** - 8:00 a.m. - Beecher 5K Run/ 2 Mile Walk,

Beecher Community Hall, (708)946-2318 WWW.ACTIVEUSA.COM

**Thurs., July 29th** - 7:15 p.m. - 1st Hickory Dickory Dash,

Kasey Meadow Park, Hickory Hills, (708)448-9200

**Sat., July 31st** - 8 a.m. - Bix 7 Mile, Daven Port, IA

(319) 359-9197 WWW.BIX7.COM

**Sun., Aug. 1st** - 8:00 a.m. - Michael Jordan's Restaraunt 5K, Chicago

(773)404-2372 CAPRIEVENTS@AOL.COM

**Sat., Aug. 7th** - 8:00 a.m. - Run for Shelter, Valporaiso, IN (440)933-5665

**Sat., Aug. 14th** - 8:00 a.m. - Glad Run 10K/5K, Momence Jr. High School,

(815)472-2253

**Sat., Aug. 14th** - 8:00 a.m. - Dawson Lake 5K, Moraine View State Park

(309)663-7120

**Sun., Aug. 22nd** - 8:00 a.m. - KCTC's 1st Annual "Boxtrot" 5K Run & Walk

Schuyler Ave., Bradley, IL (815)932-4022

# THE FINISH LINE



**June 5th Sunburst Classic 5K, South Bend, IN**

Erma Hickey 29:27 1AG

John Hickey 27:25 2AG

**June 5th, Illinois Valley YMCA 5K, Peru, IL**

Charlie Grotevant 21:02, 1AG 55-59

**June 6th, Shelbyville Triathlon, Shelbyville, IL**

1/2M, 16.5M, 3M

Jim Grace 1:28:00 2AG

**June 12th, Tremont Turkey Classic 5K, IL**

Charlie Grotevant 43:51, 3AG 55-59

Mike McGuckin 48:18

**June 12th, Walleye Run 5M, Fond du Lac, WI**

Erma Hickey 47:12 1AG

John Hickey 44:45 1AG

**June 13th, Springfield Ironhorse Duathlon, IL**

10K, 50K, 5K

Jim Grace 2:31:33

**June 19th, Steamboat Classic 15K, Peoria, IL**

Charlie Grotevant 1:08:08

**June 20th, Kilbride Family Classic 5K, Kank., IL**

Mike Stluka 16:34.7, 1AG

Pat Koerner 17:23.3

Ken Klipp 17:59.1, 1AG

Dave Barrett 18:15.5

Dan Gerber 19:13.0

Jeff Lonergan 20:21.5

Charlie Grotevant 20:29.9, 1AG 55-59

Elliot Brinkman 20:31.2, 2AG

Bob Pool 20:31.7, 1AG

Marshall Grace 20:37.2

John Bevis 20:43.7

Larry Lane 20:49.7

John Pool 21:44.4, 2AG

Daniel Noffke 22:19.0

Mark McDermott 23:18.0

Brian Noffke 23:35.5

Ben Angelo 23:47.2

Kathy Steffen 23:53.8

Ron Ruda 23:59.0

Doug McWilliams 24:21.0

Paul Supernant 24:39.1

Nancy Ruda 26:01.3, 2AG

John Hickey 26:04.4, 1AG

Dan Gould 26:05.0

May Kelly 26:28.2

David Spencer 27:41.2

Erma Hickey 28:12.8, 1AG

Jessica Brinkman 28:26.7, 2AG

John Brinkman 28:27.6

**June 20th, Downers Grove 10 Mile**

Jim Grace 1:08.33

## THE FINISH LINE

continued



### June 29th, Bourbonnais Friendship Fest 5K

#### Bourbonnais, IL

Pat Koerner	17:13, 3OA
Dan Flynn	17:40, 1AG
Dave Barrett	18:20, 2AG
Ken Klipp	18:25, 1AG
Tyler Grace	19:45, 1AG
Larry Lane	20:20, 2AG
John Vallone	20:21, 2AG
Charlie Grotevant	20:30, 1AG
Jeff Lonergan	20:42, 3AG
John Bevis	20:52, 1AG
Robert Pool	20:57, 1AG
Elliot Brinkman	21:01, 2AG
John Pool	21:47, 2AG
Amanda Uribe	21:48, 1OA
Mike McGuckin	23:11, 1AG
Dan Gould	23:38, 3AG
Mark McDermott	24:13
Ron Ruda	24:53
Nancy Ruda	25:17, 3AG
Diane Malone	25:36, 1AG
Peggy Baldwin	25:44, 1AG
Carol Vallone	26:35, 2AG
Carol Painter	27:22, 1AG

### June 26th, Gridley 5K

Bob Pool	21:53
John Pool	22:30

## Bourbonnais Friendship 5K

Well, the morning started off cloudy and looking as if it might rain but by race time the sun was out heating things up quickly. Thank goodness Robin Hylbert from Culligan was there with plenty of cold water. Elvis McCarter was looking for a win after his third place finish at the Kilbride race. After a mile warm up, I knew it was going to be a hot one. Dave Barrett and John & Carol Vallone ran from home to the start for their warm ups. John has been doing some marathon races this past year and is improving at each one. I think he may have qualified for Boston? Hey John, send in a writing about your marathoning experiences. Club members love to read about them in the newsletter. Well, back to the race, the first 1 & 1/4 miles were hilly and then it flattened out. Some runners say the course is short but it has been checked and rechecked with the wheel by 4 or 5 runners. Times are just fast on this course. I was glad to see that the Judge's foot wasn't ailing too much. He ran 3 minutes faster than last week. Henry & Janet Shelly helped Dave Bohlke with the finish line. I felt o.k. the first mile but by 1 & 1/2 miles I started to fade. Larry Lane and Charlie Grotevant went on by me. Elliot Brinkman was kind enough to hang around for a while. Marcia was encouraging me from the sidelines to run harder but I just didn't have it in me. Well, Elvis captured the win with a time of 16.02. Amanda Uribe took the win for the ladies in a time of 21:48. Once again, the John Flynn family did an outstanding job directing the Friendship 5K. Thanks to the Flynn's and to all the club members who contributed by running or working to make this a great race. Jeff L.

### THIS & THAT

**DON'T FORGET THE KANKAKEE YMCA 5K ON JULY 10TH PUT ON BY PAT KOERNER. COME ON OUT TO RUN OR HELP.**

**COME SEE TOM STLUKA FOR THE FIRST TIME THIS YEAR AT THE BEECHER 5K ON JULY 24TH AT 8 A.M. TOM WHERE HAVE YOU BEEN? HE ALWAYS PUTS ON A GREAT RACE SO BE SURE TO BE THERE.**



**WELCOME NEW MEMBER**

**Katy Schrauner  
of Bourbonnais**