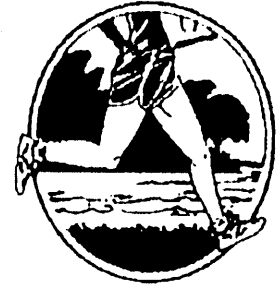


THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



AUGUST 1999 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL 60914 ISSUE 138

Chris Walsh on Steamboat Days 4 Miler

Steamboat has a special place in my heart because it was the very first road race I ever ran way back when I was a high school runner from East Peoria. I think my time was in the 27's and good enough to place me third overall for the 4 mile race. My how things have changed!

This year was one of the first years I can remember that it was actually almost perfect racing weather. It was in the low 60's at the 7am start with just enough breeze to help cool you but not enough to be an issue. In years past it has been in the mid 80's even at 7am and pushing 100 with high humidity by the awards. This might not be so bad for the 4mile runners but it's pretty hard on the 15K participants.

For anyone who is not familiar with the Steamboat Days race, this is a very competitive race because it is a fast course and this year they were offering nearly \$40,000 in prize money. There are usually around 4000 competitors so it may not be one of the largest races around but it is one of the fastest. The World Record for Men, Women and Master's Women was set here a few years ago. The race directors recruit up and coming Kenyan athletes to come and train in Peoria for a while before the race, then they get a taste of some outstanding international competition at Steamboat. It's a great program for the runners and quite often we see these names later on in Runner's World after they are winning other races.

This year was no different although it did seem like maybe the field was not as deep as it has been in the past. This race is always very exciting for me—one I really want to do well at and gear my training toward. It's not every race I get to stand on the starting line with Colleen DeReuck and Khalid Khannaouchi! Both were going for their third win in a row at Steamboat which had never been done since the elite athlete era. They both won—Kannouchi with a time of 17:52 despite a recent achilles injury and DeReuck in 20:10. I was able to run a 24:12, good enough for 19th woman overall and I believe my best post-babies Steamboat time so I was very happy. I guess maybe my hard training this spring is paying off!

Bill Linn's Sample Sellout

All KRRC members are invited to Bill Linn's new product athletic apparel garage sale, which begins with a special showing for us members on Thursday, August 12th from 6pm to 9pm. The sale will also be open on Friday, August 13th from 8am to 5pm and Saturday, August 14th from 8am to 3pm. Head on over to 1226 Vanlage Lane in Bourbonnais to stock up on a variety of athletic wear. Please call Bill at (815) 935-0815 with questions.

Thank you again to everyone who has been sending in race reviews and results. All contributions are greatly appreciated and equally important. Every article will be published in either the month or the following month of which it is submitted depending on how far along I am with typing the newsletter at the time I receive it. So don't be shy or think it's too late, send in that race review or other writing you've been thinking about so we can all share your experience.

Much Thanks, Marcia Lonergan

River to River

Phil's Files



For those of you who have never heard of the River to River Race, it is an 80 mile relay race that takes place in Southern Illinois. 250 teams with eight members each run from the Mississippi River to the Ohio River. Each member of the team runs three legs. Each leg covers approximately three miles.

I've run this race the last two years and I plan on running this race again next year. The first year I didn't know anybody on the team. Not knowing anybody made the event more fun than if I had known everybody.

Dave Barrett picked me up on Friday, April 16 at 3:30pm. We drove down to Champaign to pick up Jay Yost. After we picked up Jay we drove down to Marion. We arrived around 9:00. At the hotel desk was a message from Gary Neumayer that the rest of the team was across the parking lot at the restaurant. We went over there to eat and have a few beers with the team. Then we went to bed around 11:00 p.m.

Race day morning I woke up at 4:00 a.m. My alarm was set for 4:30 but Jim Jensen, my room mate had other ideas. You see, the night before Jim asked me did I need to set the alarm and I told him no I would use my watch alarm. Well, the alarm went off at 4:00 a.m. anyway. Jim turned off the alarm and went into the bathroom. I tried to go back to sleep. Ten minutes later the alarm went off again. Thanks a lot for turning on the snooze alarm Jim!

We left the hotel at 5:00 a.m. for the drive to the start of the race. Our start time was 6:45. Jim ran leg #1 and raced down the mountain in 2nd place. He handed the baton to Lisa O'Neill. We hopped back into the van and were on our way. I ran leg #7 this year. I ran respectable but nowhere near as well as last year. My leg still hurts.

We finished in Golconda with a time of 9 hours 56 minutes and 48 seconds. We lost to the Taylorville Turtles by 20 seconds or so. We were with them all day.

In Golconda we drank a few beers and ate a few brats. It's one big party! Afterwards we drove back to Marion, ordered pizza, and partied some more.

The next day, Sunday, we met at a truckstop for breakfast with the team. Everyone said their good-byes and drove home. Dave and I talked about our experience on the way home. We plan on doing it again next year.



Let's Help Fight Cancer Get Involved in Charity Runner Program



You can have fun running, raise money for a great cause, *and* experience the excitement of the **Chicago Marathon** by getting involved in the **Charity Runner program of the American Cancer Society**. And you don't have to be a marathon runner to do so.

Runners and walkers of all levels can raise funds for the American Cancer Society by participating in either the **Bally B-Fit 5K** or the **Chicago Marathon** on Sunday, October 24th in downtown Chicago. **Once registered for the race of choice, participants can enroll in the Charity Runner Program and run in memory or in honor of friends and loved ones who have had to battle cancer.** Participants may also become eligible for great prizes by reaching pledge levels beginning at just \$100. In addition, the American Cancer Society will supply ACS race singlets with a \$100 commitment.

This is the fourth year for the metro Chicago Charity Runner program. In 1996, \$7,000 was raised; in 1997, \$32,000 was raised and last year \$62,000 was raised for cancer research. I'm running; how about you?

The registration form for the Bally B-Fit 5K and the Chicago Marathon is available on the Chicago Marathon website at www.ChicagoMarathon.com. Additional information about the Charity Runner program is enclosed in this newsletter. If you have additional questions, you can contact me, a fellow running club member and a volunteer for the American Cancer Society, at (815) 932-7827. Also, Erin Bergeron-Richey, a Kankakee native, is our regional ACS representative who will supply us with Charity Runner kits. She can be reached at (708) 633-7770.

If you don't want to run, you can still help out by pledging someone who is participating. That, too, means a lot and would be greatly appreciated.

Thanks much!

Deborah Renville

Prairie Land Chair for ACS Charity Runner



Mike McGuckin's 100th Race!

A "romantic" weekend getaway with my wife to Madison and Milwaukee, Wisconsin afforded me an opportunity to run "out of state". The 1999 Kettle 20K & 5 Miler took place Sunday, July 11th in Kewaskum, WI. 40 or so miles north of Milwaukee, at the "Gateway to the Kettle Moraine State Forest". The "Challenging and Picturesque" race motto emblazoned on the royal blue race T's was accurate, as the 8 hills in the 5 miler I ran (mainly through the forest roads) were a challenge, punctuated by the postcard views of natural Wisconsin beauty. The brats and beers of the weekend sloshing in my belly over the rolling terrain left me with a 5 mile time of 40:28. As demanding as the 5 mile hills were, race talk said the 20K was one hill after the other! It was obvious most competitors in the 20K were the triathletes ultra's or marathoners looking for a great workout. Prerace rumor touted Wisconsin's Suzy Hamilton as a contestant (I surmised she had done the 20K before) but she was a no show. Ample post race drinks & fruits made this an interesting addition to our weekend of arts and eats! I'd do it again!

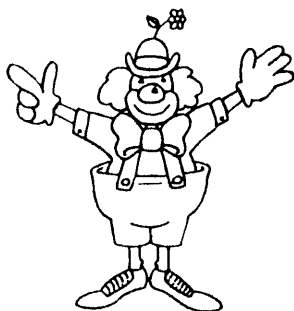


Since Jeff and I will be homeless after the 16th of August, our internet and telephone services will be disconnected for an undetermined length of time. We are hoping to be in our new home by the end of August. Good news is we sold our house in about two weeks, bad news is we have to get out! Therefore, if you have any articles for the September issue, please mail them to the KRRC, P.O. Box 534, Bourbonnais, IL 60914. Also, the September newsletter may be out a little later than usual so don't be surprised if it doesn't arrive by mid-month. All monetary contributions to the "Lonergan Homeless Fund" can also be mailed to the P.O. Box or we will be accepting cash donations at all running events.



Thank you for your support. Jeff & Marcia Lonergan

Happy Birthday!!



AUGUST BIRTHDAYS

Name	Birthday	Age
Pat Baldwin	8/26/57	42
Michael Belletete	8/05/46	53
Michael Biernat	8/20/48	51
Sally Dorn	8/20/55	44
John Flynn	8/01/46	53
Karl Goodberlet	8/06/85	14
Dan Gould	8/31/44	55
Deeanna Hillebrand	8/19/63	36
Scott Kelson	8/31/55	44
Donna Koerner	8/13/56	43
Sandy Lane	8/23/44	55
Jessica Linn	8/09/86	13
Shirley Malone	8/29/31	68
Richard Manthei	8/31/47	52
James Rattin	8/14/56	43
Nancy Ruda	8/16/56	43
Kathy Steffen	8/18/51	48
Matthew Steffen	8/23/83	16
Michael Steffen	8/18/86	13
Lynn Troost	8/26/46	53
Doug Uribe	8/22/61	38

**Welcome New
Member**

**Sissy O'Connor
of Kankakee**



FAST-N-FIT FOODS

by Janet Shelly

Zucchini with Pasta and Basil

yields 6 servings

- 1/2 TBS. olive oil
- 1 Cup onion, chopped
- 2 cloves garlic, minced
- 1 Cup fresh mushrooms, sliced
- 4 Cups zucchini cut into 1/4" slices, then quartered
- 1 28 oz. can Italian plum tomatoes chopped
- 1 8 oz. can tomato sauce
- 3 tsp. parsley (dry)
- 3 tsp. basil (dry)
- salt and pepper to taste
- 1 7 oz. pkg. small pasta shells cooked according to package directions
- grated pamesean cheese optional

In large pan over medium heat saute onions, garlic, and mushrooms in olive oil until soft. Add plum tomatoes, tomato sauce, salt, pepper, parsley and basil. Stir in zucchini. Simmer uncovered over medium-low heat 30 minutes or until zucchini is done. Mix in pasta, heat through. Serve in bowls. Sprinkle with Parmesean cheese, if desired.

This is a lite dish to make with all of your zucchini.

P.S. If you don't have any zucchini, call Henry!



KRRC OFFICERS

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V-President,	Bill Lynn	935-0815
Treasurer,	Ron Ruda	939-1749

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Phil Newberry	935-5106

ACTIVITIES DIRECTOR

Pat Baldwin	932-2950
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KRRC WEBSITE

www.keynet.net/~krrc



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

Tues., Aug. 10th - 6:30 p.m. - Summer Series Small Memorial Park 5K, Kankakee

Sat., Aug. 14th - 8:00 a.m. - Glad Run 10K/5K, Momence Jr. High School, (815)472-2253

Sat., Aug. 14th - 8:30 a.m. - Rotary Ramble 5K, Demotte, IN (219)987-2875

Sat., Aug. 14th-8a.m.-Dawson Lake5K,MoraineViewStatePark (309)663-7120

Sun., Aug. 15th-8a.m.-Firefly 5K Run,Channahon Park Dist.(815)467-7275

Sat., Aug. 21st - 8:00 a.m. - Do Two 4 Mile, Eureka, IL 1-800-500-3661

Sat., Aug. 21st -7:30a.m.-I Can Run for Autism 5K, Matteson, Lincoln Mall
Matt McCormick (708)283-0631

Sun., Aug. 22nd - 8:00 a.m. - KCTC's 1st Annual "Boxtrot" 5K Run & Walk
Schuyler Ave., Bradley, IL (815)932-4022

Sun., Aug. 22nd-8:00am-Shorewood 5K, behind village hall at festival grounds

Sun., Aug. 22nd - 7:30a.m. - Danver's Days 5K, (309)963-6331

Sat., Aug. 28th - 8:25a.m. - DeKalb Corn Fest 10K/ 3K (815)756-6306

Sat., Aug. 28th -8:00a.m.-Lemont Freedom Run 5K, 10K (630) 257-6787

Sat., Aug. 28th - ??a.m. - Minooka Summer Fest 5K (815)467-6591 Larry

Sat., Aug. 28th - 7:30 a.m.- Mahomet 5K & 1/2 Marathon (217)355-5437

Sun., Aug. 29th-8:00a.m.-Herick Lake Forest Prsv.,Wheaton(312)RUN-1900

Sat., Sept. 4th-8a.m.-Hog Day Stampede 4Mile/1M, Kewanee (309)852-2175

Sun., Sep. 5th-5:00 p.m.- Herscher's 17th Annual Hare & Tortoise 5K/2M walk
(815)939-0719 Rick Livesey

Mon., Sept. 6th - 8:00 a.m. - Park Forest Scenic 10Mile & 5K (708)748-2005

Sun., Sept. 9th - 8:00 a.m. - National Heritage Corridor 25K (815)744-5768

Fri., Sept. 10th-6:30p.m.-Peotone Festival 5K/2M Immanuel United Church (708)258-3939

Sun., Sept. 12th-7:30a.m.-Mitsubishi 1/2 Marathon,Normal, IL(217)732-3545

Sun., Sept. 12th-7:45a.m.-Chicago 1/2 Marathon, Museum of Science & Industry (773)929-6072

Sun., Sept. 12th - 8:00 a.m. - Orland Park Race for Space 5/10K, Orland Park Village Hall (708)403-6115

Lend a Hand



Ken Klipp is looking for volunteers to help out with two high school cross-country meets that Bishop McNamara High School will be hosting in the Kankakee Area. Mark your calendars for the following dates and locations:

Wednesday, September 1st 4:30 Small Memorial Park Conditioner

Thursday, October 7th 4:30 Kankakee Community College All Area Meet

Please call Ken at (815) 937-1958 if you have questions or to volunteer.

THE FINISH LINE



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

Heather Steffen 30:25.9 2AG

June 26th Race for the Cure 5K, Decatur, IL

Erma Hickey 29:51 1AG

July 3rd, Independence Day 5K, Lutz, FL

Erma Hickey 29:08 1AG

John Hickey 26:38 3AG

July 4th, Kiwanis Mease Midnight Run 3K,

Dunedin, FL

Erma Hickey 17:20 1AG

John Hickey 15:24 1AG

July 4th, Firecracker 5K, Hilton Head, SC

Marshall Grace 21:38

July 4th, Park to Park, Bloomington, IL

Charlie Grotevant 35:52, 3AG 55-59

Bob Pool 36.34

Jeff Lonergan 38.06

Mike McGuckin 41:18

July 9th, Fairbury Fun Fair 5K

Charlie Grotevant 20:48 2AG 52-61

July 10th, YMCA 5K, Kankakee, IL

Pat Koerner 17:21 1AG

Dan Flynn 18:18 1AG

Ken Klipp 18:24 1MM

Chris Walsh 19:00 1OAF

Larry Lane 20:40 2AG

Jeff Lonergan 20:51 3AG

Charlie Grotevant 20:53 1AG 55-59

Robert Pool 21:12 1AG

Theresa Burgard 21:59 1AG

John Pool 22:09 3AG

Kathy Steffan 23:15 1AG

Pam Dunlap 24:18 1AG

Nancy Ruda 25:06 2AG

Carol Valone 26:21 1AG

Henry Shelly 27:21

Carol Sue Painter 28:14 2AG

Marianne Flynn 34:12 3AG

Joyce Grotevant 39:30 2AG

WALKERS

Michelle Baldwin 43:39

Connie Angelo 45:31

Phil Angelo 46:32

July 11th, Chicago Distance Classic 20K

Dave Barrett 1:21.32 108th of 2902 finishers

Marshall Grace 1:34.08

Mark McDermott 1:59.00

July 17th, Dog Days 5K, Bloomington, IL

Charlie Grotevant 20:35 2AG 50+

Robert Pool 21:17

Larry Lane 21:28

John Pool 22:06

July 22nd, Sundowner 5K, New Lenox, IL

Clarence Brock 17:26

Pat Koerner 17:30

Dave Barrett 18:56

Charlie Grotevant 20:50 1AG 55-59

Larry Lane 20:55

Phil Newberry 21:04

Jeff Lonergan 21:30

Bob Pool 21:45

Henry Shelly 29:25

July 24th, Beecher 5K Run

Pat Koerner 17:29 3OA

Dave Barrett 18:26 1AG

Daniel Gerber 20:17 2AG

Charlie Grotevant 20:51 1AG 55-59

Phil Newberry 21:00

Jeff Lonergan 21:36

Bob Pool 21:43

Dan Gould 22:35

Raymond Feeley 24:23

Doug McWilliams 24:41

Déborah Renville 30:33 2AG



JOHN VALLONE QUALIFIES FOR

WITH HIS SIGHTS SET ON RUNNING A 3:20 MARATHON ON MAY 2ND IN CLEVELAND, JOHN OUTDID HIMSELF WITH A P.R. OF 3:14.42. HE CREDITS HIS WIFE, CAROL, FOR HELPING HIM ACHIEVE HIS P.R. BECAUSE SHE HANDED HIM GATORADE AT SEVERAL POINTS ALONG THE COURSE. JOHN IS ANXIOUS TO RUN IN THIS YEAR'S CHICAGO MARATHON AND WILL BE HEADED TO BOSTON IN 2000. CONGRATULATIONS JOHN AND HOPE TO SEE YOU SET A NEW P.R. IN CHICAGO!

MARCIA LONERGAN