

THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



SEPTEMBER 1999 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL 60914 ISSUE 139

A Note from the President

I haven't contributed anything for a while so, I thought I'd add a small section about the happenings in the area. First of all I'd like to welcome all the new members who have joined this year. In August alone we had five new memberships with one being the **Kershaw** family, Peter 43, Patricia 44, Jonathan 16, Jennifer 10, and Jacob 6. It's great to see a family joining, welcome to all of you. We also had four individual memberships, **Mark Lesyna, Pat Pierce, Dave Merillat, and Troy Walker**. I came upon Troy on the State Park trail when we was running with his team. Troy coaches the Palos High School cross-country team. We had a nice conversation about his training and I thanked him for becoming a new member. He is a graduate of Olivet Nazarene University where he ran cross-country, and he seems to be very committed to coaching the kids. Ken Klipp also had a few of his kids out there running as well. There have been a few occasions where people have said hi to me while I'm running out at the State Park. I always respond, however I don't know who some of you are, and I apologize for that. So if you don't mind take a minute and introduce yourself to me. I like knowing who all the club members are and with having over 110 memberships and close to 200 people total, including families, its hard to remember everyone.

I am training for the Chicago Marathon and spending a lot of time running at the State Park. John Bevis is also training for the marathon and we have done many long runs together. If anyone else would like to join us we have a few more 20-mile runs coming up and the more the merrier. Long runs go much better in packs, so feel free to call me if you're interested 815-937-4668 or e-mail me at the club address krrc@keynet.net. My training is going great and I'm going to try to break 3 hours this year.

The last bit of news I have is an experience I'd like to share regarding the Park Forest Scenic 10. As some of you know I work for UPS. I'm a Market Analyst in the Marketing dept. One of my functions is promotions. And we had an opportunity to offer sponsorships to Olympic related events, because UPS is a worldwide Olympic sponsor. Across my desk came Olympic related sporting events in the Chicagoland area. I spotted the Scenic 10 and decided that it would be a good idea for UPS to be involved. So we became one of the sponsors and Bud Williams (the race director) invited me to dine with the elite invited athletes the night before the race. This was quite interesting for me. I met several of the top female and male runners and one person that stood out was Jeff Jacobs. Jeff is from Roscoe, IL. and has won the Scenic 10 four times with times around 47 minutes. He has paced the Chicago Marathon several times as well as

numerous wins of major worldwide events. I spent about 20 minutes talking running with him and he was a super nice guy. He gave me several training tips and just seemed glad to have the conversation with me. The next day at the race he spotted me while he was doing his warm up sprints to go out of his way to shake my hand and tell me to have a good race. I thought that was great, I don't know if any other elite athlete in any other sport would do that. My wife and I also had a great conversation with Libby Hickman, she won the Woman's USATF 10-mile championship with a time of around 54 minutes and is slated to be on the Olympic Team. She was also super nice. She seemed very happy to be talking to us and we talked for quite some time. It was a great experience, and if you ever run into one of these athletes don't hesitate to talk to any of them, they were all genuine nice people. **THANKS FOR BEING MEMBERS! Dave Barrett.....**

Phil's Files



Hello everybody! It's great to be back! Well, sort of back. My times aren't back but I am. Little League Baseball is over so I got to run in four races the last two weeks. The first race was the Summers Series race for July, which was directed by the Shelly's. I ran this race in a time of 21:30. It was nice talking with Dan, Jeff, Dave Bohlke and Jim Ruberg.

The next race was the Sundowner 5K two days later in New Lenox. The temperature was 91° during the race and boy was it humid. I ran a time of 21:30. I ran hard and I ran a time of 21:03. I ran hard and thought I was going to die. Charlie Grotevant passed me with about 3 quarters of a mile to go. When he passed me he said something like, "Come on Phil" but the tank was empty. We ate pizza afterward and drank some pop. I ran into Dave Barrett after the race. We went to the beer tent which was next door to where the race was. New Lenox was having a festival. We drank with Rob Lindemann (River to River buddy), Jeff Lindstrom (Prairie Stater), Bill Wachter (Park Forest) and about 10 other runners. We had so much fun that we closed the beer tent.

The next race was the Beecher 5K. This was another hot and humid race. The temperature was 81° and it was a clear day. I ran a time of 21:00. Charlie once again passed me, this time with a half-mile to go, then beat me by nine seconds. It was nice seeing Doug McWilliams, Dan Gerber and race director Tom Stluka there. Afterwards I went to breakfast with Dan and Charlie and Joyce Grotevant.

The last race I ran was the Hickory Dash in Hickory Hills. The temperature at race time was 96°. It was extremely hot! The course was moderately hilly. I fast jogged the first two miles then I ran the last mile hard. I finished in 21:11. I could've run much harder so I think I'm starting to get in shape. After I crossed the finish line I was handed an ice cold 32 oz. Bottle of water. This was the first year for this race and the Palos people did a great job. After the race I drove to Orland Park where I ate chicken wings and drank beer with some friends. It's great to be back. Phil Newberry





On August 10, Tuesday a crowd of maybe 19 runners ran the Summer Series race for August which was directed by the Grotevants. I predicted a time of 20:30 and was pleasantly surprised with an out of the money 20:07. It looks like my times are starting to come down a little. Maybe when I lose a little weight my times will come down a little more. You see, I stepped on the scale for the first time in a while and found that I've gained 12 pounds. I'm limiting myself to two pops, two beers, and two desserts a week. At Chicago Dough, after the Summer Series race, I filled up on salad before I ate pizza and I had water to drink. It's time to get serious and start kicking some butt!

Dave Cagle and the Kankakee County Training Center put on a great first time race on August 22nd. The weather was great and the course was nice. Traffic control was excellent! The course was accurate. I ran a time of 19:24 for the 5K. My split times were even at 6:13, 6:17 and 6:15. I felt good. I passed three runners in the second mile, which was nice. After the race pancakes and sausages were served with orange drink. Clif bars and cookies were also on the menu. Dave Bohlke was there for the finish line and results. Next years "Boxtrot" should be on your race schedule. You won't be disappointed. That's all for now. See you at the Kankakee River 10K and the Chicago Marathon and 5K October 10th and 24th respectively.
Phil Newberry

A Note From Lynn Troost

Dear Fellow Kankakee River Runners,

I am also running the Chicago Marathon this year in a fund-raising effort for the fight against cancer—with Team in Training for the Leukemia Society of America.

I finished Chicago, 1998 and the Lake County Marathon in April, 1999, so I know I can finish the race.

We Team in Training members each have a patient hero - mine is 7-year-old Nick Lucie of Bloomington, IL. He is a Leukemia survivor since 1994. I myself have been a survivor of Non-Hodgkins Lymphoma since 1994. It is a related cancer covered by the "umbrella" of the Leukemia Society. Being a runner helped me get through all that, so I wanted to join this effort.

Please send inquiries or tax deductible contributions to the Leukemia Society to me. I can provide you with a pledge form and envelope.

Thank You.

Lynn Troost
902 E. Harding, #90
Urbana, IL 61801
(217) 328-2244

Mike McGuckin Adventures

Our annual family summer vacation, the 1999 version to New England, afforded me two opportunities to race, in addition to getting in several great along the ocean training runs.

Over 1000 people came to Newburyport, Massachusetts on a warm August 3rd evening to do the 40th Yankee Homecoming Race, a 10 mile event and a 3 mile event. I chose the latter and finished in a time of 23:20 for three miles, as the last mile of the race went mostly uphill. My time placed me 253 of 1001 overall and 50 of 124 in the 40-49 age group. The white T's were New England simple, with complimentary water bottles from a local bank and grill cooked hot dogs highlighted the ample post race refreshments. I wish I had realized the last mile would have been so steep, so I would have saved a tad of energy.

On Saturday morning August 7, I ventured to Hampton Falls, New Hampshire for the 5th annual Hampton Falls Road Races – Kids 1 mile, a 5K, and a 5 miler. The 5 miler proved a challenge, with 5 hills and an uphill finish. My time of 39:33 placed me 74th of 133 overall, and 27 of 35 in the 40 to 49 age group. Consensus was the Joan Samuelson Beach to Beacon 10k an hour north in Maine kept the Hampton Falls crowd small, but the sponsoring grade school PTO did a fine job of creating a kid generated white T and a post race highlighted by home cooked baked goods and plenty of drinks.

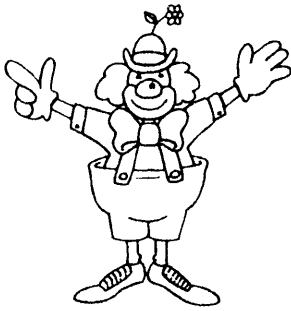
Being able to run these races while on vacation simply added to the enjoyment of our nine days of family time together in scenic and hilly New England. Mike McGuckin...

The Lonergan's Have A New Address

We are now getting settled in our new home and trying to organize everything. We really like our new house and the open land. We stayed with my mom for three weeks while we waited for all the little details to get finished. It wasn't bad at all. My mom is easy going and made us feel at home. She's a very active senior citizen so we didn't see too much of her. We also had an open invitation to stay at the Koerner's, but since the landlord never saw Penny (the dog) we didn't need to take them up on it. It was sure nice knowing the option was there though. The most difficult part was moving twice—everything into storage and then everything out of storage. Thanks to Henry Shelly even that part wasn't too bad. Henry was there for both moves and Janet pampered us with her baked goods—lemon cake and a Texas sheet cake. It's nice to have good friends and family to count on.

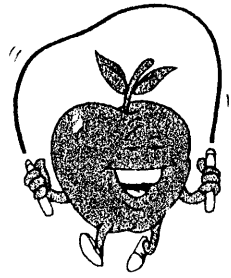
The newsletter should be out in a more timely manner now that the computer is hooked back up. Please feel free to send information for the newsletter or Kankakee River 10K race entries to our new address of: 5223 Pin Oak Turn, Bourbonnais, IL 60014. Thanks for all the contributions for the September newsletter. Marcia & Jeff Lonergan

Happy Birthday!!

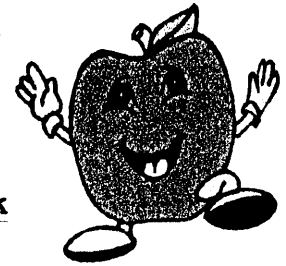


SEPTEMBER BIRTHDAYS

<i>Name</i>	<i>Birthday</i>	<i>Age</i>
Jessica Brinkman	9/30/87	12
Marge Flynn	9/11/46	53
Dan Klipp	9/17/80	19
Patti Lauer	9/13/71	28
Mike McGuckin	9/07/52	47
Lynn Noffke	9/08/58	41
Sissy O'Connor	9/18/66	33
Jacque Picha	9/21/47	52
Tyler Rahrig	9/06/88	11
Amanda Uribe	9/19/83	16



Fast-N-Fit Foods
by Janet Shelly



Quick Apple Snack

apple, washed, cored and sliced into wedges
peanut butter - smooth
granola - no raisins, crushed

Spread one side of the apple wedge with the peanut butter. Place that side down in the granola. Serve immediately.

To crush the granola, place some in a heavy plastic bag and roll with a rolling pin.

This is a great after school (or running) snack!
This tastes a lot like taffy apples!



Welcome New Members

Peter Kershaw Family of St. Anne

Mark Lesyna of Momence

Dave Merillat of Kankakee

Pat Pierce of Bourbonnais

Troy Walker of Kankakee

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KRRC WEBSITE

www.keynet.net/~krrc

THE FINISH LINE



August 1, Wilmington Catfish Days

Charlie Grotevant 20:50 1AG 55-59

August 8, Kingfish 1/2 Marathon Portage In.

(6 miles of extreme trail conditions)

Dave Barrett 1:28:46

John Valone (too high to list)



August 10, Summer Series 5k Kankakee IL

Larry Lane	21:29
Phil Newberry	20:07
Jeff Lonergan	21:35
Bob Pool	22:00
Henry Shelly	28:47
Rich Olmstead	20:52
May Kelly	25:41
Ken Klipp	18:55
Paul Surprenant	25:55
Nancy Ruda	26:58
Kathy Steffen	24:33
Deb Renville	31:11

August 13, Wenona Days 5K

Charlie Grotevant 20:46 2AG 55-59

August 14, Momence 5k

Troy Walker	16:24	1OA
Clarence Brock	16:27	2OA
Mike Stluka	17:15	3OA
Dan Flynn	17:42	1AG
Chris Walsh	19:10	1OA
James Rattin	19:22	1MA
Pete Kershaw	19:55	1AG
Rich Olmstead	19:58	1AG
Dan Gerber	19:59	2AG
Larry Lane	20:36	2AG
Bob Pool	21:17	1AG
David Cagle	22:17	
Doug McWilliams	23:45	
Peggy Baldwin	25:50	
Erma Hickey	28:17	1AG
Deb Renville	28:34	
Georganne Hickey	33:00	
John Flynn	42:33	
Marge Flynn	42:36	

August 14, Momence 10k

Pat Koerner	35:11	3OA
Dave Barrett	37:55	PR 2AG
Ken Klipp	38:00	1AG
Nat Draine	42:11	2AG

August 14, Momence 10k cont.

Marshall Grace	42:30	
Charlie Grotevant	43:15	1AG
John Bevis	43:33	PR
Jeff Lonergan	44:52	
John Pool	45:18	2AG
Charles Kennedy	45:54	1AG
Dan Gould	46:29	
Theresa Burgard	47:33	3OA
Kathy Steffen	47:54	1MA
Ron Ruda	48:26	
Amanda Uribe	49:19	1AG
Nancy Ruda	52:08	1AG
Krista Hickey	56:31	2AG

August 21, Lasalle Fest 4 Miler

Charlie Grotevant 27:27 1AG 55-59

August 22, KCTC Boxtrot 5k Bradley IL

Troy Walker	16:22	1OA
Clarence Brock	16:38	2OA
Pat Koerner	16:52	3OA
Ken Klipp	18:18	1MA
Phil Newberry	19:24	1AG
Peter Kershaw	19:44	1AG
Dan Gerber	19:57	2AG
Doug Uribe	20:06	2AG
Rich Olmstead	20:22	2AG
Larry Lane	20:26	1AG
Charlie Grotevant	20:58	1MS
Bill Linn (WHO)	21:13	3AG
Jeff Lonergan	21:17	3AG
Bob Pool	21:19	1AG
John Pool	21:26	1AG
Doug McWilliams	23:27	3AG
Kathleen Steffen	23:29	1OA
Ron Ruda	23:33	2AG
May Kelly	24:15	2OA
Ken Stark	24:25	2AG
Paul Surprenant	24:27	3AG
Pat Pierce	24:56	1MST
Nancy Ruda	25:01	1AG
Wes McWilliams	25:59	2AG
Pat Baldwin	27:55	
Deb Renville	28:04	3AG

August 28, Mahomet 1/2 Marathon

Charlie Grotevant 1:43:07 1AG

Sept. 4, Sweetcorn 5K Classic

Pat Koerner	16:39	1AG
Charlie Grotevant	20:29	1AG
Bob Pool	20:49	1AG
John Pool	21:33	2AG
Doug McWilliams	23:16	
Wes McWilliams	26:36	

Sept. 6, Park Forest Scenic 10 mi.

Pat Koerner	60:00
Mike Stluka	60:00
Dave Barrett	62:48
Tom Stluka	66:23
Phil Newberry	68:48
Jim Grace	70:29
John Bevis	73:14
Theresa Burgard	78:51
Kathleen Steffen	79:28
Carol Pratt	85:32



Lynn Troost ran/walked 34.1 miles in the Howl at the Moon 8-hour Ultra run in Danville, IL on August 14th. She was first in her division. 153 participants and the winner, a Uof I math professor, set a record of 60.53 miles.