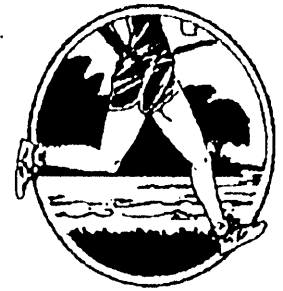


THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



OCTOBER 1999 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL 60914 ISSUE 140

Phil's Files



It doesn't get any better than this! I'm speaking about the Scenic 10 Miler on Labor Day, Sept. 6. This race has world class runners, an excellent course, free beer, nice shirts, between 1500 and 2000 runners, digital clocks at every mile, free beer, pizza, barbecued chicken sandwiches, smoothies, ice cream, did I mention free beer, and many other perks that make it an outstanding event.

I arrived at the Porta Potties at about 7:00. As I was leaving the Porta Potties, I saw Dave Barrett and John Bevis standing in line. I decided to hang out with them. Dave had to go to his van. Parked next to him was Gary Neumayer, one of my River to River buddies, and fellow Prairie State Running Club member. We hung out with Gary for a while then decided to warm up. Dave and I warmed up with Pat Koerner before the race.

At the start of the race the temperature was in the 60's and it was overcast. Conditions were almost perfect. Jim Grace passed me in the third mile. He said that he was a bit overextended and true to his word I passed him back during the fifth mile. I ran an even paced race with splits in the 6:50's except for the first and last mile, which were in the 6:40's. Not bad for someone who hadn't even covered the distance in over a year. I figured I was crazy for entering a 10 miler but I didn't want to miss the race.

After I finished I stretched out, changed my clothes, and watched some of the race. Then I headed for the post race goodies. I talked to Tom and Mike Stulka while I was there. I also enjoyed talking with Luigi Buffone. The point here is that this race is a great race with familiar people, excellent refreshments and a challenging course.

On September 19th, Dan Gould and I helped at a water stop at the National Heritage Corridor 25K in Channahon. We were responsible for dispensing Gatorade and water at the 3 1/2 mile mark going out and 13 mile mark coming back. I had a great time and time flew by quickly. I was surprised at how much I learned while working at the water stop. My attitude while running through a water stop has been changed forever.

One thing I learned was the back of the packers, in general, are friendlier than the front-runners. That doesn't mean the frontrunners aren't nice guys. I know a lot of them and for the most part they are very friendly when they're not racing. Runners that run toward the front are serious about their running, which is something I totally understand.

I have to tell you about one guy who acted like a complete idiot. At the water stop we had Gatorade cups and water in other cups. When runners came through we would yell out what we were holding, which was Gatorade or water. Well, this dummy comes running through our water stop. He wants Gatorade. He runs from one side of the line to the other looking for Gatorade, of

which we have plenty. He can't find any. The cups are marked, we're yelling "Gatorade here.", yet this moron can't find the Gatorade. Finally, he yells one of the least desirable of the four letter words and leaves the area. We have children working this water stop for Pete's sake! He didn't signal for what he wanted. This is another thing that I learned from working a water stop. Point at the person you want to give you the water so that he knows to hold out the cup. I'd be holding a cup of water out and runners wouldn't signal so, not knowing if they wanted water or not, I'd keep holding the cup and runners would actually run into the cup when they didn't want water. Signaling when you don't want water is a good idea too. So SIGNAL at water stops! It's called COMMUNICATION! Thank you. Phil Newberry



A Message from the President

It's October, which means it's MARATHON time! We have several members running Chicago on the 24th. The field this year is stacked. Ronaldo DaCosta the world record holder (2:06:05) will be their, as well as Kalid Kannocho my personal favorite, Ondoro Osoro last years winner and several other sub 2:07 marathoners. The woman's field is deep also. Returning is last years champ Joyce Chachumba, runner up Elaina Mayer, and the # 1 ranked woman's marathoner Katherian McKirenan. I'm not sure if I spelled all the names correctly, however I don't believe they will be reading this. Our members include, Jeff Lonergan, John Bevis (first timer), John and Carol Valone, Dan Gerber, Mike Stluka, Dave and Judy Schkerke (first timer) and myself. GOOD LUCK to everyone. Drink plenty of fluids (ask John Bevis about that) and fuel. I'm sure everyone will have a good day. I apologize if I missed someone. UPS is a sponsor of the marathon, as well as a few of our members, so look for our banners and ad in the program. If you have never been to see the marathon it's an exciting event, I encourage you to drive up and see the determination of the people involved, its very inspiring. My parents came up to see me run for the first time last year and they had a much better time than they thought. That's all for this month, I'll recap the sights and sounds of the marathon next month. Thanks for being a member! Dave Barrett...

Jeff's Jog'n Jarg'n



by Jeff Lonergan

I started September off with Herscher's 5K. When I pulled into the bank parking lot the temperature read 93°. I knew this would not be a fast race for me. They had a nice turn out, there was even a "Shoup & Someday Mrs. Shoup " sighting! John Pool was feeling good that day and during the first mile he took the lead over Charlie, Bob and I. Charlie & Bob passed him back up by 1&1/2 miles. It took me until 2 & ~~1/2~~ before I could catch him. There was a good turn out of club members but our newsletter editors were not there to get times so don't forget to e-mail or mail those times! Overall, it was a nice race. Insulated drink cups were a nice change of pace from the usual t-shirt. \$6.00 to register - you can't beat that! The next race was Peotone's

5K. It was a nice night for racing. Dave Barrett & family were in attendance along with the Pool brothers & Charlie. Debbie Renville and Peter Kershaw made appearances as they have been doing at a lot of races this

summer. According to people's mile splits, we determined the mile markers must have been off, however, the overall course was the correct length. Kirsten Steeves put forth a fantastic effort putting on this race, especially since she has a new baby girl at home to care for. Bryce Baker won with a time of 16:17. His times have really come down from the 17's this summer. It felt good to keep up with Charlie for over 2 miles before I let him go! Peter Kershaw & Debbie Renville ran good times at this race. Dan Gould even showed up. When I was in the chute they said tear of your tag and I looked down and I had no number. After a few seconds of freaking out, I remembered I never put it on. It was still in the car, DAAH!! I ran over to the car got it and ran back to give the guy my tag. He wouldn't believe me when I told him it goes up at the front of the tags! It was a nice try. Next race was Sunday, September 12, the YMCA Triathlon. Not in shape to do the entire race, I got fortunate and found out that Paul & Marianne Suprenant were in need of a runner so I joined them. It was cold that morning so I was glad I wasn't the one going into the lake. Marianne did a fantastic job on the swim. She was out of the water right behind the first woman swimmer. Paul took off on the bike and then I took off in the car for the Kankakee River State Park to prepare for the run. When I drove past Paul, he was cruising right along. He did a great job on his part of the race averaging over 20 m.p.h. We placed second in the mixed division behind Pat Koerner's team, which took first. Out on the run I saw Dan Gerber who was competing on a corporate team. He was running a good pace and his team took 1st in the corporate division. I was able to hold my own and no team people passed me on the run. It helped a lot that Marianne & Paul gave me a good lead. It was fun being on a team and it helped me to push myself more than when I'm on my own. Cookies and drinks at the finish were good. Jim Grace did an Ironman up north the day before so he was a no show. Must be getting old! The younger Jim would have done both and then an additional training run to top them off! 🏆 The 18th was Dwight's 5K. I rode with Dan & Pat to the race and in addition to us, the Kankakee River Running Club was well represented by Larry Lane, the Pool brothers, Charlie, Debbie Renville and Clarence Brock. I ran with Charlie for 2 miles again before he took off to catch Larry but Larry was in a hurry and wasn't waiting. Debbie, who has been progressively improving this summer, said she ran a P.R. CONGRATULATIONS DEBBIE! They gave trophies to all the runners and they served pizza and bagels and pop. On September 19th was the National Heritage Corridor 25K. I used this as a training run for the marathon. I saw Charlie, Jim Grace, Dave Barrett, Mike Stluka, John Valone and Clarence Brock. I rode with Dan & Phil who worked the water stop. We arrived with a whole 20 minutes before the race. As we runners entered the park before the towpath, I decided to make a pit stop at a porta-potty. When I came out, everybody was gone down the path. I passed the first mile in last place. It was nice to do a long run with a lot of people. Dan & Phil were at the 2nd water stop and Dan tried to douse me with water. I felt good the entire race and maintained a nice, easy pace. Charlie ran hard and set a P.R. Good job Charlie! You'll have to ask Phil how he lost Dan! We had the keys & van so we weren't too worried because even without Dan we still had the use of his vehicle to get us home! Mary Jones did a great job putting on this race. It requires a lot of planning and help. The awards were very nice. The 26th was a 5K in Frankfort. Phil & me rode together. The race was suppose to go over the new trail which crosses Rt. 45, however, the path isn't completed yet so it ran through town and the last mile was all that was on the trail. It was a nice, warm day with a 4 p.m. start. I ran like hell but Phil had a good race. He's getting back into shape quickly now that his leg is better. Awards were given to only the 1st overall male and female but a lot of Dove bars and snacks donated by the local Jewel made it well worth it. September was a fun month for me at the races! Jeff Lonergan

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!

Sun., Oct. 17th - 1P.M. - DARE Katie McGuire 5K, Bloomington, IL. (309)662-2139

Sun., Oct. 24th - Chicago Marathon **COME OUT TO SUPPORT OUR MEMBERS**

Fri., Oct. 29th - 6:30 P.M. Race the Dead 3.9, Towanda, IL. Scott Shock (309) 452-6619

Sun., Oct. 31st-9:00 a.m.-Allerton Park 5.5 Trail Run, Monticello, IL. (217) 352-4786

Sun., Nov. 7th - 11:00a.m. - Canal Connection 10K - Utica, IL. Jen Bastuck (815)434-1148

Congratulations to Kirsten Steeves!!

Hello World!!

Things are Looking up!!

On Tuesday Aug 31, at 8:10 AM, guess what!

1. The Cubs had not lost Tuesday's game (yet).....they finally did.
2. The Cubs traded Beck and Huston (probably got a bag of used balls for the two of them).

And.... **Teddi Sue Steeves** was released from the confines of her mother, Kirsten , and arrived into the world a healthy, normal little girl, 7 pounds, 4 ounces, 21 inches tall, the seventh grandchild for Pat and Bill Benner and the 10th for Sue and Arnie Steeves. She came into the world with a healthy cry and kept at it until her mom & dad (Doug) convinced her that she would not have to be a Bear Fan, but was expected to be a cheerleader for the Packers or the Broncos. She immediately settled down and has been a beautiful bundle of love for her parents. Since she is Doug's first child, and sure to be "Daddy's Girl", it looks like the Broncos will win out.



Another picture? When will this end??



I'm sleepy. Wake me for lunch!

Pat, Arnie, and father's and baby are doing fine!

August 14, Glad Run 5K, Momence, IL

John Hickey 26:23 1AG
Heather Steffen 30:25

August 28, Crim Festival of Races, Flint, MI

8K - Erma Hickey 49:12 1AG
5K - John Hickey 28:05 2AG

Sept. 4, Sweetcorn Classic 5K, Hoopston, IL

Charlie Grotevant 20:29 1AG 55-59

Hare & Tortoise 5K, Herscher, IL

Charlie Grotevant 21:18 1AG 55+

Peotone Country Festival 5K, Peotone, IL

Pat Koerner 17:04 1AG
Dave Barrett 17:54 3AG PR
Nicholas Stluka 19:30 1AG
Peter Kershaw 19:31 2AG
Charlie Grotevant 20:11 1AG 55-59
Jeff Lonergan 20:35 3AG
Bob Pool 20:35 1AG
Dan Gould 21:26 2AG
John Pool 21:36 3AG
Doug McWilliams 23:08 3AG
Ron Ruda 23:18
Nancy Ruda 24:29 1AG
Brittany Stluka 25:21 1AG
Mike Stluka 25:27
Debbie Renville 27:55 3AG

Sept. 12, Chicago 1/2 Marathon

Dave Barrett 1:28:03 PR
Mike Stluka 1:27:59
John & Carol Valone 2:??

Sept. 12th, Mitsubishi 1/2 Marathon, Normal

Charlie Grotevant 1:37:11 2AG 55-59
5K John Pool 21:35

Sept. 12th, YMCA Triathlon

Kathy Steffen 2:10:19 3AG
Mixed Team - Pat Koerner 1:43:18 1OA
Corporate Team-
Dan Gerber/Gomez/ 1:57:52 1OA
Getkmans
Mixed Team-
Paul & Marianne Suprenant &
Jeff Lonergan 1:58:25 2OA

1999 Race for the Cure 5K

Dan Gerber (38 of 4268 runners) 19:56

1999 For Motors/UAW 5K

Dan Gerber (219 finishers) 20:14

THE FINISH LINE



The Neighborhood Park 4+4, Matteson, IL

Dan Gerber (4 Miles) 26:05 2AG

Sept. 18th, Harvest Days 5K, Dwight, IL

Debbie Renville 27:05
Clarence Brock 16:27 1OA
Pat Koerner 17:10 2OA
Larry Lane 20:40 2AG
Jeff Lonergan 20:50
Charlie Grotevant 20:39
Robert Pool 21:05
John Pool 21:59
Dan Gould 21:36

Sept. 19th, National Heritage Corridor 25K,

Channahon, IL

Clarence Brock ??? 2AG
Dave Barrett 1:43:47
Charlie Grotevant 1:56:56 3AG 55-59
John Valone 2:05
Jeff Lonergan 2:11

Sept., 26th Wild Wilderness Run 7.6 miles

Danville, IL

Charlei Grotevant 58:04 2AG 55-59

Attn: KRRC Members

Thank you to everyone who has been sending in their race results. It is a big help to us with posting them in **The Finish Line**. As editors, we do our best to search through pages of race results that we acquire from various races in order to put in as many club member names as possible. This is a very time consuming process and we do it as a courtesy. We apologize if members are periodically overlooked, however, the **general rule is that results are to be sent in.** If you want to ensure that results are posted, please send them to us at our e-mail address of run4fun@keynet.net or to the mailing addresses of KRRC, P.O. Box 534, Bourbonnais, IL 60914 or Marcia Lonergan, 5223 Pin Oak Turn, Bourbonnais, IL 60914. Thank you for your cooperation. Marcia Lonergan

Happy Birthday!!



OCTOBER BIRTHDAYS

Name	Birthday	Age
David Barrett	10/28/64	35
Elliot Brinkman	10/19/84	15
Susan Draine	10/24/54	45
Amanda Draine	10/17/77	22
Daniel Flynn	10/25/82	17
Methinee Kelly	10/24/58	41
Christine Kilbride	10/27/69	30
Charlene Klipp	10/10/49	50
Bill Lauer	10/18/34	65
Bill Linn	10/16/52	47
Brian Noffke	10/10/60	39
Rich Olmstead	10/12/51	48
Nichelle Pajeau	10/28/74	25
Christopher Powell	10/11/59	40
Tom Stuka	10/07/59	40



Fast-N-Fit Foods

by Janet Shelly

Butternut Squash Muffins

yields 12 muffins

- | | |
|-----------------------------|----------------------|
| 1/2 cup brown sugar, packed | 1 & 1/2 cups flour |
| 1/4 cup margarine, softened | 1 tsp. baking powder |
| 2 Tbs. molasses | 1/2 tsp. salt |
| 1 cup cooked squash/pumpkin | 2 Tbs. orange juice |
| 1 tsp. grated orange rind | 1 egg |

Heat oven to 400 degrees. Grease 12 muffin cups. Cream brown sugar, margarine, and molasses with mixer until light. Beat in the egg and squash or pumpkin. Stir in dry ingredients, then orange juice and rind. Stir just until well blended. Turn out onto wire rack, cool. Freezes well.

Happy Halloween!!



Welcome New Membets

**Nichelle Pajeau
of Bourbonnais**

**The Charles Haynes Family
of St. Anne**

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KRRC WEBSITE

www.keynet.net/~krrc