



THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



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Phil's Files



What a great race month October was! October 10th was our Kankakee River 10K. I had a great time directing the race with Jeff and Marcia Lonergan and a great time running it. I enjoyed taking phone calls during the weeks leading up to the race. I spoke with some very nice runners answering questions and giving directions to the park.

The morning of the race, I arrived at 6:45. Jeff was there waiting for me. Last year I had to wait a half-hour for him so I guess now we're even. Jeff and I moved tables around and generally set things up. We hung the Chicago Dough banner up so that when Henry Shelly got there we could hang it up correctly. Soon after, the race volunteers showed up and took care of things.

We had a great bunch of volunteers. I'd like to thank Henry for setting up the course and showing Jeff how to hang the Chicago Dough banner, Janet for making coffee and hot chocolate, and Pat Baldwin for bringing ice and working the water station. I'd also like to thank Ken Klipp, Larry Lane and Janet Shelly for working the finish line, Carol Vallone and Bill Batkiewicz for working registration, Joyce Grotevant for passing out medals to the walkers and working registration, and Jeff Lindstrom, Dan Flynn and company, for calling out mile splits. Bill Batkiewicz and his children also worked the water stop so again I say thank you! Thank you Dan Gould for showing up early in case we needed you. Thank you to Dave Bohlke for the computerized timing and Mel Diab for his shoe mobile. Thank you to Nancy Ruda for getting us an ambulance on such short notice. Special thanks go to Glenn Grant and his wife, Cindy for serving up their delicious Chicago Dough Pizza. Also, special thanks to Robin Hylbert, who not only supplied us with Culligan water but was also there, as always, yelling encouragement and giving everyone a much needed lift, as only he can, at mile number six. Last but not least, thank you to all of the KRRC members who contributed to making 1999's Kankakee River 10K a success by coming out and running.

October 22nd Jeff Lonergan and I went to the Chicago Marathon expo at McCormick Place in Chicago. It was really easy to get to and really easy to park (after paying \$10). The expo was a lot of fun. Jeff bought a ton of stuff and I watched. We sampled energy bars, fruit bars, gatorade, cereal, chili, and Sam Adams beer four or five times. Jeff also got a bunch of samples of sardines, which he can't even stand the smell of, to bring home to Marcia. Awww, how romantic! Jeff also got a massage. We saw running celebrities such as Steve Jones and Hal Higdon. I went with Doug McWilliams the next day and saw Bill Rodgers and Frank Shorter.

The Chicago Marathon and 5K was on October 24th this year. I try to make the trip up to Chicago every year because it's so much fun meeting and talking to people that you have something in common with. Approximately 30,000 people ran the marathon with probably 4000 or 5000 more running the 5K.

I made the trip to Chicago the the Lonergans this year. I had to be at their house at 4:45a.m. We needed to be in Chicago by 6:00 to get a good parking place. We parked half a block from the Chicago Hilton & Towers. We stayed warm inside the hotel while we waited for the race to start. It was 35° outside. Marcia and I went with Jeff to the start of the marathon to watch. We were freezing our tails off. After the start, I changed into the clothes and shoes that I was going to race the 5K in. My hands were so cold that I couldn't tie my shoes!

The start of the 5K was crowded. I did my best to get as close to the start as possible. Tom Stluka was lined up in front of me. The gun went off and Tom picked his way through the crowd with ease while I languished behind all the slower runners who started in front of me. The whole race it seemed like I was passing slower runners. Even though I was a little frustrated, physically I was feeling great. At mile number two my split was 11:54 which for me lately is pretty good. Shortly after mile two a couple of runners passed me. They were women!

With a half mile to go I picked up the pace and passed one of them. Soon I drew even with the other one. We rounded the corner and she bumped me and nearly knocked me down! It was clearly time for the "testosterone brigade." I apologized for getting in her way then sprinted wildly for the finish. I must have passed 25 people on my way to the finish. The time clock read 18:23 but my watch read 18:13.

After the runners crossed the finish line they were herded through a two block long area where the refreshments were located. I drank two cups of water, and 2 cups of gatorade. I grabbed a banana, bagel, a bag of dates, and a power bar. I was almost out of the refreshment area when I looked to my right and saw someone holding a cup of Samuel Adams. Oh no! How could I have missed that! I turned around and headed back into the refreshment area against some very heavy traffic. A race security person wanted to know where I thought I was going? I told him I forgot something and pressed on. Finally, I found the Sam Adams all the way over to the right. I took a few sips and exited the area. Normally, I would have stayed longer, drank my beer then grabbed another but I was bloated from all the water and gatorade. I found Marcia, who had my clothes, and changed. Then I ate my goodies, drank my beer and stretched out. Naturally, after finishing my beer I wanted another one so I wandered back to the refreshment area. Of course once you leave this area you're not allowed back in. So I walked over to the back of the beer truck, behind the fence, and got the attention of the beer man. I looked at him and said, "Could I have a beer? I've only had one." I was pretty pathetic. He said, "Since you put it that way, sure." After I got my beer, I watched Khalid Khannouchi and the rest of the marathoners come in. In case you haven't heard, Khannouchi broke the world record with a time of 2 hours, 5 minutes and something. Later, Marcia and I tried to get another beer but we had no luck. This turned out to be a blessing in disguise because every 15 minutes I was looking for a bathroom.

When the marathon was 4 hours and 10 minutes old, Marcia decided that we must have missed Jeff when he finished so we went looking for him. When we couldn't locate him we went to Subway and got sandwiches. Marcia and I share the same problem. We get grouchy when we get hungry. We finally found Jeff at our meeting place and learned that he finished in 4 hours and 30 some minutes. Soon after we left for home. The experience was over. I'm already looking forward to next year. Hopefully, I'll have an injury free year and be able to run that marathon. Hope to see you at Canal Connection on November 7th, the Tinley Turkey Trot on November 14th, the Pilcher Park Poultry Predictor on Thanksgiving or the Jingle Bell run in December. Bye! Phil Newberry

Jeff's Jog'n Jarg'n



by Jeff Lonergan

My first race for October was the Autumn Shoreline Classic down in Decatur on Saturday, October 9th. This made for a very busy day on Friday because Marcia and I had to wait for the t-shirts for our race to get done and go pick them up. Then we traveled to Morris to pick up the awards. After that, we headed down to Decatur and spent the night in a hotel. Just my luck, race morning was rainy and cool. We were expecting to see Charlie and the Pool brothers there but they ran a different race that day. The only face I knew was Joe Page. For those of you who know Joe, he's still the same. The 5K & 15K started at the same time and of course it started to

rain harder while we were at the line. The first mile and 1/2 all the runners were together but then the 5K runners split off and headed to the other side of the lake. This is a very hilly course. They had closed off most of the roads to traffic so the whole road was open to runners. 3 miles into the race the rain stopped and it was good running after that. Around mile 5 there was an uphill which stretched almost all the way to mile 6! Even with the hills, I felt good and was able to keep a very even pace. At the finish, every finisher received a medal. Dan Gould would love this race. Nice design on the sweatshirts and a lot of good food afterwards and 10 deep in overall finishers and 3 deep in age groups. Keep this race in mind for next year. Great course, food, awards & facilities.

On the way home from Decatur, we stopped in Champaign to pick up Penny from the u of I Small Animal Clinic. She had surgery on her knee due to a luxating patella, or as we say, her knee cap kept popping out of place. She's doing great and should someday get to go on runs with us again. She misses seeing Larry Lane out at the State Park.

When we got back in town, Phil and I went out to the State Park to mark the course. Marcia insisted we take a flashlight and Phil took it I think just to humor her. However, by the time we got to the 5 and 6 mile

markers we needed it. Well, with the course marked and it pitch dark, we returned home to prepare race packets. What a long day...

Morning of the Kankakee River 10K, I get out to the State Park at 6:30a.m. and NO PHIL. Que Harbor & Charles Kennedy from Champaign showed up before Phil. I think he stopped to eat some of the doughnuts he picked up on the way to the park. He eventually showed though. Other members soon arrived to see what they could do to lend a hand. We really appreciate all who helped because they really made the race run smoothly. This year's Kankakee River 10K turned out great and the large turn out of runners made it even better. We had our biggest turn out in many years.

At race time, Ken Klipp sounded the horn and we were off. I stayed with Charlie and the Pool brothers for a while and by the turn around, I was able to put a little lead on Charlie but before mile 4, he passed me right up. Thank goodness for the big hill at mile 4 because it slowed him down enough so I could catch back up. After that, I just pushed the rest of the way and was able to hold him off. The weather was great for racing and for just being out watching the race. Rumor has it our president even showed up and ran this year but we didn't see too much of him. Can anyone confirm a Dave Barrett sighting?

Post-race was excellent thanks to our sponsors. Glenn and Cindy Grant, owners of Chicago Dough Company, were there serving runners their always tasty pizza. Robin Hylbert of Culligan provided water at the water stops and finish and cheered the runners into the shoot. The Grants and Robin really make our race special so be sure to patronize them as often as possible. Thanks also goes out to all the KRRC members who came out to run and/or help, especially Henry & Janet Shelly, Charlie & Joyce Grotevant, Carol Vallone, Bill Batkiewicz & family, Pat Baldwin, Ken Klipp, Larry Lane, Dave Bohke, & Jeff Lindstrom. I was very busy that morning so I hope I haven't missed anyone, and if so, please know that your contribution is appreciated. Oh yeah, last but not least, thanks to Phil and my wife, Marcia, for their help with organizing and preparing for the race. We were all very happy with this year's race and hope to see even greater numbers next year.

Have a Good Time for a Good Cause

A benefit will be held on November 20th to raise funds for Chris Barrett's mother, Joyce Waytek, who has been fighting cancer for the past year. She is awaiting a stem cell transplant operation, which is extremely expensive. Tickets are \$20 dollars at the door and there will be food, drinks, and a raffle. Only 75 raffle tickets will be sold. Each ticket costs \$100 with first prize being \$20,000, 2nd prize is \$3,000, and 3rd prize is \$2,000. Please come to the **Orland Park Civic Center on November 20th at 7p.m.** to help raise money for a very good cause. Dave and Chris Barrett will be glad to answer any questions you may have regarding the benefit so please feel free to call them at **(815)937-4668**.

All you marathoners out there, we want to hear about your Chicago Marathon experience! Now that the training is over, kick back and reflect on your experience by putting it on paper and sending it in for publication in the Paper Race. Our President, **Dave Barrett**, has promised to share his 1999 Chicago Marathon with us in the December issue. Be an active member and contribute to the newsletter—you slackers! Marcia





THE FINISH LINE

Oct. 2nd, Race Against Stigma 5K, Bradenton, FL

Erma Hickey 28:59 1AG

John Hickey 26:28 1AG

Oct. 3rd, Brookfield Zoo Run Run 5K

Dee Osenglewski 24:25

Oct. 9th, Cinergy Indianapolis Half Marathon, Lawrence, IN

Dee Osenglewski 1:52:17

Oct. 9th, Race For The Cure 5K, Jacksonville, FL

Erma Hickey 28:51 1AG

John Hickey 26:37 1AG

Oct. 16th, Southtrust Running Festival, 5K, FL

Erma Hickey 29:51 1AG

John Hickey 26:48 2AG

Oct. 17th, DARE-Katie McGuire 5K, Bloomington

Bob Pool 21:29

John Pool 22:12

Mike McGuckin 25:03

Oct. 24th, Chicago Marathon & 5K

Mike Stluka 3:03:26

Dave Barrett 3:05:59

Kevin Gum 3:08:14

Troy Walker 3:21:49

John Bevis 3:53:36

Dan Gerber 3:59:05

Theresa Burgard 4:01:56

David Cagle 4:04:15

Carol Vallone 4:33:07

John Vallone 4:33:09

Jeff Lonergan 4:33:44

Judy Schkerke 4:38:48

5K

Phil Newberry 18:13

Debbie Renville 27:31

Oct. 30th, Porter 5K, Portage, IN

Pat Koerner 17:18 3OA

Dan Gould 21:07 1AG

Oct. 31st, Allerton Park Trail Run 5.5 Mile

Charlie Grotevant 42:11 2AG 55-59



THE STARTING LINE

Nov. 20th-9:00a.m.-Orland Hills 5K (708)349-7211

Nov. 21st-Fall Frolic 4Mile, Hammond, IN (219)845-1977

Nov. 21st-2:00p.m.-St. Anthony 5K, Frankfort, IL (815)469-3750

Nov. 25th-9:00a.m.-Poultry Predictor 4 Mile, Pilcher Park, IL (815)478-3124

Nov. 27th-9:00a.m.-Drumstick Dash 5K (708)481-8950 ext. 120

Dec. 5th-2:00p.m.-Jingle Bell 5K, Champaign, IL (217)398-7815

Dec. 12th-9:00a.m.-Jingle Bell 5K, Kankakee, IL Shapiro Developmental (815)933-4935



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“Ken, behind you! Deserter!!”

Happy Birthday!!

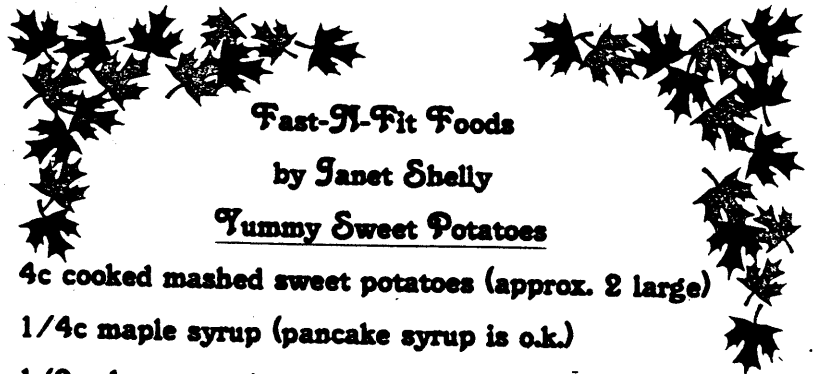


NOVEMBER BIRTHDAYS

Name	Birthday	Age
Andy Baldwin	11/06/88	11
Dorothy Baldwin	11/07/19	80
Don Combs	11/01/52	47
Kevin Flynn	11/24/70	29
Myles Hillebrand	11/26/87	12
Jennifer Karshaw	11/18/88	11
Doug McWilliams	11/13/59	40
Karen Newberry	11/09/68	31
Carol Pratt	11/05/59	40
Tricia Rahtig	11/08/82	17
Deb Sutherland	11/03/61	38
Keith Thaisen	11/18/45	54

COFFEE CUP:

Add to last month's recipe of Butternut Squash Muffins: Bake at 400 degrees 15-20 mins. til puffed & golden brown.



Fast-N-Fit Foods

by Janet Shelly

Yummy Sweet Potatoes

4c cooked mashed sweet potatoes (approx. 2 large)

1/4c maple syrup (pancake syrup is o.k.)

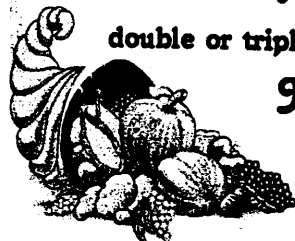
1/2 - 1 tsp. maple extract

2 TBS. melted margarine

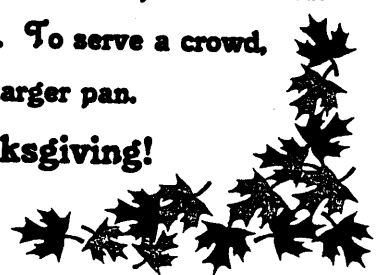
2 TBS. brown sugar

1c flake cereal (wheat or corn)

Combine sweet potatoes, syrup and extract. Spread in an 8 inch square pan that has been sprayed with Pam. Mix together melted margarine, brown sugar and cereal. Spread evenly over potatoes. Bake in a 350 degree oven for 35-40 minutes. This is very good. It's not as gooey as some sweet potato dishes. This will only serve 4 or less. To serve a crowd, double or triple and put in a larger pan.



Happy Thanksgiving!



Welcome New Members

**Dr. Jim and Ian Kelly
of Kankakee**

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JOIN THE FUN RUN!

