

THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



DECEMBER 1999 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL 60914 ISSUE 142



Phil's Files



On November 7th, Doug McWilliams and I traveled west to Utica to do the Canal Connection 10K. This was my fourth time making the trip, having previously done this race in 1994, 1997 & 1998. This race broke all previous attendance records with runners numbering in the 600's.

Doug and I arrived in Utica at 9:45. I immediately registered for the race and then found a spot for my sweats in the gym. I was supposed to meet Doug near the bus, so I went outside, saw an empty bus and got on. I figured Doug would be by shortly and I would bang on the window to get his attention. Well the bus filled up and Doug never showed so I made the trip to LaSalle with fellow Prairie State Road Runner, Mary Jones. The 10K course is point to point from LaSalle to Utica on the Illinois and Michigan Canal tow path.

Once I arrived in LaSalle I warmed up and toed the line for the start of the race. I saw Charlie Grotevant and Jim Grace while waiting for the race to begin. The gun sounded and away we went! While running down the first hill my arm bumped a fellow runner and I finally lost my watch for good. I didn't think it would be a good idea to stop in front of 600 stampeding runners. For those of you who know me, this was the same watch that cost me 10 seconds at Channahon's Frosty Five in 1998 when, at the turnaround, I bumped the tall orange cone and my watch fell off. The first two miles I ran at a nice controlled "tempo run" pace. The third mile I ran hard passing numerous runners. That particular strategy turned out to be a big mistake because miles four and five I died. Numerous runners passed me! I found a higher gear and passed a few runners in the last half mile finishing with a time 39:08, four seconds ahead of Chris Walsh. Ron and Nancy Ruda were there as was Pat Koerner who ran 35:00. Doug McWilliams ran a time of 49:44 which was a P.R. After the race there was pop, water, Gatorade, cookies, four flavors of bagels, bananas, four kinds of muffins and PIZZA! I've never seen so much pizza! There was sausage, sausage and mushroom, ham and pineapple, pepperoni, cheese, and it just kept coming and coming. There were 600+ runners and the pizza never ran out! For those of you who have never been to this race this one is one of the better ones!

The next race on my race schedule for November was the Tinley Park Turkey Trot on Nov. 14th. This year I did this race for the fourth time. Doug McWilliams and I drove up together.

At the start of the race the temperature was about 50°. The course is two loops with a little hill toward the end. I ran well, finishing with a time of 18:10 for a 12th place overall. I tried a tactic called "gliding" which I read about in Jeff Galloway's column in the November issue of "Runners World".

Basically, "gliding" is shortening your stride while lightly touching the ground as you run, for a short period of time. "Gliding" did help me to get my "second wind" and I finished very strong, passing several people the last half-mile of the race. There are always a good number of high school age runners at this race. I had a conversation with one from Hammond, IN. The Turkey Trot is a nice race with decent refreshments and it's only 45 minutes away. It's worth the trip.

Jeff's Jog'n Jarg'n



by Jeff Lonergan

After spending two days stuffing myself, I was looking forward to sweating off a few pounds running in the annual **Drumstick Dash**. I arrived a good hour before race time and just as I parked the car, rain started to appear. I thought, "Just great, 40° and rain!" In reality, I was worrying too soon because it was just a few drops here and there and it wasn't too bad. At 8:05 was the start of the kid's race. It's fun to watch the future runners of America out there giving it their all. They had the different age groups run in separate races, therefore, the kids knew who was in their age group. Colin Koerner was warmed up and ready to go with mom at the video camera and dad on the sidelines pacing him. He had an entire cheering section which consisted of his little sister, Casey, the Pool brothers, Charlie, Dave Barrett, Dan Gould and me. Colin did great! Knowing he had an entire mile ahead of him, he held back early in the race. With all of us cheering him on, he put on a good kick and finished strong. Way to go Colin!

The 5K race started at 9 a.m. I told Charlie I'd stay with him for a mile then he was on his own. By the ¾ mile mark, Dan, Charlie, & Bob Pool were long gone. Dave Barrett and Pat Koerner were way up there. Good thing it was cool because I was heating up quickly. It was nice once we got out on Rt. 50 because as we ran south we could see all the other runners ahead of us. Which, in my case, was a lot! I saw Pat Koerner chasing down the first woman, who he passed somewhere after the 2 mile mark. When I turned back north, I could see that John Pool was right behind me with Dee Osenglewski not too far behind him. At least this year it was only cool on this stretch of road, which is four lanes wide with no wind blocks. There have been years when it was 10° and very windy. Man, you talk about wind chill! BRRRRR! Well, I was able to hold John off and finished with an O.K. time. Dave Bohlke was doing the timing so the results were available right away. There was a great selection of EQOD including bagels, hotdogs, perogies, pizza, Allsport, Gatorade, and apples. More than you could eat and a lot of door prizes. The only drawback is that the fire station is too small for all the people that show up to run. Other than that, the Drumstick Dash was a fun event and definitely one to put on next year's race calendar.

THE ULTIMATE LONG RUN OF '99

By: John Bevis

The morning of October 24 dawned with the sun shining, low wind, and a temperature of 37°F. A great day for my first marathon. Not having run competitively for over 15 years, I committed a year ago to run Chicago '99. With Dave Barrett's help, I was off and running. I trained more than 1,100 miles and, except for a sprained ankle 14 days before the race, all went as I planned. My long runs taught me much about what to wear, eat, and how to drink to stay hydrated (just ask Dave about that one).

At 7:30 a.m., I made my way into the mass of people and waited for my moment to come. At the start of the race it took over four minutes to cross the start line and I was so excited, I forget to start my watch for 30 seconds. One of the problems about first timers is how much to drink before the race or not to; after my third pit stop I abandoned my goal time and decided to concentrate on just finishing. Early on, I was fresh; people were happy and talkative. Toward the end, we were all lost in our own trials and struggles, and talking was not on the agenda except to maybe yell "Medic."

At Mile 17, word spread regarding a world record, but we didn't hear who set it. I knew I still had nine miles to go. I can't say I hit the wall, but I know it felt like I was climbing one from 22 on. But when I saw the finish line all the pain was gone, the year passed before my eyes, and I locked in and ran as fast as I could. My final time was 3:49:37. I experienced every emotion - excitement, exhaustion, joy, pain, tears, and fears. But I will do it again. That race changed my life and showed me what can happen when you set goals and stay committed.

I am still on my marathon high and hope to never come down. Special thanks to my bride, Cheryl, who put up with me and had more fun at the race than I did.

A NOTE FROM THE PRESIDENT

Another Marathon under my belt and this one felt like the first one in the later miles. I felt the weather was too cold, and I could not get into a rhythm. My splits were erratic and my legs were tight. Enough excuses, I did have a good time. I ran a 3:05:59 improving my time from last year by 6 minutes so I was happy. The biggest thrill of the day was watching my new friend John Bevis cross the finish line, completing his first Marathon. It was great because John worked so hard all year and stayed more focused than anyone I've seen. His passion was fun to be a part of, and that's what makes anything you do exciting. John has the fire under him now and its great to be a part of it. He has helped me to stay focused, mainly because I don't want him to catch me now that we're in the same age group. But I wish him the best and that's the spirit I wish would rub-off on other people. One other person that has that spirit, and has for a long time, is Charlie Grotevant. I witnessed that at the end of the Drumstick Dash in Richton Park. Pat Koerner, and I were talking after we finished when Charlie came out of the chute and shook my hand. He had just had a great race and he was trying to catch someone he's been racing against for years. They both finished very close to each other. Charlie was so electric; it was an amazing thing to experience. He had a smile that would not stop. He held my hand longer than he realized because he was so charged. When I looked at him, he was glowing. WOW! I wish I could bottled that excitement and energy, I felt it radiating off him. His aura was electrifying. Well my friends', that's what the passion of running can do for you. Sometimes the emotional benefits outweigh the physical aspects, so if you get a chance talk to John and Charlie and ask them how they're doing. These two in my mind lead by example. So emotional running to all, and hope to see you at the Christmas Party. Dave Barrett.....



KRRC CHRISTMAS PARTY

6:00pm

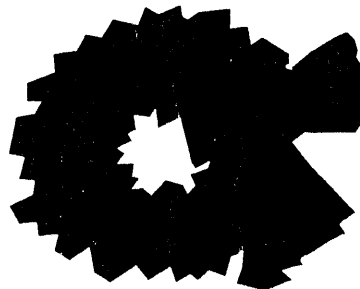
Saturday January 22nd

Bird Park Field House

RSVP 815-937-4668 Dave and Chris Barrett

Free to members. If you are in the club as a single and would like to bring a guest or your better half there is a **\$5 charge** for non-members.

FOOD, DRINKS, GAMES, & \$5 GIFT EXCHANGE



What Time Do the Sunday Group Runs Meet?

By Phil Newberry

Last Sunday, November 28th, I drove out to the State Park for the Sunday group run, which, according to the newsletter, was supposed to begin at 9:00. I arrived at 8:30 but the group was already gone. I ran alone. When I got back to the meeting place, Jeff Lonergan was there. He came out at 9:00 for the group run.

I realize that I only show up for the group runs 6 or 7 times per year but I would still like to be informed of any changes so that when my schedule permits, I can run with the group. The Sunday group run is posted on our web site and newsletter so other club members could be misled. Last week it was me and Jeff. Next week it could be someone else, perhaps a new member. Could you guys please let us know what time the Sunday group runs are? Thank you very much.

How I Started Running and Racing

By Phil Newberry

The first race I ever ran was in 1976. Bradley was celebrating the bicentennial and staged a one-mile race. I don't remember what other events there were. I finished in 2nd place with a time around 7 minutes. Oh! Did I mention there were only two people entered. Hany Girgis won with a time around 6:30 I think. I was 14 years old.

At the end of that summer, when school started, I went out for cross-country at Bradley. I wasn't very talented at other sports and I thought that you had to be in some sport to get girls. Getting girls didn't work out but cross-country was fun. My fastest time was 16:43 on a 2.9 mile course at regionals. My junior year at Mommence High I ran 11:35 in the two mile run. My senior year I was more interested in partying.

I took a six year vacation from running until 1986 when I decided to try running to help me to quit smoking. I only ran for about six months but I did quit smoking.

Early in 1987 I worked for the Kankakee Post Office. I worked with a big blowhard. He bragged about everything. He was originally from Colorado. I must have heard about the Denver Broncos 10,000 times. He started going to the YMCA and started running. He came into work one day bragging about how fast he was. I was tired of listening to all his lip so I told him I'd race him. He was 6'4" and about 240 pounds. I hadn't run a step for three years but I figured I could beat him no problem. I challenged him to a three-mile race. He said, "Let's make it five miles." I said, "Give me time to train for it." It was January so I told him we would race May 1st.

So I started training. I didn't know what I was doing so I ran almost every day. Pretty soon I was running 10 miles almost every day. The blowhard asked me about three times a week if I'd started training yet, and each time I'd tell him that I hadn't. Finally, about a month before the big day I told him that I'd been training the whole time. He was quite ticked off. I asked him, "What do you care? My training isn't going to effect you one way or the other."

To make a long story short, we raced on my 25th birthday and I beat him by 2 1/2 minutes. Later that summer at my brother's wedding, I told my Uncle Jim Newberry about the race. He suggested that I enter some races. I didn't know that they had races other than the Glad Run! It took me two years but I finally entered the Glad Run in 1989. The reason it took me so long to enter was because I was afraid that I would finish last. There were 61 runners entered in the race that year. I finished in a time of 43:38 and was hooked. I didn't stay for the awards afterwards because I didn't know that there were awards! That was ten years ago and I'm still at it.

Happy Birthday!!



DECEMBER BIRTHDAYS

Name	Birthday	Age
Peggy Baldwin	12/23/83	16
Jackie DeLong	12/03/46	53
Jack Dorn	12/27/45	54
Gina Dorn	12/28/79	20
Jordan Dorn	12/06/83	16
Ed Glazer	12/20/53	46
Lindsey Grace	12/21/84	15
Graig Hickey	12/07/77	22
Kenneth Johnson	12/16/17	82
Andrew Kilbride	12/27/72	27
Mark Lesyna	12/23/51	48
Jeff Lonergan	12/11/54	45
Denzle Painter	12/06/44	55
Randy Rahtig	12/03/58	41
Kirsten Steeves	12/20/63	36



Fast-N-Fit Foods by Janet Shelly

Crab Spread & Cocktail Sauce

Crab Spread

- 8 oz. light cream cheese, softened
- 1/2 recipe cocktail sauce (follows)
- 1 small can crabmeat well drained
- parsley for garnish



Spread cream cheese evenly on decorative plate or platter.
 Cover with cocktail sauce to within 1/4 inch of the edges.
 Sprinkle crabmeat on top. Top with a little chopped parsley. Serve soon after making with crackers.

Cocktail Sauce

- 1 bottle (12 oz) chili sauce
- 1-2 TBS. horseradish
- 1 TBS. lemon juice
- 1/2 tsp. Worcestershire sauce
- dash salt & pepper



Mix well, store covered in fridge until ready to use.
 Can be made ahead. Keeps well. Use the rest on cooked and peeled cold shrimp.

KRRC OFFICERS

President,	Dave Barrett	937-4668
V-President,	Bill Linn	935-0815
Treasurer,	Ron Ruda	939-1749

KRRC NEWSLETTER EDITORS

e-mail run4fun@keynet.net

Marcia Lonergan	933-1695
Phil Newberry	935-5106

ACTIVITIES DIRECTOR

Pat Baldwin	932-2950
-------------	----------

KRRC WEBSITE

www.keynet.net/~krcc

Come Join the Fun

Jim Grace would like to invite everyone to join in on his **Annual Christmas Light Run** held on **December 21st** at **6 p.m.** Meeting place is the west parking lot of the **Kankakee YMCA.** Run as far as you like while taking in the local Christmas light displays. Call Jim with questions at **(815)427-8208**

THE FINISH LINE

Herscher Hare & Tortoise

Peter Kershaw 20:14 2AG 40-44

Oct.31st, Allerton Park Trail Run 5.5 Mile

Charlie Grotevant 42:11 2AG 55-59

Oct. 31st, Bill's Beer 5 Mile Run, Nokomis, FL

Erma Hickey 48:15 1Veteran

John Hickey 43:57 2AG

Nov. 7th, Bull Run 5K & 10K, Tampa, FL

Erma Hickey 29:24 1AG

John Hickey 26:20 3AG

Ben Clark 20:59 1AG

Dan Gould (10K) 43:28 2AG

Nov.7th, Canal Connection 10K, Utica, IL

Clarence Brock 34:47

Pat Koerner 35:00

Phil Newberry 39:09

Chris Walsh 39:12

Jim Grace 41:41

Charlie Grotevant 42:39 3AG 55-59

Bob Pool 43:01

John Pool 46:38

Carol Pratt 46:59

Doug McWilliams 49:44 PR

Mike McGuckin 50:49

Nov. 11th, Midpoint Madness II 5K, Ft. Meyers

Erma Hickey 29:08 1AG

John Hickey 26:06 2AG

Nov. 13th, Run by the Bay 5K, Apollo Beach, FL

Erma Hickey 28:32 1AG

John Hickey 26:21 1AG

Ben Clark 21:00 1AG

Dan Gould 21:07

Nov.13th, Gobbler Hobbler 10K, Oswego, IL

Charlie Grotevant 42:37 2AG 55-59

Nov. 14th, Jingle Bell Run, Bloomington, IL

Mike McGuckin 25:26 251/621

Nov. 14th, Turkey Trot, Tinley Park, IL

Phil Newberry 18:10

Nov. 20th, Lake to Lake 5K, Lakeland, FL

Erma Hickey 28:43 1AG

John Hickey 27:21 1AG

Ben Clark 21:06 1AG

Dan Gould (10K) 44:03 1AG

Nov.20th, Turkey Trot 10K, Decatur, IL

Charlie Grotevant 43:25 1AG 55-59

THE STARTING LINE

Dec. 12th-9:00 a.m.-Jingle Bell 5K, Kankakee, IL

Shapiro Developmental (815)933-4935

Dec. 21st - Jim Grace's Annual Christmas Light Fun Run - 6:00 p.m. -

Kankakee YMCA west parking lot, run your own distance

Jim Grace (815) 427-8208

Dec. 31st -Last Race of the Century 5K-8:00p.m.-Chicago, IL

(773) 465-8005

Dec. 31st - New Millenium Run- ISU Quad, Normal, IL 11:45p.m.

Paul Gorden (309)828-1415

Dec. 31st - Hard Core Run 5K- 1:00p.m.- Kewanee, IL (309) 853-8961

Jan. 1st - Siberian Express 2000 7.6 miles- 12:00 noon

Jan. 9th - Midwinter Frolic- 9a.m. - Park Forest, IL

Kathleen Murray (708)755-6605 or (708)709-2567

Jan. 22nd -Chilly Chili - 1:00p.m. - Bloomington, IL Deb(309)663-3195

Jan.22nd - KRRC CHRISTMAS PARTY - 6:00-? - Birdpark

Fieldhouse - R.S.V.P. Dave Barrett (815)937-4668

THE FINISH LINE CONT'D

Nov. 20th, Turkey Trot 5K, Palos

Doug McWilliams 21:55 PR

Nov. 25th, Poultry Predictor, Pilcher Park

Phil Newberry won turkey 23.28 12 secs. off

Nov. 27th, Drumstick Dash 5K, Richton Park, IL

Pat Koerner 17:34

Dave Barrett 18:29

Charlie Grotevant 20:32 2AG 55-59

Dan Gould 20:52 3AG

Robert Pool 21:16 2AG

Jeff Lonergan 22:29

John Pool 22:35

Doug McWilliams 23:42

Dee Osenglewski 24:03 2AG

1 Mile Kid's Run

Colin Koerner 7:38 2OA

Nov. 28th, Run the Web 5K, Tampa, FL

Erma Hickey 28:06 1AG

John Hickey 25.58 1AG

Thanks
for
submitting
so many
results
and
articles.
Article
by
Nancy Ruda
next
month!

WELCOME NEW MEMBERS

 Shannon Anderson of Clifton 

&

Kim Schweigert of Bourbonnais

Kankakee River 10K

cont'd on back

Race Results BY OVERALL FINISH

AgeGroup	Overall	GrpPlace	Time	Bib#	Name	City/ST	Pace/H
M 30 - 34	46	5	0:46:41.9	88	Ken B Knepper	Coal City IL	07:31.1
F 45 - 49	47	1 AG	0:46:44.3	210	Sheila Shreder	Park Forest IL	07:32.1
M 55 - 99	48	5	0:46:46.4	68	John F Pool	Thawville IL	07:32.1
M 50 - 54	49	2 AG	0:46:53.1	56	Hank Gawenda	Hokena IL	07:33.1
F 30 - 34	50	1 AG	0:47:04.9	66	Mary K Jones	Shorewood IL	07:35.1
F 20 - 24	51	1 AG	0:47:09.2	234	Heather Mantroba	Tinley Park IL	07:36.1
M 25 - 29	52	3	0:47:09.8	24	Dave Merillat	Kankakee IL	07:36.4
F 40 - 44	53	1 AG	0:47:26.5	208	Kathleen Murray	Glenwood IL	07:39.1
M 55 - 99	54	6	0:47:55.3	41	William Hare	Park Forest IL	07:43.1
M 55 - 99	55	7	0:47:57.1	38	Gary F Englehorn	Naperville IL	07:44.1
F 1 - 19	56	1 AG	0:47:59.4	58	Nichole Bendickson	Rantoul IL	07:44.4
M 30 - 34	57	6	0:48:08.7	231	James W Peppmuller Jr	Mokena IL	07:45.1
M 30 - 34	58	7	0:48:22.9	20	John Mallory	Plainfield IL	07:48.2
M 55 - 99	59	8	0:48:32.6	209	Dick Macknick	Lockport IL	07:49.2
M 40 - 44	60	13	0:48:33.8	230	Steve Weber	New Lenox IL	07:50.0
M 50 - 54	61	3 AG	0:48:35.0	60	Mark J McDerrott	Bourbonnais IL	07:50.2
F 45 - 49	62	2 AG	0:48:38.5	4	Kathleen H Steffen	Kankakee IL	07:50.7
M 35 - 39	63	9	0:48:42.3	229	Bruce Johanns	Crete IL	07:51.3
M 40 - 44	64	14	0:48:50.6	25	Robert Vail	Aurora IL	07:52.7
M 35 - 39	65	10	0:48:51.2	228	Bruce Siegel	Chicago IL	07:52.8
M 45 - 49	66	4	0:49:17.8	42	Avi Yarkony	Chicago IL	07:57.1
F 35 - 39	67	1 AG	0:49:23.7	83	Carol M Pratt	Varna IL	07:58.0
M 45 - 49	68	5	0:50:09.0	1	Jay Limacher	Hatteson IL	08:05.3
M 35 - 39	69	11	0:50:16.8	99	Doug McWilliams	Hommence IL	08:06.6
M 40 - 44	70	15	0:50:30.5	17	William H Yeo Sr	Hatteson IL	08:08.8
M 45 - 49	71	6	0:50:53.6	235	Jose R Mauricio	Blue Island IL	08:12.5
M 45 - 49	72	7	0:50:55.1	10	Glen Gabryel	Westmont IL	08:12.8
M 55 - 99	73	9	0:50:57.7	223	Joseph P Wenckus	Glenwood IL	08:13.2
F 40 - 44	74	2 AG	0:51:06.4	199	Hay Kelly	Kankakee IL	08:14.6
M 50 - 54	75	4	0:51:13.5	97	Ray Schuller	Chesterton IN	08:15.7
M 40 - 44	76	16	0:51:21.8	62	John Vallone	Bourbonnais IL	08:17.1
F 55 - 99	77	1 AG	0:51:26.9	221	Sandy Kurtenbach	Marseilles IL	08:17.9
M 40 - 44	78	17	0:51:32.9	100	Jim Kelly	Kankakee IL	08:18.9
M 55 - 99	79	10	0:51:37.8	207	Richard Weeks	Kankakee IL	08:19.6
M 25 - 29	80	4	0:51:39.3	2	Brian Parker	Kankakee IL	08:19.9
M 50 - 54	81	5	0:52:03.4	92	Paul L Surprenant Jr	Kankakee IL	08:23.8
M 45 - 49	82	8	0:52:06.4	64	Dale Yambor	Crown Point IN	08:24.3
F 20 - 24	83	2 AG	0:52:11.3	93	Nichelle Pajean	Bourbonnais IL	08:25.0
M 35 - 39	84	12	0:52:21.5	219	John Tomczak	Honea IL	08:26.7
F 30 - 34	85	2 AG	0:52:29.4	227	Mary Beth Callie	Bloomington IL	08:28.0
M 40 - 44	86	18	0:52:34.3	77	Randy Riege!	Bonfield IL	08:28.8
M 5 - 99	87	11	0:52:55.0	91	Russ Johnson	Palos Heights IL	08:32.1
F 45 - 49	88	3 AG	0:53:04.8	98	Marietta Faso	Chicago Heights IL	08:33.7
M 50 - 54	89	6	0:53:15.7	26	Ray Feeley	Joliet IL	08:35.4
F 25 - 29	90	1 AG	0:53:17.0	27	Patti Lauer	Joliet IL	08:35.6
M 45 - 49	91	9	0:53:21.9	201	Greg Guimond	Bourbonnais IL	08:36.4
M 40 - 44	92	19	0:53:36.4	22	Bob Schumann	Olympia Fields IL	08:36.8
F 25 - 29	93	2 AG	0:53:40.6	216	Jill Narrett	Kankakee IL	08:39.5
M 30 - 34	94	8	0:54:03.5	78	Stewart Hipes	Morris IL	08:43.1
M 50 - 54	95	7	0:54:05.5	86	Mike Biernat	Wilmington IL	08:43.5
M 30 - 34	204	1 OA	0:33:59.3		Mike Yuhasz	Oak Lawn IL	05:28.9
M 35 - 39	70	2 OA	0:35:07.6		Ken Endrizzzi	Normal IL	05:39.9
M 30 - 34	217	3 OA	0:35:21.3		Chris Stockman	New Lenox IL	05:42.1
M 35 - 39	29	1 AG	0:35:52.5		Patrick D Koerner	Bourbonnais IL	05:47.2
M 20 - 24	211	1 AG	0:36:40.8		Bryce M Baker	Bradley IL	05:55.0
M 35 - 39	75	2 AG	0:36:46.1		Kevin J Gemino	Orland Park IL	05:55.8
M 40 - 44	215	1 MST	0:36:48.6		Pete Slattery	Manhattan IL	05:56.2
M 40 - 44	80	1 AG	0:37:26.9		Liam Flynn	Chicago IL	06:02.4
M 40 - 44	89	2 AG	0:37:36.0		Dan Forde	Romeoville IL	06:03.9
M 30 - 34	52	1 AG	0:37:57.1		David A Barrett	Bourbonnais IL	06:07.3
M 25 - 29	72	1 AG	0:39:26.0		Kevin Paruszkiewicz	Chicago IL	06:21.6
M 35 - 39	31	1 OA	0:39:29.7		Chris M Walsh	Campus IL	06:22.2
M 35 - 39	53	3 AG	0:39:32.5		Phil R Newberry	Kankakee IL	06:22.7
M 40 - 44	73	3 AG	0:40:11.2		John W Koss	Palos Heights IL	06:28.9
M 30 - 34	34	2 AG	0:40:43.8		David M Summers	Leontore IL	06:34.2
M 40 - 44	6	4	0:40:48.9		Clinton L Carter	Hinooka IL	06:35.0
M 45 - 49	79	1 AG	0:40:54.4		Milo Sekulovich	Palos Park IL	06:35.9
M 40 - 44	44	5	0:40:58.5		Mike McGrath	Country Club Hills IL	06:36.5
M 45 - 49	200	2 AG	0:41:06.7		Don K Lafferty	New Lenox IL	06:37.9
M 40 - 44	76	6	0:41:10.4		Jim Grace	St. Anne IL	06:38.5
M 35 - 39	82	4	0:41:29.8		George Graff	Braidwood IL	06:41.6
M 40 - 44	55	7	0:41:42.9		Peter Kershaw	St. Anne IL	06:43.7
M 20 - 24	28	2 AG	0:41:46.5		Michael G Wolfe	Bradley IL	06:44.3
M 30 - 34	7	3 AG	0:42:36.8		George M Fite	Hokena IL	06:52.4
M 45 - 49	57	2 OA	0:42:52.5		Que Harbor	Rantoul IL	06:54.9
M 45 - 49	85	3 AG	0:43:28.7		Rich W Olmstead	Kankakee IL	07:00.8
M 35 - 39	90	5	0:43:35.8		Jim Robinson	Bradley IL	07:01.9
M 40 - 44	50	8	0:43:37.1		Daniel R Gerber	Manteno IL	07:02.1
M 40 - 44	21	3 OA	0:43:58.2		Barbarann Mallory	Plainfield IL	07:05.5
M 40 - 44	61	9	0:44:13.2		Jay W Galos	Steger IL	07:07.9
M 1 - 19	71	1 AG	0:44:22.3		Bill L Szabo	Reddick IL	07:09.4
M 40 - 44	54	10	0:44:27.0		Jeff P Lonergan	Bourbonnais IL	07:10.2
M 35 - 39	69	6	0:44:31.2		Daniel L LaVire	Bolingbrook IL	07:10.8
M 55 - 99	16	1 AG	0:44:40.0		Charlie Grotevant	Buckingham IL	07:12.3
M 55 - 99	37	2 AG	0:44:49.8		Robert E Pool	Chicago IL	07:13.8
M 50 - 54	203	1 AG	0:45:07.8		Juan Gomez	Onarga IL	07:16.7
M 55 - 99	15	3 AG	0:45:11.4		Charles R Kennedy	Champaign IL	07:17.3
M 55 - 99	36	4	0:45:15.0		Daniel W Gould	Kankakee IL	07:17.9
M 40 - 44	94	11	0:45:22.2		R. Keith Knepper	Bonfield IL	07:19.1
M 30 - 34	87	4	0:45:36.9		Daniel B Shorkey	Braidwood IL	07:21.4
M 25 - 29	11	2 AG	0:45:39.2		Brian Werner	Braidwood IL	07:21.8
M 40 - 44	224	1 MST	0:45:49.8		Theresa C Burgard	Kankakee IL	07:23.5
M 35 - 39	67	7	0:46:16.0		Jeff S Biggs	Shorewood IL	07:27.7
M 35 - 39	218	8	0:46:19.2		Daniel Hall	St. Anne IL	07:28.3
M 40 - 44	65	12	0:46:24.7		Richard A Zilm	Braceville IL	07:29.1

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name	City/ST	Pace/MI
F 20 - 24	96	3	0:54:19.0	32	Aimee Norris	Champaign IL	08:45.6
F 25 - 29	97	3	0:54:19.8	12	Casey Cadile	Urbana IL	08:45.8
M 55 - 99	98	12	0:54:56.0	222	James G Barry	New Lenox IL	08:51.6
F 45 - 49	99	4	0:54:56.8	35	Debbie S Wackerline	LaSalle IL	08:51.7
F 35 - 39	100	2 AG	0:55:15.8	220	Penny Pioski	Monroe IL	08:54.8
F 35 - 39	101	3 AG	0:55:35.5	63	Carol L Vallone	Bourbonnais IL	08:58.0
F 40 - 44	102	3 AG	0:55:38.0	84	Pat M Pierce	Bourbonnais IL	08:58.4
M 35 - 39	103	13	0:56:00.2	96	Bryan Poetzinger	Tinley Park IL	09:02.0
F 25 - 29	104	4	0:56:33.3	33	Lisa Simpson	Manhattan IL	09:07.3
F 40 - 44	105	4	0:56:36.9	74	Susan Koss	Palos Heights IL	09:07.9
F 25 - 29	106	5	0:56:41.7	13	Carrie Boroughs	Urbana IL	09:08.7
F 35 - 39	107	4	0:56:46.1	8	Karen A Fite	Mokena IL	09:09.4
M 55 - 99	108	13	0:57:09.9	81	James Halstead	Joliet IL	09:13.2
F 25 - 29	109	5	0:57:11.4	9	Don McCarty	Kankakee IL	09:13.5
F 35 - 39	110	5	0:57:31.0	205	Yvette Turcott	Frankfort IL	09:16.6
F 30 - 34	111	3 AG	0:57:31.8	40	Jennifer Cohs	Frankfort IL	09:16.7
M 45 - 49	112	10	0:57:42.1	47	John Mathys	Naperville IL	09:18.4
F 50 - 54	113	1 AG	0:58:00.5	213	Lynn A Troost	Urbana IL	09:21.4
M 25 - 29	114	6	0:58:46.4	51	David Johnsen	Chicago IL	09:28.8
F 30 - 34	115	4	0:59:01.6	212	Susan Dun	Champaign IL	09:31.2
F 35 - 39	116	6	0:59:08.1	43	Kate M Batkiewicz	Bourbonnais IL	09:32.3
F 50 - 54	117	2 AG	0:59:43.4	206	Mary A Blunk	Watseka IL	09:38.0
M 25 - 29	118	7	1:00:26.5	49	Mark Anderson-Wilk	Chicago IL	09:44.9
F 25 - 29	119	6	1:00:27.0	48	Sarah Anderson-Wilk	Chicago IL	09:45.0
F 50 - 54	120	3 AG	1:01:45.4	23	Gayle Schaumann	Olympia Fields IL	09:57.6
F 30 - 34	121	5	1:01:59.3	19	Deborah Renville	Bourbonnais IL	09:59.9
M 55 - 99	122	14	1:02:32.8	5	Sheldon S Nicol	Joliet IL	10:05.3
F 40 - 44	123	5	1:02:44.4	232	Patricia Horn	Bourbonnais IL	10:07.2
F 30 - 34	124	6	1:02:45.1	233	Sissy O'Connor	Kankakee IL	10:07.3
M 50 - 54	125	8	1:02:57.2	214	Patrick J Crawford	New Lenox IL	10:09.2
F 35 - 39	126	7	1:03:05.6	225	Jill Sundquist	Chicago IL	10:10.6
F 30 - 34	127	7	1:05:24.3	226	Julie Cesario	Chicago IL	10:33.0
F 45 - 49	128	5	1:06:07.9	30	Carol A Stapleton	Channahon IL	10:40.0
M 55 - 99	129	15	1:15:05.0	59	John O Fryklund	Homewood IL	12:06.6
F 35 - 39	130	8	1:15:07.6	18	Hilary A Yeo	Matteson IL	12:07.0
F 30 - 34	9999	9999	D.N.F.	3	Marla J Styck	Herscher IL	00:00.0
M 50 - 54	9999	9999	D.N.F.	14	Bob Hattendorf	Joliet IL	00:00.0
F 50 - 54	9999	9999	D.N.F.	39	Cheryl Fox	Manhattan IL	00:00.0

Kankakee River 10 results Cont'd

MERRY CHRISTMAS FROM THE LONERGANS

