

THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



FEBRUARY 2000 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL 60914 ISSUE 144

YEAR 2000 MEMBERSHIP DUES ARE DUE—IF YOU HAVE NOT YET PAID, PLEASE DO.

**MAKE CHECK PAYABLE TO KRRC AND MAIL TO MARCIA LONERGAN, 5223 PIN OAK TURN, BOURBONNAIS, IL 60914
\$12/SINGLE & \$17/FAMILY**

(If you became a member after 8-1-1999 you need not renew until 1-2001)

Phil's Files



by Phil Newberry

Well, here it is the year 2000! The electricity is on, our world is still here, and I'm still alive! So on January 1 Doug McWilliams and I drove down to Kickapoo State Park, near Danville, and ran the Siberian Express 7.6-mile trail run. There wasn't anything Siberian about this race. It was a sunny day with temperatures in the 50's! Before the race I was comfortable in a long sleeve T-shirt and shorts. Not too bad for January.

When we first got there I thought I would probably jog it. Since I had never run this race before I didn't know what to expect. Besides, since the middle of December I've only been running once per week. About 10 minutes before the start my competitive juices started flowing. I lined up for the start with Charlie Grotevant, John Pool and Robert Pool. Tom Stluka and Jim Grace were also there. I held back for five minutes or so into the race but eventually I gave it my all. The trail was extremely muddy. Every 20 or 30 yards there was a turn and the possibility of falling down. It was great! I never had so much fun running in my life! I was concentrating so hard on where to put my feet that I never realized that I was tired. I was flying through that mud! The whole race I was passing people. Slipping and sliding and running like a crazy man. There was an uphill on the course that is so steep runners were walking up it and there was a rope to hold on to. I should have brought a pair of skis! What a blast! At the end of the race I out kicked a high school age girl. Don't laugh! It wasn't easy. She was tough! The first 40 received shirts and I came in 34th. Everyone ought to try a cross-country or trail race at least once. If you don't, you have no idea what you're missing. The Wild Wild Wilderness in September is also run on this course. From now on I'm running this trail as often as I can!

On January 9th, Doug and I drove to Park Forest to do the Mid-Winter Frolic 5K. The weather was unbelievable for January. The temperature was 42° and it was raining. I don't know how many people were there but I've done this race numerous times and this was the first year that I had trouble finding a parking space. Doug and I went in to register and then I joined the Gold Cup. The Gold Cup is a series of races put on by the Calumet Region Striders. Pat Koerner has for a number of years and this will be my third year participating.

The course is a double-loop relatively flat course. I finished 14th overall in a time of 18:28. Doug finished with a time of 23:51. Once again, believe it or not, I had to battle a high school girl. I finished eight seconds ahead of her after she passed me and I had passed her several times. Where are these girls coming from? Am I cursed? Once you pass these girls they just don't stay passed!

After the race everyone received a little trophy with their finishing place on it. There was also a pancake breakfast. While I was in line for pancakes, I decided to get myself some orange juice. It was in one of those Gatorade containers with the button you push to get the liquid to come out. I pushed the button and filled my cup. Then I tried to move on but the button was stuck and orange juice kept coming out. The guy behind me grabbed a few cups and started filling them. I grabbed the top of the container but I had trouble taking it off. Finally, I tipped the container back and the juice stopped. (Duh!) Then I pulled the lid off, reached inside and pushed the button out. After that I got my well-deserved pancakes.

The race itself was fun but the highlight of my day was the friends I spoke with and the people I met. John Pool and Randy Riegel were there and so were friends from Park Forest, New Lenox, and Indiana. I talked to somebody I

went to school with that I hadn't seen in 22 years. I also met Merrill and Lori from Glen Ellyn and Mike from I don't remember. That's what is fun about going to races. Interacting with people!

The KRRC Christmas Party was January 22nd. For those of you who unfortunately couldn't make it, it was a lot of fun. The food was excellent! There were plenty of delicious desserts. The sausage and chicken were out of this world. It was nice to see Peter and Patti Kershaw and Heather Steffen and friend at the party. I hope we continue to see new faces at club events. We played a new game this year. It was sort of like, "Who Wants To Be A Millionaire?" I really enjoyed playing the game except for one thing. I drank a few beers, answered a few questions correctly, and all of a sudden I think I'm some kind of genius. Well, our team built a pretty good lead. Then, being the genius I am, I started answering questions I didn't have a clue about. Well, needless to say our team lost and I learned a lesson. Don't drink beer and become a genius or you may become too big for your britches! See you next month, Phil.

SARC

1st Race of the Southern Area Race Circuit

Saturday February 19th

The Caribbean Cruise 5k

10:00am

Keeling Center (AKA Blackhawk Jr. HS)

375 Oswego St. Park Forest IL.

We need at least 10 Runners from KRRC

Get up and Get Out!

Got Ideas?

Just a little note to pass on some information to all club members in an effort to generate some ideas. First of all, since Danny Boy is unemployed, our free ride is over. Yes, it's true, the cost of copying our monthly newsletter has started to eat up our funds. The best offer we've had to date, which I consider very generous, is 3 cents a copy. This includes collating and stapling, which is a real time saver for Jeff, Phil and me. The club would provide the paper. This will run us about \$30/month. The last few months we've paid over \$40 to have the copies run off. When we add the cost of postage, that's an additional \$35.00. It's costing the club between \$65-\$75 a month to get the newsletter out. The newsletter is usually 8 pages and we make 120 copies, so that's 960 copies total. Stapling and collating are not a must. We can put them together by hand. So if anybody has any ideas, please let me know. If someone who has access to a copier could make the copies for just one month that would save the club \$30-\$40. Every little bit counts.

Dave and I have also been discussing ideas for get togethers for club members and their families. A picnic with volleyball, etc. is one idea. If you have any ideas, please feel free to let Dave or me know the details. Keep in mind that we are on a budget. Thanks for your help. Marcia



*Wishes for a very speedy recovery go out
to
Gerry Kilbride.*

BRAZOSPORT RUN FOR THE ARTS 10K

by Charlie Grotevant

Whenever Joyce and I plan to travel to a Farm Bureau convention or Ostomy Association conference we search RUNNER'S WORLD and THE RUNNER magazines, and now, since we've joined the computer world, the Internet, to find a race that will fit into our schedule. We found a race for the second weekend of January when we would be in Houston, TX for the American Farm Bureau convention. I called Will Lindgren, race director of the Brazosport Run for the Arts, scheduled for Jan. 8, 2000 at Lake Jackson, TX, for the particulars.

Will immediately mentioned that he had lived in the Joliet area for 3 years and had been a member of the Prairie State Road Runners at that time. He then gave me his sales pitch for his race: the 10K Championship for the greater Houston area; a wonderful facility at the Center for the Arts and Sciences at Brazosport College; cash awards for open and masters plus age group awards. 1st place paid \$750 plus additional money for each 30 second interval under 30 minutes. The leader at each mile marker also received additional money. Numerous world class runners were invited for the 10K. Over 200 volunteers would be there to assist the runners. The accompanying 5K did not offer cash awards.

The race fit our schedule, the sales pitch was successful and we arrived at Lake Jackson on Friday afternoon and checked in at the Ramada Inn race headquarters.

Lake Jackson is 10 miles inland from the Gulf of Mexico and 50 miles South of Houston. It was developed in the late 1940's by Dow Chemical Co., the main employer in the area at that time, as a living area for their employees. BASF also is a major employer in this area. Many miles of chemical plants with their associated pipes, pipelines and smokestacks were quite a contrast to the many herds of cattle grazing in the fields surrounding the manufacturing facilities. The chemical companies, in their ongoing positive public relations quest, are eager sponsors of this race which enables all of the proceeds to be donated to the Center for the Arts and Sciences.

Joyce and I, after unpacking in our room, picked up my race packet, met race director Will Lindgren and joined the pre-race pasta party. 46 invited runners were entered in the 10K including Charles Mulinga, 25K world record holder Joseph Kariuki, Eric Polonski, Eddy Hellebuyck, Renee Sepulvada, John Spence, Thomas Lentz, and Jerry Lawson.. Ladies entered included former US 5K record holder Annette Peters, Kelly Cordell, Carmen Tomcoso, Chris McNamara, and current US Masters 5K record holder Patty Valadka.

I was awakened by the pouring rain on Saturday morning. The 5K had a 7:30 AM start with the 10K start at 8:45. We drove the 4 miles to Brazosport College through the steady rain, arriving as the 5K runners were starting. A bit later, under shelter of my umbrella, I entered The Center to use the bathroom facilities and commiserate the rainy day with other runners. When I emerged at 8:10 the rain was ending. Just a few lingering sprinkles as I warmed up. The day was rapidly improving!

At the starting line I found a much smaller field than I had anticipated. Over 400 had pre-registered for the 10K, but the finishers would only total 326. The rain resulted in many no-shows. The 5K had 150+ finishers and another 100 or more were in the accompanying walk. Quality, not quantity!

68 degrees at race time. Different than the previous Wednesday when I ran at 15 degrees in Illinois. 6:40 at 1 mile; too fast for my aching and aging body in the warmth and humidity. 21:20 at the 5K mark. I usually pass many people in the last half of my races, but not this day. A young lady, an old fart, and nearly a dozen young studs passed me as I struggled to a 43:54 finish. 121st overall, but I lucked out and was 1st in Age Group 55-59.

The post-race refreshments were plentiful and excellent. The awards ceremony was in the auditorium theater at The Center. Charles Mulinga won in 28:57 followed by Joseph Kariuki in 29:44. 8 runners under 31 minutes. 34 runners under 35 minutes including 4 ladies led by Annette Peters in 33:35. Ladies Master winner Patty Valadka was 41st overall and 10th female with 35:54. 10 ladies under 36 minutes! Amazing!!

That evening, back at the Ramada, while Joyce was engrossed in a book, I sought out Will Lindgren to collect the beer he had offered to buy me. The party Will was hosting for the invited runners was winding down which gave the two of us an opportunity to get better acquainted. I inquired about his Illinois history. He lived from 1990-1993 in the Joliet area and returned to Texas when his wife began employment in the Houston area at a level which enables Will to run, coach runners, and be a house father for their 3 children.

I was wearing a River to River Relay sweatshirt which prompted Will to recall being on a winning team which included Lance Bovard and Greg Rose in 1993. I told of our Buckingham Beefeaters team that same year. He recalled his friendship with Lance and Greg and lamented the untimely and unfair loss of Greg. Some of his all-time favorite running experiences were the Sunday AM excursions with Lance and Greg on the Heritage Corridor. They always hammered hard and beat each other up, leaving Will the most badly beaten each time, but wanting to do it again the next opportunity.

Will remembered my Winterfest 5K shirt I had worn that morning at the awards ceremony and recalled he had run that race once or twice. I invited him to come this year, but it doesn't fit his schedule. I then asked Will if he knew my good friend and farming neighbor at Cabery, Pat Koerner. "Pat Koerner!", he replied. "I dueled elbow to elbow with Pat at many races. I have thrown elbows at him to prevent him from passing me. He would always beat me at the end, but not without a fight. After several races with me, Pat learned to return the elbowing with a vengeance. Yes, I know Pat Koerner!" We concluded our evening with more reminiscing and I retired with the warm glow which comes from good times with friends. The beer might have helped, too.

Will Lindgren's enthusiasm for running makes my love of running seem like a mere passing fancy. If the key to success in life is "having something to be enthused about", Will is certainly one of the most successful people I have met. May his enthusiasm continue for all of his days.

If any of our running friends are on the Gulf coast of Texas in early January, please work this race into your schedule. First class all the way without the burden of thousands of runners.

Happy Birthday!!



February BIRTHDAYS

Name	Birthday	Age
Michelle Baldwin	2/14/56	44
Patrick Barrett	2/10/96	4
Bill Balkiewicz	2/12/59	41
Anthony Balletate	2/12/74	26
Dan Draine	2/27/79	21
Jim Grace	2/24/57	43
Marshall Grace	2/10/62	38
Tony Grace	2/16/91	9
Charlie Grotevant	2/18/42	58
Charles Haynes	2/23/59	41
John Hickey	2/28/28	72
Mike Hickey	2/21/50	50
Ian Kelly	2/01/99	1
Gerry Kilbride	2/06/38	62
Judy Kilbride	2/24/39	61
Tommy Kilbride	2/14/69	31
Marthajane Lehnus	2/21/33	67
Marcia Lonergan	2/02/66	34
Elaine Noffke	2/20/91	9
Ann Rahrig	2/04/61	39
Collin Rahrig	2/13/91	9
Janet Shelly	2/13/53	47
Allison Shelly	2/22/76	24
Howard Strassenburg	2/20/20	80
Marianne Suprenant	2/26/57	43
Chris Walsh	2/21/62	38

Special Milestone Birthday Wishes go out to
 Ian Kanit Kelly on his 1st Birthday
 (First member to turn 1 in New Millenium!)
 &
 Howard Strassenburg on his 80th
 Birthday!



Fast-Fit Foods by Janet Shelly
 Dried-Cherry Streusel Kuchen



- Ingredients:**
- | | |
|-----------------------------------|--|
| 1/4 cup all-purpose flour | Cooking spray |
| 1/4 teaspoon ground cinnamon | 1/4 cup packed brown sugar |
| 1 2/3 cups all-purpose flour | 1 1/2 TBS. chilled stick margarine or butter |
| 3 tablespoons brown sugar * | 1/4 cup granulated sugar * |
| 1/2 teaspoon baking soda * | 1 1/2 teaspoons baking powder * |
| 2/3 cup low-fat buttermilk | 1/4 teaspoon salt * |
| 3 tablespoons vegetable oil | 1/3 cup egg substitute |
| 2 1/2 tablespoons vanilla extract | 1 tablespoon amarettoor water |
| 1/4 teaspoon almond extract | 1 teaspoon grated lemon rind |
| | 3/4 cup dried tart red cherries |

Instructions: Preheat oven to 375°. Lightly spoon 1/4 cup flour into a dry measuring cup; level with a knife. Combine with 1/4 cup brown sugar and cinnamon in a bowl; cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal. Set streusel mixture aside.

Lightly spoon 1 2/3 cups flour into dry measuring cups, and level with a knife. Combine with granulated sugar and next 4 ingredients* (granulated sugar through salt) in a large bowl. Combine buttermilk and next 6 ingredients (buttermilk through almond extract), and stir with a whisk. Add the buttermilk mixture to the flour mixture, stirring until blended. Gently fold in dried cherries. Spoon batter into a 9-inch round cake pan coated with cooking spray. Sprinkle streusel mixture evenly over top.

Bake at 375° for 30 minutes or until a wooden pick inserted in center comes out clean. Cool on a wire rack. Yield: 10 servings.

This is a recipe from *Cooking Light*. Serve it to your Valentine!



Shirley Malone Needs Your Help!

Shirley has plans to make a quilt out of Winterfest T-shirts. If you have any Winterfest T-shirts from past races that are in good condition that you would like to donate to Shirley's project, please call her at (815)253-6258.

Special Thanks

to

Dave and Chris Barrett

&

John and Cheryl Bevis

for putting on a great Christmas Party
 full of laughs, good food & friends!

THE FINISH LINE

Jingle Bell 5K, Kankakee, IL 12/12/99

1 OA	0:16:49.7	Clarence Brock
2 OA	0:17:18.4	Patrick D Koerner
3 OA	0:17:33.8	Tom Stluka
1 AG	0:17:53.9	Daniel J Flynn
1 AG	0:18:10.8	Phil R Newberry
1 AG	0:18:17.1	Ken P Klipp
1 AG	0:18:59.9	Joe W Burgess
2 AG	0:19:42.2	Jim Grace
3 AG	0:19:54.7	Peter Kershaw
2 AG	0:20:20.3	Larry L Lane
2 AG	0:20:29.8	John J Bevis
1 AG	0:20:47.7	Charlie Grotevant
4 AG	0:20:54.0	Daniel R Gerber
3 AG	0:20:57.4	Marshall C Grace
2 AG	0:21:10.9	Daniel W Gould
3 AG	0:21:12.0	Dave Merillat
3 AG	0:21:23.1	Van Lewsader
1 AG	0:21:55.1	Jeff P Lonergan
2 AG	0:21:58.3	Rich W Olmstead
5 AG	0:22:00.5	John F Pool
1 AG	0:22:25.3	Amanda N Uribe
2 AG	0:22:27.4	Erica Batkiewicz
	0:22:34.8	Daniel A Noffke
3 AG	0:23:07.3	Sara Batkiewicz
	0:23:13.9	Doug McWilliams
1 AG	0:24:01.6	Theresa C Burgard
2 AG	0:24:04.6	Dee M Osenglewski
4 AG	0:24:06.3	Mike Hickey
1 AG	0:24:10.5	Nichelle Pajeau
6 AG	0:24:32.5	David R Schkerke
6 AG	0:24:56.6	Mike Biernat
	0:25:10.9	Mark J McDermott
	0:25:18.6	Brian L Noffke
	0:25:51.4	Ray Feeley
	0:26:09.5	Don McCarty
1 AG	0:26:12.6	Sandy Kurtenbach
	0:26:16.9	Charles R Kennedy
2 AG	0:26:37.2	Kate M Batkiewicz
	0:26:47.6	Peggy R Baldwin
	0:27:02.4	Charles K Draine
	0:27:05.0	Michael J Belletete
	0:28:34.7	Richard Manthei
5 AG	0:29:37.3	Sissy O'Connor
4 AG	0:29:39.7	Heather Steffen
	0:29:41.2	Patrick J Baldwin
	0:29:45.6	Mark Lesyna
	0:31:39.5	David A Spencer
2 AG	0:34:26.1	Judy Kilbride
	0:37:01.0	Gerry Kilbride
	0:42:14.8	Jason Batkiewicz
	0:42:55.8	Bill J Batkiewicz
	0:45:32.9	Bill Lauer

Siberian Express 7.6 Mile 1/1/00

0:50:05.6	Tom Stluka
0:52:07.0	Phil Newberry
0:57:34.9	Jim Grace
0:69:00.0	Doug McWilliams

Midwinter Frolic 5K, Park Forest, IL 1/9/00

Phil Newberry	18:28
Doug McWilliams	23:51
Debbie Renville	27:29

THE STARTING LINE

FEB. 13TH - THE FROSTY FIVE MILER - 1:00 PM -
CHANAHON MIDDLE SCHOOL, CHANAHON, IL
(815)467-7275 \$14/\$16

FEB. 20TH - CARIBBEAN CRUISE 5K - 9AM - KEELING
CENTER, PARK FOREST, IL (708)747-3684 \$10/\$13

MAR. 12TH - ST. PAT'S 5K - 1PM - BLOOMINGTON, IL
(309)663-0355

MAR. 18TH - MILLER PARK ZOO 5K - 9:30AM -
BLOOMINGTON, IL (309)663-4677 ANN
CHARKBACK

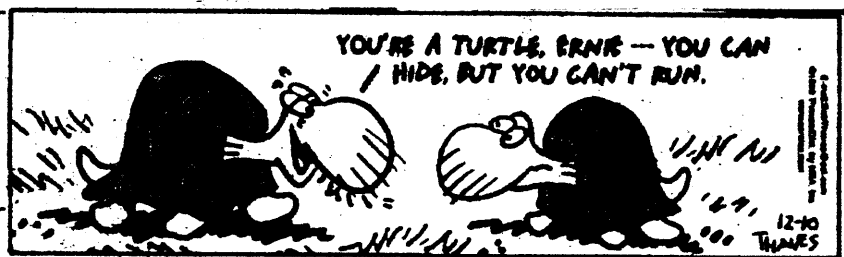
MAR. 26TH - SHAMROCK SHUFFLE 8K - 9:30AM -
CHICAGO (312)666-9836



Welcome New Members

Gale & Marthajane Lehnus
of Bourbonnais
&
Karen Dannenhauer
of Kankakee

FRANK
AND
ERNEST
BY
BOB THAMES



KRRC OFFICERS

PRESIDENT, DAVE BARRETT	937-4668
V-PRES, BILL LINN	935-0815
TREASURER, RON RUDA	939-1749
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**** A NOTE FROM THE PRESIDENT ****

January is over and so is the annual meeting and Christmas Party. I've received positive feedback about the party and especially the food. I feel when your able to get a night out its worth having good food and drink. The Italian food comes from a restaurant called Pepenios in Calumet City IL. I lived there most of my life and I was his first customer about 10 years ago. I have become a good friend of Pepe and he's thinking about doing the Chicago Marathon this year. I told him he would have to lay off his sausage months before. I had a good time and thanks to everyone who came out. For the people who came they received a commemorative coffee table style hard cover book of pictures of the Chicago Marathon. I have a few copies left so anyone interested in a copy its first come first serve. Call me at 815-937-4668 or e-mail at krrc@keynet.net. I would like to thank Marsha Lonergan for all her hard work on the newsletter as well as all the running around she does for the club. We mail out around 120 newsletters each month; she puts them together, makes copies, buys stamps, and gets them to the post office. It's a task, so again a **BIG THANK YOU** for all her hard work, it is much appreciated. On to other news. I am thinking about a Chili Cook off party at the end of March. My wife and I are selling our house so I thought we could have the party in our basement and at the same time anyone interested in the house could see it. Of coarse they would get the running club special. Or maybe I could persuade John Valone to have a pizza/chili party in his garage; he lives a few doors down from me. John has a restaurant style oven in his garage where he makes pizza's, or should I say he invites me over to make pizzas when he has a party, I work cheap. If he agrees I'll keep his name out of the newsletter for a year! The last thing on the agenda is the Southern Area Race Circuit (SARC). We are joining as a club again and I will be having a meeting with the three other club presidents soon. Details will follow, but I want to have full participation this year. It looks like we will be scoring the top ten finishers from each club at each race. My goal is to get at least 10 of our members to the races; maybe we can car pool to the races up north, what ever it takes. So think about it, I will make it worth everyone's time that participates, I not sure what that is yet but I'm working on it. The first race in the circuit is **Saturday February 19th at the Caribbean Cruise 5k in Park Forest**. I will be bringing my van and it seats SEVEN, so lets GO. I'm leaving my house at 8:15am, the race starts at 10:00am. Call for directions if you need or just show up. That's all for now, and again THANKS FOR BEING MEMBERS, Dave Barrett.....

Christmas Party Pictures:

See all the pictures on the web site: www.keynet.net/~krrc



Chris, Regis, and Linda



WOW this food ROCKS!



News Letter Marcia & Mae



Vanna & Regis