

THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



MARCH 2000 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL 60914 ISSUE 145

FOR THOSE WHO HAVEN'T PAID YEAR 2000 MEMBERSHIP DUES, THIS IS YOUR LAST ISSUE!
IF YOU WISH TO CONTINUE RECEIVING "THE PAPER RACE" PLEASE PAY A.S.A.P.
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

February is here and with it brings races every weekend, starting with Winterfest. This year Charlie Grotevant and Ken Klipp were race directors. The race didn't miss a beat as another quality effort was put forth. There were 224 runners this year compared with 210 last year. The weather cooperated as the course was dry and the temperature was in the 30's. I was happy with my time but I need to work on my endurance. I wasn't happy that I was passed by two people in the last half mile.

Afterwards there was pop, apples, and what seemed like unlimited cookies. Thanks to Joyce Grotevant for all the delicious home baked cookies!

On February 13th, I drove to Channahon to take part of the Frosty 5 Miler. This race is a Prairie State Road Runner Circuit race. On the way up I was a little worried about the weather but at race time the roads were still dry with the temperature around 30°. The first two miles I was 10 seconds behind a pack of 8 runners, which consisted of Prairie Staters Tom Lambert and Dan Forde and a pack of kids. At 2 1/2 miles I used momentum from a downhill and pushed past them. Dan Forde went with me. Soon, Tom and Dan pulled away leaving me with the kids. I soon pulled away from them. At four miles 2 of the kids passed me. I tried to hang on. I was just about ready to give up when I realized that I was only 4 blocks from the finish. I kicked past two people and rounded the corner into the final straightway. The clock was in view and I saw 29:43. I had to try to get under 30 minutes so I sprinted toward the finish, passing one of the kids. I wanted more speed but I just couldn't coax anything more out of my legs. I ran across the line in a time of 29:59 which was 15 seconds behind Tom. Not bad considering all I do is ride an exercise bike three times a week. See, cross-training does work! I placed third in my age group, 12 seconds behind the winner. Tom Stluka and Pat Koerner were there placing 3rd and 4th overall respectively. I think their times were in the low 28:00.

On February 19th I ran in the Caribbean Cruise 5K in Park Forest which is only a 35 minute drive from Bradley. This race was held on a Saturday. I only get one out of every six Saturdays off and this particular Saturday wasn't one of them. But, since this was a Southern Circuit Race, I put in for a vacation day and was denied! So, here is what I did. I worked until 8:30, then drove to Park Forest and ran in the race, and as soon as I finished, I reported in and drove back to work to finish my mail route. I scored for our club! On the sign-up sheet I saw 7 or 8 runners from our club signed up so I'm glad I made it. I wish we could have made 10. That's all folks! See you at the races! Phil

Jeff's Jog'n Jarg'n



by Jeff Loneragan

Well, with working 7 days a week for the most part of the New Year, I've only had time for one race and that was the Winterfest 5K. It was great to see so many of our club members there running and/or working. Marcia and I saved the club a lot of postage by handing out the February newsletters. We'll try to do that more often this year. I have to give a big hand to Charlie and Joyce Grotevant and Ken Klipp for doing a great job directing Winterfest. Everyone I talked to enjoyed themselves. Joyce's homemade cookies were a big hit—as always! Thanks Joyce for all the time and effort you put into making them.

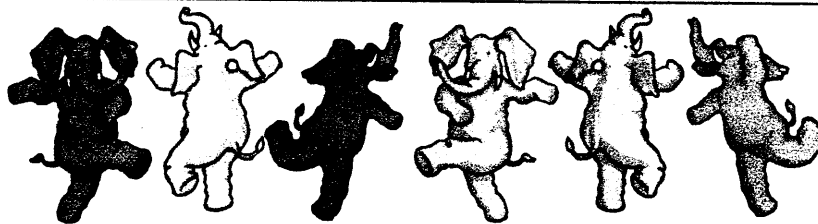
I didn't run very well. I guess I've been spoiled by the comforts of running and working out indoors at the Riverside Health Club. Although the temperature wasn't bad, I guess it was just cold enough to slow me down. Anyway, the good thing about running so slow was it gave me opportunities to say "Hi" to everybody as they went zipping by! I hope things improve this spring and summer. My next race will be on March 12th at the St. Patty's Day 5K in Bloomington, IL. Phil and I will leave my place around 10:15 a.m. If anyone would like to carpool or form a convoy, call me at 933-1695. Just a reminder to e-mail, snail-mail (No offense Phil!), or phone in your race times so we can post them in the Finish Line. Also, we thought it would be nice to add track times for our younger members so please send those in as well. I think we all take interest in our younger members and how they're performing. Help us to recognize their efforts by letting us know what events they're running in, their places and times. Last but not least, if you've qualified for Boston and you're going to take the challenge, let us know so we can brag about you! Thank you. Happy Running, Jeff

The March 2000 issue of "The Paper Race" is brought to you in cooperation by
Debbie & Jeff Renville and Jerry & Judy Kilbride.

Your generous contributions have funded the printing and postage for this month's issue.

Thank you for your support.

Sincerely, Marcia Loneragan



Dave Barrett would like to remind all KRRC members that the 2nd race of the **Southern Area Race Circuit** is the **Fool's Run 4 Miler** in Park Forest, IL. Race time is 4:30 p.m. on Saturday, April 1st. We need you! Don't forget to check in as a member of the KRRC team before the race. Come to support your club and stay for the beer and brats! Thanks to all of our members who ran the Caribbean Cruise.

16th ANNUAL WINTERFEST 5K
by Charlie Grotevant

The Linns' (Bill & Linda) and the Judge (Dan Gould) made it known at Winterfest 1999 that, after at least 10 years as Race Directors, they were stepping aside and others needed to come forward to replace them for the 2000 race. Joyce and my day and night jobs are on our grain farm. The winter months are non-peak times for us. We volunteered!

We followed the tradition of adding a co-race director (someone to share the criticism if we made big mistakes) by receiving a yes from Ken Klipp, Bishop McNamara coach. Thank you, Ken.

Dan, the Linns', and Henry and Janet Shelly all provided information from previous races to help us develop a time schedule leading up to Feb. 6th, 2000. Our first action was placing the date on the Kankakee Valley Park District calendar. The District told us the charges and the deposit required. I then asked the Judge about the fees and deposit. He promptly replied "there should be no charge because the Kankakee Valley Park District, as a race co-sponsor, donates the use of the Civic Auditorium, furnishes workers and furnishes some of the refreshments as their sponsorship contribution".

Back and forth to the Park District a few times. By the time the Park District came onto the same page of the same book with Joyce and me, we had already discovered a phone call from Charlie was a bit less significant than a call from Judge Gould.

Mary Thompson, Director of Community Relations for Riverside Medical Center, was wonderful to Joyce and me throughout our dialogues and interactions. She gave Riverside's commitment of continued co-sponsorship which includes the printing and mailing of race entry forms; \$200.00 award to the High School with the largest number of participants; ambulance service for the race; post-race mailing of shirts and awards to absent entrants; bags for entrants; cookies for refreshments; and, most importantly, the presence of Mary to assist in the race day registration and awards presentation.

Securing additional refreshments further substantiated my assumption that returning phone calls from Charlie was not a priority for some people. "What did you talk us into, Judge?" But, we persevered and things came into place.

Dave Bohlke, Runners World and Running Times magazines, Racegate.com, and various running clubs were contacted for scheduling and inclusion on race calendars. Insurance was secured. We asked Ken to be responsible for ordering the shirts (wonder why the base color was McNamara green?), securing the awards (with Bill Linn's help), coordinating the race start and finish line, coordinating with Kankakee Police and Public Works Departments, and presenting the running and walking awards.

A few weeks before the race Ken called and recited a letter he received from Jim Deupree, who claimed to be an inmate at a Florida correctional institution, requesting to run our race by proxy to raise funds for cancer research. It would be his 88th race while in prison. "Is this guy a nut or is he legitimate?", Ken inquired. We didn't know. I mailed Jim a race entry form and assigned him #63 (that's his age). Ken contacted our fellow runner and writer friend Nancy Ruda. Nancy contacted Kankakee Journal editor Phil Angelo who encouraged her to follow up with a story. Nancy contacted the race director of one of the previous proxy races. Yes, Jim Deupree is legitimate!

Nancy wrote a wonderful story which appeared on pages 1 & 2 of the Feb. 6th Kankakee Sunday Journal. Please read Nancy's story elsewhere in this newsletter. Thank you, Nancy.

Friday, the 4th, was shirt, soda pop and fruit pickup day for Joyce and me. No bananas at John Panozzo's, only apples. "Come back Saturday", they asked. "Okay." Delivered the pre-race entry forms to Dave Bohlke. Picked up the key to the Civic and unloaded 2 cases of apples and 17 cases of pop.

Saturday, Feb. 5th: Bananas at Panozzo's and cookies from Riverside. 6 boxes of purchased, sugary type cookies. Not nearly enough and not very filling, either.

Ken, Joyce and I gathered at Linda Linn's at 1:00 PM to sort shirts and race numbers and place the literature in the Riverside bags. Pat Koerner joined us to help. I brought in the meager supply of cookies for show and tell. All agreed the club should buy more cookies.

Stopped at Eagle Foods on our way home. Joyce entered to buy cookies. She returned to the car saying the cookies were expensive so she bought some ingredients and would bake that evening. Okay with me.

The oven started at 4:30. I went to church. A prayer for nice weather was on my agenda. The cookies smelled great when I returned. The baking continued throughout the evening. 4 different varieties. I went to bed at 10:30 with the happy homemaker still baking.

"What time did you finish baking?", I asked of Joyce on Sunday morning. "Just after 11:00." "How many did you bake?" "45 dozen" Joyce replied. "45 dozen?", I queried, thinking I had not heard her correctly. "Yes, 45 dozen cookies!"

We filled the remaining space in the car with cookies and headed to Kankakee. The race went well thanks to all the Kankakee River Running Club members who helped and thanks to the 35 degree day with no precipitation. 261 total entrants including Jim Deupree. We ran out of shirts and cookies. A successful race from our vantage point. Jim Deupree mailed his tear off race tag which he had worn in Florida. He ran 27:15:11 which placed him 8th in the 60-64 age group. He would have finished 173d of the 224 finishers in the run.

14 High Schools were represented with entrants. Bishop McNamara was the winner of the \$200.00 award with 12 participants. They were followed by Kankakee, Bradley-Bourbonnais, Momence, Herscher, Plainfield, Bloom, Crete, Romeoville, Minooka, Hoopston Area, Dwight, Pontiac, and Tri-Point.

The 17th Annual Winterfest 5K Run and Walk is scheduled for Feb. 4, 2001. Riverside Medical Center and the KVPD have already committed. Again, many thanks to all who helped in any way to make this race a success.

Bank robber runs to arrest cancer

By Nancy Ruda
Journal correspondent

Jim Deupree won't be at the starting line for the Winterfest 5k road race in Kankakee today, but he will run.

GoodNews

about **Second Chances**

He won't hear the words of race directors, Charlie Grotevant and Ken Klipp. "Runners, take your mark. Get set. Go!" But, he will start pounding out his 3.2 miles at 1 p.m., just like the hundred-plus participants who are entered here.

Unlike his running compatriots, Deupree will wear two numbers: One will be 63, his official race number. The other will be 089956, his prison residential number.

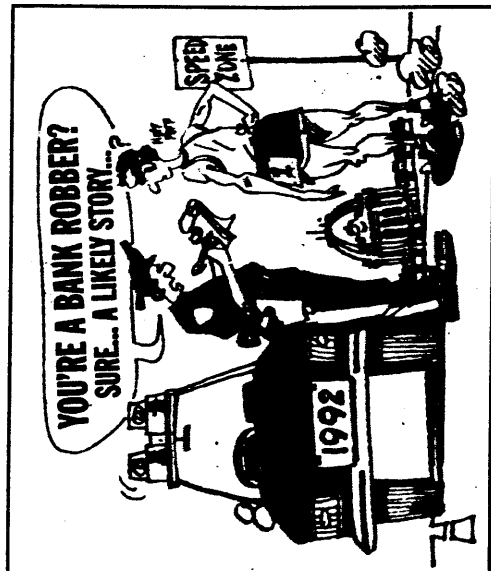
While runners of all ages and abilities will loop their way around Governor Small Memorial Park, Deupree will run alone around a

prison recreational field.

For, you see, he is a convicted bank robber serving his sentence at the Holmes Correctional Institution in Bonifay, Fla.

Kankakee's Winterfest 5k will be number 88 in a string of road races that Deupree has run by proxy over the past two years. His goal is to use "the two" rewarding talents that God has blessed me with — running and salesmanship -- to raise \$1 million for cancer research."

In the letter of application that he sent to the Winterfest 5k race directors, Deupree explains, "I am determined to use these talents doing something positive for society with my prison time rather than making license plates. God knows I did enough negative things to society."



This Ken Stark artwork adorns an old Kankakee runner shirt. We've updated the caption for the situation.

Before "retiring to Florida" (as he coins it), Deupree was a commercial printing salesman in Indiana. His reluctance to face up to his alcoholism and a related nonviolent bank robbery in Florida in 1990 account for his current state of affairs.

"I used a threatening note, not a gun. And, thank God, no one was hurt in this crime, and all of the money was returned," he offers without hesitation. "Needless to say, I am extremely sorry for my insane, drunken actions and this crime. Subsequently, I am now deeply and happily involved with Alcoholics Anonymous and church."

In 1994, Deupree initiated his running/fund-raising project within the Florida Prison System. He enters road races by proxy all over the country, matching the course distance on his prison field. He asks the race directors to encourage runners and others at the original site to make a per-mile donation to their local chapter of the American Cancer Society.

The memory of his friend, running See RUNNER, next page

Runner

Continued from Page 1

guru and legend, George Sheehan, M.D., is the catalyst behind Deupree's miles in his Nikes. Dr. Sheehan, who succumbed to prostate cancer in 1993, was the medical editor of Runner's World magazine and the author of several "words of wisdom" books. When Deupree learned of Deupree's running efforts in prison the two struck up a friendship.

"George would send new running shoes to me here in prison when I was in need, along with his encouraging words of running wisdom."

Deupree's resume of races to date reads like a veritable "who's who" of some of the most prestigious events and distances, including Grandma's Marathon in Duluth, Minn.; the New Bedford Half-Marathon in New Bedford, Mass.; the Huntsville Times Rocket City Marathon in Huntsville, Ala.; and the George Sheehan Classic 5-Miler in Red Bank, N.J.

Due to prison rules, no monies from his fund-raising efforts are allowed to come to Deupree in any form. He can't even accept a race T-shirt. The only thing he can accept for his initiative is an official race number.

"If people in your area would like to help me with the fight against cancer, he writes, "they can donate money, so much a mile, to their local American Cancer Society on behalf of my running your road race by proxy here inside prison."

If you would like to make a donation to the Greater Kankakee Unit of the American Cancer Society on behalf of Jim Deupree, kindly send your donation to: The Greater Kankakee Unit of the American Cancer Society, 6720 W. 167th Street, Tinley Park, IL 60477.

If you have questions about cancer, call the American Cancer Society National Call Center at 1-800-ACS-2345. The center is staffed by trained oncology nurses and is available 24 hours a day, seven days a week.

Kankakee, Ill.

Sunday, February 6, 2000

DO NOT PIN



OFFICIAL FINISH TAG -- DO NOT DETACH UNTIL IN FINISH CHUTES

Name
Last DEUPREE First JIM

AGE 63 MALE FEMALE



63

63 T-SHIRT

27:15:11

N^o

N^o

PRIZE DRAWING

2/6/00

THE FINISH LINE

THE FINISH LINE CONT'D

Jan. 8 th, Millenium 2000 Run 5K, Tampa, FL

Erma Hickey 27:53 1AG
John Hickey 25:50 3AG

Jan.15th.Fish Hawk Ranch10K-5K, Brandon, FL

Dan Gould 10K 43:57 2AG(Dan sighting!)
Erma Hickey 5K 28:01 1AG
John Hickey 5K 25:47 1AG

Jan. 22nd, Peace River Track Club 4 Mile, Port Charlotte, FL

John Hickey 34:45 2AG

Jan. 29th, Matanzas 5000 (5K), St. Augustine, FL

John Hickey 25:36 3AG

Feb. 6th, Winterfest 5K, Kankakee, IL

Clarence Brock 16:47 3OA
Pat Koerner 17:19 1AG
Dan Flynn 17:52 1AG
Phil Newberry 18:28 4AG
Dave Barrett 18:35
Kevin Gum 18:43 1AG
Shannon Anderson 19:50
Jim Grace 20:09
Dan Gerber 20:44
Doug Uribe 20:48
Charlie Grotevant 20:52 2AG
John Vallone 21:08
Rich Olmstead 21:09
Dave Merillat 21:25
Bob Pool 21:57 2AG
Jeff Lonergan 22:01
Dan Noffke 22:14
Carol Pratt 22:14 1MST
John Pool 22:30
Theresa Burgard 22:38 1AG
Mike Hickey 22:44
Amanda Uribe 22:54 1AG
Tyler Dorn 23:10
Gregory Guimond 23:11
Doug McWilliams 23:40
Dale Yambor 23:41
Kathleen Steffen 24:11 3AG
Michael McGuckin 24:39
James Kelly 24:56
James Stevens 24:59
Brad Yambor 25:07
Brian Noffke 25:08
Mike Biernat 25:09

Feb. 6th, Winterfest 5K, Kankakee, IL

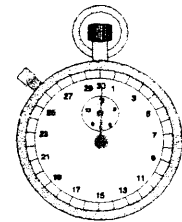
Ken Stark 25:31
Nancy Ruda 25:32 3AG
Ray Feeley 25:34
Paul Suprenant 25:39
Ron Ruda 25:51
May Kelly 26:01
Carol Vallone 26:06 2AG
Jordan Dorn 26:27
James Ruberg 26:42
Peggy Baldwin 26:49 3AG
Mark McDermott 26:59
Debbie Renville 27:24
Lynn Troost 27:48 1AG
Michael Belletete 28:05
Mark Lesyna 28:15
Jack Dorn 28:36
David Spencer 29:00
Heather Steffen 29:08
Richard Manthei 29:39
Pat Baldwin 29:42
Marge Flynn 41:53
Michelle Baldwin 42:16
John Flynn 47:23

Feb. 13th Frosty Five Mile

Tom Stluka 28:02
Pat Koerner 28:10
Phil Newberry 29:59
Mike Stluka 30:35
Chris Walsh 30:46
Jim Grace 32:53
Charlie Grotevant 1AG 34:18
Robert Pool 36:35
Carol Pratt 36:58
John Pool 37:36
Mike Biernat 42:02
Debbie Renville 44:40
Richard Manthei 45:58

Feb. 19th, Carribean Cruise 5K

Phil Newberry 18:21
Charlie Grotevant 1AG 21:21
Debbie Renville PR 2AG 26:35



For the Record Book

Congratulations go out to both Debbie Renville & Don McCarty. All of Debbie's hard work has paid off as she ran a P.R. of 26:35 at the Caribbean Cruise! Don recently traveled to Las Vegas for a weekend bachelor party and managed to squeeze in a half-marathon that he didn't even know about until he arrived there. Up to that day, he'd never run over 6 miles. In spite of running in his old shoes, borrowing socks and shorts, and having to make 3 pit stops associated to the previous night's activities, Don still ran a respectable 2:20. Great job to both Debbie and Don. P.S. Don now has the marathon bug!



THE STARTING LINE

Mar. 12th-St. Pat's 5K-1:00 p.m, Bloomington, IL Bill (309) 663-0355

Mar. 18th-Miller Park Zoo 5K-9:30a.m.-Bloomington,IL Ann(309)663-4677

Mar.18th-Mountain Goat-10:30a.m.-Danville, IL Marc (217)431-4243

Mar. 26th-Shamrock Shuffle 8K- 9:30a.m.-Chicago, IL David(312)666-9836

Apl. 1st-Ringing in Spring 5K- 10:00a.m.-Valparaiso, IN (219)464-7959

Apl. 1st-Fools Run 4 Mile-4:30p.m.-Park Forest, IL (708)802-2759

Apl. 8th-Fab 4 - 9a.m. - New Lenox, IL (815)485-1737

Apl. 9th - Chief Shaw Trail Run 4.5 Miles - 11:00a.m. rain or shine - Camp Shaw-wa-nasee, Bourbonnais, IL \$15/\$20 after April 1st.

Happy Birthday!!



MARCH BIRTHDAYS

Name	Birthday	Age
Alex Angelo	3/20/80	20
Christine Barrett	3/15/67	33
Hannah Bevis	3/26/94	6
Micah Dorn	3/15/88	12
Marianne Flynn	3/29/72	28
Sara Goodberlet	3/12/80	20
Quantilla Haynes	3/07/81	19
Ken Klipp	3/25/49	51
Pat Koerner	3/27/62	38
Terry Morse	3/12/54	46
David Spencer	3/04/58	42
James Stevens	3/07/48	52
Rollie Szilard	3/28/51	49
Carol Valone	3/25/63	37



Fast-N-Fit Foods
by Janet Shelly
Irish Creme-Espresso Creme Caramel



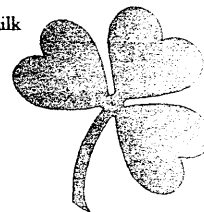
Ingredients:

- | | |
|------------------------------|---|
| 1/3 cup sugar | 3 tablespoons water |
| Cooking spray | 2 large eggs |
| 1 large egg white | 1/2 cup sugar |
| 3 TBS Irish cream (Bailey's) | 1 TBS instant espresso or 2 TBS instant coffee granules |
| 1/8 teaspoon salt | 1 (12-ounce) can evaporated skim milk |

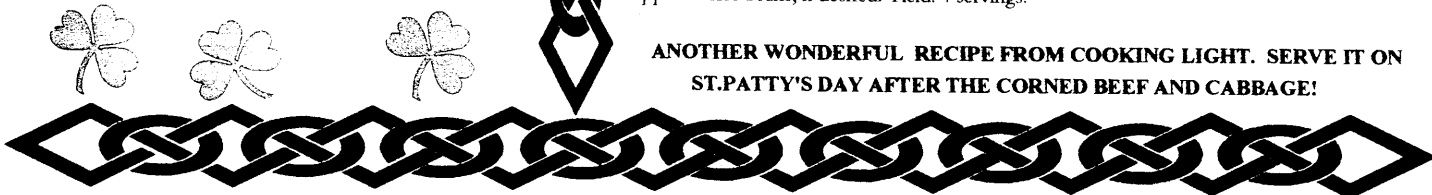
Chopped chocolate-covered coffee beans (optional)

Instructions:

- Preheat oven to 325°.
- Combine 1/3 cup sugar and 3 tablespoons water in a small, heavy saucepan over medium-high heat; cook until sugar dissolves, stirring frequently. Continue cooking until golden (about 4 minutes). Immediately pour into 4 (6-ounce) ramekins or custard cups coated with cooking spray, tilting each cup quickly until caramelized sugar coats bottom of cup. Set aside.
- Beat eggs and egg white in a medium bowl with a whisk. Stir in 1/2 cup sugar, liqueur, espresso, salt, and milk. Divide mixture evenly among prepared custard cups. Place cups in a 9-inch square baking pan; add hot water to pan to a depth of 1 inch. Bake at 325° for 55 minutes or until a knife inserted in center comes out clean. Remove cups from pan. Cover and chill at least 4 hours.
- Loosen edges of custards with a knife or rubber spatula. Place a dessert plate, upside down, on top of each cup; invert onto plates. Drizzle any remaining caramelized syrup over custards. Garnish with chopped coffee beans, if desired. Yield: 4 servings.



ANOTHER WONDERFUL RECIPE FROM COOKING LIGHT. SERVE IT ON ST.PATTY'S DAY AFTER THE CORNED BEEF AND CABBAGE!



Welcome New Members
The Dale Yambor Family
of Crown Point, IN

KRRC OFFICERS

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Treasurer,	Ron Ruda	939-1749

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KRRC WEBSITE

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