



THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



APRIL

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Phil's Files



by Phil Neubert

On March 12, Jeff Lonergan, Pat Koerner, and I carpoled to Bloomington to do the St. Pat's Day 5K. The night before it had snowed 6 inches in Springfield but Pat assured us that Bloomington only had a dusting of snow. The one and a half hour drive went very fast due to interesting conversation and when we arrived, there wasn't a hint of snow other than snow chunks from cars along I-55. It was sunny, dry, and almost 50 degrees at race time.

The gun sounded and off we went. The first mile was fast because we were running with the wind. Peter Kershaw was with me for most of the first mile. The second mile I tried to hang tough but I was 30 seconds slower than the first. The third mile became a competition between me and two other guys, which I eventually lost. I was a little disappointed with myself for not pushing harder. Running against the wind caused me to wimp out a little bit. I was happy with my time, which was 18:16, good for 18th overall out of 347 and 9th in my age group. Ninth? That's right, ninth! Pat was 10th overall in a time of 16:59. Jeff also ran well.

The post-race party was at the VFW so there was beer, of course. After I went through the line and picked out 3 cookies, which were very good, I started on the beer. I was feeling pretty good by the time I left but hey, I wasn't driving. During the post-race party I talked with John and Robert Pool, John Bastuck, who is the race director of Canal Connection, and some runners from the Bloomington area. Plenty of beer, friends, and conversation made for a great party.

In April, I'm running the Fool's Run of the 1st at 4:30 in Park Forest. I'm looking forward to drinking beer and eating brats afterwards. The 8th is the Fab 4 in New Lenox. The 15th is Just A Little Run in Lansing. The 22nd is the Membership Run for the Starved Rockers just south of Utica and the 29th in River to River. Sounds like a busy month so I should have plenty to write about in the near future. I should mention that there is a cross-country race at the Camp Shaw-wa-nasee, 4H Camp on April 9th at 11 a.m. That sounds like fun to me. See you next month!

Phil

This jerk's been riding my tail for, like, two miles. If she doesn't back off, I'm gonna stop suddenly and make her swerve!



Jogger Road Rage

Running for Lauren
by Nancy J. Ruda

April 18, 2000 will be like no other Patriots Day for Tammi Gross, a biology teacher from Bradley-Bourbonnais Community High School. Not only will she embark on her first running of the infamous Boston Marathon, she will be pounding the pavement with different goals than those of the runners beside her.

Tammi's goal is not to complete 26.2 miles in a specific time or at a specific pace. Her only objective is much more heartfelt ... to cover the distance for her daughter, Lauren.

So, while mom dons her running shoes, April 18 will probably be like most other days for four-year-old Lauren. She'll get up, play with her Barbies for a little bit, and then head out to pre-kindergarten class at Bradley East Elementary School. A fairly typical day for most young girls.

The difference is that Lauren's typical days are anything but typical. That's because this sparkling lass is wheelchair bound and ventilator dependent.

Lauren has spinal muscular atrophy, an inherited neuromuscular disease that affects the specialized nerve cells or motor neurons that control the movement of voluntary muscles. It causes the lower motor neurons in the base of the brain and the spinal cord to disintegrate, preventing them from delivering the electrical and chemical signals that muscles depend on and require for normal function.

For those with SMA, the senses - sight, hearing, and touch - function properly, as do the involuntary muscles, such as those that control the bladder and bowel functions. And, intelligence and cognitive abilities are normal or, as in Lauren's case, above average.

Lauren is unable to lift or hold up her head, legs, and arms. She has slight movement in the thumb of one hand and can lightly shake her head laterally to signal, "no." A raise of her expressive eyebrows is a "yes." She communicates with guttural inflections and sing-song imitations of those around her. Although she can taste food, she cannot swallow and is fed through a gastric tube.

The difference between others with SMA and Lauren is that she has defied the milestone of all odds: Children with her condition, SMA type 1, generally perish by age 2. Take note: Lauren will celebrate her fifth birthday this July.

As a quadriplegic, Lauren requires one-on-one 24/7/365 care. She knows where she wants to go and what she wants to do, but she lacks the muscle to get there to do it. Not only does Lauren have a primary/day nurse, she has others who rotate with her nightly care. Lauren's sole communication device is a personally programmed "Dynavox" or a picture computer that she controls via a highly sensitive static touch switch attached to her left thumb. Her quality of life is truly dependent on technology, as the computer provides her with the ability to communicate, to express her feelings, to learn, and to thrive.

With the concerted goal of maintaining Lauren's muscles at their current functional level, her family and her nurses have embarked on a crusade to raise donations for the technological hardware and software that can continue to open the doors of her world. That translates to purchasing a PC (Lauren's current system is a "loaner" from her primary nurse.); ongoing software and games that will educate, entertain, and grow with her; and the myriad of special interface adapters and switches.

As with most other facets of technology, cost-prohibitiveness is the problem. "Lauren's world is out there. Unfortunately, it's expensive, it's ongoing, and it's not covered by insurance," her mother reflects. "But, we're determined to get it for her."

And, one of the best ways Tammi will do it is by "Running for Lauren." Completing last year's Chicago Marathon (her first) in an impressive top nine percent of the 29,000 field, she qualified to run this year's Boston. A determined mom who gets up every day at 4:00 a.m. to train, Tammi and her family are seeking donations for her efforts.

So, Kankakee River Running Club members, why don't we all run for Lauren by donating to her future? Please call me if you would like to pledge per mile for her mom's Boston Marathon

(939-1749). Donations can also be made directly to an account at Kankakee Federal Savings Bank. All contributions will be used solely to purchase the computers, software, and technology necessary for Lauren's ongoing education and improved communication abilities.

Come on, let's all run to the bank for Lauren.

Anne Clarke; began marathons at age 69

By Gene Kuleta
TRIBUNE STAFF WRITER

Anne Clarke, 90, a 12-year resident of Carol Stream, died Monday, March 20, in Central DuPage Hospital in Winfield.

Born in Mangum, Okla., Mrs. Clarke began a marathon running career at age 69. After retiring from her 25-year elementary teaching career, Mrs. Clarke began jogging to remain fit. In her 60s, she began working out at the B.R. Ryall YMCA.

"She just decided that she wanted to get some exercise," said her son, Robert. Then a few friends at the YMCA suggested to Mrs. Clarke that she begin running competitively. She found that she had remarkable stamina and could run long distances.

"It took a while for her to realize she had this ability, because she had basically led a sedentary lifestyle," her son said. "She had absolutely no athletic background at all."

Mrs. Clarke ran a 10K race in Chicago when she was 69 and soon after decided to try competitive marathon running.

"She just found that people encouraged her," Robert Clarke said. "She had an incredible determination." In more than 10 years of running marathons, she competed in races in cities, including Chicago, Honolulu and Paris.

Even after running her last marathon in her early 80s, Mrs. Clarke continued taking aerobic classes three times each week and spoke to groups of senior citizens

at retirement centers. Mrs. Clarke, who set running records for her age group, also received the Ageless Hero award, which was presented by former President George Bush.

Before discovering her talent for running, Mrs. Clarke taught 2nd grade for 25 years at Forest Glen School in Glen Ellyn.

Before moving to the Chicago area, she was a substitute teacher in Iowa, where she lived for several years. Mrs. Clarke graduated from Butler University in Indianapolis.

Mrs. Clarke is also survived by a son, David.

Memorial services ^{were} ~~will be~~ at 3 p.m. Saturday in the First Congregational Church of Glen Ellyn, 535 Forest Ave., Glen Ellyn.

Happy Birthday!!



APRIL BIRTHDAYS

Name	Birthday	Age
Connie Angelo	4/12/53	47
Tom Baldwin	4/07/20	80
Kyle Barrett	4/03/94	6
Emma Bevis	4/18/96	4
Dave Bohlke	4/20/46	54
Joe Burgess	4/29/57	43
Nathaniel Draine	4/03/81	19
Charles Draine	4/04/55	45
Anna Goodberlet	4/17/58	42
Kyle Goodberlet	4/04/82	18
Greg Guimond	4/26/51	49
Connie Guimond	4/14/51	49
Chantorie Haynes	4/30/78	22
Georganne Hickey	4/09/52	48
Charles Kennedy	4/12/38	62
Patricia Kershaw	4/26/55	45
Mary Kilbride	4/14/71	29
Mark McDermott	4/19/48	52
Dee Osenglewski	4/02/56	44
James Ruberg	4/10/51	49
Ron Ruda	4/18/47	53
Ken Stark	4/02/43	57



Fast-N-Fit Foods

by Janet Shelly

5 Cup Salad

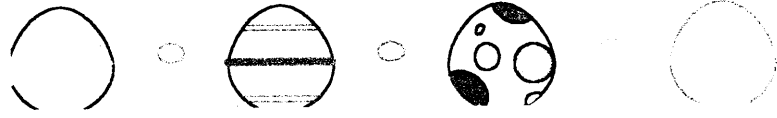
- 1 lg. can pineapple chunks, drained
- 1 med. can mandarin oranges, drained
- 1 cup shredded coconut
- 1 cup miniature marshmallows
- 1 cup light sour cream, or plain yogurt

Combine all ingredients.

Cover, chill several hours or over night.

I always double this. I use 3 cans of oranges for a double recipe.

A great addition to your Easter Day menu!



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THE FINISH LINE

Feb. 19 th, Edison Festival of Light 5K, Ft. Meyers, FL

John Hickey 27:00 8AG

Dan Gould 21:27 8AG

Feb. 26th, Swamp Stomp 5K, LaBelle, FL

John Hickey 25:56 2AG

Feb. 26th, Strawberry Classic 10K, Temple Terrace, FL

Dan Gould 43:07 2AG

Mar. 4th, Meadow Pointe Classic 2000, Tampa, FL

Dan Gould 10K 44:30 3AG

John Hickey 5K 25:47

Mar. 12th, St. Pat's 5K, Bloomington, IL

Pat Koerner 16:59

Phil Newberry 18:16

Peter Kershaw 19:25

Larry Lane 20:31

Bob Pool 21:11 2AG

Jeff Lonergan 21:14

John Pool 22:10

Carol Pratt 23:06 2AG

John Pool 22:30

Debbie Renville 26:29 PR

Chillicothe 5K,

Robert Pool 21:37 3AG

John Pool 22:33 3AG

Mar. 18th, Mountain Goat Hill Run 9 Miler, Danville, IL

Debbie Renville 1:30:41

Mar. 18th, Miller Park 5K, Bloomington, IL

Pat Koerner 17:31 1AG

Charlie Grotevant 20:48 3AG 55-59

Mar. 19th, March Madness Half-Marathon, Carv, IL

Kevin Gum 1:30:51 6:56/mile

Mar. 25th, Walleve 5K, Spring Valley, IL

Charlie Grotevant 20:59 2AG 55-59

Mar. 26th, Shamrock Shuffle 8K

John Vallone 34:14

BEST OF LUCK

AT

BOSTON

TO

KEVIN GUM,

BRYCE BAKER,

JOHN VALLONE

& TAMMI GROSS!

WE'LL BE

CHEERING

FOR YOU!!!



THE STARTING LINE

Apr. 8th-FAB 4 -9:00 a.m, New Lenox, IL (815) 941-3802

Apr. 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.

Apr. 15th-Eureka Spring 4 Mile -9:30a.m.-Eureka,IL Don (309)467-2119

Apr. 15th-Just A Little Run/Walk - 9:00a.m. - Lansing, IL (708)474-8552

Apr.16th-Get Fit 5K-9:00a.m.-Skokie, IL (847)674-1500 Ext. 0

Apr. 17th-Boston Marathon - noon

Apr. 22nd - Starved Rock Membership Run - 9:00a.m.-Ottawa, IL

JoAnne Kammerer (815)795-3936

Apr. 30th-Lake County Marathon, 1/2 Marathon, 10K, 3.5- 8:15 a.m. -Zion,

IL www.lakecountyraces.com

May 6th-Lake Run 12K-9:00a.m.-Lake Bloomington, IL

Rich Beal (309)662-4014

May 6th-Palos 3 Miler - 8a.m. - Palos, IL Liam (708)448-9200

May 7th-Earls 5K- 9a.m.- Earl's Cafe, Joliet, IL (815)729-1971

Run For It!

