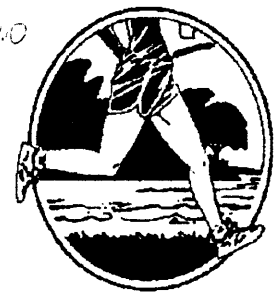




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THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



JUNE 2000 KRRC NEWSLETTER, P.O. BOX 535, BOURBONNAIS, IL 60914 ISSUE 148

Jeff's Jog'n Jarg'n



by Jeff Lonergan

The Perry Farm Race generated a larger crowd than it did last year. Attendance was up from 29 to 31. This year, as last, the unshaded course made for a hot run. At times there was a bit of a breeze, but the low spots on the course offered no relief –only hot, dry air. We ran the same course as last year, which I liked since it's marked at every 1/10 mile. There was never any doubt as to how much farther I had to go. Pat Koerner led the race and took first place overall with a time of 22:45. Theresa Burgard once again led the race for the women and won with her time of 31:10. By mile one, I still had view of Peter Kershaw and Rich Olmstead. John Bevis, who is getting back to running after surgery, was next to me. John seems to be recovering very quickly and we should be seeing a lot more of him at the races. Going up the big hill on the back stretch of the loop wasn't too bad the first time around, but the second time I really felt how hot and humid it was. After I finished, I ventured back out on to the course to look for my wife, Marcia. I saw Theresa Burgard, Carol Vallone, and Deb Renville coming up the path running good, steady paces to the finish. Eventually, I saw Marcia struggling to finish and eventually she did. Awards were given to the overall male and female winners and to first in each age group. Post race snacks included doughnut holes, cookies and pop. Overall, it was a nice little race. Hope to see more of our members out next year supporting this local race.

The following day, Sunday, May 7th, almost started off on the wrong foot. When discussing race plans with Dan Gould on Saturday, I mistakenly told him that race time was 8 a.m. The plan was for Dan to pick us up at 6:15 a.m. Luckily, at 10 p.m. Saturday night, Marcia looked at the race app. and noticed that race time was 9 a.m. not 8 a.m. After a bit of discussion, we decided it would be better to call Dan right then instead of waiting until he showed up at our door at 6:15 a.m. with us still asleep. With all that straightened out, we arrived at Earl's Café shortly behind Pat Koerner and the rain. It didn't look good at first, but the rain let up just in time to get registered and warmed up for the race. Once the race started, Dan took off like a rocket and I was never able to get close to him. After the two-mile mark, the road was tore up and made for unsure footing for about ½ mile. I didn't enjoy that part of the course but Marcia used it to her advantage and was able to pick up her pace a little. It reminded her of her old cross-country days. Afterwards, the three of us joined Pat Koerner and Doug McWilliams for beer and roast beef sandwiches during the presentation of awards. Pat, who finished 2nd overall and 1st in his age group, was happy with his performance. Dan placed 2nd in his age group and I took 3rd in mine. Doug McWilliams didn't place, however, he ran very well and has been running a new P.R. almost every race. "Where was Phil Newberry?", you ask. He was at church! I think he's afraid I'm going to be beating him soon so he was asking for some back-up help! For the remainder of May, Marcia and I ran in 4 more races. I'm starting to get her into my bad habit of running races back-to-back on Saturdays and Sundays. It must be a good thing, because her times are improving at each race. Hope to see all of you at the Kilbride 5K and Bourbonnais Friendship 5K. Jeff Lonergan

CORN PLANTAR BLUES - Chapter 2
(Continued from 1996) - by Charlie Grotevant

It's attitude adjustment time! The scourge is back! Once again my aging body is failing me. The plantar fasciitis in the right foot, which put me on the bicycle and off my feet in 1996 has jumped to my left foot. This has been simultaneous with corn planting season. My winter visit with my podiatrist, Dr. Phillip Logsdon at Carle Clinic in Urbana, resulted in updated orthotics and his annual warning that running more than 20-25 miles per week is an invitation for more injuries as I grow older. I had hoped the new orthotics would ease my pains. Wrong! Today, May 11th, another rain out day for farming, gave me time to call Dr. Charles Lansford, my primary care physician at Carle, to ask if I should have X-rays of my foot to look for a possible stress fracture of the heel or determine if I have torn plantar fascia tissue. His nurse took my questions. Dr. Lansford returned my call this PM. He had consulted with Dr. Logsdon, after receiving my questions, and they made the unanimous recommendation that I purchase a bicycle and swimming trunks. I replied "I purchased a better bike 3 weeks ago and my butt is already sore from riding. I don't plan to buy swimming trunks because I don't swim well, I have no desire to swim any better, and most importantly, my aging body needs to be covered by more than swimming trunks." We continued our telephone diagnosis and decided there was no need for X-rays because I would have additional symptoms if there was a fracture. "Thank you, Doctor Lansford."

Inflammation of the plantar fascia can be the result of chronic strain caused by overuse. Overuse and abuse? No Way! Or is it? My training runs are slower, but the enjoyment of running country roads in whatever the weather continues. The adrenaline surge from the excitement of each race continues to let me run good times. It overrides the pain during the race. However, after the race the pain has become nearly unbearable. I limp for 2 or 3 days. That puts stress on other parts of my body. A ½ marathon on April 2nd was 1:39:30 of agony. No fun at all! My mental toughness is diminishing. I checked my running log. Since Oct. 31st, following harvest completion, and through April 22nd I have raced 19 times and totaled 993 miles. That does exceed Dr. Logsdon's recommendation. What do farmers and runners have in common? The ability to whine! Farmers whine about low prices and uncooperative weather. Runners whine about injuries. Frustration causes whining. Uncontrollable events which effect our lives and lifestyles cause frustration. I ease my frustrations by running. The more frustrations I have on a given day, the more miles I need to run to overcome them. What a cycle I'm in. The more I need to run, the less I'm able to run. I do not want to lose the mental and physical benefits of vigorous exercise I have enjoyed for nearly 17 years. Still looking for answers, I inventoried my vast file of magazine clippings regarding running injuries. I came across a Sports Medicine column in *Running Times* by Linn Compton pointing out the plantar fascia can be easily strained when the body compensates for biomechanical abnormalities by increasing foot rotation. My constantly tight hamstrings and the painful periformis of my right leg combined with the degenerative disc disease of my lower back have reduced my hip motion. My left Achilles tendon has never regained the flexibility of the right Achilles since 1995. That's when I ran a marathon with a sore Achilles and finished with a partial tear. Another instance of stupidity and stubbornness substituting for mental toughness. Indeed, I have acquired biomechanical abnormalities during my years of running. Another interesting paragraph in Linn Compton's article pointed out symptoms that mimic plantar fasciitis can also be the result of systemic diseases such as ulcerative colitis. That caught my attention! I can declare with absolute certainty that this is not a possibility in my case because my chronic ulcerative colitis was cured on Nov. 10, 1983, with the surgical removal of my large intestine. Whenever I make a strong statement of denial, such as this, I think of Dolly Parton's reply when once asked by an interviewer if she was offended by "dumb blonde" jokes. "No!", Dolly answered emphatically, "Because I know I'm not dumb and I know I'm not blonde!". Well, I know I don't have ulcerative colitis. In the words of the Hank Williams Jr. song, "I need an Attitude Adjustment to make my whole outlook brand new". Will I find it on my bike? I have already learned biking on windy days is much more challenging than running on windy days. Will I be able to limit my running mileage to less than 25 miles per week when this tissue heals enough to allow me to run again? Can I make a comeback from injury as I have done in the past?

(Cont'd)

Whenever I spend too much time thinking about myself, as I'm doing today, I re-read the following words of Larry Moles:

I've never made a fortune and its probably too late now
But I don't worry about that much, I'm happy anyhow.
As I go along life's journey, I'm reaping better than I've sowed.
I'm drinking from my saucer, cause my cup has overflowed.
Ain't got a lot of riches, sometimes the goings rough,
But I've got a wife and family that love me - that makes me rich enough.
I just thank God for his blessings, and the mercy he's bestowed.
I'm drinking from my saucer, cause my cup has overflowed.
And I remember times when things went wrong and my faith got a little thin,
But then all at once the dark clouds broke and the old sun broke through again.
So Lord, help me not to gripe about the tough rows I have hoed -
I'm drinking from my saucer, cause my cup has overflowed.
And if God gives me the strength and courage when the way gets steep and rough,
I won't ask for other blessings - I'm already blessed enough.
And may I never be too busy to help another bear his load.
Then I'll keep drinking from my saucer cause my cup has overflowed.

If all goes well, and I remain patient during the healing process, perhaps
I will be running a limited amount by the time this newsletter is
published. See you at the races! Charlie Grotevant

Summer Pizza/Chili Party 2000

The club is having a **Family Event**

Thanks to John & Carol Vallone

When: Sunday June 25th

Time: 3:00pm

Where: The Vallones garage

1241 Tower Rd, Bourbonnais

RSVP at: 815 - 937- 4668

The club will provide **HOMEMADE** Pizzas
from the famous **Vallone** stone ovens.

Real dough on stone cook-in.

Made by master pizza chefs John & Dave.

Cooked to Order!

Bring a sample of you best **Chili**, a panel of experts will award
a winner, and you may walk home with a **Fabulous** prize.

(one winner only, no rules, just cook)

Come out, meet some of the other members, and relax for a few hours!

Hope to here from you, The Pizza/Chili committee.

BYOB

A note from the Pres...

Hello again. I hope everyone is having a good spring/summer. I'm still injured, but that's ok, I'll be back. Watch out Bevis, and Newberry. If you can try to make the Summer party on the 25th but make sure you RSVP so we can gage how much pizza fixins to order. It should be a good time. Other than that the Killbride race is the fourth SARC race and last year our club won that won so I suppose we will again. I do have one story. Memorial Day I went for a run on a rather busy road. A car went by quite fast with three male youths in it. Of course I was running against traffic, which you should always do, and the guy in the back seat threw a 16oz soda container out the window at me that just missed my head. I assume the car was traveling 60 to 70 MPH. So if your on a busy road stay alert, and if you can try running trails or less traveled roads, there are still a few nuts out there. Be careful, and thanks for being a member, Dave Barrett...

On Dan's Run
By Dan Gould

How do I begin? Well, I guess a greeting is in order. Hi, my name is Dan. For a number of years ago I wrote a column for this newsletter. The spirit once again moves me. Well, yes, more frequently toward the bathroom, but that happens with old age. I am retired – retired newsletter editor, retired race director, retired judge. I play golf more like a retarded judge than a retired judge, but that is another story. I just want to share some news of club members, past and present.

If it is the last weekend in April, Ken Klipp is in DesMoines, home of the Drake Relays. Ken has been there almost every year since he first set foot on that track almost 30 years ago as a member of the Eastern Illinois track team to challenge a lanky kid from Kansas named Jim Ryun. Strangely enough, Jim doesn't mention Ken in his autobiography, *In Quest of Gold*.

For the last nine years, I've shared the fun with Ken and a few others. Others making the trip this year were Bill Linn, Larry Lane, Jack Dalton, and Harry Simmon. We drove over on Thursday, watched the events on Friday and Saturday, and drove back on Saturday night. The trip is a runner's equivalent of the boys' night out.

This was a special year as Harry joined us for the first time since '93. A recently retired international business executive with a passion for sailing, Harry was president of our club for a number of years in the 80's. His fireside chats with Glug in hand are legend. Harry doesn't remember them, but they are legend.

Harry and his wife, Jamie (Kankakee Valley Primetime) were very active in the running community and both were triathletes. They are completing a beautiful new home at the Kankakee River State Park (no, that is not the much cussed and discussed State Park Lodge). Harry is returning to running, but I fear that sailboat in Lake Michigan means we won't see a lot of him. He did run the Drake Relays 8K On-the-Roads, his first race in 10 or more years.

Jack Dalton and his wife, Elly, were also very much a part of our running community in the 80's. Jack and Elly now live near Atlanta. Jack, also retired, had to give up running after back surgery. He maintains his fitness by bicycling.

The kids are growing up! Marty Klipp, who graduated from college last year, now lives and works in Iowa where he continues to run (what else is there to do in Iowa?). He joined us in DesMoines after work on Friday and for Saturday's festivities.

Brett Linn, who grew up going to the races in the Dan van, is off to college as is Kyle Goodberlet. Krista Hickey is home for the summer after her first year of college.

Nancy Ruda had a nice piece in *The Daily Journal* on Tom Goodberlet. Tom was profiled for his work as a volunteer soccer coach. Tom's running these days is pretty much of the fitness variety, but I sense he really wants to be competitive again. I saw him running at the State Park on a week day morning. Hey! Don't you have a job?

Dave (El Presidente) and Chris Barrett are expecting their third child in July. They have bought acreage and will build once their home in the Linn-Koerner-Barrett running complex is sold.

Pat Koerner has written off his dream of being a model. While working on a piece of farm machinery a few weeks ago, a gust of wind caused a piece of equipment to hit him in the face. Pat was able to drive himself to the doctor's office. He noted that if you walk in bleeding you get immediate service (doctor's name and address will be furnished upon request).

Charlie Grotevant is not only "down on the farm," but a bit down. As you will read in his Corn Plantar Blues II, plantar fasciitis has him on the bicycle. Has anyone got a remedy Charlie hasn't tried in the last six years?

Doug McWilliams is four years into the road running and looking forward to improving times. He ran a PR at the new race in Plainfield in May.

Tom Stluka has won the New York Lottery – the marathon lottery! He will run the Big Apple in November. He will not, however, be around to direct the Beecher 5K in July, so it is not going to happen. He said it might be rescheduled for later in the year.

YOUR PULL-PROOF PLAN

Guard against common strains and tears

PULLED PORK IS TASTY. Pulled punches save lives. But pulled muscles suck. Don Chu, Ph.D., C.S.C.S., told us how to keep muscle and tendon working together, and how to recover from a separation.

Prevent a pull

It's all about preparation and recovery, baby.

► *Before your workout...*

Jog for 10 minutes. Jogging gets blood pumping to your legs so they're better able to handle sudden stop-and-start moves. And it's more effective than stretching. Two recent studies showed no difference in injury rates between those who stretched before a workout and those who didn't.



How long you're out

1. Groin

► *How you pull it:* Making any sudden, side-to-side movements that stress your inner thigh in sports like basketball, tennis, or football

► *Healing time:* 6 weeks. The area gets little circulation so it misses out on blood's healing nutrients.

2. Hamstring

► *How you pull it:* Going for a rebound, or any type of jumping or sprinting

► *Healing time:* 5 weeks. The tendon connecting the hamstring to the pelvic bone isn't as thick or strong as other tendons.

3. Calf

► *How you pull it:* Hiking uphill, or any movement that forces your calf to flex quickly or at a sharp angle

► *Healing time:* 3 weeks. The calf tends to heal

Speed up your recovery

Stretch with an ice pack on a sore muscle. When your muscle is cold, it's relaxed and stays elongated during stretching. This makes it easier for blood to get to the injury to heal it, Chu says. When treating a pulled muscle, tape an ice pack to the tender part and stretch the muscle for 12 to 20 minutes a day. That can knock days or weeks off your recovery time.

Drink during the day. "If you're not drinking enough, your body will steal water from your muscles, leaving them vulnerable," Chu says.

► *After your workout...*

Take a hot shower for 10 minutes, then switch to cool for as long as you can stand it. "The contrast in temperature will increase bloodflow and squeeze out lactic acid, the substance that keeps your muscles from functioning properly later," Chu explains.



quickly because it has more muscle fibers.

4. Quadriceps

► *How you pull it:* Playing with her cat, or any move that hyperextends your leg in a kicking motion

► *Healing time:* 2 weeks. This area of the leg gets the most circulation, so it takes the least amount of downtime to heal.

Dave Cagle, director of KCTC, is also looking forward to a fall marathon – Chicago. I think this will be his fourth year there where his goal is to break four hours. Dave is also the race director of the Boxtrot 5K that got rave reviews in its debut last year. Mark your calendar for July 30th – it will be back!

Jeff and Marcia Lonergan are enjoying their new home, only a mile from Riverside's Health & Fitness Center and 2-3 miles from the Davis Creek Access to the Kankakee River State Park. Jeff works out at RHFC while planning his strategy for kicking my butt at the races. It worked at Plainfield! Marcia is starting to look like a serious runner again. She and Deb Renville have been putting in some serious mileage at the park.

Gerry Kilbride has recovered – is recovering – from his by-pass surgery earlier this year and looking forward to the Kilbride Family Classic on Father's Day. He hopes that no club members – or anyone else for that matter – will leave the race in the ambulance this year. Two years ago Gerry was carted off and Dorothy Baldwin's collapse at the finish line last year scared a number of people to tears. Happily, both Gerry and Dorothy are alive and kicking, but we can do without that kind of excitement.

John Bevis is sporting the shaved head look in sympathy for a friend whose chemo treatment has taken his hair. John is in the process of rebuilding his fitness after several weeks off due to surgery.

Marge Flynn gets in her workout at 5:30 A.M. before going to work. She is race director for the Bourbonnais Friendship Festival 5K. John Flynn, who retired only to take another job, is leading a group at Riverside Health & Fitness Center.

John and Erma Hickey are due in Illinois in June. Erma is scheduled to have knee surgery when she returns to Florida.

As you will note in *The Starting Line*, the 5K Series at Small Memorial Park has been replaced with training run at Perry Farm. I hate to see the 5K Series die, but only 20-30 people were showing up. So, we meet at the Perry Farm, work up a sweat, and, after the sweat dries, go to Chicago Dough for the Tuesday night buffet. Such a deal!

Hope to see you on Dan's Run!

RUN FOR FUN * RUN FOR HEALTH * RUN FOR LIFE

THE STARTING LINE

Sun., Jun. 4, 8:00 A.M. – Provena St. Joe's Racing Hearts 8K, 333 N. Madison, Joliet. Janet Long 741-7664

Sat., June 10, 7:45 A.M.- Steamboat 4 Mile, Peoria, IL 309-676-6378

Sat., June 10, 9A.M.-Lake Mingo Trail 7.1 Miler, Danville, IL 217-431-5318

Sun., June 11, 7:30A.M.- Turkey Trot 5K, Tremont, IL 309-925-5341

Sun., June 11, 9A.M.- Humana's I Feel Good 5K, 2 mile walk, ½ mile kids run, Diversey Harbor, Chicago 773-868-3010

Tues., Jun. 13, 6:30 P.M. – Chicago Dough Calorie Run, Perry Farm. The 5K series has died from lack of interest, so we will meet at the Perry Farm for a headcount and training run or walk – you pick your distance – before we go to Chicago Dough for the Tuesday night buffet. Non-athletes and those on the injured list can wait in the gazebo.

Sat., Jun. 17, 8:00 A.M. – Canal Days 5K, Lockport. 838-1183

Sun., Jun. 18, 8:00 A.M. - Kilbride Family Classic 5K & 2 Mile Walk, Cobb Park, Kankakee. Gerry Kilbride 932-3885 or 937-4200

Sat., June 24, 7:30A.M.- Gridley Fest 5K, Gridley, IL 309-749-2130

Sun., Jun. 25, 8:00 A.M. - Bourbonnais Friendship Festival 5K Run/Fitness Walk, Bourbonnais Mun. Cen. Marge Flynn 932-5198

Tues., Jul. 4, 8 A.M. – 5K Run for Glory, Streator. Dave Summers 672-6462

Tues., Jul. 4, 8 A.M., - Lemont Freedom Run 5K/10K. Fred 630-257-6787.

Tues., Jul. 4, 7:30 A.M. – Park to Park 5 Mile, Bloomington, IL. Paul 309-828-1415

Sat., Jul. 8, 8:00 A.M. - Kankakee YMCA 5K Run and Fun Walk, Pat Koerner 932-1009

Tues., Jul. 11, 6:30 P.M. - Chicago Dough Calorie Run, Perry Farm. A training run before the Chicago Dough buffet.

*

Sat., Jul. CANCELLED Beecher 5K Run and Fitness Walk, Community Center, 673 Penfield.

Thurs., Jul. 27 – 7:15 P.M. – Sundowner 5K, New Lenox. Dan LaVire, 630-759-2329.

Sun., Jul. 30, 8:00 A.M. – 2d Annual KCTC Boxtrot 5K & Fitness Walk, Kankakee County Training Center, 333 S. Schuyler, Bradley. Dave Cagle, 932-4022

Sun., July 30, 9:00A.M.- Wilmington Catfish Fest 5K & 1 Mile Walk, Wilmington, IL 815-476-2079

Tues., Aug. 8, 6:30 P.M - Tues., Jul. 11, 6:30 P.M. - Chicago Dough Calorie Run, Perry Farm. A training run before the Chicago Dough buffet.

Sat., Aug. 12, 8:00 A.M. - Momence Gladiolus 5K/10K Runs and 1 Mile Walk, Momence H.S., Mike Hickey, 472-2253

Sun., Sep. 3, 5:00 P.M. - Herscher Hare & Tortoise 5K / 2 Mile Fun Walk, Herscher Park.

Fri., Sep. 8, 6:30 P.M. - Peotone Country Classic 5K. Kirsten Steeves, 708-258-3939

Sun., Sep. 10, Kankakee YMCA Tri-City Triathlon, .5 swim, 20 Mile bike, 10K. Pam Gall 933-1741 ext. 232

Sun., Oct. 8, 8:00 A.M. - Kankakee River 10K Run & 2 Mile Walk, Kankakee River State Park, Jeff Lonergan 933-1695

Sun., Dec. 10, 9:00 A.M. - Jingle Bell Run for Arthritis 5K & Fitness Walk, Shapiro Developmental Center, Kankakee, Phil 933-4935 or 937-3382(W)

*

Sat., July 22nd, 8:00A.M.-The Heart of the Matter 5K Run/2MileWalk/kid's run Provena St. Mary's Hospital, Kankakee, IL \$15/\$18 Patty Kershaw (815)936-3256

THE FINISH LINE

Apr. 17th, BOSTON MARATHON

Kevin Gum 3:10:26
John Vallone 3:32:54

Apr. 22nd, AMA 5K-Springfield, IL

Mike McGuckin 25:01 78/152

Apr. 29th, Temple Terrace 5K-Temple Terrace, FL

John Hickey 5K 26:44 3AG

May 20th, Great Red Bean Race 5K, Mandeville, LA

John Hickey 26:48 1AG

May 6th, Perry Farm 4 Miler, Bourbonnais, IL

Pat Koerner 22:45 1OA
James Rattin 23:39 1AG
Peter Kershaw 25:48 2AG
Rich Olmstead 27:07
Jeff Lonergan 27:32
John Bevis 27:45 2AG
David Merillat 27:58
Theresa Burgard 31:10 1OA
Dale Yambor 32:05
Don McCarty 35:01
Carol Vallone 35:18 1AG
Deb Renville 35:56 2AG
Mark Lesyna 37:18
Marcia Lonergan 41:56

May 6th, Lake Run 12K, Lake Bloomington, IL

Mike McGuckin 35:29

May 7th, Earl's 5K-Joliet, IL

Pat Koerner 17:29 1AG/2OA
Dan Gould 20:51 2AG
Jeff Lonergan 21:17 3AG
Doug McWilliams 23:44
Marcia Lonergan 31:07

May 13th, Meteor May 5K, Mokena Jr. H.S., IL

Jeff Lonergan 20:56 1AG
Marcia Lonergan 28:46

May 14th Romeoville 4 Miler, IL

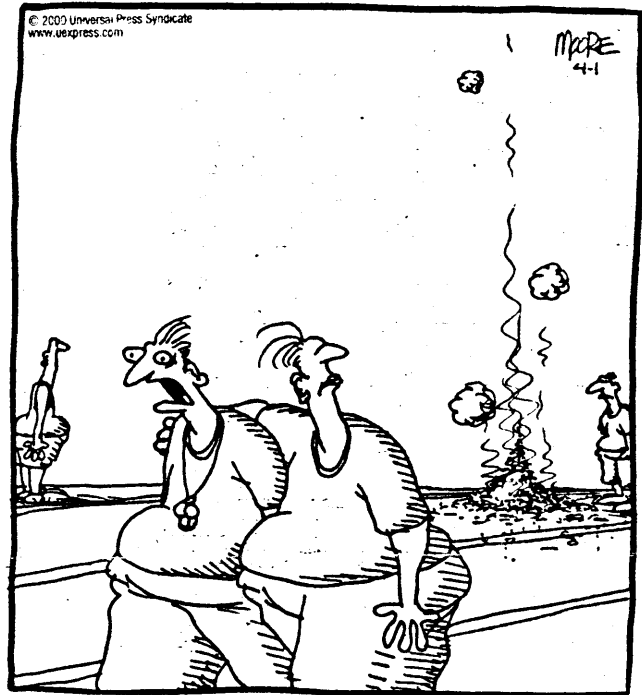
Phil Newberry 24:18
Jeff Lonergan 27:10 1AG
Marcia Lonergan 37:14 1 husband-wife team

May 21st, Plainfield Strawberry Fest 5K, IL

Pat Koerner 17:01 3OA
Jeff Lonergan 20:27
Dan Gould 20:33
Deb Renville 26:25
Marcia Lonergan 26:32

May 29th, Streator 5K, IL

Phil Newberry 18:05 2AG
Pat Koerner 19:51
Chris Walsh 18:28 1OA/Course Record
Larry Lane 20:02 3AG
Dan Gould 20:21 2AG
Jeff Lonergan 20:27
Doug McWilliams 21:42
Carol Pratt 22:40 1AG



"I warned him. I said, 'Doug, take it easy the first few laps or you'll burn out in the final stretch.'"

Eat carbohydrates before 6 p.m.
They're a good energy source, and you probably don't need a lot of energy in the evening if you're just going to watch television after dinner. Excess carbs end up as fat.

Men's Fitness, 21100 Erwin St., Woodland Hills, CA 91367, monthly, \$26.50/yr.

You'll burn more calories on a stair climber by keeping your arms close to your body and pumping them up and down. On an elliptical trainer, hold on gently with your hands. This makes your body work harder because you increase resistance.

Self, 350 Madison Ave., New York, NY 10017, monthly, \$15/yr.

On a stair climber, step at a sprinter's pace instead of at a normal walker's pace. You'll burn almost an extra 100 calories in just 10 minutes.

Self, 350 Madison Ave., New York, NY 10017, monthly, \$15/yr.

Happy Birthday!!



June BIRTHDAYS

Name	Birthday	Age
Amy Baldwin	6/14/86	14
Sara Batkiewicz	6/06/84	16
Erica Batkiewicz	6/06/84	16
Cheryl Bevis	6/01/65	35
Jonathan Kershaw	6/20/83	17
Marty Klipp	6/23/76	24
Larry Lane	6/27/48	52
Linda Linn	6/09/54	46
Dan Morse	6/25/59	41
John Pool	6/13/42	58
Robert Pool	6/15/36	64
David Schkerke	6/07/52	48
Kim Schweigert	6/27/64	36
Heather Steffen	6/12/80	20
Mike Stuka	6/27/61	39

Fast-N-Fit Foods

by Janet Shelly

Green Beans Greek Style

- 1 tsp. olive oil
- 2 cloves garlic, minced
- 1 16 oz. can diced tomatoes
- 1/2 cup chopped onions
- 2 16oz. cans green beans
- 1&1/2 tsp. oregano (dry)
- pepper to taste

In medium saucepan saute onions and garlic in olive oil over medium heat until limp. Drain green beans. Add beans, tomatoes including juice and seasonings. Simmer covered 30 minutes. You can add small peeled potatoes to the pan. Test them with a fork for doneness. You can use a pound or so of fresh green beans instead of canned. Steam approx. 20 mins., then procede with recipe.

HAPPY FATHER'S DAY!

NOTICE

Please note change of e-mail address for newsletter editors:

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