



THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



JULY 2000 KRRC NEWSLETTER, 5223 N. PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 149

On Dan's Run By Dan Gould

I concluded last month's column with the following paragraph: "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!"

Well, either you didn't note that, you don't like the smell of dried sweat, or you didn't think it was such a deal. Mike, Georganne, and Krista Hickey were there with two members of their extended family. I called Bill and Linda Linn and Ken Klipp to remind them, and Dave Bohlke also showed up. A minor emergency kept me from getting to the Perry Farm, but I did get to Chicago Dough. If you are counting, there were ten of us. Perhaps we should just skip the run and go straight to Chicago Dough.

The Kilbride Family Classic turned out 179 runners and walkers on a virtually perfect day. The day started overcast with temperatures in the low 60's and the sun came out as we finished. Neither Gerry Kilbride, Dorothy Baldwin, nor anyone else got an ambulance ride this year. Pat Koerner had his best 5K of the year. Randy Rahrig, who we hardly ever see anymore, was there, and Charlie Grotevant was racing again. Ma and Pa Hickey were in town for this one joined by daughter-in-law Georganne and granddaughter Krista. Many of you were somewhere else. You missed a good one and you were missed (except, of course, by the people in your age group who would not have taken home the gold had you been there).

Pat "Comstalk" Koerner, Jeff Lonergan, Doug McWilliams, Phil Newberry, Carol Pratt, Mitch Hobbs, Chris Walsh and I made our way to Streater on Memorial Day for a hilly 5K. Chris set a course record on the newly certified course. How does a small town banker like Tom get away with keeping such fast company? Bankers, especially small town bankers, are supposed to be a conservative lot.

Comstalk had one of his heart spells right after the start and had to take a 3-minute timeout. He then passed 138 of the 168 participants. He caught Jeff, Larry Lane and myself just after the two-mile mark. I ran faster on this hilly course than I did at Kilbride. Go figure!

Patty Kershaw is working with Provena St. Mary's to put together a new race for July 22nd. That will fill the void created by the cancellation of the Beecher race and give us three local races in July. If she can work it out, the course will go south on 5th Avenue, cross the Washington St. Bridge, loop through the south side, go north on Wall St. to Bird Park, and return to Provena via Station St. It has possibilities.

Ron Ruda was part of a feature on health in *The Daily Journal*. The subject was tinnitus, the ringing in the ears. Ron has had it for three years. Ron got a call from Ken Stark after the story ran with some suggestions on how to minimize the condition. It was of interest to me because I developed it in February.

Speaking of health, I ran in to Gale and Jane Lehnus at the Riverside Fitness Center a few weeks ago. They were doing well. Subsequent thereto, however, Gale decided to do some trimming and tried using a 55-gallon drum as a stepladder. When gravity brought him back to earth, ribs were broken and a bicep severed. Jane now refers to him as "Dumb-Dumb." I remember when Jane watched Gale run and he could do no wrong. Marriage breeds things beside children!

The Friendship Festival 5K was, perhaps, the only part of the festival that didn't get rained on. It was sunny and a bit humid. It was the swan song for Marge and John Flynn as race directors. Thanks for your efforts, John and Marge! The "Help Wanted: Race Director" sign is out. If you would like to see this race on the calendar next year, step up and be counted. You don't have to invent the wheel, just turn it. Everything is in place. Leon Malone was at the race, but his replacement knees are not designed for running. Henry and Janet Shelly were, as they had at the Kilbride race, working. Thanks for the help! I have it on good authority that the pizza party at John and Carol Vallone's was a success. I was in search of a golf game and did not attend. I should have eaten pizza!

Hope to see you on Dan's Run! [Dan can be reached at Dansrun@AOL.Com]

RUN FOR FUN * RUN FOR HEALTH * RUN FOR LIFE

How a Six-Pack of Diet Coke Changed My Life: The Story of My First 5K

by Debbie Renville

"What am I doing here?" That was my first thought when I arrived at my first 5K three years ago. Amid sprinters and stretchers preparing for the 8am run, I simply stood. I wasn't about to go that route. I wasn't going to wear myself out. And so I stood, harboring my energy, dreaming of a freak chance that I might be the only woman running in my age group.

Yet, realistically, this was my first race, actually my first *run* ever. I was no athlete. True, I played volleyball and basketball in grade school, but I attended a small parochial school where everyone made the team. That was the extent of my athletic career, and that was 1977.

So twenty years later, after having two babies and one miscarriage in three years, I longed to be fit. In fact, I needed to be fit to keep up with my two little boys, Nicholas, then 3, and Colin, then 7 months. I had packed on over 50 pounds with each baby; supplementing my daily prenatal vitamin with a Hundred Grand candy bar every day had taken its toll. I truly feared I would never see my pre-pregnancy self again, so I signed up for that first 5K – the Bourbonnais Friendship 5K-- on the very last day of preregistration even though I had never run before. The runner in me somehow won out in the mental battle that took place in my head for about two weeks. I couldn't do it because it would be too early, too hot, too hilly, too long... too...too...too! Then my husband suggested that I register as a walker. "How insulting! I am a *runner!*" I snapped -- and registered. I drove right to John and Marge Flynn's home. I gave them my application, and they gave me invaluable words of encouragement and a warm welcome into the running community.

On that hot June morning in 1997, I pulled myself out of bed – even though I was exhausted from running in my dreams all night long – and ran. Sort of.

I had run my very first mile on the Y's (air-conditioned) track two days before the race, so I was certain I could at least make the first mile mark in the 5K. I wasn't prepared, though, to run up a hill at the start of the race, and so, huffing and puffing the whole way, I started walking after about 3/4ths of a mile. My first mile took ten minutes, and I rested at the water station and chatted with the volunteers, telling them I couldn't believe that the runners would just throw their cups all over the road. "Don't they stop?" I asked. "No, and some people don't even drink the water," one kid told me, "They just dump it over their heads and keep running."

Wow, what a waste of nice, cold water, I thought, and headed, walking, into my second mile. My strategy now was to walk the second mile and then try to run the third mile. There I was, strolling, all alone. No one in sight! But it was beautiful! Early morning sunshine, beautifully landscaped homes, and I was wearing *exercise* clothes. I looked the part of an athlete, at least. So I walked.

At about the two mile mark, some young children offered to spray me with a garden hose, so I stopped for a shower. When walkers started passing me by and runners began approaching me from the other direction as they were re-running the course to cool down, I knew I needed to get moving a bit. I then ran and walked until I reached the finish line. My time: 38:54, last, I think.

I felt great anyway. I had learned so much about running in just one morning. I knew that I wanted to do it all over again. And even though I didn't place in my age group, I didn't go home empty-handed. I won a six-pack of Diet Coke in the raffle. And that six-pack of Diet Coke was my trophy that day.



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Presented By



Dear Fellow KRRC Members,

I hope this letter finds you and your family well.

As many of you know, I have begun training for my 4th Chicago Marathon to be held on October 22. I recently joined forces with the Leukemia Society Of America (LSA) in it's mission to cure leukemia and it's related cancers-lymphoma, multiple myeloma, and Hodgkins Disease, and to improve the quality of life for patients and their families. LSA has been consistently rated as a top charitable organization due to its long history of providing funding channeled directly toward research and patient services. It is an organization I am proud to be affiliated with as a member of their "Team In Training."

As a member of the team, I have gone beyond the personal challenge of competing in the 26.2-mile race. With my own goals in the marathon having already been met, it is time I give something back. I have had the opportunity to be inspired by a very special eight years old by the name of Brandon Herbold from Danville, IL. Brandon was diagnosed with Active Lymphocytic Leukemia (ALL) in February of 1998. He is currently in remission, but still under goes daily treatment. He is finally trying to play organized baseball for the first time, but finds it difficult and frustrating at times.

Brandon is one of about 3,100 people in the U.S. that will be diagnosed with (ALL) This year with 1,500 cases occurring among children. It is also the most common form of Leukemia. The Leukemia Society Of America research is working. Twenty-Five years ago, only 5% of children diagnosed with leukemia survived. Today 79% of children with leukemia will live, thanks to the research funded by Leukemia Society projects such as Team in Training.

Please join me in finding a future cure for all lymphomas and cheering on people like Brandon who continue to fight for each new day. There is no minimum donation; I am grateful for every dollar. Any person that donates \$50 or more will have their name displayed on my marathon shirt. My personal goal is to raise \$2,000 for (LSA) With your help I know we can do it. Make all checks out to Leukemia Society of America. Please send your checks to:

Mike Stluka
P.O. Box 418
Beecher, Illinois 60401

While LSA will accept your donations anytime my personal deadline is July 27th.

I thank you in advance for your support;

Sincerely,
Mike Stluka

LOOK

This article appeared in www.active.com. Dave McGovern, the author, has a Racewalk Clinic scheduled in Frankfort IL Sept 8-10. Anyone interested can contact either Jacquie Picha at 815-469-8158, email: schwider@aol.com, or visit Dave's website at: <http://surf.to/worldclass>

LOOK

Racewalking for runners, part one: why it's good **By Dave McGovern**

In a former life I was a runner. I did all the running stuff: I bought the shoes, read the magazines, ran the races, and even trained about 45 miles per week.

For my dedication, I ran times in the mid-17s for 5K, and just under five minutes for the mile.

These days I'm perfectly content to zip through life as a racewalker, but occasionally I get a wild hair and jump into a local running race — just to see what'll happen.

What usually happens is that I run in the mid-17s for 5K, and just under five minutes for the mile. No better or worse than in high school, but at least now I don't waste my time with those 45 miles per week of running.

Now don't get me wrong; I treat the race just as seriously as everyone else toeing the line. I'll wear my favorite shorts and racing singlet. I'll lace up my best racing flats and take part in the same pre-race rituals as the other runners.

I just don't bother doing any more than about 2 1/2 miles of easy jogging per week — about 500 meters at a time — as part of my daily pre-racewalking warm-up.

How, then, can I run times that will place me among the top 10 in most local "fun runs"? "Natural" ability? Hardly. Youthful energy? Please. I'm 32, for crying out loud. What then? I know you don't want to hear it, but it's the walking, folks. And I'm not alone.

Michelle Rohl, American record-holder in the 10K racewalk, not only made the 1992 and 1996 Olympic teams as a racewalker, but she also qualified for the 1996 Olympic Marathon Trials.

Michelle never qualified for the Olympic Trials as a runner when she was training exclusively in running, yet she managed to do it later while devoting most of her weekly mileage to her racewalk training.

Seems worthy of a little investigating, doesn't it? The empirical evidence was enough for me, but the slide-rule jockeys at the U.S. Olympic Training Center in Colorado Springs were curious enough to want some hard data.

So we gave it to them: Jay Kearney, a physiologist at the Training Center, compared VO₂ max values for 15 U.S. National Racewalk Team members, and 10 Mexican National Team members, both while racewalking and running. The study concluded that "These athletes are capable of achieving similar VO₂ max values for racewalking and running, which indicates a potential cross-training effect."

At the time of the study I didn't do any running training, and I've spent enough time at the CDOM — the Mexican Olympic Training Center — to know that the Mexicans don't do any running training either. Yet, some of us had VO₂ max values in the high 70s.

That is, racewalkers were able to take in and process nearly 80 milliliters of oxygen per kilogram of body mass per minute while racewalking and while running — even though most of us did no running training before the treadmill tests.

For comparison, Frank Shorter had a VO₂ max of "only" 71.3 in 1972 when he won the Olympic Marathon. He

shouldn't feel bad, though: poor Frank never learned to racewalk.

Clearly, racewalking is an unparalleled aerobic conditioner, yet it's much easier on the body than running. By cutting back on their running mileage — and making up for the difference with quality racewalking workouts — many runners have remained injury-free and improved their running times dramatically.

Over the years I've taught dozens of injured runners to racewalk so they could train through their running injuries. Many of them have come back to me with stories of big PRs after weeks, or even months, of sharply reduced running training.

I've also taught several ultra-marathoners to racewalk so they would have an advantage over their unenlightened competitors who inevitably must walk for long stretches during their six-day runs. Again, huge PRs.

It wouldn't be a stretch to say that racewalking is by far the best substitute activity for injured runners. But why wait for an injury? More than just very good cross-training, racewalking is terrific crossover training. The two are similar enough that training for one will prepare one to achieve very good results in the other.

This isn't the case with most other sports. Triathletes, for example, couldn't possibly train solely on the bike; they need to swim and run, too, because the individual disciplines are so different that there is very little cross-over training effect among them.

Racewalking appears to be unique in that runners don't seem to have to do much "re-wiring" to convert their racewalking fitness to running fitness. Add to that the reduced chance of injury, and you have the "holy grail" that runners have been searching for — supplemental, low-impact exercise that can directly improve their running performances.

If by now you still aren't planning on adding a little racewalking to your training schedule, don't worry — someone else in your age group probably is. (You didn't really want that medal anyway, did you?)

Next week, in part two of "Racewalking for Runners": racewalking technique.

Training and Racing

Healthy joints

While you never hear of "walker's knee", pain in the knee joints is hardly unheard of among fitness walkers. Fortunately, it's easy to prevent with a little stretching and muscle strengthening, a sensible program, and good technique.

Health and Fitness

Stick with it

Perhaps you haven't exercised since high school gym class. Or maybe you're a fairly active walker who has just hit a wall called "the holidays." It's time to wake up your walking program. Here's an eight-week plan to keep you on your feet, forever.

Health and Fitness Staying committed

We've found that life sometimes intrudes on even the most dedicated exercisers' plans. But take heart: Even high-profile, time-crunched women have found ways to outwit the obstacles and stick with the program.

Health and Fitness Why lift weights?

"Traditionally, women have undervalued muscles," says author and fitness expert Miriam Nelson, Ph.D. But muscle is critical for long-term health and maintaining the body shape most women want.

Subscribe to WALKING, the magazine of smart health and fitness. You get eight issues for just \$11.95.

Jacquie Picha (815) 469-8158

schwider@aol.com

THE STARTING LINE

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

Sun., Jul. 9, 7:45 A.M. - Chicago Distance Classic 5K/20K, 312-RUN-1900

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

Fri., Jul. 14, 6:30 P.M. - Bastille Day 5K, Chicago, 773-777-3261

Sat., Jul. 15, 6:30 P.M. - Dog Days 5K, Lake Bloomington, Mitch Hobbs, 309-452-7749.

Sun., Jul. 16, 7:35 A.M. - Heart & Sole 10K, St. James Hospital, S. Crawford, Olympia Fields, 708-747-SOLE, www.heartandsole.com. Sports Expo Noon to 4PM on Jul. 15.

Sat., Jul. 22 - Bix 7, Davenport, IA.

Sat., Jul. 22, 8:00 A.M. - The Heart of the Matter 5K, Provena St. Mary's Hospital, Kankakee. Patty Kershaw 936-3256

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

Sat., Jul. 29, 7:30 A.M. - Buckley 5 Miler, Lowell, IN. 219-696-3569

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., Sep. 10, Chicago Half Marathon

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)

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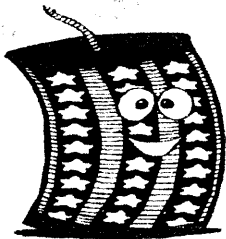
Sun., Feb. 11, 1:00 P.M. - 17th Annual Winterfest 5K Run & Fitness Walk, Small Memorial Park, Kankakee, Charlie 949-1551, Ken 937-1958

"Thank you" goes out
to all KRRC members who
have contributed to year
2000 issues of The Paper Race
You help make our newsletter
a success.

Marcia

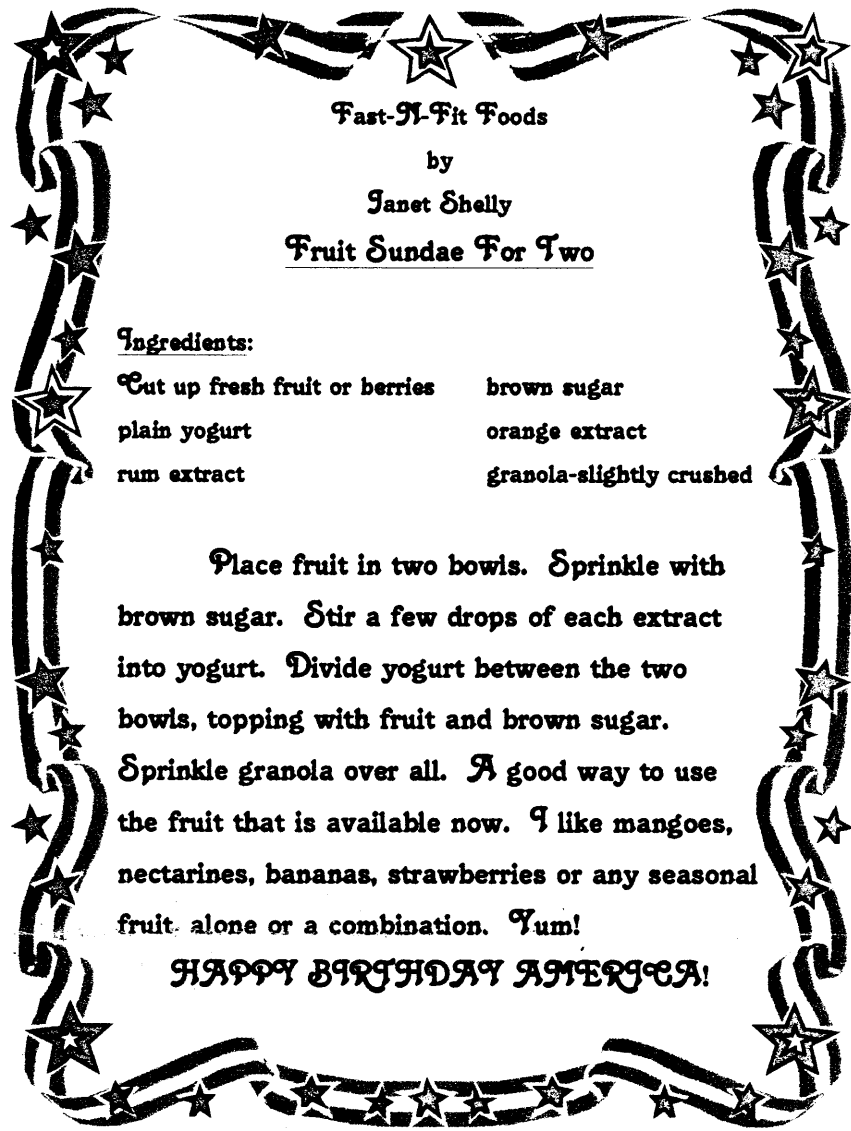
Also, "Thank you" to our Pres, Dave
Barrett and the Vallones for a
fantastic pizza party. Excellent
pizza!

Happy Birthday!!



July BIRTHDAYS

Name	Birthday	Age
Phil Angelo	7/17/51	49
Ben Angelo	7/07/83	17
John Bevis	7/30/63	37
Kenneth Brock	7/31/49	51
Tom Goodberlet	7/12/57	43
Antonio Hall	7/08/87	13
Krista Hickey	7/12/81	19
Van Lawsadet	7/22/??	?
Leon Malone	7/07/30	70
Dan Noffke	7/25/84	16
Deb Renville	7/10/65	35
Lisa Shelly	7/24/79	21
Mark Steffen	7/12/53	47
Paul Suprenant	7/08/47	53



Fast-N-Fit Foods

by

Janet Shelly

Fruit Sundae For Two

Ingredients:

- Cut up fresh fruit or berries
- plain yogurt
- rum extract
- brown sugar
- orange extract
- granola-slightly crushed

Place fruit in two bowls. Sprinkle with brown sugar. Stir a few drops of each extract into yogurt. Divide yogurt between the two bowls, topping with fruit and brown sugar. Sprinkle granola over all. A good way to use the fruit that is available now. I like mangoes, nectarines, bananas, strawberries or any seasonal fruit alone or a combination. Yum!

HAPPY BIRTHDAY AMERICA!

NOTICE

Please note:

KRRC has discontinued the use of a P.O. Box. Please mail all correspondence to the Lonergan's address of:

**5223 N. Pin Oak Turn
Bourbonnais, IL 60914**

The reason being that it costs \$70/year and that we only get a few items of importance there a year. Any checks should still be made out to KRRC.

Thank you. Marcia

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www.keynet.net/~krrc

THE FINISH LINE

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

John Hickey 26:48 1AG

June 4th, Racing Hearts 8K, Joliet, IL

Jeff Lonergan 34:03

Marcia Lonergan 42:56

Deb Renville 44:19

June 10th, Sunbird Classic 5K-South Bend, IN

John Hickey 26:45 2AG

Erma Hickey 40:00 1AG

June 17th, Old Canal Days 5K, Lockport, IL

Deb Renville 25:39 PR

July 2nd, Liberty Run 5K, Orland Park, IL

Dave Merillat 20:55 2AG

July 2nd, Sav Brook 5K

Bob Pool 22:14

John Pool 23:15

July 4th, Run For Glory 5K, Streator, IL

Dave Merillat 21:12

July 4th, Park to Park, Bloomington, IL

Jeff Lonergan 35:15

Bob Pool 35:13 1AG

Charlie Grotevant 37:47

John Pool 38:07

Michael McGuckin 40:44

Marcia Lonergan 46:03

Good news for bibliophiles and art lovers, too. In honor of the publication of *Growing Seasons* by Elsie Lee Splear and illustrated by Ken Stark, the Kankakee County Historical Society will be exhibiting Stark's original paintings for the book at the museum. His 25 paintings will be displayed from July 16 to August 20 in the Centennial Room at the Kankakee County Historical Society Museum, at 8th Ave. and Water St. in Kankakee. None of the works will be sold. There is no charge for the exhibit.

Stark has agreed to join Mrs. Splear's daughter, Carolyn Splear Pratt, in a book signing at the museum's gift store on the 16th. More good news: The museum is extending its Sunday hours and will open at noon for the event. Copies of *Growing Seasons* are for sale at the museum store.

← You won't want to miss this!

Come see Ken Stark's fabulous artwork

7/16/00-8/20/00.

Book signing
7/16/00!

marcia

Charlie Grotevant Channels Energy

After reading Charlie's article, "Corn Plantar Blues", in the June newsletter, most of us probably thought we'd seen the last of Charlie. Well, it appears Charlie is not going down without a fight... Although he is obeying his doctor's orders to cut back his running mileage, he is still active in the race circuit. His times may be a little slower than before and his training runs may be reduced by half the distance but Charlie isn't letting one drop of energy go untapped. Rumor has it that Charlie has been going great distances on a 10 speed bike and that he will be joining Leon Malone this September on a 3 day 200 mile bike ride to raise money for Ag in the Classroom. Jeff and I ran into the Malones who were doing a long bike ride at the State Park on July 9th. Both appeared in good shape but Shirley told us that she has been suffering from severe allergies and that Leon was recovering from a double knee replacement that he underwent only 3 weeks ago. Looks as if Shirley and Leon are not going down without a fight either! I also noticed in the finish line that Erma Hickey did a 5K on June 10th in spite of her knee injury. Best-of-luck to Shirley, Leon Charlie and Erma as they overcome their ailments. I guess it's true, "When the going gets tough, the tough get going".

marcia

FARM FOCUS

Grotevant ready to ride for Ag Ed

BUCKINGHAM — So all those reports of seeing rural Buckingham's Charlie Grotevant bicycling as far south as rural Piper City are true after all. It all amounts to the requisite road work needed to prepare for a 200 mile challenge ride the Kankakee County Farm Bureau Vice President has accepted.

The goal is to generate cash for one of Charlie and his wife Joyce's favorite undertakings — Bureau's Ag in the classroom effort.

Charlie will participate in the 5th annual Bike Ride for Ag in the Classroom to be held Sept. 5-7. Those wishing to support his effort with donation pledges, may do so by calling Kankakee County Bureau at 932-7471.

The Grotevants are no newcomers to the Ag in the Classroom program. For years, now, the couple have carried agriculture's message into Chicago's inner city classrooms, and hosted numerous field trips by city schools.

And Charlie is no stranger to long distance, endurance-testing events like the 200 miles coming up in September. When not peddling a 10-speed in Spandex cycle gear and crash helmet, Charlie is an accomplished marathon runner.

6/18/00 Kilbride Family Classic 5K

pg. 1

Race Results BY OVERALL FINISH

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name	City/ST	Pace(MI)
M 40 - 44	1	1 OA	0:15:42.9	24	Mike Yuhasz	Oak Lawn IL	PAL 05:04.2
M 35 - 39	2	2 OA	0:15:56.4	45	Matt McCormick	Park Forest IL	PK 05:08.5
M 40 - 44	3	3 OA	0:16:33.5	111	Chris Shockley	Flossmoor IL	PK 05:20.5
M 45 - 49	4	1 AG	0:16:34.8	95	David Ahner	Valparaiso IN	PK 05:20.9
M 35 - 39	5	1 AG	0:16:36.1	106	Kevin Germino	Orland Park IL	PAL 05:21.3
M 35 - 39	6	2 AG	0:16:40.5	140	Chris Stockman	New Lenox IL	05:22.7
M 40 - 44	7	1 AG	0:16:47.9	96	Pete Slattery	Hannattan IL	PRA 05:25.1
M 35 - 39	8	3	0:16:50.5	54	Patrick D Koerner	Bourbonnais IL	KAN 05:26.0
M 35 - 39	9	4	0:17:00.3	93	Mike J Stuka	Beecher IL	KAN 05:29.1
M 35 - 39	10	5	0:17:41.4	92	Luigi Buffone	Crete IL	05:42.4
M 25 - 29	11	1 AG	0:17:59.0	70	Kevin Paruszkiewicz	Chicago IL	PAL 05:48.1
M 50 - 54	12	1 AG	0:18:01.9	104	Mel Diab	Palos Heights IL	PAL 05:49.0
M 35 - 39	13	6	0:18:19.3	94	Phil R Newberry	Kankakee IL	KAN 05:54.6
M 45 - 49	14	2 AG	0:18:44.1	143	Bill Germino	Palos Park IL	PAL 06:02.6
M 35 - 39	15	7	0:18:53.5	46	Douglas Walter	Elkhart IN	06:05.6
M 40 - 44	16	2 AG	0:18:57.6	75	Bill Wichter	Park Forest IL	06:07.0
M 45 - 49	17	3	0:19:13.8	103	Mitko Sekulovich	Palos Park IL	PAL 06:12.2
M 40 - 44	18	3	0:19:33.2	31	Peter E Kershaw	St. Anne IL	KAN 06:18.5
F 15 - 19	19	1 OA	0:19:38.6	51	Stephanie Bone	Kankakee IL	06:20.2
M 35 - 39	20	8	0:19:48.3	4	George M Fite	Hokena IL	PAL 06:23.3
M 30 - 34	21	1 AG	0:19:51.1	11	Peter Konopinski	Orland Hills IL	PK 06:24.2
M 50 - 54	22	2 AG	0:19:52.5	100	Eugene Bradley	Palos Park IL	06:24.7
M 35 - 39	23	9	0:19:56.1	47	John J Bevis	Bourbonnais IL	KAN 06:25.8
F 25 - 29	24	2 OA	0:19:57.3	116	Brenda Hawksworth	Tinley Park IL	PAL 06:26.2
M 15 - 19	25	1 AG	0:20:02.4	132	Drew C Parsons	Kankakee IL	06:27.9
M 30 - 34	26	2 AG	0:20:03.2	87	Ken B Knepper	Coal City IL	06:28.1
M 15 - 19	27	2 AG	0:20:07.7	84	Elliot E Brinkman	Kankakee IL	06:29.6
M 45 - 49	28	4	0:20:11.1	9	Joseph E Werner	Tinley Park IL	PK 06:30.7
M 45 - 49	29	5	0:20:14.0	65	Jeff P Lonergan	Bourbonnais IL	KAN 06:31.6
M 40 - 44	30	4	0:20:23.5	21	Jay W Galos	Steger IL	PK 06:34.7
M 45 - 49	31	6	0:20:25.7	115	George Gardner	Ridgway CO	06:35.4
M 55 - 59	32	1 AG	0:20:31.3	71	Daniel M Gould	Kankakee IL	06:37.2
F 20 - 24	33	3 OA	0:20:41.4	29	Heather Mantroba	Tinley Park IL	PAL 06:40.5
M 45 - 49	34	7	0:20:51.9	77	Chuck Utrich	Hazel Crest IL	PK 06:43.8
M 25 - 29	35	2 AG	0:21:05.6	129	Alan Standley	Bourbonnais IL	06:48.3
M 60 - 64	36	1 AG	0:21:06.9	52	Robert E Pool	Onarga IL	KAN 06:48.7
M 35 - 39	37	10	0:21:12.1	36	Jay Martinson	Bourbonnais IL	06:50.4
M 35 - 39	38	11	0:21:13.1	139	Daniel E Hall	St. Anne IL	KAN 06:50.7
M 50 - 54	39	3	0:21:21.1	113	Larry L Lane	Reddick IL	KAN 06:53.3
F 30 - 34	40	1 AG	0:21:23.1	112	Mary K Jones	Shorewood IL	PRA 06:53.9
M 25 - 29	41	3	0:21:23.7	97	Andy Kilbride	Newport Beach CA	06:54.1
M 50 - 54	42	4	0:21:24.9	102	Hank Gawenda	Hokena IL	PRA 06:54.5

Race Results BY OVERALL FINISH

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name	City/ST	Pace(MI)
M 45 - 49	43	8	0:21:35.5	107	David Cyplick	Shorewood IL	PRA 06:57.9
F 35 - 39	44	1 AG	0:21:41.2	25	Maureen Anderson	Alsip IL	PAL 06:59.7
F 40 - 44	45	1 AG	0:21:42.4	105	Tracy O Mulhausen	Orland Park IL	PAL 07:00.1
M 55 - 59	46	2 AG	0:21:45.2	26	John F Pool	Thawville IL	KAN 07:01.0
M 30 - 34	47	3	0:21:49.5	37	Ray Hottenbeck	Coal City IL	07:02.4
M 60 - 64	48	2 AG	0:21:55.1	39	Robert Lesner	Oak Forest IL	PAL 07:04.2
F 30 - 34	49	2 AG	0:21:59.3	8	Claire Oliver	Joliet IL	PRA 07:05.6
M 40 - 44	50	5	0:22:00.2	89	Doug McWilliams	Momence IL	07:05.9
M 20 - 24	51	1 AG	0:22:02.3	43	Christopher Kilbride	Gardner IL	07:06.5
F 20 - 24	52	1 AG	0:22:03.0	44	Sally Heath	Gardner IL	07:06.8
M 30 - 34	53	4	0:22:09.8	7	Dave K Merritt	Kankakee IL	KAN 07:09.0
M 15 - 19	54	3	0:22:18.0	59	Ryan McGovern	Kankakee IL	07:11.6
M 45 - 49	55	9	0:22:23.8	142	Jerry Raino	Plainfield IL	PRA 07:13.5
M 30 - 34	56	5	0:22:28.2	20	Mike Range	Plainfield IL	07:14.9
M 55 - 59	57	3	0:22:32.5	63	Russ Johnson	Palos Heights IL	PK 07:16.3
M 60 - 64	58	3	0:22:34.5	130	Phil Standley	Bourbonnais IL	07:16.9
M 50 - 54	59	5	0:22:40.1	128	Chuck Parsons	Kankakee IL	07:18.7
M 45 - 49	60	10	0:22:45.2	32	Greg Gutmond	Bourbonnais IL	KAN 07:20.4
M 55 - 59	61	4	0:23:02.8	40	Charlie Grosvant	Buckingham IL	KAN 07:26.1
M 15 - 19	62	4	0:23:09.8	133	Kyle Heintz	Manhattan IL	07:28.3
M 50 - 54	63	6	0:23:11.7	78	Thomas Knox	Miam FL	07:28.9
F 15 - 19	64	1 AG	0:23:12.9	134	Sarah Lowe	Frankfort IL	07:29.3
M 20 - 24	65	2 AG	0:23:18.6	16	Tommy Kilbride	Kankakee IL	07:31.2
M 50 - 54	66	7	0:23:20.7	73	David Davis	Williamton IL	07:31.8
M 40 - 44	67	2 AG	0:23:24.9	138	Theresa C Burgard	Kankakee IL	07:33.2
M 50 - 54	68	8	0:23:29.5	119	Ron Ruda	Kankakee IL	KAN 07:34.7
M 50 - 54	69	9	0:23:33.8	74	John L Kotash	Park Forest IL	PK 07:36.1
M 40 - 44	70	5	0:23:39.2	137	Thomas Flynn	Chicago IL	PAL 07:37.8
M 15 - 19	71	6	0:23:40.0	80	John Love Jr	St. Anne IL	07:38.1
M 45 - 49	72	11	0:23:42.6	53	Hendell D Provost	Bourbonnais IL	07:38.9
M 25 - 29	73	4	0:23:47.0	28	Tom Latham	Bradley IL	07:40.3
F 40 - 44	74	3	0:23:48.3	117	Nancy J Ruda	Kankakee IL	KAN 07:40.7
M 25 - 29	75	5	0:24:12.4	131	Brian Lovely	Grand Rapids MI	07:48.5
M 45 - 49	76	12	0:24:15.0	79	Randy Riegel	Bonfield IL	PRA 07:49.4
F 15 - 19	77	2 AG	0:24:15.5	66	Peggy R Baldwin	Bourbonnais IL	07:49.5
F 1 - 14	78	1 AG	0:24:15.9	126	Allison Gremar	Bourbonnais IL	07:49.6
M 40 - 44	79	7	0:24:16.4	122	Randy L Rahrig	Bourbonnais IL	KAN 07:49.8
F 35 - 39	80	2 AG	0:24:16.8	68	Penny Ploski	Monroe IL	PK 07:49.9
M 20 - 24	81	3	0:24:17.6	141	Rob Germon	Kankakee IL	07:50.2
M 50 - 54	82	10	0:24:20.6	30	John A Sheridan	Joliet IL	PRA 07:51.2
F 45 - 49	83	1 AG	0:24:21.4	76	Marietta Faso	Chicago Heights IL	PK 07:51.4
M 50 - 54	84	11	0:24:22.2	85	Mark J McDermott	Bourbonnais IL	KAN 07:51.7
M 35 - 39	85	12	0:24:27.7	69	John Tomczak	Monroe IL	PK 07:53.5
M 50 - 54	86	12	0:24:32.3	114	Mike Biermat	Williamton IL	KAN 07:54.9
F 30 - 34	87	3	0:24:34.6	10	Deborah A Renville	Kankakee IL	KAN 07:55.7
M 40 - 44	88	8	0:24:51.2	125	Gary M Westfer	Coal City IL	PRA 08:01.0
M 45 - 49	89	13	0:24:58.0	121	Michael Costigan	Joliet IL	08:03.2
F 15 - 19	90	3	0:24:59.2	72	Krista A Hickey	Momence IL	KAN 08:03.6
M 50 - 54	91	13	0:24:59.7	101	Paul L Surprenant Jr	Kankakee IL	KAN 08:03.8

6/18/00 Kilbride Family Classic 5K Cont'd

Race Results BY OVERALL FINISH

Bourbonnais Friendship Festival 5K Walk Race Results By Overall Finish

AgeGroup	Overall	GrpPlace	Time	Bib#	Name	City/ST	Pace/MI	AgeGroup	Overall	GrpPlace	Time	Bib-#	Name	City/ST	Pace/MI
M 55 - 59	92	5	0:25:00.3	108	Jack J Picciolo	Lockport IL	PRA 08:04.0	WALKERS	1	GR	0:29:50.5	30	Tracy Hornbeck	Kankakee IL	09:37.6
M 35 - 39	93	13	0:25:03.5	48	<u>Brian L Noffke</u>	Herscher IL	KAN 08:05.0	WALKERS	2	GR	0:30:31.5	59	Diane M DesMarreau	Kankakee IL	09:50.8
M 15 - 19	94	6	0:25:04.7	49	<u>Daniel A Noffke</u>	Herscher IL	KAN 08:05.4	WALKERS	3	GR	0:31:12.9	94	James Marchant	Kankakee IL	10:04.2
M 45 - 49	95	14	0:25:17.8	38	Len Carta	Kankakee IL	08:09.6	WALKERS	4	GR	0:36:46.8	99	Pat M Pierce	Bourbonnais IL	11:51.9
M 55 - 59	96	6	0:25:28.8	5	Patrick L McFarland	Joliet IL	08:13.2	WALKERS	5	GR	0:46:34.9	97	Grace Michko	Bourbonnais IL	15:01.6
M 60 - 64	97	4	0:25:48.6	136	Dick Macknick	Lockport IL	PAL 08:19.5	WALKERS	6	GR	0:46:35.6	96	Patty Wilkins	Manteno IL	15:01.8
M 55 - 59	98	7	0:26:06.4	2	George Bowman	Bourbonnais IL	08:25.3	WALKERS	7	GR	0:51:34.5	81	Mary Settles	Manteno IL	16:38.2
M 70 - 99	99	1 AG	0:26:11.6	23	John Hickey	Port Charlotte FL	08:27.0	WALKERS	8	GR	0:51:35.5	80	Sarah Settles	Manteno IL	16:38.7
M 45 - 49	100	15	0:26:12.7	81	Hill Love Jr	St. Anne IL	08:27.3	WALKERS	9	GR	0:51:36.1	103	Jim Settles	Manteno IL	16:38.7
F 1 - 14	101	2 AG	0:26:32.7	127	Katie Gremer	Bourbonnais IL	08:33.8	WALKERS	10	GR	0:54:11.7	31	Gale F Lehms	Bourbonnais IL	17:28.9
F 30 - 34	102	4	0:26:37.7	64	<u>Marcia J Lonergan</u>	Bourbonnais IL	KAN 08:35.4								
F 25 - 29	103	1 AG	0:26:42.0	118	<u>Sarah Lewis</u>	Lakewood CO	KAN 08:36.8								
M 25 - 29	104	6	0:26:44.3	50	<u>Don McCarty</u>	Bradley IL	KAN 08:37.5								
M 40 - 44	105	9	0:27:01.8	124	Stan Gremer	Bourbonnais IL	08:43.2								
M 35 - 39	106	14	0:27:03.2	14	<u>Mark Kilbride</u>	Noblesville IN	08:43.6								
F 35 - 39	107	3	0:27:04.0	13	<u>Lynn Kilbride</u>	Noblesville IN	08:43.9								
M 45 - 49	108	16	0:27:08.0	88	<u>Mark Lesyna</u>	Momence IL	KAN 08:45.2								
M 45 - 49	109	17	0:27:11.6	135	Joseph A Baska	Flossmoor IL	PK 08:46.3								
M 40 - 44	110	10	0:27:35.4	110	Jessie W McGee	Bourbonnais IL	08:54.0								
F 15 - 19	111	4	0:27:41.3	86	<u>Katie Kilbride</u>	Rock Island IL	08:55.9								
M 1 - 14	112	1 AG	0:27:52.4	58	<u>Adam McGovern</u>	Kankakee IL	08:59.5								
F 1 - 14	113	3	0:28:18.1	83	Jessica Brinkman	Kankakee IL	09:07.8								
M 40 - 44	114	11	0:28:22.9	67	<u>Patrick J Baldwin</u>	Bourbonnais IL	09:09.3								
M 50 - 54	115	14	0:28:32.9	1	<u>Richard Manthei</u>	Joliet IL	PRA 09:12.5								
M 45 - 49	116	18	0:28:54.8	99	<u>Dan G Bullock</u>	Bourbonnais IL	09:19.6								
M 35 - 39	117	15	0:29:00.6	18	Bill Spahr	Bourbonnais IL	09:21.5								
M 1 - 14	118	2 AG	0:29:21.6	90	<u>Antonio Acevedo</u>	Kankakee IL	09:28.3								
M 35 - 39	119	16	0:29:23.7	91	<u>Javier Acevedo</u>	Kankakee IL	09:28.9								
F 20 - 24	120	2 AG	0:29:37.9	33	<u>Jennifer Jeck</u>	Bradley IL	09:33.5								
M 25 - 29	121	7	0:30:29.7	109	Tom Cooper	Flossmoor IL	09:50.2								
M 40 - 44	122	12	0:30:32.7	82	David Perkins	Kankakee IL	09:51.2								
F 60 - 64	123	1 AG	0:32:49.6	3	Dawn M Jarvis	Kankakee IL	10:35.4								
M 1 - 14	124	3	0:34:06.8	19	James Range	Plainfield IL	11:00.3								
F 1 - 14	125	4	0:34:09.5	56	Brianna Sais	Kankakee IL	11:01.1								
F 25 - 29	126	2 AG	0:34:11.0	57	Mary Sais	Kankakee IL	11:01.6								
F 70 - 99	127	1 AG	0:35:53.6	22	<u>Erna Hickey</u>	Port Charlotte FL	11:34.7								
F 60 - 64	128	2 AG	0:37:01.0	15	<u>Judy Kilbride</u>	Kankakee IL	11:56.5								
F 25 - 29	129	3	0:37:40.0	98	<u>Liz Marek Kilbride</u>	Newport Beach CA	12:09.0								
F 55 - 59	130	1 AG	0:39:45.1	27	Linda Hodges	Bourbonnais IL	12:49.4								
F 35 - 39	131	4	0:46:06.4	179	Janet Kotash	Park Forest IL	PK 14:52.4								
F 35 - 39	9999	9999	D.N.F.	6	Debbie Barks	Braidwood IL	00:00.0								
F 25 - 29	9999	9999	D.N.F.	12	Kathy Gozzolino	Lockport IL	00:00.0								
M 60 - 64	9999	9999	D.N.F.	17	<u>Gerry Kilbride</u>	Kankakee IL	00:00.0								
M 15 - 19	9999	9999	D.N.F.	41	Greg Lardi	South Wilmington IL	00:00.0								
M 20 - 24	9999	9999	D.N.F.	42	<u>Kevin Kilbride</u>	Gardner IL	00:00.0								
WALKERS	1	1 GR	0:24:53.6	198	Wayne Weiss	Bourbonnais IL	12:26.8								
WALKERS	2	2 GR	0:24:58.5	35	<u>Connie Guimond</u>	Bourbonnais IL	KAN 12:29.2								
WALKERS	3	3 GR	0:26:22.0	176	Paul L Gerth	St. Anne IL	13:11.0								
WALKERS	4	4 GR	0:27:11.0	184	Kelly A Sullivan	Kankakee IL	13:35.5								
WALKERS	5	5 GR	0:27:18.5	170	T J Gernon	Kankakee IL	13:39.2								
WALKERS	6	6 GR	0:27:19.2	120	John T Sullivan	Bourbonnais IL	13:39.6								
WALKERS	7	7 GR	0:27:43.1	177	<u>Michelle A Baldwin</u>	Bourbonnais IL	13:51.6								
WALKERS	8	8 GR	0:29:13.6	178	<u>Georganne L Hickey</u>	Momence IL	14:36.8								
WALKERS	9	9 GR	0:30:18.5	196	Jennifer Range	Plainfield IL	15:09.2								
WALKERS	10	10 GR	0:31:04.1	175	Jane Gerth	St. Anne IL	15:32.0								
WALKERS	11	9999	0:31:24.2	192	Denise Carta	Kankakee IL	15:42.1								
WALKERS	12	9999	0:31:37.5	189	<u>Marena Kilbride</u>	Gardner IL	15:48.8								
WALKERS	13	9999	0:31:38.3	190	<u>Charles Atwood</u>	Huntington Beach CA	15:49.2								
WALKERS	14	9999	0:31:41.4	191	<u>John E Kilbride</u>	Gardner IL	15:50.7								
WALKERS	15	9999	0:31:57.7	174	James Marchant	Kankakee IL	15:58.8								
WALKERS	16	9999	0:32:01.3	34	<u>Robert Guimond</u>	Bourbonnais IL	16:00.6								
WALKERS	17	9999	0:32:08.1	187	<u>Kathy Romary</u>	Kankakee IL	16:04.0								
WALKERS	18	9999	0:32:09.6	171	Colette Gernon	Kankakee IL	16:04.8								
WALKERS	19	9999	0:32:10.2	172	Tim Gernon	Kankakee IL	16:05.1								
WALKERS	20	9999	0:35:52.5	173	Lorrie Simington	Kankakee IL	17:56.2								
WALKERS	9999	9999	D.N.F.	180	Morgan Foster	Kankakee IL	00:00.0								
WALKERS	9999	9999	D.N.F.	181	Christopher Foster	Kankakee IL	00:00.0								
WALKERS	9999	9999	D.N.F.	182	Bennett Foster	Kankakee IL	00:00.0								
WALKERS	9999	9999	D.N.F.	183	Lisa Foster	Kankakee IL	00:00.0								
WALKERS	9999	9999	D.N.F.	185	Tom Baldwin	Kankakee IL	00:00.0								
WALKERS	9999	9999	D.N.F.	186	Dorothy Baldwin	Kankakee IL	00:00.0								
WALKERS	9999	9999	D.N.F.	188	Joe Romary	Kankakee IL	00:00.0								
WALKERS	9999	9999	D.N.F.	197	Karen A Dannenhauer	Kankakee IL	00:00.0								
WALKERS	9999	9999	D.N.F.	199	Ronald W Study	Chicago IL	00:00.0								
WALKERS	9999	9999	D.N.F.	200	Mary R Study	Chicago IL	00:00.0								

6/25/00 Bourbonnais Friendship Festival 5K

Race Results BY OVERALL FINISH

AgeGroup	Overall	GrpPlace	Time	Bib#	Name	City/ST	Pace/MI
F 15 - 19	43	2 AG	0:22:49.9	9	Sara Batkiewicz	Bourbonnais IL	07:21.9
M 60 - 99	44	2 AG	0:22:56.6	28	Phil Standley	Bourbonnais IL	07:24.1
M 50 - 54	45	3 AG	0:23:32.4	69	Ron Ruda	Kankakee IL	07:35.6
M 15 - 19	46	9	0:23:40.0	64	Keegan Crosby	Bourbonnais IL	07:38.1
F 40 - 44	47	1 AG	0:24:01.9	68	Nancy J Ruda	Kankakee IL	07:45.1
F 40 - 44	48	2 AG	0:24:05.8	95	Theresa C Burgard	Kankakee IL	07:46.4
F 30 - 34	49	1 AG	0:24:10.1	90	Deborah A Renville	Kankakee IL	07:47.8
M 45 - 49	50	3 AG	0:24:11.0	49	Hill Love Jr	St. Anne IL	07:48.1
F 30 - 34	51	2 AG	0:24:12.5	27	Lori Williams	Bourbonnais IL	07:48.5
M 40 - 44	52	5	0:24:28.1	18	Jim Kelly	Kankakee IL	07:53.6
M 45 - 49	53	4	0:24:30.6	48	Hendell D Provost	Bourbonnais IL	07:54.4
M 25 - 29	54	3 AG	0:24:31.4	76	Cary A Yeakum	Bourbonnais IL	07:54.6
F 1 - 14	55	1 AG	0:24:32.7	19	Allison Greear	Bourbonnais IL	07:55.1
F 45 - 49	56	1 AG	0:24:50.6	29	Ellen Tribe	Bourbonnais IL	08:00.8
M 50 - 54	57	4	0:24:58.5	43	Paul L Surprenant Jr	Kankakee IL	08:03.4
M 30 - 34	58	5	0:25:00.0	78	Stacy D Lamb	Bourbonnais IL	08:03.9
M 35 - 39	59	7	0:25:01.4	86	Monte Crowl	Hanteno IL	08:04.3
M 50 - 54	60	5	0:25:03.3	91	Hike Biernat	Wilmington IL	08:04.9
M 45 - 49	61	5	0:25:04.5	36	Randy Ritegi	Bonfield IL	08:05.3
F 20 - 24	62	1 AG	0:25:06.1	63	Emily McBarnes	Bourbonnais IL	08:05.8
M 55 - 59	63	4	0:25:10.0	54	Joseph V Palermo Jr	Wilmington IL	08:07.1
M 40 - 44	64	6	0:25:14.2	38	Dan D Shreffler	Manteno IL	08:08.5
M 40 - 44	65	7	0:25:49.2	35	Brian S Odette	Bourbonnais IL	08:19.7
F 15 - 19	66	3 AG	0:26:06.0	23	Casey M Nugent	Manteno IL	08:25.2
M 15 - 19	67	10	0:26:06.5	22	Randy Fortin	Manteno IL	08:25.3
M 40 - 44	68	8	0:26:09.8	85	John T Sullivan	Bourbonnais IL	08:26.4
M 1 - 14	69	1 AG	0:26:13.1	3	Tyler Rahrig	Bourbonnais IL	08:27.5
F 30 - 34	70	3 AG	0:26:20.1	62	Michelle Wilson	Chicago IL	08:29.7
M 40 - 44	71	9	0:26:30.6	4	Randy L Rahrig	Bourbonnais IL	08:33.1
M 25 - 29	72	4	0:26:31.4	15	Don McCarty	Bradley IL	08:33.4
F 25 - 29	73	1 AG	0:26:47.2	13	Shannon Boudreau	Bourbonnais IL	08:38.5
F 1 - 14	74	2 AG	0:26:52.1	20	Katie Greear	Bourbonnais IL	08:40.0
M 40 - 44	75	10	0:26:57.6	21	Stan Greear	Bourbonnais IL	08:41.8
M 25 - 29	76	5	0:27:01.7	98	Paul Swanson	Bourbonnais IL	08:43.1
F 35 - 39	77	1 AG	0:27:06.6	10	Kate M Batkiewicz	Bourbonnais IL	08:44.7
M 40 - 44	78	11	0:27:13.9	88	Jessie M McGee	Bourbonnais IL	08:47.1
M 45 - 49	79	6	0:27:14.7	45	Mark Lesyna	Homeca IL	08:47.3
F 1 - 14	80	3 AG	0:27:15.8	100	Kristen Litherland	Bradley IL	08:47.7
F 30 - 34	81	4	0:27:25.3	26	Marcia J Lonergan	Bourbonnais IL	08:50.7
M 40 - 44	82	12	0:27:58.0	79	Charles W Zaucha	Bourbonnais IL	09:01.3
F 45 - 49	83	2 AG	0:28:58.8	82	Lorraine F Campita	Braidwood IL	09:20.9
M 45 - 49	84	7	0:29:10.6	60	Dan G Bullock	Bourbonnais IL	09:24.7
F 40 - 44	85	3 AG	0:29:33.0	74	Donna Worth	St. Anne IL	09:31.9
F 60 - 99	86	1 AG	0:29:35.6	77	Judy K11bride	Kankakee IL	09:32.8
F 1 - 14	87	4	0:30:19.6	75	Eileen Worth	St. Anne IL	09:47.0
F 1 - 14	88	5	0:30:25.0	102	Colleen Bailey	Bourbonnais IL	09:48.7
M 35 - 39	89	8	0:30:25.7	101	Tom Bailey	Bourbonnais IL	09:48.9
F 40 - 44	90	4	0:31:08.2	46	Marianne Surprenant	Kankakee IL	10:02.6
F 50 - 54	91	1 AG	0:31:51.0	16	Phyllis Roecker	St. Anne IL	10:16.5
F 1 - 14	92	6	0:32:47.9	33	Rachel Martinson	Bourbonnais IL	10:34.8

Race Results BY OVERALL FINISH

AgeGroup	Overall	GrpPlace	Time	Bib#	Name	City/ST	Pace/MI
M 20 - 24	1	1 OA	0:15:45.9	93	Elvis McCarter	Kankakee IL	05:05.1
M 40 - 44	2	2 OA	0:16:25.5	67	Gary Peters	Plant City FL	05:17.9
M 35 - 39	3	3 OA	0:16:48.4	1	Patrick D Koerner	Bourbonnais IL	05:25.3
M 20 - 24	4	1 AG	0:17:47.1	56	Bryce M Baker	Bourbonnais IL	05:44.2
M 35 - 39	5	1 AG	0:17:49.9	57	Phil R Newberry	Kankakee IL	05:45.1
M 35 - 39	6	2 AG	0:18:34.3	58	Rod Kahl	Bradley IL	05:59.5
M 20 - 24	7	2 AG	0:18:43.7	47	Matthew R Hinze	Bourbonnais IL	06:02.5
M 50 - 54	8	1 AG	0:18:53.5	73	Ken P Klipp	Kankakee IL	06:05.6
M 40 - 44	9	1 AG	0:19:28.1	7	Peter E Kershaw	St. Anne IL	06:16.8
M 15 - 19	10	1 AG	0:19:30.6	65	Dwight Bossong	Bradley IL	06:17.6
M 15 - 19	11	2 AG	0:19:33.9	71	Drew C Parsons	Kankakee IL	06:18.7
M 15 - 19	12	3 AG	0:19:39.7	89	Matt Larson	Bourbonnais IL	06:20.5
M 40 - 44	13	2 AG	0:19:48.6	83	Dean R Hartman	Clifton IL	06:23.4
F 45 - 49	14	1 OA	0:19:51.3	44	Que Harbor	Rantoul IL	06:24.3
M 30 - 34	15	1 AG	0:19:58.1	39	Ken B Knepper	Coal City IL	06:26.5
M 35 - 39	16	3 AG	0:20:04.5	55	Marshall C Grace	Bourbonnais IL	06:28.5
M 35 - 39	17	4	0:20:06.2	53	John J Bevis	Bourbonnais IL	06:29.1
M 35 - 39	18	5	0:20:08.3	61	Brian Kyrouac	Bradley IL	06:29.8
M 45 - 49	19	1 AG	0:20:13.2	25	Jeff P Lonergan	Bourbonnais IL	06:31.4
F 35 - 39	20	2 OA	0:20:19.4	66	Eileen Peters	Plant City FL	06:33.4
F 15 - 19	21	3 OA	0:20:42.9	87	Jamie L Zullo	Bourbonnais IL	06:40.9
M 15 - 19	22	4	0:20:52.5	42	B111 L Szabo	Reddick IL	06:44.0
M 20 - 24	23	3 AG	0:20:53.8	70	Michael G Wolfe	Bradley IL	06:44.5
M 55 - 59	24	1 AG	0:20:56.9	5	Daniel M Gould	Kankakee IL	06:45.5
M 60 - 99	25	1 AG	0:21:14.6	2	Robert E Pool	Onarga IL	06:51.2
M 25 - 29	26	1 AG	0:21:19.5	12	Steve J Toth	Bourbonnais IL	06:52.7
M 25 - 29	27	2 AG	0:21:24.7	51	Rich T Dickett	Matseka IL	06:54.4
M 35 - 39	28	6	0:21:26.4	34	Jay Martinson	Bourbonnais IL	06:55.0
M 15 - 19	29	5	0:21:29.2	14	Roland Rodriguez	St. Anne IL	06:55.9
M 40 - 44	30	3 AG	0:21:39.5	24	Doug McWilliams	Homeca IL	06:59.2
M 40 - 44	31	4	0:21:47.3	37	R. Keith Knepper	Bonfield IL	07:01.7
M 30 - 34	32	2 AG	0:21:50.4	92	Scott A Goselin	Bourbonnais IL	07:02.7
M 55 - 59	33	2 AG	0:21:54.2	8	John F Pool	Thawville IL	07:03.9
M 30 - 34	34	3 AG	0:21:56.5	6	Dave K Merrillat	Kankakee IL	07:04.7
M 15 - 19	35	6	0:22:12.1	50	John Love Jr	St. Anne IL	07:09.7
M 15 - 19	36	7	0:22:12.7	40	Pat J Mahoney	Kankakee IL	07:09.9
M 55 - 59	37	3 AG	0:22:13.3	17	Charlie Grotevant	Buckingham IL	07:10.1
M 45 - 49	38	2 AG	0:22:17.4	84	Scott Sullivan	Braidwood IL	07:11.4
F 15 - 19	39	1 AG	0:22:21.4	11	Erica Batkiewicz	Bourbonnais IL	07:12.7
M 15 - 19	40	8	0:22:38.9	41	James R Mahoney	Kankakee IL	07:18.4
M 50 - 54	41	2 AG	0:22:40.0	72	Chuck Parsons	Kankakee IL	07:18.7
M 30 - 34	42	4	0:22:48.6	52	Andy M Furbee	Dwight IL	07:21.5