

On Dan's Run By Dan Gould

We have added at least one new member in the last month – Aidan Joseph Barrett, born July 14th to Dave and Chris Barrett and joining brothers Kyle and Patrick. No, he was not delivered by UPS. The neighborhood apparently isn't big enough for the growing family so the Barretts are moving out of the Koerner-Linn-Barrett complex on Vantage Lane for greener pastures. The house is sold. Are they runners, Dave?

Mike Hickey has resigned as track coach in Momenca. It is certainly Momenca's loss. Those of us who know Mike (and Georganne) know that, in addition to being coach, Mike is friend, mentor, counselor and father to his team. I hate to guess how much in \$\$\$ he has contributed to their welfare. Mike, you are a great example for all of us – and, making us feel inadequate, we hate you for it. The upside for Mike is that he will have time to watch Krista pursue her collegiate running this fall. If you wonder why you haven't seen Mike this summer, he took a summer job transporting the canoes for Reed's Rental.

Speaking of running, there were some good days and great races in July. July 4th wasn't one of them. Phil Newberry, Doug McWilliams, John Bevis, Dave Barrett and I went to Hobart for the Brickyard 5 Miler. We knew the periodic moisture on the windshield meant high humidity, not an incontinent flock of low flying birds. They turned out about 350 runners and a large number of them were teens. We can't seem to bribe teenagers to run in Kankakee County.

In any event, we gave it our best and brought home a couple bricks. Yes, bricks! Instead of plaques or trophies, they put a plate with the appropriate data on a brick. Clever and utilitarian. I carry mine in the Dan van just to show the naysayers that I'm not a brick shy of a load.

Locally, the YMCA 5K had a great day and great turnout. Pat Koerner was recognized for his twelve years of directing the race with cake and a trophy (BIG TROPHY!). The Y race is one of a very few that makes an effort to bring out the kids and did it with great success this year. There weren't enough shirts for this crowd!

Charlie and Joyce Grotevant's granddaughter, Ashley, made the Y5K her first race – and placed in age group. Rich Olmstead stopped by between New York and New Mexico to run and say hello to his significant other, Diane DesMarteau who placed in the walking division. Anna Goodberlet was there to watch son Kyle kick my butt.

Provena's Heart of the Matter 5K apparently got off to an auspicious beginning. There were, I gather, some problems with traffic which, hopefully, won't exist next year when the road construction is completed.

Rounding out the month locally was the KCTC Boxtrot 5K. A rainy morning kept some of the fair weather runners away, but Cornstalk enjoyed the cooling rain as he dusted off a couple younger competitors in winning the race. The 90 runners and walkers who were there enjoyed a delicious hot breakfast, door prizes, and the heartwarming joy in the faces of the special Olympians who participated. This was for a good cause. If you rolled over when you saw the rain, cut a check to KCTC and Dave Cagle will probably send you a shirt.

Several of us went to Olympia Fields for the 20th Annual Heart and Sole 10K. There were more guys in my age group than there were participants in the Perry Farm race, but, for the first time, I placed in age group. This year's elite runner, Uta Pippig, handed out the awards. I was so excited I'm not sure if I kissed her on the cheek or she kissed me.

Almost equally exciting was the opportunity to catch up on things with a couple of greats in the running community. Warren Utes of Park Forest turned 80 in June and continues his quest for records. He continues to be one of the real nice guys. Gary and Mary Moss, once the heart and soul of the Prairie State Road Runners, now live in Geneva [mossmoss@AOL.Com] where they continue to work for the running community. Daughter Krista, now 11, is following in their footsteps (I think she ran 49 something). 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

SARC News & Editorial!

After the Sundowner 5k the four clubs in the Southern Area Race Circuit (SARC) had a meeting to discuss and score the circuit to date. All did not go well. Mary Jones "president of Prairie State", Marietta Faso "president of Park Forest " and I agreed not to score the last Palos circuit race due to the short notice we received. Liam Flynn "president of Palos" did not agree. He felt our club does not support the circuit well enough and we should not be in the circuit. The other clubs did not agree with him so he stormed out saying that his club "Palos Roadrunners" was out of the circuit. Well what do we do now? Our club, Prairie State and Park Forest decided to talk it out at a later date and give Palos another chance at working something out. I did not completely agree but I am flexible in understanding that the circuit does bring the clubs together in some aspect, large or small. My feeling on the whole issue is this: Kankakee, Park Forest and Prairie State have one agenda, that is to have fun, while bringing runners together for the betterment of the sport. The Palos club (I'm not speaking for all their members here) appears to be in it for the pure competition and winning the circuit. The competition is not bad, bragging rights are fun, however the perception is that they are too serious. We are not professional athletes; we don't run for a living, this is our hobby, our passion, or our way to stay healthy and physically fit, or to balance our stress levels. Whatever the reason, being too serious or competitive will ruin the idea of the SARC. The SARC was designed to bring everyone together, all the clubs. If it ceases to be fun it will cease to exist. At this point I'm waiting to hear when we will meet. I will make a sound, well informed decision on whether our club will remain in the circuit, or make modifications to the rules for the betterment of all clubs involved. I personally do not want to see the circuit fold up. The concept is good; it just needs to be refined. Stay tuned for more info next month... Thanks for being a member, Dave Barrett...

Again... A big Thank you to:

John and Carole Vallone

Great Pizza Party and Chili Cook Off!

Winner of the Chili cook off: Pete Kershaw

Pete won a free 2001 Family membership (with all the trimmings)

Way to go Pete, Be sure to get his award winning recipe on-line at:

www.keynet.net/~krrc

Ken Klipp is seeking volunteers for the Bishop MacNamara Conditioner X-Country Meet
being held on **Wednesday, August 30th** at 4:30 p.m.
at Governor's Small Park in Kankakee.

Please call Ken at **(815) 937-1958** if you are willing and able to help at this meet.

RUNNER MUTATION

BY BOB SCHWARTZ

Mild mannered and reserved Clark Kent could enter a phone booth and come out as Superman. Mr. Kent's inhibitions were swiftly cast aside and amazing strength and courage were displayed. (Why Superman could let bullets bounce off his chest and then duck when they threw the empty gun at him — well, that remains a mystery.)

Many runners experience a similar metamorphosis when race day arrives. A phone booth is not required. You simply enter the port-a-jon and come out as *Racing Machine*. No flying cape is necessary, nor is a large S emblazoned across your chest. Just give you a race number and a few safety pins, tie a computer timing chip to your shoelace, point you toward the starting line banner and, all of a sudden, you undergo a personality mutation.

Your timid, demure, restrained nature is cast aside and you become an unabashed member of the Emancipation from Decorum Club. No longer do you feel uncomfortable about using a public restroom — the world becomes your own little fire hydrant.

Neither tree nor corner alley nor patch of bushes is safe from an overloaded bladder before or during a race. The world may be an oyster for some, but it serves as a large lavatory for a racing runner.

You go from a bland, color-coordinated con-



Illustration by Ben Boyd

servative dresser to wearing every color in the Mercury Paint catalogue in your shorts alone.

Suddenly need to blow nose? Just turn to the side, make sure the landing pad is clear and give a little honk — the runner's method of proboscis projection.

Pre-race petroleum jelly is fervently lathered on every single potential chafing area. You have no reservations about applying it to any body part in front of thousands of strangers. Modesty takes a back seat to necessity.

No run would be complete without a visit from some of your body's natural cacophony. It's the melody of the runner — short, sometimes rhythmic, often spontaneous body sounds. You may try to squelch a little burp at the board meeting, but now you feel triumphant if a belch reaches the

decibel level of a sonic boom and you threaten low-flying aircraft with your spit. And clearing your throat? You aim for a sound like a cat with a colossal hairball.

You shed all pretenses with your loud gasps, grunts and pants.

Toward the end of the race, you shamelessly display wheezing that sounds like a lactate-overloaded and congested Tin Man from the *Wizard of Oz* trying to start a rusty 1964 lawn mower.

While you normally exhibit impeccable dining manners, now you aggressively grab a cup of sports drink on the fly, gulp it down as quickly as possible as it dribbles from your mouth and forcefully discard a crunched-up paper cup on the sidewalk.

Post race refreshments give you the opportunity to see how many bananas and bagels you can consume in the span of your best 800 meter time.

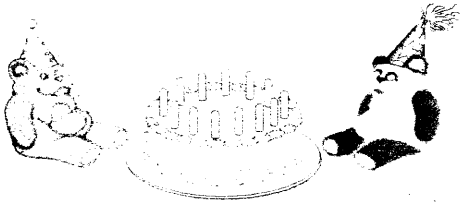
If you cross the finish line with a new PR, you discard any semblance of emotional restraint and repetitively thrust your arms in the air while letting out a Neanderthal scream of delight, followed by 47 resounding shouts of, "Yes! Yes!"

Then you shower and change out of your running clothes, resuming your more restrained, "everyday" personality.

Until the next race. Until they give you another number to pin to your chest. Until you once again emerge as *Running Machine*.

Look out! ▲

Happy Birthday!!



AUGUST BIRTHDAYS!

Name	Birthday	Age
PAT BALDWIN	8/26/57	43
KATE BATKIEWICZ	8/03/63	37
MICHAEL BELLETETE	8/05/46	54
MICHAEL BIERNAT	8/20/48	52
JOHN FLYNN	8/01/46	54
KARL GOODBERLET	8/06/85	15
DAN GOULD	8/31/44	56
KATHY GREMAR	8/22/61	39
SHAMOR HAYNES	8/12/82	18
SCOTT KELSON	8/31/55	45
JACOB KERSHAW	8/23/93	7
DONNA KOERNER	8/13/56	44
SANDY LANE	8/23/44	56
JESSICA LINN	8/09/86	14
SHIRLEY MALONE	8/29/31	69
RICHARD MANTHEI	8/31/47	53
PAT PIERCE	8/11/55	45
TYLER RAHRIG	8/06/88	12
JAMES RATTIN	8/14/56	44
NANCY RUDA	8/16/56	44
KATHY STEFFEN	8/18/51	49
MATTHEW STEFFEN	8/23/83	17
MICHAEL STEFFEN	8/18/86	14
LYNN TROOST	8/26/46	54
DOUG URIBE	8/22/61	39

Welcome New Members!
THE STAN GREMAR FAMILY
OF BOURBONNAIS



THE JOE GIACCHINO FAMILY
OF KANKAKEE



ROD KAHL OF BRADLEY

Fast-N-Fit Foods

by

Janet Shelly

SALSA FRGA

Ingredients:

- 1 28 oz. can Italian Plum Tomatoes, drain & chop
- 1 4 oz. can chopped mild green chilies, rinse & drain
- 2-3 green onions, chopped
- 1 1/2 TBS. olive oil
- 1 1/2 TBS. red wine vinegar
- seasoned salt, pepper, oregano and garlic powder to taste

Mix well and refrigerate several hours or overnight. Serve with tortilla chips. You can add cayenne pepper or chopped HOT peppers if desired. This is great for parties. I usually double the recipes. It will keep several days in the fridge.

Enjoy your last few weeks of Summer!

KRRC OFFICERS

President, Dave Barrett 937-4668
 V-President, Bill Linn 935-0815
 Treasurers, Marcia Lonergan & Dave Barrett

KRRC NEWSLETTER EDITORS

e-mail run4fun@daily-journal.com
 Marcia Lonergan 933-1695
 Phil Newberry 935-5106

ACTIVITIES DIRECTOR

Pat Baldwin 932-2950

KRRC WEBSITE

www.keynet.net/~krcc



WELCOME TO OUR NEWEST MEMBER...

AIDAN JOSEPH BARRETT

BORN TO PROUD PARENTS DAVE & CHRIS BARRETT
 ON JULY 14TH! CONGRATS!

THE STARTING LINE

Sat., Aug. 5, 8:00 A.M. – Run for Shelter 5K, Valparaiso, IN. 440-993-5665

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.

Fri., Aug. 11, 7:00 P.M. – Wenona Days 5K
Wenona Park

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

Sun., Aug. 13 – Portage Half Marathon, 219-762-7348

Sat., Aug. 19, 8:00 A.M. – Gilman Old Boys & Girls 5K Run & 1 Mile Fun Walk \$13/\$15 showers
Doug Hanes (815) 265-7630

Sat., Aug. 19, 7:30 A.M. – I Run for Autism Research 5K, Lincoln Mall Cinema, Matteson

Sat., Aug 19, 8:00 A.M. – Channahon Firefly 5K
Central Park–Channahon Park Dist. (815) 467-7275

Sun., Aug. 20, 8:00 A.M. – Shorewood Festival 5K
Run/Walk Festival Grounds behind Village Hall

Sat., Aug. 26 – Crim Festival of Races, Flint, MI.

Sat., Aug. 26, 9:00 A.M. ■ 5K Empowerment Run
Perry Farm, Bradley, IL Vanessa (815)468-2300

Sat., Aug. 26, 8:00 A.M. – 19th Kouts Country
Classic 4 Mile, Kouts, IN. 219-766-2231

Sat., Aug. 26, 8:20 A.M. – Hometown 5K, Griffith
Jr. H.S., 600 Raymond St., Griffith, IN. Dan
Govert 924-7904

Sun., Aug. 27, 8:00 A.M. – Windrunner 10K,
Herrick Lake Forest Preserve, Wheaton. NO
RACE DAY REGISTRATION. Register online
www.active.com.

Sat., Sep. 2, 8:00 A.M. - Sweetcorn 5K Classic,
Hoopeston,. Bill Orr 217-283-5004

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

Mon., Sep. 4, 8:00 A.M. – Park Forest Scenic 10
(also a 5K fun run). No race day registration.
Register online www.signmeupsports.com by
August 25th. Info 708-503-7701 ext. 263

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, 7:30 A.M. Mitsubishi Half Marathon
& 5K (309) 829-6344 \$15 by 9/1 \$20 race day

Sun., Sep. 10, Chicago Half Marathon

Sat., Sep. 16, 8:30 A.M. - Dwight Harvest Days 5K
& 1 Mile Fun Run/Walk (815)584-1802

Sat., Sep. 16, 9:00 A.M. – 5K Wolf Run, Wm
Powers Conservation Area, southeast side of
Chicago. Joanne or Doree 773-646-6880

Sat., Sep. 16, 7:45 A.M. – Run to Oz 5K, Coffee
Creek Center Preserve, Chesterton, IN. Mona 219-
926-4267

Sun., Sep. 24, 11:00 A.M. – Wild Wild Wilderness
7.6 Mile, Danville. 217-733-2403

Sun., Sep. 24, 8:00 A.M. – National Heritage
Corridor 25K, Channahon. No race day reg.
Online at www.signmeupsports.com. Info 744-5768

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

Sun., Oct. 22, LaSalle Banks Chicago Marathon
Carey Pinkowski (312)904-9800

Sun., Nov. 5, 11:00 A.M. – Canal Connection 10K
Utica, IL Jon Bastuck (815)223-8988

Sun., Nov. 19, 2:00 P.M. – St. Anthony's 5K Fun
Run/Walk (815)469-3750

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)

2001

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

K. YMCA SK 7/9

Race Results BY OVERALL FINISH

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name
M 20 - 24	1	1 OA	0:15:56.8	161	Elvis L McCarter
M 35 - 39	2	2 OA	0:16:12.4	25	Matt McCormick
M 25 - 29	3	3 OA	0:16:16.3	108	Pete Mathis Jr
M 30 - 34	4	1 AG	0:16:27.9	145	Ron Blake
M 15 - 19	5	1 AG	0:16:28.3	19	Matt O'Hare
M 40 - 44	6	1 MST	0:16:34.1	154	Chris Shockley
M 35 - 39	7	1 AG	0:17:05.8	1	Patrick D Koerner
M 15 - 19	8	2 AG	0:17:15.5	20	Dustin Bink
M 40 - 44	9	1 AG	0:17:47.9	170	James L Rattin
M 20 - 24	10	1 AG	0:18:13.3	147	Justin Massey
M 15 - 19	11	3 AG	0:18:17.4	100	Brad J Kubick
M 40 - 44	12	2 AG	0:18:21.3	75	Larry K Burton
M 20 - 24	13	2 AG	0:18:25.0	122	Matthew R Hinze
M 35 - 39	14	2 AG	0:18:30.3	27	Phil R Newberry
M 30 - 34	15	2 AG	0:18:57.5	155	Jose L Jimenez
M 55 - 59	16	1 AG	0:19:09.6	18	Pete W Mathis
M 40 - 44	17	3 AG	0:19:10.5	121	Bill Wachter
M 40 - 44	18	4	0:19:11.0	26	Peter E Kershaw
M 50 - 54	19	1 AG	0:19:18.4	103	Ken P Klipp
M 15 - 19	20	4	0:19:29.5	119	Dwight Bossong
M 40 - 44	21	5	0:19:30.2	127	Dean R Hartman
M 15 - 19	22	5	0:19:37.0	69	Scott A Davis
M 35 - 39	23	3 AG	0:19:41.1	136	David A Barrett
M 30 - 34	24	3 AG	0:19:44.4	126	David M Summers
M 40 - 44	25	6	0:19:50.3	36	Clinton L Carter
F 15 - 19	26	1 OA	0:20:03.7	152	Stephanie Bone
M 15 - 19	27	6	0:20:04.6	146	Josh Massey
M 50 - 54	28	2 AG	0:20:06.4	24	Barry Kramer
M 40 - 44	29	7	0:20:14.9	102	Daniel R Gerber
M 45 - 49	30	1 AG	0:20:23.5	142	Rich W Olmstead
M 15 - 19	31	7	0:20:24.9	148	Kyle Goodberlet
M 20 - 24	32	3 AG	0:20:30.2	32	Jason Androff
F 15 - 19	33	2 OA	0:20:34.0	162	Jamie L Zullo
M 45 - 49	34	2 AG	0:20:35.5	6	Jeff P Lonergan
M 55 - 59	35	2 AG	0:20:36.3	7	Daniel W Gould
M 20 - 24	36	4	0:20:37.0	110	Christopher Moffatt
M 45 - 49	37	3 AG	0:20:42.9	149	Roland Jones
M 20 - 24	38	5	0:20:44.6	179	Michael G Wolfe
M 45 - 49	39	4	0:20:49.1	40	Kurt Huddleston
F 30 - 34	40	3 OA	0:20:58.4	48	Marla J Stycyk
M 35 - 39	41	4	0:21:00.1	101	Jeff S Biggs
M 30 - 34	42	4	0:21:09.0	34	Dave K Merrillat
M 15 - 19	43	8	0:21:17.8	104	Tyler Grace
M 55 - 59	44	3 AG	0:21:28.3	43	Robert J Maszak
M 25 - 29	45	1 AG	0:21:45.9	33	Bobby W Maszak
M 60 - 99	46	1 AG	0:21:49.6	71	Robert E Pool
M 40 - 44	47	8	0:21:50.6	5	John A Vallone

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name
M 35 - 39	48	5	0:21:56.0	123	Daniel L La Vire
F 15 - 19	49	1 AG	0:21:59.9	17	Aimee Ruder
M 35 - 39	50	6	0:22:00.6	131	Daniel E Hall
M 60 - 99	51	2 AG	0:22:05.2	115	Perry Holman
M 60 - 99	52	3 AG	0:22:09.3	120	Richard A Kowalski
M 40 - 44	53	9	0:22:13.7	86	Doug McWilliams
M 55 - 59	54	4	0:22:23.5	41	Charlie Grotevant
F 15 - 19	55	2 AG	0:22:33.1	159	Allison R Williams
M 15 - 19	56	9	0:22:37.6	28	Tomand Rodriguez
M 55 - 59	57	5	0:23:00.9	87	Ron Nordbrock
F 45 - 49	58	1 MST	0:23:08.3	53	Kathy Fulk
M 50 - 54	59	3 AG	0:23:14.6	63	Ron Ruda
F 40 - 44	60	1 AG	0:23:21.9	143	Theresa C Burgard
M 50 - 54	61	4	0:23:25.1	21	David Davis
F 30 - 34	62	1 AG	0:23:27.0	178	Lynn Mueller
M 55 - 59	63	6	0:23:32.3	42	John F Pool
M 50 - 54	64	5	0:23:46.1	14	Dale Yambor
F 45 - 49	65	1 AG	0:23:52.0	134	Kathleen H Steffen
F 40 - 44	66	2 AG	0:23:57.9	22	Nancy J Ruda
M 1 - 14	67	1 AG	0:24:00.6	31	Michael J Maszak
M 50 - 54	68	6	0:24:03.8	2	Keith A Theison
M 35 - 39	69	7	0:24:06.1	72	Monte Crowl
F 15 - 19	70	3 AG	0:24:09.0	73	Amanda Gossage
M 15 - 19	71	10	0:24:12.4	166	John Love
M 45 - 49	72	5	0:24:13.3	128	Allen M Montalto
M 45 - 49	73	6	0:24:30.6	164	Hill Love Jr
F 1 - 14	74	1 AG	0:24:33.7	139	Allison Grenar
M 60 - 99	75	4	0:24:36.1	109	Ed Tierney
M 50 - 54	76	7	0:25:00.1	70	John A Sheridan
F 35 - 39	77	1 AG	0:25:01.8	50	Barbara Zeman
M 60 - 99	78	5	0:25:07.2	163	James G Barry
M 40 - 44	79	10	0:25:14.1	118	Dan D Shreffler
M 25 - 29	80	2 AG	0:25:15.5	3	Andrew Barclay
M 60 - 99	81	6	0:25:15.9	88	Werner Thill
F 25 - 29	82	1 AG	0:25:16.5	47	Shannon Boudreau
M 60 - 99	83	7	0:25:18.2	106	James Halstead
F 1 - 14	84	2 AG	0:25:18.8	174	Kristen Litherland
M 30 - 34	85	5	0:25:32.2	167	David Dillon
M 50 - 54	86	8	0:25:36.6	132	Mike Bternat
M 35 - 39	87	8	0:25:41.0	95	Jim Giacchino
M 40 - 44	88	11	0:25:41.6	52	Joe Giacchino
M 55 - 59	89	7	0:25:51.8	125	Patrick L McFarland
F 15 - 19	90	4	0:25:55.5	45	Peggy R Baldwin
M 25 - 29	91	3 AG	0:26:05.9	98	Don McCarty
F 1 - 14	92	3 AG	0:26:15.1	137	Katie Grenar
M 40 - 44	93	12	0:26:16.0	138	Stan Grenar
F 35 - 39	94	2 AG	0:26:31.7	10	Carol L Vallone

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name
F 40 - 44	95	3 AG	0:26:34.2	116	Judy M Scherke
F 30 - 34	96	2 AG	0:26:36.4	11	Harcia J Lonergan
M 25 - 29	97	4	0:26:45.6	85	Peter Walter
F 35 - 39	98	3 AG	0:27:09.8	133	Kate M Batkiewicz
F 15 - 19	99	5	0:27:18.0	107	Ashley Birch
M 40 - 44	100	13	0:27:30.5	112	Jessie W McGe
M 45 - 49	101	7	0:27:32.3	23	Mark Lesyna
F 30 - 34	102	3 AG	0:27:47.0	30	Jill Harrett
F 30 - 34	103	4	0:27:56.6	135	Deborah A Renville
F 50 - 54	104	1 AG	0:28:18.2	29	Carol A Stapleton
M 55 - 59	105	8	0:28:37.9	153	Sheldon S Nicol
F 45 - 49	106	2 AG	0:28:39.4	140	Lorraine F Carpita
M 40 - 44	107	14	0:28:47.2	37	Patrick J Baldwin
M 50 - 54	108	9	0:29:45.6	150	Woody Pumphrey
M 45 - 49	109	8	0:29:47.0	151	Gary Neumayer
F 55 - 59	110	1 AG	0:30:00.0	168	Judy Kilbride
M 1 - 14	111	2 AG	0:30:04.2	130	Antonio Acevedo
F 40 - 44	112	4	0:30:11.1	124	Marianne Surprengant
F 35 - 39	113	4	0:30:28.7	114	Valerie Brandt
F 55 - 59	114	2 AG	0:30:42.5	54	Pat Heniff
F 1 - 14	115	4	0:30:43.3	180	Lindsey Peppin
M 50 - 54	116	10	0:30:47.6	129	Ed Burns
F 15 - 19	117	6	0:31:00.0	157	Casey M Nugent
M 15 - 19	118	11	0:31:00.6	158	Randy Fortin
M 25 - 29	119	5	0:31:35.9	156	Tom Cooper
F 15 - 19	120	7	0:31:54.2	79	Timothy Tholen
F 35 - 39	121	5	0:31:59.2	66	Lisa Goodrich
F 40 - 44	122	5	0:32:07.0	51	Kim Giacchino
F 45 - 49	123	3 AG	0:32:30.4	141	Maxine Finger
F 15 - 19	124	8	0:32:55.9	111	Jessica Marek
M 60 - 99	125	8	0:32:51.0	44	Paul Mueller
F 55 - 59	126	3 AG	0:34:03.7	92	Edith Alsvig
F 30 - 34	127	5	0:34:06.1	65	Tracy Pettet
F 25 - 29	128	2 AG	0:34:08.6	97	Patricia Ferris
F 40 - 44	129	6	0:34:30.0	67	Lindee Peters
F 15 - 19	130	9	0:37:08.0	9	Heather Foote
M 15 - 19	131	12	0:37:09.1	160	Randy Pierce
F 55 - 59	132	4	0:37:17.0	55	Bonnie Sisson
F 45 - 49	133	4	0:38:02.8	84	Jan Eckhoff
F 15 - 19	134	10	0:38:36.1	78	Hilary Bell
F 20 - 24	135	1 AG	0:38:46.9	64	Abby Yergler
F 20 - 24	136	2 AG	0:38:47.5	80	Michelle Schmidt
F 50 - 54	137	2 AG	0:40:05.4	144	Mary A Ford
F 40 - 44	138	7	0:40:43.4	68	Tonya Menzelman
F 30 - 34	139	6	0:41:21.3	49	Andra Adams
F 1 - 14	140	5	0:41:21.9	77	Melissa Eckhoff
F 35 - 39	141	6	0:41:33.2	82	Sandra Trubach
F 40 - 44	142	8	0:41:33.7	83	Pam Bell
F 35 - 39	143	7	0:44:02.0	39	Sue Giacchino
M 40 - 44	144	15	0:44:09.7	36	Jerry Giacchino
M 60 - 99	147	5	0:48:40.7	173	Betty Balotta

THE FINISH LINE

June 4th Birdman, Kankakee, IL
Pat Koerner 1st 5K 17:06 / 2nd 5K 17:30

July 4th, Brickyard 5 Miler, Hobart, IN

Pat Koerner 27:51 100A

Phil Newberry 30:26

John Bevis 33:38

Dave Barrett 33:41

Dan Gould 34:25

Doug McWilliams 37:45

July 9th, Chicago Distance Classic, IL

John Bevis 1:36.35 (7:47 pace)

Katy Shrauner 1:38

July 15th, Dog Days 1 Miler, Lake Bloomington, IL

Carol Pratt 6:17

Charlie Grotevant 6:32

July 16th, Heart & Sole 10K, Olympia Fields, IL

Pat Koerner 35:29

Mike Stuka 36:23

Phil Newberry 39:29

Dan Gould 43:09 3AG

Jeff Lonergan 43:58

Carol Pratt 47:06

Marcia Lonergan 56:59

July 21st, Lexington 5K, IL

Bob Pool 21:55 3AG

John Pool 29:55

July 27th, Sundowner 5K, New Lenox, IL

Pat Koerner 17:07

Phil Newberry 18:24

Rod Kahl 18:36

Dave Barrett 19:57

John Bevis 20:47

Jeff Lonergan 21:19

Bob Pool 21:58 2AG

Carol Pratt 22:45

Deb Remville 24:57

Kirsten Steeves 25:08

Marcia Lonergan 25:59

AgeGroup	Ovr	1	GrpPlace	Time	Bib#	Name
F 45 - 49	40	1	AG	0:28:09.0	13	Patricia A Horn
M 45 - 49	41	4		0:28:14.8	35	Mark Lesyna
M 40 - 44	42	6		0:28:23.1	2	Patrick J Baldwin
F 40 - 44	43	1	AG	0:28:32.1	42	Marianne Surprenant
F 40 - 44	44	2	AG	0:29:13.8	20	May Kelly
M 45 - 49	45	5		0:29:32.6	38	Dan G Bullock
F 55 - 59	46	1	F S	0:30:03.0	11	Barbara Plumm
M 45 - 49	47	6		0:30:17.0	12	Drew Horn
M 55 - 59	48	1	AG	0:30:27.1	6	Vernon Plumm
F 40 - 44	49	3	AG	0:32:01.9	44	Pat M Pierce
F 40 - 44	50	4		0:32:18.8	17	Lindee Peters
F 19 - 24	51	1	AG	0:32:44.4	24	Stephanie Wilkinson
F 19 - 24	52	2	AG	0:35:39.0	22	Stacy George
F 30 - 34	53	2	AG	0:39:40.0	23	Julie Riley
F 15 - 19	9999		J.N.F.		29	Renee Wilson
M 45 - 49	9999		J.N.F.		36	Randy Riegel

AgeGroup	Ovr	1	GrpPlace	Time	Bib#	Name
M 35 - 39	1	1	0A	0:17:01.3	14	Patrick D Koerner
M 19 - 24	2	2	0A	0:17:20.5	39	Bryce M Baker
M 15 - 19	3	3	0A	0:17:23.6	51	Kyle Horner
M 35 - 39	4	1	AG	0:18:35.4	19	Rod Kahl
M 15 - 19	5	1	AG	0:19:05.2	26	Tyler Grace
M 15 - 19	6	2	AG	0:19:14.0	48	Drew C Parsons
M 55 - 59	7	1	MST	0:19:17.9	34	Pete W Mathis
M 35 - 39	8	2	AG	0:19:26.0	50	Scott Rattin
M 40 - 44	9	1	AG	0:19:30.7	45	Dean R Hartman
M 40 - 44	10	2	AG	0:19:37.5	37	Peter E Kershaw
M 19 - 24	11	1	AG	0:19:43.5	40	Anthony Krof
M 40 - 44	12	3	AG	0:20:17.5	46	Daniel R Gerber
M 15 - 19	13	3	AG	0:20:33.9	41	Nick Stalinos
M 35 - 39	14	3	AG	0:20:45.6	52	John J Bevis
M 45 - 49	15	1	AG	0:21:00.5	3	Jeff P Lonergan
M 45 - 49	16	2	AG	0:21:16.4	4	Rich W OImstead
M 30 - 34	17	1	AG	0:21:19.1	1	Dave K Merillat
M 55 - 59	18	1	M S	0:21:50.5	7	Charlie Grotevant
M 60 - 99	19	1	AG	0:22:05.5	15	Robert E Pool
M 40 - 44	20	4		0:22:34.1	25	Doug McWilliams
F 40 - 44	21	1	0A	0:22:45.0	53	Theresa C Burgard
M 50 - 54	22	1	AG	0:22:54.7	5	Rod Ruda
M 50 - 54	23	2	AG	0:22:58.3	49	Chuck Parsons
M 40 - 44	24	5		0:23:41.5	54	Randy L Rahrig
M 45 - 49	25	3	AG	0:23:44.0	16	Wendell D Provost
F 15 - 19	26	2	0A	0:23:45.7	8	Peggy R Baldwin
F 45 - 49	27	3	0A	0:24:00.2	32	Kathleen H Steffen
F 40 - 44	28	1	MST	0:24:17.1	10	Nancy J Ruda
F 25 - 29	29	1	AG	0:24:40.2	28	Shannon Boudreau
F 1 - 14	30	1	AG	0:24:48.9	56	Kristen Litherland
F 30 - 34	31	1	AG	0:24:52.5	9	Marcia J Lonergan
F 35 - 39	32	1	AG	0:24:56.9	55	Deborah A Renville
M 19 - 24	33	2	AG	0:25:21.2	21	Troy Riley
M 50 - 54	34	3	AG	0:25:38.7	43	Paul L Surprenant Jr
M 25 - 29	35	1	AG	0:26:24.6	33	Peter Walter
M 60 - 99	36	2	AG	0:26:30.3	27	August Leone
M 30 - 34	37	2	AG	0:26:40.7	47	Steph W Gerber
M 1 - 14	38	1	AG	0:27:09.8	18	Spencer Peters
M 30 - 34	39	3	AG	0:27:11.5	30	David W Cagle

KCTC Boxtrot 7/30

Race Results BY OVERALL FINISH

Let's hear it for the following
KRRC Club Members
who did excellent work
directing local races in July:

Pat Koerner - Kankakee YMCA 5K

Patty Kershaw -

Provena St. Mary's Heart of the Matter 5K

Dave Cagle - KCTC Boxtrot 5K

Thanks to all of you for providing us runners
courses to run and post-race fun!!

Heart of the Matter 7/22

Race Results BY OVERALL FINISH

AgeGroup	Ovrrall	GrpPlace	Time	Bib#	Name	City/ST	Pace/MI
M 20 - 24	1	1 OA	0:16:32.9	5	Dan Drainie	Bourbonnais IL	05:20.3
M 35 - 39	2	2 OA	0:17:02.7	40	Patrick D Koerner	Bourbonnais IL	05:29.9
M 15 - 19	3	3 OA	0:18:12.8	6	Nathaniel Drainie	Bourbonnais IL	05:52.5
M 30 - 34	4	1 AG	0:18:34.1	74	Clark Anderson	Romeoville IL	05:59.4
M 35 - 39	5	1 AG	0:18:37.2	92	Rod Kahl	Bradley IL	06:00.4
M 55 - 59	6	1 AG	0:18:46.5	62	Pete W Mathis	Tinley Park IL	06:03.4
M 50 - 54	7	1 AG	0:18:53.0	84	Ken P Klipp	Kankakee IL	06:05.5
M 35 - 39	8	2 AG	0:19:05.5	93	David A Barrett	Bourbonnais IL	06:09.5
M 50 - 54	9	2 AG	0:19:09.3	76	Jim McEneaney	Orland Park IL	06:10.7
M 35 - 39	10	3 AG	0:19:17.6	75	Rick A Anderson	Minooka IL	06:13.4
M 40 - 44	11	1 AG	0:19:23.0	1	Peter E Kershaw	St. Anne IL	06:15.2
M 15 - 19	12	1 AG	0:19:25.1	67	Drew C Parsons	Kankakee IL	06:15.8
M 15 - 19	13	2 AG	0:19:40.9	91	Tyler Grace	Bradley IL	06:20.9
M 40 - 44	14	2 AG	0:19:41.9	71	Clinton L Carter	Minooka IL	06:21.3
M 1 - 14	15	1 AG	0:19:52.3	100	Ryan Hall		06:24.6
M 35 - 39	16	4	0:19:59.2	94	Tom Patten		06:26.8
M 15 - 19	17	3 AG	0:20:13.1	63	Bill L Szabo	Reddick IL	06:31.3
M 35 - 39	18	5	0:20:35.0	56	John J Bevis	Bourbonnais IL	06:38.4
M 45 - 49	19	1 AG	0:20:42.2	19	Jeff P Lonergan	Bourbonnais IL	06:40.7
M 45 - 49	20	2 AG	0:20:45.3	81	Roland Jones	Kankakee IL	06:41.7
F 15 - 19	21	1 OA	0:21:16.8	46	Amanda N Uribe	Bourbonnais IL	06:51.9
M 50 - 54	22	3 AG	0:21:18.7	61	Larry L Lane	Reddick IL	06:52.5
M 30 - 34	23	2 AG	0:21:19.5	60	Dave K Merillat	Kankakee IL	06:52.7
M 55 - 59	24	2 AG	0:21:21.5	35	Charite Grotevant	Buckingham IL	06:53.4
F 15 - 19	25	2 OA	0:21:28.6	59	Aimee Ruder	Merrillville IN	06:55.7
M 30 - 34	26	3 AG	0:21:35.8	99	Scott A Goselin	Bourbonnais IL	06:58.0
M 60 - 64	27	1 AG	0:21:42.9	31	Robert E Pool	Onarga IL	07:00.3
M 65 - 99	28	1 AG	0:21:48.1	90	Richard A Kowalski	Romeoville IL	07:02.0
M 35 - 39	29	6	0:21:49.7	79	Daniel E Hall	St. Anne IL	07:02.5
M 40 - 44	30	3 AG	0:21:57.4	44	Doug McWilliams	Monroeville IL	07:05.0
M 15 - 19	31	4	0:22:32.7	53	James R Mahoney	Kankakee IL	07:16.4
M 50 - 54	32	4	0:22:33.8	73	Pio Villegas	Brook IN	07:16.7
M 50 - 54	33	5	0:22:42.5	66	Chuck Parsons	Kankakee IL	07:19.5
M 50 - 54	34	6	0:23:08.4	39	Ron Ruda	Kankakee IL	07:27.9
M 40 - 44	35	4	0:23:25.2	88	Donald R Von Wahlde	Peotone IL	07:33.3
M 20 - 24	36	1 AG	0:23:38.3	11	Steve Boelte	Bradley IL	07:37.5
F 1 - 14	37	3 OA	0:23:47.4	72	Allison Gremer	Bourbonnais IL	07:40.5
M 40 - 44	38	5	0:23:50.5	87	Randy L Rahrig	Bourbonnais IL	07:41.5
F 40 - 44	39	1 AG	0:23:57.8	38	Nancy J Ruda	Kankakee IL	07:43.8
F 45 - 49	40	1 AG	0:24:05.1	70	Rose Mary Mentling	Champaign IL	07:46.2
F 25 - 29	41	1 AG	0:24:31.0	23	Deborah A Renville	Kankakee IL	07:54.5

AgeGroup	Ovrrall	GrpPlace	Time	Bib#	Name
M 45 - 49	42	3 AG	0:24:35.6	32	James H Ruberg
M 20 - 24	43	2 AG	0:25:24.5	28	William White
F 1 - 14	44	1 AG	0:25:28.0	57	Kristen Litherland
F 30 - 34	45	1 AG	0:25:28.6	18	Marcia J Lonergan
M 50 - 54	46	7	0:26:19.5	68	Mike Biernat
F 15 - 19	47	1 AG	0:27:07.0	69	Ashley Birch
F 20 - 24	48	1 AG	0:27:19.8	85	Jill Essington
M 45 - 49	49	4	0:27:23.5	64	Mark Lesyna
F 35 - 39	50	2 AG	0:27:28.2	98	Kirsten Steeves
M 40 - 44	51	6	0:27:59.6	15	Patrick J Baldwin
M 55 - 59	52	3 AG	0:28:22.5	65	John F Pool
F 30 - 34	53	2 AG	0:28:36.6	43	Andra Adams
M 30 - 34	54	4	0:28:40.3	50	Adam Menard
F 25 - 29	55	1 AG	0:28:45.5	27	Dawn White
F 60 - 64	56	1 AG	0:28:48.5	89	Marion Kowalski
F 55 - 59	57	1 AG	0:29:08.3	33	Barbara Plumm
M 55 - 59	58	4	0:29:29.5	34	Vernon Plumm
F 40 - 44	59	2 AG	0:29:32.0	77	Marianne Surprenant
F 40 - 44	60	3 AG	0:30:15.1	12	Bernie Hinrich
M 40 - 44	61	7	0:30:15.6	13	Pete Hinrich
F 1 - 14	62	2 AG	0:31:47.8	52	Lyndsay Thomas
F 35 - 39	63	3 AG	0:33:03.7	51	Tina Mosher
F 45 - 49	64	2 AG	0:33:52.3	4	Susan Drainie
F 55 - 59	65	2 AG	0:34:34.4	85	Todd Yeoman
M 1 - 14	66	2 AG	0:35:49.3	55	Todd Yeoman
F 1 - 14	67	3 AG	0:38:42.1	2	Jennifer Kershaw
F 30 - 34	68	3 AG	0:39:18.2	54	Christine Yeoman
F 45 - 49	69	3 AG	0:39:19.2	7	Patty Kershaw

RAN THE TURF TO SURF SIK SUNDAY
 JULY 30, 2000 AT THE DEL MAR
 RACE TRACK, DEL MAR, CALIFORNIA,
 20 MILES N. OF SAN DIEGO. RAN WITH
 OUR 15 YR. OLD SON IN HIS FIRST RACE
 SINCE TAKING UP RUNNING FOUR-FIVE
 WEEKS AGO. 2000 + RUNNERS. WE RAN
 29:43. "BUFFET" OF EATS & DRINKS ON
 RACE TRACK IN FIELD A SUPER POST RACE.
 75° & SUNNY. VEERY DIVERSE Mike McEneaney