

THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



OCTOBER 2000 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 152

WELL, HERE IT IS 2P.M. ON SATURDAY, OCT. 7TH THE DAY BEFORE THE KANKAKEE RIVER 10K AND I HAVE YET TO GET THE NEWSLETTER FINISHED. MY GOAL IS TO HAND DELIVER AS MANY COPIES AS POSSIBLE TO CLUB MEMBERS TO SAVE THE CLUB A FEW BUCKS. YOU'LL KNOW BY TOMORROW IF I WAS SUCCESSFUL OR NOT.

ANYWAY, I WANTED TO WRITE ABOUT A RECENT TRIP JEFF AND I TOOK TO EUGENE AND COOS BAY, OREGON. MANY OF YOU ARE PROBABLY THINKING, "HEY, THAT'S STEVE PREFONTAINE'S HOMETOWN!" WELL, YOU'RE ABSOLUTELY RIGHT AND THAT'S WHAT BROUGHT US THERE TO BEGIN WITH. ACTUALLY, I SAW THE ADVERTISEMENT IN *RUNNER'S WORLD* FOR THE 21ST ANNUAL STEVE PREFONTAINE MEMORIAL 10K RUN THAT WAS BEING HELD ON SEPT. 16TH IN COOS BAY AND I SAID TO JEFF, "WOULDN'T THAT BE COOL TO GO DO THAT?" WELL, FOR THOSE OF YOU WHO KNOW JEFF AT ALL, KNOW THAT HE LOVES TO TRAVEL AND THAT HE IDOLIZES "PRE". (HE EVEN NAMED OUR YELLOW LAB "PRE".) THE NEXT MORNING JEFF CALLED FROM WORK AND SAID HE GOT A GREAT DEAL ON TICKETS AND THAT WE'D DISCUSS THE DETAILS THAT NIGHT AND CONFIRM THE TICKETS! I GUESS JEFF WAS JUST ITCHING TO GET OUT OF THIS TOWN FOR A WHILE. WE HADN'T BEEN ON A TRIP FOR ABOUT TWO YEARS SO ALL IT TOOK WAS FOR ME TO JUST PLANT THAT SEED IN HIS BRAIN AND WE WERE OFF...

WE FLEW INTO EUGENE ON THURSDAY, SEPT. 14TH AND VISITED HAYWARD FIELD AT THE UNIVERSITY OF OREGON. WE COULDN'T GET ON THE TRACK BECAUSE IT WAS CLOSED FOR REPAIRS. I REALLY WANTED TO STAND ON THAT TRACK AND LOOK AROUND. WE COULD, HOWEVER, SEE THE STANDS AND A LIFE-SIZE STATUE OF PRE'S COACH, BILL BOWERMAN, LOOKING OUT OVER THE TRACK.

THE NEXT MORNING WE JOGGED FOR AN HOUR ON "PRE'S TRAIL", WHICH IS A SERIES OF WOOD CHIP TRAILS DISTANCING 4.84 MILES. PRE HAD RUN ON TRAILS SIMILAR TO IT OVERSEAS AND WANTED EUGENE TO BUILD ONE, SO HE DREW UP PLANS AND PRESENTED THEM TO THE UNIVERSITY. THE TRAIL WAS NOT FINISHED UNTIL 6 MONTHS AFTER HE DIED. WE ALSO SAW THE MEMORIAL WHERE PRE DIED IN THE CAR ACCIDENT.

LATER THAT DAY WE HEADED TO COOS BAY. THE NEXT MORNING, SATURDAY, WAS RACE DAY. LUCKILY, WE STAYED AT A LITTLE B&B ONLY 4 BLOCKS FROM THE STARTING LINE SO IT WAS VERY CONVENIENT FOR GOING BACK AND FORTH BEFORE THE RACE. THERE WERE 901 RUNNERS AND IF IT WEREN'T FOR JEFF AND ME, THEY WOULDN'T HAVE BROKEN THE 900 MARK. RUMOR HAD IT THAT THE 10K RACECOURSE WAS PRE'S WARM-UP COURSE THAT HE USED TO RUN BEFORE PRACTICING WITH HIS HIGH SCHOOL TEAM! THE HILLS ON THIS COURSE WERE AGONIZING! WE WERE TOLD THAT THE COURSE WAS ALL UPHILL FOR THE 3 MILES OUT AND THEN DOWNHILL THE 3 MILES BACK. WELL, THAT WASN'T TRUE. I WAS VERY PLEASED TO GLIDE DOWN A LONG DOWNHILL FROM MILES 2 TO 3. I THOUGHT, "THIS COURSE ISN'T ALL UPHILL!" SOON THE DOWNHILL STOPPED AND AN UPHILL STARTED AND WENT AND WENT AND WENT...THEN WE FINALLY TURNED AROUND AND WENT DOWN, DOWN, DOWN...THEN I EYED A SERIES OF SIGNS ON THE SIDE OF THE ROAD WHICH READ, OVER HILL...OVER DALE...YOU ARE NOW APPROACHING...PRE'S AGONY HILL! THEN IT HIT ME! THAT PLEASANT DOWNHILL FROM MILE 2 TO 3 WAS NOW AN UGLY MONSTER REARING UP BEFORE ME! UHG! I BECAME VERY NERVOUS WHEN I PASSED A WHEELCHAIR COMPETITOR WHO HAD EARLIER FLOWN PAST ME NOW STOPPED DEAD IN HIS TRACKS BARELY ABLE TO INCH HIS WAY UP THE START OF THE UPGRADE! ALL I COULD THINK WAS, "NO WONDER PRE WAS SO GOOD. HE WAS INSANE!"

THE COURSE SOON TURNED TO ANOTHER DOWNHILL AND I LET MYSELF ROLL WITH IT. WHEN I PASSED A YOUNG BOY I SAID, "COME ON. LET YOURSELF GO. LET GRAVITY TAKE YOU." SO DOWN WE WENT, WITH OUR ARMS FLAILING, PASSING PEOPLE LEFT AND RIGHT. IT WAS FUN! IT FELT GREAT LETTING THIS LITTLE RUNNER IN ON THE SECRET OF GRAVITY! HOWEVER, WE CAME TO ANOTHER UPHILL AND MY LI'L BUDDY COULDN'T HANG ON. THE COURSE THEN WENT PAST PRE'S HOUSE WHERE HIS PARENTS STILL LIVE AND HEADED TO HIS OLD HIGH SCHOOL. WHEN I SAW THE SCHOOL, I STARTED MY KICK AND FLEW BY A BUNCH OF HIGH SCHOOL KIDS AND OTHER PEOPLE. I JUDGED THE END WRONG AND BURNED OUT AND THEY ALL PASSED ME BACK UP! IN THE CHUTE, I WAS ONLY TWO PEOPLE IN FRONT OF MY LI'L BUDDY. I TOLD HIM, "GREAT JOB OUT THERE." HE LOOKED AT ME AND PANTED, "THANKS FOR THE TIPS LADY."

Marcia Lonergan ☺

AG-IN-THE-CLASSROOM BIG LOOP BIKE RIDE
By Charlie Grotevant

The 5th annual AITC Bike Ride was my first multi-day bicycle trek. 1700+ miles of bike riding since mid-April had prepared me well for the upcoming 3 days. Joyce and I joined the group at Mooseheart in North Aurora for the 5:00 PM kickoff picnic. Leon and Shirley Malone of Kempton, our farming, running and bicycling friends were already there. Paul Johnson of Momence, our fellow Kankakee County farmer, and several other Farm Bureau friends were in attendance. Mooseheart personnel allowed us to use their fieldhouse because of the cool and drizzly evening. Thank you, Mooseheart!

Co-Chairmen Gary Luth, President of Douglas County Farm Bureau, and Vince Faivre, President of DeKalb County Farm Bureau, assisted Steve Newman, IAA Foundation Executive Director, in giving pre-ride briefings. During introductions we learned of the variety of backgrounds of the riders – farmers such as Leon and Shirley, Paul, Gary, Vince and ourselves were joined by other farmers as well as riders whose occupational involvements were insurance, crop supplies, media, education, plumbing, and accounting.

Joyce had an additional meeting because she would accompany Shirley in one of the support vehicles. 4 support vehicles (2 minivans, 1 rental cargo van, and 1 pickup truck) would leap frog along the various bicycle routes, carrying food, beverages, equipment, bike parts, etc., and giving an occasional motorized ride to some of the bikers.

Tuesday September 5th: Over 50 bicycles departed Mooseheart at 7:45 AM on a cool and windy morning. The Fox River Trail provided shelter from the wind as we rode North. I chose to accompany the faster and more experienced riders (long group) to a presentation at Johnson Elementary School at Warrenville. 8 miles into the stiff East wind through the Fermilab complex. The tail wind took me back to the Fox River Trail at 22-24 mph, twice the speed of my headwind journey to the school.

North to Canterbury Elementary School in Crystal Lake for our next presentation and a late lunch. The “short group” had 3 presentations at 2 schools before arriving at Canterbury 30 minutes after our “long group” had dismounted. “Bike Butt” is a very descriptive term for what we were feeling by now.

North on Prairie Trail to Moraine Hills State Park for a rest stop. Then on heavily traveled roads through Wauconda and Mundelein. We were joined by more than a dozen Lake County Farm Bureau bicyclers at Golden Oaks Dairy Farm. Back on the trails through Libertyville and into Vernon Hills where we spent the night after an evening meal at Vernon Hills High School. What an impressive facility! Day 1 ended with 84 miles for the “long route” riders.

Wednesday September 6th: Departed the hotel at 6:45 AM. Rode trails and streets to the Lake Cook Road where we were joined by our escorts. Cook County Sheriff's Police provided 6 squad cars, 8 motorcycles, and 8 bicycles to lead, follow, and

ride beside us for the rest of the day. The motorcycles leapfrogged from one intersection to another as they blocked cross traffic to allow us to ride without stopping. We were a sight to see as we arrived at Pleasant Ridge Elementary in Glenview to give 4 simultaneous outdoor presentations.

Through Morton Grove, Skokie, and Evanston with cross traffic stopped by our police escort. Sirens and flashing lights all the way! Lots of backed up traffic. Some motorists had an unhappy look upon their faces as they were probably on the way to their work. Sorry about that, folks. Another outdoor presentation and rest stop at Walker Elementary in Evanston.

Arrived at Foster Beach parking lot to start the 15 mile journey on the Lake Michigan Bike Path. We were joined by AFBF President Bob Stallman, IFB President Ron Warfield, Illinois Superintendent of Education "Max" McGee and more than a dozen farmers for this mid-day ride on an absolutely beautiful day in Chicago.

Sunshine and 75 degrees as we biked along the Lake. The squad cars and motorcycle officers accompanied our support vehicles down Lake Shore Drive with the full benefit of the flashing lights and sirens. Joyce said she and Shirley felt as important as the President because of the escort.

The bicycles rejoined the motor vehicles at 31st Street where we were escorted 2 miles west for a presentation at Healy School. After Max McGee was introduced to the auditorium audience, several teachers converged upon him. Advice and requests were on their minds. He seemed a willing listener.

Back to the bike path and onward to 57th Street for our late lunch and a preview of the Agriculture exhibit at the Museum of Science and Industry. This new, multi-million dollar exhibit, initiated by Illinois Farm Bureau, is scheduled to open Columbus Day weekend. Joyce and I plan to see the completed project in December.

The Police officers had refreshment breaks with us and were invited into the museum. These guys and gals were having as much fun this day as we bikers were. One of the better assignments they had during their careers.

West on Garfield and got on Kedzie at Marquette Park. By now its late afternoon and the streets are filled with traffic, which we back up at the intersections. Pedestrians look at us, some with a look of bewilderment, some with a smile and wave, as 50 bikers pedal our way to Matteson. A pork chop picnic at Governor's Trail Park and then we check in at the Hampton Inn. 82 miles today.

Thursday September 7th: 15 of us chose the "long route" and departed for Manteno at 7:05 AM into a brisk South wind. No police escorts today. My bike is heavier than the road racing bikes and has 1.9 inch tires and wide handle bars which enable me to sit upright for back comfort. Any headwind slows me down more than most

other riders and takes more energy. I arrived for the 8:30 presentation at 8:25. 19 ½ miles into the wind. I was beat. Not a good way to start the biggest day.

Mike Perrine of WKAN interviewed me “live” via a cell phone connection to the station while Gary Luth was leading the presentation at Manteno Elementary. Paul Johnson and I were further interviewed by Mike for a taped broadcast at a later time. Nancy Ghiotto of The Kankakee Journal took pictures and interviewed several of us for a newspaper story as we gave 2 outdoor presentations at the new Manteno Intermediate School.

More than 30 riders had chosen the “short route” this day and traveled the Old Plank Trail to New Lenox and Joliet for presentations at 3 schools. We hoped to catch them that afternoon. Leon biked the “short route”. Shirley and two other support vehicles accompanied this group. Joyce accompanied Steve Newman to Manteno to support the “long route”.

Our “long ride” group left Manteno. We got onto Routes 45 & 52 and stayed on Route 52 to Route 53 at Joliet. Crossed the DesPlaines River off of Zurich Road and entered the I & M Canal trail. Followed the trail to McLinden Road in Grundy County and stopped at the Dollinger Farm for a late lunch. Elementary students from Minooka had been bussed to the farm for a presentation by our group and by the Dollinger family.

Paul Johnson put his bike in the truck at Dollinger’s and joined the support group. This was our warmest day as the temperature reached 90 degrees. Paul had biked 230 miles for the 3 days and was our oldest rider at 71 years. Way to go, Paul! I hope I can do as well at that age.

Leon, a youthful age 70, had limited his biking to 110 miles as a concession to having both knees surgically replaced last March. He hopes to ride more next year.

North through Minooka and then on various, very busy, roads as we rode to Oswego for a stop at the Old Post Elementary School. The wind kept increasing, but it was mostly behind us so we made good time. 20 mph on a bicycle with passing semi’s sometimes only 6 inches from my handlebars. Gut check time!

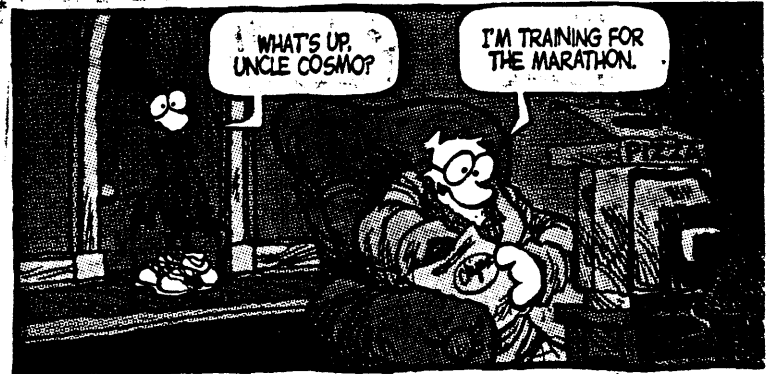
Got back on the Fox River Trail at Boulder Hill, but had to leave it through part of Aurora. Rush hour traffic and no police escort! Back on the Trail to Mooseheart. We were catching and passing some of the “short route” riders as we were nearing the end of our journey.

Pack up, say goodbyes, and leave for home. 101 miles today! That’s a “century” in bicycle talk. 267 miles for 3 days. Only 9 of us had covered the maximum distance.

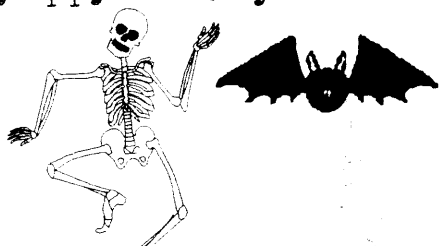
We had completed our 3 day adventure and left with many pleasant memories. The teachers, administrators, and students of the schools we visited are to be commended for their courtesy towards us. Our presentations to the students in which we showed,

with student volunteers assisting us, the low cost of food in the United States as well as the abundance and nutrition of it, were met with enthusiasm at all stops.

Many thanks to all who financially supported our fund raising efforts for AITC. I generated \$1450.00 in behalf of my ride. I'm looking forward to next year's ride. For more commentary and many pictures of this ride log on to agintheclassroom.org.



Happy Birthday!!



Fast-N-Fit Foods

by

Janet Shelly

HARVEST APPLE SQUARES



Ingredients:

BASE:

- 1 & 1/2 CUP FLOUR
- 2/3 CUP SUGAR
- 1/2 TSP. SALT
- 1/2 CUP BUTTER OR MARGARINE
- 4 CUPS PEELED, SLICED APPLES
- 2 TBS. LEMON JUICE
- 1 TSP. CINNAMON

TOPPING:

- 1/2 CUP SUGAR
- 1 EGG
- 1/3 CUP EVAPORATED MILK
- 1 TSP. CARMEL EXTRACT
- 3/4 CUP CHOPPED WALNUTS
- 1 & 1/3 CUP COCONUT (OPT.)

HEAT OVEN TO 375 DEGREES. IN A SMALL BOWL COMBINE FLOUR, 1/3 CUP OF THE SUGAR, AND SALT. CUT IN MARGARINE UNTIL CRUMBLY. PRESS INTO BOTTOM OF UNGREASED 13 X 9 PAN. ARRANGE APPLE SLICES OVER BASE. SPRINKLE WITH LEMON JUICE AND REMAINING 1/3 CUP SUGAR AND CINNAMON. BAKE AT 375 DEGREES FOR 25 MINUTES. MEANWHILE COMBINE TOPPING. SPRINKLE OVER PARTIALLY BAKED APPLE MIXTURE. BAKE AN ADDITIONAL 25-35 MINUTES OR UNTIL GOLDEN BROWN. LET COOL BEFORE CUTTING INTO BARS. STORE COVERED IN THE REFRIDGERATOR.

HAPPY **Halloween!!!**

OCTOBER BIRTHDAYS!

Name	Birthday	Age
DAVID BARRETT	10/28/64	36
JASON BATKIEWICZ	10/04/88	12
SUSAN DRAINE	10/24/54	46
AMANDA DRAINE	10/17/77	23
DANIEL FLYNN	10/25/82	18
MAY KELLY	10/24/58	42
CHRISTINE KILBRIDE	10/27/69	31
CHARLENE KLIPP	10/10/49	51
GALE LEHMUS	10/27/37	63
BILL LINN	10/16/52	48
BRIAN NOFFKE	10/10/60	40
RICH OLMSTEAD	10/12/51	49
NICHELE PAJEAU	10/28/74	26
TOM STLUKA	10/07/59	41



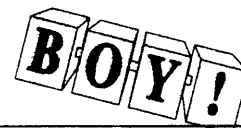
CONGRATULATIONS TO FIRST-TIME GRANDPARENTS

HENRY AND JANET SHELLY!

WELCOME GRANDSON, JACOB ETHAN COLE, BORN 1:07 P.M. ON OCTOBER 4TH.

8LBS. 1 OZ. & 20 1/2 IN. LONG.

MOMMY (ALLISON) AND BABY ARE DOING FINE.



Welcome New Members!

**The Paula Litherland Family
of Bradley**

**Randy Riegel
of Bonfield**

**Marla Styck
of Herscher**



KRRC OFFICERS

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

KRRC NEWSLETTER EDITORS

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

ACTIVITIES DIRECTOR

- Pat Baldwin 932-2950

KRRC WEBSITE

www.keynet.net/~krc

THE STARTING LINE

Sun., Oct. 8, 8:00 A.M. - Kankakee River 10K Run & 2 Mile Walk, Kankakee River State Park, Jeff Lonergan (815) 933-1695

Sat., Oct. 14, 8:00A.M. - Autumn Shoreline Classic 15K & 5K Decatur, IL (217) 428-9273

Sat., Oct. 14, 9:00A.M. - IVCC X-Country 4 Mile, Oglesby, IL Fran Brolley (815) 224-0466

Sat., Oct. 14, 10a.m. - Pumpkin Prance 5K, Schererville, IN Tom Bainbridge (219)865-6969

Sun., Oct. 15, 1:00P.M. - DARE Katie Mcquire 5K Bloomington, IL (309) 662-2139

Sun., Oct. 22, 7:30A.M. - LaSalle Banks Chicago Marathon (888) 243-3344 // 5K-7:45A.M. Carey Pinkowski (312)904-9800

Sat., Oct. 23, 8:A.M.-Harvest Run 5K, 1 Mile Fun Run/Walk, Kids Run - Lincoln, IL Nate Bossingham (217) 735-3915

Sat., Oct 28, 6:00P.M. - Race the Dead 3.9 Miler (309) 728-5505

Sun., Oct. 29, 9:00a.m.-Allerton Park 5.5 Mile Trail Run- Must pre-register by Oct. 23rd No race day registration. Monticello, IL I-72 exit 166. (217) 352-4786

Sat., Nov. 4, 9:00A.M. - Tunnel Hill 10 Mile Trail Run Vienna, IL (618)942-3986

Sun., Nov. 5, 11:00 A.M. - Canal Connection 10K Utica, IL Jon Bastuck (815)223-8988 or (815)434-1148

Sat., Nov. 11, 9:00a.m. - Montgomery Gobbler Hobbler Ginny Bateman (630)554-1010

Sun, Nov. 12, 1:00P.M. - Jingle Bell 5K, Bloomington, IL

Sun., Nov. 12, 9:30a.m. - Fall Frolic 4M, Hammond, IN Jim Agelopoulus (219)845-1977

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

Thur., Nov. 23, 8:00 A.M. - Orland Park Turkey Trot - 2.5 Mile x-country run - Centennial Park at 157th & West Ave. - limited entries - (708) 403-7275

Thurs., Nov. 23, 9:00a.m. - Oglesby Turkey Trot 3M Chris Christian (815)853-4547

Sun., Dec. 10, 9:00 A.M. - Jingle Bell Run for Arthritis 5K & Fitness Walk, Shapiro Developmental Center, Kankakee, Phil (815)933-4935 or (815)937-3382(W)

2001

CORRECTED DATE

Sun., Feb. 4, 1:00 P.M. - 17th Annual Winterfest 5K Run & Fitness Walk, Small Memorial Park, Kankakee, Charlie (815) 949-1551, Ken (815) 937-1958

The Park Forest Running and Pancake Club does an awesome job putting on the Progressive Marathon. Jeff and I really enjoyed the challenge and felt that it was a great way to get into shape. The 4-mile loop is through a forest preserve and has one very steep hill at the beginning and there are rolling hills throughout. Although the forest provides shade over 80% of the course, it can get very humid amongst the trees and other foliage on a hot day. The best part about the Progressive Marathon is that you get to know the 4-mile loop like the back of your hand (you have to run it at least 4 times and can run it as many as 8 times) and you get to know your competition. At first, Jeff and I were taken aback by the \$40 each entry fee, however, we soon learned that our money was well spent. The Pancakers provided all the runners with granola bars, bagels and a little gift after each 4-mile run, awarded all finishers with a medal after the 10 miler, and held a pancake breakfast and an awards picnic. If you want to do some serious running and have some fun next summer, than participate in the Park Forest Running & Pancake Club's Progressive Marathon. *Marcia Lonergan*

Progressive runners

Several members of the Kankakee River Running Club recently completed the Park Forest Running & Pancake Club "Progressive Marathon". The competition consisted of several races, and culminated with the Park Forest Scenic 10-miler. Those K.R.C. runners who completed the series are: Marcia Lonergan, Phil Newberry, Randy Rahrig and Jeff Lonergan.

	1	2	3	4	5	6	7	8	Avg. Leg	Per Mile	# of races	Best 4 Times	Scenic 10 Time	Total Time	Per Mile
38	M	8:1/00	8/6/00	8/13/00	8/15/00	8/20/00	8/22/00	8/27/00	25:32:30	6:18:24	4	102:10:00	1:07:21	2:49:31	0:06:28
45	M	28:24	28:30	27:52:00	27:51:00	28:05:00	28:23:00	28:02:45	28:02:45	6:55:30	7	112:11:00	1:18:28	3:10:39	0:07:17
41	M		32:34:00	32:14:00	30:54:00	33:04:00			32:11:30	7:56:55	4	128:46:00	1:20:37	3:29:23	0:08:00
34	F	36:50	35:32	34:55	32:07:00	31:49:00	33:38:00	33:33:00	32:46:45	8:05:37	7	131:07:00	1:26:49	3:37:56	0:08:19

1st A6

THE FINISH LINE

8/13 - Kingfish Mini 1/2 Marathon

John Bevis 1:40:30 9AG/500A

9/2 - Education Finishes First 5K, Port Charlotte, FL

John Hickey 26.59 2AG

9/2 - Sweetcorn Classic 5K, Hoopston, IL

Charlie Grotevant 20:49 1AG 55-59

9/3 - Herscher Hare & Tortoise 5K

Charlie Grotevant 21:42 2AG 55+

Jeff Lonergan 21:31 2AG

Marcia Lonergan ?? 2AG

9/4 - Canes Cross Country Classic 5K, Bradenton, FL

John Hickey 26.12 1AG

9/4 - Park Forest Scenic 10 Miler

Mike Stluka 1:01.11

Tom Stluka 1.03.19

Joe Burgess 1.04.39

Phil Newberry 1.07.21

Daniel Gerber 1.11.12

Jim Grace 1.12.53

Carol Pratt 1.17.53

Jeff Lonergan 1.18.28

Kathy Steffen 1.20.56

Dee Osenglewski 1.24.42

Doug McWilliams 1.26.06

Marcia Lonergan 1.26.49

9/10 - Mitsubishi Motors 1/2 Marathon, Normal, IL

Jeff Lonergan 1.47.47

Marcia Lonergan 2.02.34

9/10 - Mitsubishi Motors 4 1/2 K, Normal, IL

Charlie Grotevant 19:24 1AG 55-59

Randy Riegel 24:04

9/10 - 2000 Chicago Half Marathon

Mark McDermott 2:00.27 1914/5010

9/16 - Dwight Harvest Days 5K

Charlie Grotevant 21:03 2AG 50-59

2000 Susan Komer Race for the Cure 5K

Dan Gerber 19:22

9/24 Wild Wild Wilderness 7.6 Mile

Dan Gerber 1:00:17

9/24 Old Plank Rd. 5K, Frankfort, IL

Dave Merillat 21:40

10/1 Brookfield Zoo Run Run 5K

Dave Merillat 22:25

9/16 21st Prefontaine Memorial Run 10K

Jeff Lonergan 47:28

Marcia Lonergan 51:17

Good News From Florida

Erma Hickey had surgery to remove cartilage from her knee on Aug. 10th. She is recovering very well. She walked into the house when we came home from the hospital and walked nearly a mile two days later. The past three weeks she has been walking on the treadmill, riding a bicycle, and working on the Power Rider, as well as walking a mile or two nearly every day. She should be able to start running/jogging in two weeks. (Thanks for the update John and keep up the hard work toward your recovery Erma!)

John Bevis ran the Kingfish Mini on 8-13-00. My time was 1:40.30. I placed 9th in my age group and 50th overall. This is a great race. I highly recommend it to anyone training for a longer race or who likes to run the middle to long distances. The course is ever changing running thru residential areas, trail paths, hills and about 4 miles of what I can only describe as "cross-country" extreme. Those wood trails were only big enough to accommodate one runner so you didnt want to be behind a slower one. I would have to say that this was my most favorite race since i started running competitively again. I hope to run it again in the future and see some of you there too.

1
 PEOTONE COUNTRY FEST. 5K
 9/8/00

Race Results BY OVERALL FINISH

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name	City/ST
M 19 - 24	1	1 0A	0:16:29.8	362	Bryce M Baker	Bourbonnais IL
M 40 - 44	2	1 AG	0:16:38.3	360	Pete Slattery	Manhattan IL
M 25 - 29	3	1 AG	0:17:12.0	361	Troy R Walker	Peotone IL
M 35 - 39	4	1 AG	0:17:34.1	350	Sean Schuster	Orland Park IL
M 35 - 39	5	2 AG	0:18:00.1	337	Rod Kahl	Bradley IL
M 1 - 18	6	1 AG	0:18:13.1	6	Jim Sulzberger	Peotone IL
M 30 - 34	7	1 AG	0:18:23.1	385	Jose L Jimenez	Chicago Heights IL
M 19 - 24	8	1 AG	0:18:40.4	345	Dan T Henry Jr	Beecher IL
M 1 - 18	9	2 AG	0:18:45.0	344	Jason Graves	Manteno IL
M 55 - 59	10	1 AG	0:18:53.8	11	Pete W Hatthis	Tinley Park IL
M 40 - 44	11	2 AG	0:18:58.1	372	Dean R Hartman	Clifton IL
M 19 - 24	12	2 AG	0:19:20.7	324	Mike Loitz	Chicago IL
M 50 - 54	13	1 AG	0:19:42.9	343	Barry Kramer	Manteno IL
M 40 - 44	14	3 AG	0:20:00.5	373	Daniel R Gerber	Chicago Heights IL
M 50 - 54	15	2 AG	0:20:24.5	384	Juan Gomez	Chicago Heights IL
M 35 - 39	16	3 AG	0:20:35.8	358	David A Barrett	Bourbonnais IL
M 45 - 49	17	1 AG	0:20:45.5	356	Jeff P Lonergan	Bourbonnais IL
M 45 - 49	18	2 AG	0:21:15.3	330	Kurt Huddleston	Liste IL
M 40 - 44	19	4	0:21:16.6	327	Pete Klein	Kankakee IL
M 55 - 59	20	2 AG	0:21:21.1	363	Daniel W Gould	Onarga IL
M 60 - 99	21	1 AG	0:21:27.4	347	Robert E Pool	Buckingham IL
M 55 - 59	22	3 AG	0:21:46.9	382	Charlie Grotevant	Bourbonnais IL
M 40 - 44	23	5	0:22:00.9	351	Doug McWilliams	Peotone IL
M 40 - 44	24	6	0:22:15.9	379	Randy L Rahrig	Peotone IL
M 40 - 44	25	7	0:22:23.2	391	Don Von	Peotone IL
M 55 - 59	26	4	0:23:10.4	336	Russ Johnson	Palos Heights IL
M 50 - 54	27	3 AG	0:23:21.9	369	Ron Ruda	Kankakee IL
F 40 - 44	28	1 0A	0:23:31.0	321	Sharon Kruss	Joliet IL
F 25 - 29	29	1 AG	0:23:34.2	320	Caryn Haberkorn	Tinley Park IL
M 55 - 59	30	5	0:24:06.5	353	Jim Willard	Mendota IL
F 35 - 39	31	1 AG	0:24:07.4	348	Debbie Barks	Braidwood IL
M 50 - 54	32	4	0:24:12.2	331	Ray Feeley	Joliet IL
M 45 - 49	33	3 AG	0:24:24.5	349	Randy Rtegel	Bonfield IL
M 45 - 49	34	4	0:24:25.3	364	Michael Costigan	Channahon IL
M 50 - 54	35	5	0:24:26.0	338	Ellis S Stephens	Peotone IL
F 30 - 34	36	1 AG	0:24:40.0	355	Marcia J Lonergan	Bourbonnais IL
M 40 - 44	37	8	0:24:57.3	392	Victor Register	Morris IL
F 40 - 44	38	1 AG	0:25:11.0	371	Nancy J Ruda	Kankakee IL
M 55 - 59	39	6	0:25:13.4	393	Joseph P Wenckus	Glenwood IL
M 35 - 39	40	4	0:25:32.2	326	Hark Carstens	Peotone IL
F 40 - 44	41	2 AG	0:25:36.5	357	Hay Kelly	Kankakee IL
M 50 - 54	42	6	0:25:37.6	365	Art Hostert	New Lenox IL

Race Results BY OVERALL FINISH

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name	City/ST
M 55 - 59	43	7	0:25:52.8	333	Joseph V Palermo Jr	Williamington IL
M 55 - 59	44	8	0:25:57.5	332	John F Pool	Thawville IL
M 1 - 18	45	3 AG	0:26:01.8	322	Kevin Parks	Joliet IL
M 1 - 18	46	4	0:26:03.1	383	Patrick O'Brien	Manteno IL
M 40 - 44	47	9	0:26:42.3	367	Bob Grace	Bradley IL
M 45 - 49	48	5	0:26:52.6	329	Thomas Petratis	Momence IL
M 45 - 49	49	6	0:27:20.0	354	Mark Lesyna	Manchester MO
F 55 - 59	50	1 AG	0:28:33.9	341	Barbara Plumm	Peotone IL
M 40 - 44	51	10	0:28:35.0	352	David Eichorst	Manchester MO
M 55 - 59	52	9	0:28:40.5	342	Vernon Plumm	Bourbonnais IL
M 45 - 49	53	7	0:28:53.5	359	Dan G Bullock	Clifton IL
F 40 - 44	54	3 AG	0:29:57.9	328	Bernie Hinrich	Peotone IL
M 60 - 99	55	2 AG	0:30:15.4	378	Joseph P Fitzgerald	Peotone IL
F 1 - 18	56	1 AG	0:31:01.7	309	Stephanie Peterson	Joliet IL
F 40 - 44	57	4	0:31:09.0	374	Cindy Parks	Joliet IL
M 30 - 34	58	2 AG	0:32:17.7	346	Rich Anderson	Peotone IL
F 40 - 44	59	5	0:32:41.7	376	Laura Randich	Shorewood IL
F 40 - 44	60	6	0:32:42.5	377	Pam Booras	Shorewood IL
F 60 - 99	61	1 AG	0:33:09.4	319	Edith Alsvig	Ottawa IL
F 1 - 18	62	2 AG	0:33:47.4	311	Nikki Maltese	Palos Hills IL
F 1 - 18	63	3 AG	0:33:47.6	302	Kim Schick	Palos Hills IL
F 55 - 59	64	2 AG	0:34:57.1	339	Bonnie Stisson	Clifton IL
M 1 - 18	65	5	0:35:41.2	323	Anthony Hinrich	Clifton IL
F 1 - 18	66	4	0:36:26.7	304	Allie March	Clifton IL
F 1 - 18	67	5	0:36:26.9	306	Candace Henshaw	Clifton IL
F 1 - 18	68	6	0:36:53.9	301	Tina Szudarski	Clifton IL
F 1 - 18	69	7	0:36:54.2	307	Linden Murdie	Clifton IL
M 60 - 99	70	3 AG	0:37:26.9	335	John O Fryklund	Homewood IL
F 1 - 18	71	8	0:37:47.9	313	Apryl Talbot	Homewood IL
F 1 - 18	72	9	0:37:48.1	305	Lindsey Novak	Homewood IL
F 1 - 18	73	10	0:37:48.4	315	Missy Hudson	Homewood IL
F 1 - 18	74	11	0:37:48.7	308	Jamie Kmety	Homewood IL
F 1 - 18	75	12	0:38:19.1	310	Staci Dybala	Homewood IL
F 1 - 18	76	13	0:38:19.9	303	Tiffany Woods	Homewood IL
F 45 - 49	77	1 AG	0:38:23.8	368	Linda Stern	New Lenox IL
F 50 - 54	78	1 AG	0:38:32.7	366	Eileen Hostert	New Lenox IL
F 1 - 18	79	14	0:38:33.2	312	Elizabeth Domagalla	New Lenox IL
F 55 - 59	80	3 AG	0:38:33.9	389	Becky Dunn	Peotone IL