

THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



NOVEMBER 2000 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 153

Phil's Files



by Phil Neubert

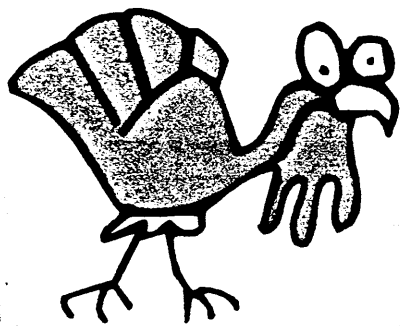
I'd like to thank everyone who volunteered to help with the Kankakee River 10K this year. Every year (this was number 6) after the race is over, I wonder why more people didn't show up. This race is staged very well every year and it's because we have great volunteers. There's Henry Shelly who takes care of the course including the finish chute every year. His wife, Janet, always arrives early too to take care of setting up the food items including the coffee and hot chocolate, which went over very well this year. Pat Baldwin brought the ice. Ken Klipp, who also brought out several of his athletes to help out, and Larry Lane did the finish line again. Marge Flynn, Joyce Grotevant, Shirley Malone and newcomer, Patty Kershaw, came out and did an excellent job managing registration. Dan Flynn and Peggy Baldwin were timers out on the course. Keith Theisen and Pat Pierce ran the water stop. Nancy and Ron Ruda arranged for the ambulance to be on standby. Dan Gould helped us out of a predicament and announced the awards. Thanks Dan! I'd also like to thank the Prairie State Road Runners. 30 of the 96 runners were members of Prairie State. A big "thank you" to Glen and Cindy Grant for the delicious Chicago Dough Pizza. Thanks to everybody who showed up for the race. Hope to see everyone again next year. I don't know what day the race will be next year because the Chicago Marathon is at it again. They have changed their date to October 7th for 2001. They can't seem to make up their minds. Thanks again.

Well, I think Phil mentioned just about everyone who helped out with the race. If he forgot to mention anybody, such as Jeff and me for example, please know that your efforts are very appreciated and do help to make the Kankakee River 10K a great race. On race day, I was very pleased to see so many runners, volunteers and spectators show up in spite of the weather! I was especially pleased with our three Kid's Dash runners: **Colin Koerner, Jacob Kershaw, and Casey Koerner**. Thanks to the three of you for making our Kid's Dash debut possible.

What a difference three hours made. I looked out the window at 4 a.m. the night before the race and saw white stuff falling from the sky and blowing around in the air. I rubbed my eyes and pinched Jeff to make sure I wasn't having a nightmare. His scream assured me I was awake! I lay in bed unable to fall back asleep. Visions of muffins, T-shirts, COKE, raffle prizes, CLIF BARS, and awards danced around and around in my head! What was going to become of all of this stuff? I envisioned Jeff and I driving around the greater Kankakee area distributing muffins and pizza to KRRC members. I thought for sure our race was going to be a bust and that we'd be stuck with over 100 muffins and too much Chicago Dough Pizza to quantify! I couldn't take just lying there worrying anymore so I got up at 6a.m. to drink coffee and worry. Around 6:30 I took Penny and Pre out for a walk and was pleasantly surprised to find myself surrounded by a winter wonderland. It was calm. It was sunny. It felt pretty darn nice out. At that moment, I decided that I wasn't going to let my recuperation from a sinus infection stop me from running on this beautiful day. All my worries began to wash away and my spirits were lifted even higher when I saw many cars pulling into the park as I arrived there at 7:30. (That might have had something to do with Dan listing the start time as 8a.m. instead of 9a.m. on the race calendar he made up for the newsletter.) The park was abuzz with people and even though almost 20 pre-registered runners didn't show, we still had nearly 100 runners. In my opinion, that was an excellent turn out. Except for a little ice on the bridges, the path was basically clear and not too wet. It appeared that everyone enjoyed the race and I was so glad that all the pizza and muffins were eaten! Thanks to everyone for running, volunteering and eating! Also, special thanks to our sponsors for helping to make our race so enjoyable for everyone: CHICAGO DOUGH COMPANY, COMMONWEALTH CREDIT UNION MARTIN WHALEN, COKE, CULLIGAN, AND CLIF BAR.

Some other news: Dan has gone south to avoid the cold, Illinois weather for the winter. Pat Koerner is recovering from his surgery and is back in the races. Pam Dunlap ran 9 minutes faster in this year's Chicago Marathon than in last year's. Dan Gerber set a PR in this year's Chicago Marathon. Mike Stluka and Greg Guimond also participated in the Chicago Marathon. Dee Osenglewski traveled to Utah to run in the St. George Marathon. Tom Stluka traveled northeast to run the New York Marathon. Congrats to all of our marathon finishers!

Marcia



NOVEMBER BIRTHDAYS!

<i>Name</i>	<i>Birthday</i>	<i>Age</i>
Andy Baldwin	11/06/88	12
Dorothy Baldwin	11/07/19	81
Don Combs	11/01/52	48
Kevin Flynn	11/24/70	30
Alison Gremer	11/01/85	15
Jennifer Kershaw	11/18/88	12
Doug McWilliams	11/13/59	41
Carol Pratt	11/05/59	41
Tricia Rahrig	11/08/82	18
Keith Theisen	11/18/45	55



Fast-N-Fit Foods

by

Janet Shelly



SWEET POTATOES AND CRANBERRIES

SERVINGS: 8

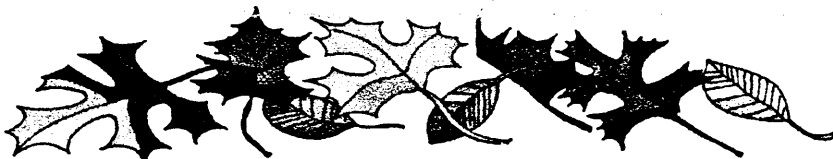
PREP. TIME: 1 HOUR

Ingredients:

6 SWEET POTATOES	1 CUP CRANBERRY SAUCE
3/4 CUP FRESH ORANGE JUICE	1/2 CUP BROWN SUGAR
3/4 TSP. ORANGE RIND	3/4 TSP. CINNAMON
1 & 1/2 TBS. BUTTER	1 CUP CRANBERRIES
1/4 TSP. NUTMEG	

BOIL SWEET POTATOES IN THEIR SKINS UNTIL BARELY TENDER. PEEL, SLICE THICKLY, AND ARRANGE IN A BUTTERED BAKING DISH. IN SAUCEPAN MIX REMAINING INGREDIENTS. SIMMER, UNCOVERED, FOR FIVE MINUTES. POUR OVER SWEET POTATOES AND BAKE UNCOVERED AT 350 DEGREES FOR 20 MINUTES OR UNTIL GLAZED AND HOT. GOOD BUFFET DISH, GREAT WITH BAKED HAM OR SMOKED TURKEY.

HAPPY THANKSGIVING!!



YOU'RE INVITED TO

THE KRRC'S OLYMPIC STYLE CHILI COOK OFF

SAT., NOV 11TH AT 6:30 P.M.

THE BALDWIN'S-22 BONDS DR., BOURBONNAIS

R.S.V.P. A.S.A.P. 932-2950

ADULT PARTY (TEENAGERS WELCOME)

BRING CHILI OR A DESERT

BRING C.D.'S AND RUNNING TAPES

POP AND BEER PROVIDED BY CLUB

COME JOIN THE FUN!

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

THE STARTING LINE

KRRC members of all abilities meet at the Kankakee River State Park (parking lot across from heated bathrooms) at 8a.m. from May thru October and at 9a.m. from November thru April to run and socialize on off-race Sundays. Individuals may vary the starting time based on the distance they intend to run and their personal obligations. Bring a running buddy and join us!

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

Sun., Nov. 12, 8:00a.m. – Powerhouse Gym Joliet 5K
Run/Walk (815)439-9900

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

Sat., Nov. 18, 9:00a.m. FOLEPI River Trail Classic 4
Miler – East Peoria, IL (309)745-5114

Sat., Nov. 18, 10:30 A.M. - Decatur Park Dist. Turkey
Trot 5K & 10K Run/5K Walk

Sun., Nov. 19, Peoria Park Turkey Trot 4 Miler
Detweiller Park, Peoria, IL (309)676-6378

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

Thur., Nov. 23, 9:30 a.m. - Turkey Trot 3 Miler
Miller Park, Bloomington, IL (309)434-2260

Thur., Nov. 23, Pilcher Park Poultry Predictor 4-Miler
Turkeys to top predictors. Lots of fun. No watches.

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

Sat., Nov. 25, 10:00a.m. – Great River Road Run 10
Miles/2Miles-Alton,IL
www.fleetfeetsports.com/riverroad.htm

Sat., Dec. 2, 10:00 a.m. – Peoria Jingle Bell Run 5K
Peoria, IL (309)682-6600

Sat., Dec. 2, 9:30 a.m. – Jaycee Jaunt 3-Mile Prediction
Run – Downtown Bloomington, IL (309)662-7978
bnjaycees@yahoo.com

Sun., Dec. 3, 10:00a.m. – X-Country 5 Mile Challenge
Elgin, IL www.chicagoaa.com/xc-challenge/

Dec. ^{SAT} 9 ~~9~~ 11:00 a.m. - The Deer Run Run 8K
Race - Comlara Park (309)762-2022

Sat., Dec. 9, Pere Marquette Park Endurance Trail Run

7.5 Miles, Alton, IL www.siue.edu/~rsutton/trailrun/

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)

Sat., Dec. 23, Noon–Saturday Before Christmas Fun Run
Lake Bloomington (309)378-3401

Sun., Dec. 31, 1:00 p.m. – Hardcore Hog Run 5K
Kewanee (309)852-2175

2001

Jan., 6, Noon – Siberian Express 7.6 Miler – Danville, IL
(217)431-4243 <http://users.net66.com/~kennekuk>

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 FINISH LINE

Sept. 24 National Heritage Corridor 25K
Dee Osenglewski 2:14.46

Oct. 7 St. George Marathon, St. George, Utah
Dee Osenglewski 4:27.36

Oct. 14 Autumn Shoreline Classic, Decatur, IL
Jeff Lonergan 1:12.49

Oct. 15 Katie Mcguire 5K, Bloomington, IL
Charlie Grotevant 21:02 2AG 55-59

Oct. 22 Chicago Marathon
Mike Stluka 3:00.25
Dan Gerber 3:44.14 (PR!)
Greg Guimond 4:15.24
Pam Dunlap 4:15.30

Oct. 29 Allerton Park Trail Run, Monticello, IL
Phil Newberry 39:05
Bob Pool 40:27
Jeff Lonergan 41:26
Carol Pratt 41:27
Charlie Grotevant 42:18 1AG 55-59
Marcia Lonergan 47:01
John Pool 47:16
Randy Riegel 48:01
Debbie Renville 50:07

New York Marathon
Tom Stluka 3:04.44

Kankakee River 10K

10-8-00

Race Results BY OVERALL FINISH

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name	City/ST	Pace/M1
M 35 - 39	1	1 OA	0:34:39.7	1	Matt McCormick	Park Forest IL	05:35.4
M 25 - 29	2	2 OA	0:35:07.6	98	Mike Ferreri	Bradley IL	05:39.9
M 45 - 49	3	3 OA	0:35:18.3	2	Clarence Brock	Wilmingon IL	05:41.7
M 40 - 44	4	1 MST	0:36:13.6	91	Pete Slattery	Manhattan IL	05:50.6
M 35 - 39	5	1 AG	0:36:31.4	104	Dennis C Gravitt	Frankfort IL	05:53.5
M 35 - 39	6	2 AG	0:36:46.7	92	Mike J Stluka	Beecher IL	05:55.9
M 35 - 39	7	3 AG	0:40:04.5	15	David A Barrett	Bourbonnais IL	06:27.8
M 40 - 44	8	1 AG	0:40:44.5	10	Bill Wachter	Frankfort IL	06:34.3
M 40 - 44	9	2 AG	0:40:48.5	73	Peter E Kershaw	St. Anne IL	06:34.9
M 40 - 44	10	3 AG	0:41:09.5	12	Clinton L Carter	Minooka IL	06:38.3
M 1 - 19	11	1 AG	0:41:52.5	80	Bill L Szabo	Reddick IL	06:45.2
M 40 - 44	12	4	0:42:08.1	93	Henry J Nykaza	Beecher IL	06:47.8
M 45 - 49	13	1 AG	0:42:30.6	33	Rich W Olmstead	Kankakee IL	06:51.4
M 40 - 44	14	5	0:42:54.6	69	Jim Grace	St. Anne IL	06:55.3
M 20 - 24	15	1 AG	0:43:10.1	21	Michael G Wolfe	Bourbonnais IL	06:57.8
M 30 - 34	16	1 AG	0:43:30.5	79	David M Summers	Leonore IL	07:01.0
M 35 - 39	17	4	0:43:38.6	100	Marshall C Grace	Bourbonnais IL	07:02.4
M 55 - 59	18	1 AG	0:43:46.9	27	Daniel M Gould	Kankakee IL	07:03.7
F 45 - 49	19	1 OA	0:43:50.3	48	Que Harbor	Rantoul IL	07:04.2
M 40 - 44	20	6	0:44:02.9	32	Daniel R Gerber	Manteno IL	07:06.3
M 30 - 34	21	2 AG	0:44:09.5	88	Ken B Knepper	Coal City IL	07:07.3
M 45 - 49	22	2 AG	0:44:16.7	5	Jeff P Lonergan	Bourbonnais IL	07:08.5
M 55 - 59	23	2 AG	0:44:23.0	84	Robert J Maszak	Homewood IL	07:09.5
M 35 - 39	24	5	0:44:32.4	75	Jeff S Biggs	Shorewood IL	07:11.0
F 30 - 34	25	2 OA	0:44:37.3	57	Marla J Styck	Herscher IL	07:11.8
F 25 - 29	26	3 OA	0:44:59.8	43	Katy Shrauner	Bourbonnais IL	07:15.5
M 55 - 59	27	3 AG	0:45:06.6	72	Charles Kerley	Somonauk IL	07:16.5
M 35 - 39	28	6	0:45:15.3	17	Daniel L LaVire	Bolingbrook IL	07:18.0
M 45 - 49	29	3 AG	0:45:17.2	106	Dave Kelly	Joliet IL	07:18.3
M 30 - 34	30	3 AG	0:45:18.4	18	Dave K Merrillat	Kankakee IL	07:18.5
M 50 - 54	31	1 AG	0:45:25.8	29	Juan Gomez	Chicago Heights IL	07:19.6
M 30 - 34	32	4	0:45:35.3	85	Peter Konopinski	Orland Hills IL	07:21.2
M 40 - 44	33	7	0:46:38.4	117	Jay M Galos	Beecher IL	07:31.4
M 60 - 99	34	1 AG	0:46:43.2	23	Robert E Pool	Onarga IL	07:32.1
M 50 - 54	35	2 AG	0:46:48.0	25	Jack Chaplinski	Bradley IL	07:32.9
M 50 - 54	36	3 AG	0:46:50.3	67	Hank Gawenda	Hokena IL	07:33.3
F 45 - 49	37	1 MST	0:46:57.4	54	Kathleen A Murray	Homewood IL	07:34.4
M 35 - 39	38	7	0:47:02.7	71	Daniel E Hall	St. Anne IL	07:35.3
M 55 - 59	39	4	0:47:06.3	13	Charlie Grotevant	Buckingham IL	07:35.9
M 40 - 44	40	8	0:47:19.8	86	Doug McWilliams	Momence IL	07:38.0
M 35 - 39	41	8	0:47:20.7	4	Phil R Newberry	Bourbonnais IL	07:38.2
F 40 - 44	42	1 AG	0:47:39.9	51	Theresa C Burgard	Kankakee IL	07:41.3
M 35 - 39	43	9	0:48:00.7	77	Ron Sarver	Joliet IL	07:44.6
F 45 - 49	44	1 AG	0:48:08.6	44	Kathleen H Steffen	Kankakee IL	07:45.9

Race Results BY OVERALL FINISH

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name	City/ST	Pace/M1
M 50 - 54	45	4	0:48:13.7	16	Mark J McDermott	Bourbonnais IL	07:46.7
F 30 - 34	46	1 AG	0:48:19.8	74	Mary K Jones	Shorewood IL	07:47.7
M 50 - 54	47	5	0:48:21.0	102	Ron Ruda	Kankakee IL	07:47.9
M 45 - 49	48	4	0:48:28.9	22	Ernie Minarich	Shorewood IL	07:49.2
M 35 - 39	49	10	0:48:31.4	110	Thomas Kucharski	Arlington Heights IL	07:49.6
M 45 - 49	50	5	0:48:57.6	116	Jose R Mauricio	Blue Island IL	07:53.8
M 35 - 39	51	11	0:49:23.9	105	Eric Gaddis	Barrington IL	07:58.0
M 30 - 34	52	5	0:49:44.0	6	Ted Speller	Bloomington IL	08:01.3
F 1 - 19	53	1 AG	0:49:55.9	47	Nichole Bendickson	Rantoul IL	08:03.2
M 55 - 59	54	5	0:50:39.4	8	Russ Johnson	Palos Heights IL	08:10.2
M 45 - 49	55	6	0:50:59.6	9	Glen Gabryel	Westmont IL	08:13.5
M 45 - 49	56	7	0:51:20.7	114	Hill Love Jr	St. Anne IL	08:16.9
M 45 - 49	57	8	0:51:28.3	89	Jeff Lindstrom	Joliet IL	08:18.1
F 35 - 39	58	1 AG	0:51:35.4	115	Lisa Gravitt	Frankfort IL	08:19.3
F 30 - 34	59	2 AG	0:51:37.0	108	Marcia J Lonergan	Bourbonnais IL	08:19.5
M 50 - 54	60	6	0:51:41.7	94	Paul Surprenant	Kankakee IL	08:20.3
M 40 - 44	61	9	0:52:20.0	68	Dan D Shreffler	Manteno IL	08:26.5
M 35 - 39	62	12	0:53:01.6	30	Gerard Smedinghoff	Wheaton IL	08:33.2
F 30 - 34	63	3 AG	0:53:05.3	49	Mary Beth Callie	Gridley IL	08:33.8
F 35 - 39	64	2 AG	0:53:09.8	65	Penny Ploski	Frankfort IL	08:34.5
M 1 - 19	65	2 AG	0:53:11.2	83	Michael J Maszak	Homewood IL	08:34.7
M 40 - 44	66	10	0:53:17.3	78	Stan Greinar	Bourbonnais IL	08:35.7
F 30 - 34	67	4	0:53:18.5	52	Claudia Kremp	Plainfield IL	08:35.9
M 45 - 49	68	9	0:53:26.1	26	Randy Riegl	Bonfield IL	08:37.1
F 30 - 34	69	5	0:53:48.5	53	Marie O'Sullivan	Naperville IL	08:40.7
F 40 - 44	70	2 AG	0:54:15.9	103	Nancy J Ruda	Kankakee IL	08:45.1
M 60 - 99	71	2 AG	0:54:22.6	19	James Halstead	Joliet IL	08:46.2
F 35 - 39	72	3 AG	0:54:24.9	76	Sylvia Sarver	Joliet IL	08:46.6
F 55 - 99	73	1 AG	0:55:11.9	50	Sandy Kurtenbach	Marseilles IL	08:54.2
M 50 - 54	74	7	0:55:37.1	34	John A Sheridan	Joliet IL	08:58.2
M 55 - 59	75	6	0:55:39.3	90	Jack J Piccoto	Lockport IL	08:58.6
M 25 - 29	76	1 AG	0:55:42.1	81	Don McCarty	Bradley IL	08:59.0
F 30 - 34	77	6	0:55:43.5	56	Lisa Simpson	Manhattan IL	08:59.3
F 40 - 44	78	3 AG	0:55:48.1	42	Hay Kelly	Kankakee IL	09:00.0
M 50 - 54	79	8	0:56:06.7	70	Art Hostert	New Lenox IL	09:03.0
F 30 - 34	80	7	0:56:07.8	45	Susan Dun	Champaign IL	09:03.2
F 55 - 99	81	2	0:56:15.7	58	Susan Kingston	Urbana IL	09:04.5
M 60 - 99	82	3	0:57:45.3	113	Ed Tierney	Burbank IL	09:18.9
M 45 - 49	83	10	0:58:26.9	119	Robert Ebner	Tinley Park IL	09:25.6
F 35 - 39	84	4	0:58:44.9	101	Deborah A Renville	Kankakee IL	09:28.5
F 30 - 34	85	8	0:58:49.1	109	Erin C Richey	Kankakee IL	09:29.2
F 45 - 49	86	2 AG	0:59:42.4	66	Marietta Faso	Chicago Heights IL	09:37.8
M 40 - 44	87	11	0:59:44.1	87	Patrick J Baldwin	Bourbonnais IL	09:38.1
M 55 - 59	88	7	0:59:55.9	95	Sheldon S Nicol	Joliet IL	09:40.0
M 45 - 49	89	11	1:00:09.0	24	Steven Malone	Bradley IL	09:42.1
F 40 - 44	90	4	1:00:18.7	99	Marianne Surprenant	Kankakee IL	09:43.7
M 45 - 49	91	12	1:00:23.8	97	Mark Lesyna	Momence IL	09:44.5
F 55 - 99	92	3	1:04:07.0	82	Mary Ann Kibbon	Palos Heights IL	10:20.5
F 40 - 44	93	5	1:06:04.0	118	Barbara Ebner	Tinley Park IL	10:39.4
F 35 - 39	94	5	1:08:18.9	111	Deborah Murphy	Tinley Park IL	11:01.1
F 55 - 99	95	4	1:19:37.3	46	Bonnie Stisson	Berwyn IL	12:50.5
M 60 - 99	96	4	1:19:38.0	28	John O Fryklund	Homewood IL	12:50.6