

THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



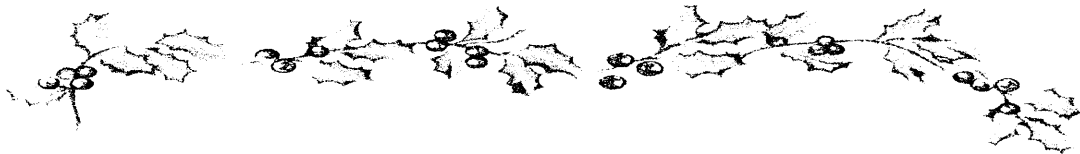
DECEMBER 2000 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 154

2001 MEMBERSHIP DUES ARE DUE--PLEASE USE ENCLOSED RENEWAL FORM
SINGLE \$15—FAMILY \$20

I WILL ALSO BE COLLECTING DUES AT THE CHRISTMAS PARTY ON 1-13-01
(IF YOU BECAME A MEMBER AFTER 8-1-00 YOU NEED NOT RENEW UNTIL 1-2002)

HEAR YE, HEAR YE, SEND ME YOUR E-MAIL ADDRESSES!

We are going on-line with the KRRC newsletter a.s.a.p. We will do a trial run with the December newsletter so some members may receive this on-line if we currently have your e-mail address. There will be two on-line options for acquiring the monthly newsletter: 1) via your e-mail, and 2) from the KRRC web-site at www.keynet.net/~krrc. I ask that everyone either e-mail their e-mail address to run4fun@daily-journal.com or drop me a note or call me to let me know if you can access the web-site from a computer (maybe at work!) and view and print the newsletter from there or if you would still like your newsletters mailed. Whew!! **In summary, there are three options: 1) use e-mail, 2) go to web-site (you do not need e-mail to do this), 3) mail. Please let me know your option.** We are hoping to get as many members as possible to use the on-line options as we desperately need to avoid spending the club's money on postage and copying. Maybe Dan should open a copy store or get another government job! Thank you, Marcia Lonergan (815) 933-1695.



KRRC CHRISTMAS PARTY

6:00 PM

SATURDAY, JANUARY 13TH

BIRD PARK FIELDHOUSE

RSVP (815) 937-4668 DAVE & CHRIS BARRETT

\$5 PER PERSON

FOOD, DRINKS, GAMES & \$5 GIFT EXCHANGE

HOPE TO SEE YOU THERE!

Lynn Troost wins Olympic Style Chili Cook Off

Special thanks to Pat and Michelle Baldwin for opening their home to KRRC members and hosting the Olympic Style Chili Cook Off on Saturday, November 11th. Several people brought homemade chili and desserts. All of which were delicious. The proof was in the fact that there wasn't much food left over! The 14 of us each ate to our belly's content, and then some! In addition to good food, we enjoyed good laughs while watching a video of a past Kankakee River 10K. Judging by the length of Jeff's hair, I think it was from the 80's!

All in attendance agreed that all of the chili was equally tasteful so it was tough to pick a winner. Pat decided that Lynn deserved the first place medal since she traveled the farthest to attend! I can't remember who placed 2nd and 3rd but they are suppose to send me their recipes for the newsletter. Here is Lynn's winning recipe that I'm sure you'll want to enjoy this winter:

SOUTHWESTERN CORN-AND-WHITE BEAN CHILI

1 T. canola oil	1 5 OZ. can crushed tomatoes
1 large yellow onion, diced	2 T. dried parsley
1 yellow or red bell pepper, diced	2 Tsp. dried oregano
1 med. zucchini, diced	2 Tsp. ground cumin
2 cloves garlic, minced	1 Tsp. chili powder
2 C. fresh or frozen corn kernels	1/2 Tsp. salt
1 5oz. can white cannellini or navy beans, drained	1/2 Tsp. ground black pepper
1 5oz. can stewed tomatoes	2 T. chopped fresh cilantro

Heat oil in large saucepan. Add onion, bell pepper, zucchini, and garlic. Cook over medium heat until vegetables are tender, stirring occasionally, 8 to 10 minutes. Stir in corn, beans, stewed and crushed tomatoes, and all dried seasonings; bring to simmer. Cook uncovered over low heat, stirring occasionally, about 20 mins.

Remove from heat, stir in cilantro. Let stand 5 to 10 minutes before serving. Serve with a sprinkling of Monterey Jack cheese if desired. Serves 6. Per serving: 197 cal., 9 G protein., 3 G fat, 0 chol, 39 G carbs, 8 G fiber, 891 mg sodium.

Membership Dues & Christmas Party:

Membership dues for 2001 have increased to \$15 for a single membership and to \$20 for a family membership. This increase is long overdue as the cost of everything is rising. I'm sure the question will arise that if we are going on-line with the newsletter, then why the increase? The answer is that we need to recoup the copying and postage expenses incurred in the year 2000 in order to have funds available for other club activities in 2001. Also, the snow on the morning of this year's Kankakee River 10K did not help, as we lost \$150 due to low turn out. The membership dues collected in 2000 were barely enough to cover the expenses of producing and mailing the newsletters for the year.

There is also a \$5 per person charge for this year's Christmas party. The rental of the fieldhouse is \$150 and the cost of the food is at least \$100. So at \$5 a person, we will break even if 50 people attend. We are confident that you will enjoy great food and fun for your money.

I hope this answers any questions and we appreciate your continued support of our very worthy organization. ML

Phil's Files



by Phil Newbott

Fall is a great time of year, isn't it? The weather has been wonderful. The trees are beautiful and the races are plentiful. On October 29th, Jeff, Marcia and I traveled to Monticello, IL to participate in the Allerton Park 5.5 Mile Trail Run. Charlie Grotevant, Bob and John Pool were there as were Debbie and Jeff Renville and children. I had never done this race before and I don't remember hearing much about it. I'm a little surprised by this because this year was the 13th annual race and one of the most fun and best staged races that I've ever done.

The Second Wind Running Club puts on this race with Susan Dun as race director. I'm sure some of you know Susan. The last two or three years she has participated in the Kankakee River 10K and she always brings a friend. I'm impressed with the preparation that went into this race. For example, there were a lot of tree roots on this course and every single one of these roots was painted white. That's 5 miles of tree roots!

The course was 5.5 miles long, with most of it run on a dirt trail. There are some rolling hills, which are challenging but not lung and quad burning. There was no need for spikes on this course, the trail was packed dirt, and no water to run through. It was just a very nice course. The autumn scenery was awesome and the park was beautiful.

Post-race refreshments were plentiful and most of it was homemade baked goods. Homemade baked goods for 600 people! Sounds like a lot of work to me. There were sliced bagels, sliced oranges, apples, bananas, two kinds of brownies, oatmeal cookies, homemade breads, doughnuts,, multiple choices of pastries, water, and a selection of Snapple like beverages. There were many raffle prizes. Marcia won an impressive looking Asics equipment bag. The awards were cool looking colored glasses with the age group award written on them. Jeff and I are looking to change the awards for the Kankakee River 10K, I wonder if Susan would mind if we stole the idea. Bob Pool went home with one. This race ranks as one of the Top Ten races that I've done this year. (Look for my Top Ten list coming in January or February.) I plan on doing Allerton again next year.

On November 5th, Doug McWilliams and I went to Utica to do the Canal Connection 10K. Ron and Nancy Ruda, Pat Pierce, Randy Riegel, Theresa Burgard, Pat Koerner and family, Charlie and Joyce Grotevant, John Pool, and Jeff and Marcia were all there. It was a beautiful day with lots of sunshine and temperatures in the 50's. The course is point-to-point from LaSalle to Utica on the I&M towpath. The first mile is downhill until you get on the towpath, which is mostly crushed limestone and very flat. On the towpath you run past rock cliffs along the Illinois River. This race is a must do race. You get sweatshirts instead of T-shirts and as much pizza as you want. Refreshments also consisted of 4 kinds of cookies, Gatorade, pop, bananas, and bagels. With the course they have plus good post-race refreshments and 600 people to share it with, it's hard to find a better race. This one belongs on your calendar.

Shifting gears, I'd like to write about the Southern Area Race Circuit (SARC). This thing is really starting to frustrate me. Supposedly we have this circuit so that area running clubs can get to know each other and help each other's races to be more successful. It sounds like a great idea. Our club pays \$200 and the two races that we have on the circuit draws maybe 25 more people per race. At \$15 per runner, considering both races, we take in an extra \$750. (Side note from Marcia: Actually, only one of our circuit races is sponsored by the club so KRRC doesn't profit nearly that amount if anything—especially when you consider the cost of the T-shirts that go to each of these extra runners.) How can we lose?

Well, we're not helping each other out and it's not friendly. There are some new rules. One is this, "all clubs must pay a penalty of \$5 per runner if they fall below the 15 runner requirement for each race." Our club will probably combine with the Prairie Staters for this circuit, which is a good idea and will help both clubs out, but this penalty is ridiculous. It seems that the Palos people are mad because we are not showing up at their races. I don't know about anybody else but this penalty isn't going to motivate me to run their races because it's not coming out of my pocket! Maybe if we had more than two weeks notice before a race that might help! I personally was looking forward to doing the Hickory Dickory Dash again! I'd like to mention that in the two years that the SARC has been in existence the Palos Club is the only club that changes what races are going to be in the circuit. Maybe they should try to plan things a little better.

Speaking of notice, here's one other little tidbit. Most of you I'm sure aren't aware of this, but, the SARC awards ceremony is, or should I say was, Friday, November 10th. I receive the Park Forest newsletter, and if it wasn't for that I wouldn't even know there was an awards ceremony.

Some people, such as Marcia, might ask, "Why didn't Dave Bartlett let us know?" Here is why: the Park Forest people couldn't have known about it until they received their newsletters. I received my newsletter on November 2nd. I received my KRRC newsletter November 8th. We would have had to print a separate invitation to let our club members know about the awards ceremony. Shouldn't these things be planned a little more in advance? Maybe this circuit should be renamed the Palos Running and Pancake Club and their motto should be "Start Slowly and Taper Off As Long As We Win." No Sir, this circuit does not accomplish what in the beginning it was set out to do!

A Runner's Thanksgiving
By Dan Gould

A slice of silvery moon flanked by two bright stars is the only mark on the black palette of the eastern sky... early morning. It will be more than an hour before a golden glow announces the rising of the sun. Streetlights stand as stationary sentinels keeping a lonely vigil over empty streets as traffic lights cycle through green, yellow and red to a world asleep. That was the world at shortly after five o'clock as I guided the Dan van out of Bradenton toward I-75 and Punta Gorda for the Turkey Trot 5K on Thanksgiving Day, 2000. This would be my nineteenth Thanksgiving as a runner.

This running life has given me much to be thankful for. It was twenty years ago that I tossed the Marlboros in the wastebasket and rolled off the couch to reclaim my health and fitness. How clearly I can recall my resolve at seventeen to never let myself get in "that kind of shape." What kind of shape? The kind of shape that leaves me out of breath from climbing a flight of stairs and wearing a waistline that shrieks "Bureau disease!" (Bureau disease? That is the condition in which your chest has fallen into your drawers.) I am a much healthier animal for having lost twenty pounds. The other physiological benefits - higher energy level, improved body fat ratio, lower resting heart rate - are there, but not as obvious. Psychological benefits? Absolutely!

While better health has clearly been my most important reward, friendships run a close second. I have been blessed with many. Ed Glazar, who encouraged me to run and introduced me to road racing, is now one of my best friends and a golfing buddy. Bill Linn, who I did not know, was working the finish line when I ran my first race in 1982. Little did I realize then that he would become one of my best friends (as would Linda and the kids), a marathoning buddy, and that we would co-edit our running club newsletter for eleven years. My camaraderie with Mike Hickey through the Kankakee River Running Club begot a close friendship with his parents, John and Erma Hickey, two of Port Charlotte's best known, best liked, and hardest working members in their running community. And there are Charlie, Joyce, Pat, Donna, Tom, Anna, Ron, Nancy, Henry, Janet, Jeff, Marcia, Tom, Sheri, Georganne, John, Dave, Chris, Paul, Ken, Ben, Larry, Jim, Harry... The list of friends and acquaintances stretches toward the horizon and continues to grow. Sadly, I must also acknowledge that a couple of friends with whom I ran and raced now run with the angels. I'm thankful to have known them.

Raced? Yes! The thrill of athletic competition awaits every runner. There are no benchwarmers in this game except by choice. Just getting to the starting line is a victory over the sloth that disables most of the world. The real contest is within you - to run your best! A PR or piece of plastic gold is a bonus. I've been to the starting line almost four hundred times (That is about five years of racing for Tampa's Silky Sullivan) and hope for another four hundred.

Runners are able to see the inside, personal world of one-horse towns and big cities. I found beauty running along the Trinity River in Fort Worth and the Thames in London, but even a Detroit downtown resembling a bombed-out war zone became beautiful as I ran my best-ever marathon on a cool, sunny, October day. I've run the road from Hopkinton to Boston in the rain and in the sun. Thousands of cheering spectators made both experiences beautiful. White-tailed deer bounding through autumn leaves along the trail at the Kankakee River State Park and the white sands and blue skies of Siesta Key Beach each have their special radiance for runners. I give thanks for those memories!

This was only the second Thanksgiving that I earned and burned my calories with a race. At home, in Kankakee, my holiday obligations had always been in conflict with races. Being in Florida this Thanksgiving, I was, therefore, happy to join about 260 others on a cool and sunny morning at the Edison Community College in Punta Gorda for a low key 5K. John and Erma Hickey were working this benefit race and, when it was done, we were off to a Thanksgiving breakfast. I had run three miles, burned three hundred calories, and then eaten a breakfast with XXX calories. Wasn't it a good thing we didn't do this more than once a week!

After having driven the 50 miles from Punta Gorda to Sarasota, I continued my Thanksgiving celebration with Tom and Sheri Bedford, a part of my Florida running family. Knowing my family was in the cold north for this holiday, they had invited me to enjoy Thanksgiving dinner with them and their parents. No, Sheri has not been to cooking school. We went OUT to dinner. She does make great coffee, however.

For good health, deep friendships, fulfillment from athletic competition and for the places which became more beautiful as I ran, I am thankful to be a runner.



December Birthdays!

Peggy Baldwin	12/23/83	17
Ed Glazar	12/20/53	47
Lindsey Grace	12/21/84	16
Rebecca Gremer	12/11/92	8
Daniel Hall	12/15/62	38
Graig Hickey	12/07/77	23
Andrew Kilbride	12/27/72	28
Mark Lesyna	12/23/51	49
Jeff Lonergan	12/11/54	46
Denzie Painter	12/06/44	56
Randy Rahrig	12/03/58	42
Kirsten Steeves	12/20/63	37

THE STARTING LINE

Sat., Dec. 9th - 11 a.m. - The Deer Run Run 8K
Comlara Park (309)762-2022

Sat., Dec. 9th - Pere Marquette Park Endurance Trail
Run 7.5 Miles, Alton, IL
www.siue.edu/~rsutton/trailrun/

Sun., Dec 10th - 9a.m. - Jingle Bell Run for Arthritis
5K & Fitness Walk, Shapiro Developmental Center,
Kankakee
Phil Angelo (815)933-4935 or (815)937-3382(W)

Sat., Dec. 23rd - noon - Saturday Before Christmas
Fun Run, Lake Bloomington, IL
(309)378-3401

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

Sat., Jan. 6th - noon- Siberian Express 7.6 miler
Danville, IL (217)431-4243
<http://users.net66.com/~kennuk>

Sun., Jan 14th - 9a.m. - Midwinter Frolic 5K
Forest Trail Jr. H @ Lakewood & Wilson, Park Forest
Gary 802-2759

Sun., Feb. 4th - 1p.m. - 17th Annual Winterfest 5K Run
& Fitness Walk, Small Memorial Park, Kankakee, IL
Charlie (815)949-1551 or Ken (815)937-1958

Sat., Feb. 24th - 9a.m. - Caribbean Cruise 5K-Keeling
Center a.k.a Blackhawk Jr. H.S. 375 OswegoSt.,
Park Forest, IL www.signmeupsports.com

Fast-N-Fit Foods by Janet Shelly

Spinach Calabrese Appetizer

- | | |
|--|---------------------------------|
| 1 tsp. olive oil | 3/4 cup Parmesan cheese, grated |
| 1 cup ricotta cheese | 1 egg, beaten |
| 1 cup onion, finely grated | 3 cloves garlic, minced |
| 1 pkg chopped, frozen spinach, thawed and squeezed | |
| 3 tubes refrigerated crescent rolls | |

Saute onion and garlic in olive oil until opaque; set aside.
Mix Parmesan and ricotta cheeses, beaten egg, onion, garlic and
spinach. Separate crescent rolls into tri-angles; cut each tri-angle
into half crosswise. Flatten one piece with the palm of the hand
and place one rounded teaspoon on top. Pull corners toward center
and squeeze edges together. Flatten top slightly. (Don't worry if
some filling shows, it won't melt out.)

Lightly spray baking sheet with nonstick cooking spray
and arrange appetizers on it. Bake in pre-heated 375 degree oven
for 10-13 minutes. Serve warm with marinara sauce.

These also freeze well. Cool, freeze on a cookie sheet.
When frozen, store in freezer bags. To serve-bake at same temp.
around 15 mins. or until hot. You can cut down on the fat by
using low fat ricotta and low fat crescent rolls.

Happy Holidays!



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KRRC WEBSITE

WWW.KEYNET.NET/~KRRC

THE FINISH LINE

Oct. 15th Katie McGuire DARE 5K

Dave Merillat 22:25 1AG

Oct. 22nd Chicago Marathon

Mark McDermott 4:11.27 PR

Oct. 29th Allerton Park 5.5 Mile Trail Run

Bob Pool 40:27
Jeff Lonergan 41:26
Carol Pratt 41:27
Charlie Grotevant 42:16
Marcia Lonergan 47:01
John Pool 47:16
Debbie Renville 50:07

Nov. 5th Canal Connection 10K, Utica, IL

Pat Koerner 36:54
Jim Grace 41:58
Bob Pool 43:39
Charlie Grotevant 43:49
Phil Newberry 44:16
Theresa Burgard 45:37
Jeff Lonergan 45:43
Carol Pratt 46:29
Doug McWilliams 47:36
John Pool 50:55
Ron Ruda 50:48
Marcia Lonergan 51:20
Nancy Ruda 52:17
Randy Riegel 53:16
Pat Pierce 55:57

Nov. 6th Palos Park Turkey Trot 3-Miler

Pat Baldwin 26:42

Nov. 11th Gobbler Hobbler 10K, Oswego, IL

Phil Newberry 39:37
Charlie Grotevant 43:57 3AG
Carol Pratt 46:23
Marcia Lonergan 51:14 3AG
Pat Pierce 56:39

Nov. 18th Turkey Trot 5K, Orland Hills, IL

Charlie Grotevant 21:47

Nov. 19th St. Anthony's Run for the Hungry, Frankfort, IL

Charlie Grotevant 21:45

Nov. 23rd Orland Park Turkey Trot 2.5 Mile X-C

Dave Merillat 17:28 1AG

Nov. 25th Drumstick Dash 5K, Richton Park, IL

Pat Koerner 17:32 1AG
Rod Kahl 18:08 2AG
Charlie Grotevant 21:09 1AG 55-59
Bob Pool 21:41 2AG
Jeff Lonergan 23:31
Dee Osenglewski 23:53
Marcia Lonergan 24:33

Times From Florida

Oct. 7th Race Against Stigma 5K, Bradenton, FL

John Hickey 35:11 1st Grandmaster
Erma Hickey 40:03 1st Grandmaster

Oct. 28th Caloosa Chase 5K, LaBelle, FL

John Hickey 25:41

Nov. 4th Zoomer's County Line 5K, Englewood, FL

Dan Gould 21:20 3AG

Nov. 11th Run by the Bay 5K, Apollo Beach, FL

Dan Gould 21:14 1AG
John Hickey 26:12 3AG

Nov. 18th Lake to Lake, Lakeland, FL

5K – John Hickey 26:27 1AG
10K – Dan Gould 44:13 1AG

Nov. 23rd Turkey Trot 5K, Punta Gorda, FL

Dan Gould 21:04 2AG

*Merry Christmas
&
Happy New Year!*