

THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



FEBRUARY 2001 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 156

**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)**

**FOR THOSE WHO HAVE NOT YET PAID, IF I DO NOT RECEIVE
YOUR DUES BY MARCH 31ST, YOU WILL NOT RECEIVE
ANOTHER NEWSLETTER UNTIL DUES ARE PAID. THANK YOU.**

I'd like to say "Thank you" to **Dave Barrett** for his three-year term as our President. Dave did much to make our club better, including designing and maintaining our web-site. Dave has promised to maintain the web-site in his new role as V.P. The position of President has been taken over by **Phil Newberry**. Upon hearing that Dave was stepping down, Jeff and I encouraged Phil to take over the position for two reasons: 1) we knew that nobody else would do it and we needed a warm body to go with the title and 2) Phil knows a lot of members from the other clubs and he is also familiar with many of the races. We are confident that Phil will fulfill all the duties (if there are any) of KRRC President. "Thank you" to Phil for accepting the title of KRRC President.

I also want to thank all the members who attended this year's Christmas party, which ended up being held at our house. Many members have mentioned that they had a good time and that they were comfortable in our home. I wish I had, had more time to mingle but as Phil said, "You were running around like a nervous Nelly!" Another big "Thank You" to **Dave and Chris Barrett** for getting all of the food for the party. As always, it was delicious and plentiful. **Pat Pierce** and Dave did an excellent job helping me out in the kitchen and Pat also took notes during the meeting and collected the cover charges and dues. "Thank you" Pat for all of your help on the night of the party. I really enjoyed having everyone here and maybe we'll try it again in a couple of years. The party ended up only costing the club \$40, so having it at our house ended up helping the club out financially. Dave Barrett plans to have it at his house, which is currently under construction, next year.

I am very pleased with the response I've had with the dues coming in this year. I really appreciate the prompt payments and our funds are on the rise. Also, a couple people donated extra money to pay for postage. That was a very nice gesture. A major lifesaver for the club is that **Gerry and Judy Kilbride** have offered the use of their copier! Please be sure to say "Thanks" to the Kilbrides when you see them for their support of our club.

We are having a bit of trouble getting the newsletter on the web-site. One change that we have agreed on is that instead of e-mailing the newsletter to members, we will e-mail a message that the web-site is updated and members can view and print it from the site. This is because with all the different software programs out there, it is almost impossible to e-mail the newsletter in a way that all the different programs can interpret it. We still want to go on-line but are having a bit of a delay. We will continue mailing them until we are confident that the on-line version works.

Hope everyone is surviving this long, cold winter. **Dan Gould** sent me an e-mail seeking sympathy that the temperatures in Florida were in the 50's & 60's! Poor guy! It must be rough. I know we all feel just terrible for Dan. If you want to escape our terrible Illinois weather, I have an address of a residence in Bradenton, FL where you can stay for free. Happy Running! Marcia Lonergan

Phils Files: Hello, fellow runners! I'm not doing any outdoor running these days. I haven't run outside since the December 10th Jingle Bell Run and today's date in January 4th. I have discovered a fitness alternative. It's called the Riverside Health Fitness Center. I've been attending a spinning class twice a week, running on a treadmill, and attending an abs class. Actually the forced break has been kind of nice. It's gotten me out of a rut. I know I said that's where the rich people exercise (and I'm definitely not wealthy) but I enjoy working out there. I've seen other club members there also. I've run into Jeff & Marcia Lonergan, Doug McWilliams, Pat Pierce, Kevin Gum and Katy Scrauner there. I'm anxious to see if all this exercising will bring positive results at Winterfest. I hope so! That's all for now. I've got to meet Jeff at the health club for our spinning class.

Hello again! I've finally made it back to writing this column. Today is February 1st. So it's been four weeks. Time flies when you never get a day off and work a lot of overtime. The weather in January was mild with hardly any snow so I was able to do some outside running. I've lost 5 pounds by limiting the pop and beer I drink and trying to eat a little less. I feel like I'm ready for Winterfest in 3 days even though my race times have been slow. Doug McWilliams and I went to the Mid-Winter Frolic on the 14th and I ran my best effort but my time was slow. I decided to blame it on too little sleep and too many beers from the night before.

The club Christmas party was the 13th at the Lonergan's. I think between 30-40 people showed up and we had a good time! There was plenty of food! There was chicken, Italian sausage (which was excellent), pasta, and an unbelievably delicious dessert buffet! I was stuffed! This year I wound up with a Lonergan gift again. It was a talking Bullwinkle Santa Claus.

We had a club meeting while we were there and a lot of business was accomplished. Dave Barrett ran a well-organized meeting. The summer series is back, which I think is a good thing. Even if only 10 people show up at one event, it's an opportunity for club members to get together. Marge and John Flynn are sponsoring one on June 12, Henry and Janet Shelly are sponsoring one on July 10 and John Shoup is in charge August 14th. All races begin at 6:30p.m. at Small Memorial Park in Kankakee.

Dave Barrett came up with an idea of having a training program this summer, which would end with the Kankakee River 10K on September 23rd. The program is called, "Run the River". We will be reaching out to the community and helping people start a running program or make running a 10K seem less intimidating. We could use volunteers to help with the program. John Bevis, Linda Linn, Dave Barrett, Jeff and Marcia Lonergan, and I have volunteered so far.

We elected a new President of the club. Well, maybe not elected, more like appointed. The new President is me and V.P. is Dave Barrett. I don't know if I'm qualified to be a good president but I'll do my best. If anybody has any ideas or suggestion for the club, feel free to call me at 936-0186. Dave will still be in charge of the web-site.

You may have noticed that in recent newsletters there's been a concern about club finances, in particular the cost of making the newsletter. Well, here is some good news: Gerry and Judy Kilbride have offered to let Marcia copy the newsletter on their copier. Thank you very much Gerry and Judy! One other thing that should be mentioned, is Debbie Renville is the new race director of the Bourbonnais Friendship Festival 5K. That race is still in good hands!

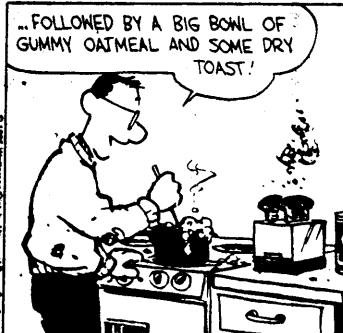
On January 20th, I attended the Gold Cup banquet, which the Calumet Striders do every year. Pat Koerner received a 2nd place age group award while I placed 4th.

January 27th was the Prairie State Road Runners award banquet. Pat Koerner was 1st in his age group. I was 2nd. Jeff and Marcia both got 2nd in their age groups. Deb Renville was 3rd in hers. Charlie Grotevant took 1st in his age group.

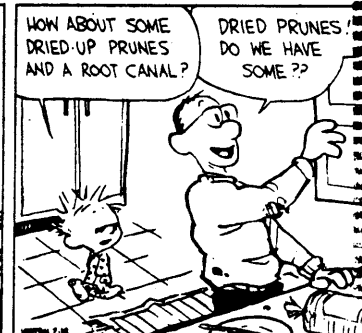
Well, that's all for this month. I'm on my way to the State Park to get a run in. In February I plan on running Winterfest and the Frosty 5 in Channahon. If anyone wants to ride along, let me know. See ya!

**CALVIN
AND
HOBBES**
BY
BILL
WATTERSON

AHH. WHAT COULD BE BETTER THAN A SATURDAY 6-MILE RUN AT DAWN IN 20-DEGREE WEATHER...



...FOLLOWED BY A BIG BOWL OF GUMMY OATMEAL AND SOME DRY TOAST!



HOW ABOUT SOME DRIED-UP PRUNES AND A ROOT CANAL?

DRIED PRUNES. DO WE HAVE SOME??

JANUARY THAW by Charlie Grotevant

The Grotevants' annual early January getaway to attend the American Farm Bureau Federation convention took us to Florida this year. We left the snowy and icy weather behind us on Jan. 4th. A miserable cold had made the previous week a less than pleasant one for me. My basketball nose (dribbles all over the place) needed a warm up.

We were looking forward to the convention in Orlando, visits with 3 of our classmates (Odell, class of 1960) who are Florida residents, and 3 days of running and fun with the Judge, Dan Gould.

In early November, after the harvest rush had subsided, I tallied my race totals and discovered I could run my 600th race at the Winterfest 5K if I ran 13 races between Nov. 5th and Feb. 3rd. Found 10 races in Illinois that would fit my schedule. I asked Dan to find 3 races in Florida to coincide with our trip. Hopefully, we could run all 3 together. With the aid of our computer and Florida running magazines from Dan our schedule took shape.

I entered a 5K at DeLand (north of Orlando) on Jan. 6th. Dan would not join us for this one. 40 degrees at 8:00 AM. More than 160 runners plus walkers and 2 kids races. A wonderful location in the restored downtown section of this historic city. Some of the natives were a bit overdressed. One in a ski mask plus Goretex. I passed him before the 1 mile mark. I wanted to run with tougher people. There were a few others in shorts and t-shirts, as I was wearing, but we were definitely in the minority. Ran fairly well. Beat all the women except one and was 3rd in AG 55-59 with a 21:34. The post race breakfast of pancakes and sausage completed the morning's activities.

Farm Bureau, Cape Kennedy, and classmates occupied our time until Thurs. the 11th when we arrived at Dan's condo in Bradenton to accept the generous offer of his spare bedroom.

Friday evening Dan took us to the historic Ybor City area of Tampa for a 5K. We were accompanied by Dan's Florida running friend, Ben. 400 runners for this 7:00 PM race through this beautifully restored area. Lots of nightclubs and bars to tempt us as we ran.

Dan got ahead of me in the crowded start. It took more than 30 seconds before I could stride out without interference from other runners. I spotted Dan's unique running form, a football field length ahead of me, more than ½ mile into the race. I caught him at 1 ½ miles and we ran together for a while, but I gradually gained a small lead and maintained it through the finish.

I finished strong in a time of 21:23, 4 seconds ahead of Dan for 3rd in AG 55-59. Ben was 10 seconds ahead of me and 1st in 60-64 AG. The race winners were both high school cross-country runners. The 15 year old men's winner in a 15:?? time and the 16 year old women's winner in a 17:55 time. Very impressive! Look like college material to me. Post race refreshments were plentiful.

Saturday AM we met John and Irma Hickey in Sarasota for brunch. They had worked at a race earlier that morning. It's always a pleasure to visit with this lovely couple. Lots of things to talk about, mostly running and family things. They plan to be in Illinois in June.

Ate at Bradenton Ale House near Dan's condo Saturday evening. It was our pre-race meal for the next morning's 8:00 AM Max Bayne half marathon. As someone who has witnessed Dan's pre-marathon feast of a full slab of ribs, I was curious as to how he would prepare for a ½ marathon.

No ribs for Dan tonight, just a large salad and clams. Joyce, who rarely orders a dessert, had seen a "big brownie" on the menu and ordered it. "Big brownie" is the size of an entire pie with ice cream and whipped cream piled 6 inches high. Joyce invited (enticed) Dan to help her eat it. He reluctantly started in, but gained momentum as he went. I, the one blessed with

remarkable self-control, smiled as they consumed most of this enormous dessert. Hopefully, this mental toughness would help me gain a 2 minute advantage over Dan the at the next morning's race.

We left Dan's in both vehicles at 6:00 AM to drive to Ft. DeSoto Park at the south end of the peninsula of St. Petersburg. The fog was settling in as we crossed the Sunshine Skyway Bridge. 50 degrees, damp and foggy at the race start.

What would our pace be? Neither of us were prepared for a race longer than a 10K. We hoped to be under 1:50. Maybe 1:45 if we didn't tire too badly. 1 mile at 8:04. 2 miles at 16:16.

Neither of us felt real energized. Okay, we'll run comfortably until 10 miles and speed up if we have anything left. Ran the next 3 or 4 miles with a young lady CPA from Tampa who was looking forward to her 1st Boston Marathon experience in April. Her goal was 8:00 minute per mile pace this morning. She gradually pulled away from us.

The sun was emerging from the fog now and it was becoming a beautiful morning to run. I had been leading Dan by a stride or two since 8 miles and urging him to stay with me. 10 miles at 1:21:18. I increased my lead a bit. A couple times Dan said to "go ahead!". I hollered back, "No, you keep up!".

We were passing other runners. A 7:29 12th mile. Finally, Dan took the lead in the 13th mile and I told him to go ahead because I was faltering. A 7:05 13th mile as I pulled even with him. Joyce was just past the 13 mile marker as we turned to the finish. "Let's go!", I hollered. Side by side, neither letting up, as we finished. 41 seconds for the last tenth. Dan at 1:43:50 and me at 1:43:49. A 7:55 pace for the 1/2 marathon.

Better than expected for both of us. Thanks to the "big brownie" I gained a 1 second advantage when I needed it the most. Neither of us in the money for awards, but we had a great run. Meager refreshments remained for the 210 finishers. The 5K runners, who numbered nearly 200, had a definite advantage over us because we were at 3 or 4 miles when they finished and started their refreshments.

Dan, Joyce and I gave each other our goodbye hugs and we headed back to the real world in Illinois as Dan remained to visit with more of his Florida running friends.

The following Saturday I ran the Chilly Chili at Lake Bloomington for my 599th race. Right on schedule for #600 at Winterfest.

I'm looking forward to the 2001 racing schedule where I can renew many rivalries with my fellow runners. Train hard, Dan! I'll be ready when you return.

Charlie and Joyce Grotevant headed back to IL after spending three nights with me. We did a 5K and a 1/2 Marathon, Charlie's 597th and 598th races. Chilly Chili will be 599 and Winterfest his 600th!!

Friday night Charlie and I busted our tails in a 5K. He crossed the line a few seconds ahead of me because I try to show respect for my elders, he was my guest, and, most importantly, I couldn't catch him.

Sunday morning - today - we ran a 1/2 Marathon. We agreed that neither of us was really in shape for a 1/2, but we would treat it as a long training run. I hadn't run more than a 5 miler since the 1st of December and my last two weeks in December I only ran 6 miles each week. We tried to maintain 8 min pace for the first 10 miles and achieved about an 8:04 pace. We then ran the last 5K in 23:11, a 7:29 pace (our last mile was 7:05). The bottom line was a 1:43:50 and, once again, I stood aside and let Charlie enter the chute first. Ken, how in the hell could we do something like that? We weren't exactly fresh after the Friday night 5K and certainly didn't have the distance for the 1/2. Maybe I'm ready the the Clearwater Marathon next week and don't know it

😊 HAPPY FEBRUARY BIRTHDAYS! 😊

Name	Birthdate	Age
Michelle Baldwin	2/14/56	45 YRS
Patrick Barrett	2/02/96	5 YRS
Bill Batkiewicz	2/12/59	42 YRS
Anthony Belletete	2/12/74	27 YRS
Dan Draine	2/27/79	22 YRS
Joe Giacchino	2/27/57	44 YRS
Jim Grace	2/24/57	44 YRS
Marshall Grace	2/10/62	39 YRS
Tony Grace	2/16/91	10 YRS
Charlie Grotevant	2/18/42	59 YRS
Charles T. Haynes	2/23/59	42 YRS
John Hickey	2/28/28	73 YRS
Mike Hickey	2/21/50	51 YRS
Ian Kanit Kelly	2/01/99	2 YRS
Gerry Kilbride	2/06/38	63 YRS
Judy Kilbride	2/24/39	62 YRS
Tommy Kilbride	2/14/69	32 YRS
Marthajane Lehnus	2/21/33	68 YRS
Jim Alvey Litherland	2/25/54	47 YRS
Marcia Lonergan	2/02/66	35 YRS
Elaine Noffke	2/20/91	10 YRS
Ann Rahrig	2/04/61	40 YRS
Collin Rahrig	2/13/91	10 YRS
Janet Shelly	2/13/53	48 YRS
Allison Shelly	2/22/76	25 YRS
Marianne Suprenant	2/26/57	44 YRS
Chris Walsh	2/21/62	39 YRS

FAST-N-FIT FOODS

by
JANET SHELLY

The Soup Nazi's
Mexican Chicken
Chili

- 1 pound chicken breast fillets (4 fillets)
- 1 tablespoon olive oil
- 10 cups water
- 2 cups chicken stock
- 1/2 cup tomato sauce
- 1 potato, peeled & chopped
- 1 small onion, diced
- 1 cup frozen yellow corn
- 1/2 carrot, sliced
- 1 celery stalk, diced
- 1 cup canned diced tomatoes
- 1 15-ounce can red kidney beans, ~~drain + rinse~~ *drain + rinse*
- 1 jalapeno, diced
- 1/4 cup chopped Italian parsley
- 1 clove garlic, minced
- 1 1/2 teaspoons chili powder
- 1 teaspoon cumin
- 1/4 teaspoon salt
- dash cayenne pepper
- dash basil
- dash oregano

- On the side
- Sour cream
- Pinch chopped Italian parsley

1. Sauté the chicken breasts in the olive oil in a large pot over medium/high heat. Cook the chicken on both side until done -- about 7-10 minutes per side. Cool the chicken until it can be handled. Do not rinse the pot.
2. Shred the chicken by hand into bite-sizes pieces and place the pieces back into the pot.
3. Add the remaining ingredients to the pot and turn heat to high. Bring mixture to a boil, then reduce heat and simmer for 4-5 hours. Stir mixture often so that many of the chicken pieces shred into much smaller bits. Chili should reduce substantially to thicken and darken (less orange, more brown) when done.
4. Combine some chopped Italian parsley with sour cream and serve it on the side for topping the chili, if desired. (<http://www.topsecretrecipes.com>)
Makes 4-6 servings.

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THE FINISH LINE

Race Results KRRC

Dec. 2 Hidden River Classic-Tampa FL

10K - Dan Gould - 43:06 4AG

5K - John Hickey - 26:14 5AG

Dec. 16 Lakefront Classic - Palm Harbor FL

5K - John Hickey - 26:13 2AG

Dec. 17 Say No To Drugs - Clearwater FL

5K - John Hickey - 27:11 2AG

Head wind 30-40 m.p.h.

Dec. 31 Rockin' The River Fest 5K

Jacksonville FL

John Hickey 26:10 - 2nd AG

Jan 1 Resolution Day Run 5K

Saint Augustine Beach FL

John Hickey 26:03 - 1st AG

Jan. 6 Stetson University Race for the Restoration 5K Deland, FL 21:34 3A.G. 55-59

Jan. 12 Ybor City Run for Shelter 5K Tampa, FL 21:23 3A.G. 55-59

Jan. 14 Max Bayne 1/2 Marathon St. Petersburg, FL 1:43:49

Jan. 20 Chilly Chili 4.37 Miles Lake Bloomington, IL 32:34

Dan Jan. 20th, FishHawk 10K, Brandon, FL - 44:27 - 3rd in AG

Gould Jan. 13th, Max Bayne 1/2 Marathon, St. Pete, FL - 1:43:50

Jan. 11th, Run for Shelter 5K, Tampa, FL - 21:30

1/28/01 - Naples Half Marathon - 1:39:17, 5AG

Mid-Winter Frolic 5K

Rod Kahl 18:20

Phil Newberry 19:06

Doug McWilliams 23:20

Deb Renville 27:13

Randy Riegel 28:07

Pat Pierce 28:47

4 mile Polar Predictor

Phil Newberry 26:30 10A

Marcia Lonergan 34:48

Randy Riegel 34:53

Pat Pierce 36:31

Charlie