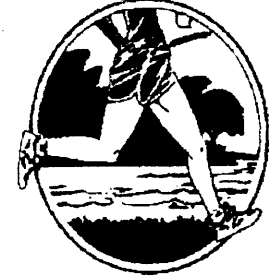


THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



MARCH 2001 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 157

ON DAN'S RUN by Dan Gould

"Are you from Kankakee?" My answer is, "Yes, do you know it?" There is, of course, only one Kankakee. It is sometimes confused with Keokuk, Kokomo, or Kewanee, but the lyrics of The City of New Orleans are quite specific: "...and the train pulled out of Kankakee." The question is usually prompted by my race singlet that boldly proclaims KANKAKEE. I had a couple of them printed at a local tee shirt shop several years ago and frequently wear one at out of town races as a conversation starter. Believe me, it is. I wore one last week at the Strawberry Classic in Temple Terrace, a Tampa suburb. It generated two contacts.

First, a man working race registration verified my Kankakee origin and then volunteered that Steve Azzarelli was a college roommate. While I know several of the Azzarellis, I don't know Steve, but I suspect he is part of the Tampa Azzarellis. While most Kankakeeans are aware of Azzarelli Construction in Kankakee, not everyone is aware that they also have a Tampa office.

The second was a female runner from Plant City, Florida, who told me that she and her husband had run a race in Kankakee last June. The race was the Friendship Festival. Her name was Eileen Peters and she and her husband, Gary, had placed second overall in their respective divisions. Gary was considering a job in Kankakee and had progressed to the point of looking at houses. Among those they looked at were Dave and Chris Barrett's. Eileen really wanted that house.

The catalyst for my KANKAKEE singlet was a non-running encounter with golf pro in 1987 at the Bradenton golf course where I still play. I was wearing a golf shirt with the logo of the Kankakee Country Club and the pro, Bob Skelton, asked the question: "Are you from Kankakee?" "Yes," I replied, "do you know it?" The answer was that Bob had been a Danville boy whose father was in the retail coal business. When Bob got out of school, they opened the Cardinal Coal Company in Kankakee in 1958 which Bob ran until 1962. He hung out at the Homestead and was married to a sorority sister of Joyce Blanke, wife of Paul Blanke, a prominent Kankakee attorney. Bob and I still have some of those "down memory lane" conversations about Kankakee.

In my working years, I was taking Florida vacations in November and February to shorten the Midwest winter. If I was in Florida for two weeks (three weekends), I might do three races, but speaking acquaintances were few. John and Erma Hickey would introduce me whenever the opportunity presented itself, but they didn't do every race I did. I missed the socializing and the KANKAKEE singlet was a conversation starter. The social aspect got better and each race generated a meeting with someone proving just how small a world it is.

The Edison Festival of Lights 5K in Ft. Myers was good for four contacts. This major race precedes a night parade that draws thousands of spectators and parade entries from across the country. As I walked back to the car from registration, I passed through a block where the Shriners were assembling. I was approached by a Shriner who told me that he had lived in Kankakee 50 years ago. After the race, I encountered a runner who has participated in the bicycle races in Cobb Park. A runner from Wheaton struck up a conversation, as did a couple from Braceville.

In February of 2000, the Town & Country Hospital race was on an unseasonably chilly day. It was not a singlet day! The awards ceremony was outside and I was wearing my Kankakee River Running Club jacket. A lady approached me and asked if I was from Kankakee. When I replied affirmatively, she said: "I was raised in Bourbonnais. My name is Carla Strand. My dad is Jim Strand. Do you know any of the Strands?" Do I know any of the Strands? In 1953, Jim and Frank Strand formed Stranco, a water filtration business that would become an international corporation. That was the same year my dad opened a service station in Bradley. I filled their cars with gas, washed their windshields, and checked their oil and tires. Frank had a daughter named Jaymie who married Harry Simmon, a past president of our running club. Both Harry and Jaymie, triathletes, were very active in the running community in the 80's. Harry and Frank's son, Roger, were part of Stranco until it was sold a couple years ago. In recent years, I renewed my acquaintance with Frank and met Roger at the country club. "Well, Carla, I haven't seen your dad in years. However, in December I had dinner with your cousin Jaymie and her husband. Last summer I played golf with your cousin, Roger. I also had a drink or two with your Uncle Frank. Yes, I guess you could say I know some of the Strands." There have been many other Kankakee connections over the years. Now that I spend a significant amount of time in Florida and have developed more friends and acquaintances, the reason for the conversation starter has passed, but I can't pass on the opportunity to meet more of the people in this world who know Kankakee. Some of the people - and connections - are really interesting! [Contact Dan at Dansrun@AOL.COM.]

Grotevant reaches a racing milestone

By Jason M. LaVole
Journal correspondent

The long and winding road continues for veteran road-race runner Charlie Grotevant of Buckingham, who hit a milestone by competing in his 600th race in Riverside Healthcare's Winterfest 5K Run and Walk.

It is a journey that began with his first race in 1983 and has continued through Sunday, when Grotevant once again led in his age category (55-59) with his time of 21:06.9 time. He placed 53rd overall out of 180 runners.

He also handled race director duties with his wife, Joyce and Bishop McNamara cross-country coach Ken Klipp.

For Grotevant, his active participation in road races has become less of a hobby and more of what he called a "self-renewing compul-



Journal/Oscar Sallnas

Runners break from the starting line at the Winterfest 5K Run at Small Memorial Park on Sunday.

sion."

"I can still get the adrenaline surge at the starting line," said Grotevant. "I enjoy the challenge a great deal."

"We don't know the limits of our bodies until we get out there and push ourselves."

Grotevant also keeps com-

ing back for the interaction with other people as his race participation has generated a vast network of friends and acquaintances.

"All the friends we have made through the years. It really has become a big part of my life," said Grotevant, who shares his experience with Joyce.

"I couldn't have made it this far without the encouragement of my wife. She really enjoys these as well."

Grotevant has participated in a variety of races of all formats and considers his entries in the Boston Marathon among his most memorable.

"The Boston Marathon was one of my more memorable experiences," said Grotevant, who started running competitively at age 41. "I've had a lot of thrills so far."

Making his race total all the more impressive is the fact that Grotevant was forced to take large amounts of time off battling an intestinal disease.

"Running became a way of treatment for me," said Grotevant. "I hope to continue participating as a competitor and in the race director capacity for a long time to come."

Thanks again to all of you for your great letters and e-mails! We've covered a lot of topics in this issue that I'm sure are common questions for a lot of you runners out there. Keep 'em coming! Send your questions to me via e-mail at askdave@roadrunner-sports.com or the old-fashioned way: Super Dave, Road Runner Sports, 5549 Copley Drive, San Diego CA 92111.

Dear Dave,

I began to train for the NYC Marathon in June. I am 36 years old. This will be my first marathon and I had not run more than 6 miles before I started the training. I enjoyed the training until my Saturday long runs started to get longer than 13 miles, when my knees started to bother me.

I am trying the knee straps sold by RRS, but they don't seem to change the situation significantly. I still feel the pain after a run. I am alternating a pair of NB 712 (+ Sorbothane Ultra Heel) and Asics Gel-140.

Is this what a runner is supposed to feel after pounding on the road for 2-3 hours? Are there any ways to eliminate damage to my knees? Do you have any other advice for me?

Bonnie Liao

Bonnie:

Now that you are running longer miles, you need to step up a notch in your shoe choices. The best way to explain it is that your body and shoe work together in cushioning and stabilizing. The more the shoe does for you, the less the body has to. As you run longer in those two shoes you mentioned, the more you are asking your body to do. My suggestion to step up just means make the shoes do more of the work. The easy step ups on the two shoes you listed are:

Asics GT 2040, now the GT 2050
New Balance 761

Good luck with your training and racing!



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 9A.M. FROM NOVEMBER THRU APRIL TO RUN AND SOCIALIZE ON OFF-RACE SUNDAYS. INDIVIDUALS MAY VARY THE STARTING TIME BASED ON DISTANCE THEY INTEND TO RUN AND THEIR PERSONAL OBLIGATIONS. BRING A RUNNING BUDDY AND JOIN US!

Mar 17 Miller Park Zoo 5K 10a.m. LRC Circuit Bloomington, IL (309)434-2824

Mar 18 Why, it's the 23rd Annual MARCH MADNESS 1/2 MARATHON & 10K, from Cary-Grove H.S., First Street & Three Oaks Road, 9:35am (10K) & 9:55am (half), the kickoff for both the Great Western & CARA Race Circuits. \$20/\$25 (race day), 5-Yr AG's to 80+. Challenging 1/2 marathon course. Online registration @ <http://www.signmeupsports.com>, or you can call (815) 356-8441/455-4290/356-7212. Crappy weather is a tradition, but what the heck.

Mar 24 Mountain Goat Hill 15K 10:30a.m. Danville, IL (217)431-4243

Mar 24 Fool's Run 4Miler 4:30p.m. Park Forest, IL (708)802-2759 PSSR CIRCUIT

Mar 24 Walleye 5K 9a.m. Spring Valley, IL Lori (815)664-2494

Mar 25 Orienteering and Trail Run 3K, 4K, 5K & 10K 10a.m. Morton Grove, IL (847)604-4419

Apr 01 Lincoln Memorial Half-Marathon and 5 Mile, 8:30a.m. LRC Circuit Springfield, IL (217)241-0393

Apr 01 Ahhhh, how about the largest 8K in the U.S.--Chicago's SHAMROCK SHUFFLE 8K, 9:30 am (don't forget about changing your clock ahead an hour the night before!), from Grant Park (CARA Circuit Race). \$24 (\$4 discount for online registration, @ www.shamrockshuffle.com, by 3/17, and another \$4 discount for CARA members). NO RACE-DAY REGISTRATION. 5-Yr AG's to 80+, Clydesdale divisions too. Using the ChampionChip Timing System this year. Also, a super expo Fri/Sat/Sun @ the Hilton Chicago. For more info, (312) 904-9814

Apr 7 Fabulous 4-Miler Road Race PSRR Circuit 9a.m. Lions Comm. Ctr. New Lenox, IL Pat (815)485-1737

Apr 14 Eureka Springs Classic 4 Miler, 9:30a.m. LRC Circuit Don Hutson (309)467-2119

Apr 21 The D.A.R.E. 5K FAMILY CHALLENGE is at Fermilab (Batavia), so buzz 630/693-7930 if you care.

Apr 22 Now here's a nice one, the Oak Park RACE THAT'S GOOD FOR LIFE 5K, women's race at 9am, men at 9:50am, CARA Circuit, 5-Yr AG's to 80+, \$17/\$20 (after 4/15), new location--Oak Park River Forest H.S., Scoville & Lake Streets. Online registration @ orik.com/race.htm. (708) 488-0018.

Apr 22 The 17th Rockford HERITAGE RUN 10K/2M is in downtown Rockford, starting @ 1pm. \$15/\$20, 5-Yr AG's. Call (815) 395-5342 for info.

Apr 28 Starved Rock Membership Run PSRR Circuit 3 Miles 9a.m. Race fee includes free Starved Rock Membership Deer Park Elementary School in Marseilles, IL (815)795-3936 \$20

Apr 29 The CHICAGO LAKEFRONT 10 MILE is scheduled here, but no other info yet, so call (773) 868-0893 for more.

Apr 29 The RAVENSWOOD 5K is a CARA Circuit Rate, starting at 8am, \$20/\$25(race day), 5-Yr AG's 80+, from All Saints Episcopal Church, 4550 N. Hermitage (& Wilson St) on Chicago's north side, 5-Yr AG's 80+, (312) 944-4113.

Apr 29 What the?! Appears to be a new race in Batavia, the FOX TROT 5K, 8am at Fermilab. \$15, and that's all I know, so call (630) 879-6498 for more info.

May 5 Lake Run 4.375 Miler & 12K 9a.m. Lake Bloomington (309)662-4014 LRC Circuit

May 5 Naperville Classic 10K 8a.m. (630)646-5900

May 6 Eiche Turner 5K 8:45a.m. tinley Park, IL (708)532-2403

May 6 Gift of Life Races 5K/10K 9a.m. Batavia, IL (847)639--7742

OVER (CONT'D)

STARTING LINE CONT'D

MAY 06 There's only one race this weekend that you need concern yourself with, THE 4th GREAT WESTERN 30K AND 8K, brought to you by your own beloved Fox River Trail Runners—a CARA Circuit Race (30K) as well as a GW Circuit Race (both), from LeRoy Oaks Forest Preserve on Dean Street, St. Charles, 8am/8:15am (8K). \$22 FRTR/\$24 other/\$28 race day for the 30K, \$15/\$16/\$20 for the 8K. 5-Yr AG's to 80+ (both races). ALSO, PLEASE HELP YOUR CLUB OUT BY VOLUNTEERING YOURSELF OR A SPOUSE/FRIEND. Online registration @ www.active.com

May 12 Tour de Foot 5K in Elmhurst, 630/833-5064

May 13 Y Me Race Against Breast Cancer, Chicago, 773/868-3010

May 13 Groovin' in the Grove 5K, Downers Grove, 630/971-6401

May 19 Run for the Roses 5K, LaGrange Park, 708/354-4580

May 20 The Main Course 10K, Chicago, 312/580-5405

May 20 Winfield Run 10K/5K, 630/653-4971

May 20 Strawberry Fest 5K 9a.m. Plainfield, IL (815)741-0867

May 28 Valley Fox Trot 10M/5K, Elgin, 773/233-3100

May 28 YMCA Memorial Day 5K, 9a.m., 10 Oakley Ave., Streator, IL Ralph (815)672-2148

Also, check CHICAGOAA.COM & CARARUNS.ORG for a detailed race calendar

HEY--How about a July 4th pajama party?! The event--The Frankenmuth, MI "Volkslaufe" 20K/10K/5K/2K, a major Michigan event with 2000+ runners in gorgeous old German town, finishing on the banks of the Cass River, running over the longest wooden covered bridge built since before 1900, home of the largest year 'round Christmas store in the world (Bronner's), imported German Steins to the top 3 in each AG. Team Moss is going up again this year (will be my 5th time up there), and if any "teammates" would like to join us, please give me a call (630-208-6677) or e-mail (MOSSMOSS@AOL). I'll be getting a bunch of app's in early April, and am checking out lodging costs (which will fill quickly come April/May, so that's why I'm inquiring about possible interest now). You can also check things out at www.runmichigan.com.
gary

THE FINISH LINE

Feb. 4 Run for the Pies 5K, Tampa, FL

Dan Gould 21:06

Feb. 10 Sarasota Bay 5K

Dan Gould 21:26

Feb. 17 Edison Festival of Lights 5K, Ft. Meyers

Dan Gould 22:56

Feb. 24 Caribbean Cruise 5K Park Forest, IL

Charlie Grotevant 22:44 1AG

Feb. 24 Gasparilla 15K, Tampa, FL

Dan Gould 1:11:03

Mar. 3 Sadie Hawkins Day 5K

Doug McWilliams 22:33 3AG

Mar. 4 Strawberry Classic 10K, Tampa, FL

Dan Gould 46:05

Feb. 11 Frosty-Five Miler, Channahon, IL

Pat Koerner	27:42
Phil Newberry	30:28
Charlie Grotevant	34:41 1AG
Bob Pool	36:40
Carol Pratt	37:38
Marcia Lonergan	41:23
Deb Renville	43:08
Mike Biernat	43:30
Pat Pierce	43:51
Randy Riegel	43:52
Erin Richey	45:41
Lorraine Carpitta	45:54
Dick Manthei	49:35

March B-days!

HAPPY BIRTHDAY TO...

NAME	DATE	AGE
ALEX ANGELO	3/20/80	21
CHRIS BARRETT	3/15/67	34
HANNAH BEVIS	3/26/94	7
MARIANNE FLYNN	3/29/72	29
SARA GOODBERLET	3/12/80	21
QUANTILLA HAYNES	3/07/81	20
ROD KAHL	3/04/65	36
KEN KLIPP	3/25/49	52
PAT KOERNER	3/27/62	39
ROBERT LEMAIRE	3/02/52	49
TERRY MORSE	3/12/54	47
DAVID SPENCER	3/04/58	43
JAMES STEVENS	3/07/48	53

FAST-N-FIT FOODS

BY JANET SHELLY

MICHELLE BALDWIN'S CINNAMON ROASTED NUTS

1 # MIXED NUTS, ROASTED, SALTED
1-2 EGG WHITES-BEAT UNTIL FROTHY
IN A PLASTIC BAG MIX: 1 CUP SUGAR, 1 TSP. CINNAMON, & 1/2 TSP. SALT

PUT NUTS IN EGG WHITE, STIR TO COAT. SHAKE IN BAG WITH CINNAMON, SUGAR & SALT. PUT ON BAKING SHEET SPRAYED WITH PAM.

BAKE AT 220 DEGREES 45 MINS. TO AN HOUR. LET COOL. BREAK INTO PIECES.

JANET SHELLY'S CUCUMBER SANDWICHES

2-8 OZ. PACKAGE CREAM CHEESE

1 PKG. DRY BUTTERMILK SALAD DRESSING MIX

A LITTLE MILK TO THIN

1-2 PKG. CHIPPED BEEF CHOPPED

1-1 2OZ. LOAF PARTY RYE

THIN CUCUMBER SLICES

MIX FIRST FIVE WITH MIXER OR IN A FOOD PROCESSOR. SPREAD ON BREAD, TOP WITH CUCUMBER SLICE.

A NIGHT OUT IN HONOR OF ST. PATTY'S DAY

JOIN YOUR FRIENDS FROM KRRC AT THE CITY TAVERN IN KANKAKEE AT **6P.M.** ON **THURSDAY, MARCH 15TH**. IF YOU HAVE ANY QUESTIONS, PLEASE CALL PHIL NEWBERRY AT 936-0186. PLEASE SPREAD THE WORD SINCE SOME PEOPLE MAY GET THEIR NEWSLETTER BEFORE OTHERS DO. THANKS, MARCIA LONERGAN

WELCOME NEW MEMBERS:

LORRAINE CARPITA
OF BRAIDWOOD

RICK LIVESEY
OF KANKAKEE

ERIN RICHEY
OF KANKAKEE

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