



THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



APRIL 2001 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 158

JUST A REMINDER TO USE THE KRRC WEB-SITE TO ORDER FROM
ROAD RUNNER SPORTS.

RRS PAID KRRC \$150 THIS YEAR TO PUT A BANNER ADVERTISEMENT ON OUR SITE AND EVERY SALE MEANS MORE MONEY FOR NEXT YEAR. SINCE THE PRICE OF THE ADVERTISING SPACE DEPENDS ON THE QUANTITY OF SALES FROM THE PREVIOUS YEAR, HELP OUT KRRC BY PLACING YOUR ORDERS FROM OUR SITE. THANKS TO DAVE BARRETT FOR ARRANGING THIS WITH RRS. MARCIA

All KRRC Members are invited to:
Celebrate Spring and Henry Shelly's 50th Birthday!

Run & Brunch

Sunday, April 29th

Run at 8a.m.

Brunch 9:30 a.m.

(non-runners plan on arriving around 9:15a.m.)

To be held at the Shelly residence:

3448 N. 3000 W. Road

near scenic Davis Creek Trail

Please R.S.V.P. by 4/22 with Janet & Henry Shelly at (815)933-9255.

Also, please feel free to contact them for directions or questions.

(No Gifts Please.)

2001 Nike Women's Triathlon applications are enclosed in this newsletter. If you are not using it, please try to pass it on to someone you think will use it. There is a 1000 participant cap and it will probably fill up fast. Come on ladies, accept the challenge and support a fantastic local event! I've already registered! Marcia

NIKE WOMEN'S TRIATHLON MAKES CHICAGO SCENE

The Nike Women's Triathlon, a new sprint-distance (.75K swim-20K bike-5K run) event, is coming to town on Sunday, Aug. 5. The 8 a.m. race in Manteno will have a cap of 1,000 participants, will feature warm water and have a flat racing course.

The swim venue and transition area will be at Lake Manteno, southwest of the city. According to Bruce Palmer of Performance Marketing, which is producing the event. Palmer said the swim is at a private club and features a good-sized beach. "The water is clean and clear," he said.

Entry fee will be \$40 with online registration available through www.signmeup-sports.com.

In association with the new race, clinics will be offered on May 11 at 6:30 p.m. at Nike Town, 669 N. Michigan, and at 8 a.m. on May 12 at Green Garden Country Club, 9511 W. Manhattan-Monee Rd., Manteno.

For more information, call (503) 617-4644, or e-mail performancemarketing@big-foot.com. The Web site is www.pmevents.com.

I registered on this site →

THE FINISH LINE

Jan. 27 Mantanzas 5000, St. Augustine, FL
John Hickey 25:57 2AG

Feb. 3 No Speed Limit 5K, Punta Gorda, FL
John Hickey 25:39 1AG

Feb. 4 Run for the Pies 5K, Tampa, FL
John Hickey 25:54 3AG

Feb. 10 Sarasota by the Bay 5K, FL
John Hickey 26:24 3AG

Feb. 24 Swamp Stomp 5K, LaBelle, FL
John Hickey 25:56 2AG

Mar. 11 St. Pat's 5K, Bloomington, IL
Pat Koerner 17:18 5OA/2AG
Phil Newberry 18:23
Chris Walsh 19:27 1AG
Charlie Grotevant 20:54 1AG 55-59
Bob Pool 21:47 2AG
Carol Pratt 21:32 1AG
Jeff Lonergan 22:21
Mike McGuckin 24:58

Mar. 16 Miller Park Zoo Stampede 5K, Bloomington, IL
Charlie Grotevant 21:24 1AG 55-59

Mar. 24 Mountain Goat Hill Run 15K, Danville, IL
Charlie Grotevant 1:13:45

Mar. 24 Fool's Run, Park Forest, IL
Phil Newberry 24:21 3AG
John Bevis 27:15

Apr. 1 Shamrock Shuffle, Chicago
Marcia Lonergan 41:40
Pat Pierce 42:31

**KANKAKEE RIVER RUNNING CLUB
ATTN: MARCIA LONERGAN
5223 N. PIN OAK TURN
BOURBONNAIS, IL 60914**



YOUR APRIL 2001 PAPER RACE!

April B-days!

HAPPY BIRTHDAY TO...

NAME	DATE	AGE
CONNIE ANGELO	4/12/53	48
TOM BALDWIN	4/07/20	81
KYLE BARRETT	4/03/94	7
EMMA BEVIS	4/18/96	5
DAVE BOHLKE	4/20/46	55
NATHANIAL DRAINE	4/03/81	20
CHARLES DRAINE	4/04/55	46
CHANTORIE HAYNES	4/30/78	23
GEORGANNE HICKEY	4/09/52	49
CHARLES KENNEDY	4/12/38	63
PATTY KERSHAW	4/26/55	46
MARY KILBRIDE	4/14/71	30
MARK MCDERMOTT	4/19/48	53
DEE OSENGLEWSKI	4/02/56	45
JAMES RUBERG	4/10/51	50
RON RUDA	4/18/47	54
KEN STARK	4/02/43	58

WELCOME NEW MEMBERS:

**DAN & RASA WEBER
OF MANTENO**



**FAST-N-FIT FOODS
BY JANET SHELLY**

CHEESY HAM & ASPARAGUS BAKE

INGREDIENTS:

1 1/2 CUPS CHOPPED COOKED HAM
 1/2 CUP CHOPPED ONION
 1/4 CUP CHOPPED RED BELL PEPPERS
 1(10 OZ.) PACKAGE OF FROZEN CUT ASPARAGUS, THAWED
 (OR 1 LB. FRESH-CUT UP, STEAMED)
 8 EGGS
 2 CUPS MILK
 1 CUP ALL-PURPOSE FLOUR
 1/4 CUP GRATED PARMESAN CHEESE
 3/4 TSP. SALT
 3/4 TSP. DRIED TARRAGON
 1/2 TSP. BLACK PEPPER
 1 CUP SHREDDED CHEDDAR CHEESE

DIRECTIONS:

- 1) PREHEAT OVEN TO 425 DEGREES
- 2) LIGHTLY GREASE A 9x13 IN. BAKING PAN. SPRINKLE HAM, ONION, BELL PEPPER AND ASPARAGUS IN DISH.
- 3) IN A LARGE BOWL, BEAT TOGETHER EGGS, MILK, FLOUR, PARMESAN, SALT, TARRAGON AND PEPPER. BEAT UNTIL SMOOTH AND POUR OVER HAM MIXTURE.
- 4) BAKE UNCOVERED FOR 20 MINS. OR UNTIL KNIFE IN CENTER COMES OUT CLEAN. SPRINKLE WITH CHEDDAR CHEESE. BAKE ANOTHER 3-5 MINS. TIL CHEESE IS MELTED. LET STAND A FEW MINS. BEFORE SERVING.

**THIS WOULD BE WONDERFUL FOR
EASTER BRUNCH!
HAPPY SPRING!**

KRRC OFFICERS

President, Phil Newberry (815)936-0186
 V-President Dave Barrett (815)937-4668
 Treasurers Marcia Lonergan & Dave Barrett

KRRC NEWSLETTER EDITORS

E-MAIL RUN4FUN@DAILY-JOURNAL.COM

Marcia Lonergan (815)933-1695
 Phil Newberry (815)936-0186

ACTIVITIES DIRECTOR

Pat Baldwin (815)932-2950

KRRC WEBSITE

WWW.KEYNET.NET/~KRRC

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!

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

Apr 7 Lakeview Museum Interplanetary 5K 9a.m. Detweiller Park, Peoria (309)686-7000 Make it a family day-museum, park, roller rink!

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 PERRY FARM 4-MILER REG. 7:15-8:15 RACE TIME 8:30AM PERRY FARM, BOURBONNAIS, IL (815)933-9905 KEVIN FRANKLIN

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 Earl's 5K PSSR CIRCUIT 9:00a.m. Hammes and Jefferson St. in Joliet (815)722-1029 Jeff

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

MAY 06 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).. 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 Elgin Valley Fox Trot 10M/5K, Elgin, 773/233-3100 or 847/931-6120

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

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