



THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



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RIVER to RIVER RELAY – Charlie Grotevant – April 21, 2001

The River to River Relay is one of the Midwest's premier road races. First held in 1988, it is now so popular that the field fills within a few days after entry forms become available. The eighty mile long course begins in Pine Hills Recreation Area overlooking the Mississippi north of Ware, Il and ends in Golconda, on the banks of the Ohio. There are eight runners per team with a 240 team limit for the race. Each runner completes three sections of the course, ranging from 2.5 to over 4 miles per section over this very beautiful but hilly course. Twenty four sections in all. The teams start in six waves, thirty minutes apart, beginning at 6:15 AM.

I have previously participated in the River to River Relay in 1993 and 1998, running on a different team each year. Because the April date brings the likelihood of conflict with corn planting activities, this race is difficult to fit into our schedule.

On April 7th, at the Fabulous 4 Miler in New Lenox, Jeff Biggs and Jack Picciolo inquired if I would like to join their team because they were short a runner. I was immediately interested; however, I needed a few days to evaluate our planting situation before I could give a commitment. Despite Joyce's skepticism, but with her approval, I committed to join Jack's "Canal Cats" team.

We planted corn on Thursday and parked the planter in the shed that evening. We received a light shower overnight, which eased my concerns about losing valuable field work time.

10:30 AM Friday April 20th, Jack pulled into our farmyard in a rented 15 passenger van. He was followed by another van containing the "Breakfast Club" team led by Jim Halstead and containing many familiar faces from the Prairie State Road Runners.

Entering Jack's van, Joyce and I joined running friends Jack, Jeff, Clint Carter, Dan LaVire, and met the delightfully British Clair Oliver. Claire, a physical therapist at Silver Cross Hospital, came to the United States 5 years ago with her husband and child. They now have two children. She has run several marathons and this will be her second River to River Relay experience. Joyce is the only non-running cheerleader for either of the two groups. Our two remaining team members, Jerry Raino and Dr. Dennis Killian, would join us in Marion that evening.

Both vans traveled together to Tuscola where we ate. Then on to Marion. The "Canal Cats" stayed at Motel 6, across Route 13 from the Travelodge Convention Center which served as race headquarters. Jack checked in our team and was issued our ration of cereal, apples, oranges, and toilet paper. After eating, we met Jerry, who was returning from Easter break in Florida with his family. They had driven from Sarasota that day and were staying at the Travelodge. Dennis would arrive later that evening.

Clint Carter is the fastest on our team. Jeff, Dan, Dennis, and I have had comparable times the past few years. Whichever of us has the better day can finish ahead of the others. However, this spring Jeff and Dan have been ahead of me with Dennis a bit behind. Claire, Jerry, and Jack are a bit further back when comparing 5K race times. One of our goals for the race is to finish in less than 10 hours. We feel it will be tough, but doable.

The nine of us departed Marion at 6:30 AM for our 8:15 starting time. Jack, sore knee and all, had chosen to be Runner #1 with the steep downhill on gravel of Section 1. Tough guy! His Section 9 would also be on a dusty gravel road. Clint, our speed man, was Runner #2, Claire #3, Dennis #4, and Dan #5. Runner #6 is considered to have the toughest draw of the relay because of the steep hills to climb on Sections 6 and 22. Most of the others on the team had been a Runner #6 in previous races. I had been a #4 and #5 before, so, in a burst of intelligence, volunteered to be Runner #6. My last chance before I turn 60. Jerry was Runner #7 and Jeff was our anchor as Runner #8.

En route to the starting line Claire gave us instructions on baton carrying etiquette. We were to carry the baton in either of our hands, not in our running garments as some runners do, because she did not want to be handed a stick made slimy from contact with various body parts. We dutifully followed her request throughout the day.

Because of our late start we encountered more traffic than the earlier starting teams. At some exchange zones we had to park nearly a quarter mile away. But we leapfrogged along, encountering running friends from other teams as we went. The weather, with a threat of showers that did not materialize, was a concern. The very gusty winds, mostly out of the south, were a factor on some of the sections. The temperature reached the low 80's, but the winds made it feel cooler when standing at an exchange zone.

One advantage of a later starting time is the thrill of passing more runners than pass you. When Clint took the baton from Jack for Section 2 he proceeded to pass 24 more than passed him. On Section 10 Clint passed 9 runners and on his Section 18 he passed 4. He was our champion passer. I did have a good gain on Section 22 when I passed 5 and was only passed by one.

We were entered in the Open Division, with no chance of contending for an award. However, we did have goals. The most important was to have fun and run as fast as we could. The second goal was to pass the "Breakfast Club" which had a 30 minute head start on us. We accomplished that. Another goal was to beat Dick Macnick's "Fritterazz The Smatteriff" team. Did that, too! The goal of a sub-10 hour finish time was not to be on this warm and windy day. Our finish time of 10:13:50 was good enough for 68th of the 223 teams finishing the race. We had all run hard and were satisfied with our effort.

The winning time of 7:41:37 was nearly 54 minutes slower than the record time set in 1997. The "Wired Willies" team had a runner become delirious, probably from dehydration, on Section 22. He had tossed his baton in a ditch and was running in the opposite direction when found by his teammates. Yes, the weather had been a factor for some of the teams.

I enthusiastically encourage any of our running friends who have not had a River to River Relay experience to be alert for an opportunity to join a team for next year's race. I have cherished memories from my three relays. I wish for all my friends to have similar experiences.

Hello fellow runners! Wish I had something to write about. I am in the middle of a hiatus from running. My back, of all things, is giving me trouble. The pain is just under my right shoulder blade. I'm supposed to be running in a 1/2 marathon in Indy in 12 days. I wish I knew how that is going to turn out.

I hope everyone is running well and injury free. It sure has been windy lately! At least the weather has been warmer.

I'm going to do some research and come up with a training program for the Kankakee River 10K. If anybody has suggestions please call me at 936-0186. I was going to have a meeting with our volunteers and I still may, but I'm having trouble deciding on a date and time and I'm worried that nobody will come. I was going to discuss it at the Shelly's brunch but I couldn't make it due to church obligations that Sunday. See what I mean?!

Hope everyone had a good time at the brunch and I hope to see you at the races once this back thing clears up. Phil

KRRC SUMMER SERIES 5K FUN RUNS

RUN START TIME-6:00PM

SMALL MEMORIAL PARK, KANKAKEE, IL

DATES RACE DIRECTOR(S)

JUNE 12TH-JOHN FLYNN

JULY 10TH-JANET & HENRY SHELLY

AUGUST 14TH-JOHN SHOUP

The Shellys picked a beautiful day to host their Run & Brunch.

Last Sunday several KRRC members left at 8a.m. from the Shelly home to enjoy a morning run on the Davis Creek Trail. We returned to a house full of guests and a spread of delicious food. Janet proved once again that she is an awesome cook and a fine hostess! It was a very enjoyable morning filled with fine food and fine friends. It was great to see so many familiar faces! Thank you to Henry and Janet Shelly for opening their home and hearts to the members of the KRRC. Marcia Lonergan

MAY B-days!

HAPPY BIRTHDAY TO...

NAME	DATE	AGE
THERESA BURGARD	5/27/57	44
RANDY DEVORE	5/26/48	53
PAM DUNLAP	5/20/48	53
CHRIS DUVAL	5/21/55	46
KATIE GREMAR	5/03/88	13
IESHIA HAYNES	5/02/76	25
CHARLES HAYNES JR	5/01/77	24
DAVE MERILLAT	5/28/70	31
PHIL NEWBERRY	5/01/62	39
HENRY SHELLY	5/13/51	50
TROY WALKER	5/17/74	27
DAN WEBER	5/14/57	44

THE FINISH LINE

Apr. 14 Eureka 4 Miler

Pat Koerner	22:36	2AG
Chris Walsh	25:18	1AG
Dan Gould	27:33	1AG
Charlie Grotevant	28:06	2AG
Bob Pool	29:10	2AG
Larry Lane	29:23	
Charles Kennedy	29:26	3AG
Doug McWilliams	31:30	
John Pool	31:52	
Mike McGuckin	32:46	

Apr. 7 FAB 4, New Lenox, IL

Dan Gould	27:51	2AG
Charlie Grotevant	28:56	

Apr. 1 Lincoln Memorial 1/2 Marathon

Charlie Grotevant 1:45:55 2AG

Apr. 21 River to River Relay (Canal Cats Team)

Charlie Grotevant & Canal Cats 10:13:50 Open Division
Dennis Killian was also on this team. We are both members of Lake Club and Prairie State, the rest of the team were PSRRs.

DRAKE 1/2 Marathon

Dan Gould 1:42:33 4AG

Apr 28 Starved Rock Membership Run 200 yd. Kid's Dash

Colin Koerner	21:55	20A
Casey Koerner	33:48	60A

Apr. 28 Starved Rock Membership Run

Pat Koerner	16:30	40A
Phil Newberry	18:05	
Jeff Lonergan	21:33	
Carol Pratt	21:35	
Marcia Lonergan	25:24	3AG

FAST-N-FIT FOODS

BY JANET SHELLY

RASPBERRY CAKE

CAKE INGREDIENTS:

18 & 1/2 OUNCE PACKAGE WHITE CAKE MIX WITH PUDDING.
3 OUNCE PACKAGE RASPBERRY FLAVOR GELATIN
10 OUNCE PACKAGE FROZEN RASPBERRIES, THAWED (UNDRAINED)
4 EGGS
1/2 CUP VEGETABLE OIL
1/4 CUP HOT WATER

FROSTING:

10 OUNCE PACKAGE FROZEN RASPBERRIES, THAWED (UNDRAINED)
12 OUNCE CARTON WHIPPED TOPPING, THAWED

HEAT OVEN TO 350 DEGREES. GREASE AND FLOUR 9X13X2 IN. PAN. IN LARGE BOWL, COMBINE DRY CAKE MIX AND GELATIN. ADD RASPBERRIES WITH JUICE, EGGS, OIL AND WATER. BEAT UNTIL WELL BLENDED, ABOUT 3 MINS. POUR INTO PREPARED PAN. BAKE 30-35 MINS.

FOR FROSTING, IN SMALL BOWL, FOLD RASPBERRIES AND JUICE INTO WHIPPED TOPPING. SPREAD OVER CAKE. REFRIGERATE 2 HOURS. 15 SERVINGS.

HAPPY MOTHER'S DAY!

WELCOME NEW MEMBERS: **THE PAT WILKENS FAMILY OF BOURBONNAIS**

KRRC OFFICERS

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

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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 5 A.M. FROM MAY THRU OCTOBER AND 9 A.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!

May 12 Meteor May 5K, Fun Run, Walk, Roll & Kid's Dash 8:00am Mokena Junior H.S. Diane (708)479-8111
May 12 Tour de Foot 5K in Elmhurst, 630/833-5064

May 13 Y Me Race Against Breast Cancer, 9am, Grant Park Chicago, 773/868-3010 www.y-me.org
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 26 21st Annual 5K Run/Walk for Wellness, 8a.m., Chillicothe, IL Dr. Dutan Mattingly (309)274-8707 www.signmeupsports.com

May 28 Elgin Valley Fox Trot 10M/5K, Elgin, 773/233-3100 or 847/931-6120

May 28 Streator YMCA Memorial Day 5K, 9a.m., 10 Oakley Ave., Streator, IL Ralph Sterrett (815)672-2148 or (815)223-7904

June 2 Kankakee YMCA 5K/ kid's dash, 9:00a.m.; 1075 N. Kennedy Dr., Kankakee Pat Koerner (815)932-1009

June 2 Illinois Valley YMCA 5K 8:30am 300 Walnut Dr., Peru, IL Dave Potthoff (815)223-7904

June 9 Lake Mingo Trail Run 7.1 Miles, 9:00a.m., Kennekuk Cove County Park, Hideaway House in park, Bud or Penny (217)431-5318 (This could make for a great weekend-get-away trip with the family-beautiful area)

June 9 Steamboat Classic 4 Mile Peoria Philip Lockwood (309)676-6378

June 10 Walter Payton Sweetness Run 5K/10K/kid's run 8a.m. Walter Payton's Round House, 205 N. Broadway, Aurora (630)859-8606

June 10 Tremont Turkey Festival, 7:30a.m. Tremont, IL (309)662-4014

June 12th KRRC 5K FUN RUN 6p.m. Small Memorial Park, Kankakee, IL Jeff Lonergan (815)933-1695

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JUNE 17TH 6TH ANNUAL KILBRIDE FAMILY CLASSIC 5K RUN/2 MILE WALK 8AM COBB PARK, KANKAKEE, IL Gerry Kilbride (815)937-4200 days and (815)932-3885 after 6 eves.

June 23 Gridley Fest R&R 5K, 7:30a.m., Gridley, IL (309)747-2130

June 30, Walnut 5K, **8a.m.** & 1 Mile Run 9a.m. 420 Whitver St., Walnut, IL Peter Kerr (815)379-2557 pcmak77@yahoo.com

July 4 Park to Park 5 Mile 7:30am LRC Circuit Bloomington-Normal

July 10th KRRC 5K FUN RUN 6p.m. Small Memorial Park, Kankakee, IL Jeff Lonergan (815)933-1695

July 21 2nd Annual Provena St. Mary's Heart of the Matter, Kankakee, IL Conference Ctr.

July 21 Lake Bloomington Dog Days 5K, 6:30pm, 206 S. Linden St., Normal, IL Mitch Hobbs (309)452-7749

July 22 MetLife Duathlon, Tinley Park, IL 2MI Run/10 MI Bike/2MI Run 8:00am www.signmeupsports.com
Gil Hannon (708)429-4207 ghannon@metlife.com

July 29 KCTC'S 3rd Annual Boxtrot 5K Run & Fitness Walk, 8:00a.m., 333 S. Schuyler, Bradley, IL David Cagle (815)932-4022 dcagle@kctc-org.com Pancake & sausage breakfast after race.

Aug 14th KRRC 5K FUN RUN 6p.m. Small Memorial Park, Kankakee, IL Jeff Lonergan (815)933-1695

Sept. 3 Scenic 10 Park Forest Bud James (708)748-2005

Oct. 7 The LaSalle Bank Chicago Marathon 7:30am www.chicagomarathon.com