



THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



AUGUST 2001 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 162

This is a copy of a letter we recently sent to the Daily Journal. We (John and Cheryl) felt the recent coverage of running events were lacking or could have been improved. We encourage anyone else who feels the same to contact your local editor!

Mr. Phil Angelo
The Daily Journal
8 Dearborn Square
Kankakee, IL 60901

Dear Mr. Angelo,

I am writing in response to your piece in one of last week's editions. You were challenging the readers of The Journal to improve the quality of the newspaper. After reading your appeal, I decided to write to you with some suggestions I've been hanging on to for a while.

I am a member of the Kankakee Running Club along with my family. We attend many of the area's local races. My husband is an avid runner as are my two children who live to run in any children's event they can find. I am the photographer, cheerleader, water station worker and overall spectator at all of these events. While on the sidelines, I hear all of the stories from participants and their families. I think these would be great things to include in our local newspaper. Runners are a lot like farmers...they love to talk to just about anyone. If your reporters would spend a little time talking to the participants, event coordinators & by-standers, they too could tap into this interesting background knowledge. I must say, I am a little tired of seeing only the MENS winner's photo in the newspaper. What about the LADIES winner, or the KIDS/TEENS winner, or the SENIOR winner? How about the 11 year old at the Bourbonnais Friendship Run that won her age group, was 5th overall for women and it was her FIRST 5K race?! Taylor Bennett is an up and coming star, but no one noticed her achievement. What about the event coordinator for this same race who began running at the same race several years ago and has made great accomplishments since then? Deb Renville is someone your readers should know about. What about John & Marge Flynn who have organized this race for several years and have a star running son? I think these people deserve some recognition in the paper for their accomplishments too. There's more to a race than the fastest male, who sometimes isn't even from our area.

One more topic I would like to see more coverage in is the growing number of runners from our area that are training for the Chicago Marathon. Now, these people probably won't take home the prize for first place in this race, but I think the community would be interested to know about the people from our area that are pursuing this goal. This could be a great inspiration to area youth who may be considering running as a hobby or a potential school sport.

I thank you for your time and hope you will consider all of my suggestions to improve the coverage of this sport in future editions. I am not writing to you to get my letter in the paper, but merely to educate you on what happens behind the scenes of a runner's world.

John & Cheryl Lewis

THE STARTING LINE

KRRC MEMBERS OF ALL ABILITIES MEET AT THE KANKAKEE RIVER STATE PARK (PARKING LOT ACROSS FROM HEATED BATHROOMS) AT 8 AM FROM MAY THRU OCTOBER AND 9 AM 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!

- Aug. 2 Thurs., 7:15pm, Hickory Dickory Dash 5K, Kasey Meadow Park, 8049 West 91st Place & Roberts Rd., Hickory Hills, IL Terry Heafey (708)361-1229
- Aug. 5, Sun., 8:00am Nike Women's Triathlon, Manteno, IL www.pmevents.com
- Aug. 5 Progressive Marathon 4.05, 8am, Park Forest, IL John Kotash (708)846-0558
- Aug. 7 Progressive Marathon 4.05, 7pm, Park Forest, IL John Kotash (708)846-0558
- Aug. 10, Fri., Wenona Days 5K, 7PM, Wenona Park (west end of 1st South Street, Wenona, IL)
- Aug 11-8:30am Lincoln Way 5K run/walk Lincoln Way H.S. New Lenox <http://d210.lwhs.will.k12.il.us/>
- Aug. 11th Sat., -8:00am, Momence Glad Run 10K/5K/1mile walk, Momence High School Mike Hickey (815)472-2253**
- Aug. 11, Sat., 8:30am, Lincoln-Way 2001 5K Run/Walk, Lincoln-Way Central H.S., New Lenox <http://d210.lwhs.will.k12.il.us/>
- Aug. 12, Sun. Progressive Marathon 4.05, 8am, Park Forest, IL John Kotash (708)846-0558
- Aug. 12, Sun., 8am, Chicago 10K Run & Wheelchair Race, Washington Park (312)503-3088 www.chicago10K.com
- Aug. 12, Sun., 8am, Shorewood Festival 5K Run/Walk, Festival grounds behind village hall, (815)744-4660
- Aug 14th KRRC 5K FUN RUN 6p.m. Small Memorial Park, Kankakee, IL JOHN SHOUP (815)933-6909**
- Aug. 14, Tues., 7pm, Progressive Marathon 4.05, Park Forest, IL John Kotash (708)846-0558
- Aug 18 7:30am-I Run/Walk for Autism 5K, Matteson, IL Mary Higinbotham (708)798-0923
- Aug. 18 8:00am Channahon Firefly 5K, Central Park on Rt. 6 & Bluff Rd. (815)467-7275
- Aug. 18, Sat., 9am, Empowerment 5K Run/Walk, Perry Farm, Bourbonnais, IL (815)468-2300 or (815)268-4001
- Aug. 18, Sat., 6pm, City of LaSalle 4 Mile Race, near swimming pool shelter in Hegeler Park (815)223-1389
- Aug. 19, Sun., 8am, Race for Space 5K, Centennial Park, Orland Park, IL (708)403-6115
- Aug. 19, Sun., Progressive Marathon 4.05, 8am, Park Forest, IL John Kotash (708)846-0558
- Aug. 21, Tues., Progressive Marathon 4.05, 7pm, Park Forest, IL John Kotash (708)846-0558
- Aug. 25, 8:30am, DeKalb Cornfest 10K
- Aug. 26, Sun., Progressive Marathon 4.05, 8am, Park Forest, IL John Kotash (708)846-0558
- Aug. 28, Tues., Progressive Marathon 4.05, 7pm, Park Forest, IL John Kotash (708)846-0558
- Sept. 2, Sun., 5pm, Herscher Hare & Tortois 5K/2 mile walk Herscher Park Rick Livesay (815)939-0719**
- Sept. 3, Mon., 8am, Scenic 10 mile & 5K, Park Forest, IL Bud James (708)748-2005
- Sept. 7, Fri., 6:30pm, Peotone Country Classic 5K /2 mile walk & tot trot, Park Dist. Bldg./High School Kirsten Steeves (708)258-3939**
- Sept. 8, Sat., 9am, Chebanse Homecoming 5K Run/2 mile walk, Chebanse Civic Center Park, I-57 to exit 302 west 3 blocks to park
- Sept. 9- 8:00am Village of Oak Lawn "Fall on the Green Fest." 10K run & 1 mile walk to benefit Advocate Hope Children's Hospital Info. Call Village of Oak Lawn (708)636-4400
- Sept. 9 Mitsubishi 1/2 Marathon and 5K, Normal, IL
- Sept. 9 Chicago 1/2 Marathon 7:30am, Museum of S&I Lake Shore Dr. & 57th St., (773)929-6072 chicagohalfmarathon.com
- Sept. 9 AARP's Tri-Umph Classic Triathlon ages 50 and over, 1/4 mi. swim, 12.4 mi. bike, 3.1 mi. run. Info. Call 1-800-424-3410
- Sept. 15, Sat., 9am, 5K Wolf Run, Wm. Powers Cons. Area at Wolf Lake on SE side of Chicago (773)646-6880 signmeupsports.com
- Sept. 16, Sun., 8am-National Heritage Corridor 25K, Arrow Head Comm. Ctr. On Rt. 6 in Channahon Jeff Biggs (815)725-6153 jsbrun26@msn.com**
- Sept. 23rd, Sun-9:00am-Kankakee River 10K/2 Mile Walk, Kankakee River State Park, Bourbonnais, IL Jeff Lonergan (815)933-1695**
- Sept. 23, Sun., 4pm, Old Plank Trail 5K Run/Walk, Breidert's Green (White & Kansas Streets), Village of Frankfort, IL (815)469-2177 <http://www.villageoffrankfort.com>
- Oct. 7 The LaSalle Bank Chicago Marathon 7:30am www.chicagomarathon.com

THE FINISH LINE

June 21 Short Run 5K

Jeff Lonergan	21:12
Bill Batkiewicz	23:07
Marcia Lonergan	24:02 3AG
Randy Riegel	24:34
Pat Pierce	27:06
Rich Manthei	30:55

June 30 Walnut 1 Mile

Colin Koerner	7:27	1AG
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June 30 Walnut 5K

Pat Koerner	16:45	1AG
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July 4 Lemont Freedom Run 5K

Mike Biernat	26:45
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July 14 Wyanet Summer Fest 1 Mile

Colin Koerner	7:14PR
Casey Koerner	12:14PR

July 14 Wyanet 5K

Pat Koerner	16:33	3OA
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July 14 Streator 5K

Pat Koerner	17:27	2AG
Larry Lane	22:??	

July 14 Watseka 5K

Doug McWilliams	21:50	3AG
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July 21 BIX 7, Quad Cities

15,458 runners

Randy Riegel	1:07.21
Lorraine Carpita	1:08.58
Pat Pierce	1:15.30

July 26 Sundowner 5K

Pat Koerner	16:54	2AG
Rod Kahl	17:39	3AG
Dave Barrett	18:52	
Phil Newberry	20:53	
Charlie Grotevant	21:27	
Jeff Lonergan	22:26	
Bob Pool	22:28	
Carol Pratt	22:33	
John Pool	22:42	
Larry Lane	22:43	
Randy Riegel	25:12	
Marcia Lonergan	25:16	
Colin Koerner	27:00	

July 4 Park to Park 5 Miler

Dan Gould	35:04	1AG
Charlie Grotevant	36:01	3AG
Bob Pool	36:45	1AG
Jeff Lonergan	37:43	
John Pool	37:51	
Carol Pratt	38:02	2AG
Mike McGuckin	40:42	
Marcia Lonergan	42:31	
Randy Riegel	43:07	
Pat Pierce	45:24	

May 12 Race For The Cure 5K Daytona Beach FL

John Hickey	25.44	2nd	A/G
Erma Hickey	47.02		

May 20 Frogtown Hop 5K Louisville KY

John Hickey	27.21	2nd	A/G
Erma Hickey	44.20	1st	A/G

June 2 YMCA World Wide Race 5K Decatur IL

John Hickey	27.25
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June 9 Sunburst Classic 2001 5K South Bend IN

John Hickey	26.59	2nd	A/G
Erma Hickey	45.05	2nd	A/G

June 17 Kilbride Classic 5K Kankakee IL

John Hickey	26.01	1st	A/G
Erma Hickey	31.10	1st	A/G

June 30 Race For The Cure 5K Decatur IL

John Hickey	27.51
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Hello. On Sunday, July 22, I competed in the **Met-Life Duathlon** in Tinley Park. It started with a 2 mile run, followed by a 10 mile bike ride, and finally another 2 mile run. The weather was about the same as Saturday's 5k at St. Mary's, only the sun decided to make an appearance as well. I finished in 1:15:25 (I think my last mile split was longer than the entire bike!). Overall, the race was wonderful, with plenty of refreshments during and after as well as much encouragement from people along the course. **The third annual Orland Park "Race for Space" will be held on Sunday, August 19 at Centennial Park in Orland Park. The 5k run begins at 8:00. For more information call (708) 403-6115, or call me at (815) 928-8858. It's a well-organized event run on a fast course. Hope to see some locals there!**

Thanks! Dave Merillat

August B-days!

HAPPY BIRTHDAY TO...

Name	Birthdate	Age
Pat Baldwin	8/26/57	44 YRS
Kate Batkiewicz	8/03/63	38 YRS
Michael Belletete	8/05/46	55 YRS
Michael Biernat	8/20/48	53 YRS
John Flynn	8/01/46	55 YRS
Karl Goodberlet	8/06/85	16 YRS
Dan Gould	8/31/44	57 YRS
Kathy Gremer	8/22/61	40 YRS
Shamor Haynes	8/12/82	19 YRS
Scott Kelson	8/31/55	46 YRS
Jacob Kershaw	8/23/93	8 YRS
Donna Koerner	8/13/56	45 YRS
Sandy Lane	8/23/44	57 YRS
Jessica Linn	8/09/86	15 YRS
Kristen Litherland	8/25/85	16 YRS
Shirley Malone	8/29/31	70 YRS
Richard Manthei	8/31/47	54 YRS
Pat Pierce	8/11/55	46 YRS
Tyler Rahrig	8/06/88	13 YRS
James Rattin	8/14/56	45 YRS
Nancy Ruda	8/16/56	45 YRS
Kathy Steffen	8/18/51	50 YRS
Matthew Steffen	8/23/83	18 YRS
Michael Steffen	8/18/86	15 YRS
Marla Styck	8/12/69	32 YRS
Lynn Troost	8/26/46	55 YRS
Doug Uribe	8/22/61	40 YRS



KRRC OFFICERS

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KRRC WEBSITE

WWW.KEYNET.NET/KRRC

FAST-N-FIT FOODS

BY JANET SHELLY

Low-Fat Zucchini Bread

3 eggs
 1 1/2 c sugar
 2 tsp. vanilla
 1 c applesauce or Smuckers "Baking Healthy"
 2 c shredded zucchini
 3 c flour
 1 tsp. baking powder
 1 tsp. baking soda
 1 tsp. salt (optional)
 1 c crushed pineapple, well drained
 1 c chopped nuts
 1/2 c raisins

Beat eggs, vanilla, sugar and applesauce until fluffy. Add zucchini and dry ingredients. Stir in pineapple, raisins and nuts. Bake in 3 well greased and floured 8x4" loaf pans. Bake at 325 degrees for 1 hour. Let set in pans for 10 minutes before turning out onto a rack to cool.

*For more zucchini recipes visit Granny's Kitchen on the web. Check out "The Best Zucchini Recipe"!

Enjoy the rest of the Summer! Janet

KRRC POOL PARTY A SPLASH!
 We had a turn out of 30 people for the KRRC party held at BBCHS on July 21st. Several youngsters ran on the track and each won a medal in the 100 yd. dash. From there we headed to the pool where many enjoyed swimming and diving off the diving boards. We then treated ourselves to **Chicago Dough Pizza** out on the shaded patio. It was a very nice gathering that was enjoyed by all.
 Thank you to **Linda Linn** for the use of the BBCHS track and pool. Also, Thank you to **Jeff Lonergan** for coming up with the idea for this fun-filled family event. Most of all, thanks to everyone who participated! Marcia

**CONGRATULATIONS
 TO
 PAT KOERNER
 ON HIS 100TH WIN!!!
 WAY TO GO PAT!!!**

**CONGRATULATIONS
 TO
 COLIN KOERNER
 ON HIS FIRST 5K RUN
 AT SUNDOWNER SK!!!
 &
 CASEY KOERNER
 ON HER FIRST
 1 MILE RUN AT WYANET!!
 WAY TO GO COLIN & CASEY!!!**

AgeGroup	Overall	GrpPlace	Time	Bib#	Name	City/St	Pace/Hr
M 35 - 39	1	1 OA	0:16:54.8	23	Patrick D Koerner	Bourbonnais IL	05:27.4
M 15 - 19	2	2 OA	0:18:57.0	28	Matt Larson	Bourbonnais IL	06:06.8
M 55 - 59	3	1 AG	0:19:12.5	50	Pete W Mathis	Trinley Park IL	06:11.8
M 45 - 49	4	1 AG	0:19:15.7	1	Peter E Kershaw	St Anne IL	06:12.8
F 35 - 39	5	1 OA	0:19:25.1	42	Chris H Walsh	Campus IL	06:15.8
M 15 - 19	6	1 AG	0:19:34.2	58	Drew C Parsons	Kankakee IL	06:18.6
M 30 - 34	7	1 AG	0:19:36.2	25	David W Cagle	Bradley IL	06:19.4
M 40 - 44	8	1 AG	0:20:00.4	40	Clinton L Carter	Minooka IL	06:27.2
M 20 - 24	9	1 AG	0:20:02.2	55	Bill L Szabo	Reddick IL	06:27.8
M 45 - 49	10	2 AG	0:21:05.1	24	Rich W Olmstead	Kankakee IL	06:48.1
M 40 - 44	11	2 AG	0:21:16.4	32	Dan F Weber	Manteno IL	06:51.7
F 15 - 19	12	2 OA	0:21:34.0	38	Amanda N Urthe	Bourbonnais IL	06:57.4
M 35 - 39	13	1 AG	0:21:36.8	43	James Robinson	Bradley IL	06:58.3
F 15 - 19	14	1 AG	0:21:57.4	62	Erica Batkiewicz	Bourbonnais IL	07:05.0
M 45 - 49	15	3 AG	0:22:10.0	2	Jeff P Lonergan	Bourbonnais IL	07:09.0
M 65 - 99	16	1 AG	0:22:15.8	17	Robert E Pool	Onarga IL	07:10.9
M 35 - 39	17	2 AG	0:22:18.7	59	Daniel E Hall	St. Anne IL	07:11.8
M 30 - 34	18	2 AG	0:22:20.5	51	David K Merrillat	Kankakee IL	07:12.4
F 1 - 14	19	1 AG	0:22:39.0	60	Taylor Bennett	Bourbonnais IL	07:18.4
M 35 - 39	20	3 AG	0:22:41.3	56	Richard Browne	Kankakee IL	07:19.1
M 50 - 54	21	1 AG	0:22:43.4	57	Chuck Parsons	Kankakee IL	07:19.8
F 35 - 39	22	1 AG	0:22:50.4	66	Gwen Patten	Ottawa IL	07:22.1
M 55 - 59	23	2 AG	0:22:56.4	16	John F Pool	Hawthorne IL	07:24.0
M 50 - 54	24	2 AG	0:23:32.6	36	Wendell D Provost	Bourbonnais IL	07:35.7
F 30 - 34	25	1 AG	0:23:40.7	39	Lynn Mueller	Watsseka IL	07:38.3
M 50 - 54	26	3 AG	0:23:55.5	53	Larry L Lane	Reddick IL	07:43.1
M 40 - 44	27	3 AG	0:24:03.5	54	Doug McWilliams	Mokence IL	07:45.6
M 50 - 54	28	4	0:24:58.2	41	James H Rubery	Mokence IL	08:03.3
F 40 - 44	29	1 AG	0:25:10.8	27	Nancy J Ruda	Kankakee IL	08:07.4
F 35 - 39	30	2 AG	0:25:46.7	3	Marcia J Lonergan	Bourbonnais IL	08:18.9
F 15 - 19	31	2 AG	0:26:08.7	61	Peggy R Baldwin	Bourbonnais IL	08:26.0
F 45 - 49	32	1 AG	0:27:31.3	68	Roberta L Gamba	Bradwood IL	08:52.7
F 30 - 34	33	2 AG	0:27:32.5	44	Janet Earley	Bourbonnais IL	08:53.1
M 45 - 49	34	4	0:27:45.6	52	Charles K Drainie	Bourbonnais IL	08:57.3
M 1 - 14	35	1 AG	0:27:46.1	63	Antonio Acevedo	Kankakee IL	08:57.5
M 50 - 54	36	5	0:28:22.5	21	Michael J Belletete	Burr Ridge IL	09:09.2
F 40 - 44	37	2 AG	0:29:12.9	10	Bernice Hinrich	Clifton IL	09:25.5
M 40 - 44	38	4	0:29:13.8	9	Peter Hinrich	Clifton IL	09:25.7
F 40 - 44	39	3 AG	0:29:52.2	45	Marianne Surprenant	Kankakee IL	09:38.1
M 55 - 59	40	3 AG	0:30:39.0	30	Vernon Pumm	Manchester MO	09:53.2
F 55 - 59	41	1 AG	0:30:44.7	31	Barbara Punn	Manchester MO	09:55.1
F 35 - 39	42	3 AG	0:30:53.5	33	Rasa Weber	Manteno IL	09:57.9
F 65 - 99	43	1 AG	0:31:16.6	37	Edith Alsvig	Ottawa IL	10:05.4
M 1 - 14	44	2 AG	0:34:14.5	49	Paul Robinson	Bradley IL	11:02.7
F 45 - 49	45	2 AG	0:35:07.0	7	Patty Kershaw	St. Anne IL	11:19.7
M 60 - 64	46	1 AG	0:38:53.7	47	Gale F Letmus	Bourbonnais IL	12:32.8
F 30 - 34	47	3 AG	0:38:58.2	46	Christine Young	St. Anne IL	12:34.2