

# THE PAPER RACE

## THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



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### Thank You to Dan and Franklin Weber

I'm sure everyone has noticed the **F. Weber Printing Company** logo at the top of the newsletter. Since the September issue, Dan Weber has been running off the copies at his father's (Franklin Weber) print shop on Route 50 in Manteno. September and October were trial runs and so far we haven't burned up the machine so things are looking promising. Dan has been very generous in donating the use of the machine and his time to run off the copies. If everything continues to go well, this could really help to turn the club's financial situation around. As you may remember, Gerry Kilbride had also offered the use of his machine last winter, which we can use as a standby. The quantity of the copying is too stressful on his machine and it was overheating so we will reserve it for smaller jobs. However, we appreciate knowing that Gerry's copier is at our disposal.

**A big "Thank You" to the Weber's for their generous support of the Kankakee River Running Club.**

Marcia

### Proud Father and Friend By Gerry Kilbride

On October 7<sup>th</sup>, I had the opportunity to go to Chicago to view the Chicago Marathon. There was a special reason for my interest in this event. Two of our children, Jennifer Range and Andy Kilbride were participants. It was my goal to run with them but health concerns did not permit me to train sufficiently to participate.

Both of them had a purpose in the run. They were both running to raise money for the Cure Autism Now Organization. Our grandson, Scott Range, Jennifer's second son has Autism. Andy is President of the California, Orange County Cure Autism Now Chapter.

In the eighteen weeks prior to the run, I had many conversations with them about their training program, "Hal Higdon's 18-Week Training Schedule." I was very impressed as they got deep into the training schedule just how much time was involved and how difficult the training was.

Both of them completed the 26.2-mile run. I was impressed beyond words at their ability to accept this significant challenge and complete the run. They are certainly an example for the rest of their family and we are very, very proud of them.

Our family is very pleased to have a running club in our community, which sponsors runs and helps out for runs in our area. We all need an incentive to keep running and the Kankakee River Running Club provides that function.

In addition, another person was very helpful in keeping our family running. He was a neighbor who ran around Cobb Park many years ago and his name was Doc Baldwin. Every afternoon when we were finished with our activities for the day we would come home and see Doc running around the park. Whenever we would go to the front of our house, Doc would always stop and ask us if we had completed our run for the day. He was always upbeat and whenever I would decide to run with him, I had a difficult time keeping up to his pace. In addition, he was very supportive of the run we have sponsored for the last six years. We will dearly miss him but he has left quite a legacy for runners.

## Your toes are pointing how?

By John Bevis

In 1999, I ran my first marathon at Chicago after training the summer with then club president Dave Barrett. Dave was and is a great friend and running mentor and he was able to teach me the nuances of long distance running. Race day 1999 found Dave and me and our wives spending the weekend in Chicago enjoying a great experience that can only be truly described by running the marathon. My time was 3:49:37 but most of all, I had finished! I had intended to run the 2000 race but surgery prevented me from reaching the starting line. In early 2001 I convinced my wife to let me try again. I sometimes fail to recognize the time commitment it takes to train for a marathon, so for this race I spent a large portion of my training running in the early morning hours before anyone was awake. In June at the Friendship 5k, I met Dave Cagle, whom at the time I had been finishing in front of at the local races. We discovered we were both training for the marathon and decided to train together with Barrett and a new friendship was born, along with a rivalry I would soon take second seat to! (Hey, Cagle- this is my back!). We followed Hal Higdon's plan and ran out at the State Park on Saturdays. During the course of the 18- week program, we picked up two more runners, Pete Kershaw and Rich Olmstead. I feel my training really benefited from the competitive runs we had during the summer and fall runs. Lest I forget, a special thanks to Jamie Cagle who joined most of our long runs on her bike to carry our water bottles and to offer support. She was a big help and learned some things about us not even our wives know! Along the way we ran a number of races leading up to the big one and we all felt confident about our conditioning. Finally race weekend arrived. At the expo I met Hal, the man himself and got him to autograph my book and got to see Frank Shorter give a presentation on running. I also got some new cool running stuff, all on sale of course, right honey!

The morning of the race we had agreed to meet at my house and caravan up. We were ready, now it was up to Mother Nature to give us a good day and did she ever. Five a.m. arrived and runners started showing up at my door. Temperatures were in the 30's and promised to rise into the 40's by start time. The drive up was pretty interesting as at least 4 laws were broken but we were able to arrive safely and find a parking space just two blocks from the start. As we walked to the race we passed a building and observed the guard close by so we knocked on the door and asked if we could use his restrooms. He wasn't sure but we explained we were runners who really would rather use a clean, warm restroom than a cold port-a-potty. He relented and let us in. Afterwards we took our picture with him (yes, we washed our hands). Then it was off to the starting line! Everyone else planned to run faster than me so I lined up on my own. The energy at the beginning of a big race is just incredible. The start to me is the hardest part because of the crowd. I had planned to run 8-minute miles for as long as I could and then hang on. Early on though, that was difficult to do. My first mile was 8:53 as I spent my time trying to get around slower runners who had lined up not according to their ability. At mile 4 a guy next to me stepped on someone's foot and sprained his ankle badly. A tough-break that early but it shows you really have to pay attention to your surroundings. I feel you expend a lot of energy doing this in a big race and you will not be able to get it back later when you really need it. Things began to settle down and by halfway I was averaging 8:03 per mile and felt ok. The weather was perfect, cool but not cold, no wind and sunny. At mile 14 I saw Jamie Cagle who gave me a cheer and took my gloves. My wife, kids and mom had agreed to be at mile 21 at Comiskey to offer last rites if need be and by mile 16 all of a sudden I was no longer in the "groove". All around me people seem to be hugging their families and I wanted a piece of the action. For me that part of the race was the toughest, from mile 16 to 21. If my family wasn't at 21, I don't think I would have made it. My special memory occurred at mile 18 where I ducked down an alley to um, well I ugh... well anyway when I was done and ran back out to the road a small child stepped out in front of me. Now after 18 miles the legs reflexes just weren't what they should have been and I was unable to miss her. As we collided I grabbed her to keep her from falling and succeeded in protecting her but for me, let's just say that the road broke the fall! So you see I never hit the wall- I hit a little girl! I staggered up, seemed ok, the girl was fine and I was off to find my family. I saw them before they saw me. Later, Cheryl said they thought they had missed me and were just about to leave. A quick hug and a kiss and I was back on course. From there I seemed to get a second wind. The power of family and love is a great motivator. This finish was so much better as I was the one doing the passing and at the last two hills I was able to run instead of walk up them. When you crest that last hill and finally see the finish line, you forget all the pain and you seem to be sprinting to your goal. Of course you aren't but it feels that way so go with it! My overall time was 3:36:16. That is 13 minutes faster than my last marathon. The walk afterwards is a blur. You receive your mylar wrap, water, MEDAL, and lots of food. We agreed to meet at the fountain and after a small amount confusion everyone finally found each other and traded war stories, the best part of the end of a race. Ask Cagle about the wall and his toes! I'm not sure they make socks that fit that condition. I was real proud of our 5 finishes and of course many other Kankakee runners who competed too. Way to go all runners! You did it! Later we met at my house for some great cookout food and to watch the tape. Wow, how can you love and hate a race so much? I am already thinking about my next time and my wife still thinks I am crazy. Hope to see you on the road.

# THE CHRONICLES

BY JOHN "THE PENGUIN" BINGHAM

## Happy Trails

Venturing off-road leads to simple yet profound discoveries

I've never been much of a trail runner. Okay, I've never been much of a road runner either, but that's not the point. As one whose feet never get more than an inch off the ground, I worry about bumps in the sidewalk. So it's hard to imagine encountering branches, roots and rocks.

But I finally gave in. With all the hoopla about the pleasures of trail running, I thought I should at least see what the fuss was about. And to my surprise, I discovered a fun, new running environment.

It didn't hurt that the first trails I tried were in Eugene, Oreg., where the paths have names like "Amazon" and "Pre." It wasn't hard to figure out what people liked about running on them. These bark-covered, well-kept, well-marked routes were ideal for my first tentative off-road ventures.

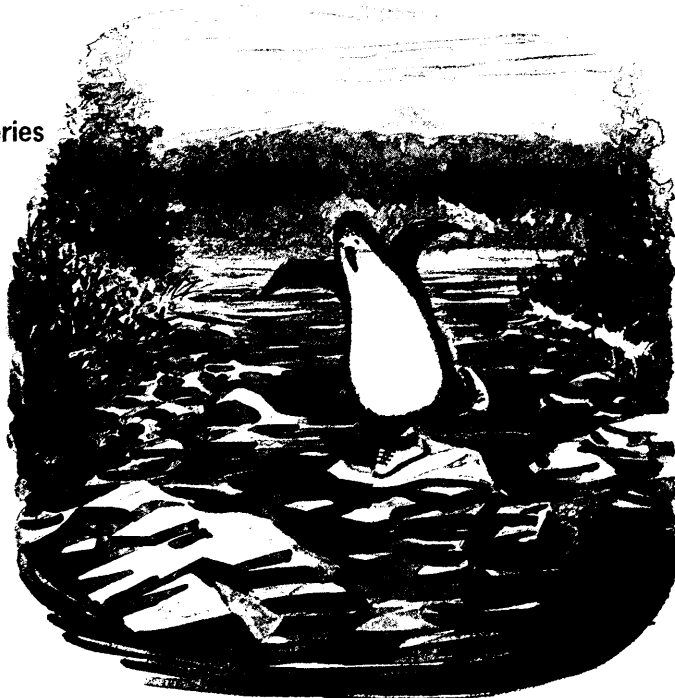
It also didn't hurt that the next trails I tried were around Lake Tahoe, Calif., where physical efforts are rewarded with spectacular panoramas. This terrain wasn't nearly as predictable, however. Sometimes it seemed I was dodging as much of the trail as I was using. Nevertheless, the joys of off-road running were beginning to take hold.

Somewhere out on these paths, I felt a change taking place. I found that my flat-footed, stubby-legged stride, which looks so awkward on the street, actually worked to my advantage on the trail. My low-to-the-ground build also made me more stable. On this rugged ground, where even the fast move slowly, I was able to keep up.

Then there was the inescapable romance of running through the woods. Without knowing it, I was becoming just one more animal in the forest. As I ran, I wasn't always sure what I was seeing or hearing, but I felt more connected to the squirrels and birds and whatever else was hiding in the brush.

There was a certain giddiness to the experience. The irregularity of the terrain masked the irregularities of my running. And walking the steep uphill sections was not merely accepted but advised. The more I ran, the better I felt. And the better I felt, the more I understood.

Life is simpler on the trails. Running here can bring you closer to what running was meant to be. Running doesn't need to be only about going farther and faster. It can be



about feeling free and unfettered. Running can be about opening yourself up to people, and it can be about opening yourself up to your surroundings.

It's not that we can't benefit from running on the pavement or on the track. We can learn a lot from logging dozens of miles or hammering through repeats. But these lessons are learned as much with our will and fortitude as they are with our legs and lungs.

On the trails, however, away from the more obvious measures of skill and the tangible signs of what we've gained or lost, we can learn with our eyes, ears and hearts.

And some discoveries can be rather humbling. In this rugged environment, we may find that, as part of the animal world, even the finest of us aren't very well suited to deal with nature. Despite all of our human sophistication and intellect, even a half-witted chipmunk can outsmart us in the wilderness.

Trail running has added another dimension to my experience as a runner. While I'm not prepared to give up the comfort of water fountains, mile markers and smooth roads every day, I now believe that for me to be complete as a runner, I need to spend more time finding the forest through the trees.

Waddle on, friends. **R**

*"The Chronicles" and other fun stuff can be found at [www.TeamPenguin.com](http://www.TeamPenguin.com).*

*"The miracle isn't that I finished. . . . The miracle is that I had the courage to start."*

# November B-days!

HAPPY BIRTHDAY TO...

NAME	B-DAY	AGE
Andy Baldwin	11/06/88	13
Dorothy Baldwin	11/07/19	82
Don Combs	11/01/52	49
Kevin Flynn	11/24/70	31
Alison Gremer	11/01/85	16
Jennifer Kershaw	11/18/88	13
Kari Livesey	11/22/55	46
Doug McWilliams	11/13/59	42
Carol Pratt	11/05/59	42
Tricia Rahrig	11/08/82	19
Keith Theisen	11/18/45	56
Mimi Vallone	11/12/96	5

*Oops! Forgot to post October b-days last month.  
Belated wishes to....*

# October B-days!

HAPPY BIRTHDAY TO...

NAME	B-DAY	AGE
David Barrett	10/28/64	37
Jason Batkiewicz	10/04/88	13
Susan Draine	10/24/54	47
Amanda Draine	10/17/77	24
Daniel Flynn	10/25/82	19
May Kelly	10/24/58	43
Charlene Klipp	10/10/49	52
Gale Lehnus	10/27/37	64
Bill Linn	10/16/52	49
Jared Livesey	10/13/78	23
Nicole Livesey	10/06/81	20
Brian Noffke	10/10/60	41
Rich Olmstead	10/12/51	50
Tom Stluka	10/07/59	42
Patrick Wilkens	10/09/86	15

## FAST-N-FIT FOODS

BY JANET SHELLY

### Pumpkin Pancakes with Hot Cider Syrup

(from Taste of Home)

Syrup:

- 3/4 c apple cider or juice
- 1/2 c brown sugar - packed
- 1/2 c corn syrup
- 2 TBS. butter or margarine
- 1/2 tsp. lemon juice
- 1/8 tsp. ground cinnamon
- 1/8 tsp. ground nutmeg

Pancakes:

- 1 c flour
- 1 TBS. sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 tsp. cinnamon
- 2 eggs, separated
- 1 c milk
- 1/2 c cooked fresh or canned pumpkin
- 2 TBS. vegetable oil

In a saucepan combine the syrup ingredients. Bring to a boil over medium heat stirring occasionally. Reduce heat and simmer uncovered 20-25 minutes or until slightly thickened. Let stand 30 minutes before serving.

Pancakes, combine the dry ingredients in a bowl. In another bowl whisk the eggs yolks, milk, pumpkin and oil. Stir into dry ingredients just until moistened. In a mixing bowl, beat the egg whites until soft peaks form, fold into batter. Pour batter by 1/4 cupfuls onto hot greased griddle. Cook on both sides until golden. Serve with the syrup.

HAPPY FALL!

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## 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!

Nov. 3, Sat., 9am, The Gourd Run 10K, Chesterton, IN, Katie (219)1842 [katie.rizer@lelcompany.com](mailto:katie.rizer@lelcompany.com)

Nov. 4, Sun., 11am, Canal Connection 10K, Utica, IL Jon (815)223-8988 [bastuck@gateway.net](mailto:bastuck@gateway.net)

Nov. 10, Sat., 9am, Gobbler Hobbler 10K Run/ 1 Mile Walk/Run, SRRC, Oswegoland Park District Civic Center, Montgomery, IL (630)554-1010 [mgienger@oswegolandpd.org](mailto:mgienger@oswegolandpd.org)

Nov. 10, Sat., Indiana Fall Classic 10K Run, Hawthorn Park, Terre Haute, IN [webmaster@wvrr.org](mailto:webmaster@wvrr.org)

Nov. 11, Sun., 9am, Veterans Day Run 2001 10K & 5K, Westchester, IL Tom Sullivan (708)865-8200

Nov. 17, Sat., 10:30am, Turkey Trot 10Krun & 5K run/walk, Decatur, IL (217)422-8535 [JamieG@decparcs.com](mailto:JamieG@decparcs.com)

Nov. 18<sup>th</sup>, Sun., 9am, Rock 'n' Sole #2 Trail Challenge 5.25 Miles Schiller Woods Forest Preserve Grove #2 Irving Park & Cumberland Ave.'s, [www.signmeupsports.com](http://www.signmeupsports.com) (773)868-0893

Nov. 18<sup>th</sup>, Sun., 2:00pm, St. Anthony's 5K, 7659 W. Sauk Trail Frankfort, IL (815)469-3750 benefits homeless

Nov. 18, Sun., 1pm, Jingle Bell 5K, Bloomington, IL (309) 451-0785 [arthritisGILmclean@juno.com](mailto:arthritisGILmclean@juno.com)

Nov. 22, Thurs., Pilcher Park Poultry Predictor 4 Miler Keith Theisen (815)478-3124

Nov. 22, Thurs., 9am, Sugar Creek Trail Pie 5k Run and 2 mile fun run/walk, Rock River Landing, 44 Rock River

Ridge Rd. trailhead located on the Sugar Creek Trail, Crawfordsville, IN (765)364-5175 [marla@wico.net](mailto:marla@wico.net)

Nov. 22, Thurs., 9am, Oglesby Turkey Trot 3 Mile Run, Oglesby, IL Chris Christian (815)853-4547 [runchris@yahoo.com](mailto:runchris@yahoo.com)

Nov. 22, Thurs., 9:30am, Turkey Trot 3 Mile, Bloomington, IL (309)434-2260

Nov. 24, Sat., 9am, Folepi River Trail Classic 4 Mile Run/ 3 Mile Walk, River Trail of Illinois in East Peoria, IL

Donna Moore (309)699-3102 or Gordon Biggar (309)745-5114 [www.lightfestival.org](http://www.lightfestival.org)

Nov. 24, Sat., 10am, Great River Road Run 10 Miles/2 Miles, Alton, IL (800)ALTONIL

Dec. 1, Sat., 11am, Jingle Bell Run, Lockport, IL (815)838-1183

Dec. 1, Sat., 10am, Jingle Bell 5K, Gateway Building, Peoria Riverfront, Maureen Brashich (309)682-6600

Dec. 1, Sat., 9:30am, Jaycee Jaunt 3 Mile Prediction Run, Bloomington, IL (309)662-7978

Dec. 2, Sun., 10am, Cross-Country Challenge 8K, (near Elgin) Gilberts, IL Jim Brimm (773)878-3838

Dec. 7, Fri., Jingle Bell Run 3.6 Mile Run, Terre Haute, IN [webmaster@wvrr.org](mailto:webmaster@wvrr.org)

Dec. 8, Sat., 10am, Jingle Bell 5K, Illinois Valley YMCA, Peru, IL Christine Schweikert (815)224-2990

Dec. 8, Sat., 10am, Pere Marquette Park Endurance Trail Run 7.5 Miles, near Alton, IL (618)656-9594 [mwever@plantnet.com](mailto:mwever@plantnet.com)

Dec. 8, Sat., 11am, Deer Run Run 8K, Comlara park (309)726-2022

Dec. 9, Sun., 9am, Jingle Bell Run For Arthritis 5K Run/Walk, Shapiro Developmental Center, Kankakee, IL

Phil Angelo (815)933-4935H or (815)937-3382W

Dec. 22, Sat., 12 noon, Saturday Before Christmas Fun Run, Lake Bloomington, IL (309)378-3401

Dec. 31, Mon., 1pm, Hardcore 5K Run, Kewanee, IL Mark Mikenas (309)852-2175

Jan. 5, Sat., 12 noon, Siberian Express 7.6 Mile Trail Run, Kickapoo State Park, Danville, IL (217)469-2134 [www.kennekuk.com](http://www.kennekuk.com)

Feb. 3, Sun., 1pm, Winterfest 5K Run & Fitness Walk, Small Memorial Park, Kankakee, IL PSSR Circuit

Charlie or Joyce Grotevant (815)949-1551 or Ken Klipp (815)937-1958 [krcc@keynet.net](mailto:krcc@keynet.net)

### Oct. 7 LaSalle's Chicago Marathon

Mike Stluka	2:54.40
Troy Walker	3:09.28
Dave Barrett	3:07.17
Rich Olmstead	3:17.22
Peter Kershaw	3:27.47
David Cagle	3:31.28
John Bevis	3:36.16
Dan Gerber	3:43.57 PR
Bill Batkiewicz	4:09.51
Dan Hall	4:14.02
Pam Dunlap	4:14.45
Don McCarty	4:47.06
Lorraine Carpita	4:56.54
Dick Manthei	5:22.57
Andy Kilbride	5:25.25
Jennifer Range	5:25.25
Deb Renville	5:45.09

**CONGRATULATIONS MARATHONERS!**

### Oct. 28 Allerton Park Trail Run

5M?	
Phil Newberry	33.17
Bob Pool	37:14 1AG
Jeff Lonergan	39.33
John Pool	39.34 1AG
Marcia Lonergan	43.23
Randy Riegel	44:53

### Sept. 30 Plainfield Harvest 5K

Pat Koerner	16.31	1AG	50A
Rod Kahl	17.25	3AG	

### Oct. 13 Portage 5K PR Run

Pat Koerner	16.44	10A
Colin Koerner	24.44	PR

### Oct. 14 AAU X-C 2K, Griffith, IN

Colin Koerner	12:09	PR
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### Oct. 28 Powerhouse Gym 5K, Joliet, IL

Pat Koerner	16.29	10A
Rod Kahl	17.23	20A

### Oct. 20 Aspire 5K, Joliet, IL

Pat Koerner	16.50	10A
Rod Kahl	17:39	30A

### Sept. 30 Brookfield Zoo 5K

Dave Merillat	21.49
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### Oct. 14 DARE Katie M. 5K

Bloomington, IL

Dave Merillat	22.03
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### Sept. 22 World Run 5K, Sarasota, FL

John Hickey	25.59	2AG
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### Oct 6 Race Against Stigma 5K,

Bradenton, FL

John Hickey	26.09	1AG
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Erma Hickey	41.23	1GrandMasters
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### Oct 13 Race for the Cure 5K

Jacksonville, FL

John Hickey	26.03	1AG
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Erma Hickey	39.05	1AG
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### Oct 20 Smoky Streak 5K, Dillsboro NC

John Hickey	27.13	2AG
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