



# THE PAPER RACE

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



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### KRRC CHRISTMAS PARTY

**6:00 PM-10:00 PM**

**SATURDAY, JANUARY 12<sup>TH</sup>, 2002**

**KNIGHTS OF COLUMBUS HALL-187 S. INDIANA AVE., KANKAKEE, IL**

**RSVP BY 1/5/02 AT (815)932-2950 PAT & MICHELLE BALDWIN**

**ADULT PARTY-21 AND OVER--\$5 PER MEMBER/\$10 PER NON-MEMBER**

**PLEASE BRING AN APPETIZER OR A DESSERT**

***FOOD, DRINKS, GAMES & \$5 GIFT EXCHANGE***

**HOPE TO SEE YOU THERE!**

#### ON DAN'S RUN

By Dan Gould

The 2nd Annual Hops Marathon by Tampa Bay offered a half marathon for those of us who are distance challenged. It did, however, offer a couple of challenges of its own: A \$40 entry fee and a 6:00 A.M. start. This fell under the heading "You don't have to be crazy, but it helps." Since two of my Florida running buddies were committed (and we all should be), I swallowed hard, wrote the check and set the alarms for 3:30 A.M.

On December 2nd I joined 4,000 other demented souls in the tunnel under the Tampa Convention and Visitors Center at 5:45A.M. Our conversations bounced from walls to ceiling and effectively drowned out the announcer on the public address system. Somebody brought a beach ball and, in the fifteen minutes before the start, most of the 4,000 participants took a turn smacking it. The air was close, freshened only by the aroma of Vaseline.

The starter's horn echoed throughout the tunnel promptly at 6:00 A.M. and was quickly followed by the sound of the electronic mat at the starting line registering our Champion Chips, a sound akin to a thousand mice fleeing for their lives.

We were quickly out of the tunnel and into the night. It was over an hour before sunrise. We were greeted by a full moon, a thousand stars, and a helicopter with a search light. We briefly enjoyed the benefit of city lights before crossing the bridge to the relative darkness of Davis Island where we would run our first eight miles. My first couple miles were my slowest as I carefully picked my footing.

A course double back brought the shadowy figure of the lead runner into view. As we met, the helicopter illuminated him in a brilliant circle of white light. Was it the lead runner or a fleeing fugitive from an episode of "Cops?"

As I began the third mile, a shapely, dark-haired lass glided by me. Finding the scenery attractive, I picked up the pace. Her rhythmic stride momentarily transported me to a place where heavy breathing was a much more pleasant experience. The exertion brought me back to reality!

*Continued on back →*

The fourth and fifth miles took us out and around the bay where the sailboats of the Davis Island Yacht Club were moored. Their naked masts were silhouetted against the pink of the eastern sky. Unfortunately, the beauty of this otherwise tranquil setting was marred by large, portable light banks powered by generators. Unfortunate, but probably necessary if we were to safely navigate the course.

The miles began to blur. The water stations were many and needed. It has been unseasonably warm in Florida. Our starting temperature was about 61 with high humidity, not favorable conditions for long distance running. The early start meant the sun wouldn't get a shot at me before I finished, but my shorts, socks and shoes would be soaked nevertheless.

As we crossed back into downtown Tampa at milepost 8, I noted that I was on goal pace. We had been encouraged by numerous course workers and musical groups scattered along the course. We now had the cheers of family, friends, and some of Tampa's early risers. I was still on pace at milepost 10 and the end was in sight - it was just a 5K race!

It always helps to have somebody to focus on and pursue. I found him in the thirteenth mile. The grey hair and lines in his face suggested he was my competition - 55-59 age group. I went in pursuit. I passed, he passed me back. I redoubled my efforts, passed him again, and charged toward the finish line. He didn't catch me.

Just beyond the finish line a volunteer wrapped a foil blanket around my shoulders while another presented me with a finisher's medal. I made my way to the refreshment tables and began the process of replacing fluids. I watched the marathoners beginning the second half of the race and thanked God I wasn't one of them. I want to be one of them again someday, but I was glad it wasn't this day.

The day was a success. I was almost thirty seconds faster than my previous half. When they posted the results, there was a bonus. I was fourth in age group, seven seconds ahead of fifth place - the man in the thirteenth mile. After twenty years of racing, I am, for the most part, competing with myself, but I do not deny the satisfaction of "winning" the race.

Now, about that half marathon in Jacksonville in two weeks.....  
 Hope to see you on Dan's run!

## The Marine Corps Marathon

BIB	NAME	CITY	STATE	COUNTRY	AGE	SEX
G211	<b>MCDERMOTT, MARK</b>	BOURBONNIAS	IL	US	53	M

Times	8Mile	Half	18Mile	Pace (min./mile)	Predicted	ClockTime	ChipTime	OverAll	OverSex	Over
	1:15:39	2:00:53	2:49:20	9:24	4:06:28	04:24:10	04:23:12	5853	4288	270

Club members,

I am Mark McDermott and I just wanted to tell you about the most inspiring event in my life. I ran the Marine Corps Marathon on October 28, 2001. I ran a good race but not my best time. The race started and finished at the Marine Headquarters, we ran out of Virginia and into D.C. past all the major monuments. The race had 13 water stops, serving were Marines in uniforms, American flags everywhere, and plenty of spectators. The first monument we ran past was the Pentagon with the hole facing us, some runners stopped to take pictures, some got angry, some were brought to tears. Then as we past that emotional stop we were entering an underpass, and the crowd of runners were chanting U.S.A., it was just amazing and all inspiring. I have a hundred stories and I could talk are hours but the greatest time was the finish, of course. At the 26th mile mark we were in front of the Marine Corps Headquarters at that point we ran up hill to the Iwo Jima Monument and I mean up hill. It was a killer ending but a moment I will not forget. I was never been prouder of being a runner, an American vet, and the son of a Marine.

I have been running for six years and this is my third marathon in three years and they have all given me more then I can talk about. Running has become a major part of life, and I can truly say running has made life better.

Keep running,



## WHAT IS A FOLEPI? by Charlie Grotevant

- FOLEPI is:
- A. A disease laden spore.
  - B. An Italian festival.
  - C. A city experience not known to this farm boy.
  - D. Festival Of Lights East Peoria Illinois.

Over 600 road and trail races in my running career, but never before a FOLEPI. I think the name had intimidated me in previous years. Yes, D is the correct answer.

Chris Walsh of Campus and I were visiting about upcoming races at Canal Connection. She enthusiastically recommended my entry to the 17<sup>th</sup> Annual FOLEPI River Trail Classic. It is a favorite of hers because the trail runs near her parent's home and she runs there whenever she visits them.

I sent my entry for this November 24<sup>th</sup> race. Bill Rodgers was scheduled to run and be a part of the post-race ceremony. I have encountered Boston Billy at several races during my years of running. He's always fun to be around with his endless energy and quick wit. He once told me his favorite meal the evening before a marathon was pizza and beer. So much for proper nutrition and hydration!

Gary and Barbara House invited Joyce and me to ride with them from Pontiac to the race. Their son, Dan, on Thanksgiving break from Washington University, joined us for the ride and race. It's always enjoyable for me to visit with young adults that I have known since pre-school years. I was once much faster than Dan House, who is now a cross-country and track runner in college.

Joyce and I drove through wind and rain with accompanying thunder and lightning on our way to Pontiac. Gary drove us through the wind gusts to East Peoria. The rain squalls lessened as we traveled. All hoped the rain would stop by race time.

While driving, Gary related this was a one-way race – downhill. "Could Joyce drive us to the start area?" "Yes", we replied. "Is the trail limestone?" I inquired. "No, its asphalt", Gary answered. "Maybe we'll catch a tailwind today", he added. I wondered if he was teasing me.

Races are always exciting to me as evidenced by my volume of races. Adrenalin is the only effective pain killer I have found (Well, maybe morphine does more). If it could be encapsulated for my daily usage I would probably become an addict.

My primary running rivals the past few years (runners who beat me at least once every year or two and are also beaten by me in the same time period) are Dan Gould – the Kankakee Judge, Jeff Lonergan of Bourbonnais, Robert Pool of Onarga, Auburn Wells of Bloomington, Stephanie Gillum of Normal, and Carol Pratt of Varna.

For most of this year Stephanie has been an excellent target for me. Her smooth running style and consistent mile splits coupled with enough strength to finish strong make her the ideal pacer for me. 2001 has been Stephanie's year in our rivalry. My only victory over her was at St. Pat's 5K where it took a 20:54 to finish ahead of her. However, I have been within 10 seconds of her at numerous other races. I feel I always have a chance to beat her. The downside for me is she runs faster when I'm chasing her.

The Judge is in Florida for the winter. We took turns beating up on each other this year. Jeff L. has fallen off my pace recently, but I look for his resurgence next year. Robert has whipped up on me 3 times (if my aging memory is accurate) so far this year. Auburn and I have had a very competitive year. Probably 50-50 in victories as I was with the Judge.

Carol has had an inconsistent year with flashes of brilliance and some mediocre races. I have had my way with her this year (only on the race courses – Mitch). Her only decision over me came in February. However, she is running much better lately and led me after 2 miles at Jingle Bell in Bloomington.

In the absence of Dan, Jeff, Robert, and Auburn, my running rivals at FOLEPI would be the ladies. I sometimes doubt if these ladies find it as exciting to run with an old man as this old man finds running with them. I will continue to live in my fantasy world as if this thought had never crossed my mind.

Joyce drove us to the starting area. Gary and I warmed up. The rain was only a windblown drizzle by now. Carol asked me to lead her to a sub 29:00 finish. "I hope so." I replied. The race started. 600 yards on a road into 20-30 mph winds. Then a sharp turn onto the asphalt trail. The drizzle stopped. Downhill and a tail wind! Dying and going to heaven will not be better!

After the race start congestion clears I see Stephanie just ahead. She leads at mile 1. I'm at 6:38. I lead at mile 2 - 13:16. I lead at mile 3 - 19:55. The sun appears. Stephanie beats me by 5 seconds. Carol is 34 seconds behind me. I'm 26:31 and 66<sup>th</sup> Overall of 321 finishers. What a run! Faster than I thought possible, thanks to Stephanie. The three of us were all ecstatic with our times because we were all faster than we had imagined. We each thanked and gave credit for our super efforts to one another. My credit to Stephanie, the target. Stephanie's credit to me, the chaser. Carol's credit to me, her target.

Gary ran with Bill Rodgers the first mile, then Bill eased ahead in order to run past Peggy Shadid, the women's winner and his host at this event, at the finish. Dan House was 6<sup>th</sup> overall and 1<sup>st</sup> in age group with a 21:08. Dan Gray, one of the elites of Illinois, was the winner. Stephanie and Carol were both 1<sup>st</sup> in their respective age groups. Barbara received a 3<sup>rd</sup>. Chris Walsh, who had invited me to this race, had injured her back earlier in the week (it was either wallpapering or chasing her 4 children according to husband Tom), and chose not to race this day.

Bill Rodgers signed award certificates and autographs, handed out the awards, and posed for pictures at the post-race ceremonies. He was to participate in the Festival Of Lights Parade later that day, riding with Dan Gray and Peggy Shadid.

*Continued on back →*

This was a well organized race with many volunteers, running store apparel at the post-race ceremony, and in a good facility. To the dismay of some, the planned 2 mile water stop was not to be found and the post-race food table was lacking. For the information of any who read this narrative and have interest in entering the Winterfest 5K on February 3<sup>rd</sup> in Kankakee, please be advised we have added pizza to our menu. Our food table will not be lacking. The Often Running store, mobile version, will also be there.

Now that I have found I have nothing to fear from a FOLEPI, I plan to return next year and make it a part of my annual race calendar. Happy running to everyone. I'll see you at the races.

**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!

- 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)
- Jan. 19, Sat., 1:00pm, Chilly Chili, Lake Bloomington, IL
- Jan. 27, Sun, 10:00am, The Midwinter Cruise 5K, Forest Trail Middle School at 215 Wilson in Park Forest, call PFRPC (708)802-2759
- 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 [krrc@keynet.net](mailto:krrc@keynet.net)
- Mar. 23, Mountain Goat 15K & 3 Mile, Danville, IL [www.kennekuk.com](http://www.kennekuk.com)

**THE FINISH LINE**

<b><u>Oct.6 WhitmoreParkAutumn10 Miler,Decatur, IL</u></b>		
Charlie Grotevant	1:13.36	
<b><u>Oct. 13 Katie McGuire 5K, Bloomington, IL</u></b>		
Charlie Grotevant	21:25	2AG
<b><u>Nov. 4, Canal Connection, Utica, IL</u></b>		
Pat Koerner	34:24	5OA
Jim Grace	41:16	
Charlie Grotevant	44:25	
Robert Pool	45:07	1AG
Dan Gould	45:28	
Carol Pratt	47:22	
John Pool	48:00	
Theresa Burgard	48:59	
Randy Riegel	55:00	
Lorraine Carpita	56:13	
<b><u>Nov. 11 Latin Classic 1/2 Marathon, Sarasota, FL</u></b>		
Dan Gould	1:39.11	
<b><u>Nov. 17 Lake to Lake 10K, Lakeland, FL</u></b>		
Dan Gould	44:42	2AG
<b><u>Nov. 22 Turkey Trot 5K, Punta Gorda, FL</u></b>		
Dan Gould	21:07	3AG

<b><u>Nov.18 Jingle Bell 5K, Bloomington, IL</u></b>		
Charlie Grotevant	21:22	2AG
<b><u>Nov. 18 Yorkville Chili Chase 5K</u></b>		
Randy Riegel	25:30	
<b><u>Nov. 22 Orland Park Turkey Trot 2.5 Mile X-C</u></b>		
Dave Merillat	16:33	
<b><u>Nov. 22 Oglesby Turkey Trot 3 Miler</u></b>		
Pat Koerner	16:27	1AG
Carol Pratt	21:07	2AG
Colin Koerner	23:00	1AG 9 and under
Nancy Ruda	25:15	5AG
<b><u>Nov. 22 Poultry Predictor</u></b>		
Phil Newberry	25:03	
Jeff Lonergan	30:03	
Randy Riegel	33:54	
Krista Hickey	33:58	
Mike Hickey	34:02	
Marcia Lonergan	34:57	
Dick Manthei	35:54	
Pat Pierce	37:45	
<b><u>Nov. 24 FOLEPI River Trail Classic 4 Miler, East Peoria, IL</u></b>		
Charlie Grotevant	26:31	1AG

*Merry Christmas and Happy 2002!*

# December B-days!

HAPPY BIRTHDAY TO...

NAME	B-DAY	AGE
Peggy Baldwin	12/23/83	18
Ed Glazar	12/20/53	48
Lindsey Grace	12/21/84	17
Rebecca Gremar	12/11/92	9
Daniel Hall	12/15/62	39
Mark Lesyna	12/23/51	50
Jeff Lonergan	12/11/54	47
Randy Rahrig	12/03/58	43
Kirsten Steeves	12/20/63	38
Gina Vallone	12/09/94	7

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Treasurers Marcia Lonergan & Dave Barrett

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## KRRC WEBSITE

[WWW.KEYNET.NET/~KRRC](http://WWW.KEYNET.NET/~KRRC)

## FAST-N-FIT FOODS

BY JANET SHELLY

### GINGERBREAD MUFFINS

Serves: 12

Prep Time: 30 mins.

#### Ingredients:

1 cup butter  
1/2 cup brown sugar  
4 eggs  
2 1/2 cups all-purpose flour  
1 cup molasses  
2 teaspoons cinnamon  
2 teaspoons baking soda  
1 cup buttermilk  
2 teaspoons ground ginger  
2 cups whole-wheat flour  
1 cup seedless raisins, optional

#### Directions:

Cream butter and sugar. Add eggs, one at a time, beating after each. Add molasses. Sift flours, baking soda and spices. Add alternately with buttermilk. Stir in raisins. Fill greased muffin pans 2/3 full and bake at 350 degrees for 15 minutes.

**HAPPY HOLIDAYS!**

