



# THE PAPER RACE

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



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**2002 MEMBERSHIP DUES ARE DUE—PLEASE USE ENCLOSED RENEWAL FORM  
SINGLE \$15—FAMILY \$20  
IF YOU BECAME A MEMBER AFTER 8-1-01 YOU NEED NOT RENEW UNTIL 1-2003  
(If you do not intend to renew, please let me know.)  
Marcia Lonergan (815)933-1695 or [run4fun@daily-journal.com](mailto:run4fun@daily-journal.com)**

Hello everybody! It is time for Phil's top ten races of 2001. I ran 30 races last year and I will give you all the privilege of my expertise and pick my top ten. There is no rhyme or reason in picking these races. Race directors please pay no attention to this rambling. There is probably nothing you can do to make my top 10 except maybe add beer to your race. So, without further adieu here is my top 10 races for 2001.

- 1) The Fools Run in Park Forest:** What an awesome race! First you run on a challenging course in Schubert Woods and then you go to the post race party. The theme of the party was Mardi Gras. There was a jazz band and plenty of beer. The food was awesome! They had jambalaya and some kind of sausage. I highly recommend this race!
- 2) Indianapolis Life Mini-Marathon:** Doug McWilliams and I went down and spent the weekend. It was a blast! I can't wait to do it again. If anyone wants to go down with me let me know. I am looking for someone. I can't wait to check out those brewpubs again.
- 3) Wild Wild Wilderness:** In Kickapoo State Park. The course is awesome with 7.6 miles of trails. This race must be experienced! There is a great post-race party afterwards with plenty of beer. Not just that cheap lite beer either.
- 4) The Scenic 10:** This is a 10 miler in Park Forest. The course is challenging with 4 miles of it in Schubert Woods. This is a big race with elite runners. But, there are plenty of back of the packers also. Afterwards a great party with beer (although the beer man doesn't stay long enough) and plenty of food.
- 5) Allerton Park Trail Run:** I forget what the distance was. I think it was 5 miles. Another race with an awesome course! Plenty of food afterwards with give-aways and great awards. The race director does a great job with this race. It is in Monticello, IL. Check it out!
- 6) Xtreme XC:** In Valparaiso, IN. Another great course! Other than that it is a low key race. But you have to go because of the course. Bears lost to the Packers on this day. I am glad that I went.
- 7) Winterfest:** The great thing about this race is all my friends (well not all but a lot) show up for this race. It is a time to catch up on things. To see how everyone is doing. The race is done really well with nice shirts.
- 8) Sundowner 5k:** This one is in New Lenox on a Thursday night in July. The weather is usually warm and the competition is stiff. Well, maybe not stiff but you know what I mean. They had beer this year but not nearly enough. This is still a great race with a great new course in Pilcher Park.
- 9) Jingle Bell 5K:** In Kankakee at the Shapiro Developmental Center. The course is challenging. I like the middle mile of this course. You have to know how to run this course. I like the strategic part of this course. The food is pizza and grinders. How can you possibly beat that!
- 10) The St. Patrick's Day 5K** in Bloomington, IL. They have a band and beer after the race. Enough said! Well, there you have it! Another year gone. I am planning to cut down on my racing this year so we will see what happens with this "Top Ten" next year. See ya at the races! Phil

## State of the Running Club Union by Chris DuVal

Thank you for selecting me as your new President. I look forward to working with all of the members of the club to develop and promote a rewarding 2002 program. Previously, I have served as Cross-Country Ski Director for Lake Shore Ski Club in Chicago. In addition to organizing ski trips, I also set up bike trips and community outreach and education programs. This will be my first experience working with a running club. As fate would have it, at a time when my running is curtailed due to plantar fascia injuries (Can you say, "Overtraining"?). But with new shoes and a return to more consistent stretching, I hope to be back soon.

I work as a Speech/Language Pathologist at Shapiro Center and teach/supervise graduate students at Governor's State University. When not working, I enjoy running, biking, swimming, Tai Chi, skiing, reading, drawing and painting.

At this point in the year, I would like to solicit your ideas and suggestions and find volunteers. If everyone in the club is willing to contribute even a small amount of time, we can avoid volunteer burn out.

Here's my first contribution to the calendar. Snow and Go. Meet at the State Park Archery Range, February, 17<sup>th</sup>, 2002, 1PM for cross-country skiing. If there is any interest, I will give free beginning ski lessons. But Snow and Go will only go if there is snow, 6" minimum.

I look forward hearing your ideas and suggestions and will work with you to make this a great running year.

Chris DuVal



### THE KANKAKEE RIVER RUNNING CLUB

\*\*\*\*MEETINGS\*\*\*\*PARTIES\*\*\*\*GROUP RUNS\*\*\*\*  
\*\*\*\*ENJOY CLUB EVENTS\*\*\*\*JOIN OUR CLUB\*\*\*\*

#### MEMBERSHIP APPLICATION

Today's Date: \_\_\_\_\_

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Telephone: (\_\_\_\_) \_\_\_\_\_

E-mail: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Age: \_\_\_\_\_

Sex: \_\_\_\_\_

Plan:             Single (\$15/yr.)             Family (\$20/yr.)

Status:          New                                  Renewal

Signature (parents if under 18)

Date

If you have any questions, call (815) 933-1695. Please fill in the requested information. If you are joining as a family, please include family member's names and birthdates on this sheet. Print out this form and send it with a check made payable to KRRC for the correct amount to:

KRRC  
c/o Marcia Lonergan  
5223 N. Pin Oak Turn  
Bourbonnais, IL 60914

## RUNNING CLUB NEWS

This year's Christmas party was a lot of fun and we accomplished a lot during it. First of all, I'd like to again thank Dave Barrett and Pat Baldwin for getting the hall at the K of C and for all of their work on the getting the food. Everyone enjoyed the food and the location and we plan to stick with the K of C for future Christmas parties. Also, thanks to Janet and Henry Shelly for setting up and decorating and to Deb and Jeff Renville for providing the tunes on a juke box from Jeff's company. The club would also like to say a big, "Thank you" to Gerry and Judy Kilbride for their very generous contribution toward the expense of the party. The Kilbrides paid for the rental of the hall for the evening! Between that and the cover charge, the party only cost the club \$35. You can't beat that for a great meal and a great time! Gerry and Judy also sent a note in which they wrote:

**Greetings to the Kankakee River Running Club Members,**

**We are sorry we are not able to attend our annual Running Club Christmas Party. We have had Bulls vs. Lakers tickets for quite sometime and we love basketball almost as much as we love running.**

**Judy and I just want to say, "Thank You" to the running club and some of the volunteer members. Especially, Henry and Janet Shelly for their help at the finish line for the annual Kilbride Family Classic. Because of the support and encouragement of the running club and it's members our race has continued to grow.**

**Last year, because of our sensitivity toward autistic children we decided to help raise the awareness about autism by including it in our race.**

**Our race has helped our family to grow together and also stay on touch with all of our running friends. It is a true labor of love for as we are happy we took on the challenge.**

**Enclosed is a little contribution to the running club to help defray expenses. May you all have a great year and we will see you on Father's Day, June 16<sup>th</sup>. Gerry and Judy Kilbride**

We also had a meeting during the party and took care of some business. We elected Chris DuVal as our President, John Bevis as Activities Director, and Pat Pierce as Co-Newsletter Editor. We are confident that they will fill their positions well and do a great job. The club appreciates Chris, John and Pat rising to the occasion and accepting these positions. We also appreciate all of Dave Barrett's work on creating and maintaining our web-site. It looks as if we are off on the right foot for the new year. Happy Running, Marcia Lonergan

### 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!**

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)

Feb. 10, Sun., 1pm, Frosty Five Miler, Channahon, IL Ben Ragle (815)467-7275

Mar 9, Sat. Miller Park Zoo 5K **LRCCircuit Race** Bloomington, IL

Mar 16, Sat. The Green Mile Springfield, IL 12:00 p.m. Tim Butler (217) 544-5799

Mar 17, Sun. St. Patrick's Day 5K**LRCCircuit Race** Bloomington,IL 1pm Bill Read W (309) 663-0355 H (309) 452-1395

Mar. 17, Sun., March Madness 1/2 marathon and 10K Mark Francis (815)477-9165

Mar. 23, Mountain Goat 15K & 3 Mile, Danville, IL [www.kennekuk.com](http://www.kennekuk.com)

### THE FINISH LINE

#### Dec. 22 Say No To Drugs 5K Clearwater FL

John Hickey 26.22 2nd AG

Erma Hickey 40.41 2nd AG

#### Dec. 30 Toadsucker 5K Tampa FL

John Hickey 26.20 2nd AG

Erma Hickey 53.32 2nd AG

#### Jan. 12 Blizzard Run 5K Tampa FL

John Hickey 26.32 3rd AG

#### Oct. 21 Amsterdam Marathon, Netherlands

Lynn Troost 5:13

#### Mid-Winter Cruise, Park Forest, IL

Doug McWilliams 23:18

Randy Riegel 26:33

Debbie Renville 26:34

# February B-days!

HAPPY BIRTHDAY TO...

NAME	B-DAY	AGE
Michelle Baldwin	2/14/56	46 YRS
Patrick Barrett	2/02/96	6 YRS
Bill Batkiewicz	2/12/59	43 YRS
Anthony Belletete	2/12/74	28 YRS
LORRAINE CARPITA	2/03/52	50 YRS
Dan Draine	2/27/79	23 YRS
Joe Giacchino	2/27/57	45 YRS
Jim Grace	2/24/57	45 YRS
Marshall Grace	2/10/62	40 YRS
Tony Grace	2/16/91	11 YRS
Charlie Grotevant	2/18/42	60 YRS
Charles T. Haynes	2/23/59	43 YRS
John Hickey	2/28/28	74 YRS
Mike Hickey	2/21/50	52 YRS
Ian Kanit Kelly	2/01/99	3 YRS
Gerry Kilbride	2/06/38	64 YRS
Judy Kilbride	2/24/39	63 YRS
Marthajane Lehnus	2/21/33	69 YRS
Jim Alvey Litherland	2/25/54	48 YRS
Marcia Lonergan	2/02/66	36 YRS
Elaine Noffke	2/20/91	11 YRS
Ann Rahrig	2/04/61	41 YRS
Collin Rahrig	2/13/91	11 YRS
Janet Shelly	2/13/53	49 YRS
Allison Shelly	2/22/76	26 YRS
Marianne Suprenant	2/26/57	45 YRS
Chris Walsh	2/21/62	40 YRS

## KRRC OFFICERS

President, Chris DuVal (815) 929-1631  
 V.P. Dave Barrett (815)937-4668  
 Treasurer Marcia Lonergan (815)933-1695

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John Bevis (815)935-0470

## KRRC WEBSITE

[WWW.KEYNET.NET/~KRRC](http://WWW.KEYNET.NET/~KRRC)  
 Dave Barrett (815)937-4668

## **FAST-N-FIT FOODS**

BY JANET SHELLY

### SNICKERS CHEESECAKE

#### **Ingredients**

2/3 cup chocolate graham cracker crumbs (about 5 cookie sheets)  
 Cooking spray  
 2 cups fat-free cottage cheese  
 1 (8-ounce) tub light cream cheese  
 3/4 cup packed brown sugar  
 1/2 cup granulated sugar  
 1/2 cup fat-free sour cream  
 1/4 cup all-purpose flour  
 2 teaspoons vanilla extract  
 2 large eggs  
 2 large egg whites  
 1/4 cup fat-free caramel sundae syrup, divided  
 2 (2.07-ounce) chocolate-coated caramel-peanut nougat bars (such as Snickers), chopped and divided

#### **Directions**

Prep Time: 9 hours, 20 minutes  
 Cooking Time: 2 hours  
 Preheat oven to 300°.  
 Sprinkle crumbs into bottom and halfway up sides of a 9-inch springform pan coated with cooking spray.  
 Combine cheeses in a food processor; process 2 minutes or until smooth. Add brown sugar and next 6 ingredients (brown sugar through egg whites); process just until blended. Pour half of batter into prepared pan. Drizzle with 2 tablespoons syrup; sprinkle with half of chopped candy bar. Pour remaining batter into pan; drizzle with 2 tablespoons syrup. Bake at 300° for 50 minutes. Sprinkle with remaining chopped candy bar; bake 10 minutes or until almost set. Turn oven off; let cheesecake stand for 1 hour in oven with door closed. Remove cheesecake from oven; cool to room temperature. Cover and chill at least 8 hours.

THIS IS FROM COOKING LIGHT MAGAZINE.  
 BE SURE TO MAKE IT FOR YOUR  
 SWEETHEART ON VALENTINE'S DAY!

## WELCOME NEW MEMBERS

**THE BERNSDORFS  
 OF BOURBONNAIS**

**CHUCK PARSONS  
 OF KANKAKEE**