



THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



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The Webers Have Done It Again

As all of you have noticed by now, we are using envelopes to mail the newsletters in. "Why?" do you ask. Well, after a couple of years and many hours of stapling and taping the newsletters together so they will hold up through the post-office mail sorters, a thought struck me! The thought was, "Hey, instead of spending all of our precious time taping and stapling, why don't we use envelopes?" Also, this puts an end to the problem of me receiving back little pieces of newsletters that were chewed up by the mail sorter and having to remail them, that's if I could figure out who it was supposed to go to.

Anyway, I shared my thought with Dan Weber, and in no time at all, Dan presented me with 1,000 preprinted envelopes! I'm sure when you received this newsletter in the mail all of you thought, "Hey, nice envelope!" My exact sentiments! As we can all see, Dan and Rasa Weber have once again come through for the KRRC. We are sure fortunate to have such generous and willing members who just happen to own a print shop! Be sure to thank them when you see them.

I'd also like to thank Henry Shelly for making up the local 2002 race calendar. And thank you to Gerry Kilbride for running off the copies of the 2002 race calendar. They sure come in handy. Two changes to the race calendar: 1) Peotone will not be having their race this year per Kirsten Steeves. 2) The date of the Kankakee River 10K is yet to be determined. Marcia Lonergan

Chris DuVal on Fartlek Training

Kick start your spring training with a Swedish import, fartlek. Fartlek means, "speed play". Both aspects, speed and play, are equally important.

Other approaches, such as interval and tempo runs, will also help you increase speed and endurance, but they tend to be more specific in terms of distance and pace. Tempo runs are moderately fast, 20-30 minutes at 15 seconds per mile slower than your 10K race pace. Intervals are bursts of speed for specified distances, interspersed with rest periods. For example, 6 X 600 meters.

The appeal of fartlek is that nothing is specified and you are just "playing" with speed. You might warm up, pick up to a moderately fast pace for 10 minutes, jog for 5 minutes, sprint to a certain land mark, etc. Every fartlek you do is different, based more on feeling than design.

Fartlek workouts can be a transition to the more formal interval and tempo runs, but are an effective way to increase speed and endurance by themselves. Fartlek runs are also a good way to break out of a rut when running the same distance/course/pace has become boring and you have reached a plateau in your progress. But most important, fartlek is fun. Chris DuVal

FEBRUARY RACING ADVENTURES

by Charlie Grotevant

The 18th Annual Winterfest 5K Run & Walk was a success because of our fine contingent of KRRC helpers, because of the nice weather resulting in 262 total registrations, and because of the generous support of our sponsors.

Riverside Healthcare and Kankakee Valley Park District continue as our primary sponsors. Supporting sponsorships from Coca Cola Bottling Co., John Panozzo Produce Co., Clif Bars, and Chicago Dough Pizza all help to hold down our expenses enabling us to set our entry fee as low as possible. Eric and Brenda at Superior Silkscreen have held the t-shirt cost as low as possible in their effort to support and encourage this event. Dave Bohlke continues to discount his computer timing services for KRRC events. Thanks, Dave! (continued pg.3)

FEBRUARY RACING ADVENTURES by Charlie Grotevant continued

Special thanks go to co-director Ken Klipp and Henry and Janet Shelly for their efforts on behalf of our club. The mobile version of Often Running with Mitch Hobbs is an added benefit for runners and walkers. Thanks, Mitch, for donating door prizes again this year. On a personal note, the great weather and excitement of the day enabled me to run my fastest 5K since last June's Bourbonnais Friendship Festival.

This year's receipts exceeded expenses by \$273.36, which added to the \$150.00 refund of our insurance deposit from USA T&F, resulted in a \$426.36 gain for the KRRC treasury. Again, thanks to all who helped make this year's Winterfest a success. Patronize and thank our sponsors whenever an opportunity presents itself.

The Friday following Winterfest Joyce and I flew to Tampa, accompanied by Pat Gould, to join Dan for 5 days. Pat remained an additional 10 days. Dan and I ran the 25th Annual Gasparilla Classic 15K on Saturday, Feb. 9th. 5524 finishers in the 15K and an additional 6500 in the 5K which started after the 15K had finished. I previously ran the Gasparilla in 1991 with Dan. At that time the race paid prize and appearance money to attract Olympic and world-class runners. We have pictures with several who ran that year. The race still draws great numbers of participants, but no blazing fast times.

Dual starting areas for men and women and shoelace chips to record actual times helped to make an orderly race. There was still congestion for the first mile. Lots of volunteers assisted as we ran an out and back course on streets bordering Tampa Bay. Mid 50 degree temperatures made for an excellent running day.

I hoped to run under 69:00 minutes. My body felt a bit stiff as we started running. The right knee was achy and the sciatic nerve-periformis muscle complex was pinching and biting. However, Dan was working hard to stay within a few strides of me for most of the first 7 ½ miles. It seemed he wasn't any sharper than I was this day. I kept anticipating the adrenaline rush to put me into a zone whereby I could run smoothly and be oblivious to my body sensations. Not today!

Nearly 7 ½ miles into the race Dan came even with me. Up ahead, we could hear a band playing "At the Hop", the Danny and the Juniors hit from the good old days. (If you are under 55 you probably don't have a clue.) The song grabbed Dan and he sped away from me. The clock read 62:02 at 8 miles. It had taken 47 seconds to reach the starting line; therefore, my 8 mile time was actually 60:15, slower than I had hoped.

Dan continued strong and finished with a chip time of 68:58, which had been my pre-race goal. I faded a bit and had a chip time of 70:32 resulting in an overall finish of 861st. Dan was approximately 770th overall. Not bad for 2 in the upper ranges of the 55-59 Age Group. Special mugs were awarded to the Top 10% of each age group. Dan was 18th and I was 20th in the 55-59 Age Group. We happily accepted our mugs.

The remaining days in Florida went too quickly because of the hospitality of our hosts. The Saturday evening highlight was our meal at Pizza and Pipes. Seating for 400 diners in a building the size of a gymnasium with music from an engineering marvel of a pipe organ played by a very talented professional organist. Pat and Joyce sang along with the organ for many of the songs. They dueted well. It was such fun we stayed for 3 organ sets. I don't remember the quality of the pizza, but I remember the musical fun.

Sunday evening, we met John and Irma Hickey at a Cracker Barrel south of Sarasota. It's always wonderful to be in the company of gracious friends. We lingered after our meal visiting about many subjects. They are very busy with their running club and various other activities. Happiness in life is doing things with enthusiasm as evidenced by John and Irma's lifestyle.

We returned to the real world of Illinois on Tuesday evening, happy to have had a brief getaway in advance of our upcoming 40th wedding anniversary on April 29th. Definitely not a farmer friendly date for a get-away celebration any place other than a cornfield.

I entered the 60-64 Age Group after we returned from Florida and chose the ½ marathon in St. Louis on Feb. 24th for my Age Group debut. The journey to St. Louis was convenient because we planned to arrive in Springfield on the evening of the 24th for a 2 day Farm Bureau Governmental Affairs Conference. Yea, I know there appears to be a surplus of affairs in government, already. That's not the purpose of this conference!

The 3rd Olympiad Memorial Marathon & 10K has now been downsized to a ½ marathon and 10K. I have previously run this marathon on 3 occasions and the 10K on 2 occasions since 1989. The race actually starts in the western suburb of Chesterfield. The course, shortened from the former marathon course, still goes downhill from the overlooking bluff, onto the flat Missouri River floodplain. We run beside recreation areas and soybean fields along the aptly named Hog Wallow Road and turn around at a water treatment facility that serves St. Louis.

It was a breezy, but sunny, Sunday morning with the temperature in the mid-forties for the 7:30 AM start into a southeast wind. Downhill for ½ mile, then northwest as the downhill continued. 1 mile at 7:51. I had run three ½ marathons in 2001 with the fastest being 1:42:55 and the slowest at 1:43:49. I was on pace for a similar effort; however, I felt tight and achy, and I knew we would have the 1 ½ mile uphill into the increasing wind as we finished.

This is a low key race. 181 finishers for the ½ marathon and a similar number for the 10K. Joyce found a suitable parking spot to read a book and take pictures. The post-race table was lacking. The nearby McDonald's was a welcome retreat for several of us runners.

The only mile markers were at 1 mile, 6 ½ miles, and 12 miles. It was difficult to gauge my pace as the race progressed. By 4 miles the 10K runners were out of the way and I was starting to pass a few. I fell into step with Tim, a 45 year old preparing for the Nashville Marathon and hoping for a 1:40 time. I told him 1:44 would be the best I could hope to do this day and he should feel free to pull away from me whenever he felt I was slowing him. However, it was fun running and visiting with him. 49:06 at 6 ½ miles. Tim says "We're under 1:40 pace!" "I know, but I doubt if I can maintain it", I replied.

The next few miles went quickly. I was in the running zone by then. It was Tim who had fallen behind by the time I reached Joyce at 10 ½ miles. I was passing a runner or two every ½ mile. It was getting windier as we started the uphill towards the finish and I was still passing others. 1:30:58 at 12 miles! Maybe I could be under 1:40. And indeed I was with a 1:39:06. My fastest ½ marathon since 1999. Tim was nearly a minute behind, but nonetheless happy with his 1:39:59 finish.

I was rewarded for my better than expected finish with 1st place in the 60 and over category. Joyce and I then departed for Springfield for the business part of our trip. Our Tuesday PM return home brought us to the reality of the calendar showing us it is still February in Illinois. We have truly been blessed with the mild winter to date, so I dare not complain about a little snow and ice. Happy running to all. See you at the races!

MARCH B-days!

HAPPY BIRTHDAY TO...

NAME	B-DAY	AGE
Alex Angelo	3/20/80	22 YRS
Christine Barrett	3/15/67	35 YRS
Hannah Bevis	3/26/94	8 YRS
Marianne Flynn	3/29/72	30 YRS
Sara Goodberlet	3/12/80	22 YRS
Quantilla Haynes	3/07/81	21 YRS
Anthony Hinrich	3/24/86	16 YRS
Rod Kahl	3/04/65	37 YRS
Ken Klipp	3/25/49	53 YRS
Pat Koerner	3/27/62	40 YRS
Robert Lemaire	3/02/52	50 YRS
Terry Morse	3/12/54	48 YRS
Beverly Smith	3/29/51	51 YRS
Carol Vallone	3/25/63	39 YRS
Rasa Weber	3/02/66	36 YRS
Elizabeth Wilkens	3/25/92	10 YRS

FAST-N-FIT FOODS

BY JANET SHELLY

Restaurant-Quality Maple Oatmeal Scones

3/4 cup dried cherries	1 egg
3/4 cup buttermilk	3/4 tsp vanilla extract
3 cups all-purpose flour	1/2 cup rolled oats
1 Tbsp cornstarch	2 1/2 tsp baking powder
1/2 tsp baking soda	3/8 tsp salt
3/4 cup white sugar	2 Tbsp real maple syrup
1/2 tsp maple flavored extract	3/4 cup unsalted butter
1 egg white	1 tsp white sugar

1. Preheat oven to 425°. Line a heavy duty baking sheet with parchment paper. To prepare fruit, cover with boiling water and let stand 5 minutes. Drain and dry with paper towels.
2. In a 2 cup measure, stir together the egg, buttermilk, and vanilla, maple syrup and maple extract.
3. In a food processor bowl, place the flour, oatmeal, cornstarch, baking powder, soda, salt and sugar. Process briefly to blend ingredients. Drop in chunks of butter and pulse to cut in. Stop when you have a coarse, grainy mixture. Alternately you can do this by hand with a pastry blender or 2 knives.
4. Remove mixture to a large mixing bowl. Make a well in the center. Stir in buttermilk/egg mixture. Blend in dried pears. Stir with a fork to make a soft dough.
5. Turn out onto a lightly floured work surface and knead only to get a slightly cohesive dough. Divide the dough into 3 equal sized pieces. Pat each piece into an 8 to 10 inch circle, 1/2 to 3/4 " thick. Cut each circle into 8 wedges. Place on baking sheet. Paint tops with beaten egg white and garnish with about 1 tsp. of the sugar.
6. Bake at 425° for 15-18 minutes until golden brown.

This recipe came from Allrecipes.com. These would be great with corned beef and cabbage! Happy St. Patty's Day! Janet

WELCOME NEW MEMBERS

Hinrich Family
Of Clifton

Kevin & Bonnie Brown
Of Kankakee

Jay Zielinski
Of Mazon

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2-3-02 WINTERFEST 5K

Race Results BY OVERALL FINISH

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name	Pace/MI
M 15 - 19	49	10	0:20:26.4	154	Arthur E Butterfield	06:35.6
M 40 - 44	50	10	0:20:29.6	170	Henry J Nykaza	06:36.6
F 15 - 19	51	3 OA	0:20:30.4	111	Kylee A Hyzer	06:36.9
M 50 - 54	52	5	0:20:32.3	175	Richard J Long	06:37.5
M 35 - 39	53	9	0:20:36.4	242	Marshall C Grace	06:38.8
M 40 - 44	54	11	0:20:41.8	226	John W Koss	06:40.6
M 55 - 59	55	2 AG	0:20:51.3	59	Charlie Grotevant	06:43.6
M 35 - 39	56	10	0:21:06.9	239	John J Beviss	06:48.7
M 55 - 59	57	3	0:21:09.0	151	Harry J Scheckel	06:49.4
M 40 - 44	58	12	0:21:11.6	18	Daniel L La Vire	06:50.2
M 15 - 19	59	11	0:21:14.7	232	Stanley Czajkowski	06:51.2
M 15 - 19	60	12	0:21:15.3	196	Bradley A Netzel	06:51.4
M 45 - 49	61	4 AG	0:21:15.7	107	Craig A Thompson	06:51.5
M 35 - 39	62	11	0:21:17.6	243	Douglas D Hanes	06:52.1
M 25 - 29	63	3 AG	0:21:20.5	233	Neil McNamara	06:53.1
M 25 - 29	64	4	0:21:22.7	25	Stoney W Huffaker	06:53.8
F 30 - 34	65	1 AG	0:21:24.6	160	Marla J Styck	06:54.4
M 40 - 44	66	13	0:21:28.6	5	Dan F Weber	06:55.7
M 50 - 54	67	6	0:21:34.3	60	Joe T Page	06:57.5
F 40 - 44	68	1 MST	0:21:43.6	162	Eileen Skisak	07:00.5
M 30 - 34	69	4	0:21:45.9	206	David K Merrillat	07:01.3
M 15 - 19	70	13	0:21:46.7	189	Daniel A Noffke	07:01.5
M 45 - 49	71	5	0:21:47.1	191	Lonnie M Netzel	07:01.6
M 1 - 14	72	2 AG	0:21:49.4	190	Gabe Noffke	07:02.4
F 15 - 19	73	1 AG	0:21:50.0	228	Stephanie M Simms	07:02.6
M 50 - 54	74	7	0:21:54.6	161	Larry L Lane	07:04.1
M 30 - 34	75	5	0:21:55.4	248	Greg J O'Connor	07:04.3
M 45 - 49	76	6	0:21:57.6	73	Donald J Romac	07:05.0
F 30 - 34	77	2 AG	0:22:03.7	276	Christina DeLort	07:07.0
M 25 - 29	78	5	0:22:07.7	182	Jay M Scroggins	07:08.3
M 45 - 49	79	7	0:22:09.1	121	Mike R Goodwin	07:08.7
M 45 - 49	80	8	0:22:10.6	244	Reinhold Heinrich	07:09.2
F 35 - 39	81	1 AG	0:22:11.3	193	Tammy D Vallow	07:09.5
M 65 - 99	82	1 AG	0:22:12.4	47	Robert E Pool	07:09.8
M 50 - 54	83	8	0:22:15.4	103	Juan Gomez	07:10.8
M 55 - 59	84	4	0:22:18.1	55	John F Pool	07:11.6
M 20 - 24	85	2 AG	0:22:26.0	130	Casey Holohan	07:14.2
F 45 - 49	86	1 AG	0:22:29.1	201	Kathy A Stec	07:15.2
M 1 - 14	87	3 AG	0:22:33.1	172	Patrick J Wilkens	07:16.5
F 40 - 44	88	1 AG	0:22:34.9	185	Theresa C Burgard	07:17.1
M 50 - 54	89	9	0:22:38.8	220	Wendell D Provost	07:18.3
M 50 - 54	90	10	0:22:48.8	75	Rich W OImstead	07:21.5
M 45 - 49	91	9	0:22:51.2	64	Jay D Zielinski	07:22.3
F 30 - 34	92	3 AG	0:22:51.8	96	Shana Zimmerman	07:22.5
M 45 - 49	93	10	0:22:55.9	213	David Cpllick	07:23.8
M 35 - 39	94	12	0:23:09.0	188	Daniel E Hall	07:28.1
M 45 - 49	95	11	0:23:10.6	3	Jeff P Lonergan	07:28.6
M 55 - 59	96	5	0:23:12.1	114	Tom Nordbrock	07:29.1
M 30 - 34	97	6	0:23:13.9	184	Dana L Swisher	07:29.6

Race Results BY OVERALL FINISH

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name	Pace/MI
M 20 - 24	1	1 OA	0:15:14.0	148	Mark E Reed	04:54.8
M 30 - 34	2	2 OA	0:15:46.6	149	Tom C Bellios	05:05.4
M 25 - 29	3	3 OA	0:16:50.4	98	Troy R Walker	05:25.9
M 35 - 39	4	1 AG	0:16:56.5	222	John P Mitoraj	05:27.9
M 15 - 19	5	1 AG	0:17:11.4	150	Jim Sulzberger	05:32.7
M 35 - 39	6	2 AG	0:17:13.9	28	Rod E Kahl	05:33.5
M 35 - 39	7	3 AG	0:17:16.8	116	Patrick D Koerner	05:34.5
M 15 - 19	8	2 AG	0:17:20.0	1211	Christian M Reid	05:35.5
M 50 - 54	9	1 MST	0:17:24.6	174	Gary L Moss	05:37.0
M 40 - 44	10	1 AG	0:17:28.6	247	Mike J Stluka	05:38.3
M 25 - 29	11	1 AG	0:17:34.2	158	Jeremy A Larson	05:40.1
M 40 - 44	12	2 AG	0:17:47.2	61	Patrick Dumont	05:44.3
M 35 - 39	13	4 AG	0:17:47.9	72	Carlos E Viramontes	05:44.5
M 15 - 19	14	3 AG	0:17:55.6	34	Nick A Wyatt	05:47.0
M 45 - 49	15	1 AG	0:18:01.3	211	Jim Sinadinos	05:48.8
M 35 - 39	16	5	0:18:02.1	66	David W Cagle	05:49.1
M 1 - 14	17	1 AG	0:18:04.7	187	Brenden F Sullivan	05:49.9
M 30 - 34	18	1 AG	0:18:12.4	8	Clark Anderson	05:52.4
M 15 - 19	19	4	0:18:18.2	171	Jonathan M Perry	05:54.3
M 45 - 49	20	2 AG	0:18:27.4	93	James L Rattin	05:57.2
M 40 - 44	21	3 AG	0:18:34.7	99	Larry K Burton	05:59.6
M 15 - 19	22	5	0:18:42.1	210	Robert R Becker	06:02.0
M 20 - 24	23	1 AG	0:18:46.0	183	Jeff A Friesema	06:03.2
M 40 - 44	24	4 AG	0:18:47.2	200	Paul L Shelton	06:03.6
M 45 - 49	25	3 AG	0:18:47.9	152	Terry A Pille	06:03.8
M 40 - 44	26	5	0:18:50.4	67	Rick A Anderson	06:04.6
M 15 - 19	27	6	0:19:01.9	215	Jody L Stuckey	06:08.4
M 15 - 19	28	7	0:19:02.7	11	Matt Larson	06:08.6
M 50 - 54	29	1 AG	0:19:22.3	87	Paul M Hendrickson	06:14.9
M 50 - 54	30	2 AG	0:19:25.9	41	Gary D House	06:16.1
M 35 - 39	31	6	0:19:34.0	166	Phil R Newberry	06:18.7
M 25 - 29	32	2 AG	0:19:35.8	269	Warren D Monk	06:19.3
M 35 - 39	33	7	0:19:37.0	263	Scott Rattin	06:19.7
M 40 - 44	34	6	0:19:40.0	163	Dean R Hartman	06:20.6
F 1 - 14	35	1 OA	0:19:44.6	173	Krista M Moss	06:22.1
M 40 - 44	36	7	0:19:45.1	39	Clinton L Carter	06:22.3
M 35 - 39	37	8	0:19:50.9	165	David A Barrett	06:24.2
M 30 - 34	38	2 AG	0:19:53.5	104	Peter Bernsdorf	06:25.0
M 15 - 19	39	8	0:19:55.1	249	Elliot E Brinkman	06:25.5
M 15 - 19	40	9	0:19:57.3	146	Nathan Bell	06:26.2
M 30 - 34	41	3 AG	0:19:59.3	102	Jose L Jimenez	06:26.9
M 50 - 54	42	3 AG	0:20:02.7	58	Michael L Hilgendorf	06:28.0
M 55 - 59	43	1 AG	0:20:03.5	203	Charles Kerley	06:28.2
M 50 - 54	44	4 AG	0:20:11.1	212	Steve Hartzell	06:30.7
M 60 - 64	45	1 AG	0:20:11.8	101	Ken R McMillen	06:30.9
M 40 - 44	46	8	0:20:16.8	156	Jim Grace	06:32.5
M 40 - 44	47	9	0:20:20.4	159	Jay R Homerding	06:33.7
F 35 - 39	48	2 OA	0:20:21.3	129	Chris M Walsh	06:34.0

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!

Mar 9, Sat. 10 am Miller Park Zoo 5K **LRC Circuit Race** Bloomington, IL Kris (309) 434-2824

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 **LRC Circuit Race** Bloomington, IL 1pm Bill Read W (309) 663-0355 H (309) 452-1395

Mar. 17, Sun., March Madness 1/2 marathon and 10K 9:45 am Mark Francis (815)477-9165 www.hillstriders.com

Mar. 23, Sat. Mountain Goat 15K & 3 Mile, 10 am Danville, IL www.kennekuk.com Marc (217) 431-4243

Mar. 23, Sat. Walleye Run 5K 9 am Spring Valley, IL **SRRL Circuit** (815) 664-2494

Mar. 24, Sun. LaSalle Bank Shamrock Shuffle 9:30 am Carey Pinkowski (312) 904-9814 www.shamrockshuffle.com

Apr. 6, Sat. Fools Run 4 Mile 4:30 pm **PSRR Circuit** Penny Ploski (708) 802-2759 119 Chestnut St, Park Forest, IL

Apr. 6, Sat. Rt. 66 Ramble 9 am Towanda, IL Ryan Finlen (309) 452-1470 rhino8@aol.com

Apr. 13, Sat. Eureka Spring Classic 4 Mile **LRC Circuit** 9:30 am (309) 467-2119

Apr. 20, Sat. River to River

Apr. 20, Sat. Wildlife Trail Classic 4 Mile 8 am Peoria (309) 282-1600

Apr. 20, Sat. U Otter 5K Run Comlara County Park-8 miles north of Bloomington 9 am (309) 726-2022 ext. 221

Apr. 21, Sun. Spring Ahead 5K/Tellabs Trail 5K 8 am (630) 236-2200 ext. 32 Naperville scchirico@aol.com

Apr. 27, Sat. Starved Rock 3 Mile Membership Run **PSRR Circuit** 9 am (815) 795-3936 evenings

May 4, Sat. Perry Farm Spring 4 Miler 8:30 am Kevin Franklin (815) 933-9905

May 4, Sat. Lake Run 4.375 Miler & 12K **LRC Circuit** 9 am Lake Bloomington (309) 828-1415

May 4, Sat. Indpls. Life 500 Fest Mini-Marathon 13.1 Mile Run & 5K Run/Walk 8 am Indianapolis www.tuxbro.com

May 12, Sun. Y-Me Race 5K Run/1 or 3 Mile Walk Grant Park, Chicago 9 am (312) 294-8585 race@y-me.org

May 18, Sat. 5K Duck Dash El Paso, IL 8 am (309) 527-4250

June 1, Sat. Kankakee YMCA 5K Run **PSRR Circuit** 8 am (815) 933-1741 ext 232

THE FINISH LINE

Charlie Grotevant's Race Results

Jan. 25 Midwinter Cruise 5K Park Forest 21:27

Feb. 3 Winterfest 5k Kankakee 20:51 2AG 55-59

Feb. 9 Gasparilla Classic 15K Tampa, FL 1:10:32

Feb 24 3rd Olympiad Memorial 1/2 marathon St. Louis, MO 1:39:06 1AG 60+

Feb. 10 Frosty 5 Miler Channahon, IL

Phil Newberry	32:24
Jim Grace	34:25
Bob Pool	36:11
Carol Pratt	36:22
John Pool	37:15
Dan Hall	37:26
Paul Surprenant	41:53
Larry Lane	42:06
Deb Renville	43:01
Randy Riegel	44:00
Marianne Surprenant	46:48
Richard Manthei	47:46

Winterfest Results Cont'd.

pg. 3

Race Results BY OVERALL FINISH

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name	Pace/MI
M 1 - 14	201	9	0:31:53.4	128	Elliott Stewart	10:17.2
M 65 - 99	202	3	0:32:20.1	195	Ronald D Lehman	10:25.8
F 25 - 29	203	4	0:32:36.5	53	Maggie M Boyce	10:31.1
F 20 - 24	204	2 AG	0:32:52.5	177	Denise Haag	10:36.3
F 30 - 34	205	7	0:32:54.7	202	Sunny A Umlauf	10:37.0
F 60 - 99	206	2 AG	0:33:16.9	56	Edith Alsvig	10:44.2
M 60 - 64	207	5	0:33:18.9	23	Gary F Englehorn	10:44.8
F 40 - 44	208	4	0:33:19.8	272	Lamarr T Pro	10:45.1
M 60 - 64	209	6	0:33:44.0	230	Gerry E Kilbride	10:52.9
F 45 - 49	210	6	0:33:45.0	136	M K Dashke	10:53.2
F 30 - 34	211	8	0:33:47.6	238	Maureen E Ferris	10:54.1
F 60 - 99	212	3	0:33:55.6	231	Judy Kilbride	10:56.6
F 35 - 39	213	10	0:33:57.8	100	Brenda L Sadler	10:57.4
F 35 - 39	214	11	0:34:22.8	207	Sally Lohmann	11:05.4
F 35 - 39	215	12	0:34:56.5	246	Michele L Adamson	11:16.3
F 45 - 49	216	7	0:35:40.6	69	Elayne Trepel	11:30.5
M 55 - 59	217	14	0:38:14.0	131	John S Flynn	12:20.0
F 55 - 59	218	2 AG	0:38:22.2	132	Marge Flynn	12:22.6
M 65 - 99	219	4	0:59:01.4	167	Fred G Scholz	19:02.4

2-3-02 WINTERFEST SK CONTINUED

Race Results BY OVERALL FINISH

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name	Pace/Mi
M 45 - 49	98	12	0:23:16.1	70	John R Trepel	07:30.4
M 35 - 39	99	13	0:23:17.6	9	Andy W Furbee	07:30.8
M 40 - 44	100	14	0:23:19.0	126	Tim Stewart	07:31.3
M 30 - 34	101	7	0:23:22.8	106	Kevin W Brown	07:32.5
M 40 - 44	102	15	0:23:24.0	155	Doug McWilliams	07:32.9
F 45 - 49	103	2 AG	0:23:27.0	40	Barbara House	07:33.9
M 50 - 54	104	11	0:23:28.6	112	John E Hyzer	07:34.4
M 50 - 54	105	12	0:23:34.7	264	Marcus P Johnson	07:36.4
M 35 - 39	106	14	0:23:36.7	27	Jeff Hoffman	07:37.0
M 55 - 59	107	6	0:23:39.4	117	Robert J Maszak	07:37.9
F 15 - 19	108	2 AG	0:23:46.5	10	Katie Nelson	07:40.2
M 55 - 59	109	7	0:23:54.0	223	Bert F Hobbs	07:42.6
M 15 - 19	110	14	0:24:05.6	144	Brad J Kubick	07:46.3
F 35 - 39	111	2 AG	0:24:15.3	63	Debbie A Barks	07:49.5
F 50 - 54	112	1 AG	0:24:16.1	36	Kathleen H Steffen	07:49.7
M 1 - 14	113	4	0:24:26.6	80	Micah J Dorn	07:53.1
F 35 - 39	114	3 AG	0:24:30.8	105	Bonnie C Brown	07:54.5
F 40 - 44	115	2 AG	0:24:35.9	168	Karen A Fite	07:56.1
M 45 - 49	116	13	0:24:38.4	265	Jerry Raino	07:56.9
M 45 - 49	117	14	0:24:47.7	157	Robert R Patterson	07:59.9
M 50 - 54	118	13	0:24:56.1	54	James H Ruberg	08:02.6
F 60 - 99	119	1 AG	0:24:58.6	209	Bonnie K McElwee	08:03.4
M 15 - 19	120	15	0:25:01.4	204	Marcos Gonzalez	08:04.3
M 15 - 19	121	16	0:25:05.1	127	Aaron Stewart	08:05.5
M 30 - 34	122	8	0:25:08.5	95	Louis Zimmerman	08:06.6
M 55 - 59	123	8	0:25:10.1	234	Stan C Shobe	08:07.1
F 15 - 19	124	3 AG	0:25:22.0	42	Peggy R Baldwin	08:11.0
M 45 - 49	125	15	0:25:25.1	229	Steve Reising	08:12.0
M 45 - 49	126	16	0:25:31.0	65	Michael J McGuckin	08:13.9
F 15 - 19	127	4	0:25:33.3	135	Kathleen H Heinrich	08:14.6
F 15 - 19	128	5	0:25:35.7	122	Charlei Butterfield	08:15.4
F 45 - 49	129	3 AG	0:25:41.6	83	Patricia A Horn	08:17.3
M 50 - 54	130	14	0:25:44.0	241	Paul L Surprenant	08:18.1
F 35 - 39	131	4	0:25:44.6	88	Deborah A Renville	08:18.3
M 50 - 54	132	15	0:25:51.3	62	Karl L Johnson	08:20.4
M 50 - 54	133	16	0:25:52.2	138	John A Sheridan	08:20.7
F 35 - 39	134	5	0:25:52.8	208	Sally Anderson	08:20.9
M 55 - 59	135	9	0:25:53.7	14	Joseph P Wenckus	08:21.2
F 20 - 24	136	1 AG	0:26:08.7	24	Jessica N Bullock	08:26.0
M 1 - 14	137	5	0:26:14.9	225	Nick Seaton	08:28.0
M 60 - 64	138	2 AG	0:26:16.0	224	Terry E Bergin	08:28.4
M 45 - 49	139	17	0:26:17.6	133	Randy Riegel	08:28.9
F 15 - 19	140	6	0:26:25.8	216	Becky Rivard	08:31.5
F 15 - 19	141	7	0:26:28.9	145	Tiffany Ciaccio	08:32.5
M 50 - 54	142	17	0:26:30.7	82	Drew Horn	08:33.1
F 35 - 39	143	6	0:26:33.1	4	Marcia J Loneragan	08:33.9
M 25 - 29	144	6	0:26:41.6	119	Bobby W Maszak	08:36.6
M 50 - 54	145	18	0:26:46.1	178	Don G Haag	08:38.1
M 1 - 14	146	6	0:26:48.3	118	Michael J Maszak	08:38.8
M 1 - 14	147	7	0:26:50.5	250	Alex M Brinkman	08:39.5

Race Results BY OVERALL FINISH

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name	Pace/Mi
F 1 - 14	148	1 AG	0:27:04.1	261	Jill M Friesema	08:43.9
M 55 - 59	149	10	0:27:12.2	17	Ray Feeley	08:46.5
F 45 - 49	150	4	0:27:17.2	19	Pat M Pierce	08:48.1
M 35 - 39	151	15	0:27:25.6	217	Mike Hahn	08:50.8
F 45 - 49	152	5	0:27:29.3	109	Nancy J Ruda	08:52.0
M 30 - 34	153	9	0:27:30.3	15	Robert P Martin	08:52.4
M 50 - 54	154	19	0:27:40.4	97	Allen M Montalto	08:55.6
M 50 - 54	155	20	0:27:42.0	270	Neil R Liptak	08:56.1
F 35 - 39	156	7	0:27:44.6	245	KeilLee K Hill	08:57.0
M 65 - 99	157	2 AG	0:27:46.7	236	Jim Bowers	08:57.6
M 60 - 64	158	3 AG	0:27:48.6	192	Dick D Parker	08:58.3
M 50 - 54	159	21	0:27:51.9	12	Dan G Bullock	08:59.3
M 45 - 49	160	18	0:27:55.2	180	Brad Fetterer	09:00.4
M 60 - 64	161	4	0:27:57.5	139	Harold D Breen	09:01.1
M 50 - 54	162	22	0:28:00.9	164	Pio Villegas	09:02.2
F 50 - 54	163	2 AG	0:28:03.3	266	Lorraine F Carpita	09:03.0
M 30 - 34	164	10	0:28:07.4	176	Brad LaFond	09:04.3
F 25 - 29	165	1 AG	0:28:09.8	181	Sarah J Costanza	09:05.1
M 45 - 49	166	19	0:28:29.4	199	Gary M Westefer	09:12.0
F 50 - 54	167	3	0:28:31.1	268	Marilyn L Graham	09:11.4
M 20 - 24	168	3	0:28:34.7	26	Steve J Boelte	09:13.1
M 45 - 49	169	20	0:28:44.8	7	Pete Klaeser	09:16.4
M 45 - 49	170	21	0:28:55.5	21	Dale F Johnson	09:19.8
M 45 - 49	171	22	0:28:59.1	179	Dean A Nelson	09:21.0
M 15 - 19	172	17	0:29:00.1	48	Anthony J Hinrich	09:21.3
F 35 - 39	173	8	0:29:00.6	29	Bambii L Avolio	09:21.5
M 50 - 54	174	23	0:29:03.0	194	Clarence P Toran	09:22.3
M 55 - 59	175	11	0:29:03.6	85	Michael J Belletete	09:22.5
M 50 - 54	176	24	0:29:13.5	1	Richard W Manthei	09:25.6
M 40 - 44	177	16	0:29:16.4	262	John T Sullivan	09:26.6
M 35 - 39	178	16	0:29:21.5	277	Bryan Kasprisin	09:28.2
M 55 - 59	179	12	0:29:26.3	120	Sheldon S Nicol	09:29.8
M 55 - 59	180	13	0:29:32.4	78	Jack A Dorn	09:31.7
M 45 - 49	181	23	0:29:33.1	214	Jeff Lindstrom	09:32.0
F 40 - 44	182	3 AG	0:29:34.4	219	Marianne Surprenant	09:32.4
F 15 - 19	183	8	0:29:37.4	49	Camille A Davis	09:33.4
F 15 - 19	184	9	0:29:54.1	113	Lindsay R Johnson	09:38.7
F 30 - 34	185	4	0:29:58.5	186	Erin C Richey	09:40.2
M 40 - 44	186	17	0:30:03.2	33	Barry P Bankroff	09:41.7
F 30 - 34	187	5	0:30:03.9	16	Rebecca Hodulik	09:41.9
F 25 - 29	188	2 AG	0:30:12.2	84	Kendra D Sandstrom	09:44.6
F 30 - 34	189	6	0:30:14.7	108	Tonya R Bontrager	09:45.4
F 55 - 59	190	1 AG	0:30:15.4	235	Lynn A Troost	09:45.6
M 40 - 44	191	18	0:30:22.1	50	Pete Hinrich	09:47.8
M 1 - 14	192	8	0:30:30.5	227	Antonio Acevedo	09:50.5
F 50 - 54	193	4	0:30:42.4	13	Beverly A Smith	09:54.3
M 40 - 44	194	19	0:30:49.5	267	Edward L Hedding	09:56.6
F 15 - 19	195	10	0:30:56.4	147	Andrea Pitts	09:58.8
F 15 - 19	196	11	0:30:58.9	81	Katie A Dorn	09:59.6
M 45 - 49	197	24	0:31:10.0	32	Michael N McCanna	10:03.2
F 35 - 39	198	9	0:31:20.1	6	Rasa Weber	10:06.5
F 25 - 29	199	3 AG	0:31:35.7	51	Joy M Irwin	10:11.5
M 25 - 29	200	7	0:31:36.3	52	Kyle D Irwin	10:11.7