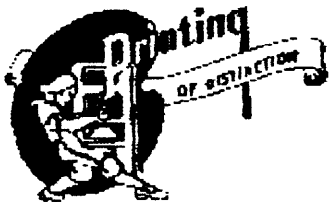


# THE PAPER RACE

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



SEPTEMBER 2002 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 175



*Kankakee River Running Club Newsletter Published Compliments of*  
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### KANKAKEE RIVER 10K SET FOR SEPTEMBER 15<sup>TH</sup>

THIS YEAR THE KANKAKEE RIVER RUNNING CLUB WILL HOST THE KANKAKEE RIVER 10K ON SUNDAY, SEPTEMBER 15<sup>TH</sup> AT 9:00 A.M. AT THE KANKAKEE RIVER STATE PARK. WE HOPE TO SEE EVERYONE THERE. IF YOU CAN'T RUN, YOU CAN ALWAYS VOLUNTEER. WE CAN USE THE RUNNERS AND THE HELP. COME ON OUT FOR A GREAT TIME AND ENJOY DELICIOUS **CHICAGO DOUGH PIZZA** COMPLIMENTS OF GLEN AND CINDY GRANT. IF YOU'RE AVAILABLE TO HELP OUT, PLEASE ARRIVE BY 8:00 AM. THANK YOU. MARCIA

Dear Kankakee River Running Club,

Thank you so much for your support and participant turnout for this years "Heart of the Matter 5K"! Also thank you for all the behind the scenes work given graciously by Henry and Janet Shelby. You quietly go about the work, but I want you to know how you are both noticed and your gift of "yourselves" greatly appreciated! You bring the items I would surely forget as a young race director – not fully seasoned yet. Thank you. Steve Wilkinson, thank you for all the work you contributed! David Bohlke, I truly appreciate your ability to do the impossible, and make it appear effortless. Thank you. Marcia and Jeff Lonergan, thank you for your support and answers to endless questions on my part. Thank you to Dawn Bonti and Phil Angelo, and The Daily Journal for donating the advertisement as well as the follow up articles with pictures of the event. What a wonderful surprise! Thank you. Also, a special thanks to the Kankakee Police Department, and Provena St. Mary's Security Department for taking care of the security issues the day of the race. Thank you to the Kankakee Clerk office for taking the request to the Board for once again approving the race and route, as well as assigning the police department to help with the event and giving permission to use the street cones. Thank you to our financial sponsors – to many to mention individually! Thank you so much to my wonderful husband Peter Kershaw, who measured and prepared the race route once again. Great job! Thank you for finding all that shade!

Kankakee River Running Club, thank you for making this race fun to do! Next years race has been moved to Saturday April 26<sup>th</sup>, instead of the June date advertised in your race packet. Please mark your calendars and join us again.

You are a great group!

Sincerely,

Patty Kershaw RN MSN

Parish Nurse Ministry

Provena St. Mary's Hospital

**The Ya-Ya-Ya Sisterhood:  
The Women Who Tri-ed and Tri-umphed  
by Nancy J. Ruda  
Journal Correspondent**

This summer, a lot of area women had the number “three” on their minds. Everywhere they went, everything they saw, everyone they met ... all were 3-D experiences. From triple-deckers to three-ring circuses to triplets, there was no escaping the third degree.

This fixation on all things triplicate was rooted in a commitment to participate in the 2002 TYR Women’s Triathlon in Manteno – an athletic event that combines swimming, bicycling, and running back to back to back. These women had tri fever!

Of the field of 500+ entrants, a healthy 62 (or 12.5 percent, according to the Kankakee County Convention & Visitors Bureau) hailed from a 33-mile radius of the city of Kankakee. From the young to the young-at-heart, each local participant arrived at Lake Manteno on Sunday, August 11, to tri, tri, tri the .5-mile swim, 12-mile bike, and 3.1-mile run. (On race day, the bike route was modified to 10.3 miles due to last minute road construction on the original route.)

For the past three months, three weeks, three days, and three minutes, all of these ladies focused on the same goal – to balance three sports into one event. Some were seasoned triathletes, others were first-timers or “newbies,” as the sport has nicknamed them. One thing was for sure ... on race day, all were pumped for an adventure of strength, endurance, agility, balance, and skill. And, a lot of girl talk.

Just who were these local bodies ... so different in height, age, build, weight, backgrounds, and outfits. They were full-time moms, grandmothers, small business owners, administrators, students, teachers, nurses, therapists, and professionals. All were full-time employees who typically cram 28 hours into 24-hour days. Now, with a tri in their futures, they had to add another one to two hours a day for training.

When did they train? The reply was unanimous: “Whenever I could.” At the crack of dawn, at the setting sun ... They hit the pool or the streets. These were women on a mission.

Kathleen Kennedy, age 37 and mother of four children, age six and under, confirmed, “I trained whenever I could get out of the house. Usually, that meant before my husband left for work. At 5:30 a.m., I was out the door.”

For Janet Earley, a print broker and mother of two, her time was 6:00 a.m. “I always biked or ran first thing in the morning. It was the only time I had to squeeze something else into my day.”

Another full-time mom, Jackie Pollock, age 36, described her training regime as “by the seat of my pants. I had to fit it in whenever I could. I didn’t have a strict game plan. I just grabbed every free 30 minutes or hour that I could.” Obviously, this game plan worked, as Jackie finished seventh overall in the event.

While some of these local ladies were proficient at one or two of the triathlon sports, adding a third unfamiliar element was the challenge for most. Take Barb Mantoan, for example. She’s a recreational runner and takes a spinning class. But, swimming?

“I had a fear of putting my face in the water, and when I tried, I hyperventilated. So, I told myself that if I could learn to put my face in the water and swim, I would do the triathlon.”

Four months ago, Barb started swimming lessons. And, with practice, the day came when she did her laps with her head in the water, rather than above it. “That’s when I committed to the triathlon,” she recalled. “That’s when I knew I could do it.”

Jackie Pollock can relate. Nine years ago on New Year’s Eve, she and a friend made a resolution to do a triathlon – jokingly. “Neither of us thought that we would ever do a tri for real. I couldn’t even swim four laps! But, something clicked, and I decided to give the sport a try – no pun intended!”

For Kathleen Kennedy, it wasn’t swimming that daunted her but balancing on two wheels. She swears that she had never biked before she started participating in triathlons. “I’m not comfortable on wheels,” she laughed. Now, with four triathlons in her logbook and a slick new bike to boot, she was the 26th overall female to finish the event.

It takes time to train, and it’s hard work. But, this sisterhood embraced the challenge and showed up on the sandy beach of Lake Manteno, ready to tri. Why?

“I started doing triathlons to get back in shape,” acknowledged Heidi Rentz Hoyt from Clifton, who has now completed four successful triathlons. The same motivation spurred Melissa Cox, a 25-year-old new mom. “I needed to start exercising again after my son was born. So, it was important to have a goal ... something to keep me going and focused all summer.”

Kathleen Kennedy noted that it’s sheer physical exertion that spearheaded her to triathlons. “For me, exercise is an immediate stress reliever. Having a goal – like the Manteno Tri – was my motivation.”

In an event described by Barb Mantoan as a “love fest,” it seemed uncharacteristic to cite “competition” as the propellant to participate. But, it’s not competition against someone else, “it’s competition from within,” Methinee Kelly, a five-time tri-er, offered. “For me, triathlons are an individual sport. I compete and try to improve within myself.”

Those who came to the start line as first-time triathletes, however, got there for a lot of different reasons. “My friends convinced me to tri,” Pat Pierce of Bourbonnais glowed. “I had a training partner who had some triathlon experience, and that really helped.”

For mom and daughter newbies, Laura and Amanda Proffit, “It sounded exciting, and we had heard so many great things about last year’s event. We did it strictly for fun. We trained during the summer, but it wasn’t anything too intense. And, we didn’t sign up until the night before the event. All of a sudden, both of us knew that we were going to do be out there the next morning.” Laura is 51 years old, and Amanda is 24.

Now, two weeks after the event, the enthusiasm continues high and rampant among the local finishers. Would they do the Manteno Triathlon again? “Yes! Absolutely!” Heidi Rentz Hoyt chimed. “Definitely!” Janet Earley beamed. “We’re already planning for next year,” Amanda Proffit shared.

“After it was over, I thought, ‘No way,’” Melissa Cox insisted. “Now, looking back, you bet. Next summer, I’m there!”

But, what about someone like Barb Mantoan, who overcame a real fear to approach the event. “Well, I might,” she sighed, but with a very convincing “I’ll be there” tone in her voice.

It’s this personal willpower and determination, plus a well-organized event, that made the triathlon such a positive and an uplifting experiences for these localites.

“I’m just so proud to be able to say that ‘I did a triathlon,’” grinned Brittany Van Duyne, 14 years old. She and her mom, Virginia, were first-timers this year. Brittany was a member of a team, while Virginia was an individual entrant.

“The only word that I can think of to describe the tri is ‘awesome,’” Marcia Lonergan, 36, added.

The fact that the Manteno Triathlon is an all-female event also enhanced the experience for most. For Kathleen Kennedy, the camaraderie holds an important significance. “The competitive feeling that you get from men wasn’t there. If you needed help, it wasn’t unusual for another participant to lend a hand or to give you a tip. When I was biking, a woman who passed me told me to relax my arms. It was pure encouragement. And, it really helped.”

Jackie Pollock agreed. “I find women’s races to be lighter in tone and spirit. The camaraderie is inspirational, and that makes the event so much fun.”

For sure, it was the people cheering along the racecourse – many of whom had their garden sprinklers going for participants to duck under – who touched a lot of heartstrings. “One of the homes on the run had music blaring. It was just that extra burst of energy that I needed to make it home,” Janet Earley commended.

“The cheering and encouragement from people along the way was great,” agreed Marcia Longergan.

For Methinee Kelly, the enthusiasm of spectators and workers along the way fired up that coach’s voice inside of her. “All of a sudden, ‘I think I can’ became ‘I know I can.’”

They came. They saw. They did it. Rest assured, they’ll be back to tri, tri, tri again next year.

###

Please note: An honest attempt was made to contact as many of the local triathletes as possible for this story and photo. Unfortunately, there were conflicts between our deadlines, personal schedules, and race information. We regret that some participants were missed.

## 2002 Manteno Women's Triathlon:

### Individual Age Results

Following is a partial list of area women who participated in the 2002 TYR Triathlon on August 11, 2002. We regret that we were unable to list all of the participants.

Place Name Age Group Finish Time

7 Jackie Pollock, Bourbonnais 35 – 39 1:11:35.9  
11 Methinee Kelly, Kankakee 40 – 44 1:12:25.5  
26 Kathleen Kennedy, Kankakee 35 – 39 1:14:19.0  
55 Amanda Uribe, Bourbonnais 19 & Under 1:17:54.5  
70 Marcia Lonergan, Bourbonnais 35 – 39 1:19:45.8  
73 Sheri Moutrey, Wilmington 40 – 44 1:19:54.8  
88 Carrie Quigley, Bourbonnais 25 – 29 1:21:38.7  
97 Megan Andrews, Kankakee 19 & Under 1:22:28.0  
105 Denise Haag, Bradley 20 – 24 1:23:21.6  
138 Amanda Stoffey, Manteno 20 – 24 1:25:24.5  
147 Amy Green, Bonfield 35 – 39 1:25:55.6  
148 Marianne Surprenant, Kankakee 45 – 49 1:26:11.3  
152 Donna Worth, St. Anne 40 – 44 1:26:39.0  
159 Susan Dytkevich, Kankakee 35 – 39 1:26:56.0  
164 Margo Bates, Bradley 20 – 24 1:27:07.8  
174 Pamela Peters, Kankakee 35 – 39 1:28:02.5  
176 Leslie Myers, Ashkum 30 – 34 1:28:21.2  
177 Emily Martin, Manteno 20 – 24 1:28:27.3  
181 Nicole Serletic, Bourbonnais 25 – 29 1:28:53.8  
195 Heidi Rentz Hoyt, Clifton 35 – 39 1:30:18.2  
197 Lori Blair, Manteno 35 – 39 1:30:19.4  
200 Tammy Bast, Bourbonnais 24 – 29 1:30:41.7  
201 Nancy J. Ruda, Kankakee 45 – 49 1:30:55.9  
215 Jamie Turner, Peotone 25 – 29 1:32:46.0  
239 Amanda Proffit, Wilmington 20 – 24 1:34:49.3  
245 Paula Franklin, St. Anne 35 – 39 1:35:20.2  
248 Patricia Horn, Bourbonnais 45 – 49 1:35:57.1  
259 Melinda Sutherland, Bonfield 50 – 54 1:37:21.0  
268 Loren Paige Kennedy, Wilmington ? 1:39:46.5  
269 Jessica Horn, Bourbonnais 20 – 24 1:39:59.4  
273 Tricia Mazur, Momence 25 – 29 1:41:17.4  
278 Pat Pierce, Bourbonnais 45 – 49 1:42:20.4

continued next column →

282 Bernadette Plese, Wilmington 40 – 44 1:43:08.5  
294 Janet Earley, Bourbonnais 30 – 34 1:45:34.9  
295 Leslie Quint, Bourbonnais 30 – 34 1:45:39.1  
308 Barb Mantoan, Bourbonnais 50 – 54 1:48:40.0  
309 Anne Schultz, Herscher 35 – 39 1:49:14.3  
320 Dana Zabrosky, Bradley 35 – 39 1:51:48.5  
322 Virginia Van Duyne, Wilmington 45 – 49 1:54:21.4

330 Mary Gulley, Peotone 20 – 24 1:56:36.1  
342 Tina Mosher, Manteno 35 – 39 2:02:50.1  
343 Melissa Cox, Bourbonnais 25 – 29 2:03:50.8  
349 Penny Bessman, Manteno 40 – 44 2:15:24.9  
353 Lori Owen, Bourbonnais 35 – 39 2:23:50.3

### Team Results

Place Name Team Finish Time

1 Ruth Barber, Anna Stadler, Corporate 1:23:34.0  
Julie Stadler: Manteno  
3 Jennifer Juergens, Jillian H., Family 1:09:55.9  
Taylor Bennett: Bourbonnais  
8 Molly Szilard, Amy Szilard, Family 1:24:49.7  
Sandy Leeson: Manteno  
16 Jill Marcotte, Heather Kohout: Family 1:38:16.7  
Herscher

18 Laura Proffit, Wilmington Family 1:46:06.2  
19 Brittany Van Duyne, Wilmington Family 1:52:28.1

Finishing times were unavailable for these individual participants: Michelle Thomas, Herscher; Michele Adamson, Kankakee. Finishing times were unavailable

for this team: Lori Sorenson, Grant Park, Rebecca Hodwink, Manteno and Elizabeth H., Manteno.

## Tri Facts

By Nancy Ruda

Generally speaking, a triathlon is any race that combines three sports in uninterrupted sequence. The most common triathlon sports are swimming, bicycling, and running – performed in that order.

The sequence of events is important for safety and health reasons. It is safest to swim when the athlete is fresh (A tired swimmer can drown.); to cycle before the athlete becomes overly fatigued (An exhausted cyclist can collide with other bikers, cars, pedestrians, or stationary objects.); and to run last (A tired runner can always walk.).

The triathlon is one of the newest sports to date. Not much is known about its history or founder, other than that the sport started in the 1970s. Races just cropped up in various communities – many as extensions of bicycle-run or bicycle-swim biathlons held by biking clubs.

Now known as the Ironman Triathlon World Championship, the Hawaii International Triathlon is considered the granddaddy of the sport. With the longest distance and hottest climate, the Ironman is billed as the premier individual endurance event of the world – a 2.4-mile ocean swim, a 112-mile bike ride, and a 26.2-mile run.

The distances evolved from three separate races held in Hawaii: the Waikiki Rough-Water Swim, the Around-the-Island Oahu Bicycle Race, and the Honolulu Marathon. In 1981, the race moved from Oahu to Kona, Hawaii.

## Things I've Learned About Triathlons

By Chris DuVal

You don't have to be an expert swimmer, cyclist, and runner to compete. Every participant I've met has a strongest event and a weakest event. When I started last year, I considered myself a strong cyclist, OK runner and poor swimmer. So for me, a lot of triathlon training was learning to swim better.

While skills and form are important for running and cycling, swimming is the most skill based of the three. You become a better runner and biker by going faster and farther, pushing yourself through the fatigue and pain. In a swim workout, when you get tired and your form starts to fall apart, get out of the pool, you're done. Continuing will only be training your body to swim wrong. I didn't know this initially. When I switched to a skill learning and practice approach, my swimming started to improve.

In this year's Mrs. T's Chicago Triathlon, focusing on maintaining technique helped me reach my goal of staying with the pack rather than dropping to the back. I think it also helped me in the colder than usual water this year. I don't wear a wetsuit (because I'm: a. a purist. b. stupid) and I could feel the beginning of hypothermia coming on toward the end of the swim. Focusing on maintaining form and executing the technique helped counter to initial signs of hypothermia, slower movement and longer reaction times. I think I'll consider a wetsuit for next year. In addition to warmth, they also provide enough buoyancy to make any swimmer a little better.

You've seen the pros on their bikes in perfect aerodynamic position, this is essential, especially since drafting (riding behind someone to decrease wind resistance) is illegal in triathlon. On the other hand, if you force yourself into a tight position where you can't breathe efficiently, you may not be gaining much. This year I opted for a slightly more upright bike setup and position. It didn't hurt my cycling time and left me feeling more energetic for the run.

Another change that helped was lowering my peddling cadence a little and pushing slightly higher gears. Most road cyclists I've known like to spend at 90+ RPM. This is a good skill to develop if you're not comfortable with a higher cadence. Indoor spinning classes are one good way to develop this skill safely with trained instructors. But I found for an event like triathlon, where the bike ride doesn't end at the local bar, but with a run, spinning a little slower, 75-85 RPM, with a higher gear allowed me to keep the same speed with a lower heart and breathing rate. I think this also left more gas in the tank for the run.

Now let me tell you about my drinking problem. It's all my dad's fault. He was a surveyor and worked outside. He had the habit of drinking lots of water all the time (before it was fashionable, he was, a real trendsetter). I picked this up as a kid and still follow his example. So what's the problem? Too much of a good thing. While most people don't get enough, some people get too much. Sloshing, bloating, and scary stomach sounds? You might want to experiment with decreasing your fluid intake immediately before and during events. Some sources recommend going for about 70% fluid replacement during the event vs. 100%. You can top off the tank later. This summer, I found that by upping the % of sports drink to water and slightly lowering fluid intake on the go, I maintained hydration and kept my stomach happy.

Last but not least, the run. This is the point where I ponder my good fortune for not having drowned in the swim or crashed in the bike. What can I screw up now? It's just running.

The challenge I've worked on for triathlon running has also helped me in 5K races. Maintaining good form when tired. Upright, open, loose, etc. You know all that stuff. But easier said than done when tired.

I found that by consciously trying to maintain the best form possible, no matter how beat I feel, I can up my speed and decrease the feeling of effort. It takes more energy to run badly. (If that's not a proverb or zen koan, it should be.) I think this approach had a lot to do with reaching a personal 5K goal this year and doing better in triathlon.

So, what are you waiting for? I was motivated to do triathlon because it seemed impossible. Everyone bring strengths and for areas where you need work, there's loads of training information out there. Besides being a great way to cross train, triathlon opens up new interests. The runner becomes a swimmer, the swimmer becomes a biker, and so on. I guarantee, once you experience it, you'll try tri again.

# SEPTEMBER B-days!

HAPPY BIRTHDAY TO...

NAME	B-DAY	AGE
Karen Dannenhauer	09/09/65	37
Marge Flynn	09/10/46	56
Jim Kelly	09/09/55	47
Dan Klipp	09/17/80	22
Mike McGuckin	09/07/52	50
Lynn Noffke	09/08/58	44
Mitch Hobbs	09/28/59	43
Mia Steeves	09/18/01	1
Amanda Uribe	09/19/83	19

## WELCOME NEW MEMBERS

**STEVE HARTZELL  
OF DWIGHT**

**JAY SCROGGINS  
OF KANKAKEE**

### KRRC OFFICERS

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## FAST-N-FIT FOODS BY JANET SHELLY

### Good-For-You Apple Crisp

Midwest Living Magazine

2 TBS. sugar  
1/4 tsp. ground cinnamon  
4 c sliced, peeled cooking apples  
1/4 c quick cooking rolled oats  
2 TBS. flour  
1 TBS. brown sugar  
1 TBS. margarine, melted  
1/4 tsp. ground cinnamon  
low fat vanilla frozen yogurt

In a medium mixing bowl stir together the sugar and 1/4 tsp. cinnamon, toss with the sliced apples. Place in a 9 inch pie pan that has been sprayed with cooking spray. Cover with foil and bake in a 375 degree oven for 25 minutes. Stir together the rest of the ingredients (except the frozen yogurt!) Sprinkle over the partially cooked apples. Return to the oven and bake, uncovered, for about 15-20 minutes more or until all the fruit is tender. Serve warm with the frozen yogurt.

**Happy Fall!**

# 7 SIMPLE

**C  
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UT OUT TOBACCO

OLD THE FAT

PT FOR HIGH-FIBER FRUITS,  
VEGETABLES AND GRAINS

F YOU DRINK ALCOHOL,  
LIMIT THE AMOUNT

ALL YOUR DOCTOR FOR  
REGULAR CHECKUPS

EXERCISE EVERY DAY

SAFEGUARD YOUR SKIN  
FROM THE SUN

When it comes to your health, the American Cancer Society is on the front lines providing life-saving information. We care about your health and want you to know that prevention and education are your best weapons against this disease. Make these choices to reduce your risk.

## 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 JUNE THRU OCTOBER AND 9A.M. FROM NOVEMBER THRU MAY 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!

Sept. 8, Sun., Chicago 1/2 Marathon, 7:30am, Museum of Science&Industry Lake Shore Dr. & 57<sup>th</sup>, (312)347-0233 [chicagohalfmarathon.com](http://chicagohalfmarathon.com)  
Sept. 14, Sat. Two Rivers Festival 5K Race/3K Fun Walk, 9:00a.m., Aroma Park, IL. Jeanna Cross (815)933-7939 [jjcross@famvid.com](mailto:jjcross@famvid.com)  
Sept. 15, Sun. Kankakee River 10K Kankakee River State Park 9 am (815) 933-1695 Jeff Lonergan (815)933-1695  
Sept. 21, Sat. Bank of Dwight Harvest Days 5K Run and 1.3 Mile Fun Walk/Run, 8:30am, (815)584-1802 Renfrew Park-North Pavilion  
Sept. 22, Sun. National Heritage Corridor 25K Channahon, IL 8 am (815) 467-5935 [www.psrr.org](http://www.psrr.org)  
Sept. 28, Sat. Fall Fest 5K Run/Walk x-c trail run, 9 am, Goodenow Grove Forest Preserve, (708)946-2216  
Sept. 29, Sun. Plainfield Harvest 5K Fun Run, 9am, (815)436-4431 [pacc@uti.com](mailto:pacc@uti.com) [www.signmeupsports.com](http://www.signmeupsports.com)  
Sept. 29, Sun. Cornfest 5K 9am Firehouse Resturant, Morris, IL (815)942-2932 ext. 1448  
Sept. 29, Sun. Wild Wild Wilderness 7.6 Mile Trail Run, Danville, IL [www.kennekuk.com](http://www.kennekuk.com)  
Oct. 6, Sun. DARE/ Katie McGuire Memorial 5K Denny Erswell (309)626-2139  
Oct. 12, Sat. IVCC Fall 4 Mile X-C Classis, 9a.m., Oglesby, IL Fran (815)244-0466 [maddogrun@yahoo.com](mailto:maddogrun@yahoo.com)  
Oct. 13, Sun. LaSalle Bank Chicago Marathon Carey Pinkowski (312)904-9802  
Oct. 27, Sun. Allerton Park 5.5 Mile Trail Run, 9am. Monticello, IL NO RACEDAY REG. Spencer (217)356-2126 [buffalofatkid@yahoo.com](mailto:buffalofatkid@yahoo.com)  
Dec. 8, Sun. Jingle Bell Run for Arthritis, 9:00a.m., Shapiro Developmental Ctr, Kankakee, IL (815)937-2461

## THE FINISH LINE

### July 14, Chicago Distance Classic 20K, Chicago, IL

Marshall Grace 1:37:25 55AG/218

### August 18, Channahon Firefly 5k Run

Larry Lane 20:59 2AG

Paul Surprenant 25:15 1AG

Randy Riegel 25:32 2AG

Marianne Surprenant 27:50 1AG

### August 31, Sweetcorn Classic 5K, Hoopston, IL

Rod Kahl 17:05 1AG

Pat Koerner 17:23 1AG

James Rattin 17:46 2AG

Charlie Grotevant 20:57 3AG

Jeff Lonergan 21:11 5AG

Doug McWilliams 21:28

Marcia Lonergan 25:22 3AG

### August 31, Sweetcorn 1 mile run

Colin Koerner 6:49 40A

Casey Koerner 11:05

### September 2, Park Forest Scenic 10 Mile

Dave Barrett 1:04:50

John Bevis 1:16:52

Phil Newberry 1:18:20

Carol Pratt 1:21:41

Dan Hall 1:23:50

Kathy Steffen 1:23:58

Doug McWilliams 1:27:36

Dick Manthei 1:53:10

### September 2, Park Forest 5K

Pat Koerner 17:42 3AG / 90A

Dan Weber 19:18 2AG / 200A

Rasa Weber 31:27 13AG

### September 2, Kid's Runs

Colin Koerner 3:01 1/2 Mile

Casey Koerner 2:19 1/4 Mile

### Charlie Grotevant's Race Results

Aug. 10 Momenca Glad Fest 10K Momenca, IL 45:30 1AG 60+

Aug. 14 YMCA 5K Berwyn, PA 22:22 1AG 60+

Aug. 18 Dog Days 5 Miler Harvey Cedars, NJ 37:02 1AG 60-64

Aug. 24 Race With Your Heart 4 Miler Eureka, IL 28:07 2AG 60+

Aug. 31 Sweetcorn 5K Classic Hoopston, IL 20:57 3 AG 60-64

Sept. 1 Hare & Tortoise 5K Herscher, IL 21:34 1 AG 60+

### August 4, KCTC Boxtrot 5K, Bradley, IL

Rod Kahl	17:14	20A
Pat Koerner	17:50	30A
Drew Parsons	18:55	2AG
Ken Klipp	19:05	1MST
Chris Walsh	19:23	10A
James Rattin	19:35	1AG
Peter Bernsdorf	19:57	2AG
Jay Scroggins	20:15	1AG
Dave Merillat	20:42	
Phil Newberry	20:45	2AG
Doug Uribe	20:56	
Larry Lane	21:35	2AG
Charlie Grotevant	21:39	1AG
Dan Gerber	21:42	
Jeff Lonergan	21:56	2AG
John Bevis	22:30	
Rich Olmstead	22:31	
Dan Hall	22:33	
Dan Gould	22:49	2AG
Bob Pool	23:11	1AG
Doug McWilliams	23:44	
John Pool	23:58	
Chris DuVal	24:33	
Marcia Lonergan	25:30	30A
Paul Surprenant	25:43	
Krista Hickey	25:47	
Randy Riegel	25:53	
Janet Earley	26:12	1AG
Patricia Horn	26:18	1MST
Colin Koerner	27:00	1AG
Pat Pierce	27:11	1AG
Antonio Acevado	28:44	
Drew Horn	29:50	
Marianne Surprenant	29:55	
Pat Baldwin	30:31	
Don McCarty	31:36	
Richard Manthei	31:55	
Bev Smith	34:02	1AG

# The 10-Percent Solution

Running improvement comes easily at first, then it gets tougher. That's why I took a different path

◆ BY JOHN BINGHAM

**B**ack in my days as a music teacher, we used to say that the last 10 percent of improvement takes 90 percent of a student's time and effort. This explains why so many musicians reach a point of comfortable mediocrity, then have no desire to go any further. Striving to achieve those final, tiny improvements is incredibly time consuming. It takes equal parts tenacity and talent. ◆ I'm

convinced the same is true for runners. As a beginning runner, I could count on setting a personal record almost every time I raced. And I

had no problem adding miles to every weekly long run. I could rely on my simple training plan to produce dramatic improvement. Getting faster every day was a given, and going farther every week was my right as a new runner.

Sure, it helped that I was really slow to begin with. Being totally out of shape when you start running means improvement occurs in quantum leaps. Taking 15 minutes off your 5-K best means your previous 5-K time was so slow it probably didn't even make it onto the pace charts. And for real beginners, adding distance doesn't mean adding miles. When your first run is less than the length of a football field, improvement is measured with a yardstick.

Being naive, I expected my training-improvement curve to continue unabated. I calculated that at my beginning rate of improvement, I'd become competitive in about 6 months, would win age-group awards in a year, and would hold world records for my age-group at every distance soon after that.

Of course, I got about as good as I was going to get in 3 years. I reached what might, euphemistically, be called my potential in less time than it

takes to graduate from high school. Not that there wasn't room for some improvement. I simply couldn't justify the price of that improvement in terms of the training time and effort it would take. I could have gotten a little faster or gone a little farther, but the

risks and the rewards just didn't add up.

This all became clear to me during a question and answer period after one of my clinics. I explained to the group that I'd been running for over 10 years and was enjoying it more than ever. Then one woman asked incredulously, "But didn't you ever get faster?" The unspoken question: *How could I possibly enjoy something I clearly wasn't good at?*

Yes, I answered, I did get faster—at least faster than when I started. Faster than I used to be. Faster than whatever slow once was for me. But, no, I never got "fast."

My answer didn't satisfy her. She shook her head, not understanding how I could be satisfied with what most runners would describe as abject

mediocrity in a sport that celebrates fast finish times.

I tried to explain to her that outright speed had never been my ultimate goal. Everything else about being a runner is what satisfied me, not just speed. She remained unconvinced.

She's not alone. But, then again, neither am I. And I think the sport has room for both of us—those who reach their 90 percent and are content, and those for whom the pursuit of the final 10 percent is all that matters. In the end, there's surely something gained and something lost in both approaches.

As for me, I'll take my 90 percent and be happy. After 30 years as a musician, most of

**I could have gotten a little faster or gone a little farther, but the risks and rewards just didn't add up.**

which were spent clawing for that last elusive 10 percent of improvement, I'm prepared to finish my running career almost exactly where I started: awfully glad to be out there running.

Waddle on, friends. **R**

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