



# THE PAPER RACE

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



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### STEAMBOAT 15K By Chris Walsh

I recently had the opportunity to run the Steamboat 15k on September 15 (sorry I missed the 10k at the State Park!) Up until last year, the race has been run in conjunction with the Steamboat 4 mile race and since I think of myself as a short distance racer, I always opted for the four. That and the fact that the 15k's claim to fame is being the "world's toughest 15k." My last experience on the winding hills in Glen Oak Park was as a high school cross country runner and all I remember about that race is throwing up half way through! As a "local" girl, (I'm from East Peoria) I wanted to give the hometown race a try and I guess I was looking for a challenge. I knew my husband would be wrapped up with the Campus State Bank Open golf outing that day, leaving us free to find something to do. I first called my Mom and Dad to see if they would be up for some overnight house guests and some early morning baby-sitting. Then I talked my sister into coming along to help baby-sit, hold my hand and give me my pre-race pep talk. They all agreed so I somewhat fearfully sent my entry fee in. I have never attempted a race longer than a 10k so I didn't know what to expect. My training had been going well lately, but I knew this course was very challenging with some big hills that had to be tackled twice.

We left for Peoria Saturday afternoon after the kid's soccer games were over. I wanted to pick up my race packet so it would be one less thing to worry about on Sunday morning. After the kids had spent nearly two hours in the car, they were happy to be out when we stopped at the Pere Marquette Hotel for the packet. I knew we were in the right place when I saw a vehicle parked at the door with the license plate "Stmbt 4". I could tell right away that this race was much lower key than the 4 miler. There was no large crowd or elite runners hanging out, just a few tables for numbers and t-shirts and some Adidas merchandise. The kids were enjoying the large open ballroom for running around somewhat wildly. (Remember, they had just spent two hours in the car. No one will ever accuse my kids of not being active!) I think the race volunteers either wanted to get rid of us or they felt sorry for me, because they ended up giving us 4 extra t-shirts for the kids. The kids have decided these t-shirts are great sleep shirts and have worn them almost every night.

Sunday morning dawned overcast and drizzly, but at least it was cool. My sister and I left early so I could warm up and stretch. The grandparents brought the crew for the start. It is a family tradition to hang out at the river front during the Steamboat race so the kids were excited. We pack a picnic breakfast and they explore and play on the nearby playground until near the end of the race. I was pretty nervous. My goal was to run under 65 minutes. I knew the key would be not going out to fast, and my sister said to just treat it like a tempo run. We would see! I spoke to a long time family friend before the race who was asking me pointed questions about how I was feeling and what I was shooting for. He wanted to know if he should bet on me. At the time, I thought he was joking.

A few minutes before the start, as I looked around, I did not see any other women who I knew could beat me. I was starting to feel somewhat confident. We were told to line up behind the line. As I looked down in concentration, I saw the bright orange racing flats that I knew belonged to Peoria's local outstanding female runner and last years 15k winner, Peggy Shadid. She has beaten me every time I have raced her in the last year. At least I knew I would have someone to help pace me. The race has a silent start-- a wave of a flag and we were off. The race starts as the 4-mile does, going up a slight hill, a right turn, and then flat for awhile. The pavement was very slick, and despite what felt like going slow, I still ran a 6:23 first mile. I hoped this wouldn't kill me later. We soon entered the park and hit the big hills which were long and winding, and as challenging as advertised. I saw my old high school coach in the park which gave me a bit of a boost. I didn't want to look bad in front of him! After winding up and down for awhile, we came to some more even pavement where you could settle into a pace again. I was following Peggy, but she was slowly pulling away. A lot of men were running with me which helped keep pace and written on the pavement in difficult places were words of encouragement. A nice touch. Our times were given at the 5k and the 10k on the course. If I had one

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complaint, it would be to have the miles more clearly marked so at least we could check our own pace. The second time up the hills was a killer. My legs were already feeling tired and the hills made them burn. It took about a mile after we were out of there for me to feel recovered. I just kept telling myself to relax and stride out. Somehow, I managed to get back on pace. It was a great feeling when we came out of the park, and I was on the familiar ending of the 4-mile course. I was looking forward to that last downhill into the finish. With about 400 meters to go, I heard our family friend yell, "I just won a six pack on you." I guess he wasn't joking about the bet! As I rounded the final curve to the finish chute, I heard my young cheering section yelling "Go Mom." I love hearing them cheer. I ended up finishing 2nd with a 1:02.17, 81 seconds behind Peggy Shadid. Needless to say I was very happy. This could become my new favorite race distance!

After the race, there were plenty of refreshments—your usual fruit, Cliff Bars, pop and of course beer, but they also had Avanti's gondolas and caramel apples. I'm not big on eating much right after I race, but I probably made 10 trips up to the tables to get snacks for the kids. They didn't need much lunch after this.

I spoke to my high school coach at the awards ceremony. He gave me a big hug and told me he was so surprised to see me running in the race. He told me about a banner he had hung recently that proclaimed "25 Years of East Peoria High School Girls Cross-Country" and I was part of that team. From a junior high sprinter, to a high school distance runner, to a 40 year old 15k runner, I guess I will have to do a marathon by the time I'm 60! Or as my husband says, "I'm not getting older, I'm getting longer!"

## ON DAN'S RUN

By Dan Gould

Fitness miles. Maintenance miles. How many ways are there to say "My mileage is down" or "My running is on the back burner?" And how many reasons - excuses - can I find for this departure from being the best I can be? Well, I blame Charlie Grotevant because he is the most responsible person I know. He is the one who got me hooked on the Ag in the Classroom Bike Ride, a fundraising and educational program of the Illinois Farm Bureau. The riders spend three days biking from school-to-school, stopping to present short programs to students on the impact of agriculture in their lives.

The 7th Annual Ag in the Classroom Bike Ride, September 3-5, was a quite different adventure from a year earlier. Last year we were riding the roads of central Illinois, checking the progress of the corn and soybeans. This year we rode most of our miles in Cook and DuPage counties, checking the progress of the inner city.

We were 56 bikers strong on day one. The "we" included some local runners - Charlie Grotevant, John Pool, Leon Malone, and myself - and some runners from afar - Tamara White and Merlin Andersen. The support crew included Joyce Grotevant, Shirley Malone, and Pat Gould. The "starting line" this year was Kankakee with stops at the Kennedy Middle School and the Lincoln Cultural Center. Forty years ago they were known as West Junior H.S. and Kankakee Senior H.S. The miles were 70 to 80 per day - and three gorgeous days they were!

I demonstrated my biking skill early on the first day as we headed north with our Kankakee County Sheriff's escort. We were making a left turn off Grinnell Road with the deputy blocking traffic on the south side of the intersection. I turned and waved a "thank you" to the deputy, then turned back to find myself rapidly heading for the ditch. There were two possibilities: 1. Sharpen the turn, which probably meant laying the bike down or 2. Ride down into the ditch filled with long grass. An adage from my flying days came to mind: Keep the rubber side down and the shiny side up. I rode down into the ditch - and back up onto the road!! Whew! For my next trick.....

How do you ride a bike into downtown Chicago? "Very carefully" comes to mind. The alternative: With a police escort. The Illinois Farm Bureau had arranged the second alternative. We met a half dozen Cook County Sheriff's squads and a half dozen deputies on Harleys at the Cook County Forest Preserve. Tamara and Merlin, riding a tandem, noted that they had been there on Monday running the Park Forest 10-Miler.

With the lights and sirens of our escorts, we were a parade that couldn't be missed. The bikes included road bikes, off road bikes, tandems, recumbents, and a couple clunkers. Many people waved, but, the farther into the city we traveled, the fewer fingers they used. One pedestrian apparently thought we looked dehydrated and launched either a water bottle or a beer can in our direction.

After schools stop, we reached the Museum of Science and Industry where we received a VIP tour of the farm exhibit and dined on the patio. After a group picture, we accessed the lakefront bike path and made our way downtown to the Palmer House where we spent the night.

We spent day two doing inner city schools. Mother Nature dressed the city in clear blue sky and sunshine. The view from the lakefront bike path? You had to be there!

Speaking of being there, Charlie wished he was there when we departed the second school of the day, but he was in the restroom. And, while the group ride with the police escort was usually 12-14 MPH, they led us back to the bike path this morning at 17-18 MPH. Charlie could see the lights a couple blocks ahead and pedaled for all he was worth with the encouraging cheers of pedestrians, but caught a stoplight. We had been lounging on the grass having lunch at Navy Pier for quite some time before Charlie arrived. [Note to Charlie: John Pool saw your bike against the fence, but didn't tell anybody. Doesn't he like you?]

During school stops and lunch breaks, we got acquainted with our police escorts, a nice group of guys to be sure. It was a

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joy to see Pat talking to a police officer who was not giving her a speeding ticket.

We stayed the second night in Naperville. John Pool awoke early and went for a four mile run to warm up for the bike ride. Probably out for an early morning look at the crops.

One of the "funny" incidents of the ride occurred as we headed south escorted by a couple DuPage County motorcycle cops. We were riding behind our pace vehicle in the right lane of a four lane undivided road when one of the cops came up in the left lane and spoke to the driver of the pace vehicle. A man in a white Mercedes came up behind the cop. "Let's see," he must have said. "Cop with emergency lights activated and a double yellow line. No problem!" Yep! Across the double yellow and around the cop he went. The cop's double take was something. The other cop was coming up and they pulled Mr. Mercedes over for some paperwork. Amazing!

If you are still with me, you are asking what this has to do with my running mileage. Well, about the first of August I got the bike out of the garage and started doing a couple twice a week twenty mile rides to get my butt ready for the three days of biking. In my younger days I would have simply added the bike miles, but this year they were instead of running. And, truth be told, I was also spending a lot of time in August searching for a golf swing.

Biking is, of course, great cross training for runners and many aging runners find themselves becoming bike riders. Leon Malone, 72, does more biking than running, but he has had both knees replaced. Ron Ruda has become a biker of knee-cessity. If you are a runner who likes to bike, perhaps you would enjoy the Ag in the Classroom Bike Ride. While most of us did all three days, there was a one-day only option added this year. Mark your calendar for the Tuesday - Thursday after Labor Day!

After a month away from road racing, I ran the Chebanse 5K on September 7th. Small town "homecoming" or "fun days" runs tend to be low key and this was no exception. They did hire Dave Bohlke to do the finish line, but I was suspicious of the course when told that the starting line was the "shadow of the finish line clock." Wonder where it would have been if the sun hadn't been shining? A loop course that starts and finishes in exactly the same place? Hmmm.

The accuracy of the course was further called into question when we were a few minutes into the race. A lady standing on the side of the road said "Mile and a half." Larry Lane looked at his watch and said: "6:30. I don't think this is a mile and a half." In the latter part of the race, a man on the side said: "19:30. About half a mile to go." Why was he there? Charlie and I, recovering from the week's bike ride, couldn't judge the accuracy of the course based on our times. Pete Mathis, however, who is a stickler for course accuracy, thought it was accurate. Well, it was a good workout on a nice morning for the 44 runners.

A week later I did the Two Rivers Festival 5K in Aroma Park and there was no question about the accuracy of the course. It wasn't. Pat Koerner won the race and guessed the course to be about three tenths long. I subsequently measured the course with my bike at 3.34 miles. Well, it was a good workout for 30 runners on a beautiful day.

The day after Two Rivers was the Kankakee River 10K and that is an accurate course. Unfortunately, only 71 runners took advantage of it. Jeff and Marcia Lonergan came up with cool shirts and some cleverly recycled awards. Pizza from Chicago Dough was again among the amenities. If Chicago can find 37,000 people to run a marathon, you would think we could find a couple hundred for a great 10K. A mystery of life! Hope to see you on Dan's run!

### TIME FOR A CHANGE BY CHRIS DUVAL

Shorter days, colder nights, rain and snow, the change of seasons can be a let down, or a chance to reinvent yourself. Fall and winter are the perfect times to try some new activities and take a break from running.

Research shows that when we do the same exercise routine or running schedule without variation, our body quickly adapts and we don't progress as much as when we mix things up. Regular monthly and yearly breaks from high impact activities like running also allow the body to rest and recuperate. Change keeps fitness fun, something to look forward to each day, not just tolerated to lower cholesterol or lose weight.

My parents used this technique with my sister and brother and me when we were young. If we were playing with certain toys and games a lot and getting tired of them, those items would magically disappear and other toys that had been "missing" would reappear. There was always something new and interesting to do.

For the best effect, do something you've never ever done before. You get extra points if it's something you've always wanted to do. Start by brainstorming and make a list: swimming, rock climbing, bowling, skating, cycling, yoga, weight lifting, dance, etc. If you're new to an activity, seek out the best teacher available, it's time and money well spent.

So put your running shoes in the closet and do something new. One day in the not so distant future, you'll wake up and feel that you'll just die if you don't run today. That's the day your shoes will magically reappear and off you'll go!

If anyone is interested, we have about 10, size large, cool-cat shirts left over from the Kankakee River 10K. We are selling them at cost to us, which is \$10 each. They are short-sleeve, cool-max type fabric. They are aspen blue in color with only the Running Club logo and wording on the left crest and the Chicago Dough logo on the sleeve. They look great and are great for running in. I've received a lot of compliments on them. If you would like to buy one, please call me at 933-1695. \$10 is a great deal for a cool-max shirt and if we can sell these last 10 shirts, we'll break even on the race. Thanks, Marcia

Kankakee River 10K Run

09/15/02

Race Results BY OVERALL FINISH

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name	Pace/MI
M 35 - 39	1	1 OA	0:35:28.1	67	Chris Stockman	05:43.2
M 40 - 44	2	2 OA	0:36:23.7	8	Patrick D Koerner	05:52.2
M 25 - 29	3	3 OA	0:38:55.5	77	Alan Standley	06:16.7
M 1 - 19	4	1 AG	0:41:08.6	23	Alex K Frye	06:38.2
M 50 - 54	5	1 MST	0:41:25.4	74	Rich W Olmstead	06:40.9
M 45 - 49	6	1 AG	0:41:30.6	13	Dan F Weber	06:41.7
M 40 - 44	7	1 AG	0:42:06.3	34	Phil Newberry	06:47.5
M 45 - 49	8	2 AG	0:42:26.6	51	Don K Lafferty	06:50.7
M 40 - 44	9	2 AG	0:42:38.4	29	Clinton L Carter	06:52.6
M 1 - 19	10	2 AG	0:42:50.6	38	Josh Rogowski	06:54.6
M 45 - 49	11	3 AG	0:42:55.2	37	Jay R Homerding	06:55.4
M 25 - 29	12	1 AG	0:44:19.3	17	Michael G Wolfe	07:08.9
M 30 - 34	13	1 AG	0:44:45.5	15	David K Merrilat	07:13.1
M 30 - 34	14	2 AG	0:45:24.2	81	Peter Bernsdorf	07:19.4
M 40 - 44	15	3 AG	0:45:26.1	82	Stefan Schulte	07:19.7
F 50 - 99	16	1 OA	0:45:32.2	31	Que Harbor	07:20.7
M 60 - 99	17	1 AG	0:45:40.7	16	Charlie Grotevant	07:22.0
M 35 - 39	18	1 AG	0:45:45.2	21	Andy W Furbee	07:22.8
M 55 - 59	19	1 AG	0:46:06.1	6	Daniel W Gould	07:26.1
M 50 - 54	20	1 AG	0:46:18.7	36	Hank J Gawenda	07:28.2
M 45 - 49	21	4	0:46:30.8	79	Mike C Cichon	07:30.1
M 45 - 49	22	5	0:46:36.8	47	David Cyplick	07:31.1
M 45 - 49	23	6	0:46:54.8	80	Mike R Goodwin	07:34.0
F 1 - 19	24	2 OA	0:46:57.2	30	Nichole Bendickson	07:34.4
M 40 - 44	25	4	0:47:00.6	58	R. Keith Knepper	07:34.9
M 30 - 34	26	3 AG	0:47:18.8	89	John D Lynch	07:37.9
M 50 - 54	27	2 AG	0:47:20.0	73	Chuck Parsons	07:38.1
M 45 - 49	28	7	0:47:29.7	1	Jeff P Lonergan	07:39.6
M 35 - 39	29	2 AG	0:47:45.9	83	Daniel E Hall	07:42.2
M 60 - 99	30	2 AG	0:47:53.3	48	Jim Harman	07:43.4
M 40 - 44	31	5	0:48:05.9	14	Larry Bornhofen	07:45.5
M 40 - 44	32	6	0:48:26.5	60	Daniel L La Vire	07:48.8
M 40 - 44	33	7	0:48:40.2	50	Doug McWilliams	07:51.0
M 60 - 99	34	3	0:49:09.0	11	Robert E Pool	07:55.6
M 45 - 49	35	8	0:49:18.8	78	James R Martell	07:57.2
M 35 - 39	36	3 AG	0:49:45.7	46	Jeff S Biggs	08:01.6
F 20 - 24	37	3 OA	0:49:52.1	86	Theresa Feltes	08:02.6
M 45 - 49	38	9	0:49:54.5	40	Craig Yeates	08:03.0
M 45 - 49	39	10	0:50:54.4	76	Glen Gabryel	08:12.6
F 45 - 49	40	1 MST	0:51:11.0	59	Theresa C Burgard	08:15.3
F 40 - 44	41	1 AG	0:51:29.9	87	Mary J Feltes	08:18.4
F 50 - 99	42	1 AG	0:51:59.1	62	Sandy Kurtenbach	08:23.1

Race Results BY OVERALL FINISH

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name	Pace/MI
M 35 - 39	43	4	0:52:29.6	66	Ken B Knepper	08:28.0
M 55 - 59	44	2 AG	0:52:45.7	41	Paul L Surprenant	08:30.6
M 30 - 34	45	4	0:52:58.6	42	Brian Werner	08:32.7
F 50 - 99	46	2 AG	0:53:09.8	63	Kathleen H Steffen	08:34.5
M 45 - 49	47	11	0:53:15.7	27	Chris L DuVal	08:35.4
M 45 - 49	48	12	0:53:55.2	72	Hill Love Jr	08:41.8
F 45 - 49	49	1 AG	0:54:02.5	64	Nancy J Ruda	08:43.0
F 45 - 49	50	2 AG	0:54:22.6	5	Patricia A Horn	08:46.2
M 55 - 59	51	3 AG	0:54:27.7	44	Gerald L Wilson	08:47.0
M 45 - 49	52	13	0:55:06.9	10	Bob Schaumann	08:53.4
M 45 - 49	53	14	0:55:15.0	45	Jeff Lindstrom	08:54.7
F 40 - 44	54	2 AG	0:55:27.5	65	Diane Malone	08:56.7
F 45 - 49	55	3 AG	0:55:33.7	22	Pat M Pierce	08:57.7
M 60 - 99	56	4	0:55:46.4	26	Gary F Englehorn	08:59.7
M 35 - 39	57	5	0:56:30.4	39	Tim Vincek	09:06.8
F 30 - 34	58	1 AG	0:56:40.8	69	Janet Earley	09:08.5
M 50 - 54	59	3 AG	0:56:57.7	32	Roger Smothers	09:11.2
M 60 - 99	60	5	0:57:11.7	33	James Halstead	09:13.5
F 40 - 44	61	3 AG	0:57:58.5	19	Patti Hull	09:21.0
M 45 - 49	62	15	0:57:59.8	85	Tom Feltes	09:21.3
F 45 - 49	63	4	0:58:09.8	43	Marianne Surprenant	09:22.9
M 45 - 49	64	16	0:58:47.8	84	Gary M Westefer	09:29.0
F 40 - 44	65	4	0:59:27.7	61	Donna Worth	09:35.4
F 35 - 39	66	1 AG	0:59:28.3	49	Kathleen Kennedy	09:35.5
M 60 - 99	67	6	0:59:29.6	24	James G Barry	09:35.7
F 50 - 99	68	3 AG	1:05:25.4	9	Gayle Schaumann	10:33.1
M 55 - 59	69	4	1:05:33.9	28	Richard W Manthei	10:34.5
F 35 - 39	70	2 AG	1:06:09.9	12	Rasa Weber	10:40.3
F 50 - 99	71	4	1:07:35.3	25	Beverly A Smith	10:54.1

This Year's Kankakee River 10K was a big success. Although it wasn't a great turn out in quantity of people it was a great turn out in the quality of the people. This year's race seemed to be especially enjoyable. Many people commented on what a good time they had and that they liked the cool-cat style running shirts. The weather was great and the runners turned in some excellent times. The most impressive runner of the day (in my opinion) was 13 year old Alex Frye of Bourbonnais, who finished 4<sup>th</sup> overall in a time of 41:08! Watch out old timers!

We also had several walkers and kid's dash runners to help round out the day's events. Thank you to everyone who participated in the events and to all the volunteers. We had more volunteers this year than in the past 4 or 5 years I can remember. Everyone who ran, walked, dashed, volunteered and sponsored helped to make it an excellent event! Hope to see everyone back next year.

Also, special thanks to all of our sponsors: **Chicago Dough Pizza, Culligan, Clifbar, Runner's World, R & W Family Foods of Mokense, Festival Foods of Bradley, Jewel Foods of Bourbonnais, Commonwealth Credit Union, Martin Whalen and St. Mary's Ambulance.** All of our sponsors are greatly appreciated and equally important no matter if they contribute food items, money or their services. Thanks again everyone, Marcia and Jeff Lonergan

FYI—I'm considering combining the November and December newsletters into one newsletter that will go out the middle of November. And combining the January and February newsletters into one newsletter that will go out the middle of January. The reasons for this are: 1) to save the club money 2) to give me a break 3) to give Dan Weber a break 4) because we're going on vacation in February and 5) because I feel like it. Any complaints, please call Phil Newberry at 936-0186.

If you are a race director please be sure to submit your apps. on time for Mailings. Or if you have any articles or information for the newsletters please submit it accordingly.

November-December Newsletter= Due date of Nov. 11<sup>th</sup>

January -February Newsletter= Due date of January 13<sup>th</sup>.

Thanks, Marcia Lonergan 933-1695

**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!

Oct. 13, Sun. LaSalle Bank Chicago Marathon Carey Pinkowski (312)904-9802

Oct. 19, Sat. Old Plank Road Trail 5K Run/Walk 10AM, Breidert's Green at White & Kansas Sts. (815)469-2177 <http://www.villageoffrankfort.com>

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)

Nov. 3, Sun. Canal Connection 10K, 11AM, Utica, IL--Elementary School. Jon Bastuck (815)223-8988 [bastuck@mindspring.com](mailto:bastuck@mindspring.com)

Nov. 9, Sat. Gobbler Hobbler 10K Race & 1 Mile walk/run 9AM, Oswegoland Park Dist. Civic Ctr. (630)554-1010 [mgienger@oswegolandpd.org](mailto:mgienger@oswegolandpd.org)

**Dec. 8, Sun. Jingle Bell Run for Arthritis, 9:00a.m., Shapiro Developmental Ctr, Kankakee, IL (815)937-2461**

**Feb. 2, Sun. Winterfest 5K, 1PM, Small Mem. Park, Kankakee, IL Charlie or Joyce Grotevant (815)949-1551 or**

**Ken Klipp (815)937-1958**

**THE FINISH LINE**

**Sept. 1 Herscher Hare & Tortoise 5K**

Ken Klipp	19:16	30A
Rich Olmstead	20:36	2AG
Mike Wolfe	20:48	1AG
Larry Lane	21:08	3AG
Dave Merrillat	21:21	3AG
Charlie Grotevant	21:34	1AG
Jeff Lonergan	21:54	1AG
Chuck Parsons	?????	4AG
Bob Pool	23:05	3AG
Bill Linn	23:13	3AG
John Pool	23:55	4AG
Tom Goodberlet	24:08	4AG
Chris DuVal	24:14	5AG
Marcia Lonergan	25:41	1AG
Paul Surprenant	26:04	5AG
Patricia Horn	26:46	2AG
Pat Pierce	27:03	3AG
Randy Riegel	27:05	7AG
Marianne Surprenant	28:46	4AG
Pat Baldwin	29:23	8AG
Andrew Horn	30:22	
Bev Smith	31:54	1AG

**Sept. 1 Herscher 2-Mile Walk**

Diane DesMarteau	18:59	10A
Elaine Noffke	27:17	
Lynne Noffke	27:17	
Anna Goddberlet	27:43	
Linda Linn	27:44	
Mary Baldwin	29:06	
Michelle Baldwin	29:07	

**Sept. 7, Chebanse Homecoming 5k Run**

Charlie Grotevant	22:58	1AG
Marianne Surprenant	28:18	1AG

**Sept. 8, Fox River Duathlon**

Paul Surprenant	1:47.32	3AG
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**Sept. 8 Mitsubishi 1/2 Marathon, Normal, IL**

Charlie Grotevant	1:45.35	2AG
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**Sept. 21, Dwight Harvest Days 5K**

Pat Koerner	17:32	10A
Jim Rattin	18:31	1AG
Charlie Grotevant	21:36	1AG 60+
Dan Gould	21:59	
Bob Pool	23:07	
Doug McWilliams	23:19	
John Pool	23:29	

Pat Pierce 26:20 1AG

Marianne Surprenant 27:49

Leon Malone 35:00

Shirley Malone 43:31 1AG

**Sept. 22, National Heritage Corridor 25K**

Dave Barrett	1:42.54
John Bevis	2:00.48
Carol Pratt	2:05.59

**Sept. 28, Shoreline Classic 15K, Decatur, IL**

Charlie Grotevant 1:10.07 1AG 60+

**Sept. 29, Morris Hospital Cornfest 5K**

Pat Koerner	17:38	1AG
Chris Walsh	19:18	10A
Mike Wolfe	21:14	
Dan Gould	22:06	1AG
Paul Surprenant	25:48	3AG
Marianne Surprenant	28:00	3AG

*(course was long)*  
*Two Rivers Festival Sept. 14, 2002*  
*5K Race*  
*Aroma Park, IL*  
 Race Results BY OVERALL FINISH

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name	Pace/M
M 40 - 44	1	1 0A	0:19:23.1	213	Patrick D Koerner	06:15.2
M 35 - 39	2	1 AG	0:20:18.9	219	David A Barrett	06:33.2
M 30 - 34	3	1 AG	0:21:44.2	227	Jason Cross	07:00.7
M 50 - 54	4	1 MST	0:21:51.7	212	Rich W Olmstead	07:03.1
M 15 - 19	5	1 AG	0:22:13.2	224	Bradley A Netzel	07:10.1
M 45 - 49	6	1 AG	0:22:49.4	225	Lonnie M Netzel	07:21.7
M 35 - 39	7	2 AG	0:23:12.7	220	John J Bevis	07:29.3
M 40 - 44	8	1 AG	0:23:14.7	223	Daniel R Gerber	07:29.9
M 35 - 39	9	3	0:23:21.2	203	Andy W Furbee	07:32.0
M 45 - 49	10	2 AG	0:24:03.3	207	Jeff P Lonergan	07:45.6
M 45 - 49	11	3	0:24:11.2	216	James R Martell	07:48.1
M 35 - 39	12	4	0:24:43.0	228	Daniel E Hall	07:58.4
M 55 - 59	13	1 AG	0:25:01.3	210	Daniel W Gould	08:04.3
M 40 - 44	14	2 AG	0:25:06.8	218	Doug McWilliams	08:06.1
M 60 - 99	15	1 AG	0:27:02.2	214	Robert E Pool	08:43.3
M 40 - 44	16	3	0:27:32.7	222	David Knuth	08:53.1
M 1 - 14	17	1 AG	0:27:33.5	202	Ben Smarjesse	08:53.4
F 35 - 39	18	1 0A	0:27:50.1	201	Marcia J Lonergan	08:58.7
M 55 - 59	19	2 AG	0:28:03.4	217	Gerald L Wilson	09:03.0
F 30 - 34	20	1 AG	0:29:29.4	221	Tricia Guba	09:30.8
M 50 - 54	21	1 AG	0:30:40.2	231	Mike Schnell	09:53.6
M 45 - 49	22	4	0:31:21.1	211	Patrick J Baldwin	10:06.8
F 30 - 34	23	2 AG	0:32:00.2	206	Carrie Jones	10:19.4
M 30 - 34	24	2 AG	0:32:00.8	208	Francisco Jones	10:19.6
M 1 - 14	25	2 AG	0:32:22.3	226	Theotis James	10:26.5
M 1 - 14	26	3	0:32:31.7	229	Nick Worth	10:29.6
F 60 - 99	27	1 MST	0:34:17.9	209	Edith Alsvig	11:03.8
F 15 - 19	28	1 AG	0:35:11.9	205	Emily A Forbes	11:21.3
M 45 - 49	29	5	0:35:15.2	204	Larry A Forbes	11:22.3
M 1 - 14	30	4	0:36:11.6	230	Tom Worth	11:40.5

# OCTOBER B-days!

HAPPY BIRTHDAY TO...

NAME	B-DAY	AGE
David Barrett	10/28/64	38
Jason Batkiewicz	10/04/88	14
Cynthia Bernsdorf	10/25/67	35
Steve Hartzell	10/22/49	53
Pete Hinrich	10/21/58	44
May Kelly	10/24/58	44
Charlene Klipp	10/10/49	53
Gale Lehnus	10/27/37	65
Bill Linn	10/16/52	50
Jared Livesey	10/13/78	24
Nicole Livesey	10/06/81	21
Brian Noffke	10/10/60	42
Rich Olmstead	10/12/51	51
Alec Mulvihill-Steeves	10/10/93	9
Michael Wolfe	10/27/75	27
Jay Zielinski	10/08/56	46

## WELCOME NEW MEMBERS

### THE DEE ANNA HILLEBRAND FAMILY OF HERSCHER

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## FAST-N-FIT FOODS

### MY FRIEND LISA'S FANTASTIC ORIENTAL COLE SLAW

(Given in my words, not Lisa's...)

(From the countertop of remedial & reluctant cook Pat Gould...)

8 Chopped Green Onions  
 12 Cups Grocery store prepackaged cole slaw  
 2 Cups "Raymen" oriental noodles, crunched (I couldn't find "Raymen" brand, so I used another brand and it worked just fine...)  
 1 Jar Sesame seeds, toasted (I toasted them in my oven on a cookie sheet, along with the almond slivers... 450 degrees, about 4-5 minutes, stir, 2-3 minutes more... until golden brown... not burnt.)  
 1 Cup Slivered almonds, toasted (at the same time as the sesame seeds...)

#### DRESSING

1 Cup Vegetable Oil (the "healthy" kind, of course... whatever that is...)  
 6 T. Vinegar ( I used the apple cider kind)  
 4 T. Sugar ( I added a little more, go figure... I like sugar...)  
 1t. each Salt & Pepper

#### The How To's

- Put the sesame seeds and almonds in to toast.
- If you can do two things at one time, chop the green onions while the other stuff is toasting.
- Toss the green onions in with the cole slaw.
- RUN .... And stir the stuff that is toasting before it burns.
- Take toasting stuff out... if it is ready... and let cool.
- Toss the cole slaw stuff with the dressing (I had to use my hands because I don't own a tossing tool thing...)
- At the last minute, as your guests are arriving and your husband is watching a golf game in the den, add and toss the crunched noodles, toasted seeds and almonds.
- Yell at your husband to, "PUL-LEEEEEEAAASE GET THE DOOR!!!!"
- Wipe your greasy hands on the clean dish towel you just put out.
- Use unladylike language because you now have to put out another clean towel.
- Throw the now dirty dish towel into the pantry closet.
- Race to the door, remembering that you are still wearing your filthy apron.
- Throw the filthy apron into the guest coat closet.
- Arrive at the front door, with a smile on your face, no lipstick on your lips, a growl for your husband.....and.....SMILE!!!!

I almost forgot to tell you... This recipe makes one MEGA amount of cole slaw! I told Lisa I needed to make enough for 16 people. You can, of course, easily cut all ingredients in half (amounts, that is, not the ingredients themselves) and make a more reasonable amount. However, I suspect I could eat the entire thing in one sitting... it is SOOOO GOOOOOD!!!!