



THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



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As the Holiday Season is fast approaching, I recently spoke to John Bevis and Janet Shelly regarding this year's **Christmas Party**. Since we could not come up with a date in December or January on which we would all be available to put on the party, we decided to have a club party sometime in March. John & Cheryl suggested a Cabin Fever theme, which Janet and I thought was a great idea since the holidays are already so busy with parties for work and family. I will include the invitation and all the information in the January-February newsletter. Please call me if you have any suggestions. Marcia Lonergan 933-1695

CONGRATULATIONS TO TAYLOR BENNETT!!

KRRC member, **Taylor Bennett**, who is a freshman at Bishop McNamara, earned All-State Honors with a 15th place finish in this year's Cross-country State Finals. Both McNamara's boy's and girl's cross-country teams qualified for this year's State Cross-country meet, which was held in Peoria on November 9th. The girl's team placed 24th overall and the boy's team placed 7th overall. The McNamara boy's were led by Jim Sulzberger, who also earned All-State Honors with his 10th place overall finish.

Congratulations to Taylor Bennett on an outstanding first year of high school cross-country. I'm sure we'll be hearing a lot more about her running achievements as she continues to compete in cross-country and track at Bishop McNamara. Also, congratulations to **Ken Klipp** for coaching both his boy's and girl's cross-country teams to this year's state finals! Marcia Lonergan and Pat Pierce

ON DAN'S RUN by Dan Gould

My Halloween "treat" to myself was to rise before dawn and begin my annual southward migration to Florida. Unlike my record one day "run" home in April, I would only travel a little more than 800 miles to Dothan, AL., on the first day, leaving 400 miles to Bradenton on November 1st. While the weather was excellent for traveling, the radio was not. The disc jockeys were busy doing their best Boris Karloff imitations as they announced Halloween events between all too numerous political commercials. I really must buy some "Oldies" for my CD player.

I began my first weekend in Florida by driving a little over an hour to Port Charlotte for the Zoomer's 4-Miler. Zoomer's is the Port Charlotte running club. Since the race started at 7:30 A.M., I was rising at 5:00 A.M. for the third day in a row! And, due to the early morning darkness and directions that were subject to interpretation, I had a self-tour of Port Charlotte while looking for the race site. Needing directions, I looked for a donut shop. That was unsuccessful, but I caught a deputy sheriff leaving a Bob Evans and was quickly on the way to the staging area.

I was greeted at the staging area by the smiling faces of John and Erma Hickey who were working the race for their hometown club. Situated on the edge of town, the loop course was along country roads with some

shade. A temperature in the mid-60s made it rather comfortable and certainly cool for the natives. The presence of only 55-60 runners was a testament to the lack of publicity, but Mickey Hooke, one of southwest Florida's speed merchants, was there to lead the way. Unfortunately, a pylon around which he was to turn, was not so marked and the course monitor was out of position (on another planet, I gather). Consequently, Mickey and the second leader ran a short course. It would appear that adjusting the position of the start and finish lines would eliminate the necessity of a turn around the pylon.

As we gathered for the awards, I noticed a woman wearing the distinctive black and gold of the Kennekuk Road Runners of Danville, IL. I struck up a conversation and met Mike and Nancy Grimes, two other retired snowbirds calling Port Charlotte home for the winter. They each collected one of the beautiful large trophies for first in age group while I watched the long-haired guy I chased for most of the race pick up first in my age group. I needed to be fourteen seconds faster! More miles, speed work, less chocolate! Less chocolate? He can have that plastic gold! I did win a tote bag in the post-race drawing, much more practical than that large gold trophy. The best part of the morning was breakfast and conversation with John, Erma, and Mickey! On Sunday, November 3rd, the Sarasota Manatee Bicycle Club was having a multi-distance ride starting at the Sarasota Polo Grounds. Running buddy Tom Bedford was going to do the 63 miles. Sleep in or ride? Although I hadn't been on my bike in five weeks, I was betting that my overall fitness would carry me through. Either that or a sag van.

So, on another absolutely beautiful morning with temperatures in the 60s, I joined what seemed like a hundred others for the 63 mile route. It was a virtual MTC (Manasota Track Club) meeting with at least a dozen members gathered at the start. Tom, Chris Samo, and "Patricia," an MTC member I met just before the start, and I fell in together for the early miles, but Chris soon surged ahead. Tom, Patricia and I took turns leading our mini-pace line and, occasionally, one or more other bikers fell in with us. We had two stops with ample refreshments. Locked rest rooms at the second stop required us to step behind the bushes for relief. Otherwise, it appeared to be perfectly organized.

Success! A little more than four hours after we began, I finished under my own power. No sag van needed! We pulled a table into the shade and enjoyed the buffet lunch. If there comes a day when I can't run, I expect bike riding will take its place. I might even replace the fifteen-year-old Trek that I bought from Ken Stark bike with one that fits me!

The goal for my second weekend in "paradise" was to survive the Latin Classic Half Marathon on Sunday. With my reduced training miles over the past three months, it would be a long, up-tempo training run. I once again anticipated that my overall fitness would be up to the challenge.

It became a bit more of a challenge when I agreed to keep Ben Clark company at the Lake-to-Lake 5K/10K at Lakeland on Saturday morning. This race is usually a week later and Ben and I have done it several times. It is both scenic and challenging - hilly! I usually do the 10K and Ben the 5K. I do the 10 because it is embarrassing to have an old man like Ben (63) kick my butt. Why he's even faster than Charlie Grotevant! Since I did have the half marathon on Sunday, I opted for the Lake-to-Lake 5K and planned to take it easy. I would have run three miles in training, anyway. This was a fine plan until the gun went off and the adrenaline surged! I don't think I gave it everything, but I gave it more than I intended. Ben, John Hickey and I were first in our respective age groups while Mickey Hooke won the 5K and set a course record (16:25?). I would love to see Mickey and Pat Koerner go head-to-head when they are both at their best!

Yes, of course we went to breakfast. We run to eat! Ben, John, Erma and I were joined by Don and Carolyn Roberts of Lakeland. Don and Carolyn travel the country as part of the Kampgrounds of America (KOA) Quality Assurance Team - they camp and inspect the campgrounds! After breakfast, we inspected their home - which has a lot of "character."

I arrived at Lakewood Ranch H.S., the staging area for the Latin Classic, a little before 6:30 A.M. Feeling no need to warm up for my training run, I mingled and exchanged greetings with some of the assembled. I had worn a "KANKAKEE" singlet which has often evoked an "Are you from Kankakee?" Today was no different. I was approached by a runner who asked that question and volunteered that he had been raised in Kankakee. "My name is Gary Swikle."

Kankakee High School was blessed for many years with a teacher and coach named Charlie Swikle. He was memorialized in a song that began "We're Charlie Swikle's raiders, the raiders of the night, we're Charlie Swikle's raiders....." It went on to suggest a preference for physical activity among teenagers which, in those days, was most commonly carried out in the back seat of a car and not something coached

by Charlie Swikle. In any event, Gary and I had a nice chat about Kankakee. He now lives in Venice and is busy raising his second family.

The day had dawned with unseasonable warmth - 73 degrees at the 7:00 A.M. starting time. The course is flat, out-and-back, with virtually no shade. I thought I might be able to hold eight minute pace and had found another runner of like mind - Judy Cole. My "eight minutes per mile" plan suffered an early setback as I found my shins and ankles were tight. I watched Judy and her landlord, Lisa Goodrich, began to pull away. Three to four miles into the run, I loosened up and caught Judy. We closed the gap on Lisa, who was having her own problems. By the time I was greeted by Ben, who was working the halfway mark, Judy had dropped back.

We were all still running at the finish, but we weren't running eight minute miles. Judy, Lisa, and Tom Bedford, who ran a great race, all placed in their age groups. We were all rewarded with plenty to eat at the post-race feed. I re-hydrated with water, "ade," pop, and even a beer (Budweiser was a sponsor) - before 10:00 A.M.! When I said something about that to Lisa, she replied: "It's eleven o'clock somewhere!" The wisdom of those words almost makes me feel guilty about telling blonde jokes - almost.

Time to go run some miles....to do some speed work.....before I eat that chocolate cake. Hope to see you on Dan's run!

WILD, WILD, WILDERNESS by Phil Newberry

Hey everybody! You missed out on a great time! On September 29th I ran the Wild Wild Wilderness run. I ran on a team. Team members included: Phil Newberry (myself), John Bevis, Dave Merillat, Dan Hall, Doug McWilliams and Jim Grace. We had a blast! Our team finished 6th out of 8 but who cares? It was fun!

The race was run at the Kickapoo State Park which is near Danville, Il. The trip takes about an hour and 15 minutes or so if you know how to get there. I met up with the boys before the race and Jim took us out for a warm up. It wasn't your typical warm up as Jim took us on some crazy trail! I was warmed up alright! Actually it was a nice trail and it was a great way to warm up.

At the start I saw John Pool, Bob Pool, Chris Duval, and Bev Smith. That is 10 area runners right there and later we ran into Warren Monk from Ashkum to make it 11. Heck, that's almost the same number that we get for some RACES around our neck of the woods. Anyway, the weather was warm but not very humid. It was a beautiful day! Most of us had a great race. I had to walk a little on a couple of hills. I am starting to get a little bit wimpy in my old age.

We hung around the finish for a little while until everybody finished and then we headed over to the party. These Kennekuk people really know how to put on a party! They had hotdogs and polish sausage with chips but the real deal was the beer. They had Leinenkugel Oktoberfest! Two kegs! You should have seen Doug. One year they only had one keg so the beer kind of ran out early. Well, Doug was ready this year. He would go over and pour the beer in his cup, drink about one fourth of it and head over for another one. I was having a heck of a time keeping up. Hey, don't worry I had a designated driver. My man John was on the scene. Thanks buddy. The group hung out for awhile and we did some male bonding. Except for Dave Merillat. I'm not quite sure what happened to him. We missed his company. Oh, by the way Jeff, they also had Coors Lite and Miller Lite as well. But the Leinenkugel is king. Good stuff! After the Leinenkugel ran out Jim Grace somehow found some Goose Island beer for us to sample. What a nice guy!

While we were partying we ran into Warren Monk. He wanted to know why we don't have some kind of running club track workouts. I didn't really know what to tell him. The idea is a good one but I don't really think we have that many serious runners in the club for that. I guess I could have told him that but because I was in such a deliriously good mood I decided to point him towards club president Chris Duval. Sorry Chris but it seemed like a good idea at the time. I don't know if Warren is a club member or not but maybe he could get something going. He is young and we are always talking about getting young blood in the club. I have seen Warren around quite a bit this summer. He finished second at Herscher I think and then I saw him the next day at the Scenic 10. I was calling him Jean Claude Van Damme for awhile because I didn't know his name. Have anyone seen this guy!? His arms are the size of my legs!

Dave Bohlke was there doing the race results so we had to go over and give him some club love. Nice job Dave!

This race is a keeper. It is always one of the best if not THE best race that I do all year. The Siberian is coming up in January and it is done on the same course as the Wilderness so maybe some of you could keep that in mind if you want to run a great race and have a great time! Well for me the next race is the Allerton Park trail run in Monticello and the following week is Canal Connection. Both races are top notch. Don't miss them. Some of us are thinking about going to Duffy's in Utica after Canal Connection. Have fun at the races! I know I will! Phil

GETTING STARTED IN CROSS-COUNTRY SKIING

BY CHRIS DUVAL

Cross-country skiing, or X-C skiing, is a natural for runners. The power plant is already well tuned, it's just a matter of changing the tires. Specifically, trading running shoes for two long boards attached to your feet.

The first decision the new skier is faced with is equipment. There are essentially three types of cross-country skis: diagonal, skating and telemarking.

Telemark skis are for downhill and backcountry. They are heavier, have stiff boots and metal edges for carving turns. They differ from the downhill skis most people are used to in that the toe is attached but not the heel. This allows a combination of mobility over different types of terrain and downhill country. Telemarking skis are great for the mountains and downhill ski areas, but are too stiff and heavy for a day in the woods in Illinois.

Skating and diagonal skis are the most common in the midwest. Diagonal skis are called that because they are side by side, diagonal, while skiing. Diagonal skiers ski in groomed tracks, the tracks of another skier, or make their own trail.

The tracks of a skating ski, on the other hand, will look like a series of V's in the snow. The action is similar to ice skating or rollerblading, pushing off from one ski and gliding on the other. Skating is a faster technique, frequently seen in races. Generally you need to go to a cross-country ski area where the snow has been groomed to enjoy the fast, efficient glide of ski skating.

The best all around skis for this are diagonal skis, aka traditional skis, because they were first, aka striding skis, because that's what the motion looks like from a lateral view.

People who have never used diagonal X-C skis sometimes ask how you make them go. Downhill is obvious, gravity. But for flat terrain, or skiing up a hill, it would seem that you would just be moving your feet back and forth, slipping and sliding and not going anywhere.

The secret is the wax or specially prepared area in the middle of the ski. You may have heard of waxed and waxless skis. All skis have wax on the front and back, tips and tails, to help them glide. The difference is in the middle of the ski. Waxless skis have little ridges, almost like fish scales, that bite into the snow when you push down to propel yourself forward. Waxed skis use a sticky wax in the middle, different waxes for different types of snow, that accomplishes the same end.

When you are standing on X-C diagonal skis that are appropriate for your height and weight, the camber (bend, curve) of the skis will keep this middle part up, off the snow when your weight is 50/50 on the two skis and you're gliding along. When you push off, and down, with your left or right foot, the sticky middle of the ski grips the snow and allows you to push yourself forward. Similar to pushing off with one foot and hopping on a skateboard.

You can use the, "paper test", to see if a pair of skis are right for you. Put the skis on the floor. Stand on the middle of both skis, weight 50/50 between the left and right foot. The tips and tails of the skis will be on the floor, the middle sections should be curved up off the floor, due to the camber. Now push down with the left, or right foot, weight 100/0. You should be able to push the middle of the ski all the way to the floor. Have someone try to pull a sheet of paper out from under the middle of the ski that is bearing your full weight. If the camber and stiffness is right for you, they shouldn't be able to.

Skating skis don't have this rigid or waxable center area to grip the snow. They are covered with glide wax tip to tail. Skaters get their bite into the snow by pushing off from one ski approximately 45 degrees from the angle of forward motion, similar to ice skating.

For the short winters of Illinois, variable snow-slush to ice and lack of groomed trails in the area, waxless diagonal skis are the best bet for someone who just wants to go out in the woods a couple times a winter. They are cheaper, low maintenance and you don't have to monkey around with different waxes for different conditions.

You'll need skis, bindings, ski boots, and poles. Package deals are frequently available for around \$100. Top of the line equipment will run around \$400. The inexpensive packages offered by local sporting goods stores are fine for the beginner and will probably last for the rest of your life. You can always spend more money later for the faster, lighter skis.

A bigger expense for many new skiers is the clothing. Here's for the good news for runners, you don't need anything new. Wear what you wear for running in the winter. Just remember to wear multiple layers, you'll find yourself frequently adding and subtracting layers as terrain, weather, temperature, and rate vary on your excursions.

Next month, ski technique.

NOV.-DEC. B-days!

HAPPY BIRTHDAY TO...

| NAME | B-DAY | AGE |
|-------------------------|----------|--------|
| NOVEMBER B-days! | | |
| Andy Baldwin | 11/06/88 | 14 YRS |
| Kevin Brown | 11/13/67 | 35 YRS |
| Alison Gremer | 11/01/85 | 17 YRS |
| Jennifer Kershaw | 11/18/88 | 14 YRS |
| Kari Livesey | 11/22/55 | 47 YRS |
| Doug McWilliams | 11/13/59 | 43 YRS |
| Carol Pratt | 11/05/59 | 43 YRS |
| Tricia Rahrig | 11/08/82 | 20 YRS |
| Keith Theisen | 11/18/45 | 57 YRS |
| Mimi Vallone | 11/12/96 | 6 YRS |
| DECEMBER B-days! | | |
| Peggy Baldwin | 12/23/83 | 19 YRS |
| Lindsey Grace | 12/21/84 | 18 YRS |
| Rebecca Gremer | 12/11/92 | 10 YRS |
| Daniel Hall | 12/15/62 | 50 YRS |
| Graig Hickey | 12/07/77 | 25 YRS |
| Mark Lesyna | 12/23/51 | 51 YRS |
| Jeff Lonergan | 12/11/54 | 48 YRS |
| Randy Rahrig | 12/03/58 | 44 YRS |
| Colin Renville | 12/30/96 | 6 YRS |
| Kirsten Steeves | 12/20/63 | 39 YRS |
| Gina Vallone | 12/09/94 | 8 YRS |

FAST-N-FIT FOODS

BY JANET SHELLY
Prairie Honey Pumpkin Bread
 (from Food Network)

- 3 ½ cups all-purpose flour
- 2 teaspoons baking soda
- 1 ½ teaspoons salt
- 1 tablespoon ground cinnamon
- 1 tablespoon freshly grated nutmeg
- 2 cups sugar
- ¾ cup wildflower or other pale amber honey
- ½ cup water
- 1 cup vegetable oil
- 2/3 cup canned or freshly cooked and pureed pumpkin
- 4 large eggs, beaten
- 1 cup chopped pecans, optional
- ½ cup golden raisins, optional
- ½ cup dried sour cherries, optional – or dried cranberries

Preheat the oven to 325 degrees F. Grease 2 (9 by 5 by 3-inch) loaf pans and set aside.

Sift the flour, baking soda, salt, cinnamon, nutmeg, and sugar together into a large bowl. With a wooden spoon, stir in the honey, water, oil, pumpkin, and eggs until you have a smooth batter. Fold in the pecans, raisins, and/or dried sour cherries, if using.

Pour the batter into the prepared pans and bake for 50 to 60 minutes, or until a toothpick inserted in the center of a loaf comes out clean. Cool in the pans on a wire rack.

- Yield: 2 loaves
- Prep Time: 20 minutes
- Cook Time: 1 hour
- Difficulty: Easy

This has the tastes of Thanksgiving all in one!

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WELCOME NEW MEMBER

**MIKE CICHON
 OF DWIGHT**

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!

Nov. 23, Sat. Turkey Trot 5K/10K 10:30 am, Decatur, IL (217) 422-8535

Nov. 24, Sun. Pilgrim Pacer 5K, 8:30 am, LaGrange, IL Ken Daemicke (630) 887-7838 daemicke@mpscpa.com

Nov. 28, Thurs. Turkey Trot 3 Mile/Half Mile 9:30 am, Miller Park, Bloomington, IL (309) 434-2260

Nov. 28, Thurs. Oglesby 3 Mile Turkey Trot, 9:00 a.m., Holy Family School, Chris Christian (815) 853-4547 runchris@yahoo.com

Nov. 28, Thurs. Poultry Predictor 4 Miler, Pilcher Park, New Lenox 9 a.m., Keith Theisen (815) 478-3124

Nov. 30, Sat. Folepi River Trail Classic, 4 Mile Run/3 Mile Walk 9 a.m. 201 Veterans Dr., East Peoria, IL Donna Moore (309) 699-3102

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

Dec.14, Sat. Deer Run 8K X-C 11 am, Comlara Park, Bloomington, IL Scott Fountain, (309) 726-2022, x221

Dec. 14, Sat. Jingle Bell 5K, 10 am, IL Valley YMCA, Peru, IL Chris Schwiekert, (815) 224-2799

Dec. 31, Tues. Hardcore 5K, 1 pm, Kewanee, IL Mark Mikenas (309) 852-2175

Dec. 31, Tues. YMCA Y2K 5k Run 2:00 pm Decatur, IL

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

Nov. 3, 2002 CANAL CONNECTION XX, Utica, Illinois

| | | |
|---------|-------------------|-----|
| 39:44 | Phil Newberry | |
| 41:46 | Erica Batkiewicz | 1AG |
| 44:20 | Charlie Grotevant | 2AG |
| 45:18 | Jim Grace | |
| 45:21 | Carol Pratt | |
| 46:11 | Bob Pool | 3AG |
| 46:18 | Jeff Lonergan | |
| 46:51 | Theresa Burgard | 3AG |
| 48:27 | John Pool | |
| 52:14 | Chris DuVal | |
| 52:57 | Nancy Ruda | |
| 54:11 | Pat Pierce | |
| 1:04:04 | Bev Smith | |

Aug. 3 God Bless America 5K Bradenton FL

John Hickey 28.48 2nd AG

Aug. 9-10 Tour de Pain 4M 1M 5K Jacksonville FL

John Hickey

9th - 7:30 PM Beat The Heat 4 Miler 40.53 1st AG

10th - 7:30 AM Mile Sizzler 8.09 1st AG

10th - 7:30 PM Jax Landing 5K 28.00 1st AG

Aug. 25 Summer Sizzler 5K Safety Harbor FL

John Hickey 27.53 2nd AG

Erma Hickey 35.35 1st AG

Aug 31 Education Finishes First 5K Port Charlotte

Erma Hickey 37.42 1st AG

John Hickey 37.42 2nd AG

Charlie Grotevant's Times

Oct. 6 Katie Maquire Memorial 5K Bloomington, IL 21:15 1AG 60+

Oct. 19 Old Plank Trail 5K Frankfort, IL 21:31 1AG 60+

Oct. 27 Allerton Park Trail Run Monticello, IL 41:31 1AG 60-64

Oct. 13 Chicago Marathon

Mike Wolfe 3:30

Mark McDermott 4:26

Oct. 19, Pumpkin Prance 5K, Shererville, IN

Pat Koerner 17:29 20A/1MASTERS

Oct. 27, Allerton Park, 5.5 Mile Trail Run, Monticello, IL

Phil Newberry 37:17

Charlie Grotevant 41:31

Carol Pratt 43:33

Doug McWilliams 43:38

Bob Pool 43:48

Jeff Lonergan 45:15

Chuck Parsons 45:22

John Pool 46:24

Marcia Lonergan 47:43

Randy Riegel 48:58

Chris DuVal 50:54

Pat Pierce 50:58

Bev Smith 1:02:48