



# THE PAPER RACE

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



**JAN.-FEB. 2003 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 178**



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### KRRC CABIN FEVER PARTY!

6:00-10:00PM

SATURDAY, MARCH 1<sup>ST</sup>, 2003

**KNIGHTS OF COLUMBUS HALL-187 S. INDIANA AVE., KANKAKEE, IL  
ADULT PARTY\*\*21 AND OVER\*\*\$5 PER MEMBER/\$10 PER NON-MEMBER  
BEER, WINE, HORS D'OEUVRES, CATERED FOOD ALL PROVIDED**

**IF YOU WISH, BRING AN APPETIZER OR DESSERT AND  
A \$5 ITEM FOR AN EXCHANGE GAME.**

**HOPE TO SEE YOU THERE!**

**This year we will be sure to have plenty of wine and to get the food out sooner. We are skipping the R.S.V.P.s, because most people don't do it anyway. Just show up hungry and ready to have a good time! If you have any questions or suggestions, please call John Bevis at (815) 935-0470 or Marcia Lonergan at (815) 933-1695.**

### 2003 MEMBERSHIP DUES ARE DUE--PLEASE USE ENCLOSED RENEWAL FORM

**(If all of your information is the same from last year, please just fill in your name or any information that has changed, for example, your e-mail address, etc.)**

**SINGLE \$15—FAMILY \$20**

**IF YOU BECAME A MEMBER AFTER 8-1-02 YOU NEED NOT RENEW UNTIL 1-2004**

**(If you do not intend to renew, please let me know.)**

**Marcia Lonergan (815)933-1695 or [run4fun@daily-journal.com](mailto:run4fun@daily-journal.com)**

**Riverside Healthcare Winterfest 5K Run and Fitness Walk is at 1:00 pm on Sunday, February 2<sup>nd</sup>, 2003. Entry forms are enclosed in this newsletter. We hope to see many of our KRRC members at Winterfest. If you aren't planning to run and you'd like to help out, please call Charlie or Joyce Grotevant at (815)949-1551 or Ken Klipp at (815)937-1958 to volunteer.**

# FINISH LINE

## A Mid-Pack Victory by Joel B. Braunstein, M.D.

It's marathon day in Hopkinton. As I anxiously wait for the gun to sound, I size up my opponents.

I meet a man from Nevada who tells me this is his seventh Boston and only a training run for his Hawaii Ironman later this year. He seems so confident. "He's a definite contender," I think. But I notice his knee pads and hope I might be able to take him.

Out of the corner of my eye, I spot another man. He has ripped muscles, mirror sunglasses, and bronzed, leathery skin. When

winning Boston. Not even close.

At mile 13 I funnel into Wellesley's Screech Tunnel and hear the deafening roar of students from the all-women's college. I'm ignited, believing they're cheering just for me. But reality sets in again when a woman wearing a Wellesley College shirt flies past me.

I find Mr. Nevada at mile 14. He's gasping for breath and barely manages to say, "Good to see you." He's limping badly and if he could move any slower, he'd be standing still. I urge him on. He replies, "Just a little cramp. Happens all the time during my Ironmans. I'll slow down for a moment. Catch you in a bit."

I never see him again.

The Newton Hills at mile 17 don't greet me with the comfortable familiarity I'd expected. Previously on target for a personal record, I'm forced to rethink my position. "PR: Pitiful Run" is the only thing that comes to mind. My right calf has gone into a painful spasm. I want to cry. What will these people think when they see a grown man cry?

By some miracle of fate, I make it to Brookline. This is where my family and friends planned to cheer for me at the front of the pack. When I finally see my wife at mile 24, she gently informs me that the Kenyans finished nearly an hour ago. "Not to worry," she adds. "You're already a winner!"

Somehow despite my slow time and aching body, I realize she's right. My rubbery legs carry me over the finish line. Mr. Muscles #11445 drags himself across just after me. I help a race volunteer lift him into a wheelchair and offer to place an IV in his arm. After he gets hydrated and has his finisher's medal around his neck, he'll show up at the race next year, I'm sure.

I'm delighted when I spot my lady friend wearing the "Race for the Cure" shirt. She tells me she finished strong and smiles brilliantly. We chat briefly and then part ways. I never learn her name, but that's okay. There's always someone like her who symbolizes the true meaning of the marathon. **R**

*Joel B. Braunstein, M.D., is a physician at Brigham and Women's Hospital in Boston, Mass. He trains on the marathon route, but says it never helps on Patriots' Day.*

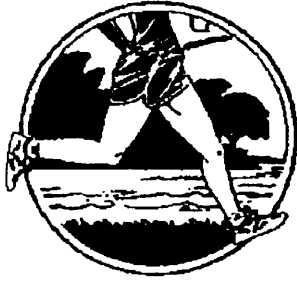


he catches me staring at him, he shoots back an aggressive grimace. "Maybe he's one of the elite runners," I think. Then I look at his bib number—11445—and change my mind.

Next I meet a woman standing beside me. Instead of flashy sports attire, she wears a simple shirt that reads, "Race for the Cure." She offers me a warm smile and wishes me good luck.

The gun fires and the stampede of runners begins.

The race starts very fast, but I feel good. So good, in fact, that I entertain the thought of actually winning this event. I visualize the journalists clamoring to ask me questions and the laurel wreath on my head after I break the tape. Unfortunately I trail behind a man dressed as Elvis, complete with a white bell-bottomed outfit and a cardboard guitar that he plays as he runs. As the space widens between us, reality sets in: I won't be



# THE KANKAKEE RIVER RUNNING CLUB

\*\*\*\*MONTHLY NEWSLETTER\*\*\*\*MEETINGS\*\*\*\*PARTIES\*\*\*\*  
\*\*\*\*GROUP RUNS\*\*\*\*CLUB EVENTS\*\*\*\*JOIN OUR CLUB\*\*\*\*

## MEMBERSHIP APPLICATION

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

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

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

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

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

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

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

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

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

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

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

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

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

Status:     New       Renewal

---

Signature (parents if under 18)

Date

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

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

## Be A Better Skier, Basic Cross-Country Skiing Technique

By Chris DuVal

My introduction to skiing was a trip down the bunny hill at a small ski area on a local farmer's land. Unfortunately, I hadn't taken the time to learn how to turn or stop before my first outing. Unfortunately, the bunny hill fed directly into the expert hill. Fortunately, somehow, I stayed upright and didn't crash into any trees or other skiers.

After that first run I thought, "This is for me.", but I need to learn a few of the finer points, like turning and stopping. Most of the advice I got from my friends took the form of, "Just point em down hill and go fast." Eventually I found some teachers who could actually teach some technique, and it made a world of difference. Knowing some of the basics made skiing more fun and opened up other options, expert runs, back-country and cross-country skiing.

The most common technique used in cross-country (X-C) skiing is the diagonal stride. Diagonal refers to the movement of arms and legs, just as in walking or running. In fact, this is a good place to begin. Set your ski poles aside for now, put on your skis and simply walk. Work on the coordination of your arms with your legs. Try to make it feel as natural as walking, even though you have two long boards attached to your feet. Once you figure out walking, pick up the speed a little and jog/shuffle. Again, no poles, focus on easy coordination of arms and legs. With each step, try to get a little glide, even a couple of inches for now. The best spot for no pole practice is a straight 50-100 yard stretch with a good track to ski in.

Many beginners rely on their poles for balance and never develop a smooth, easy stride. Once you get the hang of gliding without poles, add the poles for an extra push, like the after burner on a fighter jet. A little (5-10 min.) no pole skiing every time you go out is a good way to improve quickly.

Many non-runners become runners by using a walk-jog-run approach. (I did.) This works for skiing as well. Practice your technique with a slow shuffle, pick it up to a jog, then a run pace. Drop it down when your form goes out the window. Try it with and without poles. For an added twist, do it on one ski only, ie: push off with your left foot (no ski) glide on your right (ski). As you become more comfortable, throw in some fartlek/speed play, but never sacrifice good timing for speed, that will come naturally with a more coordinated stride.

Hills are a different challenge. For smaller hills, just pick up your pace, shorten your stride and motor over the top. To go up a steeper hill, use the herringbone or the side step. The side step is slower, but will work on even the steepest hills. It is accomplished by standing sideways to the hill and stepping up, using your ski edges to dig into the snow.

The herringbone is a quicker and more efficient way to climb most hills. In the herringbone you create a V with your skis, tips apart, tails together. The inside edges of your skis bite into the snow as you climb. The steeper the hill, the more the tips are separated, bringing of the ski edge to bear against the fall line of the hill.

To slow down or stop when going down hill, you use a different type of V, the snowplow. In the snowplow, the tips are together, but not touching, the tails apart, opposite of the herringbone. The inside edges dig in to slow your descent. A word of caution, the snowplow doesn't work very well once you pick up some speed, X-C skis don't have metal edges like downhill skis. When in doubt about a hill, take off your skis and walk down, you can conquer it next time. And if you do find yourself speeding down a hill, out of control, about to hit a big tree, don't panic, sit down. As my grandma used to say, "Sit down before you fall down."

If the snowplow works for you, try some snowplow turns. A snowplow turn starts like a snowplow stop, but you dig in one ski, or the other, to turn. Pushing down on the left ski, with the inside edge biting the snow, will make you go right. Pushing the right, you go left. Remember, you're going down hill with the tips together, left ski pointed right, right ski pointing left. For a little extra style, you can hop your non-turning ski and make a stem-christie turn or a very cool hockey stop.

Anyone can put on a pair of X-C skis and have fun, provided they stay within their skill level. But whatever your level, ski drills and technique work will pay off and make skiing even more fun. Just as swimmers improve with drill work vs. slogging out endless junk laps, skiers improve with practice. Keep at it, make it fun and you'll be surprised at how much farther and faster you will be able to go.

# JAN.-FEB. B-days!

HAPPY BIRTHDAY TO...

NAME	B-DAY	AGE
David Cagle	1/26/67	36 YRS
Debbi Cox	1/01/63	40 YRS
Raymond Feeley	1/27/47	56 YRS
Daniel Gerber	1/05/59	44 YRS
Linda Grace	1/26/62	41 YRS
Joyce Grotevant	1/28/42	61 YRS
Erma Hickey	1/24/28	75 YRS
Paul Hillebrand	1/05/95	8 YRS
Peter Kershaw	1/20/56	47 YRS
Brett Linn	1/26/82	21 YRS
Rick Livesey	1/12/53	50 YRS
James Martell	1/25/55	48 YRS
Donald McCarty	1/29/71	32 YRS
Gabriel Noffke	1/30/88	15 YRS
Chuck Parsons	1/25/49	54 YRS
Samantha Rahrig	1/26/85	18 YRS
Randy Riegel	1/31/55	48 YRS
Jay Samuel	1/22/63	40 YRS
John Shoup	1/23/50	53 YRS
Carter Mulvihill	1/24/92	11 YRS
Dianne Strufe	1/29/40	63 YRS
Michelle Baldwin	2/14/56	47 YRS
Patrick Barrett	2/02/96	7 YRS
Bill Batkiewicz	2/12/59	44 YRS
Anthony Belletete	2/12/74	29 YRS
LORRAINE CARPITA	2/03/52	51 YRS
Jim Grace	2/24/57	46 YRS
Marshall Grace	2/10/62	41 YRS
Tony Grace	2/16/91	12 YRS
Charlie Grotevant	2/18/42	61 YRS
Charles T. Haynes	2/23/59	44 YRS
John Hickey	2/28/28	75 YRS
Mike Hickey	2/21/50	53 YRS
Ian Kanit Kelly	2/01/99	4 YRS
Gerry Kilbride	2/06/38	65 YRS
Judy Kilbride	2/24/39	64 YRS
Marthajane Lehnus	2/21/33	70 YRS
Marcia Lonergan	2/02/66	37 YRS
Elaine Noffke	2/20/91	12 YRS
Ann Rahrig	2/04/61	42 YRS
Collin Rahrig	2/13/91	12 YRS
Janet Shelly	2/13/53	50 YRS
Allison Shelly	2/22/76	27 YRS
Marianne Suprenant	2/26/57	46 YRS
Chris Walsh	2/21/62	41 YRS

**FAST-N-FIT FOODS**  
**Chicken and Walnut Couscous Salad**  
**with Apples**

Prep. Time: 15 mins.      Cook Time: 15 mins.

**Ingredients:**  
3 boneless, skinless, chicken breasts  
salt to taste  
black pepper  
2 cups water  
1/4 cup olive oil  
3 Tablespoons lemon juice  
2 cups dry couscous  
2 apples, cored and diced  
1/2 cup golden raisins, seedless  
1/2 cup toasted, chopped walnuts  
2 Tablespoons chopped parsley

**Cooking Instructions:**  
Preheat the grill or broiler to medium-high.  
Season the chicken breasts with the salt and pepper.  
Grill or broil them until they are cooked through, about 6 mins. each side.  
In a large saucepan, combine the water, olive oil, lemon juice, and a generous pinch of salt and bring to a boil.  
Remove from heat, stir in the couscous, cover and let stand off the heat for 5 mins. Fluff the couscous with a fork. Add the apples, raisins, walnuts, and parsley and stir to combine. Transfer the couscous mixture to a serving platter. Slice the cooked chicken and arrange it on top of the couscous.

**KRRC OFFICERS**

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

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**Dave Barrett (815)937-4668**

## 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!

Jan 25, Sat. Chilly Chili 4.375 Miler, 1PM, Lake Bloomington

Jan. 25, Sat. Triathlon Workshop For Women (Men Welcome) 8am-3pm Provena Conf. Ctr. 500 W. Court St. Kankakee Kelly or Mike (815)936-3232 Cost \$10 includes coffee, rolls and luncheon

Jan. 26, Sun. Midwinter Cruise 5K, 10:30am, Park Forest, IL Gary Kopycinski (708)802-2759

Jan. 26, Super Bowl 11 Mile Fun Run, 8a.m. Ottawa YMCA Tim Scott (815)434-4512

Feb. 2, Sun. Winterfest 5K, 1PM, Small Mem. Park, Kankakee, IL Charlie or Joyce Grotevant (815)949-1551 or Ken Klipp (815)937-1958

Feb. 9, Sun. Frosty Five Mile, 1PM, Channahon, IL, Channahon Middle School Gym, (815)467-7275 M-F 8:30-5:00

Mar. 16, Sun. St. Pat's 5K, 1PM, Bloomington, IL (309)663-0355

Mar. 22, Sat. Mountain Goat Hill Runs 10K & 15K, 10:30am, Kickapoo State Recreation Area, west of Danville, IL on I-74 exits 206 or 210. No race day reg. for 15K. Marc (217)431-4243 eves. & weekends. [www.kennekuk.com](http://www.kennekuk.com)

Mar. 23, Sun. LaSalle Shamrock Shuffle 8K, 9:30am, Chicago, Cari Murphy (312)904-9814 [www.shamrockshuffle.com](http://www.shamrockshuffle.com)

Mar. 30, Fool's Run 4 Mile, 9am, Park Forest, IL Hilary Tydo (708)798-0134 [www.lincolnet.net/pfrpc](http://www.lincolnet.net/pfrpc)

Apr. 26, Sat. Starved Rock 5K, 9am, Ottawa YMCA, Joanne Kammerer (815)795-3936 eves. [www.starvedrockrunners.org](http://www.starvedrockrunners.org)

May. 3, Sat. Lake Run 4.375 Miler & 12K, 9am, Lake Bloomington, IL (309)828-1415

## THE FINISH LINE

### Sept. 8, Run for the Gold 5K, Tampa, FL

John Hickey 27:16 3AG

Erma Hickey 35:18 2AG

### Sept. 11, Run For Freedom 5K, Sarasota, FL

John Hickey 44:40 1AG

Erma Hickey 44:40 1AG

### Oct. 5, Race Against Stigma 5K, Bradenton, FL

John Hickey 27:41 1Grandmasters

Erma Hickey 35:50 1Grandmasters

### Oct. 12, Race For The Cure 5K, Lenoir, NC

John Hickey 28:00 1AG

Erma Hickey 36:04 1AG

### Oct. 27, Fall Classic 5K, Tampa, FL

John Hickey 27:20 1AG

Erma Hickey NTA 2AG

### Nov. 9 Gobbler Hobbler, Oswego, IL

Charlie Grotevant 45:36 2AG 60-64

### Nov. 9, Lake to Lake 5K, Lakeland, FL

John Hickey 27:43 1AG

### Nov. 23, Decatur P.D. Turkey Trot 5K

Pat Koerner 17:42 2AG

Carol Pratt 22:35 3AG

Colin Koerner 23:23 2AG 10 & under

### Nov. 28, Turkey Trot 3 Miler, Oglesby, IL

Pat Koerner 16:57 2AG (8OA)

Charlie Grotevant 21:31 1AG 60-64

Carol Pratt 21:34 3AG

Colin Koerner 23:11 1AG 9 & under

### Nov. 28, Pilcher Park Poulrty Predictor 4 Miler, New Lenox, IL

Rod Kahl 23:05

Phil Newberry 25:38-Turkey winner (7 secs. off pred. time.)

Pat Pierce 33:58

Randy Riegel 34:14

Dick Manthei 40:25

### Nov. 30, Folepi River Trail Classic 4-Miler, East Peoria, IL

Pat Koerner 22:48 1AG

Chris Walsh 25:08 1OA

Charlie Grotevant 27:59 2AG

Bob Pool 29:51 2AG

Carol Pratt 30:08

John Pool 31:05

### Dec. 31, Hardcore 5K, Kewanee, IL

Charlie Grotevant 22:09

# Dec. 8, 2002 Jungle Bell Run 5K, Kankakee, IL

## Race Results BY OVERALL FINISH

AgeGroup		Ovrall	GrpPlace	Time	Bib#	Name	AgeGroup		Ovrall	GrpPlace	Time	Bib#	Name
M 15 - 18	1	1	1	0:16:50.8	143	Jim M Sulzberger	M 19 - 24	52	4	4	0:22:32.9	231	Ryan O Miller
M 19 - 24	2	2	2	0:17:11.4	208	Matthew R Hinze	F 30 - 34	53	3	3	0:22:37.5	88	Marla J Styck
M 35 - 39	3	3	3	0:17:17.8	18	Rod E Kahl	M 19 - 24	54	5	5	0:22:38.0	225	Nathan Denault
M 40 - 44	4	4	4	0:17:28.5	34	Patrick D Koerner	M 25 - 29	55	10	10	0:22:39.0	235	Josh Weber
M 19 - 24	5	5	5	0:17:45.8	29	Larry H Huffman Jr	M 40 - 44	56	9	9	0:22:40.7	207	Marshall C Grace
M 15 - 18	6	6	6	0:18:13.9	41	Matt Larson	M 15 - 18	57	9	9	0:22:41.9	194	Chris Prairie
M 15 - 18	7	7	7	0:18:25.0	168	Mahesh Narayanan	M 40 - 44	58	10	10	0:22:45.4	219	Henry J Nykaza
M 25 - 29	8	8	8	0:18:41.3	55	Alan Standley	M 19 - 24	59	6	6	0:22:46.8	190	Casey Holohan
M 25 - 29	9	9	9	0:18:51.4	167	Chad Hillman	M 35 - 39	60	3	3	0:22:48.4	246	Daniel E Hall
M 25 - 29	10	10	10	0:18:53.6	191	Clayton P Provost	F 15 - 18	61	1	1	0:22:50.0	223	Jennifer Regnier
M 19 - 24	11	11	11	0:19:07.1	210	Drew C Parsons	M 40 - 44	62	11	11	0:22:50.7	180	Doug McWilliams
M 19 - 24	12	12	12	0:19:21.4	158	Bill L Szabo	M 1 - 14	63	3	3	0:22:51.3	193	Nick Cox
M 45 - 49	13	13	13	0:19:22.4	160	Dan F Weber	M 15 - 18	64	10	10	0:22:54.8	172	Houston Wheeler
M 1 - 14	14	14	14	0:19:22.7	134	Alex K Frye	F 15 - 18	65	2	2	0:22:59.4	178	Alison Grenar
M 15 - 18	15	15	15	0:19:26.3	186	Nathan Bell	F 45 - 49	66	1	1	0:23:04.1	39	Theresa C Burgard
M 50 - 54	16	16	16	0:19:28.2	203	Ken P Klipp	M 25 - 29	67	11	11	0:23:07.2	234	Jack Smothers
M 35 - 39	17	17	17	0:19:39.8	199	Tony D Webster	F 30 - 34	68	1	1	0:23:10.9	96	Shannon Boudreau
M 25 - 29	18	18	18	0:19:41.9	80	Jay W Scroggins	F 19 - 24	69	1	1	0:23:11.8	47	Theresa Feltes
M 40 - 44	19	19	19	0:19:49.1	260	M Gomez	F 15 - 18	70	3	3	0:23:18.4	93	Lindsay A Atkins
M 40 - 44	20	20	20	0:19:50.3	202	Mike J Stuka	F 15 - 18	71	4	4	0:23:19.0	184	Jenna Giacchino
M 15 - 18	21	21	21	0:20:05.8	173	Jody L Stuckey	M 55 - 99	72	2	2	0:23:23.8	70	Robert E Pool
M 15 - 18	22	22	22	0:20:17.5	224	Trent Wilking	F 1 - 14	73	1	1	0:23:25.3	256	Taylor Bennett
M 15 - 18	23	23	23	0:20:25.4	220	Breman O'Connor	M 30 - 34	74	4	4	0:23:31.7	57	Dana L Swisher
M 50 - 54	24	24	24	0:20:26.8	66	Rich W Olmstead	F 15 - 18	75	5	5	0:23:33.0	221	Brianne Nichols
M 40 - 44	25	25	25	0:20:29.7	182	Phil Newberry	M 50 - 54	76	6	6	0:23:38.1	216	Chuck Parsons
M 25 - 29	26	26	26	0:20:35.6	32	Chris C Koerner	F 15 - 18	77	6	6	0:23:43.1	144	Lindsey A Sulzberger
M 15 - 18	27	27	27	0:20:39.4	252	Jeff Fozzard	M 1 - 14	78	4	4	0:23:51.1	33	John Koerner
M 15 - 18	28	28	28	0:20:55.9	254	Brian Delahr	M 55 - 99	79	3	3	0:23:55.3	69	Colin F Pool
M 30 - 34	29	29	29	0:20:56.8	174	David K Merillat	M 45 - 49	81	6	6	0:23:57.6	179	Katie Gremer
M 25 - 29	30	30	30	0:21:06.1	59	Steve J Toth	M 30 - 34	82	5	5	0:23:58.0	175	Tom Goodberlet
F 19 - 24	31	31	31	0:21:10.3	156	Jaye Lamie	M 19 - 24	83	7	7	0:24:02.2	94	Casey M Babinski
M 40 - 44	32	32	32	0:21:15.3	169	Dean R Hartman	M 45 - 49	84	8	8	0:24:04.0	51	Paul E Schriener
M 50 - 54	33	33	33	0:21:17.3	187	Larry L Lane	F 40 - 44	85	1	1	0:24:04.6	201	May Kelly
M 25 - 29	34	34	34	0:21:20.2	44	Joshua F Deabel	M 40 - 44	86	12	12	0:24:09.4	239	Dan Sweeney
M 40 - 44	35	35	35	0:21:21.5	53	Stefan Schulte	M 35 - 39	87	4	4	0:24:11.6	36	Kevin W Brown
M 40 - 44	36	36	36	0:21:24.8	87	Tim Stewart	F 19 - 24	88	2	2	0:24:12.7	108	Andrea M Ulitzsch
M 25 - 29	37	37	37	0:21:27.9	177	Joel Denault	F 35 - 39	88	1	1	0:24:17.3	35	Bonnie C Brown
M 30 - 34	38	38	38	0:21:35.2	226	Patrick Kennedy	F 15 - 18	89	7	7	0:24:21.0	176	Tiffany Ciaccio
M 1 - 14	39	39	39	0:21:41.8	7	Micah J Dorn	M 45 - 49	90	7	7	0:24:23.1	120	William H Yeo
F 19 - 24	40	40	40	0:21:43.4	166	Amy Kleinkessel	F 25 - 29	91	1	1	0:24:24.4	92	Sara Ucherek
M 45 - 49	41	41	41	0:21:45.2	133	Mike R Goodwin	M 1 - 14	92	5	5	0:24:25.5	218	Griffin Nykaza
M 35 - 39	42	42	42	0:21:48.4	154	Andy W Furbee	M 35 - 39	93	5	5	0:24:29.3	250	Keith Holderman
M 50 - 54	43	43	43	0:21:53.8	25	Mike K Hickey	M 50 - 54	94	7	7	0:24:30.8	23	Don G Haag
M 45 - 49	44	44	44	0:21:56.8	145	Mike C Cichon	F 40 - 44	95	2	2	0:24:35.0	241	Kathi Frazier
M 45 - 49	45	45	45	0:21:57.6	19	Donald J Romac	M 15 - 18	96	11	11	0:24:40.0	227	Benjamin Fitzpatrick
M 30 - 34	46	46	46	0:22:03.1	43	Peter Bernsdorf	M 15 - 18	97	12	12	0:24:42.0	81	Justin Shirley
M 45 - 49	47	47	47	0:22:09.3	14	James P Grace	F 19 - 24	98	3	3	0:24:42.7	157	Rachel Kirleis
M 55 - 99	48	48	48	0:22:10.6	22	Charlie Grotevant	F 1 - 14	99	3	3	0:24:45.1	67	Shelby L Pealer
M 40 - 44	49	49	49	0:22:19.5	151	John E Brinkman	M 35 - 39	100	6	6	0:24:47.1	185	Greg Pealer
M 50 - 54	50	50	50	0:22:20.4	198	Wendell D Provost	M 45 - 49	101	8	8	0:24:50.9	10	Chris L DuVal
M 15 - 18	51	51	51	0:22:22.3	205	Andy Lavelle							

Dec. 8, 2002 Jungle Bell Run 5K, cont'd.

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name	AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name
M 30 - 34	152	9	0:28:07.4	139	Mike DePoister	M 50 - 54	204	16	0:32:06.3	159	Ellis S Stephens
M 50 - 54	153	11	0:28:10.2	27	Drew Horn	F 40 - 44	205	6 AG	0:32:17.1	37	Debra L Dilks
M 50 - 54	154	12	0:28:30.2	213	Dale F Johnson	M 50 - 54	206	17	0:32:21.5	257	Terry L Nordmeyer
M 15 - 18	155	13	0:28:32.7	204	Pat Lavelle	F 30 - 34	207	7	0:32:30.4	114	Jennifer Jackson
F 1 - 14	156	6 AG	0:28:36.0	82	Nichole Simmons	F 25 - 29	208	3 AG	0:32:32.0	181	Melissa Cox
M 45 - 49	157	14	0:28:37.1	244	Russ Wajda	M 30 - 34	209	12	0:32:39.0	111	Chris Deschand
M 50 - 54	158	13	0:28:44.2	240	Terry Lavelle	M 1 - 14	210	13	0:32:40.1	211	Marc DesLauriers
M 45 - 49	159	15	0:28:48.9	73	Dennis Reddish	M 55 - 99	211	7	0:32:40.7	212	Kim DesLauriers
M 25 - 29	160	15	0:28:49.9	45	Keith Demers	F 55 - 99	212	2 AG	0:33:15.9	1	Edith Alsvig
F 45 - 49	161	5 AG	0:28:50.9	3	Deebee L Baker	F 50 - 54	213	3 AG	0:33:19.7	63	Sharon K Mandel
M 35 - 39	162	9	0:28:58.1	50	Adam L Menard	M 55 - 99	214	8	0:33:31.3	64	Richard W Manthei
F 1 - 14	163	7	0:28:58.7	230	Allison L Clapp	M 45 - 49	215	16	0:33:40.5	248	Kent Van Duyn
M 30 - 34	164	10	0:28:59.8	124	Willie J Hunt	F 19 - 24	216	11	0:33:55.8	164	Monique Perry
F 45 - 49	165	6 AG	0:29:04.5	76	Barbara Schnell	F 15 - 18	217	16	0:34:38.4	237	Andrea Pitts
M 1 - 14	166	11	0:29:08.4	228	Matthew Ekhoff	F 15 - 18	218	17	0:34:39.1	6	Katie A Dorn
F 35 - 39	167	5 AG	0:29:13.9	122	Wendy Hove	M 35 - 39	219	12	0:35:16.2	232	Hollie Clark
M 50 - 54	168	14	0:29:22.8	79	David R Schkerke	F 45 - 49	220	9	0:35:20.4	249	Virginia Van Duyn
F 15 - 18	169	12	0:29:24.2	247	Alyssa Johnson	M 50 - 54	221	18	0:35:21.8	11	Bob Fennema
F 25 - 29	170	2 AG	0:29:30.1	170	Michele Rosenbrock	F 25 - 29	222	4 AG	0:35:49.0	116	Carolyn M Redwine
NONE	171	9999	0:29:30.6	261	Rebecca O'Connor	F 25 - 29	223	5 AG	0:35:57.8	54	Julie Standley
M 50 - 54	172	15	0:29:52.3	97	Dan G Bullock	F 35 - 39	224	10	0:35:58.9	42	Cynthia Bernsdorf
F 15 - 18	173	13	0:29:57.4	238	Ellen Worth	F 25 - 29	225	6 AG	0:36:06.9	90	Stacey Taron
F 45 - 49	174	7	0:30:01.1	189	Marianne Surprenant	M 50 - 54	226	19	0:36:30.0	258	Halina Gumelia
F 30 - 34	175	4 AG	0:30:04.6	153	Kelly M Hull	F 30 - 34	227	8	0:36:40.1	127	Tomiko Radford
M 35 - 39	176	10	0:30:12.2	133	Dave Dykeman	F 30 - 34	228	9	0:36:55.2	52	Sandra Schulte
M 40 - 44	177	18	0:30:18.2	115	Matt A McLean	F 30 - 34	229	10	0:36:57.0	147	Rebecca Hodulik
F 55 - 99	178	1 AG	0:30:27.4	217	Lynn A Troost	M 30 - 34	230	13	0:37:20.7	146	Robert Martin
F 30 - 34	179	5 AG	0:30:34.1	137	Cindy Reynolds	F 40 - 44	231	7	0:37:21.5	104	Marie Nowak
F 35 - 39	180	6 AG	0:30:35.6	209	Lori Fritts	F 35 - 39	232	11	0:38:22.1	99	Mars Harris
M 40 - 44	181	19	0:30:36.3	5	John Copeland	F 30 - 34	233	11	0:40:55.6	130	Kelly A Walter
F 45 - 49	182	8	0:30:40.2	72	Cindi Reddish	F 30 - 34	234	12	0:41:36.0	126	Mary E Lee
F 15 - 18	183	14	0:30:41.4	236	Carissa Sweeney	F 30 - 34	235	13	0:41:37.4	123	LaDonna Hunt
F 35 - 39	184	7	0:30:41.9	152	Bernadette Henriott	F 15 - 18	236	18	0:41:43.6	131	Allison Ankrum
F 19 - 24	185	7	0:30:43.0	163	Jennifer Hornok	F 30 - 34	237	14	0:42:43.8	138	Shari Busse
F 50 - 54	186	1 AG	0:30:44.2	20	Marilyn L Graham	F 25 - 29	238	7	0:42:48.3	106	Stacy Soucie
F 19 - 24	187	8	0:30:50.0	58	Emily A Toth	F 35 - 39	239	12	0:43:50.0	141	Jamie Cagle
F 19 - 24	188	9	0:30:51.1	49	Elizabeth A Macari	M 1 - 14	240	14	0:44:21.8	112	Paul Hillbrand
M 40 - 44	189	20	0:30:59.9	75	Jeff A Matheny	M 40 - 44	241	21	0:54:31.7	253	Hany M Girgis
F 35 - 39	190	8	0:31:02.6	71	Valerie Pop-Brandt						
F 19 - 24	191	10	0:31:05.0	165	Jill Hornok						
F 1 - 14	192	8	0:31:06.7	142	Brittney Hills						
F 30 - 34	193	6 AG	0:31:14.2	129	Diane L St Peter						
F 40 - 44	194	5 AG	0:31:24.3	17	Manalee Johnson						
F 1 - 14	195	9	0:31:27.7	9	Stephanie Ducat						
M 35 - 39	196	11	0:31:28.1	8	Allen Ducat						
F 1 - 14	197	10	0:31:38.0	113	Rae Hillbrand						
M 1 - 14	198	12	0:31:38.5	243	Brian Wajda						
F 50 - 54	199	2 AG	0:31:42.1	83	Beverly A Smith						
F 35 - 39	200	9	0:31:45.1	188	Chris Naranjo						
F 1 - 14	201	11	0:31:47.9	84	Jessica L Smith						
F 15 - 18	202	15	0:31:50.8	206	Julie Strand						
M 30 - 34	203	11	0:31:59.6	109	Brad W Camp						

**The Jingle Bell Run/Walk for Arthritis held at Shapiro**

Developmental in Kankakee on December 8, 2003 had another record turnout of runners and walkers. Every year it grows in popularity.

I recently spoke with **Therese Cardosi of the Kankakee Chapter of the Arthritis Foundation** and she would like to thank all the **KRRC** Members who helped contribute to the record turnout. She said they were very pleased with the numerous participants, however, they were caught off guard by so many race-day registrants. She and **Phil Angelo** have made a couple of changes for this year's race.

To avoid a timing conflict with another activity at Shapiro, the race date has been moved to one week later. This year's race date is **Sunday, December 14<sup>th</sup>**. This date change will allow the use of **Shapiro's gym**, which is a much larger area for pre and post-race activities and is in the same general area as last year's registration building. Registration and awards will be held in the gym and there will be bleachers to sit on.

Therese hopes to see everyone back again this December and hopes that these changes will make for a more enjoyable event. **Marcia Loneragan**