



THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



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Dear Kankakee River Running Club Members,

Our 8th annual Kilbride Family Classic Run/Walk for Autism is now history. God blessed us with another near perfect weather day. We have really been lucky to have great weather every year for our event.

As a lot of you know it takes a large core of volunteers to make an event like this happen. A big Thank You to our core of volunteers. We also want to thank the Running Club for its support and mention in a special way Henry and Janet Shelly who handle the finish line as well as provide all the apparatus needed. In addition thanks to Dave Bohlke who tabulates the results in such a timely and efficient manner which permits us to have everyone on their way home promptly.

Almost \$1,400.00 was raised to help in the fight to find a cure for Autism in children. For this we are grateful to everyone.

Our date in 2004 is Sunday June 20th. See you then.

The Kilbride Family

Scenic 10 to Host 2 Mid Summer Track Meets

The Park Forest Scenic 10 will host 2 distance track meets on Wednesday July 16th and July 23rd at 6:30 pm at the Rich East High School Track. Rich East is located on Sauk Trail in Park Forest. The meets will be a way for runners to immerse themselves into the racing mode by entering some low-key distance events. The format will be set up to enhance personal competition as well as competition with others. There will be several races that will be slated as "for highly competitive athletes" The events and order follow:

July 16th : Event # 1- 400 meters . "All Events will be run in heats to accommodate ages and levels." Event # 2- 800 run.
Event # 3- 4 x 800 meter relay - Relay will be three categories, Male, female and co-ed (2 each) but will be run together when possible.
Event # 4- Kid's 800 run- for children under 12 yrs of age Event # 5 -1600 meter run "Mile" -We hope to get a fast group together for this race!
Event # 6 -3200 meter run- We hope to get a fast group together for this race!
Event # 7- 1600 meter run "Mile Relay" 4 x 400 m - Relay will be three categories, Male, female and co-ed (2 each)

July 23rd : there will be 3 relay races tonight! Event # 1- 800 run. Event # 2- Medley Relay A- 400m/ 400m/ 800m/ 800 m legs.
Event # 3 -3200 m Relay - "4 x 800" Relay will be three categories, Male, female and co-ed (2 each)
Event # 4 Medley Relay B- 400m/ 800m/ 800m / 400 m - Relay will be three categories, Male, female and co-ed (2 each)
Event # 5 1600 meter run "mile" Event # 6- Kids mile run
Event # 7 5000 meter run- We hope to get a fast group together for this race!

There is no entry fee just show up and run! There will be some special give-aways and awards.

Hope you can make it!

For Information check our web site www.scenic10.com or call 708-748-2005

IN PURSUIT OF PERSONAL RECORDS by Jay Samuel

As runners, we are enthralled with numbers and fascinated with statistics. Especially when these numbers describe our PRs (personal records.) There are vibrant memories associated with a given race where our PRs were set. Memories include the fellow runners, race course characteristics, landmarks along the course, race day weather, and specific race details such as pacing and implementation of strategies that enabled us to perform so well that we set a new PR. Now, it is the positive influences of these memories (along with a current held anticipation for future accomplishment) that spurs us onward in our training to new heights of success in pursuit of new PRs. Very often we think in terms of our PRs as one specific time achievement for a given race distance. (This is what we identify as our "All-Time PR.") This approach is typical of many runners. They have just one specific best time for each respective distance they race. However, I would like to wholeheartedly and enthusiastically suggest yet another approach to our ongoing pursuit of PRs. Simply reflect upon and then be inspired by the many increased avenues for success you will gain by having numerous types of PRs. These are basic and obvious categories that we all have probably thought about, but now be encouraged to actually place these ideas into practice. Suggested categories for Personal Records that runners like to follow include . . .

- *All-Time PR (the very best ever time for a specific race distance; 1 mile, 5K ,10K, etc.)**
- *Calendar Year PR (for 1985, 1992, 1998, 2001, 2003, etc.)**
- *Monthly PR (best ever time for a given distance in a given month; Jan., Feb., March, etc.)**
- *Specific Age PR (set at age 18, 25, 30, 45, 55, etc.)**
- *Age Division PR (this coincides with the standard age brackets we encounter at races; a PR set in the 20 to 24, 35 to 39, or 45 to 49, etc. division.)**
- *Season PR (for track or cross country; or for the spring or autumn, etc.)**
- *State Record PR (your best time at a given race distance as run in IL, IN, Iowa, Colorado, Massachusetts, etc.)**
- *Race Type PR (road, track, or cross country surface; at 5k, 10K, half marathon, etc.)**
- *Course Record PR (your best time on a specific course of favorite races you run each year; Boston, Steamboat, Peachtree, your hometown Founder's Day race, etc.)**

Now you notice, right?! The possibilities and combinations are greatly improved! Numerous possible categories for PRs give multiple opportunities for success! All time PRs retain their appropriate highest position of value, and there is no "watering down" or diminishing of the significance of these PRs. However, suggested new categories of PRs afford one with new challenges. Select a few of these new approaches for your own personal records and be invigorated with ambition! One can aspire to different PR categories in various situations such as when one is . . . embarking into cross country racing after a period typified by racing on the roads; when returning to racing after an injury; or when getting older (!) Wait a minute! Getting older?! Remember, runners do not get older, we just enter a new age division!

(Jay Samuel, age 40, is a long time runner and member of various running clubs throughout the Midwest. He enthusiastically serves client/athletes with personalized online coaching through his web site www.RunRaceWin.com)

Kilbride Family Classic 5K

6/15/03

Race Results BY OVERALL FINISH

| AgeGroup | Overall | GrpPlace | Time | Birth# | Name | AgeGroup | Overall | GrpPlace | Time | Birth# | Name |
|-----------|---------|----------|-----------|--------|-----------------------|-----------|---------|----------|-----------|--------|-------------------|
| M 25 - 29 | 1 | 1 0A | 0:16:13.7 | 493 | Elvis McCarter | M 15 - 19 | 43 | 2 AG | 0:23:02.1 | 474 | Tim Yuhasz |
| M 15 - 19 | 2 | 2 0A | 0:16:18.4 | 443 | Jim M Sultzberger | M 60 - 64 | 44 | 3 | 0:23:04.3 | 408 | Jason Girdewell |
| M 35 - 39 | 3 | 3 0A | 0:16:46.6 | 425 | Rod E Kahl | M 1 - 14 | 45 | 2 AG | 0:23:15.6 | 447 | Colin P Koerner |
| M 40 - 44 | 4 | 1 AG | 0:16:58.1 | 426 | Patrick D Koerner | M 40 - 44 | 46 | 4 | 0:23:17.0 | 490 | Phil Newberry |
| M 45 - 49 | 5 | 1 AG | 0:17:29.2 | 479 | Pete Stattery | F 45 - 49 | 47 | 1 AG | 0:23:58.2 | 498 | Theresa C Burgard |
| M 20 - 24 | 6 | 1 AG | 0:17:47.0 | 486 | Drew C Parsons | M 35 - 39 | 48 | 8 | 0:24:33.7 | 474 | Tim Yuhasz |
| M 45 - 49 | 7 | 2 AG | 0:18:03.9 | 497 | James L Rattin | F 15 - 19 | 49 | 2 AG | 0:24:44.4 | 404 | Sophie Nathenson |
| M 15 - 19 | 8 | 1 AG | 0:18:07.4 | 414 | Micha J Dorn | M 1 - 14 | 50 | 3 | 0:24:45.2 | 457 | Matt Ekhoft |
| M 30 - 34 | 9 | 1 AG | 0:18:28.4 | 466 | Peter Bernsdorf | M 35 - 39 | 51 | 9 | 0:24:46.4 | 437 | Mike Range |
| M 35 - 39 | 10 | 1 AG | 0:18:43.2 | 495 | David A Barrett | M 30 - 34 | 52 | 4 | 0:24:50.2 | 491 | Jim Boudreau |
| M 45 - 49 | 11 | 3 | 0:18:48.6 | 478 | Dan Forde | M 1 - 14 | 53 | 4 | 0:24:51.9 | 504 | Patrick O'Brien |
| M 45 - 49 | 12 | 4 | 0:18:58.5 | 419 | Dan F Weber | F 15 - 19 | 54 | 3 | 0:25:05.5 | 492 | Tiffany Ciaccio |
| M 35 - 39 | 13 | 2 AG | 0:19:02.2 | 467 | Tony D Webster | F 15 - 19 | 55 | 4 | 0:25:08.6 | 507 | Jenna Kick |
| F 40 - 44 | 14 | 1 0A | 0:19:07.6 | 485 | Chris M Walsh | F 20 - 24 | 56 | 1 AG | 0:25:09.7 | 494 | Krista A Hickey |
| M 55 - 59 | 15 | 1 AG | 0:19:36.9 | 456 | Pete W Mathis | M 1 - 14 | 57 | 5 | 0:25:20.1 | 476 | Dan Yuhasz |
| M 30 - 34 | 16 | 2 AG | 0:19:42.6 | 412 | David K Merrill | F 15 - 19 | 58 | 5 | 0:25:25.7 | 410 | Lynn Fennema |
| M 35 - 39 | 17 | 3 | 0:20:13.8 | 454 | David M Cagle | M 45 - 49 | 59 | 7 | 0:25:29.7 | 409 | Chris L DuVal |
| M 50 - 54 | 18 | 1 AG | 0:20:14.9 | 501 | Jack Chaplinski | F 45 - 49 | 60 | 2 AG | 0:25:37.3 | 455 | Pat M Pierce |
| F 1 - 14 | 19 | 2 0A | 0:20:25.2 | 505 | Taylor Bennett | M 15 - 19 | 61 | 3 | 0:25:47.6 | 468 | Nancy J Ruda |
| M 20 - 24 | 20 | 2 AG | 0:20:28.5 | 421 | Casey Holohan | F 25 - 29 | 62 | 3 | 0:26:05.0 | 402 | Nick Boncy |
| M 50 - 54 | 21 | 2 AG | 0:20:31.9 | 464 | Larry L Lane | M 40 - 44 | 63 | 1 AG | 0:26:08.0 | 471 | Jennifer Jack |
| M 40 - 44 | 22 | 2 AG | 0:20:47.1 | 401 | John Walsh | M 50 - 54 | 64 | 5 | 0:26:08.7 | 472 | Greg Guimond |
| M 35 - 39 | 23 | 4 | 0:21:01.7 | 465 | John J Bevis | M 45 - 49 | 65 | 8 | 0:26:18.5 | 450 | Hilli Love Jr |
| M 45 - 39 | 24 | 5 | 0:21:16.5 | 480 | Greg Tripp | M 35 - 39 | 66 | 10 | 0:26:25.7 | 461 | Rick Cox |
| M 45 - 49 | 25 | 5 | 0:21:29.2 | 470 | Jeff P Lomergan | M 35 - 39 | 67 | 11 | 0:26:52.0 | 499 | Jay Etzel |
| F 20 - 24 | 26 | 3 0A | 0:21:39.7 | 448 | Allison R Williams | F 1 - 14 | 68 | 1 AG | 0:27:01.4 | 489 | Aimee Stims |
| M 60 - 64 | 27 | 1 AG | 0:21:43.8 | 417 | Charlie Grottevant | F 35 - 39 | 69 | 1 AG | 0:27:04.3 | 506 | Kathleen Kennedy |
| M 40 - 44 | 28 | 3 | 0:21:54.2 | 502 | Daniel R Gerber | M 1 - 14 | 70 | 1 AG | 0:27:05.1 | 500 | Donna Worth |
| M 60 - 64 | 29 | 2 AG | 0:21:56.1 | 416 | Wayne Wilson | M 30 - 34 | 71 | 6 | 0:27:06.8 | 488 | Roger Smothers |
| M 55 - 59 | 30 | 2 AG | 0:22:01.7 | 423 | Juan Gomez | M 50 - 54 | 72 | 1 AG | 0:27:10.8 | 407 | John Hickey |
| M 55 - 59 | 31 | 3 | 0:22:03.2 | 439 | Daniel W Gould | M 70 - 99 | 73 | 5 | 0:27:36.5 | 428 | Don McCarty |
| M 50 - 54 | 32 | 3 | 0:22:10.4 | 442 | Wendell D Provost | M 30 - 34 | 74 | 6 | 0:28:12.6 | 436 | James Range |
| M 20 - 24 | 33 | 3 | 0:22:11.5 | 477 | Ryan O Miller | M 35 - 39 | 75 | 12 | 0:28:13.5 | 482 | Mark Kilbride |
| M 35 - 39 | 34 | 6 | 0:22:14.3 | 446 | Jim Robinson | M 30 - 34 | 76 | 6 | 0:28:17.9 | 453 | Mark Wray |
| F 30 - 34 | 35 | 1 AG | 0:22:16.1 | 469 | Shannon Boudreau | M 30 - 34 | 77 | 7 | 0:28:26.2 | 435 | Jeff Sais |
| M 45 - 49 | 36 | 6 | 0:22:25.8 | 403 | Paul Nathenson | M 25 - 29 | 78 | 1 AG | 0:28:31.0 | 452 | Kris G Lombardi |
| F 15 - 19 | 37 | 1 AG | 0:22:32.0 | 444 | Lindsey A Sultzberger | M 1 - 14 | 79 | 7 | 0:28:57.6 | 429 | Bryce McDade |
| M 30 - 34 | 38 | 3 | 0:22:34.7 | 434 | Andrew Kilbride | M 45 - 49 | 80 | 9 | 0:29:06.1 | 440 | Patrick J Baldwin |
| M 50 - 54 | 39 | 4 | 0:22:40.4 | 487 | Chuck Parsons | F 30 - 34 | 81 | 2 AG | 0:29:27.1 | 473 | Tomko Radford |
| M 35 - 39 | 40 | 7 | 0:22:42.3 | 503 | Scott A Gosejin | F 1 - 14 | 82 | 2 AG | 0:29:28.6 | 483 | Hailey Kilbride |
| M 65 - 69 | 41 | 1 AG | 0:22:47.0 | 418 | Robert E Pool | F 35 - 39 | 83 | 2 AG | 0:29:29.7 | 481 | Lynn Kilbride |
| M 1 - 14 | 42 | 1 AG | 0:22:55.9 | 475 | Tim Yuhasz Jr | F 40 - 44 | 84 | 2 AG | 0:30:23.2 | 411 | Mona B Gregerson |
| | | | | | | F 40 - 44 | 85 | 3 | 0:30:37.3 | 458 | Susan Ekhoft |
| | | | | | | F 40 - 44 | 86 | 4 | 0:31:33.0 | 511 | Renee Bryant |
| | | | | | | F 35 - 39 | 87 | 3 | 0:31:44.4 | 420 | Rasa Weber |
| | | | | | | F 50 - 54 | 88 | 1 AG | 0:32:06.3 | 405 | Nancy Nathenson |
| | | | | | | F 50 - 54 | 89 | 2 AG | 0:32:37.5 | 422 | Beverly A Smith |
| | | | | | | M 30 - 34 | 90 | 8 | 0:33:21.9 | 432 | Michael Lindgren |
| | | | | | | M 1 - 14 | 91 | 8 | 0:33:48.4 | 451 | Hill Love III |
| | | | | | | F 15 - 19 | 92 | 6 | 0:34:07.0 | 415 | Katie A Dorn |
| | | | | | | M 70 - 99 | 93 | 2 AG | 0:36:56.1 | 459 | Leon J Malone |
| | | | | | | F 1 - 14 | 94 | 3 | 0:36:59.1 | 438 | Brianna Sais |
| | | | | | | F 20 - 24 | 95 | 2 AG | 0:38:01.6 | 510 | Lourdes Baker |
| | | | | | | M 1 - 14 | 96 | 9 | 0:38:02.1 | 509 | Nick Baker |
| | | | | | | M 40 - 44 | 97 | 5 | 0:38:02.7 | 508 | Mike Baker |
| | | | | | | F 55 - 59 | 98 | 1 AG | 0:38:57.7 | 413 | Linda Hodges |
| | | | | | | F 60 - 64 | 99 | 1 AG | 0:40:04.4 | 484 | Judy Kilbride |
| | | | | | | F 60 - 64 | 100 | 2 AG | 0:40:05.1 | 496 | Mary R Study |
| | | | | | | F 70 - 99 | 101 | 1 AG | 0:43:49.3 | 460 | Shirley A Malone |

JULY B-days!

HAPPY BIRTHDAY TO...

| NAME | B-DAY | AGE |
|----------------|---------|-----|
| Phil Angelo | 7/17/51 | 52 |
| Ben Angelo | 7/07/83 | 20 |
| Aidan Barrett | 7/14/00 | 3 |
| John Bevis | 7/30/63 | 40 |
| Ken Brock | 7/31/49 | 54 |
| Tom Goodberlet | 7/12/57 | 46 |
| Antonio Hall | 7/08/87 | 16 |
| Patricia Horn | 7/16/55 | 48 |
| Drew Horn | 7/09/51 | 52 |
| Leon Malone | 7/07/30 | 73 |
| Dan Noffke | 7/25/84 | 19 |
| Aaron Richey | 7/14/69 | 34 |
| Kathy Steffen | 7/12/53 | 50 |
| Paul Suprenant | 7/08/47 | 56 |

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Westbrook 5K Run

6/7/03

Race Results BY OVERALL FINISH

| AgeGroup | Ovrral | GrpPlace | Time | Bib# | Name |
|-----------|--------|----------|-----------|------|---------------------|
| M 35 - 39 | 1 | 1 OA | 0:17:10.6 | 33 | Rod E Kahl |
| M 40 - 44 | 2 | 2 OA | 0:17:31.9 | 26 | Patrick D Koerner |
| M 45 - 49 | 3 | 1 AG | 0:18:21.3 | 47 | James L Rattin |
| M 15 - 18 | 4 | 1 AG | 0:19:08.1 | 35 | Josh Rogowski |
| M 25 - 29 | 5 | 1 AG | 0:19:14.2 | 46 | Jay W Scroggins |
| M 45 - 49 | 6 | 2 AG | 0:19:25.9 | 10 | Dan F Weber |
| M 50 - 54 | 7 | 1 AG | 0:19:28.2 | 41 | Ken P Klipp |
| M 30 - 34 | 8 | 1 AG | 0:19:59.1 | 12 | David K Merillat |
| M 50 - 54 | 9 | 2 AG | 0:20:11.5 | 13 | Rich W Olmstead |
| M 35 - 39 | 10 | 1 AG | 0:20:19.7 | 30 | David W Cagle |
| M 40 - 44 | 11 | 1 AG | 0:20:25.1 | 16 | Clinton L Carter |
| M 40 - 44 | 12 | 2 AG | 0:21:53.8 | 31 | Daniel R Gerber |
| M 45 - 49 | 13 | 3 | 0:21:57.3 | 39 | Jeff P Lonergan |
| M 40 - 44 | 14 | 3 | 0:22:15.3 | 37 | Daniel E Hall |
| M 35 - 39 | 15 | 2 AG | 0:22:26.1 | 40 | Terry Wilson |
| M 30 - 34 | 16 | 2 AG | 0:22:29.5 | 29 | Tom Latham |
| M 30 - 34 | 17 | 3 | 0:22:44.3 | 36 | Dana L Swisher |
| M 55 - 99 | 18 | 1 AG | 0:22:58.4 | 24 | Daniel W Gould |
| M 50 - 54 | 19 | 3 | 0:23:13.1 | 44 | Wendell D Provost |
| M 1 - 14 | 20 | 1 AG | 0:23:16.7 | 45 | Kyle Smolucka |
| M 30 - 34 | 21 | 4 | 0:24:28.0 | 1 | Jim Ferris |
| F 45 - 49 | 22 | 1 OA | 0:24:36.1 | 43 | Theresa C Burgard |
| M 45 - 49 | 23 | 4 | 0:24:54.2 | 23 | Larry A Forbes |
| M 35 - 39 | 24 | 3 | 0:26:33.3 | 18 | Todd Peeler |
| M 45 - 49 | 25 | 5 | 0:27:04.7 | 42 | Gary M Westefer |
| F 19 - 24 | 26 | 2 OA | 0:27:08.6 | 38 | Katrina R Greenburg |
| F 19 - 24 | 27 | 1 AG | 0:27:09.3 | 9 | Amy O'Connor |
| M 40 - 44 | 28 | 4 | 0:29:11.7 | 5 | Don Johnson |
| F 35 - 39 | 29 | 1 AG | 0:32:56.7 | 11 | Rasa Weber |
| F 55 - 99 | 30 | 1 AG | 0:44:41.6 | 28 | Linda Hodges |

WELCOME NEW MEMBERS

TOMIKO RADFORD
OF KANKAKEE

THE JACK DORN FAMILY
OF MOMENCE

Drew Parsons — Bishop McNamara 2001

The distance runner from McNamara recently finished the outdoor track season at Knox College by running a personal best of 34:51.83 in the 10,000 meter run, placing fourth at the Midwest Conference Championships held at Monmouth College. The former Fightin' Irish star was also voted MVP for the outdoor track season.

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!

July 10, Thurs., Sundowner 5K, 7:15pm, Barber & Oberwortmann Horticultural Ctr. 227 Gougar Rd. Joliet Jeff (815)722-1029

July 20, Sun. MetLife Duathlon 8 am, Run 2 Mi./Bike 11 Mi./Run 2 Mi. Tinley Park www.signmeupsports.com Gil (708)364-2787

July 26, Sat. Kankakee YMCA 5k run/walk and kid's run, 8am, Pat (815)932-1009

July 27, Sun. Catfish Days 5K, 9am, Island Park, Wilmington, IL (815)476-2079

July 29-Sept. 1, Park Forest Progressive Marathon 4x 4.05 mi. at 7pm Tues. 7-29, 8-5, 8-12, 8-19 and 8am Sun. 8-3, 8-10, 8-17, 8-24 and Park Forest Scenic 10 8am 9-1 \$47.00 John Kotash w(773)913-3405 h(815)469-9823 John.Kotash@us.rhodia.com

Aug 3, Sun. Boxtrot 5K/2 Mile Walk, 8 am KCTC, 333 S. Schuyler, Bradley, IL (815)932-4022

Aug. 8, Fri., Wenona Evening Run 5k, 19:00

Aug 9, Sat. Momence Glad Run 5 & 10K/1 Mile Walk, Momence H.S., Janet (815)472-2535

Aug. 9, Sat. Howl at the Moon 8 Hour Run & Walk, 7am, Kennekuk Cove Country Park, www.kennekuk.com (217)431-4243

Aug. 12, Tues. Summer Series 5K #3 6 PM SMALL PARK, KANKAKEE, IL (815)933-1695

Aug. 23, Sat. DeKalb Cornfest 10K 8:30am

Aug. 31, Sun. 5 pm Herscher Hare & Tortoise 5K/2 MILE WALK, RICK LIVESAY (815)939-0719

Sept. 1, Mon. Park Forest Scenic 10 Mile and 5K, 8am, No race day reg. www.signmeupsports.com www.scenic10.com

Sept. 21, Sun. National Heritage Corridor 25K, 8:00am www.psr.org

Oct. 12, Sun. The LaSalle Bank Chicago Marathon, 8am, www.chicagomarathon.com

Nov. 2, Sun. Utica Canal Connection XXI, 11am

THE FINISH LINE

July 4, Park to Park 5 Miler

Pat Koerner 28:45.5 Masters

Phil Newberry 34:37.0

Charlie Grotevant 37:26.8 1AG

Carol Pratt 37:45.5 3AG

Bob Pool 38:11.6 1AG

John Pool 39:26.6 2AG

Pat Pierce 45:32.3

June 21, Old Canal Days 5K, Lockport

-Pat Koerner, 18:00, 1AG

-Dan Gould, 22:10, 2AG

9-10 Youth Mile - Colin Koerner, 6:39 - 10A

June 14, LAKE MINGO TRAIL RUN 7.1 MILE

Phil Newberry 1:00:24.1

Bob Pool 1:02:10.4 1AG

John Pool 1:06:51.0

Doug McWilliams 1:07:09.2

Chris Duval 1:15:38.4

Pat Pierce 1:16:30.8

Bev Smith 1:43:09.3 3AG

May 10 River Bank 25K Grand Rapids, MI

Charlie Grotevant 2:08:21

May 25 Streator YMCA 5K Streator, IL

Charlie Grotevant 22:22 1AG 60-64

May 31 Illinois Valley YMCA 5K Peru, IL

Charlie Grotevant 22:24 1AG 60-64

5/4/03 Flying Pig Marathon:

Rich Olmstead 3:34:37

Diane DesMarteau 4:56:30

6/1/03 Fifth Third Bank Half Marathon:

Rich Olmstead 1:35:40

Diane DesMarteau 2:26:48