



THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



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This year's **Kankakee River 10K and 5K** races will be held on Sunday, September 14th at 9:00am. This year we are adding the 5K run in an effort to draw in a few more runners. If you are available on the morning of September 14th, please come out to run or to volunteer. We can use the extra help with the addition of the 5K race. Please feel free to call us if you'd like to volunteer to help out. Thanks, Jeff and Marcia (815)933-1695

Ken Klipp will be hosting the **Irish Conditioner** on Tuesday, September 2nd at 4:30pm. If you can come out to help, please call Ken at (815)937-1958 or arrive at Small Park in Kankakee at 4pm on Sept. 2nd.

Best Wishes and a speedy recovery to our club President, **Chris Duval**. Chris recently competed in a triathlon in Schaumburg and collided with another biker. He underwent surgery to have a pin placed in his leg. I bet that's the last time you imitate Lance Armstrong! Take good care of yourself Chris!

Fast Facts

- 1.** Exercise studies show that sedentary people can improve their maximum aerobic power (max VO₂) by as much as 40 percent after embarking on a serious running program.
- 2.** You can expect to run at least one minute slower for a 5-K race after a two- to three-week training layoff.
- 3.** A faster stride rate—leg turnover—is one way to improve running speed. About 180 footstrikes per minute is considered close to optimal for serious runners.
- 4.** Experts say that when traveling from a relatively cool climate to a very hot climate, the average runner needs 10 to 14 days to gradually acclimatize to the heat.
- 5.** Surveys indicate that close to 40 million Americans run regularly on treadmills.

HAPPY BIRTHDAY TO...

AUG. B-days!

NAME	B-DAY	AGE
Pat Baldwin	8/26/57	46
Kate Batkiewicz	8/03/63	40
Michael Belletete	8/05/46	57
Michael Biernat	8/20/48	55
Zach Cox	8/27/93	10
Sally Dorn	8/20/55	48
John Flynn	8/01/46	57
Andy Furbee	8/14/66	37
Dan Gould	8/31/44	59
Dee Anna Hillebrand	8/19/63	40
Donna Koerner	8/13/56	47
Sandy Lane	8/23/44	59
Shirley Malone	8/29/31	72
Richard Manthei	8/31/47	56
Pat Pierce	8/11/55	48
Tyler Rahrig	8/06/88	15
James Rattin	8/14/56	47
Nancy Ruda	8/16/56	47
Teddi Steeves	8/31/99	4
Kathleen Steffen	8/18/51	52
Marla Styck	8/12/69	34
Lynn Troost	8/26/46	57
Doug Uribe	8/22/61	42

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Welcome New Member

**April Frost
of Manteno**

THE STARTING LINE

KRRC MEMBERS OF ALL ABILITIES MEET AT THE KANKAKEE RIVER STATE PARK(PARKING LOT ACROSS FROM HEATED BATHROOMS) AT 8 A.M. FROM JUNE THRU OCTOBER AND 9 A.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!

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. 10, Sun. TYR Woman's Triathlon, 8 am, Manteno, IL

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.psrr.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 19, 2003 Lexington 5K

Pat Koerner	17:12	1AG
Phil Newberry	19:25	
Larry Lane	20:24	1AG
Charlie Grotevant	21:43	1AG
Bob Pool	22:59	2AG
John Pool	23:28	3AG
Pat Pierce	25:45	2AG

July 12, 2003 Dog Days 5K

Phil Newberry	19:41	
Charlie Grotevant	22:01	2AG
Robert Pool	23:10	1AG
John Pool	24:33	

BIX 7 Quad Cities

Larry Forbes	60:42
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About Dan and Rasa's Run (the other Dan) or What Is Becoming a Tradition for Our Summer Vacation
By Rasa Weber

Here we are again, the bags are packed, the lights are off, the windows closed, the Blazer is loaded and we're on the road again, going to Frankenmuth, Michigan. We are going to run in the Volkslaufe again. Just going away from home is enough to get me excited, even if I've seen the town a few times already. And although it was a lot hotter than I can handle in a race last year, I can't wait to run it again - I'm so motivated!

This year we stayed at the hotel that is as close as you can get to where all the fun of the 4th of July celebration is going on. From our room we could see the park where all the races started. The night before the race we were watching the beautiful fireworks display right from our balcony. The room was on the 4th floor, so it was the right level and distance for that. It was loud (including the car alarms on the parking lot), bright and colorful. And absolutely beautiful!

The routine was pretty much the same - spaghetti dinner, race packet pick-up, finding some deals in the runners "flea market" and, of course, waiting for the sky to get dark for the fireworks. This year we had some company with us - Jeff and Marcia Lonergan decided to visit Frankenmuth and run the 5K. So we watched the fireworks together and talked about the race.

The morning of the race we were watching the start of 10K and 20K and were getting even more motivated to run. The sun felt hot on the balcony, and I thought to myself, "This was to be expected, it's July". At the same time I was wondering how much hotter it's going to get in two hours, for the start of the 5K. But we were registered, ready to go and do our best.

Marcia and I went for a little warm-up jog down by the river and that's when I realized that weather isn't going to be any different from last year. Oh, well. Then we went our own ways, thinking to get together at the starting line. I was standing in the shade watching 10K finishers. Most of them looked pretty miserably. Meanwhile, Dan was doing his own pre-race routine, glancing at his watch, trying to stay in the shade as much as possible. Thinking I still had five minutes before the start, I was walking around across the street from the starting line, trying to find Marcia in the crowd. Next thing I know, I hear the gun go off and see people run - they started the race five minutes early! Then I started looking for Dan, at the same time trying to get underneath the banners that were stretched along the part of the starting line. Just as I decided that Dan probably made it on time, I saw him rushing towards the start and tried to help him by lifting up the banner, thinking, "Thank goodness it's a chip race". I felt sorry for him to start at the end of the running crowd (647 runners) - that's not where he belongs! We had fun talking about it after the race.

I set my watch and crossed the starting line few seconds after Dan. That was the last time I saw him until after the race. As hot as it was, I felt pretty good the first half a mile. But after the first mile I realized that this wasn't going to be the best race of the year for me and decided to treat it as the "fun race". Not too far from the finish I saw Marcia and we finished the race together.

As for Dan, he didn't give up. (That didn't surprise me at all). With the time of 20:12 (21:30 gun time), he placed 3rd in his age group out of 44 and got the unique award - German-made stein. He said he was surprised about the results, and glad he didn't let the weather conditions bother him. So this year we got to stay around for the awards, listen to the German band play, and watch the winners accept the steins (which they earned so hard) handed out by the Bavarian Princesses. It was quite a celebration, and we had a good reason to be there!

So the hard and the most fun part of our vacation was behind us, and we still had few more days to enjoy Frankenmuth, which we did - eating good German food, drinking black beer, shopping and simply doing nothing sometimes. Dan was having fun watching baseball games in the park, which could be seen from our balcony. It was a fun vacation, and we are ready to do it again. It's highly recommended to anyone who enjoys staying in a little tourist town and participating in a big running event.

Next year's races will take place on July 3rd. For more info call 1-800-FUN-TOWN or go online www.frankenmuth.org.

Kankakee Area YMCA 5K Run

Race Results BY OVERALL FINISH

AgeGroup	Overall	GrpPlace	Time	Bib#	Name	Pace/Mi
M 15 - 19	1	1 0A	0:16:27.2	235	Jim M Sulzberger	05:18.5
M 35 - 39	2	2 0A	0:17:12.6	168	Rod E Kahl	05:33.1
M 40 - 44	3	3 0A	0:17:18.6	155	Patrick D Koerner	05:35.0
M 40 - 44	4	1 MST	0:17:31.3	177	Lino Hernandez	05:39.1
M 20 - 24	5	1 AG	0:17:59.6	229	Drew C Parsons	05:48.3
M 30 - 34	6	1 AG	0:18:14.2	234	Warren D Monk	05:53.0
M 15 - 19	7	1 AG	0:18:39.1	160	Micah J Dorn	06:01.0
M 45 - 49	8	1 AG	0:18:43.0	236	James L Rattin	06:02.3
M 50 - 54	9	1 AG	0:19:01.9	225	Ken P Kipp	06:08.4
F 30 - 34	10	1 0A	0:19:11.4	196	Julie Seymour	06:11.4
M 45 - 49	11	2 AG	0:19:13.2	179	Dan F Weber	06:12.0
M 35 - 39	12	1 AG	0:19:37.6	226	David W Cagle	06:19.9
M 30 - 34	13	2 AG	0:19:38.5	165	David K Merrittat	06:20.2
M 15 - 19	14	2 AG	0:19:50.6	158	Houston Wheeler	06:24.1
M 55 - 59	15	1 AG	0:19:59.2	213	Pete W Mathis	06:26.8
M 40 - 44	16	1 AG	0:20:04.2	172	Clinton L Carter	06:28.5
M 40 - 44	17	2 AG	0:20:16.5	227	Glen Gesell	06:32.4
M 55 - 59	18	2 AG	0:20:44.5	190	Larry L Lane	06:41.5
M 20 - 24	19	2 AG	0:20:46.3	162	Cassy Holohan	06:42.0
M 50 - 54	20	2 AG	0:20:59.3	182	Rich W Olmstead	06:46.2
M 35 - 39	21	1 AG	0:21:13.7	223	Andy W Furbee	06:50.9
M 60 - 99	22	2 AG	0:21:17.7	218	Ken R McMillen	06:52.2
M 20 - 24	23	3 AG	0:21:33.4	240	Ryan O Miller	06:57.2
M 55 - 59	24	3 AG	0:21:34.0	187	Daniel W Gould	06:57.4
M 60 - 99	25	2 AG	0:21:39.1	193	Charlie Grotevant	06:59.1
M 50 - 54	26	3 AG	0:21:46.5	183	Tim Norris	07:01.5
M 55 - 59	27	4	0:21:53.0	214	Hank J Gawenda	07:03.5
M 40 - 44	28	3 AG	0:22:01.8	237	Daniel R Gerber	07:06.4
F 30 - 34	29	2 0A	0:22:22.5	233	Shannon Boudreau	07:13.1
M 50 - 54	30	4	0:22:27.3	224	Mendell D Provost	07:14.6
M 45 - 49	31	3 AG	0:22:33.9	216	Jeff P Loneragan	07:16.7
M 60 - 99	32	3 AG	0:22:40.6	194	Robert E Pool	07:18.9
F 15 - 19	33	3 0A	0:22:45.0	116	Jenna Giacchino	07:20.3
M 50 - 54	34	5	0:22:45.6	230	Chuck Parsons	07:20.5
F 40 - 44	35	1 MST	0:23:02.4	127	Maureen Hansen	07:25.9
M 1 - 14	36	1 AG	0:23:08.6	156	Colin P Koerner	07:27.9
M 40 - 44	37	4	0:23:19.2	231	Bob Garza	07:31.4
M 40 - 44	38	5	0:23:24.0	174	Bill Shautts	07:32.9
F 30 - 34	39	1 AG	0:23:35.9	243	Michelle Wikan	07:36.7
M 55 - 59	40	5	0:23:39.3	186	Robert J Maszak	07:37.8
F 40 - 44	41	1 AG	0:23:45.0	129	Pat Ruff	07:39.7
M 55 - 59	42	6	0:24:27.1	188	Tom Nordbrock	07:53.3
F 30 - 34	43	2 AG	0:24:40.8	202	Stephanie Spackey	07:57.7
M 40 - 44	44	6	0:24:47.3	242	Sean Gaddis	07:59.8
M 30 - 34	47	3 AG	0:24:51.7	166	Jim Ferris	08:01.2
M 55 - 59	48	7	0:24:56.4	192	Richard Gault	08:02.7
F 45 - 49	49	1 AG	0:25:00.1	133	Joanne Kammerer	08:03.9
M 45 - 49	50	4	0:25:08.3	198	Dan Harris	08:06.5
F 35 - 39	51	1 AG	0:25:18.0	208	Kathleen Kennedy	08:09.7
M 1 - 14	52	2 AG	0:25:22.4	244	Kyle Smolucka	08:11.1
M 25 - 29	53	1 AG	0:25:32.1	163	Bobby W Maszak	08:14.2
M 45 - 49	54	5	0:25:42.7	178	Joe Giacchino	08:17.6
M 40 - 44	55	7	0:25:43.3	171	Jim Giacchino	08:17.8
M 40 - 44	56	8	0:25:44.2	207	Marty J Whalen	08:18.1
M 55 - 59	57	8	0:25:45.3	191	Jack A Dorn	08:18.5
F 15 - 19	58	1 AG	0:25:49.2	232	Amanda N Urribe	08:19.7
F 45 - 49	59	2 AG	0:25:50.5	222	Nancy J Ruda	08:20.2
F 55 - 59	60	1 AG	0:25:56.9	143	Sandy Kutenbach	08:22.2
M 40 - 44	61	9	0:26:00.9	176	Doug Conerton	08:23.5
M 1 - 14	62	3 AG	0:26:13.8	212	Anthony Grant Jr	08:27.7
M 45 - 49	63	6	0:26:25.6	219	Hill Love Jr	08:31.5
M 50 - 54	64	6	0:26:51.7	184	Roger Smothers	08:39.9
F 35 - 39	65	2 AG	0:27:13.0	125	Valerie Pop-Brandt	08:46.8
M 40 - 44	66	10	0:27:13.7	173	Dave Burger	08:47.0
F 20 - 24	67	1 AG	0:27:20.5	217	April Frost	08:49.2
M 45 - 49	68	7	0:27:38.1	209	John A Vallone	08:54.9
F 25 - 29	69	1 AG	0:28:16.7	204	Melanie Link	09:07.3
F 30 - 34	70	3 AG	0:29:01.2	197	Tomiko Radford	09:21.7
M 45 - 49	71	8	0:29:03.1	203	Hercules Moore Sr	09:22.3
F 25 - 29	72	2 AG	0:29:15.2	117	Kelly Jensen	09:26.2
F 50 - 54	73	1 AG	0:29:16.8	137	Janet Vaughn	09:26.7
F 55 - 59	74	2 AG	0:29:18.0	142	Carol Sue Painter	09:27.1
M 40 - 44	75	11	0:29:36.6	175	Tim Hansen	09:33.1
M 50 - 54	76	7	0:29:38.8	153	Martin E Williamsor	09:33.8
M 30 - 34	77	4	0:29:45.4	228	Mark Wray	09:35.9
M 55 - 59	78	9	0:29:55.7	189	Richard W Manthei	09:39.3
F 35 - 39	79	3 AG	0:30:30.8	206	Pamela Trapp	09:50.6
F 50 - 54	80	2 AG	0:30:33.8	134	Beverly A Smith	09:51.5
F 35 - 39	81	4	0:31:06.2	124	Deborah A Renvillie	10:02.0
F 45 - 49	82	3 AG	0:31:47.5	132	Cindy Parks	10:15.3
M 20 - 24	83	4	0:31:49.9	161	Corey Williams	10:16.1
F 50 - 54	84	3 AG	0:32:08.4	138	Janet Derrico	10:22.1
M 55 - 59	85	10	0:32:09.3	185	Larry K Bosley	10:22.4
F 30 - 34	86	4	0:32:17.5	119	Beth Bertrand	10:25.0
F 35 - 39	87	5	0:32:29.7	120	Rasa Weber	10:28.9
F 35 - 39	88	6	0:33:01.0	239	Chris Barrett	10:39.0
M 35 - 39	89	3 AG	0:33:05.0	238	David A Barrett	10:40.3
F 40 - 44	90	2 AG	0:35:57.9	128	Jayne Simmons	11:36.1
F 35 - 39	91	7	0:37:40.1	123	Cynthia Bernsdorf	12:09.1
M 15 - 19	92	4	0:37:40.7	241	Justin Giacchino	12:09.3

AgeGroup	Overall	GrpPlace	Time	Bib#	Name	City/ST	Pace/Mi
F 45 - 49	93	4	0:37:58.2	131	Kim Giacchino	Bourbonnais IL	12:14.9
M 1 - 14	94	4	0:38:48.6	154	Jonathan Trubach	Grant Park IL	12:31.2
F 50 - 54	95	4	0:39:00.6	136	Camille Cretens	Bourbonnais IL	12:35.0
F 50 - 54	96	5	0:39:09.2	140	Phyllis G Smothers	Kankakee IL	12:37.8
M 45 - 49	97	5	0:39:10.1	181	Stephen Kasko	Clifton NJ	12:38.1
F 1 - 14	98	1 AG	0:39:12.7	115	Chelsea Smothers	Bourbonnais IL	12:38.9
F 50 - 54	99	6	0:39:51.6	135	Colleen Wyse	Clifton NJ	12:51.5
F 30 - 34	100	5	0:42:14.2	118	Carrie Swisher	Bourbonnais IL	13:37.5
M 35 - 39	101	4	0:42:19.3	169	Peter Bernsdorf	Bourbonnais IL	13:39.1
F 20 - 24	102	2 AG	0:45:44.9	148	Cheri LeSage	Manteno IL	14:45.5
M 25 - 29	103	2 AG	0:45:45.7	149	Steve Derrico	Bourbonnais IL	14:45.7
F 50 - 54	104	7	0:51:50.1	139	Georganne Higgins	Bourbonnais IL	16:43.3