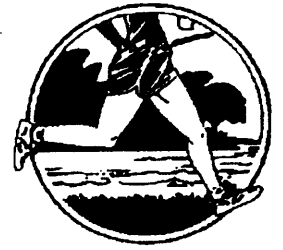




# THE PAPER RACE

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



OCT 2003 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 185



Kankakee River Running Club Newsletter Published Compliments of  
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This year we had 82 participants compete in the **Kankakee River Run** events. There were 50 in the 10K and 30 in the 5K and 2 in the walk. The addition of the 5K run failed to draw the extra runners we had hoped for. However, without it, maybe the numbers would have been even lower. All in all, the races and the post-race events went very well. Everyone who ran seemed to enjoy themselves, even though it was a little humid out on the course. That was really the only negative thing I heard about.

Special "Thanks" to all the volunteers who turned out to help. Many club members showed up to volunteer, which was awesome, since we needed the extra help with the extra race. There were too many volunteers to mention each one, but please know that we appreciate all of your efforts. I think this is the best I've ever seen our course marked and lined with people pointing the way, calling out times and handing out water. Thanks again to all of the helpers and runners who participated.

Also, a big "Thank You" to our sponsors. **Chicago Dough Pizza** once again provided the participants with plenty of hot, tasty pizza. **Chicago Dough Pizza** also treated over 20 of the race workers to a free, post-race lunch buffet. Thank you to **Glen & Cindy Grant** and **Mike Raef** for all of their hard work and generosity. Also, Thank you to **Ron Ruda** of the **Commonwealth Credit Union** and **Martin Whalen Office Supplies** for their financial donations. The **Bourbonnais Jewel** donated the cans of pop and **Joel Feinberg** donated the **CLIF BARS**, so "Thank you" to them too.

Financially we broke even, so it looks as if the race will survive to see another year. We have discussed an idea with Glen Grant to possibly move the race into town and have it start and finish at Chicago Dough. The course would go down to and along the Kankakee River in Bourbonnais. This could be a change for next year. If anyone has any ideas or suggestions, please feel free to offer them up. We'd like to see the race continue but we need to find a way to increase the numbers. If anyone is interested, we are selling the extra cool-cat (cool-max) running shirts for \$12 each. There is one size small, short sleeve, 6 medium short sleeve, 1 medium long sleeve and 8 x-large long sleeve available to buy. They are very comfortable and are royal blue with the running club logo on the crest and the Chicago Dough logo on the sleeve. Please contact us if you are interested in a cool-cat shirt. Marcia and Jeff Lonergan (815)933-1695

Winter is fast approaching, which means the racing season is slowing down. I will once again be combining the November & December, January & February and the March & April newsletters. If you have anything to submit for these issues, please be sure to get them to me early or please contact me so you won't miss the mailing.

Please mark your calendars for the Saturday after Thanksgiving for the **First Annual Turkey Burn 5K and 2 Mile Walk** to be held at the **Kankakee Boat Club**. The race directors are club members **Chuck Parsons and Andy Furbee**. The race starts at 9am and apps. are included in this newsletter. Be sure to pre-register because you know you'll want to come out and burn off all that turkey and pumpkin pie you'll be eating on Thanksgiving Day!

# OCT. B-days!

NAME	B-DAY	AGE
David Barrett	10/28/64	39
Jason Batkiewicz	10/04/88	15
Cynthia Bernsdorf	10/25/67	36
Mike Cichon	10/01/53	50
Steve Hartzell	10/22/49	54
Charlene Klipp	10/10/49	54
Bill Linn	10/16/52	51
Brian Noffke	10/10/60	43
Rich Olmstead	10/12/51	52
Todd Peeler	10/21/63	40
Tomiko Radford	10/21/68	35
Alec Mulvihill Steeves	10/10/93	10
Michael Wolfe	10/27/75	28

## KRRC OFFICERS

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

## KRRC NEWSLETTER EDITORS

E-MAIL [RUN4FUN@DAILY-JOURNAL.COM](mailto:RUN4FUN@DAILY-JOURNAL.COM)

Marcia Lonergan (815)933-1695  
 Pat Pierce (815)937-1484

## ACTIVITIES DIRECTOR

John Bevis (815)935-0470

## KRRC WEBSITE

[WWW.KEYNET.NET/~KRRC](http://WWW.KEYNET.NET/~KRRC)  
 Dave Barrett (815)937-4668

## Beef Caserole

Serves 8

1/2 lb ground beef  
 1 small onion, chopped  
 2 large celery stalks, chopped  
 3 & 1/2 cups fresh tomatoes or canned tomatoes,  
 drained  
 1 cup frozen peas  
 2 carrots, diced  
 1 cup uncooked rice  
 1 & 1/2 cups water

1. In a skillet, brown ground beef and drain off the fat.
2. Add the rest of the ingredients. Mix well.
3. Cover skillet and cook over medium heat until boiling.
4. Reduce heat to low and simmer about 35 mins.

## Welcome New Members

The Bryant Family  
 Of Bourbonnais

## 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. 12, Sun. The LaSalle Bank Chicago Marathon, 8am, [www.chicagomarathon.com](http://www.chicagomarathon.com)

Oct. 18, Sat. Old Plank Trail 5K Run/Walk, 10am, Breidert's Green in Downtown Frankfort (White & Kansas Sts.)  
 Village of Frankfort (815)469-2177

Oct. 18, Sat. IL State Univ Town & Gown 5K Run, 9am, Metcalf School near Hayden Aud. (College & University) 438-5631

Oct. 26, Sun. Allerton Park Trail 5.5 Mile Run & 2 mi. walk, 9am, Allerton Park, Monticello, IL [www.active.com](http://www.active.com) Spencer (217)621-9013

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

**Nov. 29, Sat. Turkey Burn 5K & 2mi. walk, 9am, Kankakee Boat Club, 1100 Cobb Blvd., Chuck Parsons (815) 932-8003**

**Feb. 1, Sun. Riverside Winterfest 5K Run & Walk, 1pm, Small Mem. Park, Kankakee, IL Charlie (815)949-1551**

## THE FINISH LINE

### Charlie Grotevant's Results

SEPT. 7 MITSUBISHI 1/2 MARATHON NORMAL, IL 1:43:03 1AG 55+

SEPT 13 TWO RIVERS FESTIVAL, AROMA PARK, IL 2.8 MILES 19:30 1AG 60+

SEPT 14 KANKAKEE RIVER 10K KANKAKEE, IL 45:13 1AG 60+

SEPT 20 HARVEST DAYS 5K DWIGHT, IL 21:12 1AG 60+

SEPT 21 NATIONAL HERITAGE CORRIDOR 25K CHANNAHON, IL 1:59:05 1AG 60-64

SEPT 28 WILD WILD WILDERNESS 7.6 MILE TRAIL RUN DANVILLE, IL 59:41 1AG 60+

# THE PENGUIN CHRONICLES

BY JOHN BINGHAM

## Cross-Country Penguin

It started long before it began. The idea was as eloquent as it was simple—and, perhaps, a tad outrageous. Stuff a couple pairs of running shoes and a change of clothes into the saddlebags of a motorcycle and head across the country in search of new roads and new friends.

As with most outrageous ideas, it wasn't long before the notion had transformed itself into a plan. For me at least, good ideas wallow in obscurity in the dark corners of my mind. Outrageous ideas, however, tend to develop a life of their own. Before I knew it,



the saddlebags were packed, the motorcycle was tuned up, and, early last summer, I hit the road.

The plan was to ride from Nashville, Tenn., to Washington, D.C., to Portland, Oreg., to San Diego, Calif., and then back to Tennessee. Eight weeks of visiting with and talking to running clubs. Eight weeks of riding and running and racing. Eight weeks without the tools and trappings of adulthood—no garage-door opener, no microwave, no closet full of clothes and shoes. On a motorcycle, if you can't stuff it, you can't take it.

As the departure date approached and the unthinkable became inevitable, what came into focus was how running has changed my life. This trip, this concession to my chronic wanderlust, was not a journey away from it all, as other trips had been. This trip was different. This was not a trip of soul-searching and introspection. This was a journey of celebration.

The purpose of the journey, if it needed one, was to run new roads and meet new friends. But, actually, most of the people were

like old friends. The odd part was that some of these "old friends" were people I'd never met. Yet, time after time, as I described the metamorphosis that running had produced in my life, I found that it was nearly identical to someone else's experience.

At every stop I found people who shared my love of running, my struggle to move past self-imposed limitations and my determination to overcome an earlier life of bad judgment, poor decisions and abject ignorance. I ran with new and veteran runners, and discovered that often there is little difference between us.

At the beginning of the trip, I believed my story was somehow unique. By the end, I knew I was just one of many people—young and old, male and female—who had found themselves through running. By the time the trip was over, a remarkable transition had occurred.

The solitude I expected to feel was replaced by a sense of belonging. Rather than feeling isolated in my odyssey, I was buoyed by the knowledge that others had gone before me and had been successful, and that others were still behind me on the same path.

For 56 days, in 21 states, I was among friends. Even on mornings when I ran by myself, I knew I wasn't really alone. I would spy another runner out on the road, and, immediately, we would have something in common. I would wave and smile, and feel welcomed in return.

Too often we run only in our little world. We have our favorite routes and our favorite races. We might always run alone or, if not alone, with the same group. But the universe of running extends beyond this narrow reach. The universe of running can be as big or as small as we make it.

For your next run, throw your shoes in a bag and head out of town. If you run in the city, drive to the country. If you run in the country, try downtown. Or make a run for the state border. Discover for yourself that you are part of the community of runners. You may find, as I did, truth in the words of country balladeer Robert Earl Keen, Jr.: The road *does* go on forever, and the party never ends.

Waddle on, friends. **R**

*"The Penguin Chronicles" and other fun stuff can be found at [www.thepenguin.com](http://www.thepenguin.com).*

*"The miracle isn't that I finished. . . . The miracle is that I had the courage to start."*

9/14/03

# Kankakee River 10K

## Race Results BY OVERALL FINISH

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name	Pace/Mi
M 40 - 44	1	1 OA	0:36:39.3	466	Patrick D Koerner	05:54.7
M 35 - 39	2	2 OA	0:39:24.0	514	Jose L Jimenez	06:21.3
M 20 - 24	3	3 OA	0:41:17.3	483	Tyler Dorn	06:39.6
M 40 - 44	4	1 MST	0:42:59.1	462	Clinton L Carter	06:56.0
M 45 - 49	5	1 AG	0:43:06.3	509	Jay R Homerding	06:57.1
M 55 - 59	6	1 AG	0:43:09.6	504	Charles Kerley	06:57.7
M 40 - 44	7	1 AG	0:43:24.8	489	Phil Newberry	07:00.1
M 1 - 19	8	1 AG	0:44:39.1	493	Josh Rogowski	07:12.1
M 50 - 54	9	1 AG	0:45:03.2	471	Rich W Olmstead	07:16.0
M 45 - 49	10	2 AG	0:45:12.3	518	Domingo Becerra	07:17.5
M 60 - 99	11	1 AG	0:45:13.7	456	Charlie Groevant	07:17.7
M 45 - 49	12	3 AG	0:45:18.0	531	Mike R Goodwin	07:18.4
F 30 - 34	13	1 OA	0:46:09.4	469	Marla J Styck	07:26.7
M 45 - 49	14	4	0:46:19.2	528	Mike C Cichon	07:28.3
M 55 - 59	15	2 AG	0:46:21.8	515	Juan Gomez	07:28.7
M 55 - 59	16	3 AG	0:46:22.9	491	Hank J Gawenda	07:28.9
M 35 - 39	17	1 AG	0:47:19.0	468	Andy W Furbee	07:37.9
M 55 - 59	18	4	0:47:23.0	480	Daniel W Gould	07:38.5
M 40 - 44	19	2 AG	0:47:52.8	517	Daniel R Gerber	07:43.4
F 35 - 39	20	2 OA	0:47:55.6	488	Mary K Jones	07:43.8
M 40 - 44	21	3 AG	0:47:58.3	506	Jeff S Biggs	07:44.2
M 60 - 99	22	2 AG	0:49:19.0	461	Robert E Pool	07:57.3
M 20 - 24	23	1 AG	0:49:32.5	482	Matt Niebur	07:59.4
M 60 - 99	24	3 AG	0:49:40.2	508	Jim Harman	08:00.7
F 45 - 49	25	3 OA	0:49:48.2	474	Theresa C Burgard	08:02.0
F 1 - 19	26	1 AG	0:49:54.3	457	Lynn Fennema	08:03.0
M 45 - 49	27	5	0:49:55.5	467	Jeff P Lonergan	08:03.1
M 40 - 44	28	4	0:50:27.3	475	Larry Bornhofen	08:08.3
M 55 - 59	29	5	0:51:26.4	484	Jack A Dorn	08:17.8
M 50 - 54	30	2 AG	0:52:21.2	459	Glen Gabriele	08:26.6
M 60 - 99	31	4	0:52:42.5	481	Terence E Bergin	08:30.1
F 45 - 49	32	1 MST	0:52:58.5	454	Patricia A Horn	08:32.7
F 60 - 99	33	1 AG	0:53:09.2	496	Sandy Kurtenbach	08:34.4
M 45 - 49	34	6	0:53:10.1	501	Randy Riegel	08:34.5
F 45 - 49	35	1 AG	0:53:26.9	472	Nancy J Ruda	08:37.2
M 55 - 59	36	6	0:53:39.5	495	Keith A Thelison	08:39.3
M 50 - 54	37	3 AG	0:54:28.0	503	Art Hostert	08:47.1
M 45 - 49	38	7	0:54:36.2	523	Hill Love Jr	08:48.4
M 35 - 39	39	2 AG	0:54:56.2	497	Ken B Knepper	08:51.6

10K cont'd

## Race Results BY OVERALL FINISH

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name	Pace/Mi
F 25 - 29	40	1 AG	0:55:16.5	511	Emily Martin	08:54.9
M 50 - 54	41	4	0:56:01.0	520	Roger Smothers	09:02.1
M 30 - 34	42	1 AG	0:56:55.3	485	Nick A Cottango	09:10.9
M 60 - 99	43	5	0:57:10.8	513	James Halstead	09:13.4
M 50 - 54	44	5	0:59:33.6	534	Date F Johnson	09:36.4
M 60 - 99	45	6	1:01:00.0	529	James G Barry	09:50.3
F 40 - 44	46	1 AG	1:01:15.6	533	Donna Worth	09:52.8
M 55 - 59	47	7	1:03:44.4	453	Richard W Manther	10:16.8
T 50 - 54	48	1 AG	1:04:20.2	473	Martyn L Graham	10:22.6
M 60 - 99	49	2 AG	1:06:08.5	451	Beverly A Smith	10:40.1
M 60 - 99	50	5	1:07:18.6	460	Sheldon S Nicol	10:51.4

9/14/03  
Kankakee River 5K

## Race Results BY OVERALL FINISH

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name	Pace/Mi
M 35 - 39	1	1 OA	0:17:09.5	505	Rod E Kahn	05:32.1
M 40 - 44	2	2 OA	0:18:48.6	507	Mike Etlterbrock	06:04.1
F 40 - 44	3	1 OA	0:20:02.3	500	Chris M Walsh	06:27.8
M 40 - 44	4	3 OA	0:20:13.8	498	Dean R Hartman	06:31.5
M 20 - 24	5	1 AG	0:21:22.2	530	Casey Holohan	06:53.6
M 50 - 54	6	1 MST	0:22:21.6	499	Wendell D Provost	07:12.8
M 25 - 29	7	1 AG	0:22:46.5	524	Zachary Puthoff	07:20.8
M 1 - 19	8	1 AG	0:22:58.8	465	Colin P Koerner	07:24.8
M 50 - 54	9	1 AG	0:23:03.3	510	Chuck Parsons	07:26.2
M 40 - 44	10	1 AG	0:23:48.8	532	Dale Yeager	07:40.9
M 60 - 99	11	1 AG	0:25:10.9	525	Dick Macknick	08:07.4
M 30 - 34	12	1 AG	0:26:00.6	458	Jim Ferris	08:23.4
F 35 - 39	13	2 OA	0:26:07.5	527	Valerie Pop-Brandt	08:25.6
M 50 - 54	14	2 AG	0:27:32.6	535	Bruce Ostran	08:53.1
M 50 - 54	15	3 AG	0:27:49.3	455	Andrew Horn	08:58.5
F 1 - 19	16	3 OA	0:28:04.2	512	Lauren Walsh	09:03.3
F 45 - 49	17	1 MST	0:28:21.4	470	Diane M DesMarteau	09:08.8
M 55 - 59	18	1 AG	0:29:35.3	519	Jim Puthoff	09:32.7
M 45 - 49	19	1 AG	0:29:46.5	476	Patrick J Baldwin	09:36.3
M 1 - 19	20	2 AG	0:30:00.5	522	Bryce McDade	09:40.8
F 1 - 19	21	1 AG	0:30:53.3	494	Brittany Issert	09:57.8
F 35 - 39	22	1 AG	0:31:53.7	463	Rasa Weber	10:17.3
F 35 - 39	23	2 AG	0:33:15.6	487	Sylvia Sarver	10:43.7
M 35 - 39	24	1 AG	0:33:34.9	521	Ty Smothers	10:50.0
F 60 - 99	25	1 AG	0:33:42.2	492	Judy Kilbride	10:52.3
F 30 - 34	26	1 AG	0:34:22.6	478	Ann Hendrix	11:05.4
F 50 - 54	27	1 AG	0:35:53.6	502	Eileen Hostert	11:34.7
M 60 - 99	28	2 AG	0:36:54.7	490	Leon J Malone	11:54.4
M 1 - 19	29	3 AG	0:42:28.5	526	Zack Smothers	13:42.1
M 45 - 49	30	2 AG	0:47:17.4	450	Chris L DuVal	15:15.3