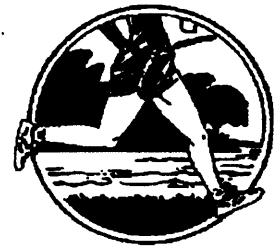




# THE PAPER RACE

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



NOV-DEC 2003 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 186



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### Something I Plan To Never Do Again By Chris DuVal

The emergency room doctor had put on the look I would use when I worked in a hospital and had to tell a patient some bad news. The look that says, this is serious, but there is hope. It must have worked, because when I heard, "You broke your hip." I immediately thought of the promise of the old television show, *The Six Million Dollar Man*, "We can rebuild him."

For the last three months I've been rebuilding myself from a bike crash this summer in a triathlon. A crash to avoid driving over the top of another rider who had crashed immediately in front of me.

Several people asked if I was feeling, "Why me?" I've found it more productive to feel, "Why not me?" Things happen to people all the time. If anything, this experience has been a blessing. I have a renewed appreciation for things like sitting, standing, walking and of course, running.

The fact is, things happen to people all the time. When I worked in head trauma rehabilitation, this became very apparent. Someone sitting at a stop light gets hit by a drunk driver. The grandfather shows his grandson his favorite, "unloaded" rifle and it goes off. The mother of seven is sitting on her porch and gets shot by a stray bullet from a gang fight 3 blocks away, etc.

The way different people respond to stuff like this often varies in unpredictable ways. What makes a 60 year old with a mild stroke say, "I'm ready for the nursing home, my life is over.", when a 90 year old with a more severe stroke says, "Let's get to work (in therapy), I'm going home, I've got things to do."

I think people who run, or do any kind of physical activity on a regular basis, are more likely to see set backs as speed bumps on the road of life and not as the end of the road. Many members of the KRRC are proof of this.

Runners are in shape and more in tune with their bodies, that's part of the reason they bounce back quicker. But the mental/ psychological/ spiritual aspects play a part as well. As Yogi Berra said, "Baseball is 99% mental and the other half is physical." Runners develop a discipline and drive that extends to all areas of life.

Part of recovery is rest and recuperation. Early on my Physical Therapist held up her scolding finger and said, "In a couple of weeks, you'll feel a lot better and you'll want to push it, that's how people end up back here."

Eventually, I got the green light for swimming, yoga, spinning and other low impact activities. Eventually, I got the o.k. for running. Very slow running that is. It's been very motivating to achieve what would have formerly been modest goals. Setting a 10K PR was replaced with things like running a mile without stopping and doing a 5K in my former 10K time.

Something that comes up in the literature on recovering athletes is that as someone comes back from an injury, they often injure something else. Though the good news is that conditioning does come back fairly quickly, the bad news is that time off causes de-conditioning, of everything. After a lay off, for whatever reason, easing back into running is the best approach.

As I write this, I'm thinking of the Allerton 5.5-mile trail race I finished today, 2 minutes under my goal. Running at the very end of the pack I met a number of people I otherwise wouldn't have. Other runners recovering from injuries, people with medical conditions, and new runners. Everyone was very supportive and encouraging to each other. The spirit at the back of the pack was just as strong as among the faster runners, maybe more so. In a world of increasing couch potato spectatorship, it's always heartening to see people at all levels take charge of their lives and run, run, run.

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!

# NOV.-DEC. B-days!

NAME	B-DAY	AGE
Andy Baldwin	11/06/88	15
April Frost	11/11/79	24
Kari Livesey	11/22/55	48
Judy Manthei	11/04/47	56
Peggy Baldwin	12/23/83	20
Gretchen DeMarch	12/30/59	44
Jack Dorn	12/27/45	58
Lindsey Grace	12/21/84	19
Daniel Hall	12/15/62	41
Mark Lesyna	12/23/51	52
Jeff Lonergan	12/11/54	49
Randy Rahrig	12/03/58	45
Kirsten Steeves	12/20/63	40

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## Vegetables and Rice

Serves 6

1 Tbsp. Vegetable oil  
 1/2 medium onion, chopped  
 2 cloves garlic, minced or 1/4 tsp. garlic powder  
 4 cups hot water  
 1/2 tsp. salt  
 1 cup fresh or frozen vegetables (peas, corn, green beans, tomato, carrots, peppers, etc.)  
 2 cups uncooked rice

1. In a medium pan, heat oil and saute onion, garlic and rice.
2. Add hot water and salt. Bring to a full boil.
3. Cover and simmer for 15 minutes without stirring.
4. Add vegetables and simmer 5 minutes or a little longer until vegetables are cooked.
5. Uncover and stir gently. Turn off heat. Let stand 15 minutes before serving.

Wishes to everyone for a Happy Thanksgiving and a Happy Holiday Season. The next newsletter will be sent out in January 2004. We will most likely be having a Cabin Fever party in March of 2004 instead of a Christmas party since everyone is so busy then. Marcia

## 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!

Nov. 23, Sun. Jingle Bell 5K, 1pm, Bloomington, IL [kferg@mtco.com](mailto:kferg@mtco.com)

Nov. 27, Thurs. Poultry Predictor 4Mile Run / 1 mile walk, 8:40am, Pilcher Park Keith (815)478-3124

Nov. 27, Thurs. Oglesby 3 Mile Turkey Trot, 9am, Holy Family School in Oglesby. John (815)223-7922

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

Dec. 13, Sat. The Deer Run Run 8K X-C Race, 11am, Evergreen Lake, Comlara Co. Park, (309)762-2022 x221

**Dec. 14, Sun. Jingle Bell 5K Run & 5K walk & 3K Fun Walk, 9am, Shapiro Dev. Ctr. Kankakee, (815)937-2461**

Dec. 31, Wed. Run Your Ice Off Hard Core 5K, 1pm, Kewanee, (309)852-2175

Jan. 3, Sat. Siberian Express 7.6 Mile Trail Run, Noon, Kickapoo State Rec. Area, Scott (217)469-2134

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

## THE FINISH LINE

### Oct. 5 Milwaukee Marathon

Dave Barrett 3:02.44  
 Pete Bernsdorf 3:07.40  
 Rich Olmstead 3:25.37  
 Dan Gould 4:08.33

### Oct. 12 Chicago Marathon

Marla Styck 3:39.18  
 Dave Merillat 4:08.53  
 Phil Newberry 4:24.06  
 Pat Pierce 5:15.40

Continued.....

# FINISH LINE

EDITED BY ALISA BAUMAN

## Finding an Open Door by Susan Robb

For years I listened to my husband espouse the benefits, joys, frustrations and, sometimes, the pain of running. I listened and, most of the time, appreciated his efforts and admired his perseverance.

Sometimes, though, I resented his running. Perhaps I resented that he went running when I had other plans for his time. Or maybe I was jealous that he could get high on something I didn't understand. But when I remotely entertained the thought that perhaps I, too, could run, I usually snickered and forgot about it.

Until two summers ago.

That's when my youngest left the nest, my daughter got married, my hormones ran amok, and my self-image plummeted. There was too much to do, to see, to experience for any one lifetime, and mine was already half over. There were places I'd never see, restaurants I'd never eat in, beaches I'd never walk on, jobs I'd never have and people I'd never meet. I felt doors closing, slamming actually, somewhere in the deepest parts of my being.

So I started thinking of things I wanted to do before it was too late.

Like run.

I began in secret the first week of my summer vacation. My goal: be able to run a mile every day by summer's end. Under the guise of walking my dog, Dax, I set out, full of resolve.

That first day, Dax took off. As I struggled to keep Dax's pace, a newspaper headline flashed through my consciousness: Old Deluded Woman Found Dragged to Death by Trusty Canine Companion.

Later I had a meaningful chat with my furry friend, full of food-deprivation threats and explicit descriptions of life at the pound. After several runs, he resigned himself to a slow trot.

And I surprised myself. By the end of the first week, I was running a mile with only one walking period. By the end of the second week, I was running a mile without walking at all.

I felt like a member of the club. And I wanted the uniform.

So I bought running shoes, special padded socks, several pairs of running shorts, bright-colored sports bras and a sweatband.

My husband was supportive; my children incredulous; my friends amazed. I ran with my head held high, a spring in my step, my hair flowing, my breathing more rhythmic.

Yet something was missing. I had not found the "runner's high." I believed this elusive state would render me ageless, make me feel invincible, turn back the clock.

So, against my husband's admonitions, I pushed it. I ran a mile and a half. A mile and three-quarters, two miles, two and a half. About halfway through each run, I would feel pain and fatigue. My breathing was so loud it blocked out the sounds of the wind and the birds. Blocked it out, I reasoned, because I was part of the Zen of All Things.

Wrong.

I learned the truth the day I ran with my husband. For the first 20 minutes, we were together. When I couldn't keep up with him, I asked him to run slightly behind me. Soon we passed the 2-mile mark. I was determined to complete his course—the full 3 miles. I turned my head to let him know I was going for it.

Then the pain hit me. Still, I couldn't let go of my quest. I pushed harder. Now I was running, really running, and with each crash of my feet upon the pavement, pain shot up my legs. With each gasp of air, my lungs felt as though they would explode. But I ran that last mile, in search of that elusive high.

I never found it. My knees later swelled. But I recovered. Now I'm running more cautiously, sensibly and pain-free. And though I've yet to experience runner's high, I know nevertheless that many things, many wonderful things, are still within my grasp. **R**

*Susan Robb teaches high school in Howard, Pa. She runs 2 miles twice a week and has no immediate plans for a marathon.*



# 10/5/03 Run for Reading 5K

Race Results BY OVERALL FINISH

## The Finish Line Continued

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name	City/ST	Pace/MI
M 35 - 39	1	1 OA	0:16:37.9	21	Rod E Kahl	Bradley IL	05:21.9
M 40 - 44	2	2 OA	0:17:11.0	36	Patrick D Koerner	Bourbonnais IL	05:32.6
M 20 - 24	3	3 OA	0:18:23.5	33	Bill L Szabo	Dwight IL	05:56.0
M 35 - 39	4	1 AG	0:19:09.3	26	Jose L Jimenez	Chicago Heights IL	06:10.7
F 40 - 44	5	1 OA	0:19:15.5	45	Chris M Walsh	Campus IL	06:12.7
M 1 - 19	6	1 AG	0:19:32.8	30	Roland Rodriguez	Manteno IL	06:18.3
M 1 - 19	7	2 AG	0:19:45.6	1	Joe Kunsch	Gilman IL	06:22.5
M 40 - 44	8	1 MST	0:19:52.2	34	Clinton L Carter	Minooka IL	06:24.6
M 40 - 44	9	1 AG	0:20:02.5	35	Phil Newberry	Bourbonnais IL	06:27.9
M 55 - 59	10	1 AG	0:20:10.5	19	Barry Kramer	Chicago IL	06:30.5
F 50 - 54	11	2 OA	0:20:11.9	32	Que Harbor	Rantoul IL	06:30.9
M 60 - 99	12	1 AG	0:20:53.1	20	Charlie Grotevant	Buckingham IL	06:44.2
M 40 - 44	13	2 AG	0:21:09.8	27	Chris Bryant	Bourbonnais IL	06:49.6
M 55 - 59	14	2 AG	0:21:12.4	17	Juan Gomez	Chicago Heights IL	06:50.5
M 55 - 59	15	3 AG	0:21:26.2	39	Larry L Lane	Reddick IL	06:54.9
F 45 - 49	16	3 OA	0:21:29.7	44	Theresa C Burgard	Kankakee IL	06:56.0
M 25 - 29	17	1 AG	0:21:37.3	47	Zachary Puthoff	Savoy IL	06:58.5
M 40 - 44	18	3 AG	0:21:54.8	15	Daniel R Gerber	Manteno IL	07:04.1
M 50 - 54	19	1 AG	0:22:06.3	43	Wendell D Provost	Bourbonnais IL	07:07.8
M 50 - 54	20	2 AG	0:22:24.1	31	Chuck Parsons	Kankakee IL	07:13.6
M 25 - 29	21	2 AG	0:22:43.3	37	Bill Yohnka	Kankakee IL	07:19.8
M 55 - 59	22	4	0:23:30.5	7	Jack A Dorn	Momence IL	07:35.0
M 40 - 44	23	4	0:24:14.8	11	Jason Scheid	Dwight IL	07:49.3
F 1 - 19	24	1 AG	0:24:19.4	2	Lindsay A Atkins	Bourbonnais IL	07:50.8
F 1 - 19	25	2 AG	0:24:19.9	22	Danielle Hickey	Monee IL	07:50.9
F 1 - 19	26	3 AG	0:24:22.7	14	Aimee Sims	Kankakee IL	07:51.8
M 30 - 34	27	1 AG	0:24:30.7	10	Chris Eckerle	Bourbonnais IL	07:54.4
F 25 - 29	28	1 AG	0:24:34.3	5	Emily Martin	Manteno IL	07:55.6
F 45 - 49	29	1 MST	0:24:35.5	25	Patricia A Horn	Bourbonnais IL	07:56.0
M 45 - 49	30	1 AG	0:24:49.6	40	Randy Riegel	Bonfield IL	08:00.5
F 25 - 29	31	2 AG	0:25:54.8	23	Tamara L King	Kankakee IL	08:21.5
M 1 - 19	32	3 AG	0:25:58.1	29	Mitch Widhalm	Clifton IL	08:22.6
F 40 - 44	33	1 AG	0:26:03.4	28	Renee Bryant	Bourbonnais IL	08:24.3
M 45 - 49	34	2 AG	0:27:15.1	4	Patrick J Baldwin	Bourbonnais IL	08:47.5
F 30 - 34	35	1 AG	0:27:18.3	49	Jillian Ball	Kankakee IL	08:48.5
M 50 - 54	36	3 AG	0:27:33.1	24	Drew Horn	Bourbonnais IL	08:53.3
M 55 - 59	37	5	0:28:53.4	48	James Puthoff	Manhattan IL	09:19.2
F 50 - 54	38	1 AG	0:29:09.9	16	Beverly A Smith	Kankakee IL	09:24.5
F 35 - 39	39	1 AG	0:29:39.9	13	Gretchen Eckerle	Bourbonnais IL	09:34.2
F 50 - 54	40	2 AG	0:31:19.6	38	Debra Kraetzer	Kankakee IL	10:06.3
F 35 - 39	41	2 AG	0:31:22.3	42	Rasa Weber	Manteno IL	10:07.2
F 45 - 49	42	1 AG	0:32:24.4	12	Sharon Scheid	Dwight IL	10:27.2
F 45 - 49	43	2 AG	0:32:56.5	3	Betty Peters-Lambert	St. Anne IL	10:37.6
M 45 - 49	44	3 AG	0:36:11.2	8	Chris L DuVal	Bourbonnais IL	11:40.4
M 1 - 19	45	4	0:38:36.0	9	Jaron Scheid	Dwight IL	12:27.1

### October 26, 2003 Allerton Trail Race

- Phil Newberry 40:00.5
- Charlie Grotevant 43:04.9 2AG
- Carol Pratt 43:26.7
- Bob Pool 44:29.0
- John Pool 49:22.2
- Randy Riegel 49:47.4
- Pat Pierce 53:27.2
- Bev Smith 1:00:18.0
- Chris DuVal 1:03:50

### November 2, 2003 Canal Connection

- Pat Koerner 35:41
- Chris Walsh 40:02
- Carol Pratt 44:40
- Charlie Grotevant 44:41
- Theresa Burgard 47:00
- Bob Pool 47:23
- Nancy Ruda 51:16
- John Pool 51:32
- Pat Horn 52:41
- Randy Riegel 54:09
- Pat Pierce 54:18
- Drew Horn 58:54
- Dick Manthei 1:03:35
- Bev Smith 1:05:25