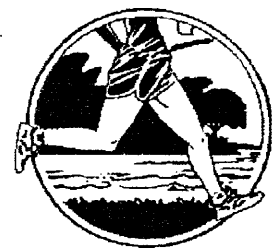




# THE PAPER RACE

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



**JUNE 2004 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 190**



*Kankakee River Running Club Newsletter Published Compliments of*  
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**REMINDER:** The Tuesday night Summer Series Fun Runs will be held at the Perry Farm in Bourbonnais this summer. Races start at 6pm on June 8<sup>th</sup>, July 13<sup>th</sup> and August 10<sup>th</sup>. We will meet at the pavilion attached to the restrooms at the front of the park. Hope to see you there and at Chicago Dough Pizza after the Fun Runs.

**FYI:** Our new e-mail address is [longrun2@comcast.net](mailto:longrun2@comcast.net) Please update your records. Marcia and Jeff L.

### 108<sup>th</sup> BOSTON MARATHON (Proof that God has a sense of humor) by Charlie Grotevant

This is a narrative of a weekend with three lovely ladies, plus multiple cell phone conversations with a fourth lovely lady, Tamara White, in a failed attempt to rendezvous with and eat with her and Nigel Keen in Boston. Nigel, of Bloomington, is unique, but not lovely by any stretch of the imagination. I shall omit some of the complicating factors of the weekend.

I will also spare you the details of knowing how Laurie, Marla, Joyce and I became a foursome at the Boston Park Plaza Hotel, other than for you to know I wish to stay close enough to the finish line of a marathon to enable me to roll to my room if I am unable to move my legs. And I have already edited out some of the gory details to spare the sensitivity of the readers of the Lake Run and Kankakee River Running Club newsletters.

My lovely wife Joyce accompanied me, as usual, and served as driver, room mother, and all around race helper for the 108<sup>th</sup> Boston Marathon. We picked up Marla Styck, of Bourbonnais, enroute to Midway Airport on Saturday, April 17<sup>th</sup>, for our flight to Providence, RI, where our rental car was waiting for the drive to Boston.

Checked into the Park Plaza in mid-afternoon, and led by Marla, took the MTA to the shuttle bus pickup for our ride to the Marathon Expo at the World Trade Center. Laurie Baker, of Normal, arrived at Boston Logan Airport while we were at the Expo, and took a cab to join us there. First stop for each of us after securing our race numbers and timing chips, was to purchase an official Boston Marathon jacket.

Nigel and Tamara, along with Nigel's two sons, were visiting Nigel's sister in Maine on Saturday and cross-trained by hiking in the mountains. Good plan! Get those hamstrings and quads in shape for Monday! They would be staying with another sister in Natick on Sunday and Monday nights. Lots cheaper than our costly hotel room.

Back to the hotel for our foursome by cab! The lines to board buses to return to the MTA station were tremendous and we lacked the patience and time to wait a turn to board. Our high-priced room at the Park Plaza consisted of two double beds and a roll away with a very small bathroom. The room was so small there was barely space to unfold the roll away. Laurie truly slept at the "foot-of-the-bed", her face being very close to Joyce and my feet.

And the restaurants were so crowded we ate at the bar of our hotel. Tomorrow we would make reservations, hopefully at Legal Seafood.

This was my fifth entry for the Boston Marathon, having previously participated in 1990, 1991, 1994, and 1997. Joyce and I drove our rental car to eat with and visit a friend in Framingham on Sunday, giving Laurie and Marla the opportunity to enjoy the Boston Commons area and whatever. After leaving our friend's condo, we followed our traditional custom of revisiting Leominster, MA, where Joyce and I lived during the early years of our marriage when I was stationed at Ft. Devens. Our two older children were born there. Some things remain the same with the passing of time, but much has changed.

We failed in our attempt to eat with Tamara and Nigel, but our young roommates secured 6:30 reservations at Legal Seafood for our pre-race meal. As I put on my new Boston Marathon jacket to leave with the ladies for our dinner, Laurie said "You can't wear that jacket this evening!" "Why not?" I replied. "You haven't earned it yet. You have to finish the marathon to wear that jacket!" I meekly changed into another jacket

Another tradition of our years at the Boston Marathon is driving our rental car to Hopkinton State Park, three miles from the starting line, and riding a shuttle bus into town. Joyce would remain with us until race start, taking pictures, lounging, and being a part of the excitement of the day.

It is her assigned duty to drive the approximate 30 miles from the State Park back to Boston, park the car, deposit belongings in our room, and get to an area two or three blocks beyond the finish line before the race winners run 26.2 miles. She has always succeeded, but some years it has been very close. Her job is always frustrating because the difficulty of driving in Boston is complicated by the closing of certain streets for the marathon. It went quicker this year because she caught a shuttle back to the State Park following the Wheelchair and "Elite Womens" start at 11:31 AM and prior to the mass start of the rest of us at Noon.

Her post-finish line duty is constant vigil for running friends needing help to find the hotel. She's always found me for a survivor picture.

The heat of this year's Boston Marathon was a forbidding challenge. 85 degrees at the noon starting time on Monday! A terrible situation to run 26.2 miles! This was the proof that God has a sense of humor! It had only been in the upper 50's on Saturday when we arrived, and on Sunday when we drove around and relaxed. And it would only get to the upper 50's on Tuesday when we returned to Illinois. God was messing with the minds and bodies of the nearly 18,000 runners amassing for the start of the race. Yes, we were given an extra burden for our day in the sun.

My qualifying time was 3:41:55 at Clearwater, FL in February 2003. I needed 4 hours or less to gain entry to Boston at age 62. My training had gone well throughout the winter, but I had no declared goals other than sub- 4 hours. But I did want a finishing medallion and I wanted to earn the "right" to wear my new jacket.

Laurie Baker, age 38, qualified with a 3:41:02 last fall in her native state of Minnesota at the Twin Cities Marathon, needing to run under 3:45. Boston was only her third marathon and she was going to "enjoy the occasion". She also hoped to finish under 4 hours, but felt no compulsion to do so. Receiving a finishing medallion and proudly wearing her jacket were the goals after hearing the weather forecast for Monday.

Marla Styck, age 34, just eased under her qualifying standard of 3:40 at last year's Chicago Marathon with a 3:39:50 finish in her very first marathon. Marla built up a good mileage base throughout the winter, but has encountered the scourge of plantar fasciitis giving her intense heel pain at times. She backed off the mileage two weeks prior to the marathon to rest the injured feet. Running the Boston Marathon was to be the culmination of her running goals. All she wanted to do was receive a finishing medallion and earn the right to wear her jacket.

With a 13,745 seeding number, I joined Laurie and Marla in the 13,000 -13,999 corral. We were at the rear of the 13,000 corral, just ahead of the rope marking the start of the 14,000 corral. It would take us 12:20 to reach the starting line. These corrals are monitored each year by a large contingent of volunteers who receive a complimentary jacket and the opportunity to exercise authority over all of us runners. And some are quite adept at exercising their authority on marathon day! Use your imagination!

Tamara White, age 42, of Heyworth, a great running rival who usually beats me in longer races, had a 3:30:44 qualifier at the Mt. Rushmore International Marathon in the Black Hills of South Dakota last October (Tamara sez: Never run a marathon with mountain or hills in the title). She was in the 10,000 corral, enabling her to reach the starting line in 8 minutes.

Tamara has had to fight through injuries during this winter and most of her conditioning has been from swimming and biking. On April 3<sup>rd</sup>, Joyce and I gave her a ride to the Springfield half marathon. When she got out of her car to enter ours, she had ice packs strapped to each of her knees. That was quite a sight! But she ran a 1:45 that day, and seemed more sprightly after the race than before.

With the computer chip timing (each of us had a plastic chip tied to our shoelaces), there wasn't a lot of pushing and shoving to get started, although it was crowded the entire race. We crossed a mat at the "start line" starting the timing process for the chip. At each 5 kilometers of the race, we again crossed a mat that recorded our respective times. The finish line mat gave the official running time of each person's marathon. I was constantly sidestepping or cutting around people because of the 17,950 runners starting the race. 20,344 were officially entered, but for various reasons more than 2000 did not participate on this very hot day.

The first mile was too easy. 8:17! I was already sensing impending doom. The crowd was large and enthusiastic with over a million lining the one-way route from Hopkinton into Boston. It was wonderful weather to be a spectator, as evidenced by the non-stop cheering and applause. Actually, I still felt good at the half marathon mark in 1:51:48. But then I started losing it. I had already passed Tamara, without either of us knowing it.

Walking and drinking Gatorade and water every two miles gave me some measure of relief, but the pain started arriving by 15 miles. Way too soon! The Newton hills from miles 18 thru 21 really pulled me down. I had to walk some of the uphill because I couldn't run any more. But once on top of the rises, I could take off again. Most of

the other runners around me were also walking up parts of the hills. The muscle pain of dehydration was grabbing us all.

I was very nauseated because my fluid intake wasn't being absorbed into my body fast enough. A side stitch started at mile 23 and stayed with me until the end. I was mentally lost beyond 17 or 18 miles and have no idea how I was able to finish the race without being one of the 1000 plus treated by EMT's and hospital crews. Some went down without a sound, and were given priority by the medics. Some went down writhing in pain and screaming while squeezing their leg muscles. It was ugly!

I finished under the clock at 4:04:47, thinking all my three lady friends were ahead of me. Not so! My chip time of 3:52:27 renewed my qualification for next year's Boston Marathon, which we are NOT DOING! I learned the next morning from the newspaper that my finish order was 6260. I started with nearly 14,000 ahead of me with the net result of having passed at least 7000 more runners than had passed me. Yes, I was aware of constantly passing people, but I was so out of it that I didn't have a clue to the total I had actually passed.

Joyce located me as I was nearing the end of the fenced off area beyond the finish line and I was able to continue shuffling until I joined her to be guided to our room. She hadn't seen Nigel, Tamara, Laurie, or Marla. "They should all be ahead of me as slowly as I had run", I told her, not knowing at that time how many I had passed.

Once in our room, I lay in bed, and covered myself because chills were coming on. Joyce returned to the finish area to look for our friends. Within minutes, Laurie entered the room, stepping lightly and easily, and not looking much the worse for the ordeal she had finished. "I've done it! I've completed the Boston Marathon and received my medallion! I can wear my jacket tonight!" She finished under the clock in 4:15:22 with an official chip time of 4:03:02. 7760<sup>th</sup> overall and in the top half of all the finishers!

Laurie was concerned about Tamara because she had caught her prior to 20 miles and they had run beside each other for 4 or 5 miles until Tamara needed to walk again. Laurie later encountered Nigel running back out to find Tamara.

As explained to me later that evening while talking by phone with Tamara and canceling another possible dinner together, Nigel, who had qualified with a sub 3 hour marathon, wasn't having a great go of it, either. He was able to stop and chat with his boys and sister at miles 8 and 22 and was enjoying the occasion. And Nigel accepted one of the many offers of beer from the cheering crowds. If I could run as fast as Nigel, I'd have time for a beer during a marathon, but that's another fantasy.

Nigel turned around before crossing the finish line so he could run back to find Tamara and finish with her. They finished together in a Personal Worst clock time of 4:19:24. Tamara's net time was 4:11:15 and 8337<sup>th</sup> overall. With 16,743 total finishers, Tamara also finished in the first half. By mile 9, Tamara had decided, due to her reduced training and the heat of the day, to run and walk the remainder of the course in an effort to not impair her running and triathlon events for the rest of the year. As the summer running season unfolds, we'll see how many times she finishes ahead of me. It was probably good judgment on her part.

While still trying to rid my body of chills under the bedcovers, and as Laurie was preparing to clean up for the evening, Marla entered, looking as if she had pulled herself from a bombed out building in Iraq. She wasn't bending her knees, and was trying to walk on her toes because the heel pain was too intense to let them touch the floor.

"I did it, and I'm don't need to do it again! I walked a lot and wanted to stop so many times, but I knew if I did, I wouldn't get a finisher medallion and Laurie's approval to wear my marathon jacket!" The wonders of motivational words! All three of us had pushed ourselves through the pain so we could all "earn the right to wear our jackets and receive our medals". Marla's clock time was 4:31:07 with an official chip time of 4:18:47. Her finish order of 10,074 placed her in the first 60% of finishers. Excellent considering the day and the pain she pushed herself through.

That evening Laurie, Marla, and I were able to proudly dine in our 2004 Boston Marathon jackets with the medallions around our necks. We had earned the right to wear them. The severe pain of the struggles we had endured earlier in the day was overridden by the elation of having accomplished the goal of finishing the marathon on this impossibly hot day. And Joyce could unwind from her very busy day of being our driver and caretaker.

Laurie, Marla, and Tamara, all lovely young ladies, showed they are truly "Tuff Gals" on April 19<sup>th</sup>. Joyce, after 42 years of marriage to me, has lost some of her youthfulness, but also earned a "Tuff Gal" designation. Thank you, ladies for a memorable weekend!

Like all previous 13 marathons, I slept like a baby that night. Yes, I tossed and turned and cried all night! No, it wasn't really that bad. The nausea continued throughout the evening, even after eating a filet, but Tuesday morning I had my appetite back and we flew home to the real world. And our real world was blessed with .8" of rain Tuesday morning enabling me to take the afternoon off instead of resuming corn planting.

May each of you have the strength and will to accomplish your running goals and your life goals. May each running day be a sunny one at less than 85 degrees. And may each bike riding day be windless, or with a tailwind in whatever direction you're traveling. See you at the races!

# THERE AND BACK AND THERE AGAIN, A RUNNER'S TALE

By John Bevis

Please pardon the reference to Bilbo Baggins (I am a big Lord of the Rings fan). For those who know me well enough, I have been battling the injury bug for over two years. Following the 2001 Chicago Marathon, I developed a case of shin splints and attempted to self-treat myself. Many runner friends also attempted to help solve my woes with suggestions, recommendations, and various old wives tales. Finally, I went to see a podiatrist who prescribed orthotics. Over the course of the fall of 2002, I slowly acclimated myself to the inserts and began running again – pain free!

All seemed to be going well and I ran a great half marathon in Louisville that is part of their Kentucky Derby Festival in April. My Dad's father had passed away one week before the race so I dedicated my effort to him. He was an incredible man who taught me many things about life, faith, church, and family. He was also a father figure to me through my high school and college years and was always there to help whenever he was asked or needed. I can say, with the limited training I was able to put in for that race, that I felt his presence with me during the run and as such the Louisville half marathon now has a special place in my heart.

Anyway, things appeared well in the spring of 2003. I upped my training to include more speed work and then in June I developed a sharp pain in my left shin again. "Oh, boy!" I thought, "Here we go again". I tried running through it but it was not improving and after the Friendship 5-K I was in agony and needed help. After a trip to Orthopedics Association of Kankakee (O.A.K.), I was diagnosed with a stress fracture. "Take six weeks off and call me in the morning" - plus the doctor told me he thought I shouldn't be wearing the orthotics and recommended I stop wearing them once I returned to training. "All right", I thought, "He's the doctor, he knows best, right?" After eight weeks off I again slowly began to train but my shins still hurt. Not as bad as before but enough to frustrate me. If God was trying to teach me patience or something I definitely was learning more than I wanted to. Eventually I made my way to a third doctor (a friend of mine). After some free advice I made an appointment and paid for a cure. Needless to say, back to the orthotics was the diagnosis. Sure enough after slowing down, getting used to the inserts again, and then upping my training I felt "released". I was like a kid in a candy store. The more I ran the better I felt and now was ready to tackle running again. Only it was pain free this time.

To add insult to injury in January, I found out my cholesterol was 250. I thought runners who don't drink and smoke could eat anything they wanted! So I had to change my diet (no more oreos, cake, cookies, etc. - I didn't have a sweet tooth, I had dentures!) and be rechecked in March. Amazingly, over the 12 weeks I lost about 7 pounds and lowered the cholesterol down to 209. I was still eating a lot but just healthier and I felt better and had more energy. I'm sure I put the hurt on Nabisco stock but oh well!

Also, after January of 2004 I began to train specifically for the Louisville half marathon again. I have some friends who live in the area so a place to stay was taken care of. I followed a half marathon program and ran my long runs at the state park with Dave Barrett and Dave Cagle, eventually building to a long run of 16 miles before I tapered. The derby half marathon is hilly the first six miles and then all downhill after that so the park is a great place to train with its rolling hills throughout the course. I also included tempo runs the day before my long runs at race pace, up to eight miles, which was a tremendous help to my endurance and I added a more consistent strength training program once a week to aid in conditioning.

The race was April 24, 2004 and as it drew near I felt ready, anticipating a race unlike any before. I drove down by myself on the Friday before the race. Being boss, I gave myself the day off. I wanted to get down in plenty of time to pick up my packet, champion chip, and find my friend's house, Rick and Angie Graham. The drive was pleasant, only four hours down I-65 and I arrived in Louisville at 3 p.m. Just as I made my way to the convention center to enjoy the expo my cell phone rings. It's my secretary telling me "not to panic". No good thing ever follows that statement! My neighbor had called her to report a broken water main in my front yard which may be getting into the house. "OK, I am four hours away – what can I do?" I gave her my wife's work number with instructions to send her home, check everything out, and contact the water company. Over the next two hours I anxiously awaited news as I wandered through shoes, clothes, and food items at the expo. Finally I hear back that all is well with the house but the yard is terminal. The run is still on!

Rick and Angie's house is next and I find it easily enough. I must say here how much I appreciate having friends all over the country. Much can be said for those with whom our paths have crossed and under what new circumstances we meet again. Rick is in the service and had just, I mean just, got back from Afganistan. His troop is getting ready to go back in two weeks so his and Angie's time together (plus three kids) is short. I had agreed to babysit while they went out for some R&R to help pay my room and board. It worked out great and we watched the movie "School of Rock" and had a great time. Angie even cooked a great pasta carb-loaded dish for me – bless her heart. At 10 p.m. I turned in for what would be about three hours worth of sleep.

The race was scheduled to begin at 7:30 a.m. That is 6:30 a.m. Illinois time. I needed to wake up at 5 a.m. (4 a.m. Illinois time) to be able to arrive in time to park and catch the bus. The race is a point to point, not a round and back. Since I couldn't sleep much, getting up early was not a problem and I had some toast, peanut butter, and coffee for my breakfast. I snuck out of the house quietly and drove into town and parked in the same spot as last year. The weather was 50 degrees and clear with little wind. What a day! (continued next page)

PERRY FARM 4-MILER 05/08/04

Race Results BY OVERALL FINISH

AgeGroup	Overall	GrpPlace	Time	Bib#	Name	City/ST	Pace/MI
M 30 - 34	1	1 OA	0:21:33.1	123	Mike A Ferri	Bradley IL	05:23.3
M 35 - 39	2	1 AG	0:21:43.3	86	Rod E Kahl	Bradley IL	05:25.8
M 40 - 44	3	1 AG	0:22:26.4	88	Patrick D Koerner	Bourbonnais IL	05:36.6
M 40 - 44	4	2 AG	0:23:00.0	98	John P Mitoraj	Mokena IL	05:45.0
M 20 - 24	5	1 AG	0:24:49.8	112	Bill Szabo	Dwight IL	06:12.4
M 45 - 49	6	1 AG	0:25:29.2	104	Clinton L Carter	Mtinooka IL	06:22.3
M 45 - 49	7	2 AG	0:25:33.5	96	Dan F Weber	Manteno IL	06:23.4
M 50 - 54	8	1 AG	0:26:38.9	128	Ritch W Olmstead	Kankakee IL	06:39.7
M 40 - 44	9	3 AG	0:26:52.9	122	John J Bevis	Bourbonnais IL	06:43.2
M 30 - 34	10	1 AG	0:27:19.1	101	David K Merrill	Kankakee IL	06:49.8
M 55 - 99	11	1 AG	0:27:51.5	107	Charlie Grotevant	Buckingham IL	06:57.9
M 50 - 54	12	2 AG	0:29:06.4	83	Kurt Huddleston	Lisle IL	07:16.6
M 55 - 99	13	2 AG	0:29:10.8	113	Daniel W Gould	Kankakee IL	07:17.7
M 50 - 54	14	3 AG	0:29:11.4	117	Wendell D Provost	Bourbonnais IL	07:17.8
M 55 - 99	15	3 AG	0:29:17.3	110	Chuck Parsons	Kankakee IL	07:19.3
M 45 - 49	16	3 AG	0:29:26.5	106	Jeff P Lonergan	Bourbonnais IL	07:21.6
M 55 - 99	17	4	0:29:41.9	100	Robert E Pool	Onarga IL	07:25.5
F 35 - 39	18	1 OA	0:29:52.1	105	Marcia J Lonergan	Bourbonnais IL	07:28.0
M 55 - 99	19	5	0:30:18.8	99	John F Pool	Thawville IL	07:34.7
M 40 - 44	20	4	0:30:47.6	121	Daniel E Hall	Watseka IL	07:41.9
F 20 - 24	21	1 AG	0:30:59.3	95	Julie Stamm	Bourbonnais IL	07:44.8
M 25 - 29	22	1 AG	0:31:13.0	118	Shane Van Kley	Demotte IN	07:48.2
M 55 - 99	23	6	0:31:42.8	120	Lanny Lobdell	Normal IL	07:55.7
M 40 - 44	24	5	0:32:14.9	81	Doug Conerton	Bourbonnais IL	08:03.7
M 40 - 44	25	6	0:32:21.4	90	John O'Donnell	Mokena IL	08:05.4
M 35 - 39	26	2 AG	0:32:25.1	102	Jack D Pence	Gilman IL	08:06.3
M 45 - 49	27	4	0:33:07.7	109	Chris L DuVal	Bourbonnais IL	08:16.9
M 50 - 54	28	4	0:33:11.3	116	Roger Smothers	Kankakee IL	08:17.8
F 20 - 24	29	2 AG	0:33:20.0	124	Casey Manes	Bourbonnais IL	08:20.0
F 20 - 24	30	3 AG	0:34:27.8	127	Sarah Schultz	Bourbonnais IL	08:37.0
F 15 - 19	31	1 AG	0:35:26.1	125	Amy Stewart	Braidwood IL	08:51.5
F 45 - 49	32	1 AG	0:35:26.9	126	Kathy Stewart	Braidwood IL	08:51.7
F 40 - 44	33	1 AG	0:35:48.7	129	Heather Kohout	Bourbonnais IL	08:57.2
M 25 - 29	34	2 AG	0:36:42.2	85	Joseph Beaulieu	Bourbonnais IL	09:10.6
F 20 - 24	35	4	0:38:43.6	94	Andrea Schimmel	Bradley IL	09:40.9
F 55 - 99	36	1 AG	0:39:49.8	119	Annette Lobdell	Normal IL	09:57.4
F 35 - 39	37	1 AG	0:40:58.7	97	Rasa Weber	Manteno IL	10:14.7
F 50 - 54	38	1 AG	0:41:27.1	111	Beverly A Smith	Kankakee IL	10:21.8
F 25 - 29	39	1 AG	0:43:11.8	93	Stephanie Reynolds	Momence IL	10:48.0
M 55 - 99	40	7	0:43:43.4	108	Leon J Malone	Kempton IL	10:55.8
F 30 - 34	41	1 AG	0:45:40.0	103	Lynn Krueger	Bourbonnais IL	11:05.0

# June B-days!

## Welcome New Members

Rick and Julie Nally  
of Naperville

The Wilson Family  
of Herscher

### 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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John Bevis (815)935-0470

### KRRC WEBSITE

WWW.KEYNET.NET/~KRRC  
Dave Barrett (815)937-4668

NAME	B-DAY	AGE
Amy Baldwin	6/14/86	18 YRS
Sara Batkiewicz	6/06/84	20 YRS
Erica Batkiewicz	6/06/84	20 YRS
Peter Bernsdorf	6/27/68	36 YRS
Cheryl Bevis	6/01/65	39 YRS
Erin Bryant	6/19/85	19 YRS
Katie Dorn	6/01/86	18 YRS
Jim Ferris	6/16/70	34 YRS
Casey Koerner	6/13/95	9 YRS
Larry Lane	6/27/48	56 YRS
Linda Linn	6/09/54	50 YRS
Dan Morse	6/25/59	45 YRS
Heather Morse	6/20/91	13 YRS
John Pool	6/13/42	62 YRS
Robert Pool	6/15/36	68 YRS
Jay Scroggins	6/19/73	31 YRS
Mike Stluka	6/27/61	43 YRS

### 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 OCT.** 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!

May 31, Mon. YMCA Memorial Day 5K, 9am, Streator, IL Ralph (815)672-2148

June 5, Sat. Westbrook 5K Run & Walk, 8am, Kankakee, IL Jim (815)933-2869

June 8, Tues. Summer Series Fun Run, 6pm, Perry Farm Bourbonnais, IL Chris (815)929-1631

June 12, Sat. Steamboat Days 15K, 7:45am, Peoria, IL Phil (309)676-6378

June 12, Sat. Lake Mingo Trail Run 7.1 Mile, 9am, Danville, IL Bub (217)431-5318

June 13, Sun. Tremont Turkey Festival 5K, 7:30am, Tremont, IL Mike (309)925-5341

June 17, Thurs. Short Run Long Day, 7:00pm, Main Park Frankfort, IL (815)469-9400 [www.frankfortparks.com](http://www.frankfortparks.com)

June 20, Sun. 9<sup>th</sup> Annual Kilbride Family Classic 5K Run and 2 Mile Walk for Autism, 8am, Cobb Park in Kankakee Gerry Kilbride (815)937-4200 days or (815)932-3885 after 6pm

June 26, Sat. Gridley Fest 5K, 7:30am, Gridley, IL Al (309)747-2130

June 27, Sun. Bourbonnais Friendship 5K Run & Walk, 8am, Bourbonnais Municipal Ctr. Larry (815)933-0057

July 4<sup>th</sup>, Sun. Park to Park 5-Miler, 7:30am, Miller Park Bloomington, IL Ron (309)828-9243

July 10<sup>th</sup>, Sat. Dog Days 5K, 6pm, Lake Bloomington, IL Mitch (309)452-7749

July 13<sup>th</sup>, Tues. Summer Series Fun Run, 6pm, Perry Farm, Bourbonnais, IL Chris (815)929-1631

July 17<sup>th</sup>, Sat. TriOttawa Olympic Distance 1.5K swim/40K bike/10K, Ottawa, IL [www.topshelfraceproductions.com](http://www.topshelfraceproductions.com)

### THE FINISH LINE

#### Charlie' Races

April 10 - Buffalo Trace 5 Mile Trail Run, Mahomet, IL 38:21 2nd A.G. 60 and over.  
April 19 - 108th Boston Marathon, Boston, MA 3:52:27 6260 of 16,743 finishers.  
April 24 - Starved Rock Runners YMCA 5K, Ottawa, IL 21:42 1st A.G. 60-64  
May 1 - Lake Run 12K, Lake Bloomington, IL 54:54 2nd A.G. 60-64

Drake Relays 8K results  
April 24th - 821 runners,  
485 male.

Ken Klipp 31:27 2AG  
Dan Weber 34:09  
Dan Gould 37:33  
Chuck Parsons 38:14  
Bill Linn 41:30  
Larry Lane 41:30

Explore Joliet 8K,  
May 15th  
Pat Koerner 28:38 1AG  
Dan Gould 36:35 1AG  
Rich Manthei 50:16

Lake Run, May 1<sup>st</sup>  
4.37 Mile Run  
Jeff Lonergan 31:53  
Marcia Lonergan 33:24 3AG  
Bob Pool 33:40 1AG

April 24 - S.R.R. Ltd. 5K Run  
Colin Koerner 23:42 3AG  
Pat Koerner 17:30 1OA

Lake Run, May 1<sup>st</sup>  
12K Run  
Pat Koerner 43:29 1MA  
John Pool 1:01.17