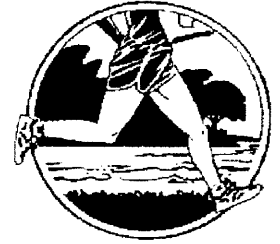




THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



JULY-AUG. 2004 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 191



Kankakee River Running Club Newsletter Published Compliments of
F. WEBER PRINTING COMPANY

450 N. Locustp Manteno, IL 60950p Ph. 815-468-6152 p Fax 815-468-6202 p E-mail:
fweber@daily-journal.com

Bill Linn's Annual Athletic Apparel Sample Sale

will be open to running club members and their friends and family on
Thursday, August 5th from 6p.m. to 9p.m.
Friday, August 6th from 8a.m. to 5p.m.
& Saturday, August 7th from 8a.m. to 3p.m.

If you have any questions, please call Bill at (815)935-0815.
The sale will be held at Bill's house at 1226 Vantage Lane, Bourbonnais.

Kankakee River 10K/5K Run Date Changed

to Sunday, October 17th due to a scheduling conflict with the park.
An updated 2004 area race calendar is enclosed in this newsletter.

Would you like to compete in a track meet?

Meet at the Rich East High School track, which is on Sauk Trail in Park Forest, on Wednesday evenings at 6p.m.
for a variety of races and relays. Many prizes and give aways! Call (708)748-2005 for more info.

ORDER OF EVENTS

July 14

3200 Meter Relay 4 x 800
400 Meter Run
800 Meter Run
Med. Relay 400-400-800-800
1600 M Run
1600 M Relay
3200 M Relay

July 21

3200 Meter Relay 4 x 800
200 Meter Dash
2 person 3200 M Relay (alt 400's)
1500 M Run
400 M Run
3200 M Run

July 28

2 person 3200 M Relay (alt 800's)
2 person 1600 M Relay (alt 400's)
Mile Run
400 M Run
800 M Run
5000 M Run (can run a portion)

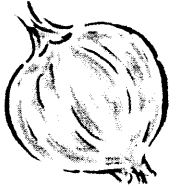
July-Aug. B-days!

NAME	B-DAY	AGE
Phil Angelo	7/17/51	53 YRS
Ben Angelo	7/07/83	21 YRS
Aidan Barrett	7/14/00	4 YRS
Taylor Bennett	7/11/88	16 YRS
John Bevis	7/30/63	41 YRS
Kenneth Brock	7/31/49	55 YRS
Tom Goodberlet	7/12/57	47 YRS
Antonio Acevedo	7/08/87	17 YRS
Patricia Horn	7/16/55	49 YRS
Andrew Horn	7/09/51	53 YRS
Leon Malone	7/07/30	74 YRS
Rick Nally	7/22/69	35 YRS
Dan Noffke	7/25/84	20 YRS
Jennifer Parris	7/03/70	34 YRS
Erin Richey	7/14/69	35 YRS
Paul Surprenant	7/08/47	57 YRS
Pat Baldwin	8/26/57	47 YRS
Kate Batkiewicz	8/03/63	41 YRS
Michael Belletete	8/05/46	58 YRS
Michael Biernat	8/20/48	56 YRS
Zach Cox	8/27/93	11 YRS
Sally Dorn	8/20/55	49 YRS
John Flynn	8/01/46	58 YRS
Andy Furbee	8/14/66	38 YRS
Dan Gould	8/31/44	60 YRS
Dee Anna Hillebrand	8/19/63	41 YRS
Donna Koerner	8/13/56	48 YRS
Sandy Lane	8/23/44	60 YRS
Shirley Malone	8/29/31	73 YRS
Richard Manthei	8/31/47	57 YRS
Pat Pierce	8/11/55	49 YRS
James Rattin	8/14/56	48 YRS
Nancy Ruda	8/16/56	48 YRS
Teddi Steeves	8/31/99	5 YRS
Kathleen Steffen	8/18/51	53 YRS
Marla Styck	8/12/69	35 YRS
Lynn Troost	8/26/46	58 YRS
Doug Uribe	8/22/61	43 YRS
Ethan Wilson	8/11/94	10 YRS

Summer Chili Serves 8



- 3/4 lb. lean beef or ground turkey
- 1 cup chopped onion
- 1 cup diced carrots
- 3/4 cup chopped green bell pepper
- 2 garlic cloves minced (or 1/2 tsp. garlic powder)
- 3 1/2 cups fresh tomatoes, chopped
- 1 16-oz. can chili or kidney beans, drained
- 2 cups water
- 1 1/2 Tbsp. chili powder
- 3/4 tsp. dried oregano
- 1/2 tsp. salt, if desired
- 2 cups diced yellow or zucchini squash



1. Cook beef or turkey in large pot over medium heat until no longer pink. Drain.
2. Add onions, carrots, green bell pepper and garlic. Cover and cook over low heat until onion is softened, about 8 minutes.
3. Stir in tomatoes, beans, water, chili powder, oregano and salt. Cook uncovered until chili comes to a simmer.
4. Reduce heat and simmer, uncovered, 20 minutes
5. Add squash and simmer, about 10 minutes longer



NUTRITION Facts (per serving)
 Calories 190 ~ Fat 8 g ~
 Calories from fat 70 ~ Sodium 390 mg ~
 Total carbohydrate 18 g ~ Fiber 5 g



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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KRRC WEBSITE

WWW.KEYNET.NET/~KRRC

Dave Barrett (815) 937-4668

THE STARTING LINE

KRRR 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!

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

July 17th, Sat. TriOttawa Olympic Distance 1.5K swim/40K bike/10K, Ottawa, IL www.tepsheltraceproductions.com

July 24th Sat. Kankakee YMCA 5K, 8 a.m., Kankakee YMCA, Pat (815)932-1009

July 25th, Sun. Wilmington Catfish 5K, 9a.m., South Island Park, Wilmington, IL (815)476-2790

July 30th Fri., Sheffield Homecoming 5K, 7p.m. Sheffield, IL Bill or Connie (815)454-2008 polarbears@smith.mchsi.com

July 31st, Sat. Dawson Lake 5K, 8a.m., Moraine View State Park, Leroy, IL Jennifer (309)827-6767

Aug. 1st, Sun., KCTC Boxtrot 5K, 8a.m., 333 S. Schuyler Ave., Bradley, IL (815)932-4022 tparker@kcte-org.com

Aug. 10th, Tues. Summer Series Fun Run #3, 6p.m. Perry Farm, Bourbonnais, IL Chris (815)929-1631

Aug. 13th, Fri., Wenona Days 5k, 7p.m., Wenona Park

Aug. 14th, Sat., Momence Glad Run 5K/10K, 8a.m., Momence High School, Janet (815)472-2535

Aug. 21st, Sat. City of LaSalle 4 Mile Race, 6p.m., near swimming pool shelter, (815)223-1389

Aug. 28th, Sat. DeKalb Cornfest 10K/3K 8:30a.m./8:25a.m., DeKalb High School (815)756-6306

Sept. 4th, Sat. Trail Shark Off-Road Triathlon, 8a.m., (500 meter swim/9 mile mountain bike/5K trail run) Timber Point Outdoor Ctr., Hudson, IL www.tri-shark.org

Sept. 5th, Sun., Herscher Hare & Tortoise 5K, 5p.m., Herscher Park, Rick (815)939-0719

Sept. 6th, Mon. Park Forest Scenic 10 mile & 5K, 8a.m., (708)503-7701 x263

Sept. 11th, Sat., Two Rivers Festival 5K, 9a.m., Riggs Grove Aroma Park, IL Geanna (815)933-7939

THE FINISH LINE

May 31st, Streator YMCA 5K

Rod Kahl 17:13 10A

Pat Koerner 17:49 1AG

Charlie Grotevant 22:33 1AG

Jeff Lonergan 22:51

Carol Pratt 22:58 3AG

Dan Gould 23:01

Colin Koerner 23:57

Marcia Lonergan 24:02 3AG

Pat Pierce 27:53

Randy Riegel 28:03

June 5th Tri-Shark Triathlon, Leroy, IL

Marcia Lonergan 1:21.49

Jeff Lonergan 1:24.04

Dan Hall 1:26.13

Chuck Parsons 1:29.54

Chris DuVal 1:30.23

June 17th, Short Run/Long Day 5K, Frankfort, IL

Phil Newberry 19:29 3AG

Jeff Lonergan 21:49

John Pool 24:10 1AG

Pat Pierce 26:45 3AG

July 10th, Dog Days 5k, Lake Bloomington, IL

Charlie Grotevant 22:16 1AG

Dan Gould 24:02 1AG

John Pool 24:44 3AG

Bob Pool 27:33 2AG

Randy Riegel 27:35

July 8th, Sundowner 5K, New Lenox, IL

Pat Koerner 17:27 1AG

Dave Barrett 19:52 3AG

Peter Bernsdorf 20:17

John Bevis 20:28

Andy Furbee 23:25

John Pool 24:33

Randy Riegel 27:08

July 3, 2004 8:00 a.m. Volkslaufe 10K Frankenmuth, MI

Drew Parsons 38:19 Dan Weber 41:36 3rd AG

July 3, 2004 10:00 a.m. Volkslaufe 5K Frankenmuth, MI

Dan Weber 20:53 Chuck Parsons 23:08

Rasa Weber 34:47

2004 KANKAKEE AREA ROAD RACE CALENDAR

These events are open to all trained and willing competitors. Races are subject to change or cancellation. Please watch for entry forms or direct any questions about individual races to the contact person for that race. Remember to support race sponsors, without them there would be no race.

PERRY FARM SPRING 4 MILER, 2 Mile Walk

Saturday, May 8 - 8:30 A.M.
Perry Farm, Bourbonnais, IL.
815-935-5665

WESTBROOK 5K RUN AND WALK

Saturday, June 5 - 8:00 AM.
Westbrook Nazarene, W Jeffery, Kankakee
Jim Ferris: 815-933-2869

SUMMER SERIES Fun Run 5K #1

Tuesday, June 8 - 6:00 PM.
Perry Farm, Bourbonnais IL.
Chris DuVal: 815-929-1631

KILBRIDE FAMILY CLASSIC

5K RUN, 2-MILE WALK
Sunday, June 20 - 8:00 AM.
Cobb Park, Kankakee, IL.
Jerry Kilbride: 815-932-3885(H), 937-4200(W)

BOURBONNAIS FRIENDSHIP FESTIVAL

5K RUN, FITNESS WALK
Sunday, June 27 - 8:00 AM.
Bourbonnais Municipal Center, Bourbonnais, IL.
Larry Forbes 933-0057

SUMMER SERIES 5K Fun Run #2

Tuesday, July 13 - 6:00 PM.
Perry Farm, Bourbonnais IL.
Chris DuVal: 815-929-1631

KANKAKEE YMCA 5K RUN AND FUN WALK

Saturday, July 24 - 8:00 AM.
Kankakee YMCA; Kankakee, IL
Pat Koerner: 815-932-1009
YMCA: 815-932-7743 EXT. 232

WILMINGTON CATFISH 5K & 1 Mile Walk

Sunday, July 25 - 9:00 AM.
South Island Park, Wilmington, IL.
Candy 815-476=2790

BOXTROT 5K / 2 MILE WALK

Sunday, Aug 1 - 8:00 AM.
KCTC, 333 S. Schuyler, Bradley, IL
Tinker Parker 815-932-4022

SUMMER SERIES 5K #3

Tuesday, August 10 - 6:00 PM.
Perry Farm, Bourbonnais IL.
Chris DuVal: 815-929-1631

MOMENCE GLAD RUN 5K/10K/1 Mile Walk

Saturday, August 14 - 8:00 AM.
Momence High School; Momence, IL
Janet Rosenbrock: 815-472-2535

HERSCHER HARE & TORTOISE 5K /2 Mile Walk

Sunday, September 5 - 5:00 PM.
Herschler Park, Herscher, IL
Rick Livesay: 815-939-0719

TWO RIVERS FESTIVAL 5K RACE & 3K WALK

Saturday, September 11 - 9:00AM.
Riggs Grove - S. of River off Bridge St.
Geanna Cross 815-933-7939

KANKAKEE RIVER 10K & 5K RUNS- 2 MILE WALK

NEW DATE--Sunday, October 17 - 9:00 AM.
Kankakee River St. Park, Bourbonnais, IL
Jeff Lonergan: 815-933-1695

NEWSPAPER IN EDUCATION

KANKAKEE DAILY JOURNAL 5K RUN
MAY RETURN IN 2005
Cindy Bradley: 815-468-7349

TURKEY BURN 5K

Saturday, November 27 - 9:00 AM.
Kankakee Boat Club; Kankakee, IL.
Chuck Parsons: 815-932-8003
Andy Furbee: 815-584-1765

JINGLE BELL RUN FOR ARTHRITIS

5K RUN AND WALK
Sunday, December 12 - 9:00 AM.
Shapiro Developmental Center, Kankakee, IL.
Phil Angelo: 815-933-4935(H), 937-3382(W)

2005

WINTERFEST 5K RUN & FITNESS WALK

Sunday, February 6 - 1:00 PM.
Small Park; Kankakee, IL.
Charlie or Joyce Grotevant: 815-949-1551
Ken Klipp: 815-937-1958



KANKAKEE RIVER RUNNING CLUB

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Updated 7-1-04