



# THE PAPER RACE

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



NOV.-DEC. 2005 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 200



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

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

### New Newsletter Editor in 2006

**Chris Bryant of Bourbonnais** will be taking over the newsletter as of the New Year. Chris is an avid runner and extremely knowledgeable in the health and fitness fields. I am confident that Chris will be a great asset to the newsletter and that he will breathe new life into it. If you have any articles you'd like to have published in any future newsletters, please contact Chris at (815)928-9290. I'm sure he'd appreciate any support our club members can offer.

Marcia Lonergan

# Nov.-Dec. B-days!

Name	Birthdate	Age
Andy Baldwin	11/06/88	17 YRS
Kari Livesey	11/22/55	50 YRS
Judy Manthei	11/04/47	58 YRS
Name	Birthdate	Age
Peggy Baldwin	12/23/83	22 YRS
Jack Dorn	12/27/45	60 YRS
Daniel Hall	12/15/62	43 YRS
Mark Lesyna	12/23/51	54 YRS
Eric Loferski	12/30/70	35 YRS
Jeff Lonergan	12/11/54	51 YRS
Valerie Pop-Brandt	12/21/64	41 YRS

## Jeff Lonergan Says, "Good-bye" to Kankakee River Run

After 17 years of directing the Kankakee River Running Clubs annual race at the Kankakee River State Park, Jeff Lonergan has decided to retire.

First of all, we would like to say a big "Thank You!" to **Glen and Cindy Grant of Chicago Dough Pizza**. Chicago Dough Pizza has been the races main sponsor throughout the years. Every year they have served their always delicious pizza at the race to all of the participants and have invited the workers for a free buffet lunch after the event. We really appreciate how they have worked with us and have always been there for us when we've needed their support throughout the years. Thank you Glen and Cindy!

Secondly, we would like to say, "Thank You" to all of the club members who have loyally volunteered to help out at the races year after year. Without your help and dedication this race wouldn't have survived this long. We appreciate everyone who has helped over the years, especially Henry and Janet Shelly, Dan Gould, Ken Klipp, Larry Lane, Leon and Shirley Malone, Joyce Grotevant, Phil Newberry, Gerry and Judy Kilbride, John and Marge Flynn, The Jack Dorn Family and the Bishop McNamara cross-country team.

If anyone is interested in becoming the new race director of this race, please contact Jeff at (815)933-1695 and he will help you get started. One issue that we have been made aware of is that the Kankakee River State Park will no longer allow us to have the race run on the roads in the park. Before anybody can plan the race, they would need to meet with the personnel at the state park to set up a date and a new course on the trail or the grass. A new director could move this race to a new location and have it on a different date. There are a lot of changes that could be made (within a budget) to try to revive our club race.

Jeff has run in this race every year since its beginning. He hates to see it come to an end but our many attempts at trying new things to increase attendance have been disappointing. Maybe the Kankakee River Races have just run their course.

Happy Running! Jeff and Marcia Lonergan

## Extreme Racing By Dan Gerber

Most runners are familiar with running in road races, where there is a fairly smooth road and they can get in a rhythm and zone. I have recently tried what most runners call cross country racing- or trail racing, but I preferred to go by the name of **extreme racing**- simply because I can neither get in any kind of rhythm or zone while participating and the course is anything but smooth!

My first experience with extreme racing took me to Portage In. last spring to run in the Trail Run Extreme 10K at Imagination Park. The race itself encompasses over six beautiful miles of hills (steep hills), log jumps (about 50 and I'm not kidding), water crossings, and mud crossings all run on a mountain bike trail through the woods. I was warned beforehand there would be almost insurmountable challenges in the course such as the "dark side" and "the half pipe". I wasn't necessarily worried however, since I knew that Phil Newberry would also be running in this event and I convinced myself that anything Phil can do, I can do too. Right! Being a veteran, I especially liked the beginning of the race where the National Anthem and Taps were played on trumpet honoring fallen American Soldiers. Running against the Marines, Army, and Air Force, I was determined to show what the Navy could do. And during the race when I entered the "half pipe, I was reminded of when I was back in the Navy on my aircraft carrier in rough seas bouncing up and down like a fishing bobber. Where one hill ended, another began- I thought I might get seasick from bouncing up and down all those hills. I remember crossing streams- eight times. The last stream crossing, with less than a mile to go- the water came up to my waist! I had a motivator at this crossing and to this day I don't know who he was, but he sure knew me! Somewhere in the group of onlookers at the last crossing I heard someone yelling "come on Gerber run! Are you a man or a mouse? Go Gerber; the women are even running faster than you are!" With renewed determination, I made it to the finish line where my wife was waiting with a broad smile on her face amazed how much mud I managed to carry back with me. I met my friend from work, Ron (the Iron Man Kirk)- this guy one time taped a video camera to his helmet for a bike race he was participating in so he would have some first hand footage of the race! He also rode his bicycle to the Chicago Marathon, ran the 26 miles, then rode it home after the race, so maybe I should call him Crazy Man Kirk! This time he ran with his photo camera, but it was so covered in mud I don't know if any pictures came out or not. I later met up with Phil, with eyes wide and looking kind of nervous, like he needed a beer or something. It seems that Val Pop-Brant went with Phil to the race to participate, and Phil assured her that the course was a piece of cake and for her to go ahead and run it. After Phil finished the race, he realized he may have exaggerated a little bit (a lot) on how easy the race actually is and he was afraid of what might happen to him when Val finished the race and found him. But to my dismay, when Val did finish the race, she looked better than all of us- like she didn't hardly break a sweat and said she loved the course so I didn't get to see her pound on Phil.

I like how the bike trail snaked along through the woods on the course during the race. The trail would suddenly make a 180-degree turn and it was possible to see other runners who are one hundred or so yards behind passing and going the other way. They were so close you could almost reach out and touch them- or warn them what lay ahead. You could tell when a stream crossing was nearby since you could hear much commotion and yelling. I even heard that someone lost his or her shoe in the mud at one crossing! There were also many log jumps. They weren't big logs, but there were many of them. I mentioned earlier what is in store for a runner in the part of the race called the half pipe, but I don't want to disclose every surprise. Therefore I will not discuss the dark side section of the race to those of you who have not participated yet.

Anyone who has never run a marathon, but would like to see what one is like- just run this 10K race, then multiply this race times four, for a marathon. However everyone I talked to intends to run this trail race again next year so it must have been rewarding!\*\*\*\*\*

If you don't think you are energetic enough for a 10K trail run, you may want to consider the Fall Fest 5K trail run at Goodenow Forest Preserve that is run every Sept. Compared to the Trail Run Extreme, this one is only half as long and half as hard. Gone are the streams and the log jumps, but there are plenty of scenic woods, hills and green grass and gravel to run over. My favorite part of the race is a huge sledding hill you must conquer with a little less than a mile to go. It is a excellent vantage point for spectators too since it is possible to witness about half of the race going on down below from that high up. It is also where the cheerleaders are positioned- about 20 Brownie Girl Scouts shouting, " Run run with all your might..... because you are dynamite!!!" I think every runner couldn't help but chuckle a little on the way back down the hill on the way to the finish.

After the race, you may want to stroll over to the Fall Fest celebration nearby where there are pony rides, farmer's market, hayrides, games, and even goat milking! Yes I got to actually see my wife (who grew up a small town Kankakee girl) and my grandson milk a real live goat. I think I almost had as much fun watching that as they did watching me try to run up that big sledding hill during the race!

Hopefully maybe I'll see more familiar faces at either of these evens next year, as it was a worthwhile experience. In the mean time, see you at the races! – Dan G

\*\*\*\*\*

Just a short note about the Chicago Marathon. It was a great run this year, huge crowds, bands and celebrations. I managed to turn in a 4:13:30 while enjoying the run. I know Val Pop-Brant also ran the marathon. I was wondering who else also ran?

<b><u>KRRC OFFICERS</u></b>	
President,	Chris DuVal (815) 929-1631
V.P.	Dave Barrett (815)937-4668
Treasurer	Marcia Lonergan (815)933-1695
<b><u>KRRC NEWSLETTER EDITORS</u></b>	
E-MAIL <a href="mailto:longrun2@comcast.net">longrun2@comcast.net</a>	
Marcia Lonergan	(815)933-1695
Dan Gould	(815)937-5500
<b><u>ACTIVITIES DIRECTOR</u></b>	
John Bevis	(815)935-0470
<b><u>KRRC WEBSITE</u></b>	
<a href="http://WWW.KEYNET.NET/~KRRC">WWW.KEYNET.NET/~KRRC</a>	
Dave Barrett (815)937-4668	

## ONCE UPON A TIME by Dan Gould

Once upon a time I was a cigarette smoking, overweight couch potato, in a stressful and sedentary job. That, happily, is ancient history, although I will admit that a few of the pounds I lost have found their way home. I mention this because I've spoken with a couple people recently who can't imagine that description being applied to me and wondered how I morphed from couch potato to distance runner.

Like many of my generation, I started smoking before the Surgeon General told us what every fireman knew: Inhaling smoke can kill you! I'm sure many of our tax dollars went to support the extensive research behind that finding. I started smoking the summer I graduated from high school. Mom was ready to kill me! Dad had quit two years earlier and she had just gotten the odor out of the house.

Couch potato? I was not a high school or college athlete. I was too slow, too short, too skinny, and/or too uncoordinated. Besides, after class and on weekends I was working at my dad's service station, a business now akin to the blacksmith shop. In those ancient times you were not allowed to pump your own gas. A person known as an attendant actually came out to your car, filled your tank, washed your windshield, checked your oil, and looked up your skirt. Well, he did if he could. In short, I didn't have time to be an athlete.

My running epiphany came in the fall of 1981. I had been out of high school almost twenty years and one of those milestone birthdays was on the horizon. A newspaper article brought home the ills one could expect from continuing my existing lifestyle.

The running boom of the 70's had ebbed slightly, but Frank Shorter's marathon victories were still fresh in everyone's memory and it seemed that every community had a reason to put on a 10K. Three young lawyers in the State's Attorney's Office who were runners gave me encouragement when I expressed an interest in rehabilitating myself. They became my first running buddies.

The cigarettes went into the wastebasket in November, 1981, as a first step. I made a deal with myself. I could eat and drink anything until March 1st, but I would not, under any circumstances, smoke. On March 1st I would arise a half hour early and begin jogging my way to a healthier life.

While I would read extensively about running, I was, as a beginner, uninformed. I didn't begin with a walk and run routine. I jogged to exhaustion! In the beginning, that was probably less than three-quarters of a mile and possible only with dreams of sexual rewards. When some of those March mornings were particularly bitter, I jogged around the basement, a rather small basement.

The pounds began to slip away as the distance increased. Within three months, I could jog five miles. I signed up for my first race, the

Performance Sports 5-Miler at Kankakee Community College. The day was muggy and I went out too fast. I had to walk for a bit at the four mile mark and only the fact that I had a buddy at the finish line waiting to take my picture got me running again. There was no gold that day, but I was hooked.

On March 1, 2003, twenty-one years after I took those first tentative steps to become a runner, I crossed the finish line for the Run for the Turtles at Siesta Key Beach, completing my 500th race. How do you best describe the joy of fitness and the countless friendships resulting from this lifestyle? *Priceless!*

Run for your life!

### **THE STARTING LINE – READY, SET, RACE!**

**SUNDAY – Training Run**– KRRC members of all abilities meet at the Kankakee River State Park at 8 AM from June thru October and 9 AM from November thru May to run and socialize. Bring a buddy, pick your distance, and run for your life!

Nov. 24, Thurs., 8:40 a.m., Poultry Predictor 4 mile & 1 mile, Pilcher Park, Joliet, IL Dave Cyplick (815)725-0161

Nov. 26, Sat., 9:00am, FOLEPI River Trail Classic 4 mile, 201 Veteran's Drive, East Peoria, IL

Dec. 3, Sat., 9:00am, Jingle Bell 5K Run, Lockport, IL Carol Domico (815)838-1183

Dec. 4, Sun., 10:00am, Cross-Country Challenge 8K, Gilberts, IL Jim Brimn (773)878-3836

**Dec. 11, Sun., 9a.m., Jingle Bell Run/Walk for Arthritis, Kankakee, IL Shapiro Developmental Ctr., Therese Cardosi (815)937-2461**

Dec. 31, Sat., 6:00pm, Resolution Run, Paul Peters (773)868-0893

Jan. 7, Sat., 11:00 am, Siberian Express 7.6 Mile Trail Run, Kickapoo State Park, Danville, IL Scott (217)469-2134

**THE FINISH LINE    GET ALL YOUR LOCAL RACE RESULTS AT [HTTP://RACEX.TRIPOD.COM/](http://RACEX.TRIPOD.COM/)**

#### Charlie Grotevant's Races

Sept. 3 Sweetcorn Classic 5K Hoopston, IL 21:32 1AG 60-64

Sept. 4 Hare & Tortoise 5K Herscher, IL 22:47 1AG 60-64

Sept. 11 Heel to Heal 5K Mokena, IL 22:26 1AG 60-64

Sept. 17 Harvest Days 5K Dwight, IL 21:58 1AG 60+

Sept. 18 National Heritage Corridor 25K Channahon, IL 2:05:57 1AG 60-64

Sept. 25 Wild Wild Wilderness Trail Run Danville, IL 1:07:44 3AG 60+

Oct. 1 Fit for Life 5K Bourbonnais, IL 21:53 1AG 50+

Oct. 16 Kankakee River 5K Kankakee, IL 24:22 2AG 60-64

Oct. 22 Run the Beat 5K Morris, IL 21:50 1AG 60-64

#### Rick Nally

Rooney Heart 5K in Hinsdale, IL

The race starts and finishes at Hinsdale Hospital  
My 3rd year running this race. It's my favorite.

time - 26:31

overall 158th out of 523 (including walkers)  
19th of 28 in my age group (Male 35 - 39)