

Summer 2008 KANKAKEE RIVER RUNNING CLUB



13th Annual Kilbride Family Classic:

June 15, 2008
**5k Run, 2-Mile Walk,
and Children's Run
for Autism**

Don't miss this event! It's *the* best summer road race in Kankakee County ... and a great way to celebrate Father's Day!

Last year, 547 runners and walkers participated (including 65 children) — the largest field to date. Race directors, Gerry and Judy Kilbride, promise they're ready for many more this year. Plenty of race numbers, cold water, and refreshments!

Sunday, June 15, 2008

8 a.m.

Cobb Park, Kankakee

For applications and information, call **815-932-3885** after 6 p.m. or write to jkilbride@sbcglobal.net.

The Children's Run is approximately 200 yards. Boys and girls up to 10 years old are encouraged to participate. It begins immediately after the adult run and walk.

Autism affects the lives of more than 1.7 million children and adults in the United States. The 2007 event raised over \$10,000 for Autism Speaks and for the Kankakee Valley Chapter of the Autism Society of America.

Together, We Will Run and Walk to Find a Cure.

Sign Up Now for the Six-Pack Series!

All you have to do is pay a \$10 entry fee and **complete** a minimum of 6 local races to be entered in a drawing for cash prizes. For the list of races and an entry form, write to krrcil@lycos.com.

Let's Hear from You!

If you have a story, a thought, a comment, or an idea that you'd like to share with the club, please send a note to these happy folks.

Judy Kilbride, President • jkilbride@sbcglobal.net

Ken Klipp, Social Director • kcklipp@comcast.net

Dave Bohlke, Treasurer • dbohlke@yahoo.com

Nancy J. Ruda, Newsletter • njrmktgent@aol.com

Gary Wrote to Us

"This is an invitation to check out www.garycohenrunning.com. I have 35 years of running experience highlighted by best marathons of 2:22, 2:23, and 2:28; 46 total marathons completed, including 11 Bostons; PRs of 1:08:13 for the marathon, 46:49 for a 15k, 30:28 for a 10k, and 14:44 for a 5k. I am the current Walt Disney World Marathon Grandmasters Champion.

I write regularly for "Florida Running and Triathlon" magazine. I was born in Chicago but have lived in Florida for most of my life.

At www.garycohenrunning.com, you can read over 10 of my articles and keep up with my new short essays entitled, "All in a Day's Run." These essays are one-to-two-minute reads that include road and track racing, nutrition, trail running, and inspirational stories. I especially encourage you to read, "All in a Day's Walk." It is a story about a friend trying to complete his 28th straight Boston Marathon with a torn ACL.

I hope you enjoy having another source of running information that is educational, enlightening, and entertaining. Please recommend it to your running buddies. Have a happy and healthy week and great running!"

Gary
marathoner22234@yahoo.com



The Last Marathon

by Charlie Grotevant

How many of you have declared *following* a marathon that it is the “last” one? How many of you have declared *prior* to a marathon that it will be the “last” one? How many of you, a few years following the “last” one, have developed “marathon amnesia” and allowed the desire in your heart to override the sensible part of your brain?

Congratulations, Charlie!

I’ve answered all of these questions in the affirmative at some point in my running life.

Marathon #15 for me was April 21, 2008, in Boston — the 112th running of the oldest and most historical marathon in America. The third Monday in April is Patriots Day in Massachusetts — not to honor the football team but a state holiday commemorating the beginning of the Revolutionary War. It is always an extra special weekend in and around Boston with re-enactments of battles and numerous historical places to visit. An additional treat this year was the Women’s Olympic Team Trials for the Marathon on the day before the citizens’ event.

The majority of my marathons have been either to gain a Boston qualifying time or to actually compete in Boston. Five were run to gain entry into the race, and I have run the race on six occasions.

The two motivating forces for repeated entries are the prestige of achieving a qualification time to enter the race and a soft spot in my heart for the area. I was stationed at Ft. Devens, Mass., 20 miles from Hopkinton (the starting point of the marathon) during the early years of our marriage. In fact, our two older children were born there.

Well, I lived through another marathon, even though there were times I would have relished the pain relief of “not living.” I had achieved the qualifying time at the Green Bay Marathon in 2007 with a 3:55. (The standard for ages 65—69 is 4:15. Yes, they give us geezers some big-time slack.)

There were two starting waves this year — at 10 a.m. and at 10:30 a.m. (They discontinued the traditional noon start.) The very chilly, cloudy, and overcast day became sunny prior to the race. The temp was in the 50s and on its way to well into the 60s with bright sun and a headwind for the point-to-point course.

The day could have been better, but it certainly could have been worse. I was experiencing indigestion on the morning of the race, not a good sign, especially for someone living

with an ileostomy (a condition that decreases the body’s ability to absorb fluids).

With water and Gatorade stops at each mile of the course and a few miles into the race, I was experiencing nausea and knew my body wasn’t absorbing fluids. I was already beginning to hurt with cramping feelings in my legs due to the onset of dehydration. Yes, I had to take several minute-long walking breaks during the later stages of the race, even making a port-a-potty stop at one point.

At mile 20, Dave Mauch from Mendota came onto the course as a bandit to run with me. And, I was certainly needing help by then. It was a mentally foggy and hazy 10k to the finish, but, with Dave continuing his encouraging chatter, we got to the line ... where I collapsed. However, I was coherent enough to insist on an IV.

A medical tent, nearly 200 feet long, was at the finish line and filled with cots and emergency personnel. I was wheelchaired into the tent and helped onto a cot. Following a few questions from a nurse and later from a doctor, an IV was started.

An hour later, I was able to walk out of the tent unassisted and actually had more energy than I had in the early stages of the race. The IV was much more effective in aiding my recovery than all the bananas, bagels, fruit, and other treats that were spread out for the still-standing finishers to consume.

Oh, yes ... I was sore for several days following the race, but it was a good sore resulting from the satisfaction of pushing my body to the limits of the day.

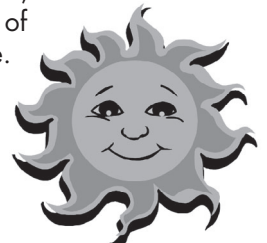
Joyce, as well as Dave and some friends from the Boston area, were waiting for me at the exit of the medical tent. There were lots of smiles and photos.

My time was 3:51:24 — actually faster by one minute than in 2004 at Boston. (On that race day, it was 85 degrees at the noon start.) I placed 12,353rd of the 21,963 finishers.

The bib number assigned to me, 19559, indicates that 19,558 runners had a faster qualification time than I did — making the memory of my “last marathon” an even more positive one.

Yes, I have declared on many occasions in the past the same “last marathon” line, but this time, the declaration should hold true — especially in light of the serious “death threats” from Joyce.

The best to all of you, and may you be blessed with sunshine and a tailwind in whatever you are doing.



Welcome, New Members! Winter, Be Gone!

Sandy Duffield, Momence, 47
 James Faford, Bradley, 44
 Keith Moss, Bourbonnais, 44
 Ben Moss, Bourbonnais, 15
 Robert Yoder, Bourbonnais, 46

If you didn't make it to the social event on April 19th at the Perry Farm, you missed a "smashing" good time.

A record number of club members showed up (in spite of the chilly temps) ... including running legend, Leon Malone. See if you can find him in this photo.



Happy Birthday!

Date Name Age June

1	Cheryl Bevis	43
1	Katie Dorn	20
2	Arnold H. Rojo	52
9	Linda Linn	54
10	Janine A. Rojo	11
13	Casey Koerner	13
13	John Pool	66
14	Amy Baldwin	22
15	Robert Pool	72
18	John Meskis	41
20	Heather Morse	17
20	Jenna Wendlick	6
25	Dan Morse	49
27	Larry Lane	60
29	Phyllis Smothers	58

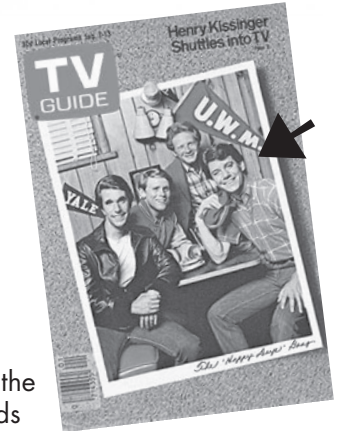
July

7	Leon Malone	78
8	Paul Surprenant	61
9	Andrew Horn	57
10	Deborah Renville	43
11	Taylor Bennett	20
14	Erin Richey	39
16	Patricia Horn	53
17	Phil Angelo	57
22	Rick Nally	39
22	John Benjamin A. Rojo ...	4
25	Dan Noffke	24
26	Keenan Bryant	18
30	John Bevis	45

August

1	John Flynn	62
11	Pat Pierce	53
12	Jessica Clodi	15
13	Donna Koerner	52
14	Andy Furbee	42
14	James Rattin	52
16	Nancy J. Ruda	52
19	Dee Anna Hillebrand ...	45
20	Michael Biernat	60
20	Sally Dorn	53
23	Sandy Lane	64
26	Pat Baldwin	51
29	Shirley Malone	77
30	Kelly Pierson	30
31	Dan Gould	64

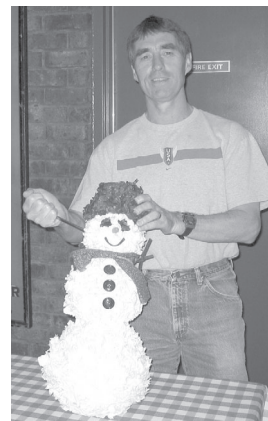
Meanwhile, it was a "happy day" for Shirley Malone when Warren "Potsie" Weber from "Happy Days" showed up to participate. He inspired his #1 fan to take up running again, and she was seen chasing the TV celebrity throughout Perry Farm — even sprinting past Leon several times.



(left to right: Dan Bullock, club pastry chef; Nancy J. Ruda; Leon Malone; Arlene Rojo; Ken Klipp; and Ron Ruda)

After the crowds departed, these club members were the only ones left standing. Shirley missed the photo as she was still on the course chasing Potsie.

The group gathered at the Chicago Dough Company to officially stab out winter and to celebrate birthdays for Ron Ruda and Dave Bohlke. There were so many cupcakes that Ken Klipp said we are now "an eating club with a running problem."



Winter be gone! Ken, social director and club meteorologist, took a healthy stab at Frosty and officially declared that the winter of 2008 is over!!

Speaking of events ... be sure to check out www.krrc.co.nr for information about this summer's social events. There's lots of hot fun ahead.

Saw You at the Races

OA = Overall

Name	Time	Overall Place
Mountain Goat 15k Run: March 22, 2008 Danville, Ill.		
James Faford	1:17:16.1	
Charlie Grotevant	1:18:19.7	
Robert Pool	1:32:34.4	
John Meskis	1:42:13.6	

National Heritage Corridor 25k: April 12, 2008 Channahon, Ill.

John Bevis	2:01:14.9	
James Faford	2:20:16.4	

Boston Marathon: April 21, 2008 Boston, Mass.

R. Keith Knepper	3:43.02	10,111th of 21,963 OA
Charlie Grotevant	3:51:24	12,353rd of 21,963 OA

Country Music Marathon: April 26, 2008 Nashville, Tenn.

R. Keith Knepper	3:46:21	702nd of 4,373 OA
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A New Little Social Director

Congratulations to Ken "Social Director" Klipp and Charlene. Their first grandchild, Oliver Grant, was born on April 5, 2008, and weighed 7 lbs., 8 oz. Proud parents are Marty and Kelly Klipp.

Summer Running at Its Best

Kilbride Family Classic 5k, June 15, 2008: Kankakee

Friendship 5k Run, June 22, 2008: Bourbonnais

Clifton Memorial Race, July 2008: Clifton*

Beecher 4th of July, July 4, 2008: Beecher

Bonfield 5k, July 4, 2008: Bonfield

Watseka 5k, July 4, 2008: Watseka

YMCA 5k Run, July 26, 2008: Kankakee

Wilmington Catfish Days 5k, July 2008: Wilmington*

Momence 5k and 10k, Aug. 9, 2008: Momence

Hare & Tortoise 5k, Aug. 31, 2008: Herscher

* Date to be confirmed.

Kankakee River Running Club
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Kankakee, IL 60901