



Volume-41 Issue 10 October 2019

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RUN STORIES

Limestone Rocks!

8 Hour Runners

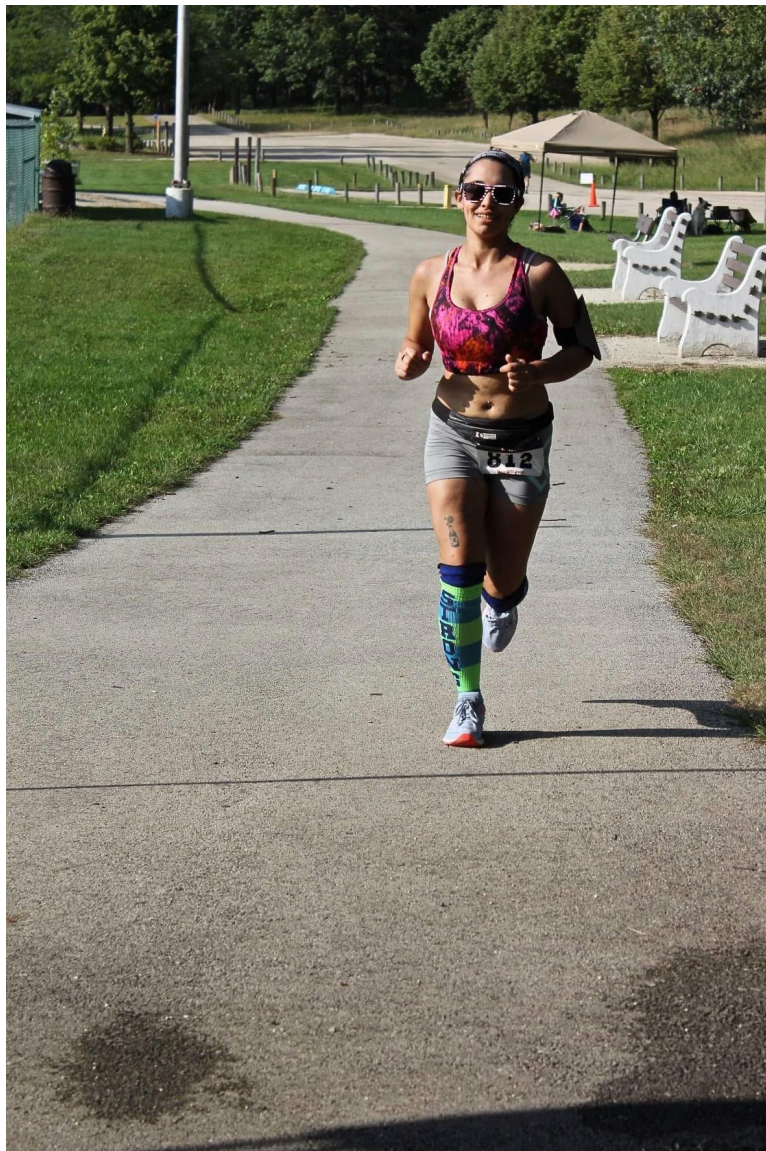


4 Hour Runners



[Daily Journal Article](#)

[Link above is the Daily Journal Article](#)



Taylor Harper

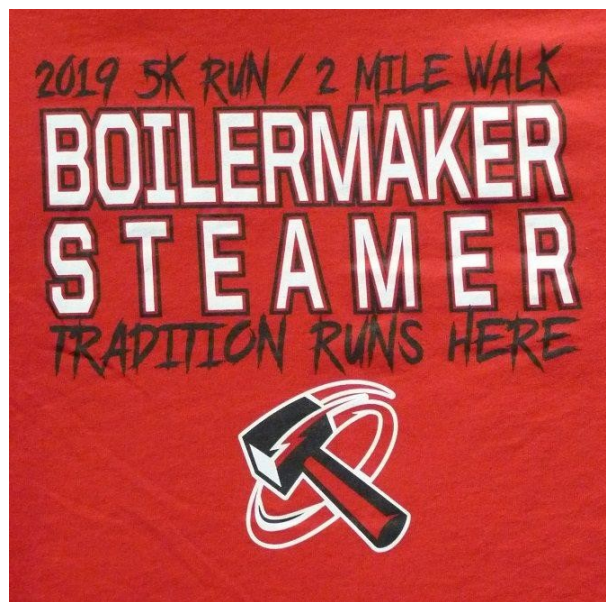
This was my first ultra run and the longest distance I have ever ran. Lesson I learned don't go ultra in the beginning, and train for a long run. I didn't train much 😊 but overall I was happy with my distance I ran. Had a lot of fun, can't wait to run it next year.

Boilermaker Steamer – A Race Report by Dan Gould

Sunday, September 22nd, was the 10th Annual Boilermaker Steamer 5K & 2 Mile Walk at Bradley-Bourbonnais High School. It is a fundraiser for the APT Program, track and cross country teams.

Only a ten minute drive from our Bourbonnais home, I arrived a little after 7:00 A.M. and parked on the north side between the school building and the athletic field where the race finishes. Linda had exercised the "sleep in and come later" option which the close proximity of this race venue makes practical.

I made my way to the front hall of the school where the registration and packet pick-up tables were set up. While I was once very conscientious about pre-registration to both save myself the extra cost of late registration and out of consideration for the race organizers, I have had to eat an increasing number of entry fees as injuries to this aging body have come more frequently. Happily, race day registration was only \$25 and shirts were still available. This year's classy dry blend shirt had the year along with the distances. Somebody must have read last year's race report in which I noted the absence of



A dry blend shirt with the Boilermaker colors, the year, distances - beautiful!



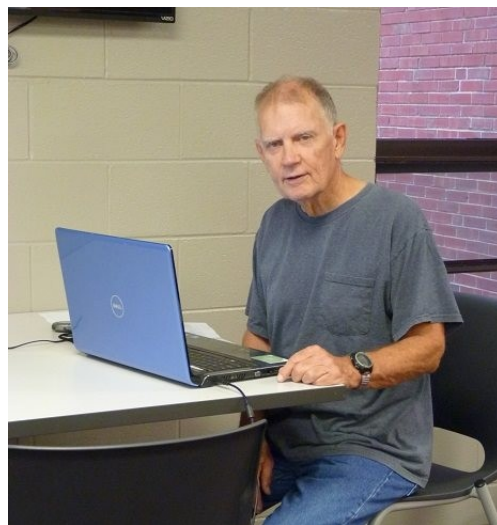
Registration & packet pick-up was well staffed

year's winner, who has been absent from the racing scene of late with nagging injuries, looked at the forecast and opted for a late Saturday run instead of the race. We would be rain-free until mid-afternoon and it would not be "heavy."

I chatted with Dave Bohlke who was timing the race. Dave, 73, has been in the business for over 30 years and I think his results format is one of the best. Although Dave has never been a runner (he bikes), he is the Kankakee River Running Club Treasurer and maintains the website. His efforts have

the year.

Chicago's meteorological terrorists (weather forecasters) hadn't done this race any favors with dire predictions of waves of heavy rain with the potential for flash flooding, suggesting our day would be better spent building the Ark than running the roads. Judge Bill Dickenson, last



Dave Bohlke was timing the race. He's been timing for 30+ years!



The medals await the winners

turned to find some more pictures. I met Phil Angelo, retired Daily Journal editor who still pens some pieces for the paper and who has been race director or otherwise involved in the annual Jingle Bell Run in Kankakee for all of its thirty plus years. It was my 1,000th race in December, 2018.

kept the running club alive when there are periods of low interest in running, racing and the club such as we seem to be in now. Thanks Dave!

As I headed back to the van, I fell in step with Dan Salkeld and we chatted our way to the parking lot. When I started running in 1982, I bought my first pair of running shoes at Salkeld's Sporting Goods on S. Schuyler in Kankakee. Dan's father, Bill, was one of the moving forces in the Ryan River Run, staged from the Kankakee County Courthouse, and one of my first races. The "Ryan" was Tom, Kankakee's mayor for twenty years.

In the parking lot, we met Dan's daughter, Lexi, a teacher and coach at BBCHS and I grabbed a picture of Dan and Lexi for this report.

I went to the van, got my bib on, and



Lexi Salkeld with dad Dan - Lexi is a BBCHS teacher & coach



Pat Koerner & Rod Kahl warming up on the track

Phil greeted me with "Judge,

you're an inspiration to all of us." I was happy to hear that, at an age when I should be writing my obituary, I still serve some useful purpose. Phil was passing out flyers for this year's Jingle Bell Run. The Arthritis Foundation is blessed to have this faithful volunteer.

I made my way to the starting line in front of the school on North St. and found an even smaller group of runners and walkers than last year. This race had 151 finishers in 2013, 100 in 2015, 68 in 2017, and 59 in 2018 along with 38 walkers. There would be 35 runners this year and 12 walkers. The AshleyCan 5K two weeks ago had 34 runners, but there were another 90 in the 10K and Half Marathon.

I don't know how this race is promoted to the BBCHS "family." Outside the school, there is a listing in the KRRC racing calendar. There

was a link for on line registration, but not to download hard copy registration. I contacted a race director who sent me a link and I downloaded a form which, for a couple reasons, I didn't use. The Dwight Harvest Days 5K still snail mails a registration form. They turned out about 175 runners on Saturday. Many races send out emails. Back in ancient times when I did some race directing, we walked the parking lots at other local races putting forms under windshield wipers or handing them to runners such as Phil was



I would finish about 3 minutes slower than last year

of the year and logged a 15 mile week, another high for this very different year. The legs, however, didn't feel like they were "racing" and the Garmin's report of a 10:10 mile, while a disappointment, was not a surprise. That was the same as my AshleyCan first mile.

Shortly after the Garmin's report, I rounded a bend on the trail and saw the one mile marker. I hadn't checked the distance I got last year which was 3.13, a long, but acceptably long 5K.

This race does not take us down the Perry Farm's steep hill to the river as some do, but we get some modest hills and grades as

doing for the Jingle Bell. With a "family" the size of BBCHS, this race should turn out much better numbers.

Race director Tony Swafford sent us on our way just after 8:00 A.M. The temperature was 73 degrees, dew point 62, and humidity 69%, a far cry from last year's 53 degrees and a dew point of 50, perfect running weather.

The course goes west on North St. for a couple blocks before turning south on Blaine for a couple blocks. We turned back west on Perry for three blocks and left the residential area as we crossed Kennedy Drive where two squad cars blocked this busy thoroughfare for our protection. We continued west a long block with Perry Farm on our right and a small strip mall on our left before entering the Perry Farm's asphalt trail.

I had hoped that another two weeks of training would give me a few more seconds per mile. I had run my first 5 mile training run



Bananas, bagels, energy bars & water - a healthy post-race snack



Dr. Joe Pigato was about 4 minutes faster than last year & 1st in age

we run across the slope and turn back east. As I came off the trail at the two mile mark where a cheering section of volunteers had stood last year, the Garmin vibrated a 10:23 second mile, a few seconds slower than my AshleyCan second mile.

The race director had announced that the volleyball team was no longer part of this event and that may account for fewer student volunteers working the event. Those that did were enthusiastic cheerleaders, shouting words of encouragement to all of us. I particularly noticed the absence of volunteers at turns in the Perry Farm, but the course was well marked and I'm not aware of anyone getting off course. By the time I reached two miles, Craig Lucas, a 1988 BBCHS graduate, had crossed the finish line in 20:01 for the overall win. I didn't know Craig before the race, but we got acquainted afterwards.

Rod Kahl was third overall with a 21:14 while Pat Koerner, who had done Dwight on Saturday, would be fifth overall and first in age with a 22:23. Craig Alberts ran 27:07 for first in age while Ken Goodwin ran 30:00 flat for second in age. Both Alberts and Goodwin had also run Dwight. Dan Salkeld ran 25:05 for second in age.



Yes, I come up short next to Ken Goodwin, Rod Kahl, and Craig Alberts



Bourbonnais Deputy PD Chief Dave Anderson took this pretty girl into custody many years ago - he and Lisa were walkers

Late in the third mile I passed Bourbonnais Deputy Chief of Police Dave Anderson and his wife, Lisa, who were walking the two mile. He has been a runner in past years and was too fast for me even before my running went south this year.

I noticed a female runner ahead of me who was alternately walking and running. About the time I got to her, she would run away from me, only to walk again. I finally passed her at the three mile mark and said "Come on, girl!" She did, passed me back, and I chased Kelly Grekstas to the finish line where she bested me by less than a second.

I saw Linda taking pictures at the gate to the athletic field where we finished and tried to manufacture something of a smile. The finish line clock put a frown on my face as it displayed a 31:40 as reached the line. I was initially disappointed, thinking I had run the same pace as AshleyCan, but there were two happy revelations when I did the post-race review of the stats. First, I had run a 9:56 third mile, my fastest mile of the year, and, second, my GPS had the course at 3.14 compared to the 3.09+ at AshleyCan. My pace per mile was about 10 seconds faster. Progress!



Linda joined a number of others relaxing as we awaited the awards' presentation

of my 1,000th race as the announcer mentioned my milestone in presenting my award.

Linda snapped a picture for her Facebook friends and we were off to Family House where I celebrated with chocolate chip pancakes smothered in whipped cream, the breakfast of champions.

I hope someone can breath some life into this race. It is for a good cause and a school this size should generate a lot more support. I would like to see it on the race calendar next year!

Run for your life! -Dan Gould
September 26, 2019

A highlight of this race in past years was the kids' dash, but, if that happened this year, I missed it.

COMPLETE RESULTS

<http://krrclub.x10host.com/2019/boiler1b.pdf>

There were the usual post-race pics and conversation before the awards ceremony which, happily, began with the senior citizens (70-99) of which I was the only one. Paul Surprenant, one of my usual age group competitors, had gone to Dwight on Saturday and Chuck Parsons wasn't racing this weekend. I got another 15 seconds of fame out



The Boilermaker applauds my 1st in age, the only one in the 70-99 age group



The Guys vs Girls Fall Mileage Challenge is just around the corner. It starts on 10/1. Everyone can participate, you just need to be a dues paying member! Runners and walkers both welcome. **RUNNING AND WALKING MILES DURING YOUR WORKOUT TIME ARE THE ONLY MILES THAT COUNT.** Please do not run your Garmin all day and post total miles. Treadmill miles count but no bike miles or swim miles or elliptical miles. The link for the spreadsheet is below. You must update your mileage on a timely basis as we give you only a 2-day time window in which to post each days mileage. Options for updating your mileage include: 1) Update the spreadsheet yourself. 2) Send in your mileage via email to krrclub@gmail.com, 3) Post your miles on facebook with a tag for me, David Bohlke so that I will be sure to see it. But again, no matter which of these options you choose, it must be done on a timely basis, within the 2-day window.. Ends October 31st. Good luck!

[Link to the spreadsheet](#)