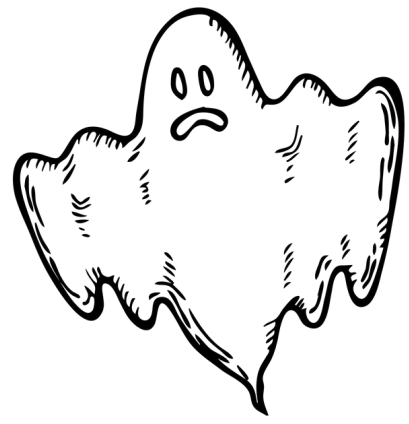




Fall is here! So is the Fun Halloween season. If you have any fun spooky runs in October, remember to turn those photos and stories in for the newsletter. We would love to hear and see all the fun of those runs.

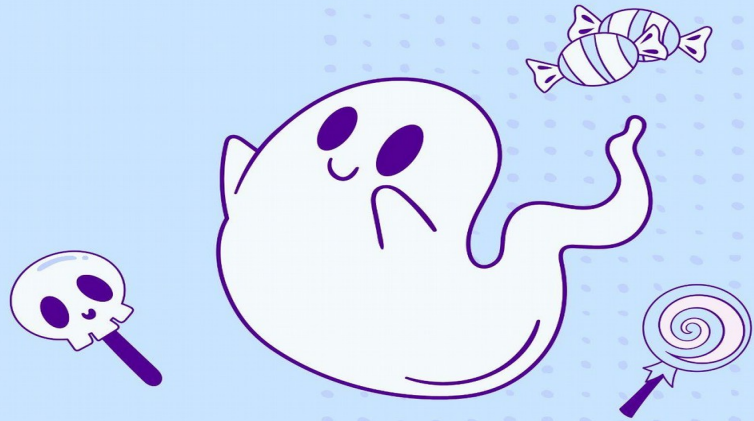


An advertisement for a "Turkey Trot" event. It features logos for "Child Network" (Children's Advocacy Center & Court Appointed Special Advocates) and "Bourbonnais Township PARK DISTRICT". The text reads: "TURKEY Run/Walk for Foster Kids! 5k, 10k & TROT 2 mile walk Saturday, November 6, 2021 On the trails of Perry Farm Park btpd.org (815) 933-9905". There is also a small illustration of a turkey.

Join the Bourbonnais Township Park District in its Thanksgiving Tradition. You can choose the 10k or 5K run, or 2 mile walk that goes through

the Perry Farm Trails. If you predict your time you have a chance to win a free Turkey.

RUN STORIES



Dwight Harvest Days 5K – A Race Report by Dan Gould



My race day registration was too late to get one of these nice shirts

The 41st Annual Dwight Harvest Days 5K Run & 3K Fun Run / Walk was on Saturday, September 18th. There was no race in the 2020 pandemic year. Mike and Beth Goodwin retired as race directors after 20 years and handed the reins to Bobbi Leacock in 2018.

While most races have a designated Saturday or Sunday, i.e. the third Saturday, this race is tied to the Dwight Harvest Days' Festival which begins on the third Friday each year. Some years that means it will lose runners to another race and that was the case in 2019 when I stayed home and ran the Bradley Boilermaker Steamer 5K.

While I took a year off from racing as a result of the pandemic, the running injuries are coming more frequently to this aging body and limiting my participation even as the races slowly return. My last

race was the Klipp 5K on May 31st and the last time I was able to run 3 continuous miles was June 30th. A series of injuries since then had kept the races off my calendar.

In the two weeks before Dwight, I had a half dozen encouraging run-walks, building up to quarter mile walks alternating with three-quarter mile runs for a total of 3 miles. I didn't think it would be a stretch to jog through 3.1 miles on Dwight's pancake flat course. My neighborhood training grounds are shallow grades and rolling hills.



Dwight's Renfrew Park pavilion was the center of pre-race activity



Mileen Joines doing her first race in 5 years

exchanged an entry form (Yes! They actually have hard copy forms!) and \$25 (No, I didn't have to mortgage the house

I departed Bourbonnais about 7:00 A.M under sunny skies with a temperature of 68 degrees and the sun behind me. It is about a 35 mile drive on a straight, two lane highway bordered by fields of corn and beans awaiting harvest, a very tranquil drive.

Entering Renfrew Park, I recognized Pat Koerner running along the park road and greeted him. Although he only lives a few blocks from me, car pooling wouldn't have worked this day as he would be going to his farm in southwestern Kankakee County after the race to begin the harvest.

I found a parking spot close to the staging area and walked to the registration table at the pavilion where I



Prairie State Road Runners Gary Westefer & Dave Cyplick

entry.) for a bib with a chip. Race day entry was too late for a shirt.

The shirts this year were gray and most of you know I don't like that color for running t-shirts. Some runners will wear them for training runs on the roads where they blend in and risk some driver turning them into a speed bump. Apart from that, this year's shirts with contrasting colors of blue and white with all the event information are very nice.

I circulated with my camera looking for familiar faces and quickly found Charlie Grotevant engaged in conversation with Norm Lewis who was a course volunteer. It was a mini-reunion of the Odell H.S. class of '60. Then again, any reunion of that



Happy to once again share a starting line with Charlie Grotevant, something we've done for over 35 years



Post-race, a number of runners check out shirts from years gone by at the tent

class would be small. There were only 24 in that class and Charlie's wife, Joyce, was one of them.

Charlie, 79, began running in '83 and we started sharing starting lines within a couple years after that. Those starting lines included two of Charlie's six Boston Marathons and numerous FL races. A retired farmer, Charlie got me into biking the Ag

in the Classroom Bike Ride, an annual 2-3 event scattered around Illinois which we did for about 15 years.

He "retired" from running as a result of health issues, but has gradually returned with a walk-run approach. He came out of retirement to do the Herscher 5K a couple weeks ago and, happy with the way his body responded, signed up for Dwight.

I was taking a photo of the course diagram when Mileen Joines, 64, spoke to me. Mileen, who also lives in Bourbonnais, is an EMT and CPA. She got press coverage last December when, as a first responder, she became the first person in Kankakee County to get vaccinated.

I hadn't seen Mileen at a race in years and she explained that an injury 5 years ago put her on the running sidelines and she just never got back to it until now. She would run 32:56 and finish 2nd in her age group.

Dave Cyplick, 68, and Gary Westefer, 65, greeted me. They are long-time runners and members of the Will County's Prairie State Road Runners. There were a dozen competitors in the 65-69 age group and only Dave would medal. His 28:16 was good for 4th.

I would speak briefly with John Vallone, 64, a Bourbonnais dentist. John's 24:50 earned him a 4th place medal. He, Pat Koerner, Charlie, and Mileen were the only Kankakee River Running Club members I knew. Mark Nelson, 56, who I don't know, was also there. I was surprised at how few of us there were at what has always been a popular race with Kankakee runners.



Former long-time race director Mike Goodwin & Beth are still part of the event



The farmers chat - Pat Koerner & Charlie Grotevant (yes, Charlie gets in lots of photos)

It may be another ripple from the pandemic. There were only 117 finishers this year. There had been 215 finishers in 2015, 194 in 2016, 162 in 2017, 153 in 2018, and 174 in 2019.

As race director Bobbi Leacock called us to the starting line at 8:30 and gave us a few pre-race instructions, I positioned myself far to the left on the very wide starting line and all alone. Had it been a more conventional starting queue, I would have started at the back because I was not going to be fast. My goal was simply to run the entire 3.1.

While the starting area is very wide, it quickly narrows to a narrow, curving, somewhat rough tenth of a mile of park road that spits us out onto Prairie Avenue, a wide, flat, hunk of concrete going straight south several blocks and across Illinois Route 17 where city

police protect our crossing. When it slowly spit me out, I was well behind the majority of the runners. Mileen eased by me and was the only runner I would see during the race that I knew.

The first mile is south to the RR tracks where the course angles briefly to the southwest on the Odell Road and we pass the one mile mark. I had planned to run slowly for the first mile and hope that I would feel like picking up the pace in the second. My legs hadn't felt good with the first running step and, when I hit the mile mark in 10:52, I knew I wouldn't be picking up the pace. I just wondered if I was going to be able to run the whole distance.



Results fresh out of the Racing Expectations printer - no social distancing here!

Soon after the one mile mark, a hard right turn starts us north on Clinton and we run almost the entire second mile on it, the two mile marker coming just after a turn to the east on Morgan. Most of the course is in a residential area and some of the folks in this small town (population just over 4,000) put their chairs along the curb and cheer the runners. I was really thankful for that encouragement this day!

The 2 mile mark came just after a right run onto Morgan with a buzz from the Garmin and a 11:19 split. Ugh! I am plodding. I would later find that my cadence was 160 and my stride length 0.89. My last race, when I ran close to a 9:30 pace, my cadence was 164 and SL 1.03. Could I run any slower? Unfortunately, the answer would be yes.

We continued briefly on Morgan before a quick left onto Morris Rd and then a right onto Spencer St. Steve Hartzell, best known as the barefoot runner, was the volunteer at the Morris Rd. - Spencer St. intersection. With a new hip and a cane, he wasn't running this day, but the cane was good for pointing the runners in the right direction.

Spencer is a long stretch east followed by an equally long stretch south on Chicago. A right turn on North St. leads us west to the southwest entrance of Renfrew Park and just over a tenth of a mile to the finish line near where we started.

I passed the three mile marker and wasn't surprised when the Garmin reported my slowest mile, an 11:30. I finished in 35:00 flat, my slowest 5K of this century. This is a certified course and, as in past years, the Garmin said 3.12. With few runners my age in Illinois, I claimed 2nd in 75-79 and Charlie was 3rd with a 39:37, three minutes faster than Herscher.

I found Pat Koerner, 59, and caught up on things. He, too, started running about 40 years ago, but he did that at about 20 years of age and found he had a gift for speed. "Back in the day," I think he won over 100 races and then many master's awards. He, like I, has struggled with injuries and just returned to racing after a 19 month layoff. He was 4th in 55-59 with a 23:58.



A classy medal with all the information - age group & place on reverse side

A classy medal with all the information - age group & place on reverse side

Dwight is and always has been a great race. The only negative has been the wait for results. There was a new timing service this year, Racing Expectations, with chip-in-the-bib technology, yet we waited. I guess they waited for the last finisher before printing out the results. We were told that, in a nod to COVID cautiousness, the traditional awards' ceremony would not be held. We were to check our time and, if we had a medal coming, go to the

awards' table.

When the results sheets came out, they were handed to someone and everyone else gathered around. There was no social distancing. In claiming our awards, we lined up shoulder-to-shoulder. There would have been more social distancing with the traditional awards ceremony.

The medals, by the way, were very classy with age group and place on one side and all the race details on the other.

Awards concluded, Charlie, Joyce, and Joyce's friend, Virginia Malone, and I met at the Old Route 66 Family House for breakfast where the food, service, and company were great.

When I got home on Saturday, I checked the Racing Expectations website for results. The race was listed, but there were no results. On line registration had been handled by runsignup so I checked their website and found results. Problem! They said Pat and I were both 36 seconds faster than the times we had recorded and Charlie's was about that.

Curiously, a return to the Racing Expectations website a day later produced the following results which now had our correct times, but what "UPDATED RESULTS ADJUSTING GPS SYNC" means is a mystery.



Yes, that is my "Judge's face" that Linda put on Facebook

****UPDATED RESULTS ADJUSTING GPS SYNC****

[2021-Dwight-Harvest-Day-5k-Age-Group-Results-09-19-21.pdf](#)

[2021-Dwight-Harvest-Day-5k-Overall-Results-09-19-21.pdf](#)

Linda and I usually migrate to Florida for a few weeks and a few races come mid-October before returning to Illinois for the holidays. Our COVID cautiousness kept us here last October and it remains to be seen if the current pandemic surge will dictate staying here again next month. Hope not!

Run for your life!

-Dan

September, 23, 2021

October Birthdays

Month/Day	Name	Age
10/04	Diane Gerber	60
10/05	Ang McQueen	46
10/05	Craig Alberts	65
10/10	Brian Noffke	61
10/12	Rich Olmstead	70
10/13	John Martin	55
10/13	Melissa Curtis	28
10/16	Lauren Martin	24
10/20	Angella Marsh	51
10/20	Denise Caparula	43
10/22	Renee Whitehouse	55
10/22	Steve Hartzell	72
10/27	Kelly Bonner	46
10/28	Dan Bullock	70
10/31	Lucas Kisner	19
10/31	Steve Anderson	45



Upcoming Races

Sunday Oct 17, 4:00 PM – Free, No-Frills 5K Race at Kankakee Sands Preserve. [Click here for details.](#)

Sunday, Nov 14, 8:00 AM – KRRC River Rat Races 5K Run / 5K Walk / 10K Run / 10 Mile Run at Kankakee River State Park. Save the date. Details will be coming out in an email soon.

