

# NOVEMBER NEWSLETTER

ISSUE 42 VOLUME 11

Fall is in the air.....so is the upcoming cold. Brrr! (Snow is coming soon)

KRRC River Rat Races are coming up on Sunday, November 14th at Kankakee River State Park. This is the fourth of four races for the Fantastic Four. The 10 Mile Run starts at 8:00 AM. The 5K Run, 5K Walk and 10K Run all start at 8:30 AM. Race-day registration will be available starting at 7:15 AM, but you can avoid the rush by pre-registering at [www.racerpal.com/races/riverrat.html](http://www.racerpal.com/races/riverrat.html).



**TURKEY**



**TROT**

**Run/Walk  
for Foster Kids!**

**5k, 10k &  
2 mile walk**

**Saturday, November 6, 2021  
On the trails of Perry Farm Park**

btpd.org (815) 933-9905

**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. November 6th at 9:00 AM.**





# *RUN STORIES*



*Free No-Frills Race 10/17/21 at Kankakee Sands Preserve. Dan Bullock, Dan Gerber, Stephanie Piacenti, Warren Monk, Craig Alberts, Rich Olmstead, Marc Spenard, Rachel Simington, Clarence Moore*





*At the starting line of the Free No-Frills Race.*

## ON DAN'S RUN - MY ROAD TO BOSTON by Dan Gould

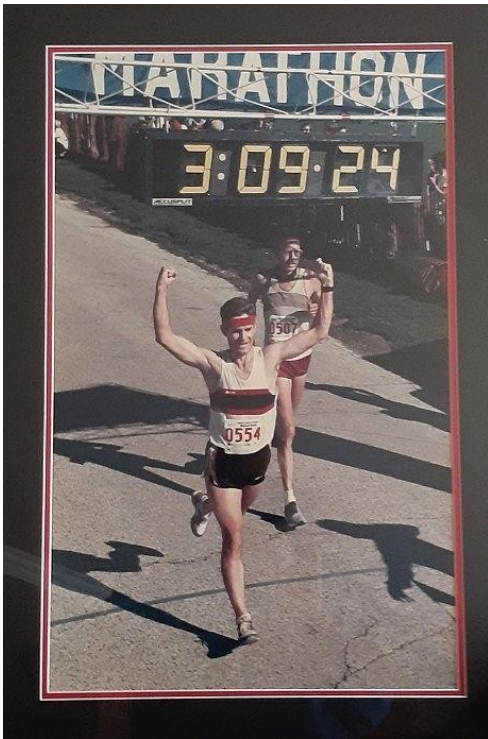
The Boston Marathon celebrated 125 years of tradition and history with its running on Columbus Day 2021. While usually run on Patriot's Day in April, it became one of the pandemic delayed events. There are many marathons with years of tradition and remarkable history, virtually all of which are open to anyone upon application and payment of the entry fee. What sets Boston apart from all the others is the requirement that applicants run a qualifying time based on age and sex at a marathon in the previous year. A runner has to prove he is worthy of being allowed to toe the starting line in Hopkinton.

My road to Boston began early in 1983 as I looked back on my first year of running in which I had run twenty-two races and lost twenty pounds. I had started with a 5-Miler on Memorial Day and finished the racing season on Halloween with a half marathon, the latter being both a "trick" and a "treat." The treat was simply having finished the distance, the longest race I had ever run. The trick was a stress fracture in my lower right leg, one of many "overuse" injuries common to runners who push the envelope seeking to be their best. This injury would take six weeks to heal, six weeks I wasn't running. Then again, the racing season was over.

I now wanted to run a marathon, a relatively small race within a 2-3 hour drive, and the Athlete's Foot Quad City Marathon on May 1st appeared a likely candidate for a memorable first marathon. It was an interstate race crossing two bridges of the Mississippi River and going through Davenport and Bettendorf, Iowa, and Rock Island and Moline, Illinois. My







*Milwaukee Lakefront Marathon, October 12, 1985. Qualified for Boston with 36 seconds to spare!*

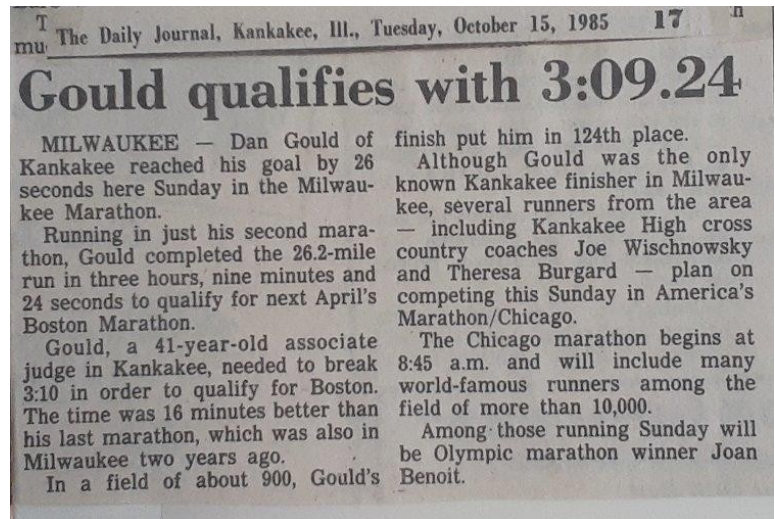
Milwaukee lakefront. Flat with a little roll, the elevation dropped about 150 feet from the start to the finish on the Lake Michigan shore. Weather is always the luck of the draw, but I drew the perfect day with sunshine and a temperature starting in the upper 40's and reaching the low 50's.

Although Ed, Paul, Mike and their significant others made the trip,

running buddies in my first couple years were Ed Glazar, Paul Brocksmith, and Mike Anderson. I proposed we do it and they agreed. Unfortunately, only they would do it.

Ramping up the weekly mileage, I promptly ran myself into my second overuse injury, posterior shin splints. I recovered in time to run a 10K concurrent with the marathon and became the official photographer for the other guys. The staging area was Augustana College in Rock Island with a finish on the track. As I took photos of Paul Brocksmith coming around the track to finish, he muttered "Whose f#@%&g stupid idea was this?" It seems that no one in the group, four lawyers with 28 years of college between them, made the connection that a river valley was going to have hills, lots of hills. It had been a challenging marathon for Paul, Ed and Mike. The phrase "elevation profile" was added to the race criteria. Another running lesson learned!

The Milwaukee Lakefront Marathon in October met all the criteria with about 1,500 runners and a point-to-point course starting at Grafton H.S. and finishing on the



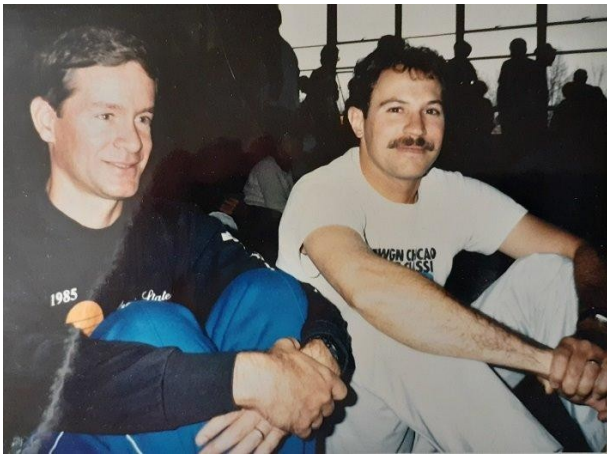
*Daily Journal Sports' Editor Dave Dyer made sure I got the proverbial "15 minutes of fame"*



*Boston is a point-to-point race starting 26.2 miles west*

only Mike opted to race. My goal was to run the whole distance at an even pace. I ran the whole distance, but have no record or memory of my pacing. My 3:25:37 finish worked out to about a 7:50.

This race furthered my medical knowledge with regard to really long distance running. The running motion creates a certain amount of vertical movement, "bounce" if you will, and tens of thousands of running steps in 26.2 miles causes a shirt to rub tender places on the upper body tens of thousands of times, a kind of sandpaper effect. I finished this marathon with two



*Relaxing with Paul Brocksmith before the noon start in Hopkinton*

bloody nipples. Band-aids and vaseline were added to the race bag.

I was now a marathoner and looked east to the mecca of marathoning, Boston! I would, however, have to shave about 16 minutes off my time if I was going to make that pilgrimage. I needed a sub-3:10:00 to qualify, about a 7:15 pace.

My third running year, 1984, was devoted to building speed and distance with eighteen races. Remarkably, only one was a 5K. The charity 5K would come to dominate the racing calendar in future years, but in 1984 some purists disdained a 5K as too short to be a distance race. Among my races were nine 10Ks, two half marathons, a 10-miler and a 15-miler.

As my times continued to come down in 1985, I looked at prediction charts, calculations of how fast I could run a marathon based on my times at shorter distances. I had run sub-40:00 for a 10K and a 1:06:21 for a 10-miler. The prediction charts said a sub-3:10:00 marathon was a definite maybe. I would go back to Milwaukee, a course I knew and liked, for my first Boston qualifying attempt.

On October 13, 1985, a few weeks past my 41st birthday, I toed the starting line with running buddies Bill Linn, John Shoup, and John Grebe. Like Ed, Paul and Mike, they were ten or so years younger and faster. The weather was perfect with a sunny 50 degrees. My goal was to run 7:10 mile pace which would give me about a 3:08 marathon.

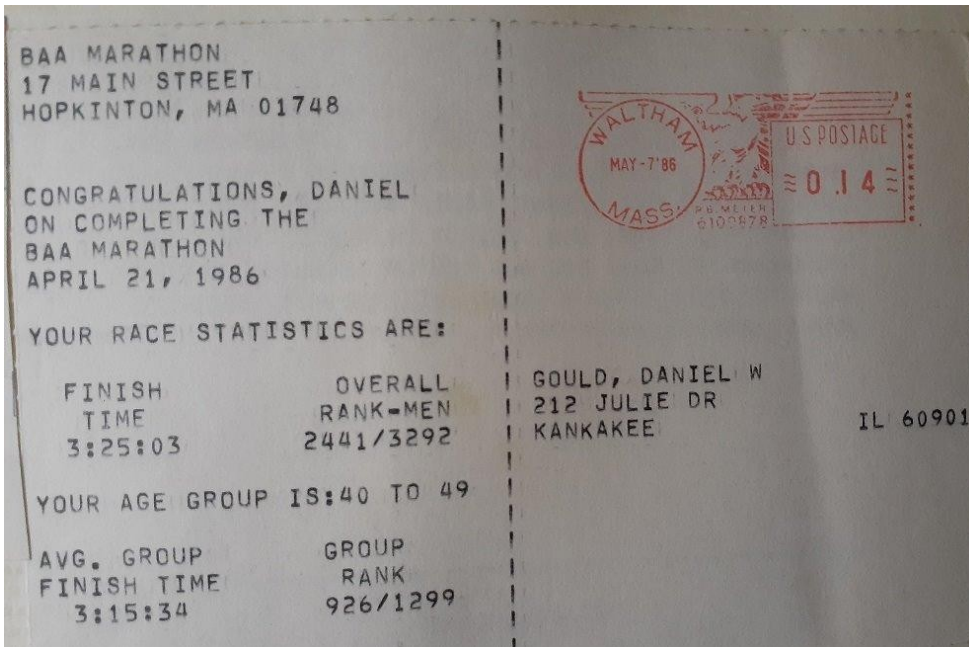
Off the starting line, I quickly found a comfortable rhythm. I wasn't surprised when the first mile split was a 6:56. There was a bit of adrenaline flowing and I needed to ease the pace. I was rewarded at the 5-mile mark with a 35:50, right on my goal pace. I maintained goal pace through 20 miles, the proverbial wall where the muscles start screaming that they are out of gas. Mine didn't scream, but did subtly suggest they were not going to continue at my goal pace and I reluctantly backed off.

In the absence of today's sophisticated electronics, I struggled to mentally calculate what the numbers meant, but, when I hit the 25-mile mark at 3:00:39, I knew I had a shade over nine minutes to run the last 1.2 miles. When I made the last turn to the straightaway and could see the finish line clock, it was rolling through 3:09:09. I had a surge of adrenaline as I knew I WAS GOING TO BOSTON and crossed the finish line at 3:09:24 with arms upraised in victory. My celebration was somewhat muted when I learned that Bill, John and John had been unable to finish. They had been scooped up along the course by their wives and returned to their hotel rooms. So much effort is put into the preparation for a marathon that not being able to finish is a real downer.



*I was also "running" for Circuit Judge in 1986*





I was one of about 5,000 registrants for Boston 1986, the first year with sponsorship that allowed the organizers to offer appearance fees and prize money that would attract the elite of the running world. First place was worth \$30,000 that year. In 2021, first place was worth \$150,000. There are bonuses for such things as course and world records.

My only running buddy making the trip

No internet! USPS brought me the details a couple weeks post-race

was Paul Brocksmith. Unable to achieve a qualifying time, he would run as a bandit. It was nice to have his company.

Patriot's Day 1986 was April 21st and a gray, cool day it was. There would be some drizzle before we were done. Starting time then was noon and we got to Hopkinton with plenty of time to spare. A building near the start provided shelter from the elements. My only pacing plan for Boston was "comfortable." I had no time goal. My goal was to finish on my feet, to be able to say I ran the entire distance. There were three things I recall on the race course.

First, early in the race, I observed a large number of well hydrated runners answering nature's call in a small woods on the right side of the course. Runners are not shy about bodily functions and sometimes the



Australian Rob De Castella & Norway's Ingrid Kristiansen won Boston 1986 De Castella's 2:07:51 was the third fastest marathon ever run and a course record

drumbeat to hydrate, hydrate, hydrate requires us to create a restroom in some green space.

Second, I was "running" for election to a circuit judge's position in 1986. I had a singlet with "Here Comes Judge Gould" on the front and "Vote for Judge Gould" on the back. I'm not sure why I chose to wear it to Boston, but I learned that Boston spectators would cheer any runner they could identify. I found myself acknowledging cries of "Go Judge Gould!" While really fun in the beginning, I became aware that the repeated acknowledging waves took some energy, energy I needed for running. I moved from the right to the center of the road where I would be less conspicuous.

Third, the girls of Wellesley College, a private liberal arts college of about 2,000 about 12 miles west of Boston, are, perhaps, the biggest group of cheerleaders on the marathon course. As we approached the college, I saw a young and very athletic looking runner ahead of me divert to the side of the road where he picked up one of these "cheerleaders," spun her around a couple times, and gently set her down before resuming the race.

Unfortunately, my finish line photo is not available for this piece, but the postcard with my results mailed (no instant internet results in '86) is. My 3:25:03 was ten minutes slower than the average time for my group. I don't care! I have a finisher's medal and the memories.

The lure of prize money brought some of the elite to the 90th running of the Boston Marathon and Australia's Rob de Castella was glad he came. He won with a 2:07:51, the third fastest marathon ever run, and a course record. In addition to the \$30,000 and a new car for winning, he added \$25,000 for breaking the course record and a \$5,000 time bonus. On the women's side, Norway's Ingrid Kristiansen collected \$30,000, a new car, and a \$5,000 time bonus. The Boston Herald put their picture on the front page under the headline "They're the toast of the town."

I stayed for a couple days following the marathon, seeing some of the usual tourist spots, but a couple places not in the tour guides are most memorable.

First, I went to the Bull & Finch Pub, better known as "Cheers" for the 1982-1993 sitcom that used an exterior shot of this pub. On the day I stopped in to have a beer, it was very quiet. As I nursed a beer and reflected on my great running adventure, I watched an employee take down a handmade banner welcoming runners to Boston. He folded it up and put it on a trash container. I quickly secured what I thought was a great piece of Boston memorabilia. In the upper left hand corner are three names and a "Go Barleyhoppers." The Barleyhoppers was a running club that met at the Bull & Finch.

Second, Bill Rodgers was a four time winner of the Boston and New York marathons in the 1970s. "Boston Billy" is a running icon who continues to be part of the running world 50 years later. As part of my Boston pilgrimage, it seemed appropriate to stop at one of his running stores. While I was not in need of running wear, I did pick up a bumper sticker to memorialize my visit. In 1986, he was running his 14th Boston and would finish 4th overall at age 38.



*This handmade banner from "Cheers" (Bull & Finch) was my favorite souvenir of my first Boston*



*"Boston Billy" won the Boston Marathon four times and remains a Boston running icon*



In 2021, he was one of the grand marshals.

The Daily Journal ran an AP story on Boston with my picture in a sidebar and a couple quotes from my report to then Daily Journal Sports' Editor Dave Dyer. Dave had run Boston in 1979. I had expressed to him that, upon reflection, qualifying for Boston was a bigger thrill than running Boston.

When I returned to Boston in 1988, Dave was a Sports' Editor for The Haverhill Gazette, about a 30 minute train ride north of Boston. I took that train and enjoyed a dinner with Dave and family. As part of his press package, he had



*Another treasured memento is the long sleeved shirt*



*I made the pilgrimage to Boston in 1986, 1988, 1990 and 1994*

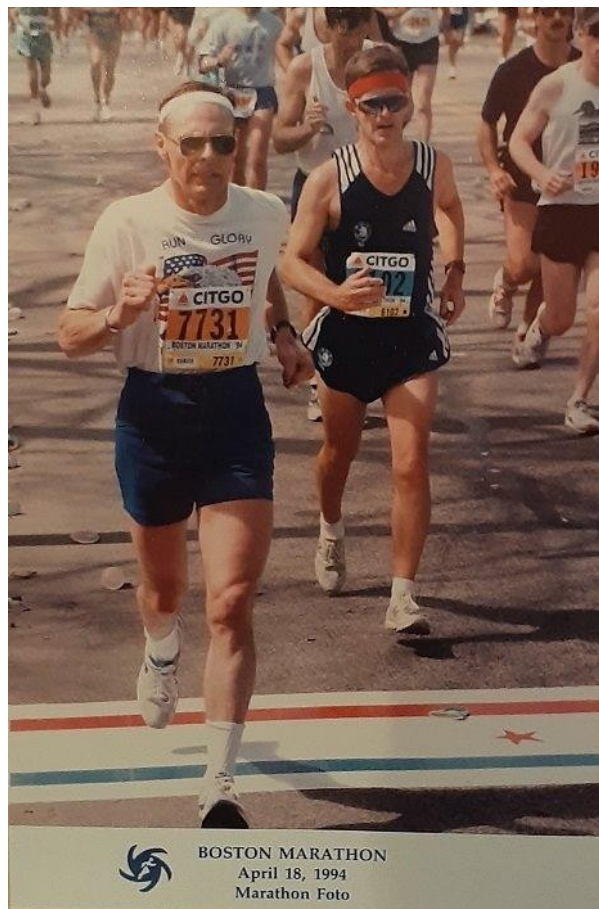
been given a Boston Marathon windbreaker which he passed on to me. His Gazette article that year talked about his own experience in qualifying for and running Boston. We were of like mind. Running Boston is special, but qualifying for it is the thrill.

I went solo to Boston in 1988, then had the company of Charlie Grotevant and Bill Linn in 1990. Charlie was there again for my fourth and last Boston in 1994.

I did not become a marathon junkie. Of my now 1,000 plus races, only fifteen of them are marathons, my last some 20 years ago.

Forty years ago, I pitched the cigarettes and planned a return to health and fitness. I never imagined I was on the road to Boston.

November 1, 2021



*With Charlie Grotevant in '94, one of his six Bostons*





Missy Salazar  
FASTER Way to  
Fat Loss Coach



Sarah Beherns  
Creator of Thrive  
& A Fresh Start

**Join Us and  
FASTER Way to Fat Loss  
Thanksgiving Morning to Run  
or Walk for A Cause!**

**With Your \$20 Donation to St. Jude**

You will receive:

- A FASTER Way 5K tshirt while supplies last
- Entrance into the In-Person OR virtual 5K
- A 5K training Guide
- A printable tracker
- Weekly tips, training, encouragement, and support from us and FASTER Way head trainers!

**Location: Chebanse Civic Center, Chebanse, IL OR Virtually!**

**When: Thanksgiving Morning (11/25/21) at 8:30 am  
(doors will open at 8am)**

**Register at: [www.fasterway5k.com](http://www.fasterway5k.com)**

## Calling All Volunteers!

We need volunteers for the River Rat Races coming up on Sunday 11/14. We need people to help with race-day registration and packet pickup, on-course water stations and finish line. If you're not running/walking the race, please consider volunteering. Let us know if you can help, either by email to [krrclub@gmail.com](mailto:krrclub@gmail.com) or on our facebook page.



## NOVEMBER BIRTHDAYS DAY

11/05 Alec Toronjo 17  
11/05 Bryce Baker 46  
11/05 Carol Pratt 62  
11/15 Jasmine Simington-Oakley 43  
11/16 Kyle Rybolt 32  
11/21 Kelly Martin 45  
11/24 Marc Spenard 60  
11/26 Tina Spenard 56