

JUNE NEWSLETTER

Volume 44 Issue 6

Summer is here! Don't forget to hydrate during these summer month runs.

Speaking of summer month runs there is still time to sign up for Friendship Fest!

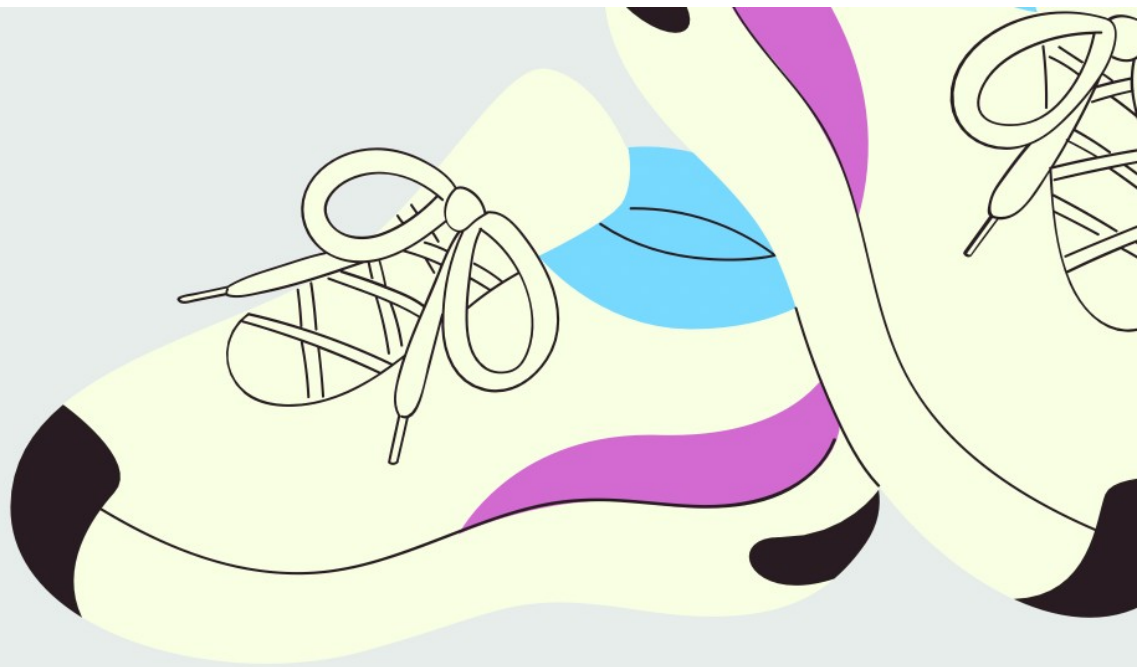
[Friendship Festival Race Link](#)

5K Run/1.5 Mile Walk on June 25th at 7:30 AM. Look at how awesome this design is! Don't miss out on the friendship fest 5k T-shirt this year! You must be signed up by June 12th to get a shirt. Registration continues online till 4:00 PM on June 24th. On Friday evening, June 24th, there will be packet pickup and registration at the festival grounds from 5:00 PM to 7:00 PM. There will also be race day registration from 6:30 AM to 7:15 AM, but no shirts will be available. We encourage pre-race signup because it helps with planning for post-race refreshments and just makes everything go smoother.



FF5K

Bourbonnais
Friendship
Festival 5k
2022



RUN STORIES

Fierce Fiesta

By Dan Bullock

Fierce Fiesta

I always like to try new races. I still like the old standbys but I enjoy doing something different occasionally. So on Friday, May 6th, I made the trip to Channahon for my first Fierce Fiesta 5K. It advertised free tacos and a margarita which are two things I like. I'm also in the Prairie State Runners circuit and wanted the jacket or whatever this year's prize is. I was wary

of the cost, \$55, but I had a \$10 discount for running the Frosty 5 Miler earlier. Discounts are good.

So, as I was getting ready that morning the weather was cold, windy, and dreary. All the way there it rained. I was getting a head cold and wanted to turn around but thought about the \$45 and the jacket and kept going.

There is a real nice park where it was held and they provided a large circus tent to hang out in. As the race time approached, the rain became a drizzle, and soon stopped. The course began in the park and soon moved onto a residential neighborhood. It was mostly flat with a few rises and dips. My watch registered a 79' total elevation. The run was a struggle. My head was stuffed up and my legs felt like lead weights. I ran the first half then ran/walked the rest. Although it was not raining, it was still cold and windy. I kept thinkingtacos, tacos, tacos. My times have been way off so far this year mostly because of the awful spring weather but this race was my poorest showing in many years.

When I finished, I was starving so I got in the line at the taco truck. To my surprise it wasn't just a taco, but a complete taco dinner! Three tacos, all the fixins, Spanish rice, and refried beans. The big tent was crowded and had standup tables but I needed to sit, so I found a picnic table outside and enjoyed my dinner. Back in the tent I accepted a margarita even though I had a long drive home so I only took a few sips and waited for the awards. I know that by the time you reach my age, it pays to hang around and sure enough I somehow got a third place out of five old guys!

This is actually a good race with a lot of extras, (food, drinks, finisher's medals). With a nice day, it would be very enjoyable so I will definitely do it again.



Dan Gould

ON DAN'S RUN

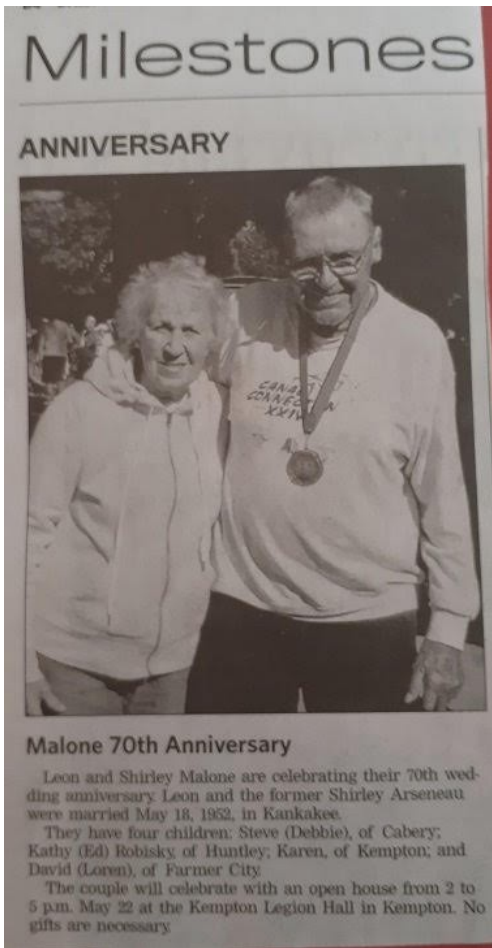
MEMORY LANE IN KEMPTON

by Dan Gould



Leon & Shirley at the Klipp
5K 2021

Kempton, a Ford County village of 200-300 souls a little south of Pat Koerner's Cabery farm, was the site of one of my first road races 40 years ago. On May 22nd, I went back to Kempton for the first time since that race to join in the 70th wedding anniversary celebration of Leon and Shirley Malone, the senior citizens of the Kankakee River Running Club. Leon is 91 and Shirley is 90, but the minds are sharp and their energy is a testament to the benefits of physical fitness.



I'm not sure when I got acquainted with Leon and Shirley. Like so many running friendships, they begin with small talk at the starting lines and the post-race sharing of the highlights of the race as you take refreshment while awaiting the awards ceremony.

My first visit to Kempton was on September 12, 1982 for the Kempton Country Kanter 10K, held in conjunction with Kempton Fun

Day and staged from Tri-Point Jr. HS. I was there with Ed Glazar and Mike

Anderson, two of my first running buddies, and Suzie Hawkins,

Mike's significant other. Suzie was known as "Slo-mo," the only runner I've ever known who could

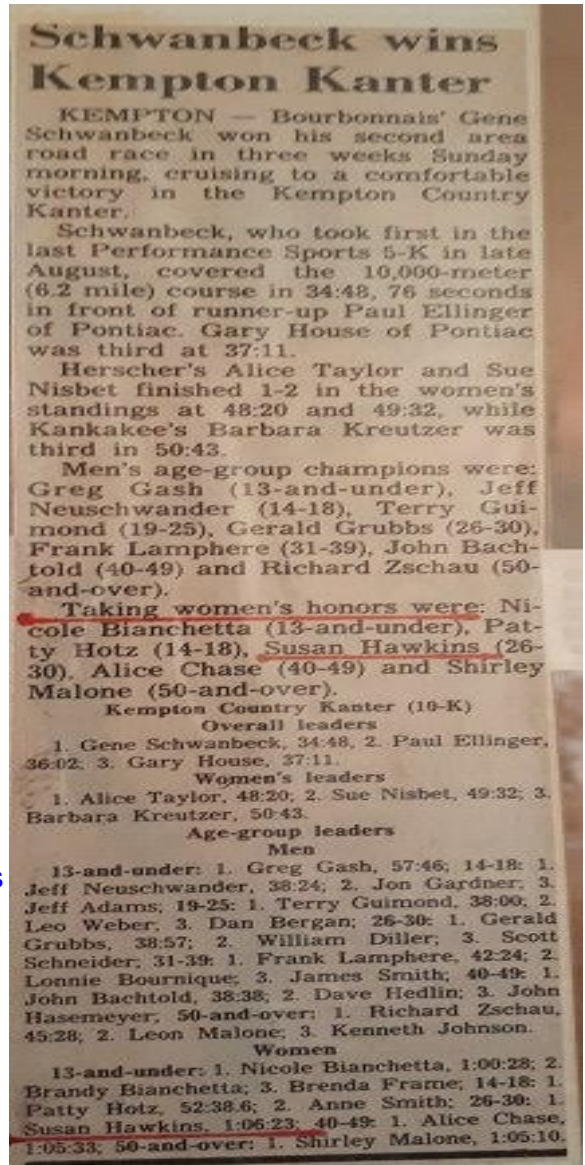
run in slow motion. She would, however, claim the first place trophy in the 26-30 age group with a slow motion time of 1:06:23. Suzie asked / warned /

threatened that we should not tell anyone that she was the only one in the age group and dead last in the race.

This was the 16th race of my running career and about three and a half

months after I started. I had lost twelve pounds in that time. My 48:19 did not get me on the awards stand and neither Ed nor Mike got there either. This was Suzie's race. Memories!

Leon and Shirley were at this race, but I had yet to meet them. A Daily Journal story of the race shows Shirley with a



Mike Anderson, Suzie Hawkins, Ed Glazar - Kempton 1982

first in the 50 & over - yes, that was the top age group - with a time of 1:05:10. Leon was second in 50 & over, but no time given.

Third place went to Pontiac's Gary House who ran 37:11, but wife Barbara, also a runner, was not listed in the awards. Gary and Barb would become friends and remain so although he and Barbara have retired to Texas where they are still racing. Other names in results I would come to know were the late Lonnie Bournique and Dave Hedlin, both of whom were my age group competitors. John Hasemeyer was also part of that group, but I think his road racing career was brief.

Leon had both knees replaced at about age 70 and maintained fitness riding his bike for some period of time before edging back into running. A hip replacement in his 80's ended the running, but he kept moving and now participates in the walking division of races. In April, he did the 2-mile walk that was part of Manteno Springfest 5K.

Shirley was featured in a Daily Journal story about 25 years ago as the marathoning grandma. I don't know if she did more than one of those, but ran numerous races of a shorter distance. I haven't seen her in race results for years, but she is Leon's cheerleader and support crew.

When Linda and I arrived at their anniversary celebration, they were standing, greeting and chatting with guests. When we left, an hour or more later, they were still standing, greeting and chatting with guests. How many people of that age have that kind of endurance?

Among the attendees at the Malone anniversary celebration were Charlie and Joyce Grotevant who are also KRRC senior citizens at age 80. Like Leon and Shirley, they are retired grain farmers and celebrated a 60th wedding anniversary on April 29th. They were both among the 24 graduates of the Odell H.S. Class of 1960. Before retiring and moving to Pontiac a few years ago, they farmed in the Buckingham area and knew the Malones before Charlie began running after his ileostomy in 1983.

Charlie is still running and racing, but does a run-walk to keep his heart beating at a happy

B4 DAILY JOURNAL SATURDAY, APRIL 23, 2022

Milestones

ANNIVERSARIES



Grotevant 60th Anniversary

Charlie and Joyce are celebrating their 60th wedding anniversary. Charlie and the former Joyce Kimber were married April 29, 1962, at Odell Methodist Church.

They have three children: Jeff (Lin) Grotevant, of Cedar Park, Texas; Julie (Vernon) Malone, of Kempton; and Jill (the late Roger) Birch, of Cabery. They also have seven grandchildren and four great-great grandchildren.

The couple farmed in the Odell, Buckingham and Cabery areas for 46 years, retiring to Pontiac in 2011. Joyce was a full partner in the farming operation.

A family dinner will celebrate the anniversary at a later date. The Grotevants, who have visited all 50 states, have additional travel planned.



rhythm. He may be the most prolific KRRC runner with something over 1200 (or is it 1300?) races that included six Boston Marathons. He was running great times at age 70 when A-fib began to slow him down. We became running buddies about 1985 and pushed each other to many a finish line before he got too fast for me. Most memorably, we ran the Boston Marathon in 1994.

Few remember Joyce Grotevant as a runner. They know her as a race volunteer extraordinaire who can work a finish line, registration, water stop or any other position. I've included a photo of her and Charlie from the Kankakee YMCA 5K in 1999, one of the last races to give out great trophies for age groups. I think she figured out that she would never get a bigger trophy and retired to become Charlie's support crew and cheerleader - and she likes the post-race breakfast.

I would like to be running and writing some new history, but my aging body protests and I have struggled for almost a year with a series of running injuries. I was four weeks into a rebuilding last week after a five month layoff when my latest running injury appeared and I had to forego the Klipp Classic 5K on Memorial Day. Back to the drawing board!

Why don't those of you who are running and racing share some highlights in this newsletter - and don't forget the photos!

Run for your life!



Charlie & Joyce - K3 YMCA 5K
1999



JUNE BIRTHDAYS

06/01 BRENDAN MARTIN 15
 06/01 KATHY STOCKTON 52
 06/01 NICK MARTIN 15
 06/10 WARREN MONK 50
 06/13 CASEY KOERNER 27
 06/24 JULIE BISAILLON 55
 06/30 GAIL PASSWATER 53