



# The Paper Race

## PRESIDENT’S CORNER

The president is busy, so I am stepping in for this month. Usually I just put the newsletter together, not create content! But here I am anyway.

I would like to encourage everyone to take part in the October mileage challenge. We run this challenge twice per year. This time we are having a Guys vs Gals competition. But the best part of it is that we are all working together in the end, even with a little friendly competition thrown in. The running club will donate 25 cents per mile run or walked to area running programs. The best part is that the winning team gets to pick the donation recipients!

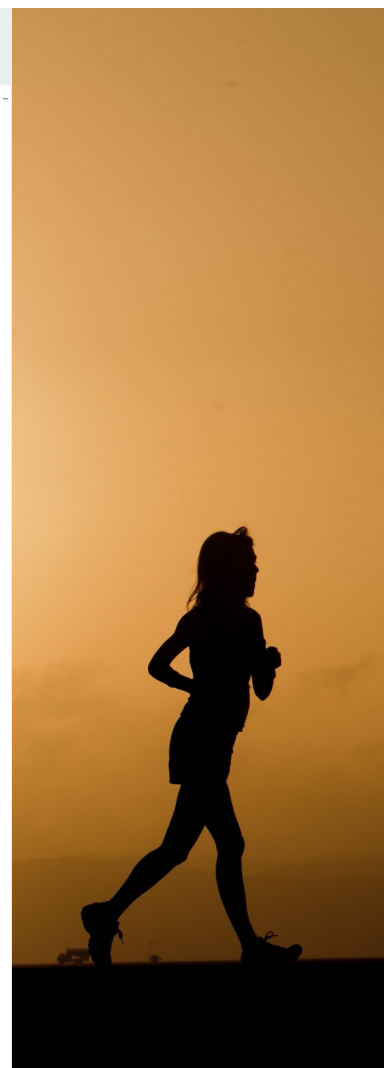
To record your mileage, just click [here](#) or send an email to [KRRClub@gmail.com](mailto:KRRClub@gmail.com).

So lace up your shoes, don your running club gear, and get out there!

Which brings me to running club gear. You do have some, don't you? What? You don't? Well — we can solve that problem easily! The annual running club gear sale is going on RIGHT NOW! Can you believe how lucky you are to be needing gear just when it is available to buy? That kind of luck doesn't happen every day, so it's best to take advantage of it now. Just go to <https://eichssports.chipply.com/KankakeeRRC2024/> and load up on all kinds of running club goodies. You know you deserve it, so why not do it? Instead of being just the best running club, we can also be the best dressed one!

Karen Dannenhauer

KRRC Secretary



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# ON DAN'S RUN

## DWIGHT HARVEST DAYS 5K RACE REPORT



by Dan Gould  
[DANSRUN@AOL.COM](mailto:DANSRUN@AOL.COM)

The 44th Annual Dwight Harvest Days 5K Run & 3K Fun Run / Walk was on Saturday, September 21st. 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.

This year's shirt - a clever design, a pretty blue

I departed Bourbonnais about 7:00 A.M under sunny skies for the 35 mile drive west on Illinois State Route 17, a straight, two lane highway bordered by fields of corn and beans awaiting harvest, a very tranquil drive. It was the last day of summer and summer was not going peacefully. "Norm" is 75 degrees and we had a string of dry, 85-90 degree days of which this would be the last.



Arriving at Dwight's Renfrew Park, I found my usual parking space near the pavilion. In this small world, Charlie and Joyce Grotevant were parked next to me. I was there because Charlie was going to be there and I wanted to be sure we got to share at least one starting line in the 80 plus age group before we had to retire the running shoes or the Grim Reaper retired one of us. Charlie is 82 and I turned 80 on August 31st. My body has been lobbying me to retire the running shoes for three years.



Renfrew Park Pavilion

I made the short walk to the registration table and claimed my bib. I had pre-registered (only \$27.50), but well after the cut off date to get a shirt. As I turned to return to the van, I encountered Mike Goodwin, the long term and now retired race director who helped make this race so successful for many years. He continues to assist as he can. I saw and spoke with Charlie and Steve Hartzell. Steve, best known as the barefoot runner, was a volunteer this day. I returned to the van, getting my bib on, grabbing a couple 2

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Do you have comments? Questions? Something for the newsletter? Please send all submissions to [KRRClub@gmail.com](mailto:KRRClub@gmail.com)

Find race registrations and results at [https://kankakeeriverrunningclub.com/krrc/2024\\_Race\\_Calendar.html](https://kankakeeriverrunningclub.com/krrc/2024_Race_Calendar.html)

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photos, and setting off for my warm-up walk. In my youth, I ran a warm-up mile in my trainers and switched to racing flats for the race. In my dotage, I walk about half a mile in the trainers which are also my racing shoes.

Mike Goodwin, 69, & Dave Cyplick, 71



Race director Tracy Eggenberger began her pre-race orientation shortly before the 8:30 starting time and answered a question I hadn't asked. Where was the finish line? It was usually next to the pavilion in the big parking lot which was also the starting area. I had noticed its absence and cars parked in that area. Tracy directed our attention to Franklin St. which borders the park on the east and there it was. After all these years, there would be a change in the course - and a welcome one!

While starting in the large parking lot was convenient and provided a wide starting line, runners were immediately funneled into the narrow, curving and sometimes potholed entry road for, perhaps, a short tenth of a mile. I don't know that anyone came to harm, but the opportunity was there. It was less of an issue at the finish although 3K walkers sometimes presented an obstacle.

High School sweethearts Charlie & Joyce Grotevant



Orientation completed, we made our way to the new start-finish on Franklin St. and an impressive group we made. KRRC members I saw In addition to Charlie were Paul Surprenant, Pat Koerner, Wayne Bisailon, and Darcy Welsh. There would be 206 finishers, up from 159 in 2023 and the most since 2015 when there were 215.

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Paul Surprenant & Gerry Kruse chat with Charlie & Joyce post-race

Paul, 77, and I have had some fun in the last year. I nipped him at River Rat 5K last November and he got me at the Klipp 5K on Memorial Day. We ran the first half of the Friendship Festival 5K together in June, but I "died," walked much of the second half, and Paul ran away from me. He would best me by almost 2 minutes this day, but I'm no longer in his age group. Today he would run 35:36 earning him 2nd in age.



Pat Koerner

Pat Koerner, 62, and I have been sharing starting lines from Peoria to Valparaiso to Flint to Orlando for 35 years or more, but I was never any competition for Pat. He is 18 years my junior and a gifted runner who won over a 100 road races in his prime. He would run 21:45 for 2nd in age this day.

Wayne Bisailon would run 25:56 for 1st in 55-59 and Darcy Welsh would run 46:39 for 1st in 70-74.

We started promptly at 8:30, running south on Franklin a block to North St. where we turned west for another block to East Rd. Southbound on East Rd, we were back on the course we knew. The course is flat and almost entirely old residential with lots of shade. We cross Illinois State Route 17 twice with the protection of the Dwight PD. Civilian volunteers guard other intersections. One of the remarkable features of

## Happy Birthday!

- 10/4 Diane Gerber 63
- 10/5 Angie McQueen 49
- 10/5 Craig Alberts 68
- 10/6 Kristin Fase 44
- 10/10 Brian Noffke 64
- 10/12 Vanessa Oleary 42
- 10/12 Rich Olmstead 73
- 10/17 Emma Casino 17
- 10/19 Paul Whitehouse 59
- 10/20 Denise Caparula 46
- 10/22 Renee Whitehouse 58
- 10/28 Dan Bullock 73
- 10/31 Tiffany Thompson 42
- 10/31 Jason O'Connor 47



this course is long straightaways in the second and third miles. Indeed, almost the whole second mile is a straight shot from south to north.



Charlie & I have shared 40 years of this running life

The course has always measured a most acceptable 3.12, but last year the Garmin said it was 3.15 with the same start and finish. Go figure! The first hint that the course might be long with the new start-finish came as I approached the old one mile mark. My Garmin vibrated a 11:42 at one mile and a minute later I reached the old mile marker where a volunteer was calling one mile times. I did not note the distance, but Charlie would later tell me they were at 1.07 miles and the course would be .08 long, 3.18. For a runner doing a ten minute per mile pace, that would add 48 seconds. I'm sure they'll get it fixed for next year.

I had watched Paul gradually pull away and wished I could be competitive again. It was always more fun when you had someone to pull you or push you. When Charlie and I began our competition, he was eating my dust, but the fun was when he got better and we were going shoulder to shoulder to the finish line. In later years I would eat his dust. Now my "competitors" are often the kids who sprint ahead 25-50 yards, walk a bit, and repeat the sprint-walk process, sometimes throwing in some walking backwards or walking back to someone who hadn't kept up with the latest sprint.

A beautiful day to walk or run - for some it was family fun!



The Garmin said my 2nd mile was also an 11:42 and then a 3rd mile in 11:48. I finished in 37:14, an 11:42 pace based on the course being 3.18. My Garmin also told me I would need 64 hours to recover and that I had an average heart rate of 155 with a max of 177. Really? I don't think I'm supposed to be able to do that at my age.

When I crossed the finish line, a volunteer gave me a beautiful finisher's medal. I think finishers' medals are particularly nice for first time racers and kids.

Charlie, who would probably best me if he didn't have to hold back for his A-fib, ran 40:26. I was 159th and he 177th of the 206 finishers.

### [Dwight Harvest Days 5K & 3K Fun Run/Walk Results](#)



The finisher's medal with ribbon and the age group award medal

Post-race, I took the camera over to the finish line for a couple pics and found Juan Leg cheering the back of the pack finishers. I met Juan last year and learned that he became one leg a/k/a Juan Leg when a Tampa alligator thought his right leg an attractive drumstick. Juan, 58, ran 23:33 for 2nd in age group.



Juan Leg has one leg, but runs well at age 58

Awards were announced in a timely fashion, but there was no ceremony nor presentation. The race director sat at a table on the east side of the pavilion and read off names and places. The awards were on a table in the middle of the pavilion surrounded by other tables, participants and volunteers. Age group winners might have to make their way through the maze from outside the pavilion or they might be seated at a nearby table. In either event, they identified themselves by age group and place to a volunteer who handed them a medal.

Race Director Tracy Eggenberger announces awards

I was third in age group, but, by the time I found my way to the awards table, a guy at the other end was identifying himself to a volunteer as the first in age winner. I recalled hearing Harry Scheckel's name called for first in our age group and I now have a face to go with the name, but I still don't know who Bill O'Brien is, the second place finisher in our age group.

Awards presentations should have a focal point, a separate area to which winners are called, identified, and their award presented. There might be a three tiered pedestal upon which the winners stand and could be photographed.

The age group awards, by the way, were rectangular medals - 1.5" wide, 2.25" high, with no ribbon. I'm not sure how you would display one.

Many participants enjoyed the post-race sandwiches fruit, cookies and candy while waiting for awards. In past years I've often joined Charlie, Joyce and others for a post-race restaurant meal at somewhere like the Old Route 66 Family House, but I had promised to take Linda to brunch when I got home so that was not part of the event this year.

I hope that I will be running the Dwight Harvest Days 5K next year.

Run for your life!

Bourbonnais, IL  
September 25, 2024



# Funny Runs...



## Group Run and Walk Information!

Weekly KRRC Run and Walk Group Thursdays at the Kankakee YMCA at 5:30 PM. We meet in the northwest corner of the parking lot for about 3 miles. ALL paces welcome, no runner or walker left behind!



# River Rat Races – 5K / 10K / 10 Mile

On Sunday November 10th, the Kankakee River Running Club will be hosting the 2024 River Rat Races at Kankakee River State Park on the bike trail just west of Rock Creek suspension bridge. Packet pickup and race-day registration will be at the shelter east of the suspension bridge. It is event number five of the club's Classic Series. There will be water on course and post-race refreshments also will be available before and during awards.



## Schedule:

Park opens: 7:00 AM  
Packet pickup/registration starts: 7:15 AM (At the pavilion just east of Rock Creek suspension bridge.)  
10 Mile Run starts: 8:00 AM  
10K Run, 5K Run, 5K Walk start: 8:30 AM  
Post-Race Ceremony: 10:00 AM (At the pavilion just east of Rock Creek suspension bridge.)

**Event ( Circle one )** ( 5K Run \$15) or (5K Walk \$15) or (10K Run \$20) or (10 Mile Run \$25) \$2 discount for all pre-registered Running Club members. No discount on race day. Please fill out or circle all registration items.

Name: \_\_\_\_\_ Age on 11/10/24: \_\_\_\_\_

Gender (Circle one) M or F

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Phone # \_\_\_\_\_ Email: \_\_\_\_\_

Long-sleeve Dri-Fit Shirt Option, add \$15.00, available through noon on 10/28

Shirt Size: SM MED LRG XL XXL\* (Add \$2 for XXL)

Long-sleeve Cotton-blend Shirt Option, add \$15.00, available through noon on 10/28

Shirt Size: SM MED LRG XL XXL\* (Add \$2 for XXL)

No shirt Option

Register online at: <http://www.racerpal.com/races/riverrat.html>

Or... mail this form to **KRRC, 202 Tiverton Rd, Kankakee IL 60901**

(mailed to arrive no later than 11/8/2024)

Please make check payable to: **Kankakee River Running Club.**

For race information email [KRRCLUB@gmail.com](mailto:KRRCLUB@gmail.com)



**live to Run...  
Run to live**

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, my executors, and administrators, waive and release any and all rights and claims for any damages, loss, liabilities, claims, demands, costs and expenses, which I may now or in the future have against the IDNR, Kankakee River State Park, Kankakee River Running Club, the Race Directors, and any and all sponsors. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. Further, I hereby grant full permission to any and all of the foregoing to use any photograph, video, recording or any other record of this event for any purpose whatsoever.

Signature (Parent or Guardian, if entrant is under 18) \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_