



Kankakee River Running Club

Run for fun
Run for your life

May, 1981

NEW OFFICERS

After an unprecedented two-year stint as president, Jack Dalton was booted out (by himself) at our meeting last month. However, he was only allowed to do this when he agreed to take charge of the Governor's 10,000 race again.

All joking aside, Jack has been instrumental in getting the Club off the ground. In one of his last moves as president, he helped elect (appoint?) our new officers. They are:

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| PRESIDENT -- Steve Currins, Beecher | 312-946-6114 |
| VICE-PRESIDENT -- Ken Klipp, Kankakee | 815-937-1958 |
| SECRETARY-TREASURER -- Ellen Currins, Beecher | 312-946-6114 |

DUES ARE DUE

It's that time of year again. Membership dues are needed immediately so that we can keep our bank account alive and kicking. Anyone who does not pay by June 15 will not receive the next newsletter. Checks may be made out to the Kankakee River Running Club and should be mailed to Ellen Currins at Box 216, Beecher, 60401. Here is the amounts owed:

New members: \$7 (includes Running Club T-shirt).

Old members: \$5.

Family membership renewal: \$7.

New family membership: \$10.

FUN RUNS

Fun runs of 1, 2 and 4 miles have been going strong for several weeks now at Small Memorial Park on the west side of Kankakee. They're held every Thursday at 7 p.m. and the initial turnouts have been good, considering that the weather has not been great and the high school season is still going.

There will be some changes on Thursdays. Plans are being made to run the second Thursday of each month, starting in June, at Olivet's all-weather track. Anticipated events will be 50 meters, 100 meters, 200 meters, 800 meters, mile (1,600) and 2-mile (3,200). This is a good chance to time your speed, or lack of it, on a fast track.

At press time, negotiations with Olivet are not final. If we can't use its track, we will run at Bishop McNamara. But we will definitely start the second Thursday in June.

MCDONALD'S 5-K SERIES

Once again, thanks to our friends at McDonalds, who are sponsoring the races, we will be holding 5,000-meter runs at Small Memorial the last Thursday in June, July and August.

These have been well attended in the past and with good reason. Trophies will be given out to the first three places in the many age divisions and the 3.1 miles is short enough for just about anyone. We

Trophies will be given out to the first three places in the many age divisions and the 3.1 miles is short enough for just about anyone. We need volunteers to help run one of the three, as well as a fun run during the summer. Please help out.

The fee for non-Club members is \$1 per race. This could be a good opportunity to introduce prospective members to the Club.

JUNE 3 MEETING

There will be a Club meeting at 7 p.m. Wednesday, June 3, at the Bourbonnais Municipal Center. Summer activities will be discussed and hopefully finalized, uniforms will be issued, ladders can pay their dues and more discussion will circle about the Governor's 10,000. Everyone is urged to attend.

INCENTIVE

With doubt and dismay you are smitten.
You think there's no chance for you?
Why, the best books haven't been written
The best race hasn't been run.

--Berton Braley



RACE RESULTS

Before getting into this, it should be stressed that there is not enough room to print the results of every Club member, so don't be upset if your result is not here. However, the most impressive, or those showing the most improvement, will be, so please submit them to Steve or the newsletter editor, Dave Dyer. Dave's phone number at the Journal is 937-3390, 3391 or 3392 and at home it's 937-5906.

Lynne VanHimbergen of Bourbonnais has been busy of late and with great success. She set club records in the 10-K with a 42:19 turned in at Gordie's Run in Joliet and 10 miles with a 70:51 run in Yorkville. Congrats!

Several Club members were at the Run for the Woods 5-K at Governor's State University. Steve Currins ran 15:59 for second in his division, Howard Strassenburg of Momence was first in the over-60, Ellen Currins finished second in her class with a 21:43, Rick Rebello was third in the 10-14 group, Bill Benner of Peotone was second in 40-49 and Jim Newberry also competed.

As you can see, it would take pages -- at considerable cost -- to run complete results of every race.

CALENDAR

And first a few words about this, too! If you have any information about races that are not in the Journal's Running Calendar every Sunday, please contact Dave at the Journal. That way, he can keep the Running Calendar updated and Club members merely need to check the paper every Sunday for complete information.

The closest three races in the next couple of weeks are the 11.5-miler this Sunday (the 24th) put on by our friends at Performance Sports at Kankakee Community College, the Mayor Ryan River Trot May 31 at 8 a.m. in front of the Court House and the Parks Classic in Champaign June 6th. The River Trot will sponsor 5 and 10-mile races jointly this year. The Champaign race, which is well-run and ends with a lap in the football stadium, is 10,000 meters.

Again, for complete information on all races, check the Journal's Runner's Calendar every Sunday. And please help add to the list.

RUNNING CAMPS

If you don't enjoy sacrificing your running when you're on vacation, why not go on a running vacation, to one of the many running camps around the country? They are relaxing weeks full of running, rest, great scenery and atmosphere and some entertainment.

Jack Dalton and Dave Dyer went to the Green Mountain Running Camp in Vermont two years ago and Jack returned there last year with Frank Walcher. Jack has tentative plans to make it three in a row this August, possibly with Bill Egan, while Dave plans to attend a camp in New Hampshire in mid-July. It has six one-week sessions.

with Bill Egan, while Dave plans to attend a camp in New Hampshire in mid-July. It has six one-week sessions.

The cost for food, lodging, coaching, entertainment and everything else is incredibly cheap -- about \$200/week. There are several camps in New England, a couple in Colorado and California, one or two in Penn. and a good one in North Carolina. For more information, contact Jack or Dave.

CLUB RECORDS

Steve is trying to keep club records up to date and to add to them. Please help him by writing to him in Beecher. Also, Steve would appreciate any other suggestions as our new president.

DOING BETTER

The newsletter, once Dave gets free from the high school sports season, will be better than ever. Any suggestions are welcome.



Handling the Heat

Steve Currins

A new road racing season is fast approaching. With it will come new ambitions, high goals, and plenty of races. However, there should be some precautions taken by all.

Last summer two people died in a ten-mile race in Herndon, Virginia. Numerous other cases of severe illness occurred in area races at Crete and Hoopston. The cause of all these was heat stroke.

In heat stroke there is a complete failure of the sweating mechanism. The runner lapses into unconsciousness with a warm, dry skin and a body temperature of 105 degrees Fahrenheit, or higher. And contrary to popular belief, it doesn't happen to just the inexperienced runner. Two seasons ago, at Falmouth, Mass., Alberto Salazaar, the winner of the 1980 New York Marathon, was rushed to the hospital with heat stroke and a body temperature of 106 degrees. He nearly died and spent several days recuperating.

As runners, there are some basic precautions to be taken to prevent heat stroke.

1. Know Your Capabilities

One needs to know the type of race for which he is preparing. Consider both time and distance. If the weather is hot, plans must be altered. Learn to listen your body. Know how it reacts under various situations.

2. Taper

If you have plans of running a "hard" race, lighten up your training schedule for a few days before it. Don't go into a race in hot weather feeling tired.

3. Control Food Intake

Eat lightly before a race. Blood is needed to move the legs and carry excess heat to the surface. Undigested food may interfere with these functions. Drink before the race, more so in hot weather. Water is preferred, as coffee and juices tend to cause the runner to urinate too soon. Also, drink water during the race on hot days. You must drink before you feel hot and faint.

4. Know the Course

This is always helpful. In the race at Herndon one victim was found 300 yards off course. Besides where you are going, it is helpful to know if shade exists, the type of surface (asphalt, rocky roads, etc.) and the amount of hills.

5. Be Wary of Late Races

Races that start late in the afternoon increase the risk of heat stroke. The sun is at its peak and the roads may be quite warm. Also, races that do not start on time contribute to the problem as people have been standing in the sun for a while.

6. Don't Be Too Competitive

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Finishing at all costs should not be one's goal. Don't equate success with a refusal to quit no matter what. If you start feeling ill be cautious.

7. Help Others

Be on the look for others who may be experiencing trouble with the heat. If you see someone who appears to be in danger, talk to them. Ask questions such as "What's your number?" A person who is suffering from heat stroke has trouble answering such questions. An athlete about to suffer heat stroke will experience a sensation of extreme heat, cessation of sweating, mental confusion, and incoordination.

Being cautious and realizing heat stroke can happen will do much to help prevent it. If someone does suffer heat stroke, the important thing is to reduce the body temperature immediately. ~~Immediate~~