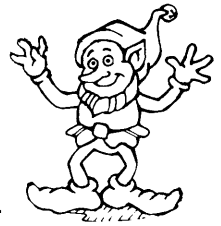




CHRISTMAS BONUS ISSUE  
**THE PAPER RACE**

KRRC NEWSLETTER  
P.O. BOX 339  
BOURBONNAIS, IL 60914

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## On The Run

YO-HO-HO! MERRY CHRISTMAS! HAPPY NEW YEAR! HAPPY HOLIDAYS! Just like your January issue of whatever, the January issue of THE PAPER RACE is in your hands before you have said good-bye to December. How so? Well, in part because school is out for John Shoup and he wanted to end/kick-off the year with another issue on the Acme Printing Press (looks nice, eh?). I think he also wants to sneak in another of the DATE/UPDATE columns.

Secondly, it provides President Elly Dalton with a chance to reflect on the year past and express her hopes for the coming year. She agreed with Bill Linn's suggestion in the last issue that our organizational meeting should come earlier in the year and has called a meeting for February 1st (SEE MEETING NOTICE). My unofficial straw poll gives Elly's administration good marks. Elly says she is ready to turn over the baton to someone else or stay on. Whoever is elected needs the support and assistance of the membership. Make the meeting — share the work and the fun!

Thirdly, Jaymie's business is health and fitness. We can all use some help getting through the holidays. I love the cookies and candy (and nuts and . . . ), but I'm already struggling with the love handles that nobody loves. Racing season starts in JANUARY!

Have you answered your questionnaire? As you will recall, last month's issue contained a questionnaire prepared by Jo Boudreau and Alma Hernandez. In the months to come we would like to profile the members of the club in order to get better acquainted. I think that is what we are doing, but what is this about sending pictures and having personal interviews? I'm sure it's on the up and up . . . so send them in!

How am I doing? Thanks for asking. My last race was in August (I think the Crest Hill hill did me in) and September through November were spent deconditioning. I got back on the road a couple weeks ago and will know better after I see the doctor this week. John Grebe is back on the road, just a month since being hit by a car. "Big Al" Kuester is trying to be "Medium Al" again with diet and exercise. He is back on the track (so to speak) with the aid of some orthotics by Doc Baldwin. Janet Velemir is shuffling back into shape. Ken Klipp is on the road again and his soleus is healing (but 16 Advil a day for a week?). Haven't heard from Charlie Grotevant who had surgery unrelated to running, but I would bet he is running.

Bill Linn and I have enjoyed being the editors of your newsletter this year. Putting this issue together is even more fun with the contributions of Elly, Jaymie, and John. Linda Linn puts in a lot of the behind the scenes work without which this would never get to you. Thank you, Linda! We look forward to the profiles that will be put together by Jo and Alma. Help us keep it going. Let us know what has happened when you have been ON THE RUN.

## **The Starting Line**

**JANUARY 8 - Noon —**

**Siberian Express 7.6 Miler**, Kickapoo State Park, Danville. \$7 & finishers award to all who register by 1/2. \$6 race day (no finisher award). Special awards to top 20 males and top 8 females. Shirts can be ordered.

**JANUARY 22 - 9:00 A.M. —**

**Midwinter Frolic 10K**, Forest Trail Jr. H.S., Lakewood Blvd., Park Forest. \$7/9, trophy to all finishers. Pancake breakfast afterwards.

**FEBRUARY 5 - 1:00 P.M. —**

**Winterfest Wellness 5K**, Small Memorial Park, Kankakee. \$7/9 (after 1/26), T-shirts, top 3 & 3 deep in AG. Circuit Race #1 for both Kankakee and Prairie State Clubs.

**FEBRUARY 12 - 1:00 p.m. (time tentative) —**

**Channahon Frosty Five Miler**, Middle School Recreation Center, Rt. 6 & Tryon Street. Prairie State Circuit Race #2. Details in February newsletter.



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**FEBRUARY 18 - 10:00 A.M. —**

**Mark Forest Five Miller**, Blackhawk Center, 375 Oswego St. \$6/8 with 10 yr AG.

**MARCH 18 —**

**Music City Marathon**, Nashville. Write GNAC, 913 Bradford Ave., Nashville, TN 37204. Join John Shoup as he sings his way through another 26.2 miles in a futile attempt to qualify for Boston and/or find true love.

**Meeting Notice**

THE ANNUAL ORGANIZATIONAL MEETING OF THE KANKAKEE RIVER RUNNING CLUB WILL BE HELD WEDNESDAY, FEBRUARY 1ST, 1989, 7:00 P.M. IN THE MEETING ROOM OF THE BOURBONNAIS MUNICIPAL CENTER, ROUTE 102 & MUNICIPAL CENTER ROAD. OFFICERS WILL BE ELECTED AND ACTIVITIES PLANNED. THOSE WHO FAIL TO ATTEND MAY EXPECT TO READ ABOUT THEIR ELECTION AND/OR APPOINTMENT TO OFFICE IN THE NEXT NEWSLETTER.

**The Athletics Congress (TAC)**

The Athletics Congress (TAC) is the national governing body for road racing (among other sports). Some road races require a TAC number while others simply offer a discount if you have one. Illinois TAC conducts a series of open track and field competitions, an official racewalk/fitness walk program, and other programs for athletes of all ages. Volunteers are needed. If you want or need a TAC number or wish to be a volunteer, contact Ray Vandersteen, Executive Director, Illinois TAC, 111 West Butterfield Rd., Elmhurst, IL 60126. Or call the TAC office: 312/833-7303.

## **Thru The Chute**

**DECEMBER 10 —**

**Ottawa 10-Mile Distance Classic** - Beautiful weather, interesting course, 290 runners. Kathy Penn 1:14:44; Randy Riegel 1:16:43; Mike Hickey 1:02:39; Bill Linn 1:02:16, John Shoup 1:01:35.

## **T.A.C. Numbers**

TAC numbers should be applied for 1989 right now so full benefits can be had. By purchasing this number you support an organization that supports running with insurance for the road races, race certification, available information and advice for all runners and a great deal more. You will receive \$1.00 off the entry fee of many races, automatic coverage under TAC's Group Accident Insurance Program, a subscription to the TAC/USA Record (the official newsletter of TAC) and reduced subscription costs for Windy City Sports. Fees are \$11.00 for adults and \$9.00 for youth. You can get an application by writing to: Illinois TAC, 111 W. Butterfield Rd., Elmhurst, IL 60126 or call 312-833-7303. Support TAC, they support our club!

## **A Runner's Guide To The Holiday Feast**

**By  
Jaymie Simmon**

Runners beware! The typical holiday meal averages 7,500 calories. In runners' parlance, that only requires you to run three marathons to maintain your weight. Hold that starting gun!

The average person gains four to seven pounds between Thanksgiving and New Year's Day. There are a few simple changes that will help you maintain your weight while still enjoying the holiday buffet table.

Cut the percentage of fat from your diet. A total of 42 percent of the average person's diet is made up of fat. Holiday meals are centered around high fat, high calorie foods — gravy, stuffing, nuts, and pie, among others.

If you really love stuffing, eat it, but hold the line on total calories by eating less of something else or eliminating something you won't miss. If you must eat everything, increase your physical activity to offset the added calories.

**Here are the fatty facts:**

- Turkey consists of fewer calories per ounce than ham;
- White meat is lower in fat than dark meat;
- You can eliminate both fat and calories by removing the skin from poultry;
- Gravy contains 60-70 calories per tablespoon. A generous helping of gravy can add 700 calories to your holiday meal;
- By putting gravy through a skimmer, you can cut the calories by 80 percent;
- Stuffing baked outside the turkey has half the calories of stuffing cooked inside the bird;
- Baked potatoes have fewer calories than mashed and much less than candied sweet potatoes;
- A baked potato with one tablespoon of sour cream has only 150 calories;
- Pumpkin and apple pies have half the calories of pecan pie. Most of the fat in a pie is in the crust - most crust left on the plate gets the skinny award.

The critical factor is to learn how to balance calories. You can overeat on the holidays and still not gain if you learn to balance overeating days with undereating days. Runners can balance the caloric checkbook with additional miles or other forms of exercise. Use stairs instead of the elevator, park as far out in the shopping center lot as you can, or add a 30-minute walk to your daily routine.

You can be lean and mean when you toe the starting line in '89 - or you can be heavyweight runner of the year. The choice is yours!

**EDITOR'S NOTE:** Jaymie Simmon is a KRRC member, triathlete, and Director of the Weight Management Clinic at Kankakee's Riverside Hospital.

## Editor's Date Update: A Christmas Classic

I haven't written this column for the last few issues of the newsletter so I've got a lot of junk to put in this one. First on the list is the need for a big club party. Henry Shelly once told me, "John, I live to party and I party to live." I explained to Henry that he was using a noun as a verb but, in spite of that, I agreed with his philosophy. Therefore, we should have a party at the Shelly's house sometime soon. Don't let me give you the impression that the Shellys are planning a party. They aren't. But if we all showed up some night out there they'd *have* to let us in. If they didn't, we could steal all the pallets and junk in their driveway. Then we'd go over to Dianne Smith's house and bother her for a while. Seriously though, let's have a party. Henry and Janet are in charge. I said so. I'll buy the beer.

Next on my list is the Female and Male Runner-of-the-Year Awards. As you know, I've set personal best times at every distance I've run this year except the marathon. In spite of that incredible accomplishment, I can't nominate myself, can I? Huh, huh, can I? Then how about Pat Koerner? No, I don't like Pat too much anymore because he always makes fun of how old I am. Besides that, he raced the 5K on Broadway with his shirt on inside out. Boy, did he ever look stupid!!! Really Pat, you looked *so stupid* that day.

There are those in our club who think Randy "The Soaring Eagle" Riegel should be the male Runner-of-the-Year. Those people are crazy. I've seen Randy walking through his bean fields talking to the plants. The guy made so much money this season from crop disaster payments that it isn't even funny. Randy, you could have won the award if you'd try to bribe me. *I can be bought, you know.* Not only that, I saw Randy on a long training run this fall and pulled up next to him to say hello. He was *asleep* — doing a 7:30 pace.

Maybe I should nominate Dan Gould. No way, man! Dan's been hurt most of the year with all these petty little aches and pains that would never bother a *real man!* Besides, he complains too much about it. "Oh my leg, oh my knee, oh my tibia, oh my fibula." Stop belly-aching, Dan. The Grebe-man gets whacked by a car and I get bitten on the butt by a dog. It's all part of road racing.

Who should be the Male Runner-of-the-Year then? I'm stumped.

Bill Linn had a lackluster year but somehow managed (I think he cheated) to qualify for Boston by running 2:58 something at the Chicago Marathon. Sorry Bill, but one lucky race won't get you any recognition in this column.

How about Kelly Proctor? He ran great all year. Forget it. The problem with Kelly is that he's going out with Janet Velemir and I'm *still* mad at him for stealing her away from me. Thanks Kelly, you back-stabbing little weasel.

Hey, wait a minute. I've got it! The Kankakee River Running Club Male Runner-of-the-Year is Tom Goodberlet. Tom doesn't run very fast or anything like that but at least he and his lovely wife Anna got me a date with a wonderful girl, which is more than I can say for any of the rest of my so-called friends in this club. Thanks, guys. Because of your selfishness, Tom Goodberlet, my *good friend* and *ace buddy*, is the Kankakee River Running Club Male Runner-of-the-Year! Tom, you're terrific! You'll get your award as soon as you fix me up with this Dawn girl you've been telling me about.

Which leads us all to the coveted Female Runner-of-the-Year award. This will be tough to figure out. The competition among the women was fierce this year. Let's use the process of elimination. Shirley Malone, Judy Kilbride, Georganne Hickey, Kathy Steffen, Linda Linn and Teresa Culver all used the same excuse that they were happily married and I was a jerk so they wouldn't go out with me. Too bad, ladies, no award for any of you.

Connie Weaver and Kathy Penn are part of the Prairie State contingent whose sole purpose is to destroy my male ego. They both ran well this season but they didn't pay enough attention to me in my year of need. They'll learn.

Janet Velemir could get the award based on the ever-present sympathy vote but, hey, she can set Kelly on her mantle and stare at him like a trophy and only wonder what it would be like to be the Female Runner-of-the-Year and Shoup's woman.

See how tough this is? Alma Hernandez and Jean Yonke team up and pick on me at T.J.'s all the time so they can forget it, too. I must add, however, that Jean is one of the nicest women I've ever met. She's wonderful, she's beautiful, she's charming. She's got a cousin named Maggie. I want a date with Maggie. Did I mention that Jean is a wonderful lady?

Elly Dalton has everything a woman could ask for so she doesn't need anything else.

Therefore, based on the fact that she ran extremely well this year, and she bought me a beer, the Kankakee River Running Club Female Runner-of-the-Year award goes to Jo Boudreau. She ran consistently fast and brought honor to the club. We're all proud of you, Jo. Not only is Jo an outstanding athlete but she's also a very nice person. In fact, I might go so far as to say she's the standard by which all others should be judged. I might, but I won't.

Well, 1988 will soon be over; 1989 could be the *Year for Romance* if all of you would try *really* hard to get me a date. Do you know what it's like to sit around on Christmas Eve fighting with three cats over a box of Kentucky Fried Chicken and the remote control for the TV? Doesn't it bother you to know that at night when all of you are at home with your families, I'm out wandering the streets singing Country/Western songs? Helping me find true love should be the number one priority on every club member's mind from now on. I'm counting on all of you to help me regain my pride and dignity. As an added incentive to all my prospective dates, it may be helpful to know that my net worth is really getting up there. Sales were very good this year. So come on, everybody, don't let Tom and Anna do all the work. Join them in their quest, their round-up of romance if you will, and work hard on finding a woman for me. You should feel like it's an obligation. / do.

I hope you and your families have a nice Christmas and a good New Year. I'd also like to thank the Grebe-man for going on top of that car, instead of under it. May all of our injured runners have quick recoveries. See you soon.

— J.L.S.

