



THE PAPER RACE

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



MAY 1989

ISSUE 15

ON THE RUN

HEY! HEY! WHATA YA SAY? LET'S RUN TWO TODAY! Well, maybe we should settle for one and an easy cool down run. THE STARTING LINE is getting longer and instead of "Is there a race this weekend?" the question becomes "Where this weekend?" Our racing calendar does not begin to reflect all that is available. Most of us want a race within an hour or so of home and a race of a certain quality. In making up our calendar, we try to find a couple races each weekend that meets that criteria. If you want to really see what is available, stop by Performance Sports and pick up a copy of the 1989 Amateur Athlete. While you are there, check out the latest in running gear and let them know you appreciate their support. The Five Miler and the Performance Sports 5K Series (see THE STARTING LINE) will be back due to their sponsorship.

A note of thanks to Janet and Henry Shelly for opening up their home for our April social. Good food and friends made for a perfect, if fattening evening. Co-President Shoup did ask me to extend an apology for whatever he did and offered to pay for the damages out of his own pocket. Well, what can you expect? If only half the President is there, you only have half a wit. That may also explain why Co-President Goodberlet was left waiting at the door while half-wit was off to the races.

Don't forget the Riverside Biathlon coming up Monday, May 29th (Memorial Day Weekend). If you aren't a participant, workers and spectators are always welcome. Questions? Want to work? Call Elly Dalton at 935-7826. Ditto The Five Miler on June 4th. Call Gary Dupuis at 935-0710.

See you at the races!

DAN GOULD

THE STARTING LINE

- MAY 6 - RUN FOR LIFE 4-MILE, Wicker Park, Hammond, Indiana
9 am, 219-923-3912
- MAY 7 - 4TH CRETE KIWANIS KLASSIC 10K, First Street at Crete Park,
Crete, 8 am, \$8 by 5/3 (10 raceday) 672-4869
- MAY 13 - LAKE GENEVA MARATHON, 25K & 5 MILE, C. of C. Bldg., Lake Geneva
8 am, \$15 Marathon, \$12 25k, \$6-5M by 5/18 (add \$3 raceday)
312-492-1080

- MAY 13 - 2-STATE 2-STEP 10K & 5K, Harrison Park, Hammond, Indiana
8:30 am, 219-933-2071
- LAKE RUN 7.5M & 4.5M RUNS, Lake Bloomington, Il. 9am,
\$8/10 5yr AG, T's 309-663-2502
- MAY 14 - MOTHER'S DAY 10K, Brookfield, Il. 8:30 am, \$9/10
5yr AG, T's, 312-485-7344
- MAY 21 - 10TH ANNUAL ARMED FORCES 12K, Challenging scenic course!
5 yr. AG. 3 deep, T-shirts, \$8/10, 815-485-2386
V.F.W. Post, New Lenox
- MAY 27 - TOWER TROT 10K & 5K RUNS, Hillgrave & Lawn Ave., Western Springs
8:30 am, \$7/9, odd AG, T's, 312-246-9070
- MAY 28 - RIVERSIDE BIATHALON, 350 N. Wall St., Kankakee
(Mon), 8:00 am, \$15, 5yr AG, T's, 815-935-7826
- JUN 4 - ST. FRANCIS HOSPITAL 10K & 5K, 12935 S. Gregory, Blue Island
8am, Fee N/A, 10yr AG, 3 deep, 312-597-2000
- THE FIVE MILER, Kankakee Community College, River Rd. & Rt. 52
9am, \$8/9, 5yr AG, T's, 815-935-0710
- JUN 10 - HISTORICAL MATTESON 5K FUN RUN/WALK, 212 Place & Tower Ave.
8am, \$6/7, Various AG, T's, Awards to top finishers
312-748-1080
- JUN 11 - CLUB NORTH SHORE HALF-MARATHON, Wolter's Park, Highland Park
8am, \$9/11, 5yr AG, T's, Awards to overall & 3 deep
312-831-3810
- JUN 17 - STEAMBOAT CLASSIC! 5K & 4M RUNS, Hamilton & Washington, Peoria
7am, Fee NA, but no regis. after 6/15, 5yr AG, Numerous awards
309-676-RUNN
- JUN 18 - MANTEND 5K & 1M FUN RUN, Manteno H.S., 443 N. Maple
8am, \$7/8, 5yr AG, (sort of) T's, Awards to top 5 & top 3 in
each division, 815-468-3183
- JUN 24 - OLD CAMPGROUND FESTIVAL 4M RUN, 339 W. Haven, New Lenox
8 am, \$7/9, 5yr. AG, T's, 815-485-6677
- JUN 25 - RUN FOR DARLENE 10K & 2M, Chic. Heights, Rec. Cen. Rt. 30
9am, \$9/12, 5yr AG, T's, 312-922-8000
- JUN 6, JULY 11, AUG 8
PERFORMANCE SPORTS 5K SERIES, Governor Small Park, Kankakee
Free to KRRC Members/ \$1 non-member, 10yr AG, 3 deep
Contact: Gary Dupuis 815-935-0710

THRU THE CHUTE

APRIL 16 - PLAINFIELD WILDCAT RUN (5 MILES)

Kelly Proctor 2nd O/A 26:40 PR
Pat Koerner 1st AG 27:45
Mike Hickey 1st AG 28:50 PR
Jo Boudreau 1st AG 36:37 PR
John Shoup 30: ?
Jeff Loneragan 3rd AG PR
Betty Baird 3rd AG
Kathy Penn 3rd AG

Henry Shelly, Randy Reigel, Linda Sue Mailloux, Ken Stark,
Janet Velemir.

*Perfect day! Check out those PR's! The Club is on a roll.

APRIL 23 - EARLS 5K

Kelly Proctor 5th O/A 16:46 2nd AG
Pat Koerner 9th O/A 17:22
Bill Linn 2nd AG 17:45
Mike Hickey 3rd AG 17:49
John Shoup 18:32
Tom Goodberlet 20:49
John Grebe 21:22
Jo Boudreau 22:35
Henry Shelly 23:47
Betty Baird 26:12
Linda Sue Mailloux 28:25

*Windy, but flat. Great Club turnout!

BILL LINN

KANKAKEE COUNTY RACE CIRCUIT

We've got some more dates for the Circuit!

Winterfest 5K - 2/4/89
The Five Miler - 6/4/89
Performance Sports 5K - 6/6/89
Manteno 5K - 6/18/89
Performance Sports 5K - 7/11/89
5K on Broadway - 7/29/89
Momence Gladiola Fest 10K - 8/89
Performance Sports 5K - 8/8/89
Governors 10K - 10/8/89
KCC Fall Classic 5K - 10/22/89

NUTRITION TIPS

- TIP #1 - Cut down on amounts you eat rather than shop the newest dare-devil diets. They never work for long, and they're dangerous because you think mainly of weight loss, not good health. Choose: popcorn (2 cups, 108 cal.) over peanuts (1/2 cup, 420 cal.); muffin (120 cal.) over doughnut (235 cal.); or gingersnaps and graham crackers over chocolate chips. Ask your doctor if a nearby hospital or clinic has a weight control program. Binge-eating is out; balance is in!
- TIP #2 - Buy lean meats; eat more chicken (skin it before cooking) and fish! Choose cinnamon applesauce or red pepper puree instead of homemade gravy for roast meat. When you deserve a sweet treat make easy chocolate sauce that has .3 grams of fat per tablespoon: Use 1 cup cocoa, 3/4 cup granulated sugar, 3/4 cup water, 1/2 cup corn syrup, 1 tsp. vanilla. Watch out for cheese: cheddar has 9.2 grams of fat per ounce; go for part skim ricotta at 2.2, part skim mozzarella at 4.8, or cottage @% fat at .3.
- TIP #3 - Look for labels saying 4 grams of fiber per ounce in breakfast cereals. Good source: bran muffins. Typical smart breakfast: whole wheat toast topped with low-fat cottage cheese and freshly grated nutmeg, fresh blueberries or other fruit. Dinner winners: cup of broccoli or 1/2 cup spinach, boiled large potato with skin or sweet potato.
- TIP #4 - Dishes high in vitamin C: melon and bean salad, chicken and leek chowders, broccoli and sweet pepper stir fry, baked tomatoes and spinach. Get your vitamin A from vegetable pizza, baked zucchini, red lentil soup, apricot stuffed lamb, oranged sweet potatoes, cantelope, pasta plus fresh tomatoes and basil. There's more to A than carrots!
- TIP #5 - Vegetable stews, vegetarian chili dishes help you mix broccoli, cauliflower, cabbage, brussels sprouts. Dress a vegetable side dish like kale with low-fat white sauce, adding dill or mustard, favorite herbs: Stir cornstarch or flour slowly into cup of cold skim milk until thickened, then heat before adding herbs or spices.
- TIP #5 - Alcohol has lots of calories, little nutritional value, and you double your cancer risk if you smoke too. Cut down. Try seltzer with lime or lemon, add dash of bitters; dilute wines as in spritzers; add soda to fruit juices.
- TIP #6 - Keep items like bacon, ham, bologna,, sausage and smoked cheeses for special occasions only. They're high in salt and fat too. Check the labels.

I N T R O D U C I N G - - - - -

It's SPRING, the flowers are starting to bloom, the grass is getting tall enough to cut and the farmers are working the fields, putting those seeds in the soil.

When the wind blows out in the field, dirt flies everywhere and usually attaches itself to whatever gets in its way - even people. You might start to feel the wind blow a little right now - even I'm weaving back and forth. Interviews can be pretty tough under these conditions but we don't want to miss a chance to hear from a three-year member of our club who knows all about seeds, soil, fertilizer. Yeah, 35 years worth.

Leon Malone got off the tractor just long enough to tell me his story, and I've been listening for a couple hours now. It might be a good time to break in here and remind him the fields are waiting and my recorder has only a few seconds left before it shuts off.

From Leon himself: "Began running just to exercise with my wife, who had been running for a couple of years. I did run years ago while in school and in the Armed Forces.

I run now to keep fit and maintain my weight. I also enjoy the camaraderie with other runners we have met since we began competing in organized runs.

My normal weekly schedule calls for around 20 miles per week, running 4 or 5 days. Favorite races are from 5 to 10K.

I have been a member of the Kankakee River Running Club about 3 years, I believe.

Probably one of my more memorable running experiences was at Bloomington, Illinois at the Viet Nam Memorial 5K in 1987. This run began in Bloomington and followed the parade route, ending up near the ISU stadium. While loosening up before the race, I ran leisurely around a few blocks and was late for an early start of the race. When I reached the starting point, everyone had left. I took off following the parade route with thousands of people cheering me along the way for about a mile and a half before I managed to catch the back of the pack.

Do you run competitively? I try to. In 1988, I ran Winterfest 5K at Kankakee, Polar Lounge 5K at Bloomington, Bro Med 5K, Bloomington, Cornell Lions 5K in May, Performance Sports 5 Miler (3rd in age group), Steamboat Classic 4-Miler, Peoria in June, Manteno 5K, Prairie State Road Runners 4 Miler at New Lenox in June (2nd in age group), Wenona 4K in July, Paxton 10K, July, Gardner Lions 5K, July, Bradley Lions 5K, July (1st in age group) Loda "Good Ole Days" 10K, August, Mowence 10K, August (1st in age group), Cross Country 5 Miler, August, Dwight Harvest Days 5K, September (1st in age group), Paul Pano Memorial 5K, Pontiac October, Herscher 5K, September, KCC Fall Classic 5K (1st in age group), 5.25 Mile Cross Country at Forest Glen (Danville), October, (3rd in age group), Canal Connection 10K, November, Oswego 10K, November Prairie State Road Runners Thanksgiving Day 5 Mile Predictor and New Year's Eve 3.4 mile predictor at Bloomington. My 5K time ranged from 22-8 to 26-12, 10K's from 48-06 to 52-13.

The only specific goal I have set over the years is to run a 5K in 21 minutes or less with 21-06 being the closest I have been to reaching that goal.

Another highlight of my experiences was in a New Year's Eve 4 Mile Predictor at Hudson, Illinois in 1986. I came within 1 second of my predicted time which made me overall winner of the race and winner of a very nice Gortex running suit.

I enjoy cross country skiing in the winter as a change of pace. I've not been into bicycling very much, but I may try that more in the coming years, if it will ease the stress on my knees. Up until 1988, I have enjoyed my life as a farmer and try to keep fairly active in farm organizations.

C L I C K ! Jo

I N T R O D U C I N G - - - - -

THIS ROVING REPORTER HAS COVERED A LOT OF GROUND THE LAST FEW WEEKS. ON A LARGER SCALE, RIDING THIS TRACTOR IS ALMOST LIKE RUNNING ON THE TRACK AT THE Y. WE GO AROUND AND AROUND, THE SAME DIRECTION JUST A DIFFERENT PATH. SURE WOULD BE EASY TO FALL ASLEEP - BUT THERE'S ALL T H A T LEFT TO DO!

YES, IT'S DOWN ON THE FARM AGAIN - (WELL, ITS STILL SPRING), THIS TIME WE'LL HEAR FROM CHARLIE GROTEVANT, 23 YEARS AT FARMING.

"I BEGAN RUNNING IN JUNE, 1983, IN THE HOPE THAT BETTER PHYSICAL CONDITIONING WOULD HELP ME WARD OFF THE INCREASING FREQUENCY OF FLAREUPS OF CHRONIC UL-CERATIVE COLITUS. AFTER THE FIRST FEW WEEKS OF SORE MUSCLES, PANTING, AND WHEEZING, AND EMBARRASSMENT OF BEING SEEN RUNNING ON COUNTRY ROADS, I BEGAN TO ENJOY THE RUNNING. HOWEVER, THE CHRONIC UL-CERATIVE COLITUS RETURNED IN SEPTEMBER, 1983, AND, ONCE AGAIN, LEFT ME PRACTICALLY DISABLED. IN NOVEMBER, 1983, I HAD ILEOSTOMY SURGERY AND MY CHRONIC UL-CERATIVE COLITUS WAS CURED WITH THE REMOVAL OF MY COLON.

I RETURNED TO RUNNING IN FEBRUARY, 1984, BECAUSE I WAS SO HAPPY I WAS NOT SICK ANYMORE. I NO LONGER NEEDED TO TAKE PRESCRIPTION DRUGS AND I COULD EAT ANYTHING I WANTED WITHOUT BECOMING ILL. RUNNING IS AN EXCELLENT PHYSICAL ACTIVITY FOR ME AS A WEIGHT CONTROL DEVICE AND AS MENTAL THERAPY. OSTOMATES HAVE FEW COMPLICATIONS IF THEY DO NOT CARRY UNNECESSARY WEIGHT.

LEON AND SHIRLEY MALONE THEN GAVE ME THE ENCOURAGEMENT TO BEGIN RACING, WHICH I ENJOY."

EVIDENTALLY, RACING WASN'T SOMETHING CHARLIE'S TOOK LIGHTLY. LISTEN TO THESE STATS FOR 1988. OUT OF 30 ROAD RACES AND 5 TRACK MEET RACES, CHARLIE'S PR'S WERE: 1-MILE = 5:37; 5K = 19:21; 10K = 40:47; 10MILE=108.37; MARATHON = 3:46:19

TO FINISH A MARATHON WAS A GOAL SET BY CHARLIE AND ONE HE HAS MET. HIS 3:29:18 MARATHON SHOWS EVEN AT 47 YEARS OLD, AND ONLY 5 YEARS AT RUNNING, YOU CAN DO IT!

CHARLIE'S GREATEST RUNNING EXPERIENCE, HE SAYS, IS ANY RACE IN WHICH HE GIVES 100% MENTAL AND PHYSICAL EFFORT.

THE GREAT WOMAN BEHIND CHARLIE, AND HIS DEDICATED RACING FAN IS HIS WIFE JOYCE. THE REST OF THE FAMILY INCLUDES 3 CHILDREN AND 4 GRANDCHILDREN.

BUT THERE'S MORE! CHARLIE IS A MEMBER OF THE CABERY UNITED METHODIST CHURCH, NORTON TOWNSHIP TRUSTEE, KANKAKEE COUNTY FARM BUREAU DIRECTOR AND TREASURER OF THE KEMPTON-CABERY LIONS CLUB.

HOW DO THESE FARMERS DO IT? CHARLIE SAYS "I DO SMILE WHEN I RUN".

A MESSAGE TO OUR EDITORS - CHARLIE WOULD LIKE TO SEE OUR NEWSLETTER COVER PERSONAL EXPERIENCES OF RUNNERS.

WELL, ITS OFF TO ANOTHER FARM

JO

RUNNERS BEWARE! SUMMER'S HEAT WILL BE HERE.

The following is KRRC member Jim Smith's first person account of his encounter with heat stroke. Written last December, it is particularly appropriate as we move into the heart and heat of the racing season. Jim's story points out the insidious nature of heat stroke. He was informed, prepared, and trained, but it got him anyway. Let's be careful out there!

As I gaze out of my window, I am thinking that the subject of my letter which is heat stroke is a strange topic this time of year. But I guess that my words of wisdom will be applicable for the 1989 Summer running season.

Last summer, Kurt Ogg, Bob Kruse and myself decided to enter the 1988 YMCA Tri-City Triathlon as an Armour Corporate relay team. Bob was to swim, Kurt was to do the biking and I was to finish the event with the running portion. In anticipation of the race, I started running further and faster to upgrade my training. I was familiar with triathlons because I competed in the Tri-City Triathlon twice, La Porte Triathlon five times in addition to numerous running races. Kurt and I went out to the Kankakee State Park on weekends to run the actual triathlon running course a few times in the heat at race pace.

The day of the triathlon was hot and humid due to the influence of Hurricane Gilbert. I took in as much water as possible prior to the race which resulted in frequent restroom stops. Bob did very well in the swim and Kurt turned animal in the biking portions as usual. Kurt came speeding down Altorf Road towards the bike/running transition area and touched me doing about 20 m.p.h. Unfortunately, he hit the grassy area at that speed about the time he applied the brakes. He lost control and ran into a bush. I stopped for a moment to see if he was hurt and he waved me on. I should have taken Kurt's spill as a premonition of things to come. I knew that we were in second place at that time and all I had to do was maintain our lead (that's all!!!!!!) I took in water at the first water stop located at approximately 1.5 miles just before the bridge over Rock Creek. The next water stop was again at Rock Creek on the return leg which meant about 3.5 miles between water steps which was too far in the hot weather. When I crossed the second mile marker for the Governor's 10,000 (about 1/2 mile from the finish line) I took stock on how I felt. I was sweating readily and did not feel dizzy or light-headed. I was hot but not excessively tired. My pace seemed comfortable and all in all, I felt good. I could see the finished line in the distance as I came off the path and onto the street. I remember thinking to myself that I could walk to the finish line and still be in second place. The next thing that I can remember is waking up in St. Mary's Hospital with doctors, nurses and my wife leaning over me. I was laying down wearing one of those drafty hospital gowns that tie in the back and never seem to cover your behind. It was explained to me that I had heat stroke and passed out. Thanks to the quick actions of Jack Dalton and other people, I was helped quickly. Unfortunately, the emergency ambulance was up on Altorf Road so it took a while to reach me. My body temperature was 104°F when it was first taken. I was in a coma for approximately four hours. Once I came out of the coma, I was ready to go home but the doctors had other ideas. I stayed in the hospital for two days in Medical Intensive Care. Anyone who says that you can rest in a hospital has never stayed in the hospital.

My injury had no lasting effect and I started running with Kurt a week after I was released from the hospital. We currently run together three times a week at a comfortable pace for only a few miles each time. I am slowly increasing my mileage but I am in no hurry to do so. In view of my recent experience, I will probably not run in a race for some time. I will be glad to help in races (hear that Elly) but I will not race. I still run with Kurt to maintain a fitness level along with skiing, biking, etc. but I don't want to push it to repeat what I went through. Maybe next time I will not be so lucky.

In view of my recent experience, I would recommend a few changes to the organizers of the YMCA Tri-City Triathlon. First of all, the running course should be changed from the deserted stretch of bicycle path beyond Rock Creek to a different course that is more accessible to emergency vehicles, perhaps the Governor's 10,000 course. If I would have had my heat stroke on the deserted bicycle path, I probably would have staggered and fallen down in the woods, hence nobody would have seen me to render assistance. Also, there should be more water stops. The gap of 3 - 4 miles between water stops is too far in hot weather. The emergency vehicle should be down on the running course for immediate assistance. Mile markers should be put on the course to help the runners set their pace.

This recap of events surrounding my heat stroke experience was not meant to deter people from running. I only wanted to relate my experience so other people will not have a problem like mine. I thought that I was prepared for the race, took it relatively easy, did not have any of the classic heat stroke symptoms and still had heat stroke. Perhaps it has to do with age. I turned 40 four days prior to the race. At the age of 40, a cellular degeneration must occur causing an influx of unstable chemical metabolic byproducts in the body which results in runner slowdown.

Jim Smith

RECIPES

Here are a couple of recipes for dishes served at the April function that were requested by several members.

STRAWBERRY GLAZE PIE

by Darlene Ogg

9" pie crust - baked and cooled
1 qt. or 6 cups fresh strawberries
1 cup water
3/4 - 1 cup sugar
3 Tbs. cornstarch
5 drops red food coloring
(optional)

In a saucepan, cook water, sugar, cornstarch & 1 cup strawberries. Cook until glaze thickens and clears. Use potato masher while cooking to slightly puree glaze. Stir in food coloring. Add remainder of the strawberries. Save a few for garnish. Pour into pie crust. Chill 3 to 4 hours. Garnish with strawberries and cool whip.

OAT BRAN APPLE MUFFINS

By Pat Koerner

3/4 cup oat bran
1/4 cup wheat flour
1/2 cup bran cereal
Combine all the above.
1/4 cup brown sugar
2 1/2 tsp. baking powder
1/2 tsp. cinnamon; 1 tsp. salt (optional)

1 beaten egg
3/4 cup skim milk
3 Tbsp. oil
1 small peeled apple (1/2 cup)
1/2 cup raisins

Mix these ingredients and add to above.

Topping:

2 Tbsp. sugar
1 Tbsp. flour
1 tsp. margarine
1/4 tsp. cinnamon

Sprinkle sugar cinnamon mixture over batter in cups. Bake at 400' for 12-15 minutes. 9-12 muffins.

BROCCOLI SOUFFLE

By Jane Widhalm

1 pkg. (20 ozs.) frozen broccoli - thawed
1 stick butter - softened
6 eggs
1 small onion - chopped fine
6 Tbsp. flour
2 lbs. small curd cottage cheese
1/2 lb. velveeta cheese - grate cold

With electric mixer, beat all ingredients except broccoli until smooth. Gradually add broccoli - stir by hand. Place mixture in a greased 13 x 9 pan. Bake 350' - 30 min. covered with foil. Remove foil, bake 30 min. more. Souffle is done when knife inserted in middle comes out clean. 12 servings.

HAPPY RUNNING!

SEE YOU NEXT MONTH