



# THE PAPER RACE

KFRC NEWSLETTER  
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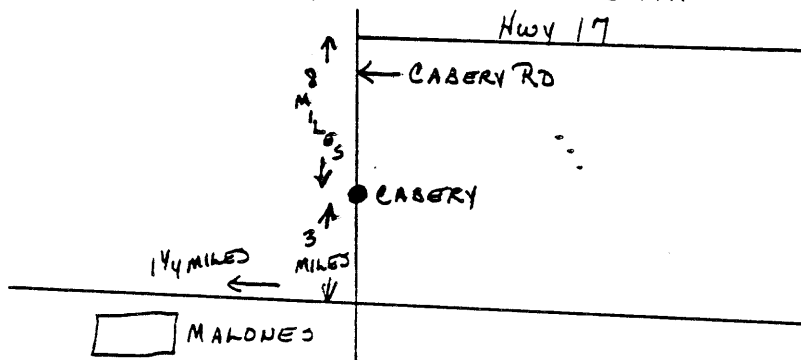
SEPTEMBER 1989

ISSUE 19

\*\*\*\*\* CLUB HAYRIDE & WEENY ROAST! \*\*\*\*\*

## SEPTEMBER 23RD

We have just received the exciting news from our social chairman, Pat "after-burner" Koerner. On Saturday September 23rd, we will experience another fantastic club event. Shirley & Leon Malone will host the 2nd Annual Club Hayride & Weeny Roast. This is tremendous fun for everyone in the family so come out and enjoy the Malone's hospitality. Hot dogs and beverages will be supplied. Club members are asked to bring a dish to pass. See you on Saturday September 23rd at 6 PM!



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## ON THE RUN

If this is September, marathon time is near! You should be building to that longest training run - say 20 or 30 miles - before a 2-3 week taper to marathon day. You are running 50 to 70 miles per week and the chronic fatigue makes your weekly races slow ones. Take heart, sports fans! When you cross the finish line on marathon day, you will join that elite group of road runners who have truly "gone the distance". After the immediate pain of abusing your body in this manner passes, you will experience a true runner's high. You will then retract the oft heard statement that you made when you collapsed into the arms of a spouse or loved one at the finish line: "I will never do this again!"

If your goal is to qualify for Boston next April, the folks in Boston just made your task a little easier. The qualifying times have been divided into 5 year age groups starting at age 35 (qualifying time for men 18-34 is 3:10) and each group gets an additional 5 minutes (women get 30 minutes more in each group). Men, 35-39, must now run 3:15 while women in that age group must run 3:45. Qualifying runners can obtain entry blanks by sending a SASE to: Boston Marathon, 17 Main St., Hopkinton, MA 01748.

October is the most popular month for marathons and three of them are within a short drive - Milwaukee (conflicts with Governor's 10K on the 8th), Detroit (15th), and Chicago (29th).

You say 26.2 is too long? You want some glory at the 10K level? Here's a "qualifying time" for you: Arturo Barrios of Mexico took more than five seconds off the men's 10,000 meter world record on August 18th with a time of 27 minutes 8.23 seconds at the ISTAF Mobil Grand Prix meet in Berlin. Go get 'em!!

"Dan, do you do triathlons or biathlons?" No. About once a year I fall over my own feet. The fall from a bicycle, commencing at a greater distance from earth and at a higher speed, would be even more painful. Besides, I do not own nor have I ridden a 10 speed bicycle. The rules of the road would require me to turn my back on the people who operate the motorized two wheelers (like John Shoup, who clearly has a death wish) and four wheelers. As Ken Klipp tells his cross-country team, treat every driver as a blind drunk!

If those reasons aren't enough, men, listen up. Bike riding can make you impotent! According to a recent article in GQ magazine, the protracted pummeling of the nerves in the groin caused by long bike rides can cause, shall we say, low pressure in the tires. The nerves to the penis go right up the middle of the body. The seat is narrow, and the application of pressure can make the nerves go to sleep just like your leg. Of course, no one spends a night staring at the ceiling because their leg went to sleep. Now, imagine being one of the 1,600 readers surveyed by Bicycling magazine. Eighty-four percent said they daydream about sex while cycling, but only 14 percent said they had indulged in sex during rest stops. Low pressure in the tires is the obvious explanation for the inactivity of the other 70 percent. I'm not sure what we do with the 20 percent who said they daydream about cycling while having sex.

Momence and the last Performance Sports 5K were the only races locally in August. The 5K is low key and a big turnout is not expected. We would like to see the Momence 10K prosper and grow, but attendance has been low. I'm sure Howard Strassenberg would like to hear your comments on how it could be improved. If you are willing to help - not just bitch - so much the better.

OOPS! How could I forget the Illinois Cross Country which brought out over 300 runners in open and masters divisions for individual and team competition. Jim Hubbell & Company did a fine job. Our club picnic after the race with our friends the Prairie State Road Runners was poorly attended. Your loss, not ours. Janet Velemir cooks a mean hot dog and Janet Shelly brought one of her disgustingly delicious concoctions for dessert.

Not poorly attended was the pool party at BBCHS followed by pizza at Chicago Dough. We turned out members who hadn't been seen since they stumbled out into the night a year ago. The new manager at Chicago Dough was wishing he had a bigger place, but a group of runners can always squeeze together.

Lots of September races. I thought we had a new race in St. Anne, but Festival Director Tammy Blanchette tells me it will be a 5K walk this year with T-shirts and ribbons. She hopes that it will graduate to a race with trophies next year. Forms for this year's walk should soon be at Performance Sports or call Tammy at 932-8112.

Dave Hinderliter has put together a new race in Watseka on September 30th - Midwest 4 Mile Classic. How about some support!

My only August outing was the Minooka 10K. It was just another small town 10K, but memorable for its door prizes. In addition to the caps with the name of the local fertilizer company emblem, they gave away - be still my beating heart - shoe laces! Bill Linn was very disappointed - he missed the shoe laces and had to take home a sweatshirt. Linda probably appropriated that. We did get to take home Pat Koerner - the overall winner! Hooray for Pat!

And, since she asked us not to, we will not write about Jo's date with this guy she met at a singles dance, who was ok in the dark, and .....

SEE YOU AT HERSCHER - among other races!

DAN GOULD

### THE STARTING LINE

- SEP 2 - THE NATIONAL SWEETCORN FESTIVAL 5K CLASSIC, Honeywell Grade School, Hoopston, 8:00 AM, \$7/9, T's, 5 yr. AG to age 40, then 10 yr. / Janet Linares, 516 E. Young, Hoopston
- SEP 3 - HARE & TORTOISE 5K, Herscher, 5:00 PM, \$7/9, various AG & awards / Scott Stephens, 426-2211 (See Race Form Enclosed)
- SEP 4 - PARK FOREST SCENIC 10 MILE RUN, The Centre, 8:00 AM \$10 by 8/12, \$15 by 8/26, no race day reg., T's, 5 yr AG
- SEP 9 - POPCORN PANIC 5M RUN, 253 W. Lincolnway, Valparaiso, IN 7:00 AM, \$8/10, T's, 5 yr. AG, overall & 3 deep Youth Service Bureau 219-464-9585  
  
LA SALLEFEST 4 MILE, First St., LaSalle, 6:00 PM \$8/10, Ts, 5 yr. AG, overall & 3-4 deep. Starved Rock Runners Circuit Race
- SEP 10 - ELK GROVE DISTANCE CLASSIC 10K, Wellington & Bliesterfield Rds., 8:00 AM, \$9/12, T's, 5 yr. AG, overall & top finisher in each division. 312-364-2676
- SEP 15 - JOLIET CITY OF CHAMPIONS MILE, Chicago & VanBuren, 6:00 PM, \$/10, T's, 10 yr AG. Janet Velemir 815-723-7117
- SEP 16 - DWIGHT HARVEST DAYS 5K RUN, Renfrew Park, 8:30 AM., \$7/9, T's, 10 yr. AG, Overall & 3 deep plus drawing for merchandise prizes. 815-584-2895.
- SEP 17 - KENNEDY 8 & 3M RUN, 123rd & Wolf Rd., Palos Park, 9:30 AM \$8/10, T's, 10 yr. AG, overall & 3 deep. 312-448-6520 Prairie State Circuit Race.
- SEP 23 - STATEVILLE 10K CHALLENGE, Rt. 53, 1 mi. N. of Joliet, 9 AM \$8/10, L-S Ts, 5 yr. AG, overall & 3 deep, Rich Pantak 815-727-3607, Ext. 5530 or 5552.

- SEP 24 - GRAND RIDGE 4 MILE FIRE HOUSE HUSTLE, Grand Ridge (between Streator & Ottawa on Rt. 23), 1 PM, #8/10, L-S Ts, 5 yr AG, top 3 & 3-5 deep, Starved Rock Runners Circuit Race
- SEP 30 - MIDWEST 4 MILE CLASSIC, Watseka H.S., 9 AM, #9/11, L-S Ts, 5 yr AG, Top 3 & 3 deep, Dave Hinderliter 915-432-3008
- OCT 1 - PAUL PANNO MEMORIAL 5K RUN & 1M WALK, H.S., Pontiac, 1 PM #8/10, T's, various AG, overall & 3 deep, John Panno 815-844-6771
- OCT 8 - GOVERNOR'S 10,000, Kankakee River State Park, Rt 102 9 AM, #8/10, Ts, 5 yr AG, 3 overall & 3 deep, overall master. Bill Linn 815-935-0815
- OCT 15 - PRAIRIE STATE 10M & 5K RUN, Lincoln Com. H.S., New Lenox 8 AM, #9/11 (10M), #7/9 (5K), L-S Ts, 5 yr AG, 10M-5 deep, 5K-3 deep, Gary Moss 485-6677
- OCT 22 - KCC FALL CLASSIC 5K, Kankakee Com. Col., 9 AM, #7/8, Ts, non-standard 5 yr AG to 50 for men, 46 for women. Top 5 & 3 deep, Kankakee Co. Race Circuit
- OCT 29 - THE OLD STYLE MARATHON, Chicago!

#### THRU THE CHUTE

8/8/89

#### PERFORMANCE SPORTS 5K

Fine turnout, 52 runners! Thanks to Performance Sports for another good year!

Pat Koerner	16:52	Mike Hickey	17:55
John Brinkman	18:01	Jack Dorn	19:11
Tom Goodberlet	19:31	Jeff Lonergan	19:32
Tom Parlin	19:56	Charlie Grotevant	19:33
Randy Riegal	21:48	Dave Hinderliter	21:57
Leon Malone	23:42	Pat Baldwin	24:09
Tom Baldwin	28:15		

8/12/89

#### MOMENCE GLADIOLA FEST 10K

Pat Koerner 34:21 1ST OVERALL Ken Klipp 3rd Overall  
 Mike Hickey, Dave Hinderliter, Charlie Grotevant, Bill Linn, John Shoup,  
 Jack Dorn, John Brinkman, Leon & Shirley Malone.  
 Could be more, no results yet!

8/20/89

#### ILL. ST. CROSS COUNTRY CHAMPIONSHIPS

Ken Klipp 2ND OVERALL Masters, Pat Baldwin, Tom Baldwin, Bill Linn, Randy Riegal, John Brinkman, Mike, Graig & Georgianne Hickey, Henry Shelly, Kelly Proctor, Leon & Shirley Malone, Dave Hinderliter.

8/26/89

#### MINOOKA SUMMERFEST 10K

Pat Koerner	34:09	1st OA	Dan Gould	40:39
Bill Linn	36:34		Kathy Penn	3rd AG
Janet Velemir				

8/27/89

SHOREWOOD 5K

Kelly Proctor 16:59 3rd AG Jeff Lonergan 20:07  
Pat Koerner, Mike Hickey, Graig Hickey, Janet Velemir  
Briann Smith - 29:28 3rd AG - 1st 5K Race! Congratulations!

NUTRITION

The "red meat" debate has been interesting. We've even had that "real person", Brett Maverick, put in his rare opinion! Here's a little information to confuse you more.....

**RED MEAT REVISITED**

Due to the growing concern regarding diets rich in saturated fat and cholesterol, red meat has taken a lot of criticism in recent years. Now there seems to be a backlash that praises red meat as an excellent source of some nutrients. For example, "Iron from animal protein is absorbed more efficiently than iron from plant sources," writes Nancy Clark, M.S., R.D., author of *The Athlete's Kitchen*.

The Recommended Dietary Allowance (RDA) of iron is 10 milligrams a day for men and 18 milligrams a day for women. A number of studies have uncovered the fact that many women who exercise regularly are getting inadequate iron, sometimes as little as half of the RDA. This is especially true for those whose total caloric intake is low, and for those who do not eat red meat.

Red meat can still be an important part of a healthy, well-balanced diet: the key is quantity. Following the protein guidelines of the National Research Council of the National Academy of Sciences, a 150-pound person can eat from two to four ounces per day of lean red meat.

This typically contains three or four milligrams of iron. The same quantity of liver (beef, calf, or chicken) contains six to eight milligrams of iron.

The meat industry is trying to recover lost ground as health conscious consumers have turned increasingly to chicken, turkey and seafood.

The National Livestock and Meat Board puts together a convincing argument for including a meat in a balanced diet, and it is striking that, although their objective is to sell more meat, all their nutritional information is calculated for a modest three-ounce serving. They point out that the American Heart Association guidelines for a 2,000 calorie diet allow up to 600 calories from fat, of which up to 200 may be from saturated fat.

Think of the human diet the way Frances Moore Lappe describes it in *Diet for a Small Planet*: not as meat-centered but as a vegetarian diet that can be supplemental with meat. There can be a place for meat as part of your healthy diet. Keep the quantity low to limit protein, saturated fat, and cholesterol, but still give a boost to your iron and other mineral intake.

("Exploring Meat and Health, "National Livestock and Meat Board, Chicago, IL)

Three-ounce servings of lean meats (visible fat trimmed away) give:

beef	78 calories from total fats, 31 from saturated fat
pork	100 calories from total fats, 34 from saturated fat
lamb	73 calories from total fats, 24 from saturated fat
veal	43 calories from total fats, 10 from saturated fat

## GOVERNOR'S 10,000

It's beginning to cool off more in the evenings and the days are now noticeably shorter. This is a sign to begin final preparation for the eleventh annual Gov. 10K. In six weeks we will see a large group of runners toil through the picturesque Kankakee State Park in one of central Illinois' most outstanding road races. After running, the fitness fanatics can relax and enjoy the friendly post race festivities and awards ceremony. Ah, but all of this takes work, so we're calling for volunteers. Please call Bill Linn at 935-0815 if you can help us make the 1989 Governors 10K another resounding success.

BILL LINN

### KANKAKEE COUNTY RACE 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  
Performance Sports 5K - 8/8/89  
Momence Gladiola Fest 10K - 8/12/89  
Governors 10K - 10/8/89  
KCC Fall Classic 5K - 10/22/89

HAPPY RUNNING!

SEE YOU NEXT MONTH