



THE PAPER RACE

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



OCTOBER 1989

ISSUE 20

ON THE RUN

I'm looking for inspiration - something new! Perhaps the most inspiring September happening was the first annual Midwest 4 Mile Classic in Watseka. Dave Hinderliter put forth a first class effort to make this a first class race. In the beginning, he got God to bless us with a beautiful fall day. He rounded up dozens of sponsors who provided dozens of door prizes and lots of food and drink. Dave Bohike was there to computerize the finish. Five year age groups with large trophies inspired extra effort in the finish line sprint. Doc Baldwin, freshly retired, was able to pull off a first in age group despite having missed a turn and making the race four miles plus. What more could you ask for?

Runners! Only 59 runners crossed the finish line. Maybe a few, unlike Doc, got lost down in Legion Park or fell into the lagoon and never found their way back. Friends, don't miss this one next year. This race won't be around unless we support it. It is one thing to miss the Chebanse 5K - a no shirt, goodies, or frills race that wasn't advertised, but we don't want to let the good ones get away. Hopefully, the good PR generated this year will result in a field twice as large next year.

Glitches? Well, maybe a couple. An informal poll said the first mile was long and the last mile was short. There was minimum enthusiasm for the off road portion of the race and there was the need for another course marshal. Small stuff. This was free pizza and long sleeve T's! Next year, be there!

Matt Gubbins wanted to be there. Matt has wanted to run a number of races, but an industrial accident has put him on the DL (for you non-football fans, that is Disabled List). It was the case of the eccentric desk drawer! Well, he's a lawyer. What kind of industrial accident would you expect? In any event, it gave when it was supposed to stick and impacted just below the knee. Weeks later he is still not fully recovered. As if that wasn't enough, he is supposed to say "I Do" with Ed Glazan's secretary October 7th. I suppose Lori would be upset if he came to the Governor's 10K the next day. Alright, Matt, we will give you another week to recover. Just stay off your knees.

Tom Birge was there. Now an assistant principal at Lenox, he taught at Manteno '62-66 where little Kenny Klipp was one of his students. This is your "small world" story of the day.

Thanks go to Shirley and Leon Malone who again hosted a club hayride and weeny roast. A good turnout and a good time!

Herscher's Hare and Tortoise eighth running was more successful than last year. More runners/walkers were there and race director Scott Stevens found a police officer who knew the course to drive the squad car (no short course this year!). Thanks Scott!

Are you wondering how the Kankakee County Race Circuit is going? Well, it's our first year and we're getting the bugs out. We will have final results in our next newsletter.

Bill and I are will into our second year as co-editors of the newsletter. It has been enjoyable and challenging. We do have some difficulty keeping the letter fresh. We welcome any suggestions or articles from the members. We would also love to have a guest-editor from the membership. If you would like to produce a months newsletter, please give us a call. The guest editor would supply the copy and we would take care of the printing and mailing. Give it a shot!

We have another month or so of great running weather. See you at the Governor's - the Prairie State 10M & 5K - the KCC Fall Classic 5K!

DAN GOULD

THE STARTING LINE

- 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 315-935-0815

- 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!

- NOV 5 - OAK PARK AUSTIN BLVD RUN 10K, Madison & Humphrey. 9AM, #12/15
Ts, 5 yr AG 3 deep, 312-848-7150

- NOV 5 - CANAL CONNECTION 10K, Utica Ele. Sch., Canal & Division, Utica
10 AM, #8/10, Ts, 5 yr AG 3 deep, 815-883-3581.

- NOV 11 - PALOS PARK TURKEY TROT 3M RUN WALK, 8921 W. 123rd, 9 AM, #8, Ts,
10 yr AG, top in each division, 312-361-1535

- NOV 12 - 5K TURKEY TROT RUN, 7607 W. College Dr., Palos Heights, 9 AM,
#8/10, Ts, 10 yr AG, 3 deep, 312-361-1807

- NOV 19 - LINCOLNWOOD TURKEY TROT 10K & 5K, Proesel Park, Kostner & Morse,
9 AM, 8/10, Ts, 10 yr AG 3 deep, 312-677-9740

- NOV 23 - PILCHER PARK POULTRY PACER 5M, Pilcher Park Nature Center, Joliet
9 AM, #6, various AG, turkeys to top 25 predictors.

THRU THE CHUTE

PARK FOREST SCENIC 10

Pat Koerner	57:07	PR!	Bill Linn	1:01:01
Dan Gould	1:06:09	PR!	Theresa Burgard	1:17:17
Mark Steffen	1:09:28		Charlie Grotevant	1:08:50
Jeff Lonergan	1:11:27		Leon Malone	1:28:36
Jack Dorn	1:08:40		Kathy Steffen	1:18:28 PR!
Lynn Troost				

Janet Velemin, Kathryn Penn - Entertained the men, not fast but really cute!

HERSCHER HARE & TORTOISE 5K

Pat Koerner	16:16	1st AG	2 OA	Ken Klipp	16:51	
John Shoup	18:11	3rd AG		Henry Shelly	21:31	
Bill Linn	17:28	2nd AG		Jeff Lonergan	19:31	2nd AG
Gale Lennus	22:?	1st AG		Tom Baldwin	27:08	
Pat Baldwin	24:19			Tom Goodberlet	19:41	3rd AG
Randy Reigel	21:23			Charlie Grotevant	19:?	
Dave Hinderliter				Matt Gubbins		
Great Race Scott!						

FRANKFORT 5M

Henry Shelly 36:38

GRAND RIDGE 4 MILER

Pat Koerner

DWIGHT HARVEST DAYS 5K

Pat Koerner 16:01 PR!

MIDWEST 4M (WATSEKA)

Pat Koerner	21:08	2nd OA	Dan Gould	25:29	2nd AG
Bill Linn	23:24	3rd AG	Mike Hickey	23:11	2nd AG
Graig Hickey	37:03	3rd AG	Georgianne Hickey	37:03	2nd AG
Jo Boudreau	30:04	1st AG	Doc Baldwin	37:34	1st AG
Laura Brierly	31:19	1st AG			

Classy 1st year race!

BILL LINN

WEIGHT TRAINING

What Weights to Use?

Many individuals are incorporating weight training into their exercise program. With this increasing interest, some people are wondering--what type of equipment should I use? There are three basic types of weight equipment: free weights, variable resistance weights, and accommodating resistance machines.

Free Weights (dumbbells and ankle and wrist weights)

Strengths: Multiple muscle groups can be strengthened with one weight. Both eccentric contractions (lengthening of muscles) and concentric contractions (shortening of muscles) are strengthened. This prepares the muscle for any type of action, rather than just for a specific motion. Free weights are versatile and inexpensive.

Weaknesses: Changing the resistance can be cumbersome and time-consuming. If you become fatigued or do not know proper lifting technique, free weights can be dangerous (you may need a spotter).

Variable Resistance Weights (such as Nautilus, which applies an equal load at all times, and Universal, which varies the load according to joint position)

Strengths: A muscle can be stressed throughout its entire range. Eccentric and concentric contractions are strengthened. Machines are safe and easy to adjust.

Weaknesses: Often machine routines aren't sport-specific. Adjustments can't be personalized, so weight increases may be too great for beginners or the very strong. Machines are expensive.

Accommodating Resistance Machines (Cybex, Lido, and Kin-Com; to name a few)

Strengths: Speed is controlled and resistance is varied. Workouts can be personalized, taking into consideration strengths and weaknesses throughout a muscle's entire range. Specific muscles can be isolated. You cannot overexert; therefore, these machines are good for rehabilitation.

Weaknesses: Routines are not sport-specific. Eccentric contractions are not strengthened. Muscle involvement may be isolated. Machines are very expensive.

(Track Technique, No. 100, p. 320)

ENDURANCE

Carbohydrate Drink Delays Fatigue

More work on the effect of carbohydrate drinks on endurance exercise has shown that a single drink late in a workout significantly delays fatigue.

Andrew Coggan, Ph.D., and Edward Coyle, Ph.D., at the University of Texas in Austin, recruited six well-trained cyclists with whom they had worked previously. A cycle ergometer was set up to require the men to pedal at 85 to 95 revolutions per minute (rpm) to keep them at 70% of their maximum capacity to consume oxygen ($\dot{V}O_2$ max). They were judged to be fatigued when their pedalling rate dropped below 50 rpm. From previous experience this was expected to happen after about 165 minutes.

Half an hour before the anticipated point of fatigue, each cyclist was given a drink. In one case the drink was three grams of carbohydrate per kilogram of body weight, made up of 85% glucose polymers and 15% sucrose (Exceed). In another trial the drink was a flavored placebo.

In five out of six cases, the cyclists stretched the time to fatigue by 22% to 35% after the carbohydrate drink, compared to the placebo. Blood sugar (which is used to fuel working muscles) rose for about the first half hour of exercise, but fell steadily by the end of an hour. The initial increase reflects the body's summons for glycogen (muscle fuel) from the liver to supplement the supply stored in the muscles. As exercise continues the body has time to use increasing amounts of fat for fuel as the glycogen supply is depleted, and blood sugar falls.

Blood sugar continued to fall after the placebo drink was taken, and fatigue occurred after a total of 120 to 212 minutes. By contrast, after the carbohydrate drink, blood sugar increased sharply within 15 minutes and then remained steady during the rest of the trial. The time to fatigue was extended to 170 to 264 minutes.

The respiratory exchange ratio between oxygen inhaled and carbon dioxide exhaled followed the same general pattern as blood sugar.

The blood sugar measurements show that after cycling for nearly three hours at 70% of V02 max, a carbohydrate drink can quickly make more energy available in your bloodstream. The respiratory exchange ration changes show that not only is the extra energy available, it is quickly put to use to extend the capacity for aerobic exercise.

The size of the increase in endurance was about the same as in earlier work in which carbohydrates were consumed in smaller quantities at intervals throughout exercise. There seems to be no advantage in drinking carbohydrate supplements during the whole exercise period. Instead, take the boost late in your workout to achieve a rapid (15 to 30 minutes) improvement in your energy supply.

If this work can be applied to distance runners, it becomes more important to provide energy drinks in the last third of an endurance race than in the first two thirds.

(Medicine and Science in Sports and Exercise, Vol. 21, No.1, pp.59-64)

Keep Up Your Energy Level!

To get the most out of your day, you need a ready supply of blood sugar to fuel your muscles. But if you miss a meal, blood sugar levels can drop too low--and you may run on empty.

Time meals so you start your day with a low-fat, highly nutritious breakfast. Then eat again every five or six hours for a total of three meals a day.

Better yet, have four smaller meals every three to four hours. Studies show that a number of small well-balanced meals throughout the day, as well as avoiding large doses of caffeine and processed sweets, helps maintain even blood-sugar levels and assists a calorie-controlled diet.

By eating regularly, you will avoid mid-day slumps and have energy available to meet your needs.

("The Aerobics New," Vol.3,No.11,p.4)

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 HALLOWEEN!

SEE YOU NEXT MONTH