



# THE PAPER RACE

## KRRC NEWSLETTER

P.O. BOX 339

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DECEMBER 1989

ISSUE 22

### ON THE RUN

"Welcome to the Florida Fall racing and training season" began Mark Sheehan's column in the Nov./Dec. issue of Florida Running. It was November and my competitive juices were in semi-hibernation, but turning the pages of this glossy publication stirred them. Page after page of advertisements for everything from 5K to marathon - Tomato Festival 5K, Florida Citrus Bowl Half-Marathon, Space Coast 15K Classic, Tamarac Turkey Trot 5K, Paradise Run '89, City of Palms River Run, U.S. Air Force Tampa Bay Marathon, 4th Annual Challenger 5K, Run for the Panther, 8th Annual Jungle Jog, Gasparilla Distance Classic '90, Red Lobster 10K, Ocala Reindeer Run 5K, and Run for Santa. I was also inspired by the enthusiasm of Dan Forbes, president of the newly formed Bradenton Runners Club, who I met at a sports and health expo. They had just put on their first race, the Taste of Manatee 10K and 1 mile fun run, and had 182 runners turn out. They also have a great looking club t-shirt which I couldn't resist buying (and I certainly don't need any t-shirts!) If

only I could spend the winter....

Where will you be when we welcome you to the Illinois Spring racing and training season? Will you maintain your commitment through the cold days of winter or opt for the couch potato lifestyle and dream of warmer days ahead? I hope you opt for the maintenance level of training which most of us find is easier than trying to recondition and reduce come spring. I asked Kathy Steffen how the end of the racing/biathlon/triathlon season affected her training. She responded: "No speed work." Some of you may wish to take a more relaxed approach than that.

You have many options available. If you are a pure runner, you may simply cut back the number of miles or the number of days you run. You might add some weight training for upper body strength. If you like variety and/or gadgets, there are the exercise bikes, rowing machines, cross-country ski simulators, treadmills, and stair-climbers. Line up any three of the above, put in 20 minutes on each, and you've gotten yourself a

terrific workout. Depending on your price range, these machines are available with gadgets that monitor and keep track of a variety of information.

For some, the racing season never ends and conditioning is perpetual. Pat Koerner assures me that his season will end with the Ottawa Ten Miller, but it is hard to quit when you're a winner and he certainly is this year. Pat has won 5 races and set numerous PR's this year. P.K. should be known as P.R.! In any event, he tapered off during Thanksgiving week with races on Sunday (Chicago - Hop Into Fall 5K, 2nd overall), Thursday (Oglesby Turkey Trot 3M, top 10), and Saturday (Danville - 8M Turkey Tromp, 1st overall!). Pat was particularly excited about Hop Into Fall which required him to drive across town to the sponsor's place of business - Kangaroo Konnection - to pick up the t-shirt. Adding to the excitement was a long wait for the awards and the presentation of - be still my beating heart - a bunny hand puppet for 2nd overall. Pat thought it was a hand-something, but this newsletter is trying to main-

tain a PG rating.

Pat toed the starting line at Oglesby with a legend - Henry Rono, a former Olympian who once held several world records. Rono's road has been a rocky one in recent years and he does not look like a runner. When the dust settled, Rono had run 15:-- for 3 miles on a hilly course and there was no doubt that he was the Henry Rono.

FLASH! Just in time for your Christmas shopping, Performance Sports has increased the discount to KRRC members to 15%. Stop in, make a purchase, flash your membership card, and tell Gary and Co. how much you appreciate their support.

Bill "Mr. Saucony" Linn heads for Springfield on Dec. 2-3 to man the booth and run Illinois' oldest continuous road race, a 10 miler that has been an annual event for 26 years. Bill has also volunteered to direct the Winterfest 5K which has in the past been directed by Elly Dalton who now resides in Ohio.

The Wimp Division of the Chicago Marathon, consisting of John Shoup and your editor, head to Memphis on December 3rd in an attempt to redeem ourselves. I would like to have tapered into the off season, but John insists we go. He says we'll show Jack Dorn what kind of wimps we are. That's just what I'm afraid of. In any event, it will all be Shoup's fault. Just to pro-

tect myself, I'm taking along legal counsel - Matt Gubbins. Lord knows what Shoup will get us into.

Don't forget your REFLECTIONS 1989! Drop us a line right now. You should also be thinking about what you can do for your club in 1990. Look for the annual meeting notice in the January issue and mark your calendar. If you fail to attend, it is assumed you volunteered for any office available. Seriously, we need your participation!

**MERRY CHRISTMAS!!**

**HAPPY NEW YEAR!!**

**DAN GOULD**

## THE STARTING LINE

DEC 3 - OTTAWA 10 MILE CLASSIC, Illinois River Bridge at Rt. 23 & 71, 9AM, \$8 by 11/24, then \$10, Long Ts, 5 yr AG, 3-5 deep

JAN 7 - 6TH ANNUAL SIBERIAN EXPRESS, Kickapoo State Park, Danville, Noon, \$7/8, awards to survivors of this 7.8 mile insanity. You will be able to order Siberian Express clothing. The entry form says "enter early before someone with brains talks you out of running this event." Please have your affairs in order and the name and phone number of your next of kin sewn onto your clothing.

FEB 4 - WINTERFEST WELLNESS 5K RUN, Small Memorial Park, Kankakee, 1PM, Contact Bill Linn 815-935-0815

## THRU THE CHUTE

NOV 5 - CANAL CONNECTION 10K

Pat Koerner 33:46 PR

NOV 11 - GOBBLER HOBBLER 10K

Pat Koerner 33:50 3rd AG

Bill Linn 36:47

Charlie Grotevant 40:48

NOV 19 - HOP INTO FALL 5K

Bill Linn 18:17

Pat Koerner 16:51 2nd OA

NOV 23 - OGLESBY 3 MILE TURKEY TROT

Pat Koerner 15:50 PR 3rd AG

John Brinkman

Randy Riegel

NOV 25 - KENNEKUK 8 MILE TURKEY TROMP

Pat Koerner 43:55 1st OAI

Charlie Grotevant 54:58 5th Master

## FROM THE BOOKSHELF

**Runners & Other Dreamers** by John L. Parker, Jr. 226 pgs. \$9.95

What really made Jim Ryun tick? What is the Clinamon Bun theory and what does it have to do with Pat Porter, high altitude sickness and four national cross-country championships? Why did Jim Fixx really die?

Parker answers all in this brand new collection. It contains everything that originally appeared in the long sold-out favorite, "Other Ghosts on the Trail," plus much more. Profiles on Ryun, Porter, Barry Brown, Frank Shorter. Great pieces on Courage, Comebacks, the Aging Ath-

lete, and Missing the Poetry. Lighter moments like the Great Dragon Run and the TeeVee Olympics. Another winner!

**Once A Runner** by John L. Parker, Jr. 225 pgs. \$8.95

Acclaimed over the years by Shorter, Rodgers, Salazar and many other top runners as the best running novel ever.

College miler Quenton Cassidy's battle to the top is widely regarded as the most accurate portrayal of the little known world of the world class runners yet written.

"Parts of it are pure poetry..." - Track & Field News

**Long Road to Boston** by Bruce W. Tuckman 169 pgs. \$8.95

For the others, it may have been a race, but for Brad Townes it was a quest for salvation. He had run all the way from death's door and he had lost everything along the way. In the final mile, he had nothing left to lose except the race. You'll find your heart racing right along with the protagonist in this moving story, told by a veteran runner.

"I read it in one sitting..." - Joe Henderson

**Inside Running**, David Costill, 189 ps. \$14.95

THE book on the science of training

**The Purple Runner**, Paul Christman, \$8.95

A mysterious runner

haunts London's Hampstead Heath. A long-running hit with a surprise ending.

**Heroes & Sparrows**, Roger Robinson, \$12.95

An imported cornucopia of great running writing by New Zealand masters champ. Hard to find.

**Galloway's Book on Running** \$9.95

The best-selling training book of all time. A classic.

The above books available from:

Cedarwinds Publishing Co.  
Box 13618 - Dept. F-2  
Tallahassee, FL 32317  
904-224-9261

## DIET AND HEALTH

by Trevor Smith

What you eat can influence your risk of chronic illness. The National Academy of Sciences' National Research Council (NRC) has joined the growing list of distinguished organizations that believe that Americans can significantly reduce their risk of many diseases through specific changes in eating habits.

At a recent news conference, the chairman of the NRC's Committee on Diet and Health, Arno Motulsky, M.D., from the Center for Inherited Diseases at the University of Washington in Seattle, introduced the final report of a three-year study of the influence of diet on health.

"Some day in the future we may be able to provide individuals with exact information about their susceptibility for different chronic diseases by studying their genetic make-up," said Motulsky. "At that time we will be able to tailor-make dietary recommendations to their individual needs. In the meantime...a general set of guidelines for everyone over the age of two makes good sense."

The 19-member interdisciplinary committee evaluated all existing scientific knowledge relating diet to chronic diseases, explained Motulsky. More than 5,000 epidemiological, clinical, and laboratory studies were reviewed, together with compilations of research from such noted sources as the Surgeon General's Report on Nutrition and Health. They also held public meetings and workshops to seek comments from the public, the food industry, consumer groups, and scientists. The NRC came to the following conclusions.

### Fats

There is clear evidence that the amounts and types of fats in the diet influence cardiovascular disease. There is also some evidence that high-fat intake is associated with an increased risk of some cancers, especially of the colon, prostate, and breast.

High intake of saturated fats increases blood levels

of total and low-density lipoprotein (LDL) cholesterol. These higher levels increase the risk of atherosclerosis and coronary heart disease.

Polyunsaturated fats, when substituted for saturated fats, lead to a reduction in the unhealthy cholesterol. There is also evidence that one or two weekly servings of fish reduce the risk of heart disease, but it is not clear why this is so. It is possible that fish is beneficial because it is a low-fat protein source, not because of the chemical nature of the fish oils.

The substitution of monounsaturated fats (in olive oil, for example) for saturated fats also reduces unhealthy cholesterol, but without the undesirable reduction of high-density lipoprotein (HDL) cholesterol sometimes reported when polyunsaturated fats are substituted for saturated fats. Higher levels of HDL cholesterol are associated with a reduced risk of cardiovascular disease.

### **Carbohydrates**

Diets which emphasize fruits, vegetables, legumes, and whole-grain cereals are associated with a lower incidence of heart disease, diabetes and cancers of the lung, colon, esophagus, and stomach. This may be due to the fact that such diets are low in total fat. It is noted, though, that the high

complex-carbohydrate diets provide vitamins, minerals, trace elements, and other compounds that also may offer protection against diseases.

### **Protein**

Studies show that diets high in meat, a major source of protein in American diets, have a strong association with heart disease, and breast and colon cancer. These diets are usually high in total fat and low in plant foods.

The committee felt it was not the meat itself that could be a problem, rather it was the high-fat, low-carbohydrate diet of meat-eaters. They advise not to avoid meat, but to monitor its intake. Choose leaner meats, and eat smaller portions than those commonly found in Americans' diets.

### **Alcohol**

Sustained and heavy consumption of alcohol leads to fatty liver (excessive fat deposits in the liver), hepatitis, and cirrhosis. It also increases the risk of cancers of the mouth, pharynx, esophagus, and larynx. Alcohol consumed during pregnancy can damage the fetus, and cause low birth weight and fetal alcohol syndrome.

### **Salt**

Some people are more susceptible than others to salt-induced hypertension,

but there are no reliable markers to predict individual responses. In addition, there is some evidence that frequent intake of salt-cured and salt-pickled foods are associated with gastric cancers, but the cause has not been identified.

### **Calcium**

Low calcium intake appears to be associated with the development of osteoporosis, a disease characterized by porous, brittle bones which leads to a decrease in bone density and consequently a high rate of fractures. The role of dietary calcium and calcium supplements in decreasing the risk of this condition remains unclear. There are some indications that low calcium intake is involved with high blood pressure, and high calcium intake may reduce the incidence of colon cancer but these studies are preliminary.

### **Supplements and Trace Elements**

Adverse effects of large amounts of some dietary supplements are well established. The potential risks or benefits of long-term small quantities have not been established.

The committee notes that a large number of people take dietary supplements. There is no evidence that these products, in amounts up to the Recommended

Dietary Allowances, are either beneficial or harmful. It is clear that one part per million of fluoride in drinking water protects against dental cavities. Other aspects of the role of trace elements have been insufficiently studied.

## **Body Weight and Exercise**

Excess body weight is associated with an increased risk of several chronic diseases: a form of diabetes, hypertension, heart disease, gallbladder disease, arthritis, and some cancers of the reproductive system.

Studies have shown that increased energy expenditure reduces the risk of developing heart disease. It is important to balance food intake and physical activity to maintain a desirable body weight. The committee stresses that overweight people should increase physical activity and reduce calorie intake.

And for those who exercise regularly...keep it up! Continue to exercise regularly and be sure that your diet provides adequate calories to meet all known nutrient needs.

## **Summary**

This study is the most comprehensive investigation to date on the issue of the role of diet in increasing or decreasing the risk of chronic disease. The committee makes ten specific

## **The Recommendations ...**

1. Reduce your intake of total fats to 30% or less of your daily calories. Saturated fats should be less than 10% of calories and cholesterol less than 300 milligrams daily.
2. Each day eat five or more half-cup servings of vegetables and fruits, especially green and yellow vegetables and citrus fruits. Also eat at least six daily servings of breads, cereals, and legumes.
3. Carbohydrates should total more than 55% of your calories.
4. Maintain protein at about the current Recommended Dietary Allowance (RDA), but do not exceed twice that amount. The RDA is .8 grams per kilogram of desirable body weight (this translates to two ounces for a 150 pound person).
5. Balance your food intake and physical activity to maintain a desirable body weight.
6. Alcoholic beverages are not recommended. If you drink, limit yourself to two beers, two glasses of wine, or two cocktails a day. Pregnant women should avoid alcoholic drinks.
7. Limit the salt in your diet to no more than six grams each day.
8. Make sure there's enough calcium intake in your diet. Two to four servings of low-fat milk products should meet this need.
9. Don't take dietary supplements that contain nutrients in excess of the RDA.
10. Maintain an optimal intake of fluoride, especially during years of tooth formation and growth.

recommendations (see box) to help reduce your risk of cardiovascular disease, heart attack, stroke, cancer, high blood pressure, obesity, osteoporosis, diabetes, liver disease, and dental cavities.

The full report, about 996 pages, will be available soon. To order *Diet and Health: Implications for*

Reducing Chronic Disease Risk, send \$49.95, or a credit card number, to National Academy Press, 2101 Constitution Avenue, N.W., Washington, DC 20418.

**HAPPY HOLIDAYS!**  
**SEE YOU NEXT MONTH**