



THE PAPER RACE



KRRC NEWSLETTER

P.O. BOX 339

BOURBONNAIS, IL 60914

APRIL 1990

ISSUE 26

MAY FAMILY SOCIAL

Attention all club members! Please make room on your calendar for our May social function, which will be a family night on Friday May 11th at the Bradley Bourbonnais Community High School gym. We will commence with a run at 6:00 PM either on the track or in the surrounding community, followed by a pot-luck dinner and gym activities, including volleyball, basketball and badminton, in the north gym. We will have more details in the May issue of the newsletter.

ON THE RUN

Letters! We get lots and lots of letters! Well, one, anyway. Bill and I have been knocking out this newsletter for two years and we finally get a letter to the editor. One letter in two years! Would you believe it was not signed? Would you believe the subject of the letter is the natural superiority of women and how much more difficult it is to run 7.6 miles than to run a marathon? We would print it (yes, this publication will print fiction), but we do not wish to start another "Speak Out" column.

One outlet for people who don't have a mind to speak theirs is enough. We don't even know that the person sending the letter is a member. She probably just borrows some dues paying member's newsletter. Sign it - we'll print it!

Nice story about member Howard Strassenburg in The Journal. Howard, 70, is our senior member and a very active one. Howard enjoys traveling nationally and internationally to participate in master's and senior's events. March found him in Madison, Wisconsin, for the Masters National Indoor Track Meet. The new kid in the 70-74 age division won the 800 meter run with a time of 2:47. Howard holds the meet record for the 1,000 yard run (3:03.51) which he set in 1986 at the age of 66. Since the meet has switched to metric measurements, Howard's mark will never be broken. RIGHT ON HOWARD!

Is running experiencing a resurgence? Have you noticed the numbers on some of these early season races? There were record or near record turnouts at Park Forest 10K (350), Winterfest (300), Channahon (231), Fools Run (450), Morris 10K (273) and Red Lobster 10K (3,043).

You should put Red Lobster on your list of races to run if you can be in Orlando in early March. This was a class race that attracted elite runners, but they treated everyone well. Pat Koerner and Donna Hurst were there for a Jeff Galloway running vacation. I was able to slip into town for the weekend and we had a great time.

In addition to the 3,043 for the 10K, there were 330 fun run walkers, 250 in the kiddie race, and 25 wheelchairs. There were Red Lobster T's, towels, frisbees, and hats. There were super post-race refreshments and a post-race party at Church Street Station (free shrimp!). Lynn Jennings set an American record with a time of 31:05 and would have set world records for 5K (15:13) and 8K (24:54) had there been official timers stationed at the latter two points. There was a dual start and multiple chute finish that gave me the same time as my watch (and the results were printed in the next day's paper). While Cornstark and I didn't run our best, he finished 29th out of 290 in his age group - nice job Pat!

Pat and Donna were the committee of two that set up and cleaned up after our social at the Bird Park

Fieldhouse on March 24th. The chicken was from Better's - how much better could it get? Members brought tons of good food to go with the chicken. Special mention goes to Janet Shelly who always brings some disgustingly delicious dessert to tempt me (knowing full well that I generally yield to temptation!). Some of the men regretted their indulgence after Linda Linn measured their body fat. For anyone who hasn't heard, she had it set for women when she did the men. I guess you can figure your body fat is about half of what Linda told you. There were race videos and some new members and some old members we hadn't seen for a while. Jo Boudreau brought her runner's album to share with us. We even had a gorilla in attendance! I kid you not! Complete with balloons! Seems Donna wanted to use the occasion to celebrate Pat's birthday (March 27th) and thought this cute little female gorilla was just the thing. Well, Pat, the gorilla, and the balloons were center stage for a while and Pat's face got as red as some of those balloons. Pat kept the balloons, but not the gorilla. He said she wasn't bad looking but he was partial to blonds.

Linda Sue Mailloux attended the social with her groom to be. They will be married in April in Florida, but she isn't sure where they will live when his work on the new mall is completed.

April means the 94th running of the Boston Marathon. For at least five KRRC members this year Boston is on their race calendar: Kathy Penn, Kelly Proctor, Charlie Grotevant, Bill Linn, and Dan Gould. Former KRRC member and Journal sports writer Dave Dyer (now of Haverhill, MA) will be there for his 27th marathon. We hope to catch up on things with Dave and have some happy and interesting stories to tell of our Patriot's Day (April 16th). A record field (8,000-10,000) is expected as a result of the easing of the qualifying times.

Bill Linn is no longer "Mr. Saucony." He is now "Mr. Bill Rodgers Sportswear", some of which you saw at the social. Since he is going to run Boston, maybe we'll just call him "Boston Billy."

We also hope to have Pat Koerner's first person story of what it is like to vacation with Jeff Galloway. Galloway, a 1972 Olympian, is the founder of Phidippides, a national network of fitness specialty stores and author of Galloway on Running. He has conducted seminars and clinics for runners for 15 years. His 4-7 day clinics are often held in conjunction with major road races (Red Lobster, Peachtree, Maggie Valley Moonlight Race).

We would like to hear about your running life (runner v. dog, runner v. car, runner v. sanity). We want this to be about KRRC runners and by KRRC runners.

Nobody calls in race results - Bill and I have to extract them. We hear some stories at the races and socials, but I'm sure there are many we don't. Share them with us and your fellow members!

IN THE NEWS

- In Carlsbad, CA, Doug Padilla won the Carlsbad 5000 in 13:29.50, breaking Steve Scott's American road racing record of 13:29.70.

DAN GOULD

NEW MEMBERS!

We would like to extend a warm welcome to all of our new members!

Larry Banzen - Bourbonnais

Kathy Lergner - Bourbonnais

Dee Anna Hillebrand -
Bourbonnais

Raye Hendershott -
Bourbonnais

Dorthea LaGesse - Kankakee

Julie Anderson - Kankakee

Don Combs - Bourbonnais

Butch Coy - Kankakee

Tracy Curtis - Kankakee

Randy Devore - Kankakee

Jim Grace - St. Anne

Bill Johnson - Bourbonnais

Scott Kelson - Momence

Linda Krause & Family -
Momence

Jim Marchant & Family -
Kankakee

Phil Newberry - Momence

Dee Osenglewski - St. Anne

Dan Phillips - Bourbonnais

Ken Stark - Kankakee

Larry Steen - Kankakee

Tom Uribe & Family -

Kankakee

Gerald Wilson - Herscher

Ken Wise - Braidwood

WOW! We now have 77 members plus families, a new high! Quality people and a quality club!

Kankakee County Race Circuit

The circuit has one event under its belt! Next up, the Law Day 5K and 10K run on May 6th. Remember, the top five in each age group are recognized at the end of the year! Last year's results showed that most of those who placed were locals, so let's participate! You need to complete five of the races to qualify. Here's the circuit:

- 2/4 - Winterfest Wellness 5K
- 5/6 - Law Day (10K only)
- 6/10 - Performance Sports 5 Miler
- 6/17 - Manteno 5K
- 6/24 - YMCA 5K
- 7/28 - 5K On Broadway
- 8/7 - Mokena 10K
- 9/7 - Watseka 4 Mile
- 10/7 - Governor's 10K
- 10/7 - KCC Fall Classic 5K

Standard 5 yr age divisions. 10 pts for 1st, 9 for 2nd and so on down to 1 pt for 10th in each age division.

Awards to the overall male and female, and to the top 5 in each age group.

Bill Linn

THE STARTING LINE

APR 8, 9AM - PLAINFIELD WILDCAT 5 MILER, H.S., 612 W. Commercial. \$8/10, T's, 5yr AG, showers, flat, PSRR Circuit Race # 4.

APR 6, 9AM - THE RACE

THAT'S GOOD FOR LIFE 5K, Oak Park Hospital. \$9/11, T's, 5yr AG, CARA Circuit Race, NO race day registration.

APR 16 - BOSTON MARATHON.

APR 22, 9AM - SOUTH SHORE HOSPITAL 10K, 55th St. East of Lake Shore Dr. \$10/12, T's, 10yr AG 3 deep, raffle.

APR 29, 8:15AM - LAKE COUNTY RACES, Zion. Marathon, 1/2 Marathon, 10K, 5yr AG, 10K-\$12, Marathon & 1/2-\$18, more after 4/14.

MAY 6 - EARL'S 5K, Joliet.

MAY 6, 10AM - RUN FOR THE LAW 5K & 10K, Kankakee County Courthouse. \$9/10(after 4/25), T's, 5yr AG, awards, awards, awards!

THE FINISH LINE

MAR 6 - RED LOBSTER 10K, Orlando, FL

Dan Gould 41:04

Pat Koerner 35:56

Boy, judges and farmers have it rough!

MAR 6 - SHAMROCK SHUFFLE 5 Mile, Chicago, IL

The Hickey family! Huge race!

- MORRIS SHAMROCK RUN 10K

273 runners, a bit windy, but not a bad day

Georganne Hickey 53:50

Graig Hickey 53:02

Charlie Grotevant 40:49

John Brinkman 39:31

Dan Gould 39:28

Bill Linn 37:34 4th AG

Mike Hickey 36:52 3rd AG

Pat Koerner 34:40 3rd AG

MAR 18 - SPRING VALLEY WALLEYE RUN 5K

Graig Hickey 24:35 1st AG

Georganne Hickey 25:39 2nd AG

Mike Hickey 17:46 2nd AG

Sorry, here's one I forgot to put in!

JAN 7 - SIBERIAN EXPRESS 7.6 Miles, Kickapoo State Park, Danville, IL

Lynn Troost

Leon Malone

Charlie Grotevant

THE MIND: The role of attitude

By **Vilsha Sedlak**

Your brain is potentially your most powerful training partner and your best coach. Yet many of us apply our minds in ways that work against us and keep us from our goals. Whether you run for fitness, for competitive development, or both, you have probably already learned that your attitude affects the pleasure and outcome that you derive from your sport. Now it is time to take a look at a largely neglected area of the fitness and competitive arena: mental preparation and attitude.

Many people have difficulty maintaining training consistency. Even Olympians often comment that it is difficult to find the time and energy to train when the

pressures of work, family, finances, and other daily demands are on their minds. So don't feel that you are alone, are uniquely weak in habit or will power, because you have been erratic with your training. You have probably just been neglecting to use some effective principals for training success and might have even been allowing erroneous thinking to defeat you.

As you read over the following eight principles that will help you maintain an enjoyable training program, remember that your success depends upon your keeping your goals internal, or personal. If you are performing to satisfy someone or something outside of yourself, success is often dissatisfying or not achievable. It is not unusual to see a successful athlete who is granted sponsorship money and who achieves media attention start to have difficulties with training and racing performances. Such an athlete feels a responsibility to maintain the cash flow and perform externally and race for the personally satisfying reasons that drew him or her into sport in the first place.

Your own workout sessions can bring wonderful rewards including improved health and mental relaxation. Do not allow your workouts to become just another "To Do" item on the day's agenda and thus another worrisome and draining responsibility. To use this list of principles most

effectively, check those that require your strongest attention. Write a brief list of affirmative statements for each point (examples have been given for each one but you need to create ones that apply most effectively to you). You might want to snip the list out and paste it into your workout log for reference when you are feeling unmotivated.

1. Accept that workout time is well-deserved and well spent.

Regard your exercise time as a major contributor to your mental and physical health, NOT as time lost. Don't distract yourself during a workout by thinking of other tasks that need to be done. Push those thoughts away and repeat an affirmation such as "I am here and now relaxing with my workout. This is time away from the rest of my day to cleanse and exercise my body." Not only will you be better able to enjoy the workout, you will obtain more productive physical results by paying attention to technique and intensity of effort.

2. Schedule your workout as a first priority of the day.

Most people find that early morning runs are the easiest to fit into the day. A morning session is the best way to wake up while having private time to prepare for a hectic day. Best of all, the remainder of the day can be

directed toward matters other than thinking "Gee, I still need a workout today..."

And don't waste time and energy arguing with yourself about whether or not to get out of bed to train. Just get up and go. Set your shoes and training clothes out the night before so you are prepared. An extended search for gear in the morning could be all the excuse you need to give up on your workout! One client told me she would sleep in her training clothes when she first started a workout program so all she had to do when she awoke was put on her shoes and go! You might not need to go to such an extreme, but do whatever it takes to get yourself out the door.

3. Set reasonable workout goals.

State your goals clearly and remind yourself of them frequently. Competitive goals can be used very effectively to help keep on schedule with your training. A missed workout is a postponed goal. Your goal might be to challenge a hill to increase leg strength. If you over-strain to meet too-high goals you'll become tired and discouraged. If every workout hurts, you'll quit. What sensible person wouldn't?

4. Reward yourself for your efforts.

A hot shower, a post-workout healthy and hearty breakfast, a massage, a cup of herb tea, or a quiet

moment for reading are all positive rewards. By the way, skipping a needed workout is NOT a reward. A positive affirmation after a well-done workout could be "I possess the discipline to train like a champion."

5. Structure a supportive home environment for fitness.

Find ways to include your family; train on a track where others can walk or play on the infield. Gradually eliminate the junk food from your diet, discard the cigarettes and any other unhealthy elements in your home that hinder the achievement of your goals. Purchase proper training gear. Buy comfortable gear that help you feel attractive and athletic. Stock up on fruits and vegetables. Hang a motivational photo and slogan on you wall. Keep communication open with your family so resentments don't build over your efforts. Affirmation: "I live in a home that encourages me to be strong and healthy."

6. Create a supportive system to bolster your motivation.

Find friends who share similar health goals to your own. Arrange to meet training partners for workouts. Attend local races and make new friends. Don't leave yourself feeling alone with your goals. If you are isolated and there is no one around to help you, create an imaginary friend who talks you into doing what needs to

be done. Don't snicker! The Japanese people sometimes refer to the image of an imaginary "honored guest" who is kept in the mind throughout the day to guide behavior, even when one is alone. It works. An affirmation that could help: "I am able to build friendships that encourage me to have a healthier life."

7. Visualize success and constantly state your belief in your ability.

Run a "film" of yourself in your mind that sees you already having achieved your goals. Visualization, combined with affirmative statements, is your most powerful mental tool. We all use these techniques now, some of us use them to create failure and despair. Stop anticipating the worst! Push the doubt to the side and fill the space with a powerful and positive thought. "I am a capable and self-willed person. I can build myself as I choose my workouts. I am a lean, mean, running machine!"

8. Relax over your goals and your progress.

Let's balance all this enthusiasm with some quiet advice: even if you are training for the next Olympics you need to remember that exercising is only part of many means to enhance your life. You are composed of many facets including your work, family, spiritual development, education, and artistic

sensibility. When times come that keep you from training you'd best remind yourself that it isn't the end of civilization as you know it. Most breaks in training are temporary. A poor race doesn't decree that you are a failure, it simply means you had a poor race. An injury calls for rest and re-evaluation of your training habits. Learn from the difficulties, be patient, modify your goals when necessary, and hang on, even if desperately, to your sense of humor. Life goes on, usually better than ever, and you have miles of good running ahead.

SEE YOU NEXT MONTH