

THE PAPER RACE

KRRC NEWSLETTER

P.O. BOX 339

JULY 1990

BOURBONNAIS, IL 60914

ISSUE 29

Hickey Beats Klipp !

ON THE RUN

WATSEKA. Approximately 30 members of our club made the trip to Watseka on Friday, June 8th, to try the 4 mile course set up for the 4th of July. Dave Hinderliter led the way thru the figure 8 course that starts and finishes in Legion Park near the swimming pool - which looked very inviting on this warm and humid evening. Even more inviting was the air conditioned comfort of Monical's Pizza where the "Family Pleaser" was a crowd pleaser. A birthday cake for Linda Linn, looking sweet sixteen in her pink, was dessert. Janet Shelly says she has another recipe for a decadent dessert so we will have to schedule another social. Julie Anderson was there in her new red sports car and Kelly Proctor couldn't resist the invitation for a ride home. Jo Boudreau had to ride home in the Dan van. The age of the liberated woman - really something!

KCC. June 10th found us toeing the line for the 10th Annual Performance Sports 5 Miler. It was a beautiful sunny day with comfortable temperatures and little wind. This was my first race in a couple months and I was uncertain of my conditioning. I was pleased to go through the

first two miles with Charlie Grotevant and Tom Goodberlet. I spent the last couple miles on Jeff Lonergan's heels. He later told me he thought from the breathing sounds that it was Charlie. I'm not sure if that is good or bad - or for who. There was some heavy breathing as the wound through the Shapiro grounds - John Brinkman stopped to plant a significant kill on a very attractive young lady. I don't remember if that inspired him to greatness or cost him some gold. Matt Gubbins told me I would see Lori - the lovely and talented - at Shapiro, but she was not at the appointed place and rumor has it that she was released. I'm sure Matt would have stopped for a kiss as well. Doc Baldwin wasn't at the race or Shapiro, but you may have seen the sun reflecting off his balding head at the Cobb Park tennis courts. Doc, get your priorities in order - we like to see you!

No, there was not a wheelchair division this year and Ken Stark is not lobbying for one. No, while his "Swan Dive" trophy is a beauty, he does not wish to defend it next year. Ken was there to cheer us on and for the camaraderie. He reports that he is healing more quickly than expected, but it will be awhile before he runs his next race.

Finally, Matt Gubbins is still chuckling over Linda Linn's explanation of the finger she uses to call her children and the one she uses to call Bill. Brett and Jessica had climbed the heights at KCC and Linda had beckoned them with the curled finger. Then, by way of editorial, she told us of the one for Bill. I thought only my wife used that one!

GOVERNOR SMALL PARK. Tuesday, June 12th, found us together again for the first of the Performance 5K Series. A few of us were content to give the muscles a little recovery time and work this race, but 46 others were ready to run on a warm and humid evening. If you didn't bring home the gold, there was a cold soda and ice cream to reward your effort. Diane Smith was there - but not to race. She says she still enjoys her running, but not the racing. That's Ok, Diane, just come and run the race - don't race the race. We just like having you there!

Linda Krause was there and struggled to finish, but brought home the gold. She seemed a little sheepish about accepting her trophy with a less than outstanding time. She participated and gave it her best effort. That makes her a winner!

PEORIA. JUNE 16TH. STEAMBOAT! This was my

first trip and I expect I will return. The Linns, Kelly Proctor, the Hickeys, and I went down on Friday and stayed at the Continental Regency, host hotel for the event. We stopped by Running Central - it is a store for runners - and picked up some gear with our Steamboat 20% discount. Craig Virgin held the door for us when we arrived. The rest of the day was spent lounging around the pool where we watched Craig Virgin run in (not on) the water. Packet pickup was at the hotel and Jim Spivey, Pete Pfitzinger, and Craig Virgin were there to give autographs. About 5 P.M. a chef set up a grill next to the pool and for the next 2 hours the hamburgers (big & juicy) were complimentary. "Bud" was \$1.

Kelly's watch went off about 5:30 Saturday morning. The race was at 7 A.M. Approximately 2500 bodies filled the street for the joint start of the 4 mile/15K under overcast skies with a temperature of about 75 and high humidity. The 4 mile course is fast and flat except for a little uphill at the start. You also have to cope with all those amateurs who seed themselves in the 5 minute per mile section. Two miles into the race I was glad I was only going 4 miles. Those in the 15K go up into the hills at the 2 mile turnaround. There is a nice downhill to the finish at the river. The post-race refreshments were super and we lounged along the river where a cooling breeze helped revive and refresh us. Dave Hinderliter, who had stayed at another hotel, joined us. His

wake-up call had not come until 6:30 and he was not in walking distance. The hotel courtesy van got him to the start with 5 minutes to spare, but no time to prepare. I think some hotel clerk got an ear chewed!

I'm not big on the multi-thousand body races, but this was well done. The hotel was \$50, dinner by the pool was free, and the post-race refreshments made for a healthy, if light, breakfast. The T-shirt was also classy. Think about this one next year!

MANTENO. JUNE 17TH! Yes, this was the 4th race in 8 days. About 125 turned out for this one including a fresh Charlie Grotevant. Charlie Grotevant usually runs Steamboat and gives me an advantage, but the demands of farming kept him on the tractor and out of Peoria this year. My tired legs were no match for him! There were some changes made this year -standardized age groups, diet pop, and water station on the right. I remarked a year ago that these changes would add much to an excellent race. I would again suggest expanding the upper level age groups. The 50 and over category fails to recognize those in their 60s and 70s. In any event, Manteno is a good race with just a little room for improvement.

NEW LENOX. JUNE 23RD! This traditionally hot and rolling hilly race had some competition locally from the Sprint Biathlon. Some of our members ran/biked or worked the biathlon and missed the coolest Old Campground 4 Miller in memory. The hills and

humidity coupled with a stiff wind made up for the lack of sun (it played peek-a-boo.) Pat Koerner was third overall, besting Tim Hamann who had bet him at Manteno. Race Director Gary Moss confined himself to directing this one as he waited for his 40th birthday on June 24th and a chance to pick up some cash in the master's division of a money race.

Among the races I did not attend was the "Undie 500" which is held in conjunction with the Indie 500. Yep! You got it! You run in your underwear! From the news footage, you might just be happy to be a spectator. Donna Hurst could bring that videocam she has been taking to all the races and watch the runners "jockey" for position.

Linda Walters of Boulder, Colorado, may have needed to change her jockeys after a recent training run 3 miles from the city. She was treed for 30 minutes by two mountain lions who decided not to engage in tree climbing. And we worry about dogs!

You will have to make your own notes on the highlights/lowlights of the Y 5K, Firecracker 4, and Off Broadway 5K. I will not be able to attend (a family obligation!) Hope you will!

Oh, the headline, you ask. I don't know. I heard Mike Hickey tell Ken Klipp that should be the headline. I suppose it is one of those startling, once in a lifetime events.

Send us your news and results and we'll see you next month!

DAN GOULD

THE STARTING LINE

JUL 1 - SANDWICH FREEDOM DAYS 5K & 1M, Center & Eddy Streets. 8:00AM, \$7/9. T's, various age divisions.

JUL 3 - WENONA 5K RUN, City Park, 7:00PM, \$10, T's, 5yr AG, this sounds like a good one with Archway Cookies in every packet!

JUL 4 - FIRECRACKER 4 MILE RUN/2 MILE WALK, Leglon Park, Watseka, 7:30AM, \$10/12. T's, various age groups, Nancy 815 933-8291.

JUL 4 - RUN FOR FREEDOM 10K & 2M. Lions Club Pool, Ridge Road, Homewood, 8:00AM, \$8/10, T's, 5yr AG, 708-957-0300.

JUL 7 - ST. JUDE MIDWEST MILE, Pontiac, 7:30PM, \$7, T's, various age divisions, contact Gary House 815-842-2790.

JUL 7 - BRADLEY 5K & FUN WALK, Lil's Park, North St. (1/2 mile west of IL Rt. 50), 8:00AM, \$8/10, T's, 5yr AG, trophies to top 20 walkers, new location, new course, if you aren't running - please work! Call Tom Goodberlet 933-7212.

JUL 10 - PERFORMANCE SPORTS 5K SERIES #2, Governor Small Park, Kankakee, 7:00PM, \$1, 10yr AG 3 deep, Gary Dupuis 937 0710.

JUL 15 - CHICAGO DISTANCE CLASSIC 20K/5K, Grant Park, 7:45AM, \$12 by 6/29, then \$15, \$20 race day, T's, 5yr AG, TAC cert.

JUL 15 - GARDEN CLASSIC 5K/10K, Willowbrook H.S., Villa Park, 7:30AM, \$8/10 after 7/12, T's, 10yr AG. 1250 S. Ardmore, 708-834-8970.

JUL 21 - JOLIET

WATERWAY DAZE 5K, Bicentennial Park, Jefferson St., 7:45AM, \$8/10, 5yr AG. Janet Velemir, 815 727-0013.

JUL 22 - HEART AND SOLE 10K, Olympia Fields Osteopathic Med. Center, 20201 S. Crawford, 7:45AM, T's, \$10/15, 5yr AG. TAC cert., flat course. CARA Circuit Race.

JUL 28 - FESTIVAL OF THE DUNES 5K, 3rd & Broadway, Chesterton, IN, 8:30AM, T's, 5yr AG, awards 10 deep. Steve 219-926-1750.

JUL 29 - DOWNERS GROVE 10 MILE AND 5 MILE, Lincoln Center, 935 Maple, 7:30AM, \$8/10 after Jul 9, T's, 10yr AG 3 deep. Tom Carstens 708-963-1300.

THE FINISH LINE

MANTENO 5K - The numbers were down just a bit but we had a great local turnout for one of the best and fastest races in the area.

Pat Baldwin	Randy Devore
Tom Goodberlet	Anna Goodberlet
Jim Grace	Tom Parlin
Charlie Grotevant	Linda Linn
Brett Linn	Kyle Goodberlet
Dan Gould	Mike Hickey
Georganne Hickey	Dave Hinderliter
Judy Kilbride	Gerry Kilbride
Ken Klipp	Pat Koerner
Jeff Lonergan	Leon Malone
Phil Newberry	Henry Shelly
Tom Uribe	

JUN 23 - OLD CAMPGROUND 4 MILER - 161 finishers

Scott Kelson	27:02
Pat Koerner	21:42 3rd OA
Matt Gubbins	23:55
Mike Hickey	23:40 1st AG
Georganne Hickey	32:41
Charlie Grotevant	26:06

Dan Gould	26:52
Craig Hickey	31:40
Carol Pratt-Bauer	27:35 2nd AG

BOURBONNAIS PARK DISTRICT SPRINT BIATHLON

Julie Anderson	49:16 1st OA
Jim Grace	53:11
Kurt Ogg	56:12 2nd AG
Shirley Malone	1:28:46 1st AG

STEAMBOAT 4 MILE CLASSIC

Dan Gould	Bill Linn
Mike Hickey	Georganne Hickey
Graig Hickey	Kelly Proctor
Dave Hinderliter	

PERFORMANCE SPORTS 5 MILER

3	PATRICK KOERNER	27:21.4
6	KEN KLIPP	28:12.1
11	BILL LINN	29:35.7
14	MIKE HICKEY	29:47.2
20	PHIL NEWBERRY	30:39.7
23	JOHN SHOUP	30:47.9
26	JULIE ANDERSON	31:02.0
28	MATT GUBBINS	31:07.2
35	JOHN BRINKMAN	32:11.4
41	THOMAS JURIBE	32:55.3
45	DANIEL W GOULD	33:19.4
46	JEFF LONERGAN	33:23.0
47	JAMES P GRACE	33:27.1
49	CHARLIE GROTEVANT	33:36.5
53	MIKE WOLFE	33:51.6
56	MARK R STEFFEN	34:20.0
62	TOM GOODBERLET	35:12.6
64	SCOTT KELSON	35:19.8
66	DAVID HINDERLITER	35:36.0
68	CAROL PRATT BAUER	35:48.1
74	KATHLEEN STEFFEN	37:04.6
78	NANCY RUDA	38:00.5
79	RANDY DEVORE	38:10.9
87	HOWARD STRASSENBURG	38:59.7
91	GRAIG HICKEY	40:16.2
96	PATRICK BALDWIN	42:34.7
100	LEON MALONE	43:07.3
101	GEORGANNE HICKEY	43:24.8
102	RICH MUNIZ	44:15.7
104	MONICA URIBE	44:44.8
111	DEE ANNA HILLEBRAND	54:29.6

112 SHIRLEY MALONE 58:38.4
**KANKAKEE YMCA 5K
 SCENIC RUN**

3	PATRICK KOERNER	16:40.5
4	KEN KLIPP	16:49.9
12	BILL LINN	17:30.9
14	CHRIS REBELLO	17:59.5
15	MIKE HICKEY	18:00.1
20	JULIE ANDERSON	18:10.0
22	PHIL NEWBERRY	18:28.1
30	MATT GUBBINS	18:48.8
36	JIM GRACE	19:49.6
40	CHARLIE GROTEVANT	20:06.2
47	DAVID HINDERLITER	20:23.5
55	TOM GOODBERLET	20:47.3
73	NANCY RUDA	22:41.3
76	RON PIWOWAR	23:01.7
85	HOWARD STRASSENBURG	23:49.0
102	PATRICK BALDWIN	25:25.0
105	GEORGANNE HICKEY	25:54.3
113	BILL HERZOG	26:39.1
117	LYNN TROOST	27:02.6
149	NIKKI McCONNELL	32:43.2

**KANKAKEE YMCA 5K
 WALK**

15	GRAIG HICKEY	42:34.8
16	KRISTA HICKEY	43:00.8
41	ANNA HERZOG	58:14.2
44	BARBARA HERZOG	52:00.9

It Takes Brains to Run

Anthropologist Marvin Harris notes that when the dexterous Homo habilis evolved to the taller Homo erectus their brain size increased 33%. Harris sees "nothing in the erectus tool kit whose use or manufacture would require a brain that is 33% larger." Then what was the larger brain good for? "Running," announces Harris, in a splendid new theory.

Harris reasons that a larger brain meant more cells were available to perform the same function. This redundancy created a fail-safe mechanism for any activity. Erectus, then,

with brain cells to spare, could tolerate the destructive effects of the midday sun. Most predators at this time had to look for shade and water, and were unable to pursue their prey. The large brain allowed erectus to run long distances and chase down game when others hadn't the stamina.

In time, the increase in brain size served for the crucial change in organization and function that allowed evolution to the thinking Homo sapiens. Perhaps this bold theory could lead to a new aphorism, "I run, therefore I think." (Our Kind, by Marvin Harris, Harper and Row, NY, 1989, 547 pp., \$24.95)

**Exercise for Weight
 Control**

By Kathy Jentz

Like many people, you may have been goaded into a weight-loss program by a concerned doctor or your own bathroom scale. Weight loss and maintaining ideal weight are the two most common reasons for starting an exercise program. Unfortunately, exercise resolutions often don't last long.

Although 25% of Americans are obese (more than 20% over their ideal weight), more than 80% of the population are not using the right key to a successful weight-loss program. The key is exercise plus a calorie-controlled and nutritionally-balanced diet.

Many who try to lose weight modify their daily food intake only temporarily, or go on crash diets and ignore the need for exercise. Diet alone

doesn't work so well. You'll lose pounds at first, but once the diet is over the pounds come creeping back.

If you go on the diet again, a vicious circle develops that in the end does more physical harm to your body than being obese throughout your life. This cycle stresses your system and creates new cholesterol deposits every time you change drastically your metabolic rate (the rate at which your body burns calories).

According to research, lowering the number of calories you consume will help you lose weight, but you will lose muscle along with fat, as well as lower your metabolic rate. Incorporate an exercise program into your weight loss program to burn the extra calories you consume and store in your body, to maintain and improve muscle tone, and to keep your metabolism running smoothly.

A permanent change in your eating habits and a lifetime exercise regime is the only sure-fire way to get rid of fat and keep it off. When you exercise, your goal is to increase your metabolic rate to facilitate fat burning and raise your caloric expenditure.

To insure your exercise routine trims fat as well as tones your body, exercise for longer periods of time at a lower intensity. Research shows that the longer you work out, the higher your metabolic rate remains even after exercise.

In other words, work out for as long as you can, three or four times a week. For example, jog 40 minutes a day,

four days a week at 60% to 70% of your maximum heart rate, rather than 30 minutes at 80% of your maximum heart rate. This is why low-impact aerobics and walking are recommended for weight loss over high-impact aerobics or running.

The conditions under which you exercise also can affect weight loss. To increase metabolic rate, exercise two to five hours after eating, rather than on an empty stomach. Working out in somewhat extreme temperatures, hot or cold weather, and during daytime hours, not early morning or evening, also helps increase your metabolic rate.

High-intensity activities, such as team sports, require short bursts of activity.

These, and swimming and water sports, are not ideal for weight-loss programs. Studies show that water sports don't reduce body fat as effectively as land sports, possible because water prevents any significant increase in metabolism because its high conductivity prevents heat buildup.

Choose an exercise that you enjoy, and that can be done every week of the year, in any climate. Weight loss requires a consistent exercise program that will lead to a steady, healthy drop in weight of one to two pounds a week.

Finally, a leaner, more muscular body burns fat more efficiently. Exercise sets you up for this beneficial cycle of increased muscle, leading to

higher metabolic rate, leading to a decrease in fat, more muscle, and so on.

Your weight control activity doesn't have to be grueling or punishing. Build up endurance gradually, as you modify your diet. Watch those pounds slide off, and you won't need the doctor or bathroom scales to remind you of the beneficial results of exercise and a healthful diet.

Recommended activities are walking, running, low-impact aerobics, rope jumping, and cross-country skiing.

The health benefits of maintaining your proper weight are immeasurable. By combining a well-balanced diet with your exercise program, you will be able to say fit and thin your entire life!

How Many Calories Do You Burn During Your Workout?

Activity	Calories Used Each 30 Minutes
(for 150-pound person)	
Aerobic dance (low impact, high intensity)	300
Cross-country skiing	400
Cycling, 4-minute miles	220
Rope jumping, 60 to 80 rpm	300
Rowing	200
Running, 9-minute miles	385
Swimming, crawl	200
Walking, 12-minute miles	300

SEE YOU NEXT MONTH