

THE PAPER RACE

KRRC NEWSLETTER

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ON THE RUN

By Dan Gould

Blondes. You gotta love 'em. I married one and she will always be one - as long as Lady Clairol is in business. While this is not about the one I married, Donna Hurst does have something in common with her (besides being cute, fun, etc). It was a sunny Sunday in January and Bill Linn, Pat Koerner, Donna and I were at the state park. Knowing Donna would set a pace that the rest of us couldn't handle, I gave her a key to the Dan van. About an hour and a half later, Bill, Pat and I returned to the parking lot where Donna and the chugging Dan van presented a welcome sight to tired legs and other frosty extremities. The only problem was that Donna was not in the van and the look on her face said "I'm not really a flaky blond but..." Sure. Doors locked - key in van. I had been through something like this with my own blond, so I had carried a key as well. This was close. I have to replace that Hide-A-Key. Love 'em. Gotta love 'em.

Speaking of the Sunday morning training runs, we haven't had a lot of company. Other than those named above, Ron Plowar and Nancy Ruda have been the only ones to maintain a consistent insanity. Footing has been

terrible. Bill Linn took a fall on the ice and twelve hours later took himself to the emergency room to x-ray the left wrist. Negative. Only a "contusion." At least he had an excuse. My fall in December was on perfectly dry pavement. Running in deep snow is a real workout. Running on ice is challenging. Just do it! Spring will come and you will be in great shape. Jo Boudreau, Race Director for this year's Governor's 10K & 5K, held her first committee meeting at Jeff Lonergan's on January 9th. While some members were unable to attend, considerable progress was made. Jo is to be congratulated on getting an early start. She has put together an album of newspaper clips and pictures covering the entire history of the Governor's (were you there when Craig Virgin, Joan Benoit or Jeff Galloway ran it?). If you have pictures or old entry forms you would be willing to donate to this club album, please contact Jo.

The annual organizational meeting and club social was held on January 11th at Jo Boudreau's. Approximately 30 members braved snow/freezing rain to socialize and elect officers. Nancy Ruda was elected President, Dave Hinderliter was elected Vice-President, and Jo Boudreau was elected Secretary-Treasurer. Pat Koerner,

having done an outstanding job as social director (no good deed goes unpunished), will once again perform that function and, for whatever reason, Bill Linn and I remain the newsletter editors.

Jo reported on the results of the Governor's committee meeting and a change in the race distance was discussed. The membership voted to add a 5K. Also enthusiastically endorsed was John Shoup's idea of printing posters with entry forms attached. Unrelated to the Governor's. It was also suggested that posters for the summer 5K series be printed with tear-offs containing the relevant information. The Special Olympics will receive a portion of the profits from the Governor's and, in return, will help promote the race. If you have an idea to make this race more fun and festive, please contact Jo.

Bill Linn reported that plans for the Winterfest 5K on February 3rd were complete and 1900 entry forms had been mailed. Dave Hinderliter is in charge of getting the trophies, Donna Hurst is in charge of registration, and Jo Boudreau will handle the finish line. Dave Bohike and his computer will be there for instant results. If you are not running, please come lend a hand, and socialize. I should also note that Pat

Koerner took himself to the winter woodshop and carved out some mile markers - thanks Pat! Ken Stark found inspiration in a running polar bear whose likeness - a very good one - will cover the front of this year's t-shirt - thanks Ken!

Dress code! The dress code for any meeting of runners is a clean t-shirt. Maybe two of us were in compliance at the annual meeting. Don Combs was the most serious violator as he wore a suit. In fairness to Don, it is reported that he came straight from work. He was in good spirits since Julie bound him up... well, his foot anyway. Being able to tape his own foot, Don is back getting in those miles. Julie was close to being in code, but it was an awful small t-shirt... or somebody had cut some of it off... her navel looked chilly. The "Ironwoman" was busy trying to explain the picture of her in the newspaper running the track at the Y. I think she said she was just using it for a cool-down after an ultra in a blizzard. Pat Koerner wore sweaters - with an "s." He must have changed three times during the meeting and we still didn't see all the sweaters Donna gave him for Christmas. Perhaps our new President will arrange to have some spare t-shirts at the meetings for those who forget the dress code. I mean we could be mistaken for a bunch of bikers if this keeps up!

Tom and Anna Goodberlet, our outgoing President and First Lady, brought pictures showing the progress of the country mansion they are building. Beautiful! Looks like a great place to have a running

club social. Howard Strassenburg, author of "Beauty Is Only Skin Deep...", announced to the assembled group that he had "the object of my affection right here in my pocket." When the laughter died down, Howard clarified that to indicate he meant a picture of the lady who was the subject of his story. Most observers agreed that she had her finer points. Al Widhalm put in his annual appearance. Al gets an upper body workout while running by waving at every car that goes by. Linda Krause was in attendance. She and Dianne Strufe are planning to run the Chicago Marathon. Jack Dorn, looking good, said he was running just enough so that he wasn't embarrassed to attend a running club meeting.

Jeff Lonergan, sporting a Florida tan, found some races to run on his recent trip and may have one-upped Charlie Grotevant. Jeff ran the 10K at Tampa on New Year's Day. Participation was heavy and Jeff decided he would have had a better chance in the 5K. Upon completing the 10K, it was announced that the 5K would start in ten minutes so Jeff signed up and ran it too. Jeff had run the Brawny Towel Hall of Fame 5K on December 29th. (See FINISH LINE for Results.)

For those of you who found humor in the bumper sticker adorning one of my albums (SEX IS BETTER THAN JOGGING - YOU DON'T NEED SPECIAL SHOES), it was a gift from my friend and co-worker, Judge Michela. He obviously hasn't heard of the new Nike Toe-Grippers or Heel Grabbers,

but about the only exercise he gets is jumping to conclusions (usually the correct one).

Ten club members traveled to Park Forest on January 20th for the Midwinter 10K Frolic which awards a trophy to every finisher. Race Director Stu Sax achieved a minor miracle when he got 300 or so assembled at the starting line to pause for a moment of silence for our friends in the middle east on day four of that war. He didn't do badly with the weather, either. Four of us found our mid-winter for to be excellent and were rewarded with PRs. Jim Grace and I pulled and pushed each other while keying on Bill Linn and John Brinkman for most of the race. Bill "White Shoes" Johnson keyed on us and a great day was had by all.

The Second Annual Lonergan Pre-Winterfest 5K turned out 50% more runners. Pat Koerner found the conditions favorable (overcast, temp 26, light wind, good footing on most of the course) and cruised to an easy victory in 17:54. Jim Grace and Bill Johnson took second and third. In addition to one-of-a-kind snowman trophies, the top three each received a high carb - high fat - edible award (french silk pie, a half gallon of ice cream, or ice cream bars). The last seven finishers received Alberto Salazar's "30 Minutes to Better Jogging" (a cassette with illustrated book) and a pair of sunglasses (to hide the embarrassment). Every finisher received a certificate of completion. Refreshments both before and after the race were plentiful and good. Of course, when

Janet Shelly is there, there always seems to be good food. Thanks to the hard work and generosity of Jeff Lonergan, a good time was had by all.

Congratulations to Judy Kilbride who just completed her Master's Degree - at age 51. She doesn't look 51 because she is a runner (not a day over 39, Judy!). Nor is getting her Master's at 51 any indication that she is academically slow. She has been busy raising six children, a husband (Gerry), holding down a full-time job, and, in the last few years, she has had to deal with two bouts of breast cancer. Judy was the subject of an Accent feature in The Sunday Journal on January 27th. Being so busy, Judy hasn't had much time for running club activities lately. Judy, we are thinking of you and will be here when you have time for us!

That will Due It - or have you paid your dues? If not please fill out the renewal form in last month's newsletter and mail it with your check - or bring it to Winterfest!

THE STARTING LINE

SUN, FEB 3, 1:00PM - 7th ANNUAL WINTERFEST 5K, Small Memorial Park, Kankakee. \$10/12 after 1/26, long Ts, 5yr AG, awards 2-4 deep in AG plus top 3 OA & top Master, random prizes. Bill Linn 815-935-0815.

SAT, FEB 9, 8:15AM/1015AM - GASPARILLA DISTANCE CLASSIC 15K & 5K, Tampa, FL. 813-225-1234. Charlie and I hope to see you there!

SUN, FEB 10, 1:00PM - FROSTY FIVE MILE, Middle Sch. Rec. Cen., Channahon.

\$8.50 by 3, \$12 thereafter. Stocking caps, top 5 OA, proportion 1 5yr AG, coffee, hot chocolate, pizza, post race drawing. 815-467-5361.

SAT, FEB 16, 6:00PM - EDISON FESTIVAL OF LIGHT 5K CLASSIC, Ft. Myers, FL. RRCA & TAC Open 5K Champion. Attendance may be down - Eastern Airlines was the official carrier.

SAT, FEB 23, 10:00AM - 10TH PARK FOREST 5 MILER, Keeling Center, 375 Oswego. \$8 till 2/26, \$10 thereafter. Thermal tags to 1st 200, awards 3 deep in 10yr AG & team awards. 708-957-7463.

SAT, MAR 2 - RED LOBSTER 10K, Orlando, FL. Pat Koerner and I found this to be a classic race last year.

THE FINISH LINE

JAN 20 MIDWINTER 10K FROLIC, Park Forest, 300 runners

John Brinkman	38:44 PR
Dan Gould	39:03 PR
Bill Linn	39:05
Jim Grace	39:08 PR
Bill Johnson	39:52
Tom Parlin	42:??
Georganne Hick	53:48
Mike Hickey	53:50
Lynn Troost	55:00
Gale Lehnus	58:06

JAN 27 - SIBERIAN EXPRESS, Kickapoo State Park, Danville

Charlie Grotevar

DEC 29 BRAUNY TOWEL HALL OF FAME 5K, Tampa

Jeff Lonergan 21:13

JAN 1 SHAWN WARD MEMORIAL 10K & 5K, Tampa

Jeff Lonergan 42:45 10K

Jeff Lonergan 21:40 5K

JAN 27 - LONERGAN PRE-WINTERFEST 5K (2nd Annual)

Pat Koerner	17:54
Jim Grace	19:28
Bill Johnson	19:55
Matt Gubbins	21:44
John Clausen	21:55
Al Widhalm	22:07
Ken Stark	23:33
Don Combs	24:27
Dan Gould	24:44
Bill Linn	24:45
"Papa" Henry Shelly	24:57
Heidi Clausen	31:00

HOW WELL DO YOU EAT?

by Susan Kalish

Submitted by Bill Linn

Do you eat a well-balanced diet? Read the question and circle your answer, then tabulate your score at the end of the quiz.

1. I eat breakfast

- a. daily
- b. a couple of times a week
- c. rarely

2. For breakfast, I usually have

- a. Juice, toast, tea, or coffee
- b. Juice, cereal, and toast
- c. tea or coffee and a doughnut
- d. more than any of the above
- e. nothing

3. I regularly eat

- a. whole-grain bread
- b. white bread
- c. no bread at all

4. I have one glass of fruit juice, a grapefruit, an apple, an orange, or another fruit

- a. less than six times a week
- b. once a day
- c. two or more times a day

5. I drink a glass of milk

- a. once a day
- b. two or three times a day

c. rarely

6. When I'm served fatty meat, I

a. always trim off the fat

b. often trim off the fat, but not always

c. never trim off the fat

7. I have a salad or vegetable

a. two or three times a week

b. with two or more meals a day

c. never

d. with one meal a day

8. I eat fried foods

a. two to three times a day

b. two to five times a week

c. about once a day

d. rarely

9. I apply salt to my food

a. in modest amounts when cooking, but never at the table

b. sometimes, depending on the food

c. almost always, it's a habit

d. rarely or never

10. I have sweet desserts

a. every day

b. one to four times a week

c. just on special occasions

11. I have snacks

a. one or two times a week

b. one or two times a day

c. three or more times a day

12. I drink tea, coffee, or soft drinks

a. six or more times a day

b. less than twice a day

c. two to six times a day

d. rarely

13. I drink water by itself

a. rarely

b. less than one glass a day

c. one to two glasses a day

d. three or more glasses a day

14. I maintain a healthy weight by

a. monitoring calories within my balanced diet

b. fasting

c. monitoring calories, as well as monitoring my exercise program

d. trying many different diets

15. I eat at fast-food restaurants

a. rarely

b. two to four times a week

c. every day

16. Complete this sentence: "Today I weigh..."

a. the same or less

b. 1 to 15 pounds more

c. 15 to 35 pounds more

d. 35 pounds more

... than I did when I was 21 years old."

17. I have alcoholic beverages

a. almost daily, only 1 drink

b. never

c. daily, 1 to 2 drinks

d. daily, 2 or more drinks

18. I consume fish

a. two or three times a week

b. rarely

c. once a week

Answers

1. a=3, b=1, c=0. Studies have found that people who eat breakfast have more energy and are more alert than those who don't.

2. a=2, b=3, c=1, d=3, e=0. Your breakfast should contain at least three of the four food groups: a milk product, a bread or cereal, a fruit or vegetable, and an egg or piece of meat, fish, or poultry. Breakfast is a good time to eat a nutritious, high-fiber, low-fat meal.

3. a=3, b=1, c=0. Fiber, which is found in whole grains, may reduce blood cholesterol levels and the risk of colon cancer.

Whole-grain breads are a good source of fiber.

4. a=0, b=1, c=3. Eat at least four to five servings of fruits, vegetables, or fruit juices a day for mineral, vitamins, and fiber.

5. a=1, b=3, c=0. Adult men should drink two glasses of milk or eat two servings of milk products a day. Women need three servings a day, while teens and pregnant women need four. Look for skim or low-fat products, which contain essential calcium without the extra fat. Calcium has been found to help reduce the risk of developing osteoporosis.

6. a=3, b=1, c=0. Eat two daily servings of meat, fish, poultry, or protein-alternatives, such as peanut butter or nuts. But be careful of the fat. Always trim off fat from meats, because this is saturated fat, which has been shown to increase blood cholesterol levels. Most Americans eat twice as much protein as they need, and far too much fat.

7. a=1, b=3, c=0, d=2. See answer 4. Fruits and vegetables not only are high in vitamins and minerals, but they also supply carbohydrates that fuel exercising muscles.

8. a=0, b=2, c=1, d=3. Fried foods contain significantly more fat than broiled, baked, or steamed foods. If you fry foods, use polyunsaturated or monounsaturated oils. Instead of saturated oils, lard, or hydrogenated vegetable oils.

9. $a=3, b=1, c=0, d=3$. Americans consume much more salt than they need. And, some people who are salt-sensitive increase their blood pressure when they consume salt. Processed foods can contain a great deal more salt than foods prepared at home.

10. $a=1, b=2, c=3$. Eat sweets only if you have calories to spare. High-calorie desserts usually are high in fat and have few vitamins or other nutrients.

11. $a=3, b=2, c=0$. Snacks are not bad for you if you eat nutritious ones, such as fruits, vegetables, and whole-grain crackers. Yet snacking in excess leads to weight gain.

12. $a=0, b=2, c=1, d=3$. Tea, coffee, and soft drinks have little or no nutritional value, yet contain caffeine, which can deplete the body of important nutrients if taken in excess.

13. $a=0, b=1, c=2, d=3$. Water is vital for almost all body functions. The average person loses more than three liters of water a day, which must be replaced. Dehydration causes fatigue and a loss of coordination, and it can be fatal in extreme cases.

14. $a=2, b=0, c=3, d=0$. Research has found that combining a healthy diet with exercise is the best way to lose or maintain weight. Dieting alone is not enough. Research also indicates that fasting and many fad diets are not only unhealthy, but also can, in fact, reduce your chance of reaching and maintaining a healthy weight.

15. $a=3, b=1, c=0$. Most of the food served at fast-food restaurants is high in calories, fat, and salt. Avoid eating

regularly in fast-food restaurants. When you do, look for healthy selections, such as fruit juices, salads, or plain hamburgers on whole-wheat buns.

16. $a=3, b=2, c=1, d=0$. Most people begin their adult years at a healthy weight but reduce their activity levels as they get older and slowly gain weight. People who are overweight have an increased risk of many diseases.

17. $a=3, b=3, c=0, d=1$. Alcohol, along with smoking and caffeine, depletes the body's calcium supply and weakens bones. Alcohol also is high in calories but low in nutrients. And, it interferes with the body's absorption of several B vitamins. Research has shown, however, that consuming one serving of beer, wine, or hard liquor a day isn't harmful, and in fact is associated with a reduced risk of heart disease.

18. $a=3, b=0, c=1$. Eating cold-water fish, such as salmon, mackerel, and cod, has been found to help reduce blood cholesterol levels. In general, fish has less fat than red meat. Substitute fish for red meat two to three times a week.

What Your Score Means

(45-54) You have excellent dietary habits. You seem to eat a balanced diet that includes generous portions from all four food groups.

(34-41) You have good dietary habits, but you could do better. Review your weakest areas and try to improve your diet.

(0-33) Your diet is inconsistent and unbalanced.

Fitness is more than exercising and not smoking. Read a good book on diet or talk to a registered dietician. Don't just take vitamin supplements to try to overcome your poor dietary habits - it won't work.

By improving your diet - and by exercising regularly - you will be improving your health and enhancing your chances for a longer, happier life.

SEE YOU NEXT MONTH