



Kankakee RIVER RUNNING CLUB

The Paper Race

MARCH 1994 KRRC NEWSLETTER, P.O. BOX 339, BOURBONNAIS, IL. 60914 ISSUE 73



MARCH

<u>Name</u>	<u>Day</u>	<u>Age</u>
Becky Criscione	23rd	53
Micah Dorn	15th	5
Sara Goodberlet	12th	14
Dale Huizenga	3rd	50
Sarah Huizenga	23rd	18
Ken Klipp	25th	45
Pat Koerner	27th	32
Kim Lippold	29th	25
Terry Morse	12th	40
Jim Stevens	7th	46



ON DAN'S RUN

BY DAN GOULD

March comes early this year. Well, your March *Paper Race* does, anyway. For Bill, Linda, and me, it seems we just get one put together and it is the end of the month again. February is a short month and that is about the only good thing that can be said for it. Besides, we have a major end of the month conflict so say "Hello" to March. How time marches on!

Actually, February wasn't all that bad. After what we went through in January, anything would be an improvement.

Our running month began with the

10th Annual Riverside Winterfest 5K, the first local race of the year. For the fifth year in row we were blessed with a great race day. The last time we got zinged by the weather was in '89 when we ran in the snow. Unfortunately, attendance at this year's race dropped off significantly. Only 261 runners and walkers registered compared to 300 or more each of the last three years. There is speculation that the January weather left many potential participants unprepared.

NEW MEMBERS SOCIAL

Saturday, March 19th

6:30 P.M.

SAM 'N ELLAS

670 W. Station St.

Join us! This is not a potluck. All food, pop, and beer furnished for only \$2 per person (feel free to bring a dessert!). We will have a private room (Sam's Side). Let's get acquainted or reacquainted. Spring forth! We need an accurate body count. R.S.V.P. NOW! Call Linda Linn, 935-0815.

Ivan and Marco Condori, however, were well prepared. We don't have a history of Winterfest, but I think their 15:43 and 15:46 were probably both course records. Lance Bovard, 39, ran 16:06 - for 5th place! Club members Tom Stluka and Pat Koerner were both under 17:00, but that only got them a second and third in age group. One very happy camper was Jim Grace. Mr.

**LET US RUN WITH
DETERMINATION THE
LIFE THAT LIES BEFORE
US. -Hebrews 12:1**

Muttonchops ran 17:18, second in age group and a PR by 40+ seconds. Yours truly, on the other hand, ran a personal-worst in recent history.

The race came off almost flawlessly this year. We got the mile markers out and had split callers. Dave's computer was better behaved and the awards ceremony was completed in a more reasonable time. The auxiliary police and the ambulance arrived after the race started, but the ambulance wasn't needed and Kankakee Park District Recreation Director Gerry Gund and his crew did a great job of traffic control. *The Daily Journal* gave us a color pic on the front page for the third year in a row in addition to other pictures and complete results the next day. We hope to have the cherry-picker back in service next year so Angie can get another one of those shots from above the crowd. The race just about runs itself after ten years, but a number of members volunteered their time to make it possible.

Ken Klipp was in charge of the starting line, finish line, announced the awards, and shoveled snow. Donna Koerner was in charge of race day registration. Thanks also go to other members who filled in when and where needed: Tom and Anna Goodberlet, Ron and Nancy Ruda, Henry and Janet Shelly, the Hickey family, Joyce Grotevant, Leon and Shirley Malone, Randy Devore, John Shoup and...

The *Paper Race* is the newsletter of the Kankakee River Running Club and is published each month for it's members' information and enjoyment. Members are encouraged to submit accounts of their adventures in running and racing.

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Social Coordinator Linda Linn

Well, we didn't have a sign-up sheet for workers so I may have missed someone, but Bill, Linda, and I thank everyone who contributed to the success of the race. If you have any thoughts on how to make it better next year, give us a call or drop us a line. By the way, we missed a lot of you!

Sue LaMore is wearing the race director's hat for another race. The Dr. King Center 5K Race and One-Mile Walk on April 23rd will be part of the 25th anniversary celebration of the Dr. King Center. Proceeds, if any, will benefit the Center which is affiliated with KCC. This may be a one time only event. I'm sure Sue would be happy to have your assistance on or before race day. Give her a call - 933-0206.

The Frosty Five at Channahon one week after Winterfest also recorded a reduction in numbers. With comparable race day weather, this year's registration was about 150 while last year saw 213 participants. I noted last month the small turnout for the Park Forest 10K.

I turned in another less than sparkling performance, but had a great race with the Charlies - Grotevant and Kennedy. I inspired them to kick the slop in my face the last half mile and they did it with enthusiasm. In addition to being insulted and injured by these two old men, two guys in my age group dusted me off by a few more seconds. I paid \$12 for a stocking hat and this abuse? Suddenly the guys riding the snowmobiles on the river along the race course don't look that crazy.

Cornstalk, Mr. Muttonchops, and I went to Chesterton on February 19th for the Duneland YMCA 5K (with a support crew of Donna and Colin). Why? Well, the forecast was for temperatures in the 50's, although showers were promised. The chance to put on the shorts and race in February is enticing. Besides, Pat and Jim did this race last year (held in January) and Pat won. The champ had to defend his crown.

On the other hand, Pat and Jim agreed this 5K had been measured with the bread and ice cream trucks used to measure one of the old Plainfield courses. This 5K was 3 miles! And Chesterton is an hour and a half! But, the race didn't start until eleven so we didn't have to get up at the crack of dawn and what else would we do with a Saturday in February? On the other hand, the entry fee was \$16 - \$18 if you didn't tell them you had called ahead and been promised the \$16 fee. It did feature a sweatshirt and lunch, however.

The course, the weather, and the results made this one memorable. The temperature was not in the 50's - try 60-65! The sun was shining and the wind was blowing straight out of the south at about 50 miles per hour. In what direction did we run for the longest period of time? Yep! Straight south. We don't know exactly how long because there were no mile markers.

The course is also remarkable for it's start - 30 yards from a corner. That 30 yards had water-filled potholes. Three blocks away you cross Route 49, a 4-lane divided highway. We had police protection, but they were a bit late securing the intersection and the leaders - Pat and Jim among them - had a little adventure with a southbound semi.

Pat was second, Jim was third, and I was down the line a bit, but we were all first in age group. The trophies and lunch were adequate and I felt good about my racing for the first time this year. A DQ on the way home rounded out a perfect outing! Ask the guys to tell you about our pre and post-race runs through the cemetery. There was a dead end, dead letters, dead tissue... Oh, gross, Dan!

Sunday at the park has been kind of sparse. I hope it is not indicative of recent news reports of a reduced

commitment to fitness. Race attendance at this time of the year can simply be charged off to the January weather, but we miss you!

Don't miss the March social. Since the club will put out some substantial money for food and drink, please RSVP. If you can sit or stand and do the twelve ounce curls, you are in shape for the March social. John

OVER 40, UNDER 4:00!

BOSTON- Ireland's Eammon Coghlan became the first man over 40 to run a mile in less than four minutes when, on February 20th, he ran 3:58:15. He ran the half in 1:59:76 and hit three-quarters in 2:59:21.

Coghlan, 41, set the current world indoor mile record of 3:49:78 in 1983.

Shoup and Dave Bohlke will conduct training sessions for anyone who doubts they are prepared for this event.

I had hoped to have the '94 Circuit Calendar in this issue, but it will be pretty much the same as last year's. I had also hoped that someone would have volunteered to do the Member Profile column, but that hasn't happened. How about a husband-wife team alternating months? Come on guys! We need your contribution! The last I heard we still needed a sponsor for the August 9th Summer Series 5K.

March 1st is my running anniversary - born again a runner 12 years ago! Thanks for the memories!

Hope to see you on the run! Don't miss the MALS Shamrock 10K and that evening we'll talk about it over a couple of cool ones at the New Members Social.

BICYCLING

Benefits

Cycling's cardiovascular benefits are nearly as great as running's. It maintains the elasticity of blood vessels.

Cycling strengthens muscles in the legs and buttocks, as well as in the arms and shoulders. It stretches the lower back and enhances overall muscle tone. It also benefits the abdominals and the diaphragm and may improve digestion.

Because it doesn't share the constant pounding of running, there's a lesser risk of injuries to joints. Olympic gold medalist marathoner Frank Shorter believes that cycling helps him recover from running workouts and races more quickly.

Cycling can extend the length of a workout. Distance runners can keep their heart rates up and muscle groups working for longer periods of time by biking during or after a long run. It will leave legs feeling fresher while introducing novelty.

Cycling is relaxing. It can be performed outdoors. It's practical, getting you where you need to go. And in inclement weather, you can practice indoors on a stationary cycling machine.

It can be a useful part of a weight or body-fat loss program.

Finally, cycling offers the special thrill of speeds in excess of running, swimming and many other sports

Agonists & Antagonists

Cycling is an effective complement to running because they exercise different muscles of the lower body.

Whereas running emphasizes the calves and the hamstrings in back of the thigh, cycling emphasizes the quadricep muscles in front of the thigh, the muscles of the outer thigh, and the gluteus in the butt.

Because the hams and the quads are connected to each other by tendons and ligaments, the actions of one muscle group will affect the other.

Most runners have weak quads and strong hams. As the hams get stronger, they get larger and tighter. Their pull on the tendons and ligaments near the knee can inflame this area. Knee bones may shift positions.

Shortened, tightened hams also

pressure the quads, causing pain, soreness, inflammation, even tears.

By strengthening the quadriceps, cycling can counteract these long-term imbalances and promote better coordinated muscle function.

For Beginners

Focus on avoiding the most common novice mistakes; riding too high a gear, stiffening the arms and upper body, gripping the bars too tightly, and wobbling from chopping down on the pedals instead of circling.

Practice staying low, with at least a 45-degree bend in your torso.

Don't strain your arms by leaning too far forward. That diverts energy from your legs. Pushing too much weight forward forces you to work harder.

Don't hold your arms straight in front of you. Bend your elbows to absorb shock, tuck them in, and drop your hands to the handlebars.

To minimize muscle stress, keep your knees in and legs relaxed.

Don't put your gears into high and slowly grind away. It's an energy drain.

Due to the angle of your body over the pedals and the relative strength of your quads to your hams, the pedaling upstroke will feel awkward. Don't rest, passively riding the pedal upward. Lift! Cycling power comes from deliberately pressing the muscles to work here.

Shift *before* corners, brake *before* turns

Plan your line and stick to it. Novices suffer more accidents from timidity than recklessness.

"Spinning"

...is maintaining a rapid crank cadence. You expend the same energy, but divide it evenly over more repetitions. That's more efficient, reducing the brute force required to turn the crank.

Because spinning requires less pedal force, it permits the weaker pulling leg muscles to complement the more powerful pushing muscles, so that force is applied evenly throughout each revolution.

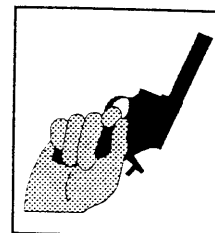
Try not shifting into higher gears when you want to go faster. Spin instead.

-*Saucony Club Newsletter*, Fall 1993.

THE

STARTING

LINE



Fri., Mar. 11th, 5 til 9 P.M. - 4th Annual Runners Go to the Cabery Volunteer Firemen's Fish Fry. Sample Fireman Koerner's award winning coleslaw. You may be invited to Koerner Farm for some of Mother Koerner's Kookies! Adults \$6, kids \$3. There is no "No Smoking" area in the Firehouse (Is that why they call them "smoke eaters?")

Sat., Mar. 12, 11:00 A.M.- 5TH Annual Race Director's Conference, LaSalle County Easter Seal Society Center (Ottawa), NO CHARGE - FREE LUNCH!..Conference follows Easter Seal 5K Run/Walk which starts at 9 A.M. Call Chris at 853-4547 after 5PM to register for the conference or Colleen Spurling at 434-0857 if you wish to run, walk, or work the race. A Starved rock Runners Production.

Sun., Mar. 13, 1:00 P.M. - St. Patrick's Day 5K Run/Walk, VFW Post 454, 1006 E. Lincoln, Bloomington, \$13/15 after 3/6, overall & top 3 in 5yr AG to age 50k, then 10 yr, "specially designed hat," raffle, post race party & refreshments. Lake Run Club. Call Bill 309-452-3366 between 10-5 PM.

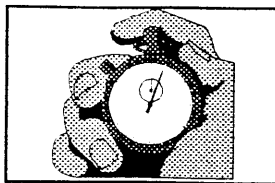
Sun., Mar. 13, 10:00 A.M. - Vertel's Original St. Patrick's Day 5 Mile Run, Cannon Drive just south of zoo entrance, register at Vertel's or park District Field House (just north of LaSalle Dr. & west of Cannon Dr.), \$12/15, ts, awards to top 3 in 13 age groups. 312-664-4903

Sat., Mar. 19, 8:30 A.M. - 13th Annual MALS Shamrock 10K, Morris H.S., 1004 Union St., \$10/12, long Ts, awards to top 3 OA and 2-4 deep in 5yr AG, Call 942-1955.

SAT., MAR. 19TH, 6:30 P.M. - KANKAKEE RIVER RUNNING CLUB'S NEW MEMBERS SOCIAL, Sam 'N' Ellas (Sam's Side), 650 W. Station St. (east side of the river). This is not a

potluck (but you can bring dessert if you like!). You pay only \$2 per person and the club will pick up the rest of the tab. Since we are buying food and drink, we need an accurate count. RSVP NOW to Social Coordinator Linda Linn, 935-0815.

THE
FINISH
LINE



Sat., Mar. 19, Mountain Goat Hill Runs & Walk, various distances, team events, Kickapoo State Park. starting times from 10:30 A.M. to 12:30 P.M. Some events require preregistration. Prices from \$10 to \$21. 217-431-4243 evenings. If you don't laugh at the hills, you may want to skip this one.

Sat., Mar. 26, 9A.M. - Walleye Run 5K, Hall H.S., 800 W. Erie, Spring Valley, \$10/12, ts, 1st OA & 3 deep in 5yr AG.

Mar. 25-27, Sports & Fitness Expo, Chicago Hilton and Towers, 720 S. Michigan Ave. Free Admission, 50 exhibitors, packet pick-up for Sportmart Shamrock Shuffle. For special room rates 78-875-0200.

Sun., Mar. 27, 9:00 A.M. - Sportmart Shamrock Shuffle 8K, fees \$12-22. Buy a pair of NIKE Shoes at regular price at Sportmart and received a Free Race Entry.

Sat., Apr. 2, 10 A.M. - Fool's Run IX, 4M, Shubert Woods Entrance, Cromwell & Chestnut, Park Forest, \$10/12, long Ts, pancakes, unspecified awards. 708-481-4521

Sat., Apr.9, 9:30 A.M. - Just A Little Run, Eisenhower Fitness Center, 2550 178th St., Lansing, \$10/13, long ts, 3 deep in 5yr AG to age 60M (F goes 50 & over) nice raffle prizes, great refreshments. Two loop course.

Sat., Apr. 9, Midnight - Only Fools Run at Midnight, Carbon Hill. Call MALS for info at 942-1955.

Feb. 6, Riverside Winterfest 5K, Sunny, 35 degrees, west wind, 197 runners finished; 36 walkers.

Lance Bovard	16:06	1AG
Tom Stluka	16:30	2AG
Pat Koerner	16:57	3AG
Jim Grace	17:18	PR2AG
Mike Hickey	18:46	2AG
Mike Wolfe	18:48	
Rich Olmstead	19:11	
Graig Hickey	19:14	
John Brinkman	19:17	
Charles Kennedy	19:43	1AG
Charlie Grotevant	19:48	
Dan Gould	19:52	4AG
Tom Parlin	20:23	
Carol Pratt-Bauer	20:39	
Bob Pool	21:04	2AG
Theresa Burgard	21:50	1AG
Nancy Thompson	21:53	2AG
Tim Benoit	22:20	
Jim Stevens	22:29	
Brian Noffke	22:41	
Ken Stark	22:42	
Jeff Lonergan	22:42	
Tom Goodberlet	22:48	
Dave Schkerke	23:08	
Dave LaMontagne	23:18	
Don Combs	23:33	
Dan Flynn	23:44	
Rob Tenczar	23:55	
Pat Baldwin	25:24	
Mike Monahan	25:27	
Carol Stapleton	26:09	
Randy Riegel	26:16	
Mike McGuckin	27:04	
Mike Belletete	27:29	
Jim Ruberg	27:48	
Gale Lehnus	28:17	
Chris Beaupre	28:50	
Mark Beaupre	29:15	
Georganne Hickey	29:58	
Linda Linn	30:14	
John Flynn	30:19	
Shirley Malone	34:40	1AG

Walkers:

Larry Wasser	32:10	2nd
Marge Flynn	42:56	24th

Feb. 13, Frosty 5M, Channahon, Sunny, 35 degrees, X-wind, 150 finishers

Pat Koerner, 27:24, 5OA; Charlie Grotevant, 32:31, 4AG; Charlie Kennedy, 32:36, 1AG; Dan Gould, 32:40, SOL; Carol Pratt-Bauer, 34:00, 2OA.

Feb., 19, Duneland YMCA Flurry Scurry 5K (3M at best!), Sunny, 60 degrees +, south wind about 50MPH, 81 finishers.

Pat Koerner, 16:12, 2OA & 1AG; Jim Grace, 17:02, 3OA & 1AG; Dan Gould, 18:38, 1AG.

LESSONS FOR THE HEART

-96% of heart attacks are not related to exertion and among the 4% that did occur during or after some physical activity might have occurred even without the exertion.

-Sedentary people have a 100 times greater risk of a heart attack during strenuous exertion than at other times.

-Activity triggering a heart attack is seldom exercise, but daily activity such as yard work, climbing stairs, or housework.

THE DAILY DOSE

<u>Product</u>	<u>Caffeine (mg)</u>
Coffee, drip/brew 6oz	80-175
Tea, 5 min. steep, 6oz	20-100
Hot Cocoa, 6oz	2-20
Coca-Cola, 12oz	30-45
Choc. cake	20-30
Excedrin, 2 pills	130

-University of California at Berkeley Wellness Letter, March 1994

Kankakee River Running Club 1993 Circuit Results

(Only those with 5 or more races are shown)

Name	Age Group	Circuit-Pts	#Races	Tot-Pts
Chris M Walsh	F OVERALL	48	5	48
The person above is the Female Runner of the Year. Her name has been removed from the age groups below.				
Kathleen H Steffen	F OVERALL	37	8	43
Mary Moss	F OVERALL	35	5	35
Nancy J Ruda	F OVERALL	34	9	40
Theresa C Burgard	F OVERALL	30	5	30
Dee M Osenglewski	F OVERALL	15	6	15
Amanda Uribe	F OVERALL	4	6	4
Shirley A Malone	F OVERALL	1	9	1
Patrick D Koerner	M OVERALL	44	9	68
Tom Stluka	M OVERALL	44	9	63
The two people above are tied for the Male Runner of the Year. Since there was no official tie-breaker policy in place, they will both receive an award. Their names have been removed from the age groups.				
Bryce M Baker	M OVERALL	36	5	36
Troy R Walker	M OVERALL	32	6	32
Marlin R Howe	M OVERALL	23	6	23
Ken P Klipp	M OVERALL	22	6	22
James P Grace	M OVERALL	17	7	17
Keith A Theison	M OVERALL	8	5	8
Clinton L Carter	M OVERALL	4	6	4
Rich W Olmstead	M OVERALL	3	7	3
Larry L Lane	M OVERALL	3	5	3
Daniel W Gould	M OVERALL	2	10	2
Amanda Uribe	F 1 - 14	39	6	44
Krista A Hickey	F 1 - 14	32	5	32
Nancy J Ruda	F 35 - 39	47	9	78
Mary Moss	F 35 - 39	47	5	47
Theresa C Burgard	F 35 - 39	47	5	47
Dee M Osenglewski	F 35 - 39	40	6	45
Kathleen H Steffen	F 40 - 44	49	8	74
Georganne L Hickey	F 40 - 44	32	5	32
Shirley A Malone	F 60 - 99	50	9	88
Shawn K Sullivan	M 1 - 14	43	5	43
Daniel Flynn	M 1 - 14	22	5	22
Bryce M Baker	M 15 - 19	47	5	47
Troy R Walker	M 15 - 19	44	6	51
Michael G Wolfe	M 15 - 19	42	5	42
Graig Hickey	M 15 - 19	23	5	23
Clinton L Carter	M 30 - 34	35	6	38
Douglas W Uribe	M 30 - 34	26	6	26
John D Lafond	M 30 - 34	23	7	24
Marlin R Howe	M 35 - 39	50	6	58
James P Grace	M 35 - 39	46	7	60

Kankakee River Running Club 1993 Circuit Results

(Only those with 5 or more races are shown)

Name	Age Group	Circuit-Pts	#Races	Tot-Pts
John E Brinkman	M 35 - 39	29	5	29
Tom Parlin	M 35 - 39	26	5	26
Robert A Williams	M 35 - 39	25	5	25
Tom Goodberlet	M 35 - 39	23	5	23
Jeff P Lonergan	M 35 - 39	21	5	21
Randy Riegel	M 35 - 39	10	5	10
Ken P Klipp	M 40 - 44	49	6	57
Rich W Olmstead	M 40 - 44	41	7	47
Mike K Hickey	M 40 - 44	37	5	37
Thomas J Uribe	M 40 - 44	27	6	27
Michael T Morel	M 40 - 44	19	6	20
Henry J Shelly	M 40 - 44	15	7	15
Ellis S Stephens	M 40 - 44	10	6	10
David R Schkerke	M 40 - 44	5	5	5
Keith A Theison	M 45 - 49	49	5	49
Daniel W Gould	M 45 - 49	47	10	84
Larry L Lane	M 45 - 49	47	5	47
Paul L Surprenant	M 45 - 49	23	5	23
Ronald E Piwowar	M 45 - 49	21	7	23
Steve Zorns	M 45 - 49	20	6	20
Butch H Coy	M 45 - 49	13	6	13
Michael J Belletete	M 45 - 49	9	6	9
Dennis C Blais	M 45 - 49	5	5	5
John S Flynn	M 45 - 49	3	8	3
Charlie Grotevant	M 50 - 54	50	9	86
David B Hedlin	M 50 - 54	41	5	41
Robert E Pool	M 55 - 59	48	6	56
Gale F Lehnus	M 55 - 59	34	5	34
Leon J Malone	M 60 - 99	45	7	55