



Kankakee RIVER RUNNING CLUB

The Paper Race

APRIL 1994 KRRC NEWSLETTER, P.O. BOX 339, BOURBONNAIS, IL. 60914 ISSUE 74

Mike Joens, 18
John Pool, 51



ON DAN'S RUN by Dan Gould

Howard Strassenburg lives! For those of you who are new to the group (within the last couple years), that is not a revelation because you didn't know he existed. For the old-timers, the response is, "Why?"

Howard was once a runner. He was born twenty years after the turn of the century and ran around the world, more or less. He participated internationally as a master/senior runner and his rambling recollections of those adventures were recounted in these pages. He comes to mind this day because he left a message on my answering machine. In short, he took umbrage with last month's column in which I said that the only good thing about February was that it was a short month. Howard noted that it was the month of his birth along with a couple famous presidents. I have never thought of Howard as presidential material, but I don't want to put anybody down because of the month in which they were born (I can find lots of other reasons to do that). I should have qualified my remarks about February by adding the phrase "in this climate."

So, Howard, no offense was intended and I humbly apologize. Now, where have you been for the last two years? Rumor has it that you've gotten fat and can't jog to the corner. Have you stopped chasing women? More importantly, have you paid your dues? You won't even be reading this if you haven't.

WANTED: RUNNERS / WALKERS

The 24 Hour Relay at BBCHS is May 14 - 15. This year our club will sponsor two teams, a competitive and non-competitive team. Don't miss this unique opportunity to compete and contribute. Call Linda Linn, 935-0815.

Happy 15th Anniversary to . . . us! The Kankakee River Running Club came into existence on April 23rd, 1979, at an organizational meeting at the Bourbonnais Municipal Center. Thirty-eight runners joined the club at that time. Mike Berz was Vice-President and Lynn Troost was Treasurer. They are still members as are Ken Klipp, Doc Baldwin and...Howard Strassenburg!

"Nice job, Bill!" "Thanks, Linda!" After SIX years of cranking out this monthly newsletter, I think we deserve a pat on the back, even if we have to give it to ourselves. The newsletter had been a sporadic event prior to April of 1988 when Bill, Linda, and I began our efforts to get it out every month. A newsletter is the glue that holds us together, keeps us in touch. Bill said, "Dan, we can do it!" We have, along with Linda and a number of others. Dave Bohlke labored every month for several years to put it in final form until I got a computer. I think John Shoup got out a "bonus issue" one year. Pat and Donna Koerner have helped with

APRIL

<u>Name</u>	<u>Day</u>	<u>Age</u>
Tom Baldwin	7th	74
David Bohlke	20th	48
Lindsey Brinkman	7th	8
Brianne Brinkman	12th	6
Anna Goodberlet	17th	36
Kyle Goodberlet	4th	12
Georganne Hickey	9th	42
Charles Kennedy	12th	56
R.D. King	9th	46
Dee Osenglewski	2nd	38
Ron Piwowar	18th	47
James Ruberg	10th	43
Jaymie Simmon	7th	46
Jessica Simmon	3rd	19
Ken Stark	2nd	51
Wanda Warman	14th	42
Megan Widhalm	17th	10
Steve Zorns	16th	46

WELCOME NEW MEMBERS

Mike Furl, 48
Paul, 46, and Linda, 46, Suprenant
Paul Schmidt, 15
Dee, 29, and Jack, 33, Sarowatz
Nancy LeDuke, 47
Ed Hedding, 35
The Rahrigs - Randy, 35; Ann, 33;
Tricia, 11; Samantha, 9; Tyler, 5; Collin,
3.
Chris Walsh, 32

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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V-Pres. Pat Koerner 932-1009
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Social Coordinator Linda Linn

the assembly of the newsletter on the Linn kitchen table many a time and the Hurst Security copy machine has been our back-up printer. To all who have contributed, thank you!

February gave me one last shot after last month's issue. I was scheduled to fly to Bradenton on Friday, February 25th. By 10:30 that morning Midway was closed and I doubted I could get to the airport. We had gotten nailed on Wednesday by the snow and I was relieved that Mother Nature was getting it out of her system. Anyway, I called, re-booked for Saturday afternoon, and got to shovel the driveway one more time.

If there was a silver lining, it was the chance to chat with Becky Criscione on Saturday afternoon. Becky, her husband, and a friend were booked on the same flight and staying in Sarasota. I even came up with a race in Sarasota for her, but she was too busy swinging the golf clubs to run it. I saw the race results - she would have brought home the gold!

As always, I enjoyed my "check on Dad" vacation, playing golf, running, racing and relaxing. I ran two races with John and Erma Hickey who are like the proverbial "two kids in a candy store" when it comes to road racing in Florida. Erma doesn't know what to do with all the gold they bring home. They are both competitive in their age groups which, Erma says, is due in part to the fact that they have kept on running

while their contemporaries have taken up more sedentary life styles.

There are many quality races in Florida during the winter and one of the Hickeys' major problems is deciding which ones to run. A rotten, dirty, job to be sure, but somebody has to do it! I met them first at Plant City for the Strawberry Classic 5K/10K. They both took first in age group in the 5K which is cross-country. The next day they went to Zephyrhills for another 5K! I would like to give you some results, but my notes disappeared from Florida along with my notes from the Morris 10K disappeared into the black hole of space.

The Strawberry Festival is kind of a country fair celebrating the major local crop - strawberries. Part of the post-race refreshments are strawberries, of course. They also serve fruit and hot dogs. The hot dogs are served by the "Wienie Queen," Joanne Brown. I think she must be related to Janet "Buns" Brown, now of Beaumont, Texas. What Janet knows about buns, Joanne knows about wienies. Talking with Joanne was a real pun time. Any further discussion on this subject would not be appropriate in a family publication.

I think Anna Goodberlet would really like the Strawberry Festival. Anna loves "country" and this year's entertainers were Wynonna Judd, Billy Ray Cyrus, Doug Stone, John Anderson, the Oak Ridge boys, Tanya Tucker, Barbara Mandrell, and Ricky Van Shelton. I really did think of you, Anna.

I also thought of John Shoup, but that was at the Gulf Drive Cafe on Bradenton Beach. I like their barbecue beef sandwich (with fries, of course) and their chocolate mousse pie. On nice days you can eat on the open air patio and gaze across the beach at the blue-green waters of the Gulf of Mexico. John? Oh, I thought of him because I knew he would have remarked on how well the waitresses fit into their jeans. Sprayed on? Well, I didn't ask.

I thought of my wife. No, she doesn't care much for Florida. She thinks the palm trees look like toilet bowl brushes, doesn't like old people, bugs, etc. I saw a tee shirt that said: HELP1 I'M TALKING ON THE

TELEPHONE AND I CAN'T SHUT UP! I wanted to get it for her, but I didn't think the woman wearing it would have appreciated that. No, I don't suppose Pat would have appreciated it either.

The Strawberry Classic is a week after Tampa's Gasparilla and a number of the elite runners do both. The prize money for the Classic isn't great, but \$1,200 is good pay for a 28:26, this year's winning time in the 10K. Kenyans and Russians dominated.

I had anticipated watching Gasparilla on TV my first morning in Florida, but I was shoveling the snow from my driveway in Kankakee instead. There were at least two stories of note at Gasparilla this year. Phillimon Hanneck of Zimbabwe set a course record of 42:35 for the 15K, a 4:34 pace. He did it in a pair of loaner shoes nearly two sizes too big that he borrowed from Jon Brown just before the start. Why? Because he found himself at the start with two left racing shoes! Brown, with whom he had shared a hotel room the night before, loaned Hanneck his spare pair of shoes and, since no good deed goes unpunished, Hanneck kicked past Brown in the last 400 meters for the \$10,000 first prize (second place worth \$5,500).

The other story was the death of a 55 year old runner who participated in the 5K. He apparently suffered a heart attack.

March 12th found me in Dunedin (Dah-ne-din) to participate in the Run for the Pennant 5K. The staging ground was Grant Field, winter home of the World Champion Toronto Blue Jays. John and Erma were there, it was a sunny, cool morning and a flat course. A pancake breakfast was included in the entry fee and we each brought home some gold. Not too shabby!

March 19th I drove to Morris for the MALS Shamrock 10K. I've been doing this race for many years. I like the couple miles we do on the towpath. Cornstalk was there and ran a good time. Jim Grace used it as a training run warm-up for the Cary Grove Hlaf which he would run on Sunday. Carol Pratt-Bauer was first female overall and close on my heels. I didn't get a chance to talk with her, but a sub-41

must have been close to her PR. They had 236 runners this year, but the age group times were kind of slow.

The evening of the 19th found us at Sam's enjoying the company of the 40+ members in attendance. This New Members Social was unique - we actually had some new members there! Henry Shelly had come up with about 120 names of potential new members from his computer, I made up a flyer, John Shoup donated some paper, Hurst Security copied the flyer, and Pat and Donna Koerner got it in the mail. A revolutionary idea - soliciting people to join the club! It worked. Not all the new members were able to attend nor did I get to talk with all of them. I did meet and talk with Randy and Ann Rahrig [Ann - Linda Linn has your plaque from Winterfest] and Mike and Sharon Furl. Paul and Linda Suprenant were there as was Nancy LeDuke. Had we been better organized, there would have been name tags and smooth introductions. Well, maybe next year.

As to Sam's, it seemed to work well. It was our first departure from the potluck type of social except for our Chicago Dough suppers in conjunction with the pool party. The next cost to the club was a little over \$200.

April is upon us and hopefully some of that great running weather. We have a new local race, the Dr. King 5K on April 23rd., although it may be a one shot affair. I hope that next month I will be able to report that Jim Grace, Charlie Grotevant and I successfully negotiated the 26.2 miles from Hopkinton to Boston on Patriot's Day.

For those of you who cross-train on the bike, be careful! Drivers are really looking for us yet - if ever - and one bicyclist was hit on the Manteno-DeSelm Road by a driver who said he was blinded by the sun.

Share your running adventures with us! Hope to see you on Dan's run!

IN THE MAIL

-Thank you very much for the racing circuit award. I was very honored, especially since I didn't know I was competing for it! I have enclosed my application for membership and am looking forward to learning more about the Kankakee River Running Club. Thank you again for this award and I'll see you on the road this Spring!

Sincerely, Chris Walsh

-Special congratulations to Yuh-wen Chow!!! As a result of months of physical training and academic study, KRRC member Yuh-wen Chow has passed the test and has achieved her first belt in Aikido. This is a Yellow Belt as the first step in this martial art and it is a good sign of more progress to be made. However, the running, x-country skiing, aerobics, mountain biking and aikido will have to be put on hold for the time being. During Yuh-Wen's first advanced Aikido class she unfortunately sprained her ankle. After x-rays and pain killers she is now thinking about expanding the x-training to include swimming and more upper body weight work. Asked for comment, Ms. Chow says that she is hoping to be mobile enough to "Go shopping and go out for Hooter's chicken wings very soon!!" Gung-ho Yuh-wen Chow!

-Tim Benoit

Just a quick note about my participation in the inaugural running of the Walt Disney World Marathon On January 16, 1994.

Race officials were only accepting the first 6,000 registrations, but race day saw 8,200 at the starting line. Obviously, a big draw was Disney World and what better place to be when the temps were minus zero at home! It was interesting to hear the locals complain about the cold temperature of forty degrees at the start of the race at 6 A.M. - I assured them they had no idea what cold was!!

The first half of the race was very interesting in that you ran through PARTS of the three theme parks and, at the thirteen mile mark, you ran through the castle. After that the

course became quite boring as it wound around the outskirts of the Disney properties on frontage roads, past their sewerage treatment facility (a real treat!) and along the interstate before finishing at the Epcot Center parking lot with sunshine and sixty degrees. There were only one or two places where spectators could view/encourage and I was disappointed in the course as their literature boasted "run through the three theme parks" - we did that but only through a small portion of each one. It would have been more beneficial to have something to occupy my brain those last thirteen miles other than an out and back on a frontage road.

In general, it was an okay race - I finished with a 4:35 and would recommend anyone who thinks about running this race in the future to take LOTS of money with them as it's quite expensive and especially so if you stay at one of the Disney hotels. A questionnaire was sent out to all participants and they seem to be trying to make efforts to improve next year's race which is scheduled for January 8, 1995. Hopefully, it will include revising the last half of the course.

- Kathryn Penn

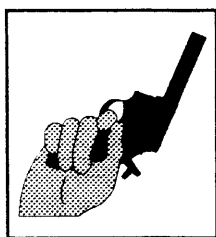
-The Manteno 5K Road Race Committee is pleased to announce that the "Manteno 5K Road Race and Walk for Wellness" will now benefit the Manteno D.A.R.R.E. Program. For the ten years that the race has existed it has not been a money-making venture. The committee's only goal was to put on the best race possible. Manteno Bank has been the primary sponsor since the race began in 1984 and their donation, along with entry fees, covered the costs.

The race committee has now joined forces with the Manteno D.A.R.E. Program and will actively seek donations and sponsorships from individuals and businesses who would like to support the D.A.R.E. Program, along with manteno Bank which will continue to be a sponsor. The race has been renamed the "Manteno 5K Road Race and Walk for D.A.R.E." and will be held, as it has been for the past ten years, on Father's Day Sunday, which is June 19th this year.

The race has never before had a "cause" like this associated with it. The same crew will administer the race, but, hopefully, with added sponsorship, proceeds will be realized which can benefit the Manteno D.A.R.E. Program. Both Officer Terry Keigher, the Manteno D.A.R.E. Officer, and I are excited about working together on this project. We hope to see you then and would encourage you to bring your whole family to run or walk for D.A.R.E.

-Sue LaMore

[Ed. Note: Call Sue 468-3183 evenings or 933-0206 days to offer your support.]



THE
STARTING
LINE

KRRC members of all abilities meet at the Kankakee River State Park (parking lot across from heated rest rooms) at 8 AM from May through September and 9 AM from October through April to run and socialize on off-race Sundays. Individuals may vary the starting time based on the distance they intend to run and conflicting personal obligations. Bring a friend and join us!

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 Park Pavilion, Ts, \$12/15, 5yr AG 2- 4 deep., post race party. Hundreds of fools do this every year! Morris Area Leisure Services 942-1955.

Sat., Apr. 16, River-to-River Relay, from

the Mississippi to the Ohio - 80 Miles of running fun across southern Illinois.

Sat., Apr. 16, 9:30 A.M. - Eureka Spring Classic 4M, Eureka Lake Pavilion, Ts, \$10/12, mostly 5 yr AG, Clydsdale division, 309-467-2119.

Sun., Apr. 17, 8:00 A.M. - OLPHUNRUN 5K, Jackman Park Gazebo, Lehigh Ave., Glenview, Ts, \$12/15, 10 yr. AG. 708-724-0455.

Sun., Apr. 17, 7:30 A.M. - Freedom Run 5K, Carol Stream, \$10/15, 708/668-6488.

Mon., Apr. 18, Noon - BOSTON MARATHON - See Jim, Charlie and Dan run!

Sat., Apr. 23, 9:00 A.M. - DR. KING CENTER 5K RACE & 1 MILE WALK, Kankakee Community College, Ts, \$9/10, 5yr AG, post race refreshments & free lunch at the Armory. Race is held in conjunction with the 25th anniversary celebration of the Dr. King Education Centers of KCC and the observance of Community College Month. Sue 933-0206.

Sun., Apr. 24, 8:00 A.M. - Gargoyle Gallop 8K, Chicago, \$12/18, Ts, CARA Circuit Race.

Sun., Apr. 24, 1 P.M. - March of Dimes 5K LaSalle-Peru WalkAmerica, YMCA 300 Walnut Road, Peru, \$12/15, Ts, medallions 2 deep (this is, obviously, a fund raiser).

Sat. Apr. 30, 9:00 A.M. - 3rd Annual ADV 5K Run/Walk, St. Mary's Hospital, Streator, Ts, \$12/15, 5yr AG, 2-4 deep, door prizes. A Starved Rock Runners Circuit Race.

Sun., May 1st ? Earl's 5K ?

Sun., May 1, 8:15 A.M. - 14th Annual Lake County Races, Zion. 10K, Half & Marathon. You'll need a 2nd mortgage to pay the entry fee if you register after April 15th. This is quite a production. Sheraton North Shore is host hotel. There is an expo, seminars, and pasta party on Saturday.

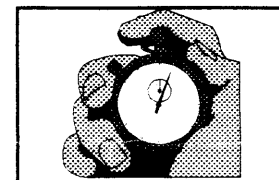
Sat., May 14, 9:00 A.M. - Lake Run 7.5M, 4.37M, or Walk 3M, Ts, \$12/15 after 5/6, 5yr AG, 3-5 deep, door prizes, post race party. 309/454-9777.

Sun., May 22, 8:00 A.M. - Armed Forces 12K Classic, New Lenox VFW, Ts, \$11/14, 5yr AG, hot dogs, pop, beer. PSRR Circuit Race. 815/838-3418.

Sat., May 28, 8:00 A.M. - 9th Annual Loda 10K Lake Run, Loda Grade School, Ts, \$10/12 after 5/23 (subtract \$2 if no shirt wanted), 5 yr AG 2-5 deep, hot dogs & beans. TAC cert. course. Call Bob or Carol 217-386-2579.

Sun., Jun. 5, 8:00 A.M. - Racing Hearts 10K, St. Joseph College of Nursing, 290 N. Springfield, Joliet, Ts, \$10/12 after 5/27, 5yr AG, proportioned awards, door prizes. PSRR Circuit Race. 725-7133, Ext. 3147.

THE
FINISH
LINE



Mar. 5, 13th Annual Strawberry Classic 5K/10K, Plant City, FL. - 10K, Dan Gould, 40:19; 5K, John & Erma Hickey, 1st in AG.

Mar. 12, Run for the Pennant 5K, Dunedin, FL. - Dan Gould, 19:17, 3AG; John, 3AG; Erma, 1AG.

Mar. 6, Delavan Half-Marathon - Charlie Grotevant, 1:32:11, 2AG; Charles Kennedy, 1:33:51; Carol Pratt-Bauer, 1:48:??.

Mar. 12, St. Pat's Run 5M, Mahomet - Charlie Grotevant, 33:32, 2AG; Charles Kennedy, 32:24, 2AG.

Mar. 19, Shamrock 10K (Morris), 236 finishers - Jim Grace, 39:20 (just warming up for Cary Grove); Dan Gould, 40:18, 3AG; Carol Pratt-Bauer, 40:??, 10A; Pat Koerner, 34:08

'Rabbit' wins L.A. Marathon

Paul Pilkington, paid to be the "rabbit" or pacesetter in the Los Angeles Marathon, pulled a major surprise by winning the race. No one was more shocked than Luca Barzaghi of Italy, who finished second.

Barzaghi was so confident that he mentally chose the color he wanted for the luxury car that went to the winner. He said he did not pass Pilkington because he was told the pacesetter would do just that, set the pace, and nothing more.

Third-place finisher Andrzej Krzyscin of Poland also said was told the pacesetter would drop out, "100 percent for sure."

Pilkington said he did not understand why anyone would assume that he would quit since, as an American, he was also competing for the U.S. Track and Field marathon championship. This was the first time the Los Angeles Marathon was designated as the national championship race.

Olga Appell, a Mexican who became a U.S. citizen last month, led the women clocking a personal best of 2:28:12. The winners each received \$15,000 and a Mercedes. Second place was worth \$10,000.

Mar. 19, Mountain Goat 6.6M, Kickapoo State Park, Danville - Larry Lane, 45:24, 10th Master; Charlie Grotevant, 45:47, 12th Master (1st over 50)

Mar. 20, Cary Grove Half-Marathon, Jim Grace - 1:22:54

Mar. 26, Trail Breaker Marathon, Waukasha, WI., Jim Grace - 3:13:48, 18th of 176.

FITNESS

Swimming surprises

Swimming is often praised as an ideal exercise—and for good reason. It makes the heart and lungs work more efficiently, enhances muscle strength and endurance, improves flexibility, and helps reduce stress. Yet it's easy on the joints (this has its negative side, though—since swimming isn't a weight-bearing activity, it strengthens bones less than, say, walking or weight lifting). Swimming uses more muscles than nearly any other exercise, except perhaps cross-country skiing. But is swimming a good way to burn calories—and thus to lose weight?

Yes, to the first part of this question, according to Howard Wainer, a statistician and swimmer, who recently calculated that champion swimmers burn about 25% more calories than champion runners in a given time. In addition, strenuous swimming burns, on average, nearly four times as many calories as strenuously running the same distance, largely because it takes much longer to swim a given distance than to run it. (Champion male runners, Wainer calculated, can cover 3.75 times as much ground as champion swimmers in the same time; for women the ratio is 3.5.) His study was published in *Chance*, the journal of the American Statistical Association.

Swimming's high energy expenditure might be explained by several factors. Swimmers expend lots of energy because they have to overcome the "drag forces" that impede high-speed movement through water. They must also use their arms and legs. And they have to expend some energy simply to stay afloat. Women may be slightly more efficient swimmers than men (as Wainer's ratios suggest) because women tend to be shorter and to have more body fat, which makes them more buoyant.

And if you aren't a champion swimmer?

Wainer's calculations were based on elite athletes and on world record times in swimming and track. He did not take into consideration many variables that affect swimmers—such as a swimmer's initial weight, body fat, muscularity, level of exer-

tion, overall fitness level, and stroke, as well as the water temperature—and he didn't discuss the issue of weight loss.

His findings were somewhat surprising, since it's well known that in the real world, recreational swimmers tend to lose *less* weight than would be expected from other types of aerobic activity. For instance, a 1988 study at the University of California at Irvine that asked overweight women to walk briskly, ride a stationary bicycle, or swim daily found that while the cyclists and walkers lost weight, the swimmers gained a little (however, all three groups showed cardiovascular improvements). But the subjects were allowed to eat as much as they wanted and to exercise at whatever intensity they wished. The swimmers might have lost weight if they had tried to limit what they ate, or if they had made the effort to swim strenuously. Other studies have had inconsistent results—some have found that swimmers do lose weight (and body fat), some that they gain a few pounds, and some that the swimmers have no change in weight. And often, if swimmers gain weight, it's lean body mass (muscle), not fat.

Why is swimming different from other forms of aerobic exercise? After all, done vigorously, it burns about 500 to 650 calories per hour. Scientists speculate that cold water removes much more heat from the body than air at the same temperature does, and that this energy loss, occurring day after day, may stimulate appetite to keep the body warm. Also, regular exposure to cold water may encourage the body to maintain or increase the fat stores under the skin that serve as insulation. Swimming is one sport in which body fat offers benefits: studies have found that extra fat gives a swimmer a better chance of completing long-distance races in cold water.

If your main reason for swimming (or doing any type of exercise) is to lose weight, it's only common sense that you should try to cut down on the calories you eat. And make sure you swim fast. Many overweight people don't swim fast enough or long enough to lose weight.