



Kankakee RIVER RUNNING CLUB

The Paper Race

MARCH 1995 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 85



MARCH

<u>Name</u>	<u>Day</u>	<u>Age</u>
Becky Criscione	23rd	54
Renee Dixon	1st	27
Micah Dorn	15th	6
Sara Goodberlet	12th	15
Dale Huizenga	3rd	51
Sarah Huizenga	23rd	19
Ken Klipp	25th	46
Pat Koerner	27th	33
Kim Lippold	29th	26
Terry Morse	12th	41
Tom Seitz	3rd	45
Jim Stevens	7th	47
Gene Townsley	29th	54

WELCOME NEW MEMBERS

Peggy Rumback, 28, Manteno

ON DAN'S RUN by Dan Gould

Yes, we are late again this month. My semi-annual Florida trip got in the way this time. It just seems to be the nature of things this year. We still haven't had the annual organizational meeting which usually happens in January or gotten the new members social scheduled. If this year doesn't

get better soon, perhaps we should cancel it and move right on to 1996.

In terms of events, February began on the eve of Winterfest with the Prairie State Annual Awards Banquet at the Pilcher Park Nature Center. Cornstalk, Donna, Colin and I made the trip for the potluck dinner and the chance to socialize with some of the finest folks around - other runners!

The social was also a last minute opportunity to beat the bushes for a few more Winterfest entrants. I'm not sure there were any takers. Gary and Mary, who had pre-registered, admitted that they were "treadmill wimps" and wouldn't make the trip if the temperature was below freezing. Becky Criscione liked the shirt, but was a little under the weather. Keith Theison would be there - of course!

The sun shone on Winterfest as it has for the last several years. The temperature, however, stayed in the teens and the wind was sharp. Registration was 273, up a little from last year, but there were a significant number of pre-registrants in the DNF column. Participation in the newly added Public Safety Division was disappointing.

There was one moment of panic before the race started. I had just started to jog to the starting line with Matt Haffner when I was told that Dave Bohlke's car wouldn't start. Jumper cables were quickly run from my van to Dave's car, but the first couple of attempts to start it yielded only a clicking sound. I headed for the starting line not knowing if we were going to have our computerized finish. It was with considerable relief that I saw the car and clock running as we raced by.

Before my jog to the starting line was interrupted, Haffner, a former

Winterfest winner, had been in the process of telling me what a great job our club does of putting on a race. Matt, now an old man of 32, was fourth overall with a 16:39.

A new highlight for Winterfest was the presence of Peoria's Running Central. We've gotten well acquainted with Mitch Hobbs during our annual trek to Steamboat. Mitch set up shop in the northeast corner of the auditorium and for a couple hours Kankakee once again had a running store. Mitch also donated a couple of sports bags for door prizes and brought along John Quindry who finished third overall in 16:21. When in Peoria, visit Mitch at 700 W. Main or give him a call at 309-676-6378. Tell him you want the Kankakee Special Price (I have Mitch UPS shoes to me cheaper than going to one of the stores in the mall. Besides, Mitch can give technical advice).

Pat and Michelle Baldwin also added to the day with a display and samples of their Reliv products (and a contribution to the random prizes). Reliv? I think it is a drug to help people remember former lives.

There was good news and bad news in terms of club membership participation. We had more than enough workers, but a relatively small number of club members who ran or walked. What else would you do on the first Sunday afternoon in February? Yes, I know one guy who scheduled a meeting for the afternoon so he wouldn't be beaten by his wife - again! Has our membership gone into hibernation or become a bunch of treadmill wimps?

Ken Klipp is probably asking himself: If we had so much help, how come I had to start the race, run the

finish line, and announce the awards? Answer: No good deed goes unpunished. You are good at all those things. Thanks to you and all the others who have helped to make it a class race! If you have the chance, say thanks to the folks at the park district, Panozzo Produce (Rt. 50), Coca-Cola, Riverside Medical Center, and Donutland. The poor participation in the public safety division meant lots of coupons for donuts were available for the random drawing.

We went to Chicago Dough (another great supporter of running events) for our post-race meal. It was productive in that we convinced Phil Newberry that he could be a race director for the Governor's. Like Winterfest, there are a good number of club members who will be there on race day as well as handling some of the pre-race jobs, i.e. getting shirts, awards, etc. We do need some new people to take a turn at directing along with some of the other jobs. Do we have a volunteer to be assistant race director? How about a volunteer to direct the Fall Classic? Don't all raise your hands at once.

Speaking of race direction, the last time I talked to Pat Baldwin he was looking for someone to handle race director duties on race day for the Friendship Festival. He would have all the preliminaries done, but has another obligation on race day. Call Pat if you can help - 932-2950.

This weather for this year's Frosty Five was also sunny, windy, and cold! The good news was that it was primarily a cross wind as we ran the north-south out-and-back course along the DuPage River. As usual, the snowmobilers were on the river in force. They access the river in the middle of the course and apparently start their drag races there. I was enveloped in wind-blown exhaust smoke on the return leg as a half dozen of them took off. Polluters! As you will note in THE FINISH LINE, it was a very successful outing for club members. Cornstalk and Jim Grace were third and fourth overall and most of the club members placed in their age group. The race director from the Canal Connection was there looking for the owner of a KRRC watermelon colored windbreaker who

we believe to be Kathy Steffen. Now, what did I do with it?

I arrived in Florida the night before Gasparilla, but, for a number of reasons, I had to pass on it. I would have enjoyed joining John and Erma Hickey for that event. Erma, with her "coach" by her side, placed in her age group which is no small accomplishment in a race of that caliber.

I did drive down to their home in Port Charlotte the following Monday for conversation, dinner (catfish at a good Greek restaurant), and a two hour tour of Erma's trophy cases (well, I guess a couple of awards were John's). Really, they have a fascinating collection of trophies and plaques showing considerable imagination.

We met the following Saturday at Plant City for the Strawberry Classic 5K-10K on a beautiful sunny morning with the temperature in the 50's and low humidity. I am partial to the 10K because 5K's are a dime a dozen and this 5K is cross-country. Cross-country doesn't appeal to me. This particular 10K is flat, shaded, and the competition is tough. It starts at 8 AM and the 5K at 9:15. Yes, some crazies do both!

It was a successful day as we all placed in our age groups. Considering that my ailing back has kept my level of training down for two months, I was particularly happy. They had great shirts this year and the usual refreshments: pop, hot dogs, strawberries, and bananas. You could get a *Power Bar*, a massage, and, by the time they did the awards and raffle prizes, a good start on a tan!

We finished off the morning with lunch at a nearby restaurant that we had enjoyed last year. After John locked the key in his van at the restaurant (it was Erma's fault), we had time for a leisurely lunch while waiting for the AAA guy to get there!

I had three 10K's to choose from the following weekend and opted for The Human Race in Sarasota. It was a benefit for 90-100 charities. The weather was slightly warmer, but the 7:30 start helped. The course is basically an out-and-back with little to commend it. I ran about the same time as the Strawberry Classic, but that wasn't good enough for the gold at this

race.

While waiting for the awards, I checked out some of the many booths set up by the organizations who were the beneficiaries. I was approached by a young lady who noticed my KRRC t-shirt. She told me she was a Degenhart from St. Anne. Ah, the small world (I also played golf with a man whose son lives and works in Bourbonnais).

"Boring" you say. Well, what have you written for your newsletter lately. I know that some of you are out there training, racing, and having adventures. Why don't you share them! We would like to resurrect the Member Profile column, but we need a volunteer. Send your letters, editorials, and adventures to 212 Julie Drive, Kankakee, IL. 60901.

For those of you who haven't paid your dues (or we have no record thereof), this is good-bye. Dues were due January 1st. Check the cover of this issue to see if it says dues due. If dues are overdue, send \$12 for a single or \$17 for a family to KRRC c/o Linda Linn, 1226 Vantage Lane, Bourbonnais, IL. 60914.

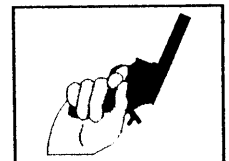
Just got a note from Doc Baldwin in Palm Beach. No, no running adventures. He just says it has been so cold in Florida this winter that he has had to run to keep warm. Such a sad story. Send your old sweaters, gloves and donations to Doc at 211 Park Ave., Palm Beach, FL. 33480.

Hope to see you on Dan's run!

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 their personal obligations. Bring a running buddy and join us! Some members bring their bikes for a

little cross-training after the run.

Fri., Mar. 10, 5 til 9 PM - 5TH ANNUAL RUNNER GO TO THE CABERY VOLUNTEER FIREMEN'S FISH FRY. Sample Fireman Koerner's award winning coleslaw!

Sat., Mar. 11, 9:00 AM, Manhattan Shamrock Shuffle, two person team 6 mile race, \$20 per team until 3/8, then \$25, long T's, OA and 3 deep in AG, refreshments. Starts at Anna McDonald School, Rt. 52 & 2nd St. 815/478-4560.

Sat., Mar. 11, 9:30 A.M. - St. Pat's Day 5 Mile Run/5K Walk, Lake of the Woods Park, Mahomet, \$12/15, T's, strange age groups (perhaps because this is a benefit for Champaign Catholic Social Service), refreshments, door prizes. 217-351-5034.

Sun., Mar. 12, 1:00 PM, St. Patrick's Day 5K, VFW Post 454, 1006 E. Lincoln, Bloomington, \$13/15, "St. Pat's Day Race Hat," 5yr AG to age 50, post race party, random prizes, benefits MS Assn. and VA Hospital. Call Bill (10-5:30) 309/452-3366).

Sat., Mar. 18, Mt. Goat Hill Runs & Walk, Kickapoo State Park, Danville. Various distances, starting times, awards. No race day registration. 4.4 Partner Run and 8.8 Mile Run must pre-register by March 9th. 217-431-4243.

Sun., Mar. 19, 9:00 AM, Shamrock Shuffle 8K, Columbus Drive and Balboa, \$17/20. Big time road racing! Expo on Mar. 18, Ramada Congress Hotel, 520 S. Michigan, from 10-5.

Sun., Mar. 26, 9:30 A.M. - March Madness Half-Marathon & 10K, Cary-Grove H.S., \$15/20, 5yr AG, Ts, hilly course. CARA Circuit Race.

Sun., Mar. 26, Sam Costa Half-Marathon, Carmel, IN. 317-290-7867

Sat., Apr. 1, 10:00 A.M. - Park Forest Fool's Run 4 Miler. 708-748-4883

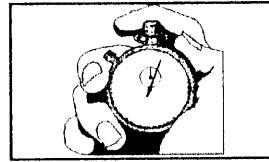
Sun., Apr. 2 - Race That's Good for Life

5K, Oak Park Hospital, 500 S. Maple, men's race @9:00 A.M. and women's @9:50 A.M., \$14/18 after 3/24, 5yr AG, CARA Circuit Race.

THE

FINISH

LINE



Jan. 28, Matanzas 5000 (St. Augustine, FL) - Erma Hickey, 26:42, 1AG; John Hickey, 24:34, 3AG.

Feb. 5, Race for the Cure 5M, Tampa - Erma Hickey, 43:40, 1AG; John Hickey, 42:24, 3AG.

Sun., Feb. 5, 11th Winterfest 5K, sunny, windy, teens - 273 registered (226 runners, 47 walkers)

Tom Stluka	16:49	1AG
Pat Koerner	16:56	2AG
Jim Grace	18:05	2AG
Mike Hickey	18:43	4AG
Keith Theison	18:47	1AG
Phil Newberry	18:54	
Charlie Kennedy	19:29	1AG
Rich Olmstead	19:42	
Chris Walsh	19:49	2OA
Dan Gould	20:15	2AG
Tom Parlin	20:40	
Carol Pratt	20:46	2AG
Charlie Grotevant	21:18	
Brian Noffke	22:02	
Dan Flynn	22:08	
Randy Devore	22:32	
Ken Brock	22:57	
Jim Stevens	23:09	
Nancy Ruda	23:15	3AG
Paul Surprenant	23:57	
Dee Sarowatz	24:16	
Mike McGuckin	25:23	
Mike Furl	25:53	
Elliot Brinkman	26:18	
John Brinkman	26:26	
Mike Belletete	26:27	
Randy Rahrig	27:07	
Gale Lehnus	27:20	
Randy Riegel	27:49	
Annie Rahrig	29:54	
Lynn Troost	29:54	
Marianne Flynn	31:47	2AG
John Flynn	36:35	

Feb. 11, Meadow Pointe Classic, Tampa - 10K, Erma Hickey, 54:10, 1AG; 5K, John Hickey, 24:50.

Sun., Feb. 12, Frosty Five (Channahon), sunny, windy, teens, 131 finishers

Pat Koerner	27:56	3OA
Jim Grace	29:25	4OA
Phil Newberry	31:34	2AG
Charlie Kennedy	31:56	2AG
Dan Gould	32:32	2AG
Larry Lane	33:39	3AG
Carol Pratt	34:14	4OA
Charlie Grotevant	34:38	
Becky Criscione	37:27	1AG
Randy Riegel	44:45	
Carol Stapleton	46:22	1AG

Sat., Feb. 18, Gasparilla Distance Classic 15K - Erma Hickey, 1:27:05, 3AG; John Hickey, 1:27:05.

Sat., Feb. 25, Strawberry Classic (Plant City, FL.) - 5K, Erma Hickey, 26:24; John Hickey, 24:48, 3AG; 10K, Dan Gould, 40:58, 4AG.

Sat., Mar. 4, The Human Race 10K (Sarasota, FL.) - Dan Gould, 41:10.

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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Training table

Energy bars pack a punch — but then, so does a piece of fruit

By Bob Condon
TRIBUNE STAFF WRITER

Some of them trigger memories of a Mounds candy bar, or a sort of crunchy Turkish Taffy. Others are more like healthful cookies. A few are downright hard to swallow, even if the label does say "chocolate fudge."

"Sports energy bars are an acquired taste," said Christine Palumbo, a nutrition consultant in Naperville. That's if you expect a candy bar or buttery cookie. The flavors aren't so unpalatable if you consider the high mix of carbohydrates, vitamins and, in some cases, protein—without the fat. Most energy bars have only one or two fat grams.

"They are so much better [for you] than candy bars," said Palumbo. "But they are not appropriate for weight loss." (Most bars contain 200 to 300 calories.)

Instead, energy bars boost a workout or game by supplying a neat package of simple and complex carbohydrates. The simple carbohydrates (except fructose, which first passes through the liver) immediately break down in the body and convert to glucose, the body's main fuel and blood sugar.

Complex carbohydrates in the sports bars (from various sources, such as a corn derivative called maltodextrin) provide a sort of insurance policy: When the glucose runs out, the body taps glyco-

gen, which is glucose stored in your muscles and liver. The bars' complex carbohydrates step in when glycogen is depleted.

The idea is complex carbs give you extra stamina, which keeps you stronger and helps you concentrate better in later stages of a workout.

Consequently, a subculture of runners, bikers, triathletes and other high-intensity athletes have given more than a dozen manufacturers an incentive. A visit to health food or sporting goods stores will turn up goodies with names like PowerBar, Clif Bar, Tiger Sport, ATP Tour, Hi-Protein Steel Bar, BTU Stoker, Ultra Fuel, XL Energy Bar and Pure Power.

There is the usual American spirit of free enterprise that moves producers to find the competitive edge. One bar doesn't freeze at higher altitudes (good for mountaineers), yet another prides itself on being "pre-digested" for easier assimilation during the workout (that's enough of that).

The prices are relatively steep: \$1.29 to \$1.89 for 2 to 3 ounce bars. Sports nutrition experts warn you not to overestimate the energy boost of sports bars.

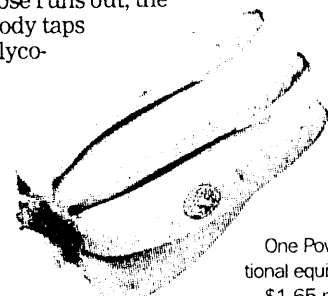
"Water is still the No. 1 energy source for exercise," said Moira Doyle, athletic trainer for the University of Illinois men's and women's track teams. "You need it for performance and injury pre-

vention. The sports bars are a good idea, but you can also get a similar boost from fruits, orange and cranberry juices, banana bread, bagels, dried fruit and crackers."

Doyle also said the bars, especially those high in protein, can be good snacks after a workout to help restore depleted muscle cells.

Palumbo isn't sold on the sports bars for all recreational athletes, because no controlled clinical study has been published linking them to improved performance.

"I don't see any advantage if you are walking or jogging for 20 minutes," she said. "Same goes for a half-hour of basketball. But if you are doing something for a solid hour or more, there can be a benefit."



Natural incentives

One PowerBar (225 calories, 42 grams of carbohydrates, 10 grams protein, 2.5 grams fat) is the nutritional equivalent of a bowl of raisin bran with skim milk and a half-grapefruit. That's one way to look at the \$1.65 price. Here are less expensive sports snacks that can provide a pick-me-up when you need it:

1 medium banana

Nutrition information: 105 calories, 27 g carbohydrates, 1.2 g protein, 0.6 g fat. High in potassium, which regulates heartbeat and muscle contraction.
Comment: Cheap, easy to digest, convenient (unless you squash it somehow).

4 Nabisco Fat Free Raspberry Newtons

Nutrition information: 200 calories, 46 g carbohydrates, 2 g protein, no fat.
Comment: Not easy to carry. Costs about 60 cents, lower in sugar than most energy bars. Regular Fig Newtons have 5 grams of fat in four bars.

Dried apricots (2 oz.)

Nutrition information: 135 calories, 35 g carbohydrates, 2 g protein, 0.3 g fat. High in magnesium (regulates heart rhythm) and iron (carries oxygen to blood).
Comments: Travels well. Like all dried fruit, beware of high sugar concentration.

Raisin bagel

Nutrition information: 160 calories, 36 g carbohydrates, 8 g protein, trace of fat.
Comment: Popular with runners. Even plain bagel gives you more of sugar rush than you think, due to body's quick digestion of carbohydrates.

Orange juice (12 oz.)

Nutrition information: 160 calories, 34 g carbohydrates, 3 g protein, no fat. High in vitamin C and potassium.
Comment: Watch out for high sugar content. Best to dilute it or eat some low-sugar item with it.



HEALTH BENEFITS

Running Helps Maintain Quality of Life

In spite of the known benefits of regular exercise in reducing risks of many diseases, some folks still worry that too much activity, such as running, can wear you down as you grow older, lead to arthritis, and get you injured so that you are more likely to become disabled. Others suggest higher levels of fitness improve cardiovascular capacity, increase bone density, and improve strength in a way that delays or prevents disability. According to a study led by James Fries, M.D., at Stanford University School of Medicine, the optimistic folks have it right.

Fries looked at more than 500 running club members over 50 years of age, compared to a group of non-running controls. Runners averaged at least 12 years of running and logged an average of just over 26 miles a week at an average pace of 8:48 per mile. Some club members quit running during the study and instead reported about

four hours a week of vigorous exercise such as swimming, cycling, brisk walking, aerobic dance, and racket sports.

After eight years of observations, there were big differences between the groups. The running club members had less body fat, lower blood pressure, fewer doctors' visits, and used less medication. They also had less frequent joint swelling or pain, and a lower frequency of arthritis.

The runners showed significantly lower levels of disability (assessed by gait, arising from a chair, and mobility in a bath tub and on a toilet) at the beginning of the study, and there was only a small increase after eight years. Not only did non-runners begin with higher disability ratings, they increased substantially during the study.

Although the running club members had fewer symptoms of arthritis, x-rays showed similar increases in arthritic changes in knees, hands, and lower back in

both groups. The researchers therefore believe the runners' good health and activity levels were due not to positive effects of exercise on arthritis, but instead to the positive effects exercise has on your overall physical condition. In turn, you are less likely to develop a disabling illness such as heart disease, and can better manage ailments if you get them.

There is a risk of self-selection during this kind of study. Were the runners predisposed to better health? The researchers did their best to eliminate artifacts due to bias during the study, and concluded that this study supported the positive link between good health and active living.

Active lifestyles keep you in good physical shape, and preserve these advantages in later years. Even though vigorous exercise and sports tend to lead to skeletal injuries, active folks seem to be able to handle these injuries and do not end up with higher levels of disability compared to inactive people. (*Annals of Internal Medicine*, Vol. 121, No. 7, pp. 502-509)

CROSS TRAINING

Strength Training Improves Health

It is widely believed that strength training increases muscle strength and muscle tone, but does it offer any other health benefits? Ben Hurley, Ph.D., at the University of Maryland in College Park, a leading researcher on the effects of strength training, believes the answer is yes.

Some studies find improvements in cholesterol profiles and blood pressure with strength training, although it is unclear that these are big enough to reduce heart disease risks. However, researchers are more certain that strength training improves glucose metabolism in a way that reduces risk of diabetes and heart disease.

Perhaps the best known health benefit from strength training is the significant boost in bone mineral density. Although the size of the improvement isn't clear, there can be little doubt that strength

training reduces the risk of osteoporosis, a bone-thinning disease. This could reduce the occurrence or severity of the sometimes debilitating fractures that happen too often to older Americans.

After 13 weeks of strength training, including abdominal exercises, foods travelled through the gastrointestinal region more than 50% faster. Since this is one of the factors commonly associated with reduced risk of colon cancer, it is possible that strength training could also help reduce risks of some gastrointestinal disorders, although there is no direct evidence on this topic.

Overall, Hurley concludes there is convincing support for the view that strength training has several benefits that improve overall health, which you can add to the improvement in muscle strength and tone.

To put this in perspective, Editorial Board Member Stephen Dickoff-Hoffman, P.T., suggests the health benefits of strength training may occur in combination with aerobic, anaerobic, and flexibility training, rather than alone. Echoing this thought, Editorial Board Member Charles Schulman, M.D., thinks the health benefits from strength training are likely to be less than those from aerobic exercise. He suggests "a balanced exercise program has the most to offer."

(*National Strength and Conditioning Association Journal*, Vol. 16, No. 3, pp. 7-13)

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"There are as many reasons for running as there are days in the year, years in my life. But mostly I run because I am an animal and a child, an artist and a saint. So, too, are you. Find your own play, your own self-renewing compulsion, and you will become the person you are meant to be."

- Dr. George Sheehan