



Kankakee RIVER RUNNING CLUB

The Paper Race

APRIL 1995 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 86



THE IRISH RUN IN MAHOMET by Mike Furl

Catholic Social Services held their annual St. Pat's Day 5 mile run on Saturday, March 11, outside Mahomet. During the ninety minute drive to the Lake of the Woods park, my auto sputtered, lurched and generally acted up. A couple of times I almost turned back. Curiously, after the race, the car started right up and the ride home was smooth as silk. I am always amazed at how machines can sometimes repair themselves.

Arriving, I did what I always do first: find the restrooms. These were two outdoor one-seaters set a few yards apart; one identified by a sign as being for "Men," the other, "Women." However, there was a line of five men, but no women. After a brief discussion, it was decided that the two facilities were identical except for their signs and that, since the one was unused, the next man in line should take advantage of it. He did. When he came out, I was next in line, but "Cultural Conditioning" was too strong. I let the guy behind me take my turn in the "Women." He had hardly closed the door when three women came down the path together and lined up. When the fellow inside exited, he found himself facing the three. That, except by the grace of God, could have been me.

As for the course, it seems to have been designed by M.C. Escher: you run up hill all the way but still end up back where you started. I had the same thought about last year's April Fool Run in Park Forest. The day, however, was sunny, dry, and cool at the start. In other words, perfect. The trees were bare, but everything else about the park was beautiful. The course took us by pavement, dirt path, next to water, and

even through a covered bridge. At the one mile mark, I got into a conversation with a fellow back-of-the-packer. We decided that everyone else had started out too fast and that we would blow them away at the end. Then we discovered that we were each training for marathons - his first and my second. Yes, even those guys plodding along at the rear have Big Dreams. I finished the five mile course in 44:57. The highlight of the refreshment area was green o'Doul's.

ON DAN'S RUN by Dan Gould

March was another "medical month" for the running community and the lack of races made it a good month to be in rehab. March has never been a great month for races, but many of found the Morris Rotary Shamrock 10K Run a good way to evaluate our pre-season conditioning and celebrate with the rest of the Irishmen. It died this year without fanfare as did the Fools Run at Midnight leaving a major void in the racing calendar

Mike Furl did find a St. Pat's Day race and I thank him for sharing the experience with us. I heard that Lance Bovard and Mike Hickey went to the Shamrock Shuffle, but neither cared enough "to send the very best."

Notes from the infirmary:

-Larry Lane is always ailing (that's what he said!).

-Charlie Grotevant is in rehab with a partially torn Achilles.

-Jim Grace is nursing an illiotibialband in a knee.

-Nancy Ruda had a bone taken out of her baby toe.

-Linda Linn had some outpatient surgery.

-Bill Linn needs to have a cyst and

<u>APRIL</u>		
<u>Name</u>	<u>Age</u>	<u>Day</u>
Tom Baldwin	75	7th
David Bohlke	49	20th
Lindsey Brinkman	9	7th
Brianne Brinkman	7	12th
Joe Burgess	38	29th
Anna Goodberlet	37	17th
Kyle Goodberlet	13	4th
Georganne Hickey	43	9th
Charles Kennedy	57	12th
Dee Osengeewski	39	2nd
Ron Piwowar	48	18th
James Ruberg	44	10th
Debbie Seitz	39	3rd
Ken Stark	52	2nd
Wanda Warman	43	14th
Robert Williams	39	27th
Steve Zorns	47	16th

WELCOME NEW MEMBERS

Allison Williams, 13, Manteno

QUOTE OF THE MONTH

**-The longer you leave it in there,
the bigger it gets.**

-Donna Koerner

cartilage removed from a knee.

-Tom Goodberlet is pained with something, but I don't remember what (no, wish guy, not Anna).

-I'm trying to nurse an overuse injury to my tailbone back to health.

There are probably a lot more of you in the infirmary, but, in the absence of races and meetings, the word hasn't gotten to me. Then again, perhaps you just took the winter off, got rested, healthy, thin, and are raring to go.

Then folks, I have good news - **A NEW RACE!** The Perry Farm Spring 4 Miler on April 29th should be just the thing to test your mettle. It is being put on by the Bourbonnais Park District. Race Director Craig Ramsey has consulted KRRRC and I expect you will find it a class act.

And, if you don't want to lose an established race, we need some volunteers for the Friendship Festival 5K. As I mentioned last month, Pat and Michelle Baldwin will be out of town on the weekend of the race and need some volunteers to handle things on race day. They will take care of all the preliminaries. Let's keep this one going. Give something back - **VOLUNTEER!** Call Pat or Michelle at 932-2950.

Speaking of volunteers, Mike Hickey asked me to let you know that he has an outlet for used running shoes and T-shirts. Give Mike a call - 472-2253.

Charlie Grotevant successfully completed the St. Louis Marathon on February 26th. Well, sort of. The time - 3:40 - was respectable, but it didn't help the partially torn Achilles he is now rehabilitating.

Sorry, Bob Pool! I missed Bob's 21:27 at the Winterfest 5K and that is a very respectable time for a man who is 58 years young! Nice job!

AARP! Sounds like something for which you should say "pardon me." As all but the kids know, AARP is the American Association of Retired People. You must be 50, but you don't have to be retired. March 13th, thirteen years and thirteen days after I started running, I received my AARP Membership Kit. It was truly a thrill, but the highlight was presenting Pat with her spouse's membership card. It was truly a "Kodak moment" which I cannot begin to recreate with mere words. Her words cannot be used in a family oriented

newsletter.

April is "4 Miler Month." There is the Park Forest Fool's Run X, the Just A Little Run at Lansing, the Fabulous Four Miler at New Lenox, and our own Perry Farm Spring 4 Miler. Run all four and... You finish that sentence and send your entry to Dan Gould, 212 Julie Dr., Kankakee, IL. 60901.

A MEETING! Yes, folks, better late than never, we are going to get organized. Well, as much as you can with Shoup in the club. Actually, we'll see if anybody cares enough to keep this club going. Will somebody besides Tom Goodberlet, Linda Krause, and Donna Koerner volunteer to do the summer series? Will somebody take the race director duties for the Friendship Festival on race day? Would somebody like to organize some social activities? Would somebody like to do a "member profile" feature or a column for the newsletter? If your answer is "somebody else," the club may be history. You share the fun. Please share the work!

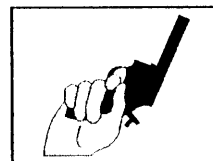
It is that time of year when we begin to see the orange ball in the sky known as the sun with some regularity (I hate irregularity!). If you run when the sun is up, you may wish to consider sunglasses. Mike Hickey came to the park one March Sunday with a new pair of Smith Moabs (one of eight pair featured in the May 1995 *Runner's World* article "Pull Down the Shades"). They come with three interchangeable shields. I had a pair and was looking for another because I had broken the frame trying to change shields. I wanted a clear shield for biking on overcast or early/late day rides. You may simply want a comfortable pair of sunglasses for UV protection. Short-term exposure to UV rays can cause keratitis - a temporary loss of vision due to inflammation of the cornea - and can dry out and fatigue your eyes. Long-term exposure can lead to the development of cataracts.

Hope to see you at Chicago Dough on the 17th - and on Dan's run!

My grandmother started walking five miles a day when she was 60 years old. She's 97 now and we don't know where the hell she is.

-Ellen DeGeneris

THE
STARTING
LINE



KRRRC 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.

Sat., Apr. 8th, 9:30 A.M. - Just a Little Run 4 Mile, Eisenhower Center, 2550 178th St., Lansing, \$13/15, 5yr AG, long Ts, showers available, highly competitive, nice refreshments. 708-474-8552.

Sun., Apr. 9th, 9:00 A.M. - Fabulous Four Miler, New Lenox Lions Com Cen., 1 W. Manor Dr. (Vine St. south 1 blk. To Manor then west 1 blk), \$10/12, Ts, 5yr AG 3 deep. Park District 485-3584.

Sat., Apr. 15th, 10:00 A.M.(CDT) - Ringing in Spring 5K, Valparaiso YMCA, 55 Chicago St., \$12/14, Ts, 5yr AG & OA, Mike 464-7959.

Sat., Apr. 15th, 8:00 A.M. - D.A.R.E. Family Challenge 5K, Batavia, \$12, Ts, awards. 708-543-3080.

Mon., Apr. 17th - BOSTON MARATHON

Mon., Apr. 17th - 6:30 P.M. - **KANKAKEE RIVER RUNNING CLUB BUSINESS/ORGANIZATIONAL MEETING 1995.** Chicago Dough, Bourbonnais. Election of officers, appointment/assignment of race directors, scheduling of social functions, etc. Adults only. Pizza, beer, pop will be provided by the club. Please make an effort to be there. Your participation is important!

Sat., Apr. 22nd, 8:00 A.M. - Prairie View 5K, Morton Grove, \$11/13, Ts, awards. 708-965-7447.

Sat., Apr. 22nd, 9:00 A.M. - Tree Trot 5K/10K, Oak Lawn, Ts, awards. 708-857-2211.

Sat., Apr. 22nd - RIVER TO RIVER RELAY!

Sat., Apr. 29th, 9:00 A.M. - PERRY FARM SPRING 4 MILER, Bourbonnais, \$12/15, Ts, 5yr AG, refreshments. 933-9905.

Sun., Apr. 30th, Lake County Races

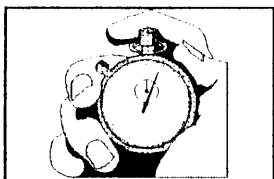
Sat., May 6th, 9:00 A.M. - Lake Run 7.5M or 4.37M, Lake Bloomington, \$12/15, Ts, 5yr AG, refreshments, raffle. 309-452-9777.

Sun., May 7th, 9:00 A.M. - Earl's 11th Annual 5K Run, 1987 W. Jefferson, Joliet, \$12/15, shorts, 5yr. AG, refreshments.

Sun., May 21st, 8:00 A.M. - BIRDMAN DUATHLON & 5K, Bird Park, Kankakee, Diana Last, 933-1741.

Sun., May 21st, 8:00 A.M. - Rose Classic 10K, Pilcher Park Nature Center, New Lenox, \$12/15, Ts, 5yr AG, refreshments. 485-2477.

THE
FINISH
LINE



Feb. 26th, St. Louis Marathon - Charlie Grotevant, 3:40!!

Fruit fiber yields hope in cancer fight

THE ASSOCIATED PRESS

WASHINGTON — Pectin, the natural fruit fiber that makes jelly jell, can prevent the spread of prostate cancer in laboratory rats by making cancer cells too slick to stay in one place, researchers say.

Dr. Kenneth J. Pienta of the University of Michigan said a modified form of pectin blocks or slows prostate cancer's spread by keeping

free-floating cancer cells from sticking to one another or to organs elsewhere in the body.

"We showed that this worked in laboratory rats," Pienta said Tuesday. "Now we're asking the National Cancer Institute to confirm our findings."

Pienta said that preventing the spread of cancer cells is the key to improving the rate of survival for cancer patients. Often, he said, a primary cancer tumor is successfully treated with surgery or radiation, but the patient dies because the cancer had metastasized, or spread, to other organs.

"If we had a pill that prevented cancer from spreading, then about 90 percent of all cancers could be curable," he said.

Pienta said a modified citrus pectin could be such a pill.

"Pectin is also cheap and easily modified in a standard laboratory technique that has been known for years," he said.

A report on pectin research by Pienta and by scientists at Wayne State University School of Medicine is to be published today in the Journal of the National Cancer Institute.

Dr. W. Marston Linehan of the National Cancer Institute said in an editorial that the pectin research warrants further studies.

Pienta cautioned that ordinary pectin will not affect cancer cells in the same way as the modified citrus pectin used in the experiment. He said the special pectin had been chemically changed so that it would be absorbed by the body. Pectin, a natural substance in fruit, is usually passed from the body without being taken into the bloodstream.

The scientist said the modified pectin is a form of sugar. Prostate cancer cells have a molecule on their surface that seeks out a type of sugar on the surface of other cancer cells. When the pectin binds to this molecule instead, it prevents the cancer cells from clumping and starting another tumor colony.

In effect, said Pienta, the cancer cells become too slick to stay in one place or to clump together. "They just keep circulating and basically they eventually die off," he said.

The Free Radical Radical

Kenneth Cooper, M.D., on antioxidants and the dangers of hard running



COURTESY OF THE COOPER CLINIC

Running Times: *What are free radicals, and why are they important?*

Kenneth Cooper: A small amount of oxygen you breathe is converted to free radicals. These are very reactive compounds that roam around the body like loose cannons, destroying any molecules that get in their way. This includes compounds found in normal tissues, such as lipids, and also DNA. Lipid damage leads to atherosclerosis. Damaged DNA can cause mutations, which may lead to cancers.

RT: *I heard that exercise helps prevent free-radical damage.*

KC: Studies have shown that trained muscles are resistant to oxygen stress. But if you exercise intensely for a prolonged time, challenging your muscles' glyco-gen supply, your resistance decreases.

RT: *Almost any intense work-out that lasts longer than 45 minutes will challenge glyco-gen stores. Are all active people at risk for free-radical stress?*

Kenneth Cooper, M.D., is popularly known as the father of aerobics. His pioneering work in the 1960s on the importance of endurance exercise helped pave the way for the running boom of the '70s. In a new book titled *Dr. Kenneth H. Cooper's Antioxidant Revolution* (Thomas Nelson Publishers), Cooper takes stands on antioxidants and free radicals that are as controversial as his stands on exercise were more than 25 years ago.

KC: It looks like more is better—to a point. Dr. Neil Gordon looked at three groups of men and women who had not taken any antioxidant supplements in six weeks: highly trained (22 miles a week), moderately trained (ten miles a week) and sedentary. Gordon measured a byproduct of free-radical damage. The highly trained athletes had the highest level, while the moderately trained athletes had the lowest levels of destructive free-radical activity. The sedentary group was in the middle.

It appears that those who push themselves beyond what is necessary to enjoy the full benefits of aerobic fitness—including many marathoners—may lose the very benefit for which they are striving. This loss of health can be directly traced to the free-radical phenomena. Exhaustive, high-intensity exercise may increase your susceptibility to different cancers, heart attacks, cataracts, premature aging, decreased immunity and a variety of other medical problems.

RT: *What evidence do you have to support such a claim?*

KC: In 1986, Dr. Ralph Paffenbarger looked at 16,936 male Harvard alumni. He found that death rates decreased the

more the men exercised—up to a point. Those who expended more than 3,000 calories a week (roughly 30 miles) had higher death rates than those who trained less. Dr. Steven Blair found similar results in a 1989 study. It showed that women who engaged in the heaviest workouts had a slight increase in death rate compared with those who trained a little less.

RT: *How does overtraining relate to free-radical damage?*

KC: During normal conditions, free radicals are neutralized by the body's well-developed scavenger and antioxidant systems. But if a greatly increased rate of free-radical production is triggered by overtraining, the number of radicals may exceed the capacity of your cellular defense systems. The unrestrained extra "out-law" molecules then launch attack on your cell membranes, with a resulting loss of cell viability and an increase in skeletal and muscle damage. The damage to and inflammation of tissues that often accompany exhaustive exercise are the most obvious signs of free-radical activity.

RT: *So you think highly trained competitive athletes are at an increased risk for some diseases?*

KC: I constantly encounter situations with patients that confirm those findings. In particular, I have become alarmed at the increasing frequency of irregular heart beats in highly conditioned runners who have exercised over a number of years. Also, I am bothered by the frequency of prostate cancer among my older patients who are marathoners and ultra-athletes. At this point, we have no studies to support these observations; however, I am suspicious of overtraining, and I am beginning to recommend a more moderate approach for many amateur athletes.

RT: *What should a competitive runner do? Cutting training to lower levels isn't an option most Running Times readers are eager to embrace.*

KC: I recommend you do not allow your heart rate to exceed 85 percent of your predicted maximum heart rate. This is the ceiling above which free radicals tend to be produced at excessive levels. Yet, as you said, this isn't practical for someone training to place in a race.

I think competitive runners' best option is to increase their intake of antioxidants above the recommended dietary allowance. A study from the University of Washington

School of Medicine in St. Louis has provided credibility for such a theory. They compared free-radical production in athletes who did and [athletes who] did not take antioxidant supplements. Those who took the supplement formed 17 to 36 percent fewer free radicals after six months of therapy.

RT: Few respected medical professionals have recommended vitamin intakes above the RDA. What do you base your recommendations on?

KC: There was a time when I joined most other mainstream physicians who opposed taking vitamin supplements in any amounts, much less in relatively large doses. Along with the majority of the medical establishment, I believed that you could get all the vitamins and minerals you need through your daily diet. But my research into free radicals and antioxidants has forced me to change my thinking, as well as my personal habits.

I cannot say we definitely know what level of antioxidant intake is best. That said, we can make a good guess. For people who run more than 25 miles a week or at greater than 80 percent of their maximum effort, I recommend both men and women get 1,200 IU [international units] of natural vitamin E and 50,000 IU of beta carotene. Women should also take in 2,000 milligrams of vitamin C, while men need 3,000 milligrams.

RT: Where do you find antioxidants?

KC: Antioxidants are widespread in foods, especially fruits and vegetables. If you are consuming five to nine ample servings of fresh fruits or vegetables each day, you may be getting

enough vitamin C and beta carotene. But unlike vitamin C and beta carotene, vitamin E is not found in large quantities in foods that you can easily eat in one day's balanced diet. To get just 100 IU of vitamin E, you'd have to take in two cups of almonds, seven cups of peanuts, or one cup of sunflower seeds. I recommend that high-mileage runners get 1,200 IU each day. The fat and calorie intake from food containing that much vitamin E would be enormous. I recommend trying to get as many antioxidants as you can from your diet. Getting enough vitamin E from food is really impossible, so take a supplement for that.

RT: How do you choose a good vitamin supplement?

KC: First, look for natural vitamin E, which is better used by the body than synthetic. Vitamin E is called d-alpha tocopherol or d-alpha tocopheryl. Synthetic has an *l* after the *d*, such as dl-alpha tocopherol.

Next, choose beta carotene, not vitamin A. Beta carotene is a precursor of vitamin A. When taken in large doses, vitamin A can be toxic, yet beta carotene is safe.

Take your supplements with meals, and try to break up the dosage in a couple of sittings. Some studies indicate that if you take in large amounts of vitamin C at one time, you excrete large amounts in urine; however, smaller doses taken throughout the day aren't lost by excretion.

Always inform your physician about supplements you are taking. This information is essential to help guard against dangerous drug interactions.

RT: Dr. Cooper, your ideas on antioxidants seem to be quite

radical. It reminds me of how your work on physical activity was originally received in the 1960s. Do you think your work in antioxidants can be as revolutionary?

KC: Yes. Just like exercise, antioxidants have a positive impact on your health. How positive is hard to say. But the science is growing in this area. Just over the last four years, we have learned a lot, and I am confident that with the new technologies that are being developed, we will be better able to understand

antioxidants' true role.

Many people complain that I have flip-flopped on my position concerning exercise. I can only report from the data we have.

Exercise science is still emerging. Medical science continues to develop as well. I feel we should act on the data at hand and, when we know more, adjust our recommendations. RT

Susan Kalish is the executive director of the American Running and Fitness Association.

UPPING THE ANTI (Oxidants, That Is)

BETA CAROTENE (amount per day Dr. Cooper recommends: 50,000 IU)

Sweet potato, baked	24,877 IU
Carrot, raw	20,253 IU
Carrot, boiled, 1/2 cup	19,152 IU
Mango, 1 medium	8,060 IU
Spinach, frozen, 1/2 cup	7,395 IU
Butternut squash, boiled, 1/2 cup	7,141 IU
Papaya, 1 medium	6,122 IU
Cantaloupe, 1 cup	5,158 IU
Turnip greens, boiled, 1/2 cup	3,959 IU
Broccoli, frozen, 1/2 cup	1,741 IU

VITAMIN C (amount per day Dr. Cooper recommends: 3,000 milligrams for men; 2,000 for women)

Acerola juice, fresh, 8 ounces	3,872 milligrams
Acerola fruit, raw, 1 cup	1,644 milligrams
Papaya, raw, 1 medium	188 milligrams
Guava, raw, 1 medium	165 milligrams
Orange juice, fresh, 8 ounces	124 milligrams
Cranberry juice, 8 ounces	108 milligrams
Strawberries, frozen sweetened, 1 cup	106 milligrams
Grapefruit juice, fresh, 8 ounces	94 milligrams
Kiwi, raw, 1 medium	75 milligrams
Cantaloupe, raw, 1 cup	68 milligrams

VITAMIN E (amount per day Dr. Cooper recommends: 1,200 IU or milligrams*)

Wheat-germ oil, 1 tablespoon	20.30 milligrams
Hellman's mayonnaise, 1 tablespoon	11.0 milligrams
Almonds, 1 ounce/28 grams	10.10 IU
Mazola margarine, 1 tablespoon	8.00 milligrams
Carnation breakfast bar, 1	7.50 IU
Sunflower seeds, dried, 1 ounce	6.70 IU
Hazelnuts, dried, 1 ounce	6.70 IU
Sunflower oil, 1 tablespoon	6.10 milligrams
Wheat germ, 1/3 cup	6.00 IU
Safflower oil, 1 tablespoon	4.60 milligrams

*1 IU = 1 milligram

NOTICE OF MEETING

The Kankakee River Running Club's 1995 Organizational Meeting will be held at 6:30 P.M. on Monday, April 17th, at Chicago Dough in Bourbonnais. This is a business meeting for adults to elect officers, make committee assignments, appoint directors for club races, schedule social functions, and other appropriate business. Your participation is important. Please attend. The Club will pay for pizza, beer, and pop.

“Everyone is an athlete. The only difference is that some of us are in training, and some are not.”

-Dr. George Sheehan