



Kankakee RIVER RUNNING CLUB

The Paper Race

JUNE 1995 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 88

ON DAN'S RUN by Dan Gould



JUNE

<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Amy Baldwin	14th	9
Sara Batkiewicz	6th	11
Erica Batkiewicz	6th	11
Alex Brinkman	19th	3
Katie Dorn	1st	10
Mike Furl	4th	50
Marty Klipp	23rd	19
Sue LaMore	21st	42
Larry Lane	27th	47
Linda Linn	9th	41
Aaron Monk	29th	
Dan Morse	25th	36
John Pool	13th	53
Robert Pool	15th	59
Preston Provost	8th	22
Dave Schkerke	7th	43
Heather Steffen	12th	15

WELCOME NEW MEMBER

Steve Speckman, Kankakee

OAK SPRINGS GOLF SOCIAL

When: Sat., June 24th, 2:30 P.M.
 Where: Oak Springs Golf Course
 What: A round of golf followed by dinner.
 Cost: \$18 Green Fee, \$10 for half cart.
 You have the option to walk. You can do dinner only. The club will contribute something toward dinner. Call Dan's machine NOW - 937-2926.

ON DAN'S RUN? No, ON DAN'S WALK! I stopped running over six weeks ago. For that matter, I stopped doing any aerobic exercise. Well, yes, Anna, I suppose at my age *that* is aerobic exercise. I mean I haven't been running or biking.

I thought it was time to get my back problem which has been lingering since December healed. Since it was caused by running, not running should have fixed it. Wrong! Three weeks of not running made no noticeable difference. An aggressive approach was in order.

After three weeks with the chiropractor, there was a hint of improvement. He "adjusted" me. His assistants stretched me on the rack, applied the suction cups concealing the electrodes which sent a trickle charge coursing through my back muscles, and massaged me with Ultrasound. Since the center of attention was about three inches below the belt line, a certain amount of dignity was lost as the pants were lowered and the "moon" began to rise.

I've been taking 800 milligrams of Ibuprofen three times a day since forever, putting an ice pack on the back in the evening, trying to work in the stretching exercises, and hyper-extending my back over something that looks like a beach ball.

Is this the career ending injury? I must admit to a bit of discouragement. The "hint of encouragement" may just be wishful thinking. The injury is most noticeable when I sit. Have you ever

heard of a "standing" judge?

I have also discovered that there is life without running. Heresy! Well, I didn't say it was a good life. Actually, it is a bit scary. I'm out of the exercise habit. My wife kind of likes it. We no longer go through the "how far are you running and what time can I serve supper" routine. A body at rest does tend to stay at rest.

I have also rediscovered golf. I have lots of time for it. Unfortunately, I don't seem to be getting any better at it.

So, you want to read something about running. We are still accepting applications for newsletter editor. It is preferable that the editor be a runner. Bill? Bill had surgery on his knee a couple weeks ago so he isn't running either. Two editors, no runners. If we don't get somebody by the July issue, we're just going to turn this into a golfing newsletter. That reminds me. I have arranged tee times for everyone who called me in response to the notice in last month's issue that I wanted to put together a golfing social. Golfing doesn't seem to bother my back.

I did hear that some people ran last month and I even did a bit of spectating at the Birdman. Only 33 runners registered for the Birdman 5K so do be surprised if it is soon history. There were 80 registrants for the duathlon. A few of you were there!

The "Welcome Home Julie Anderson / Running Club Social" on the afternoon of the Birdman was quite successful. As always, the food and company were great. The far too infrequently seen Augie Hirt was there with his new wife. Julie?

Oh, she canceled out to stay home and make some money.

I got a note from Mike McGuckin about his participation in the Eureka Spring Classic and the Bloomington Lake Run. He noted the most important part of any race: great post-race festivities. He also asked: "Is green this year's color?" He has run four races and all had green T's (Winterfest is always the trend setter for the year, Mike!). Well, I don't know if it is the color of the year. It isn't easy being green!

Linda Krause, our new President, held an executive meeting on May 19th to work on scheduling activities for the coming year. I know we accomplished quite a bit, but the din at Ryan's Pier on a Friday night was such that I could only hear the people on either side of me. OK! I'm getting deaf in my old age. I'm sure our Social Director, Dee Ozenglewski, will get an event schedule out soon.

Dee, by the way, is looking for a marathon training partner. Mike Morel, Dee's long-time running buddy, was forced to hang up the running shoes by bad knees.

There was also a gathering of several members at Cornstalk's house last month to put together a mailing of entry forms for the YMCA 5K, Manteno 5K, Friendship Festival 5K, and the Momence Glad Runs. They should be in your mail box soon.

Thanks to Mike Furl for his contribution to this month's newsletter. How about a column called ON MIKE'S RUN? We have a nominee for a new editor!

Hope to see you - and me - on the run!

MARATHON CHALLENGE
by Mike Furl

Saturday, May 13th, was the 10th anniversary running of the Lake Geneva Marathon in Wisconsin. I picked Lake Geneva as my second

marathon (after last October's Chicago) because of the date. It was the closest date of a nearby marathon to my 50th birthday. I am deeply in denial about getting old and I thought that a marathon on or about the dreaded date would give me some positive reinforcement that I not only had not lost anything, I was getting better.

It was only when I sat down to fill out the entry just days before the deadline for the first price increase that I read the brochure that I had had in my house for months. There I read the words, "located in the glaciated hill country of southern Wisconsin," "those unbelievable hills," and "ultimate marathon challenge." Uh-oh. But, I could beat the hills using what I call the Oprah Strategy: find your pace, put your head down, go! In other word, if you ignore the hills, they will go away. And it worked!

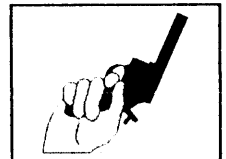
The first two-thirds of the way is peppered with rolling hills which are compensated for by down hills and flats. No big problem until just after you cross the 16 mile mark. Then you round a corner and in front of you is Mt. Everest. Once to the top of that there is a short flat stretch and then you have to climb K2. And this is all before you hit the end of mile 17. There are two remaining Himalayan peaks that are not as steep and long but are even more unforgiving as one comes after mile 22 and one after mile 24. But I just pulled the bill of my cap down, concentrated on the road just in front of my feet, and plodded up them all, finishing in 4:40:23, almost a half-hour improvement over Chicago. Praise Oprah!

A word about the race administration. I got spoiled in Chicago with the enthusiastic crowds, digital clocks displaying your split times, entertainment, lots of volunteers and workers, and loads of goodies to eat and drink at the finish. At Lake Geneva, there are no spectators. After mile 15, when the

25K racers finish, you may find yourself virtually alone on a country road wondering if you've gotten lost. The mile markers are spray painted on the pavement. No one offers Vaseline. The aid stations run out of Gatorade. The directions of the course are sometimes confusing. At one point, I was afraid that I had taken a wrong turn. At the refreshment tent, you could get a cup of apple juice, a banana, and and orange. Beer and brats were for sale.

But no one was complaining. I suspect that this bare bones, stripped down, rugged, you're-completely-on-your-own atmosphere is part of the challenge of the Lake Geneva Marathon that makes it attractive to many people. I don't know if I want to do it again, but now that I've had the experience I wouldn't be without it.

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.

Sat., Jun. 10th, Sunburst 10K (7:45 A.M.) & 5K (7:30 A.M.), Notre Dame Stadium, South Bend, 219-674-0900, cat. 6262.

Sun., Jun. 11th, 8:00 A.M. - Harrahs 4 Mile Run, Joliet City Center, \$13/16 after 6/5, "sport towel," 5yr AG, proportioned awards. 740-7800

TUES., JUN. 13TH, 6:30 P.M. - SPECKMAN REALTY 5K, Small Memorial Park, Kankakee. This is the first of the summer series 5Ks. It is low key and the race director may make it a traditional 5K, a handicap race, or teams. No charge for members, \$1 for others. We just want to work up a little appetite before we hit the Tuesday night buffet at Chicago Dough. This one is President Krause's baby. Questions? 472-6577.

Sat., Jun. 17th, 7:00 A.M., Steamboat Classic 4M & 15K, Peoria. 309/676-6378.

Sun., Jun. 18th, 8:00 A.M. - **MANTENO 5K & Walk for D.A.R.E.**, \$10/12, Ts, awards to top 5 OA and 3 deep in 5yr AG. Trophies to top 10 walkers overall. Refreshments, random prizes. Don't miss this traditional Father's Day celebration. 468-3183.

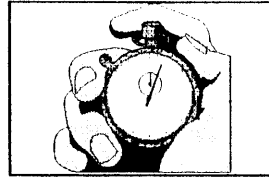
Sun., Jun. 25th, 8:00 A.M. - **BOURBONNAIS FRIENDSHIP FESTIVAL 5K RUN / FITNESS WALK**. \$10/6 w/o shirt early app., \$8 race day no shirt. 5yr AG. You should have gotten apps for this race, Manteno, Y5K, and the Glad run in the mail. Pat Baldwin 932-2950.

NOTE: Since your editors are not running or racing, they are not picking up apps for coming attractions. There are a number of 4th of July races, but we have no info. There is one at Tinley Park (Deborah 708-532-8698), Lemont (Lee Ann 708-257-6787), and Riverside (708-442-7025). If you want to share your info, FAX forms to Dan at 937-8509.

Sat., Jul. 8th, 8:00 A.M. - **KANKAKEE YMCA 5K RUN & FUN WALK**, \$10/12, Ts, awards to top 3 OA and 2-4 deep in 5yr AG. Computer results, refreshments, showers available. A Pat "Cornstalk" Koerner Production.

Tues., Jul. 11th, 6:30 P.M. - MALONE'S SUMMER SERIES 5K, Small Memorial Park. Leon's knees no longer allow him to run, but he wants to give something back to the sport which has given him so much enjoyment (He has contributed much over the years.) Another low key race before we feed our face! Join the fun. Leon 253-6258.

**THE
FINISH
LINE**



Apr. 15th - Eureka Spring Classic 4M - Mike McGuckin, 32:17.

May 6th - Bloomington Lake Run 4.37 - Jeff Lonergan, 29:06; Mike McGuckin, 34:20.

May 7th - Earl's Run 5K, 289 runners - Pat Koerner, 16:58, 2AG; Phil Newberry, 18:00, 3AG; Bill Linn, 19:58; Jeff Lonergan, 20:20.

May 13th - Lake Geneva Marathon - Mike Furl, 4:40:23.

May 14th - Mayest 5K, Ottawa, Jeff Lonergan, 20:11.

May 21st - Rose Classic 10K, Phil Newberry, 38:56

May 21st - Birdman Duathlon & 5K

-Duathlon: Pat Koerner's team was 1st; individuals were Jim Grace, 3AG; Kathy Steffen, 2OA; Dee Sarowatz, 3OA; and Paul Srprenant, 2AG.

-5K:

Mike Hickey	18:21	1MST
Rich Olmstead	18:23	1AG
Mike Wolfe	19:44	2AG
Jeff Lonergan	19:58	2AG
Tom Parlin	20:00	2AG
Charlie Grotevant	20:58	1AG
Scott Kelson	21:55	3AG
Randy Rahrig	22:35	
Pat Baldwin	25:34	
Randy Riegel	25:52	3AG
Peggy Baldwin	26:47	1AG
Mike Furl	27:50	1AG
Nancy LeDuke	30:40	1AG

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 account of their adventures in running and racing to: KRRC, 212 Julle Dr., Kankakee, IL. 60901

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Bourbonnais woman lectures on fitness to Hong Kong group

By Patrick L. Thimangu

Journal writer

Although she only packs a petite 5-foot-1 and 101 pound frame, Kathleen Steffen of Bourbonnais is not your ordinary Jane.

Mrs. Steffen, 43, competes in triathlons four or five times a year. In between training and raising her three children and running her home with her husband, she also works as a certified personal fitness trainer.

Mrs. Steffen has travelled far and wide to pass her talents to others. She recently returned from a trip to Hong Kong where she had gone to present a lecture on different aspects of physical training. She was sent there by the National Academy of Sports Medicine in which she is a faculty member. The seminar covered topics such as stability and balance, cardiovascular training and weight training.

One of the the lessons Mrs. Steffen learned in her Hong Kong trip was how lucky people are in the U.S., as far as availability of space and facilities to exercise are concerned. In that Far East city there is no space to build large parks while streets are too crowded with people for trainees to be able to run on them.

Mrs. Steffen didn't always travel around the world, she kind of worked her way up in a career field previously dominated by men. She was first a coach, a physical education and driver education teacher at Grant Park High School and then at Bradley-Bourbonnais Community High School.

"There were no varsity sports for girls or even physical education when I graduated from college," said Mrs. Steffen as she recalled how she initially got involved with physical fitness. She graduated from Eastern Illinois University, Charleston in 1973.

"I was the physical education teacher for the whole district. I also coached basketball, bowling and other sports," said Mrs. Steffen of her first coaching experience. Then she was not paid as a coach because girls' sports had not been developed.

When Mrs. Steffen got her first child 14 years ago, she decided to stop working as a full-time teacher so she could have time to raise her family. She still kept herself in good shape and began giving personal



KATHLEEN STEFFEN
...travels to Hong Kong

training sessions to different clients who knew about her by word of mouth.

About four years ago, Mrs. Steffen started getting involved with the Chicago-based National Academy of Sports Medicine. The non-profit organization enabled her to study different aspects of the fitness science, and also certified her. She now works as a staff member of the organization while also serving her many clients.

Mrs. Steffen has few basic tips for those who want to stay in good physical shape. These include: "Don't diet — change nutritional habits, exercise every day, make time for yourself, attempt to get into a physical competition of sorts, make exercise enjoyable, and keep a little log of your progress."

By saying "don't diet," Mrs. Steffen meant don't stop eating, but change what you eat. She added that it would be very difficult to exercise if you didn't eat enough food.

Mrs. Steffen is a member of the board of directors of the YMCA, and is also a member of the Kankakee Running Club. Anyone wishing to contact her for help with physical fitness advice may call 935-1211.

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Training table

Exert your muscles, but feed them too

By Bob Condor

TRIBUNE STAFF WRITER

Say you work out in the morning, then run to catch the train, skipping breakfast and figuring to grab an early lunch.

Or maybe you work out rather than eat during your lunch hour. It seems like a good way to curb your appetite. Possibly you exercise after work before sitting down to dinner a couple hours later.

In any case, you are showing a genuine commitment to fitness. But Ellen Coleman can help you stay in shape and maybe provide some added enjoyment—and nourishment—while you're at it.

She wants you to eat something, or at least sip on a sugary drink.

"The first 30 minutes after exercise is a critical time to consume some carbohydrates, especially if your activity is strenuous," said Coleman, a sports nutritionist and author of "Eating for Endurance" (Bull Publishing). "Carbohydrates during this half-hour can help you double the rate of glycogen [blood sugar reserves] you can store in the muscles. You will replenish the muscles more efficiently."

Coleman said muscles will earn a significant payoff if you snack on something during those 30 minutes, even if you are planning on lunch or dinner in fairly short order.

"Actually, that's ideal," said Coleman, 41, who has completed two Ironman triathlons and counsels several top athletes in the sport. "You want to get the initial feeding of carbohydrates, then sit down within two hours



Tribune file photo

Enhance exercise's benefits by following a workout with a snack or nutritious drink. to a full meal."

You don't have to ruin your appetite. Coleman said an eight-ounce cup of fruit juice or special high-carbo sports drink (such as Gatorload) will be effective. In a pinch, a regular soda (not diet, because it has no sugar) can be helpful though its caffeine content acts as a deterrent to replacing fluids.

A few handfuls of pretzels, slice of bread or cup of yogurt or skim milk also provide the carbohydrates your muscles need—along with a bit of protein to "enhance insulin's role in the muscle recovery process."

But don't overdo on the protein or fats. You want a high-carbohydrate snack in the first 30 minutes; save most of the protein for the post-game meal.

When she goes on long bike rides, Coleman brings along

sports-energy bars or the high-carbo drinks (look for products with 20 to 25 percent of the daily recommended allowance for carbohydrates per eight ounces).

She warns against drinking too much of the high-carbo drinks because they can make you nauseous. In fact, she recommends you stop at eight ounces of the drink (or maybe 16 ounces of less concentrated sports drinks), then move your thirst-quenching to water. For every pound of body weight you might lose during exercise, you should take in a pint of water.

That may sound like a lot, but don't trust your mouth to decide when your thirst is sated. Julie H. Burns, nutrition consultant for the Bulls and Blackhawks, said our taste buds stop wanting water before the rest of our body is fulfilled.

She said post-workout alcohol and caffeine hinder the hydration process by acting as a diuretic. But there's a way to have your Rolling Rock and drink it too.

"Alcohol will cause you to lose fluid," said Burns, who runs her own company, SportFuel, in Western Springs. "Eat your high carbos first, then enjoy a beer or two with your meal."

Coleman said post-game carboloading is especially important for those training twice a day, such as triathletes who might bike in the morning and swim or run at night.

"If you are working out vigorously and not recovering well—such as feeling lethargic in the evening workouts or sore the next day—you are probably not getting enough carbohydrates soon enough after exercise," explained Coleman.

Post-fitness fuel

Sports nutritionist Julie H. Burns, who counsels the Bulls and Blackhawks, offered a general rule of thumb for recovery eating and drinking: 100 grams of carbohydrates in the first 30 minutes.

Here are some items you can mix and match to reach 100 grams:

10-15 grams:
orange or apple
6 saltine crackers
frozen fruit juice bar
12 ounces Gatorade

25-30 grams:
2 ounces pretzels
a bagel
a banana
3 Mrs. T's pierogies
8 ounces frozen yogurt

40-45 grams:
4 graham crackers
6 Fig Newtons
Powerbar
12 ounces soda

60 grams:
11 ounces Gatorpro
2 cups orange or apple juice
2 cups applesauce
8 ounces sherbet
8 ounces chocolate pudding

JUNE GOLF SOCIAL

Oak Springs Golf Course on Vanderkarr Road is the site of the first annual Kankakee River Running golf outing and social. We will tee off about 2:30 P.M., finish about 6:30 P.M., and wine and dine thereafter. If you just want to dine and socialize, you can do that. Green fees are \$18 and, if you don't walk, half a cart is \$10. You'll pay for golf and drinks and the club will contribute to the cost of dinner. We might even have some golf prizes for the best, worst, and those somewhere in between. The date is Saturday, June 24th. Whatever you are going to do, you must call NOW! Dan's machine is waiting to take your call. Please specify if you are golfing, dining, or both. 937-2926.

“George Sheehan, one critic wryly said, is a legend in his own mind. Of course I am. And you should be, too. Each one of us must be a hero. We are here to lead a heroic life. When we cease to lead such lives, we no longer truly exist.”

-Dr. George Sheehan