



# Kankakee RIVER RUNNING CLUB

## *The Paper Race*

JULY 1995 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 89



### JULY

<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Phil Angelo	17th	44
John Brinkman	11th	37
Ken Brock	31st	46
Jeff Dixon	19th	32
Tyler Dorn	29th	14
Tom Goodberlet	12th	38
Ryan Hanks	14th	19
Ed Hedding	16th	37
Krista Hickey	12th	14
Liz Huizenga	15th	16
<b>Leon Malone</b>	<b>7th</b>	<b>65</b>
T.J. Seitz	13th	14
Lisa Shelly	24th	16
Mark Steffen	12th	42
Paul Suprenant	8th	48

### WELCOME NEW MEMBERS

James Martell, 40, Bourbonnais

### BIRTH ANNOUNCEMENT

Name: Casey Ellen Koerner  
 Parents: Pat & Donna  
 Brother: Colin Patrick  
 Date: June 13, 1995  
 Weight: 8 lbs. 14 oz.

1st Race: Manteno, June 18th  
 Father's Day!

### ON DAN'S RUN

by Dan Gould

Another friend and member of the running community has died a far too early death. Dave Hedlin was 54. A runner for more than the thirteen years I knew him, he collapsed on the run Friday, June 23rd, and was apparently dead on arrival at St. Mary's ER. I don't know the cause of death, but I am aware that several years ago Dave was on medication for his blood pressure.

Dave and I went head-to-head with some frequency in my early running days. It was the friendly competition that prevails in our running community. We pushed each other to do our best. I still have a very clear image of rounding the last turn with Dave during one of the Summer Series 5K's several years ago and sprinting for the finish. On that day I couldn't match his kick, but, once across the line, we walked away with an arm around each other flush with the excitement of a close race.

Many of you don't know Dave. He hasn't been a club member in several years and has raced infrequently in recent years. He was a nice guy - intelligent, fun-loving, and a man of principle. Dave, thanks for the memories. We will miss you.

June was typically active for the running community. Locally, we got off to a good start with the Speckman Realty 5K on June 13th. Linda Krause made it a prediction run which gives everyone a chance to be a winner. With only about 30 participants and 10 awards, the chances of being a winner were very

good.

As always, the race was just a prelude to the post-race buffet at Chicago Dough. We turned out almost as many for the buffet as we did the race! A highlight of the buffet in addition to the celebration of couple June birthdays was a cellphone call to Donna Koerner's delivery room. Linda Linn made the call and we were soon chanting "Push, Donna, push." Casey Ellen was born later that evening!

The 12th Annual Manteno 5K was your typical Sue LaMore class act (wouldn't want anything less for Casey Ellen's first race!). The weather was, unfortunately, summer typical - warm and humid. Ken Brock learned the hard way the penalty for over extending yourself in this kind of weather. He collapsed before the finish and, after being helped across the finish line, he got the ambulance ride to the hospital. I've talked to him since and he is doing fine.

Father's Day at Manteno also means we get to see the Gerry and Judy Kilbride family. I didn't get a head count this year, but there was clearly a respectable turnout. Gerry still has ambitions of doing a marathon. Now if someone will just drag him away from everything else he is doing...

John Shoup was at Manteno with a very attractive lady. We had a chance to get acquainted over breakfast at the Manteno Cafe. John, has she forgiven you for that breakfast? John, as some of you know, is a part-time instructor at KCC. This lady was one of his students. John, I didn't think you were allowed to grade on the curves.

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 to: KRRC, 212 Julie Dr., Kankakee, IL. 60901

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Speaking of John and Sue reminds me that I talked to Gary Dupuis about the Fall Classic. It is history unless somebody is willing to direct it. Gary doesn't have the time, but he probably has enough awards left from prior years which could be refurbished for this year. I think John, Gary, and Sue will help/support, but a director is needed. Perhaps it could survive if scaled down a bit. It would be nice to fill that third Sunday in October. Volunteers?

The Golf Social on June 24th went so well we might even do it again next year. We fielded 11 players. We should have had 3 foursomes, but "Studmuffin" didn't want to play with the girls. Some people are hard to figure!

While only 11 played golf, we had about 20 for dinner. It was a perfect evening for the covered porch at Oak Springs. If you weren't there, you missed a good time!

The Friendship Festival 5K on June 25th saw Reo Rorem, 37, demolish the field with a 15:21 (4:57 per mile pace!) course record. Reo, trimmer than when he was at the Glad Run last year, says he only trains 20 miles per week and seldom

racers. I guess we are all over-trained!

The success of the race once again proves that the race director doesn't have to be there on race day. Filling in for the absent Pat and Michelle Baldwin, Bill and Linda Linn, Tom and Anna Goodberlet, and Doc and Dorothy Baldwin handled race day festivities. There were only three minor glitches of which I was aware: 1. Somebody failed to look on the Baldwins' kitchen table where some of the mail-in registrations had been placed; 2. A false start when the siren failed to go off; and 3. Tom's daughter dripped chocolate sauce down the back of my new T at breakfast.

You should note that Rick Livesay was there. He is kind of like the Kilbrides - one race a year. I took a picture of him so I will recognize him next year. He claims to know the even less frequently seen what's his name....Scott Stephens.

Yes, I have returned to running, but six weeks of nothing more aerobic than golf has left me five pounds heavier and far from my previous racing form. Besides, while the back is better, it is not 100%. I jogged Manteno, but pushed it a bit at Bourbonnais. I couldn't restrain myself when I saw Dale Huizenga and John Pool up ahead. They are in my age group!

This month's issue of the *Running Journal*, a periodical which covers the southeastern U.S., has a front page picture of the winners of this year's Gran Prix. Among them is Erma Hickey who won the 65-69 age group. Congratulations Ma Hickey!

Jim Grace is alive, well, and working and racing in the St. Louis area. He was back for the 4th of July weekend. He, John Flynn and I caught up on things over breakfast after a Sunday run.

As expected, Bill, Linda and I were underwhelmed with the number of applications for positions on the newsletter. I guess we will have to

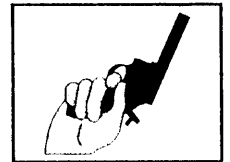
defer a decision for another month. Please feel free to make a contribution!

July is Y 5K and Malone's 5K Series locally and a host of races elsewhere. If there is a social, you will get a postcard.

Take care! Hope to see you on Dan's run!

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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., Jul. 7th, 7:00 P.M. - Fairbury Fun Fest 5K, downtown Fairbury, Ts, \$10/12, 5 yr age groups (sort of) to age 50, then 10, awards 3 deep. Post-race entertainment at Fairbury Fun Fest. Street dancing and beer garden

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.

Sat., Jul. 8th, 7:30 P.M. - Midwest Mile, downtown Pontiac, Ts, \$12/15, masters", open and kids' divisions. 842-2790.

Sun., Jul. 9th, 7:45 A.M. - 19th Annual Chicago Distance Classic 20K/5K Runs, Grant Park, Ts, \$16/20, 5yr age groups. 312-243-2000.

**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 at Chicago Dough. Join the fun. Leon 253-6258.

Sat., Jul. 15th, 8:00 A.M. - Manhattan "Band on the Run" 5K Road Race, McDonald School, Rt. 52 & 2nd St., Ts, \$12/15, overall and 3 deep in 5yr AG to age 55. Kent Norris 478-4560.

Sun., Jul. 16, 7:35 A.M. - 15th Annual Heart & Sole 10K, Olympia Fields Osteopathic Hospital & Med. Cen., 20201 S. Crawford, \$20/22, Tyvek Jacket, 5yr AG, overall and 3 deep. Good refreshments & random prizes. Very competitive. Runner's Seminar & Sports Expo on Sat from noon to 4 P.M. with Ed Eyestone followed by a pastas dinner. 747-4000 ext. 5183 (area code?).

Fri.-Sat., Jul. 21-22, 6 P.M. - Relay for Life, Kankakee H.S., 1200 W. Jeffrey, a 24 hour relay benefit for the American Cancer Society. For info call 485-9500.

Thurs., Jul 27th, 7:15 P.M. - Sundowner 5K, Lions Community Center, New Lenox, Ts, \$12/16, 5yr AG w/ proportioned awards plus overall and masters. Post-race pizza party. 722-1029. A Prairie State RR Circuit Race.

Sat., Jul. 29th, Quad City Times Bix 7  
Sun., Jul. 30, 7:30 A.M. - Downers Grove 5 & 10 Miler, Lincoln Center, 708-963-1300.

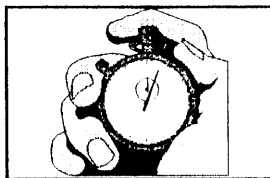
Sat., Aug. 5, 7:30 A.M. - North Aurora Days 5K & 10K, 708-897-8551

Tues., Aug. 8, 6:30 P.M. - Summer Series 5K, Small Memorial Park. The last of the summer series will be directed by John Flynn, but the last I knew (and I'm always the last to know), we needed a sponsor. Hello? For a small financial outlay this race could have your name or that of your business on it. John is waiting to take your call at 932-5198.

Sat., Aug. 12, 8:00 A.M. - Momence Glad Run 5K/10K, Momence Jr. H.S., \$10/13, Ts, 5yr AG, 3 deep, random

prizes, computerized results. Part of the annual Gladiola Festival. Another Hickey masterpiece! 472-2253. Don't miss this one!

**THE  
FINISH  
LINE**



Sat., May 6, Mug Run 5K, Palatka FL. Erma Hickey, 26:56, 1st Grandmaster; John, 3AG

Sat., May 13, Tupelo MS - Erma Hickey, 1AG, 55:57; John, 4AG, 53:10

Sat., May 20, Ranger Romp 5K (Punta Gorda, FL) - John Hickey, 24:43, 3AG

Mon., May 29, Cotton Row 10K (Huntsville, AL.) - Erma Hickey, 59:13, 2AG; John, 53:10, 3AG

Sun., Jun. 4, Grand Old Day 5M (St. Paul, MN.) - Erma Hickey, 44:06, 1AG; John, 41:33, ?AG

Sun., Jun. 4, Racing Hearts 8K (Joliet) - Pat Koerner, 28:00, 4OA

Sat., Jun. 10, Walleye Run 5M (Fond Du Lac, WI. - Erma, 35:00, 1AG; John, 31:50, 3AG

Sat., Jun. 10, Matteson 5K - Jeff Lonergan, 20:05; Pat Koerner, 16:56, 3OA

Sat., Jun. 10, Sunburst 10K (South Bend), Mike Hickey, 38:57. 5K - Krista, 30:52; Georganne, 31:00

Sun., Jun. 11, Harrah's 4 Miler - Jeff Lonergan, 26:45; Pat Koerner, 22:20, 2AG

Tues., Jun 13, Speckman Realty 5K Predictor Run - 29 runners

Top KRRC Predictors	
Ken Klipp	0 seconds
Krista Hickey	2
John Hickey	2
Steve Speckman	3
Henry Shelly	6

Liz Huizenga	7
Linda Linn	8
Georganne Hickey	8

Sat., Jun. 17, Steamboat (Peoria) 4 Mile - Erma Hickey, 35:00, 1AG; John, 31:50, 3AG; Krista, 40:03; Georganne, 40:12. 15K - Mike, 1:03:00.

Sun., Jun. 18, Manteno 5K, warm, humid, 131 finishers

Tom Stluka	16:18	2OA
Pat Koerner	16:52	5OA
Ken Klipp	17:58	2AG
Keith Theison	18:18	3AG
Marty Klipp	18:51	2AG
Mike Hickey	19:05	
John Shoup	19:59	
Charles Kennedy	20:23	1AG
Jeff Lonergan	20:46	
Robert Pool	21:26	2AG
Allison Williams	21:30	2OA
Charlie Grotevant	21:34	
Steve Speckman	21:51	
Theresa Burgard	22:08	1AG
Tommy Kilbride	22:23	
John Pool	22:46	
Randy Rahrig	23:53	
Dee Sarowatz	24:31	1AG
Amanda Uribe	25:03	1AG
Dan Gould	25:11	
Mike Furl	26:12	
Peggy Baldwin	26:17	2AG
Mike Belletete	26:22	
Pat Baldwin	26:25	
Erma Hickey	26:50	1AG
John Hickey	26:51	
Ken Brock	27:47	
Annie Rahrig	27:56	
Linda Linn	28:18	
Krista Hickey	28:21	3AG
Gerry Kilbride	28:25	
Peggy Rumback	29:35	2AG
Henry Shelly	29:51	
Georganne Hickey	29:57	
Judy Kilbride	30:08	2AG
Tricia Rahrig	33:37	

Sat., Jun 24, Park Forest Mile - Pat Koerner, 4:56, 3OA AND COLIN PATRICK KOERNER COMPLETED HIS FIRST QUARTER MILE IN 4:34

Sat., Jun. 24, KRRC Golf Outing  
Linda Linn Women's Low Gross  
Dan Gould Men's Low Gross  
The rest of the gang in no particular order: Ed Glazar, Bill Linn, Ken Klipp,

Anna Goodberlet, Georganne Hickey, Pat Koerner, Mark Steffen, Augie Hirt, Tom Goodberlet.

Sun., Jun. 25, Bourbonnais Friendship Festival 5K Run, 124 finishers

Tom Stluka	16:17	3OA
Pat Koerner	16:44	2AG
Rick Livesay	17:15	1AG
Ken Klipp	17:29	1AG
Mike Hickey	18:30	2AG
Doug Uribe	18:50	3AG
Rich Olmstead	18:57	3AG
Tom Parlin	19:23	
Charles Kennedy	19:55	1AG
Jeff Lonergan	20:13	4AG
Dan Flynn	20:18	2AG
Bob Pool	20:45	
Charlie Grotevant	20:57	2AG
Steve Speckman	21:25	3AG
Allison Williams	21:45	2OA
Leah Huizenga	21:50	1AG
Dan Gould	21:57	3AG
John Pool	22:00	
Dale Huizenga	22:07	
James Martell	22:33	
Randy Rahrig	22:36	
Paul Suprenant	22:49	
Dave Schkerke	23:01	
Nancy Ruda	23:22	1AG
Dee Sarowatz	23:34	2AG
Ron Ruda	23:35	
Paulene Coy	23:44	1AG
Amanda Uribe	25:35	3AG
Mike Belletete	25:48	
Mike Furl	27:07	
Annie Rahrig	27:25	3AG
Krista Hickey	27:26	
Linda Linn	27:27	3AG
Lynn Troost	28:52	2AG
Henry Shelly	28:59	
Georganne Hickey	29:29	
John Flynn	33:39	
Tricia Rahrig	34:45	

## The Press Box

# Kiptanui sets world record

Kenyan tops countryman to capture 5,000 meters

this week.

ROME—Kenyan Moses Kiptanui lowered the men's 5,000 meters world record by more than 1½ seconds when he clocked 12 minutes, 55.30 seconds at the IAAF Golden Gala Grand Prix track meet on Thursday.

Kiptanui bettered the previous mark of 12:56.96 set by Ethiopia's Haile Gebresilasie in the Dutch town of Hengelo a year ago.

The Kenyan already holds the 3,000 meters steeplechase record, an event in which he also is world champion.

Gebresilasie himself set another world record over 10,000 meters at Hengelo earlier

In a tight race, Kiptanui overtook countryman Daniel Komen only in the final 100 meters. Organizers said the 19-year-old Komen's time of 12:56.12 was a world record for a junior.

Kiptanui and Komen plotted to set the record after watching Gebresilasie take the 10,000 record from their compatriot William Sigei on Monday.

"I said to Daniel, 'We're going to break the 5,000 meters record. If I don't get it, then you break it,'" Kiptanui said.

Komen said he didn't realize he was on record pace.

"I just tried to beat my personal best," he said. In fact, he lowered his own personal mark by 25 seconds.

**Track and field:** Haile Gebrselassie of Ethiopia set a world record for 10,000 meters in 26 minutes, 43.53 seconds, shattering the old mark by nearly 9 seconds at the Adriaan Paulen Memorial meet in Hengelo, the Netherlands. Gebrselassie, 21, raced through the first half of the race in 13:21.71, 11 seconds ahead of schedule to beat the old record of 26:52.23 by Kenyan William Sigei in Oslo last July 22. "The people in the stadium helped me break the world record," Gebrselassie said of the 15,000 running fans who cheered him home. He also owns the world record in the 5,000, having run it in 12:56.96 last year.

## Training table

# Too much exercise can be hazardous to your health

By Bob Condor

TRIBUNE STAFF WRITER

**O**vertraining is a common hazard among elite athletes who are pushing themselves to make, say, next summer's Olympic Games in Atlanta. But the rest of us also can fall prey to overtraining.

"There is definitely such a thing as 'lifestyle overload' for anybody who is working out hard on a regular basis," said David Martin, a physiologist at Georgia State University in Atlanta and sports science consultant for the U.S. track and field team. "Raising a family, making a long commute, experiencing marital problems, juggling a job with night school, they can all be taxing and need to be factored into your exercise schedule.

"Training takes time and energy, but we need downtime too. If your rest time is filled with other stressful activities, you will be burning the candle at both ends."

One sign of overtraining is a loss of appetite. Too much exercise can actually depress the body's hunger. A related signal is unexplained weight loss, even if you are eating normal amounts of food.

"When we exercise, blood is shunted away from the gastrointestinal tract and toward the working muscles," Martin said. "We can shunt away as much as 80 percent of the blood that would normally go to the digestive activity, especially providing oxygen to the enzymes in the stomach lining.

"That effect is prolonged if you are overtraining. The end result is your body can't absorb food as effectively and you can't make full use of incoming nutrients."

Martin said this is a common complaint of college runners late in their track season; the athletes are peaking for big meets by doing speed work called "intervals," which can curb their appetites and sometimes make them nauseous.

Dan Benardot, nutritionist for the U.S. gymnastics teams and

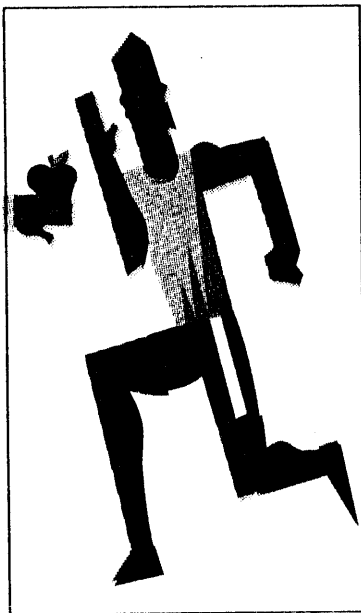


Illustration by David Cowles

### Recipe for success

When athletes call David Martin at Georgia State's Laboratory for Elite Athlete Performance, they usually are worried about ongoing fatigue or listlessness. Here are questions Martin will ask them. Answering "yes" to more than one question may indicate overtraining.

1. Is there any sudden weight loss or decreased appetite?
2. Is your quality of sleep worse?
3. Have you increased your workout schedule lately?
4. Has there been a change in weather, making the workouts more difficult?
5. Are there any major stressful events going on in your life?

also a professor of nutrition and kinesiology at Georgia State, has specific advice for someone who suspects their faded appetite or weight loss is due to overtraining.

"Don't rely on your hunger," said Benardot, who with Martin is co-director of the Laboratory for Elite Athlete Performance at Georgia State. "Eat frequently, about every two hours whether you are hungry or not, to maintain your energy. Select foods high in carbohydrates and stay away from 'empty' calories."

Benardot likened his frequent-eating regimen to a program you might encounter for replacing fluids during exercise. Sports nutritionists routinely caution clients that thirst is not an efficient indicator of the body's need for water; the taste buds in your mouth are sated long before the rest of your body is fulfilled. Same goes for eating if you are pursuing a strenuous training schedule.

"Our Olympic-caliber athletes have to train themselves to eat every 2 to 3 hours, just like they were attending a meeting or making time to work out," Benardot said. "Most everyone has spent a lifetime working on an appetite and thirst system for eating and drinking."

There are other signs of overtraining. One is poor sleep due to muscle cramping and restlessness; the body has a hard time recovering from overly difficult workouts.

You might also feel constantly fatigued after a few weeks of overtraining. A blood test might show tendencies toward anemia. Plus, you are more likely to suffer a series of nagging and sometimes painful injuries.

However, don't assume that all tiredness or soreness is the result of overtraining.

"The better athletes are always a little fatigued because they are working hard," Martin said. "But there is a big difference between working hard and not being able to maintain an accustomed pace."

For example, if you have regularly been running 9-minute miles or swimming a certain number of laps in a half-hour but then suddenly find it difficult to keep that pace, you are overdoing it. The best remedy might be some home-cooked meals and a few days off.

**"In facing life, no one knows exactly what is going to happen, what is going to be needed, where the search for the Grail will lead. The best we can do is be prepared. Running makes you an athlete in all areas-trained in basics, ready for whatever comes, ready to live each day, fill each hour and deal with the decisive moment."**

**- Dr. George Sheehan**