



# Kankakee

## RIVER RUNNING CLUB

### *The Paper Race*

AUGUST 1995 KRRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 90



#### AUGUST

<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Pat Baldwin	26th	38
Kate Batkiewicz	3rd	32
Mike Batkiewicz	5th	49
Karen Belletete	29th	37
<b>Sally Dorn</b>	<b>20th</b>	<b>40</b>
John Flynn	1st	49
Karl Goodberlet	6th	10
Dan Gould	31st	51
<b>Scott Kelson</b>	<b>31st</b>	<b>40</b>
Donna Koerner	13th	39
Jessica Linn	9th	9
Shirley Malone	29th	64
Nancy Ruda	16th	39
Dee Sarowitz	14th	31
Paul Schmidt	11th	17
Kathy Steffen	18th	44
Matthew Steffen	23rd	12
Michael Steffen	18th	9
Linda Suprenant	5th	48
Lynn Troost	26th	49
Doug Uribe	22nd	34

#### SUPER SALESMAN'S SAMPLE SALE!

It's back! Bill Linn's annual super salesman's sample sale will be August 3rd from 6-9 P.M. KRRRC members get a preview of the sale which will continue from 9-5 P.M. on Friday and Saturday, August 4th and 5th. 1226 Vantage Lane, Bourbonnais. For info 935-0815. Don't miss it!

#### ON DAN'S RUN by Dan Gould

The "Dog Days of Summer." What does that mean? Your assignment this month is to find and report on the origin of that phrase.

July, as usual, was a good month to curl up in front of the air conditioner. Cart golf (a cart with a lid) was the preferable outdoor sport - if you were going to choose an outdoor sport. As much as I would like to be 100% healthy, there were some hot and humid days when I decided to take a day off "for my back." It ain't all bad!

This continues to be a particularly difficult year for many members in terms of injury. Bill Linn is finally back on the road after surgery. Larry Lane is running about 12 miles a week trying to nurse his painful tendons along. Nancy Ruda has a knee problem. Phil Newberry was off for six weeks. Was it his head? In the second month of my return to running, the back is better and I had - are you ready for this - a 20 mile training week! Wow!

I took a mini-vacation to go to West Virginia for my step-mom's 90th birthday celebration. I stopped in Middletown, Ohio, for a round of golf and dinner with Jack and Elly Dalton. Jack and Elly were mainstays of our club until they moved about six years ago. Jack has suffered major back problems for several years and has had surgery. He was considering further surgery when I saw him. Apart from that, they are doing well. Middletown is a beautiful area and I would like to try that golf course again - without the

rain!

I have only second-hand knowledge of the Y 5K because that was the same day that I was celebrating with step-mom, but, if I recall correctly, Cornstalk told me that it was the second largest field with 162 runners finishing. I would like to tell you that a KRRRC member won it, but it appears that will only happen if somebody can sign up Bryce Baker who won it for the third year in a row. While you are at it, sign up Troy Walker who was second. THIRD! We got third! Tom Stluka even made the photo in the *Daily Journal*. Better luck next year, Tom.

Malone's Summer Series 5K turned out about 30 runners. Leon set it up as a team prediction run, but you didn't know who your partner was until after the race - creative! Doug Uribe and Dee Ozenglewski teamed to win the event. Other members in the gold were Ron Ruda, Georganne Hickey, Paul Schmidt, and Linda Linn. As usual, we celebrated our survival by going to Chicago Dough for the Tuesday night buffet.

The last of the 5K Summer Series is set for August 8th. John Flynn is directing, but I don't know if we have a financial sponsor (I'm always the last to know!). Perhaps we are just going to run for fun - which we always do - and then party - which we always do!

I had heard that our friend Mitch Hobbs was no longer with Running Central in Peoria. Mitch, you may remember, brought some merchandise to Winterfest this year. He is one of those few people who

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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knows something about a product beyond the price. Anyway, I have located Mitch in Bloomington-Normal where he has opened his own store - Often Running, 206 S. Linden, Normal, 61761 (309-452-7749). Stop in and say hello or give him a call for all your running needs.

Cornstalk was the overall winner of the second annual Band on the Run 5K in Manhattan on July 15th in 16:48. I don't recall if I heard that any other club members were in attendance. I didn't realize how much the material for the newsletter depended upon my being at the races and actively gathering results. With rare exception, - Charlie Grotevant, Mike McGuckin, John and Erma Hickey - I don't receive cards, letters, or phone calls reporting results, although I have solicited them and my answering machine is waiting to take your call. I'm not really complaining - it saves me a lot of time.

I got notes and/or phone calls from Charlie and Mike this month. Charlie dropped me a note on the 4th of July reporting some race results and a running milestone - 20,000 miles of running! Charlie, I hope we live to see that multiplied several

times! By the way, anybody else who had the strength of this 53 year young Buckingham farmer - 7 races in July?!

Mike, who lives in Flanagan, dropped me a note to report a successful Racing Hearts 8K effort in June and to compliment the race. Mike thinks green is this year's color - 5 races, 5 green shirts. Mike, you look good in green - and we know it's not easy being green!

The orange sticker on Mike's envelope suggests we should "Get All That's Coming To You!" - notify the sender of your complete and correct address. Well, we have had a new box number for some time - 534. However, the minion assigned to pick up the mail only gets there about once a month. He then gives it to Pat Koerner and asks Pat to give it to Linda Linn. She, of course, lives next door to Pat. Pat eventually gets it next door and then I get it when I stop by the Linn's - if Linda remembers to give it to me. What all that means, Mike, is that your letter postmarked June 27th got to me on July 30th. You are hereby authorized to direct your mail directly to me at 212 Julie Drive, Kankakee, 60901 - but only because you are an exceptionally green fellow.

I was able to run the Sundowner 5K at New Lenox on July 27th for the first time in it's three years of existence. For those of you who remember the Old Campground 4 Miler or who ran the New Lenox Fab 4 in April, this course would be very familiar. In terms of temperature and turnout, it was more like the Old Campground 4 Miler - 85 degrees and 292 runners! We were glad the approaching storm clouded the sun!

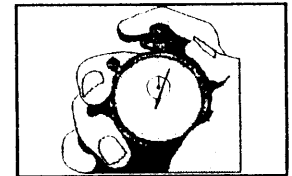
Our club was fairly well represented for this Thursday evening race. Phil Newberry and Jeff Lonergan went up together, Phil running for the first time in six weeks and Jeff working the race. The Koerner family was there. I know Pat placed in age group, but I don't know

how Colin did in the Kiddie Run. Ken Klipp and I went together and Ken came away with a third place gold in the 45-49 age group despite running 18:05. You think the competition wasn't tough! Ken was also running his first out of county race since... Well, it has been a few years! Charlie Grotevant placed in age group and I suspect Carol Pratt did as well. Carol's heart monitor alarm went off when she saw me take my shirt off in preparation for the race. It isn't easy being a sex object, but I'll try! Lance Bovard ran 16:14 for third overall - a master's runner who is 41 years young!

I'm back and the back is close to being 100%, but this is going to be a laid back year.. Competitive I'm not! Mark your August now calendar and be there!

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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.

Thurs., Aug. 3, 6-9 P.M. - **Bill Linn's Annual Salesman's Sample Super Sale** preview for KRRC members, 1226 Vantage Lane, Bourbonnais, 935-0815. Sale continues Friday & Saturday from 9-5.

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. Post-race party at the Hickey's, 326 E. Ohio, for all KRRC members and their families. The pool, basketball court, and the Kankakee River will be available for your pleasure. It is also a welcome back Graig party.

Sat., Aug. 19th - Parkersburg Half-Marathon - USATF Men's National Championship

Sat., Aug. 19th, 7:30 A.M. - Village of Diamond Centennial 4 Mile Race, Diamond Village Park, Rt. 113, \$10/12, Ts [entry form doesn't have a box for size] overall, master, and proportioned AG awards in unspecified AG, Julie 634-4734.

Sat., Aug. 19th, 8:00 A.M. - Gilman Reunion 5K Run & 1M Fun Walk, Iroquois West H.S., 529 E. 2nd St., \$10/11, Ts, 5yr AG to age 50, plaques to 1st, medals to 2nd & 3rd, refreshments.

Sun., Aug. 20th, 8:00 A.M. - PFC Possum Trot 5K, Gebhard Wood State Park, Morris, \$10/12, Ts, 5yr. AG plus top 3 OA, computerized results, refreshments. Will Cornstalk repeat last year's victory? Run on the canal towpath. 942-3403.

Sun., Aug. 20th, 8-9 A.M. - Illinois Open 8K Cross Country, Camp Shaw-waw-nas-see 4-H Camp, Rt. 102. Open and Master's heats with team and individual competition. Ts. \$13/16 for individuals. 5yr AG. Hosted by the Prairie State Road Runners. 838-3418 or 478-3124.

Fri. Aug. 25th, Minooka 5M, CANCELED

Sat., Aug. 26th, Frankfort Kennedy Torch Run 12K/5K, 7:30 A.M. 469-0609.

Sun., Aug. 27th, 8:00 A.M. - Kick Asphalt 5K, Bloom H.S., Chicago Heights, \$10/12. 799-9256.

Weds., Aug. 30th, 4-6:30 P.M. - Cross-Country Meet, Small Memorial Park. Ken Klipp could use your help with this ten team cross-country meet - finish line, course marshal, whatever. Help Ken and our young runners. Give him a call at 937-1958.

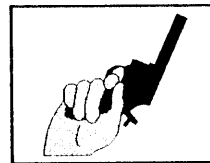
Sat., Sep. 2nd, Sweetcorn 5K Classic, Hoopston - ?

Sun., Sep. 3rd, 5:00 P.M. - **HERSCHER HARE & TORTOISE 5K/ 2M FUN WALK**, Herscher Park. As we go to press, I can't get hold of Scott Stephens to confirm that the race is a go. If you don't pick up an app at Momence or somewhere else, you might want to "phone first." Scott 426-2211.

Mon., Labor Day, Sep. 4th, 8:00 A.M. - Park Forest Scenic 10M/5K, NO RACE DAY REGISTRATION. Ts, \$12-20 depending on which race and when you register. Big time road racing! 708-748-2005.

Sat., Sep. 9th, 9:00 A.M. - **BEECHER QUASQUICENTENNIAL 3RD ANNUAL 5K RUN**, Beecher Community Hall, 675 Penfield St., \$11/13, Ts, 5yr AG to age 55, top 3 OA, top masters, and 2-4 deep in AG. 708-946-2246.

**THE  
FINISH  
LINE**



June 3rd, Kickapoo Trial Trail 5 Mile, Danville - Charlie Grotevant, 36:42, 2AG

June 4th, Racing Hearts 8K, Joliet - Mike McGuckin, 39:17

July 4th, Park to Park Freedom 5 Mile, Bloomington, Charlie Grotevant, 34:18, 1AG. Jeff Lonergan was there!

July 8th, Kankakee YMCA 5K, 162

finishers

Tom Stluka	16:14	3OA
Ken Klipp	18:00	1AG
Mike Hickey	18:07	2AG
Keith Theisen	18:25	3AG
Doug Uribe	18:31	
John Shoup	19:11	4AG
Jeff Lonergan	19:58	3AG
Charlie Grotevant	20:47	
Bob Pool	20:52	
Steve Speckman	21:27	
Theresa Burgard	21:29	1AG
Allison Williams	21:36	3AG
Paul Schmidt	21:47	
Dale Huizenga	21:48	
Leah Huizenga	21:49	1AG
Kathy Steffen	22:32	1MST
Ron Ruda	23:08	
Dee Sarowatz	23:19	
Paulene Coy	23:24	1AG
Nancy Ruda	23:29	2AG
Mike McGuckin	23:54	
Liz Huizenga	23:55	
Carol Painter	25:47	2AG
Mike Belletete	26:05	
Annie Rahrig	27:08	
Peggy Baldwin	27:12	
Krista Hickey	27:12	
Mike Furl	28:06	
Georganne Hickey	28:08	2AG
Linda Linn	28:08	3AG
Henry Shelly	28:30	
Heather Steffen	30:35	
John Flynn	33:18	

July 7th, Fairbury Fair 5K - Charlie Grotevant, 20:32, 1AG

July 15th, Fisher Fair 5K, Charlie Grotevant, 21:10, 3AG

July 22nd, Dog Days 5K, Lake Bloomington - Charlie Grotevant, 20:57

July 27th, Sundowner 5K, New Lenox, 85 degrees, 292 finishers - Lance Bovard, 16:14, 3OA; Pat Koerner, 17:21, 3AG; Ken Klipp, 18:05, 3AG; Mike Hickey, 18:40; Charlie Grotevant, 20:40, 2AG; Dan Gould 22:14; Phil Newberry, Carol Pratt, Keith Theison, Becky Criscione - times & places unknown. Jeff Lonergan worked the race.

July 29th, Flatland 5 Miler, El Paso - Charlie Grotevant, 35:03, 1AG

# Training table

## Fuel rules: Eating before exercise can put muscle into a workout

By Bob Condor

TRIBUNE STAFF WRITER

**G**reetings from cyberspace, and Chicago Online member "Bes-Baklava," who sent the following question to this column's bulletin board:

"I begin working out—a fairly rigorous weight-lifting program—about 20 to 30 minutes after rolling out of bed. What, in addition to pounding caffeine and juice with vitamin C powder, should I get in my system to fuel my workout?"

An answer comes from sports nutritionist Julie H. Burns, who was contacted by the seemingly low-tech method of speaking into a telephone. First of all, recognize that needs may vary.

"It's all so individual," said Burns, who operates Sport Fuel Inc., a nutrition consulting firm in Western Springs, and is the nutrition counselor for the Blackhawks and the Bulls. "Some of my clients can eat practically anything right before exercise and feel fine. Others can't handle much food.

"It's a good idea to experiment with the foods you eat before working out," she added. "You will find some things work better than others to give you the energy you need.

"People who work out in the morning should eat a high-carbohydrate snack or breakfast before exercise. Even when you sleep, the liver is using its supply of glycogen, which is stored glucose. You will want to replenish it with carbs.

"A bowl of cereal with skim



Imagebank photo

milk or a bagel with juice will be enough to get ready. That provides about 300 calories."

For those who exercise minutes after they wake up, even a glass of juice or piece of fruit will provide sufficient fuel.

Some studies show a little bit of protein helps before exercise. It facilitates activity in the muscles, which can optimize a workout.

"Skim milk or low-fat yogurt can supply the protein you need," Burns said.

The planned activity may be your best guide. You want to make sure your body is properly fueled—from a regular balanced diet plus some carbohydrates in the hours before a workout—but not overtaxed by having to digest too much. For example, runners tend to eat less than those riding exercise bikes.

"Many runners experience gastrointestinal problems from all

the jostling of food," Burns said.

Swimmers, on the other hand, don't need to avoid snacking before jumping in the pool. That's strictly folklore, gone the same way of not drinking during exercise (see story below).

For some people, eating before exercise could be troublesome beyond digestive discomfort.

"We tell our participants with a history of heart disease not to eat very much before a workout," said Janet P. Wallace, a professor at Indiana University and director of the school's adult fitness program. "There is an energy cost to digesting food that can precipitate angina during exercise. The body is working too hard to both digest the food and handle the workout."

In any case, research shows the food we eat before a workout is converted to energy during the exercise.

Burns said it's important to focus on the timing of a snack or meal to best coordinate digestion and available energy.

She suggested a light carbohydrate snack (pretzels with juice, bagel, orange, applesauce) an hour before exercise. One to two hours beforehand, she suggested a "blended liquid meal" or a yogurt fruit shake. Between two to three hours, a light low-fat meal is appropriate: a half sandwich, skim milk, fruit. Some after-work athletes eat half their lunch at noon and the rest about 3 p.m.

Beyond three hours, feel free to eat a regular meal. Burns recommended low-fat dishes (especially pastas). She also advised against too much fiber to avoid digestive problems.

### Fluidity in motion

In her role as nutrition guru to the Blackhawks and the Bulls, Julie H. Burns is constantly talking about drinking water before and during games.

"If the players stay on top of fluids, they see how much better they end up feeling and playing," she said.

No reason why the rest of us can't pick up on advice to the first-stringers:

**Drink 8 to 16 ounces of water right before exercise.** "Figure out the best amount for you; 16 ounces may be way too much. Also, some people might prefer a sports-for-

mula drink over water."

**Consume 4 to 10 ounces of water every 10 to 15 minutes of exercise.** "This can be difficult, but you will feel the difference."

**Replace lost fluids after exercise by drinking 2 cups of water for every pound sweated off.** "The

hockey players can lose 12 pounds of fluid in one game."

A mug of coffee is OK if it gives you a boost for exercise. "It is a diuretic, so keep it moderate," says Burns, who explained that diuretics dehydrate the body.

Bob Condor



**THURSDAY, AUGUST 3RD, 6-9 P.M.**  
**Bill Linn's Super Salesman's Sample Sale**  
**1226 Vantage Lane, Bourbonnais - 935-0815**

**TUESDAY, AUGUST 8TH, 6:30 P.M.**  
**Summer Series 5K, Small Memorial Park**

**SATURDAY, AUGUST 12TH, 8:00 A.M., MOMENCE GLAD RUN 5K/10K**

**Don't miss the post-race/welcome home Graig party at the Hickey household for all KRRC members and their families. The pool, basketball court, and Kankakee River provide a setting for rest and recreation. You may also take in the many activities associated with the 58th Annual Gladiolus Festival - Antique Car Show, Pioneer Arts Fair, Doll Show, Flower Show, Grand Street Parade and Carnival.**

**WEDNESDAY, AUGUST 30TH, KEN KLIPP'S CROSS-COUNTRY MEET, 4-6:30 P.M.**

**Give Ken a hand with this ten-team meet and support our young runners. 937-1958**